

Name.....

Durrington High School aspiration challenge 2025.

Add the following minutes to your total by...	School	Family and Friends	Environment	Self Care
5 Minutes	Create a quick homework to do list or revision timetable to make sure you stay on top of your work!	Make someone at home a coffee/tea/biscuit etc just to make them smile.	Pick up 5 bits of litter either in school or when out and about.	Make your bed every morning before school to help you feel ready for the day.
10 Minutes	Organise your school bag, blazer or workspace	Spend time with a loved one or friend and find out 3 new facts about them!	Try to find 3 bits of rubbish at home that you can recycle instead of putting them in the main bin.	Complete a 10 minute mindfulness, meditation or yoga session. There are some amazing ones for free on YouTube! https://www.youtube.com/watch?v=ZToicYcHI0U
30 Minutes	Research and create a poster about a subject or topic you're interested in and are learning about in school. For example the Tudors in History or Van Gogh in Art.	Have a quiz or board game night with friends or family. There are some amazing all ages quizzes available on google. Board games are also available in the library.	Walk or cycle to and from school more instead of getting a lift. This could take you more than one day, depending how far away you live.	Read a new book or listen to a podcast- you never know it could become your new favourite. Our amazing library could be a good place to start here!
60 Minutes	Attend or help out at an after school club you have never attended before! https://durringtonhighschool.co.uk/clubs/	Watch a movie with your friends or family. Get the popcorn in and spend some time with loved ones.	With a parent/ carer's permission clear out any old or unused clothes and toys and donate them to your local charity shop.	Spend an hour doing something that you love. This could be playing music, drawing or playing sports outside of school.

Please ensure that you have a parent/carer's permission for any activities you do outside of school time!

The Durrington High School, *Half a Million Minutes Challenge.*

Our aspiration challenge is going to take place from **Monday 10th February** to **Friday 28th February** and it's all about aspiring to be the best version of yourself possible.

We're asking you to:

- Complete challenges that benefit you. You can choose from the grid or use your own ideas
 - Spend time completing this activity
- Log this in the sheet you have been given- include the number of mins, the date and a parent/carer's signature
- Try to spend as many minutes as possible doing these activities- we're trying to make it to 500,000 minutes as a school!

Date	Activity	Time spent	Signature from parent/ staff

Total minutes