

**#The44Challenge** 

## THE 444 CHALLENGE

**MAKE A POSITIVE CHANGE** 



44 CHALLENGE IDEAS

Just minutes of your life can add years to theirs

The average age of death for people experiencing homlessness is 44. We step in when young people are vulnerable to prevent them from becoming part of this terrible statistic.

## FUNDRAISING CHALLENGE IDEAS

- 1. Bake 44 cupcakes and sell them by holding a bake sale
- 2. Can you do 44 squats a day for 44 days?
- 3. Listen to 'YMCA' on repeat 44 times
- 4. Tip 4.4 buckets of ice over your head
- 5. Hold a game tournament made up of 44 games
- 6. Learn to juggle for 44 seconds straight
- 7. Cycle 44 miles
- 8. Walk 44,000 steps in a week
- 9. Run 4.4 miles for 4 days in a row
- 10. Swim 44 lengths of the pool
- 11. Host a dinner party and charge £4.44 a head
- 12. Hold a quiz night, with 44 questions of course!
- 13. Hold a kitchen disco 44 songs, non-stop dancing
- 14. Keepy-uppys Can you do 44 in a row?
- 15. Hold a virtual scavenger hunt with 44 clues
- 16. Hula Hoop for 4.4 hours
- 17. Second hand clothes sale List each item as £4.44
- 18. Eat 4.4 hot chillies
- 19. Stack 44 of one object and share it on social media #The44Challenge
- 20. Karaoke Challenge Sing 44 songs non-stop
- 21. Paint 44 paintings
- 22. Build a house of cards using 44 cards



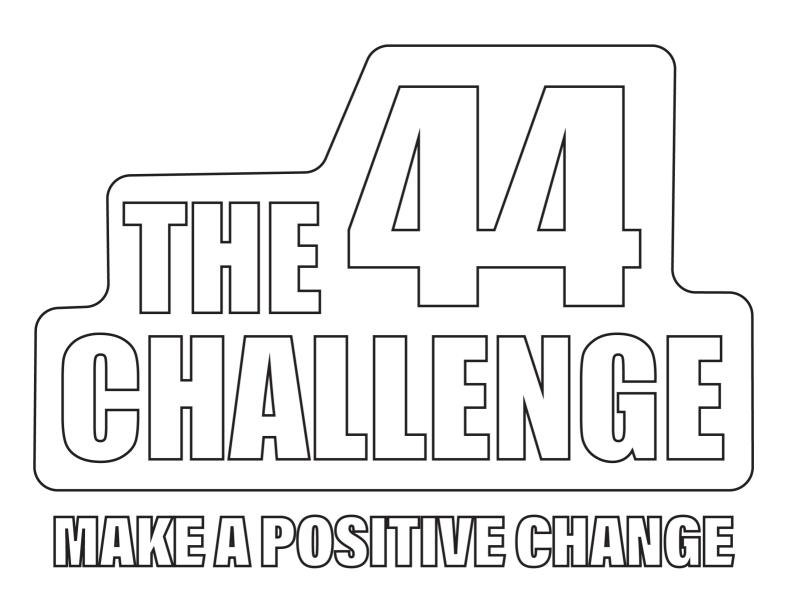
## YMCA DOWNSLINK GROUP

- 23. Create a set of challenges which have to be completed within 4.4 seconds
- 24. Give out 44 compliments to 44 people
- 25. Do 44 sit ups for 44 days
- 26. Spend 44 days giving something up
- 27. Wake up at 4:40am every day for a week
- 28. Do 44 good deeds
- 29. Sell 44 raffle tickets and hold a raffle
- 30. Car wash charge £44 per car
- 31. Pick up 44 bits of litter
- 32. Charge £4.44 per pupil in a school non-school uniform day
- 33. Sell 4 items and see how much you can raise
- 34. Raise £4,444 to shave your head
- 35. 4.4 hour yogathon
- 36. Coffee morning £4.44 entry
- 37. Create a swear jar 44p for each word
- 38. Used book sale £4.44 per book
- 39. 44 hour trampolineathon
- 40. Auction your own artwork for £4.44, £44, or £444+
- 41. Hold your own movie night Admissions £4.44
- 42. Charge a fee per 4.4 hours of gardening
- 43. Group dog walk, everyone chips in £4.44 for a good cause
- 44. Murder mystery dinner party £44 entry

## DON'T FORGET TO DONATE VIA JUST GIVING OR SET UP YOUR OWN FUNDRAISING PAGE

justgiving.com/campaign/The44Challenge





ymcadlg.org