

This time last year, Captain Sir Tom Moore was completing his challenge to walk 100 lengths of his garden before his 100<sup>th</sup> Birthday.

Now it's your turn!

Captain Sir Tom Moore would have celebrated his 101st birthday on 30th April.

To honour his memory, we invite you to take part in Challenge 101.

**You can choose any of the challenges below – or even create your own! Good luck!**

#### Community challenges

- Collect 101 pieces of litter.
- Carry out 101 good deeds.
- Make 101 people smile.

#### Physical challenges

- 101 of an exercise, e.g. star jumps.
- Climb the stairs 101 times.
- 101 of a skill, e.g. keepy uppies or skipping.

#### Creative challenges

- Build something using 101 lego bricks.
- Write a poem or story with 101 words.
- Write a '101 themed' sea shanty.

