

Pilots Heroes and Villains 30 Day Challenge



30-day Challenge – you may not be able to do all of these, but challenge yourself to see how many you CAN complete within thirty days. Are YOU a Pilots SUPERHERO?

Smile at a stranger	Do something to show your teacher that you appreciate them	Say thank you to God for three things	Find out what Fairtrade is about	Make friends with someone new
Turn out unnecessary lights	Spend 5 minutes thinking about God	Turn off the tap while you brush your teeth	Find out about where your clothes come from	Do a kind act in secret
Sit next to someone who looks lonely or sad at lunch	Let someone else go in front of you in a queue	Tell your family members why you love them	Read a story or watch a film about another culture	Tell someone about Jesus
Say sorry to someone you have hurt or fallen out with	Find out about where your food comes from	Write a prayer	Play a game with your family	Stick up for someone who is being bullied
Do something kind for a neighbour	Don't spend any time in front of a screen	Take part in a church service	Sing a song about God	Give the price of your favourite chocolate bar to a homeless charity
Walk or ride your bike instead of going in the car	Do an extra job at home	Donate a toy or some clothes to charity	Say thank you to someone	Pick up some litter (remember to wear gloves!)

