

the

2.6



challenge

save the Red Balloon Foundation

#TwoPointSixChallenge

Since the COVID 19 lockdown began in the UK, the Red Balloon Foundation has lost over 75% of its regular income. We are continuing to support hundreds of families through the crisis through online groups, streamed sessions, food parcels, support packs, street work with vulnerable children and more, but our reserves are running low and we need your help to make sure we can continue operating throughout the outbreak and in the future.

That's why we are teaming up with the organisers of the biggest mass-participation sports events across the country and their campaign – **"The 2.6 Challenge"**, to ask you take part in an activity based around the numbers 2.6 or 26 and fundraise (the 26th April should have been the date of the London Marathon) or donate to Save the UK's Charities via twopointsixchallenge.co.uk

The 2.6 Challenge is open to anyone of any age – the only requirement is that the activity must follow the Government guidelines on exercise and social distancing and is a simple and fun way for everyone to do their bit to help save the UK's charities.

This pack contains everything you need to get involved and contribute to saving Red Balloon Foundation and the rest of the UK's charities at this difficult time.



so what do I do...?



If you would like to support Red Balloon Foundation, there are **four** different things you can choose to take part in...

The Alphabet Challenge

OR

The Bible Challenge

We have come up with two sets of 26 challenges for children (and the young at heart!) all designed to be great fun and easy to do while following social distancing guidelines (the complete lists are on pages 3 and 4 of this pack). One set is based on the 26 letters of the alphabet, the other set is based on verse 2:6 of 26 different books of the Bible!

Choose your set then drop us a line at office@rbf.org.uk and we'll give you everything you need to setup a sponsorship page on the website of our partners Virgin Money Giving and a big boost through all our social media channels to help you raise as much money through completing your 26 challenges as you can getting all of your friends and family to sponsor you as you go!

Freestyle!

Want to do just one big challenge rather than 26 little ones? Amazing!

Let us know your challenge, we'll send you our VirginMoneyGiving link, big you up on social media and celebrate you as do a 2.6 mile bike ride, 2.6 hours of bouncing on the bed or whatever other brilliant idea you've had!

Please ensure that your idea complies with social distancing guidelines and that any activities completed do not put yourself or others at any risk.

Donation

We know that some people would rather just send a donation than complete a challenge. Thank you.

Head to twopointsixchallenge.co.uk

Hit "Fundraise Now"

Choose "Virgin Money Giving"

Choose "Donate Now"

Type "Red Balloon Foundation"

We'll be top of the list of Charities when the search results appear (you might need to scroll down past the Fundraisers section)

Twenty six challenges designed for children (and the young at heart!) to complete to help save the Red Balloon Foundation based on 26 letters of the alphabet...

The Alphabet Challenge

- A – Answer** 26 maths questions
- B – Bounce** a ball for 2m6s
- C – Clap** for 26 seconds
- D – Drink** 2.6 pints of water in a day
- E – Eat** 26 peas/sweetcorn/raisins
- F – Finish** 26 pages of a book
- G – Get** 26 bits of rubbish from the house/garden and put in the bin
- H – Help** your parent/carer with housework for 26 minutes
- I – Illustrate** a scene from page 26 of a book
- J – Jump** for 2m6s
- K – Kick** a ball 26 times into a bucket/goal
- L – Lie** down still for 26 minutes
- M – March** for 2m6s
- N – Name** 26 animals
- O – Open** and close a door 26 times
- P – Play** a game with a parent/carer/sibling for 26 minutes
- Q – Ask** a parent/carer 26 **Questions** about their life
- R – Repeat** your favourite activity from the list so far
- S – Speak** to a relative on the phone for 2m6s and tell them about the 2.6 challenge
- T – Tidy** your room for 26 minutes
- U – Un-tie** and re-tie your shoes 26 times
- V – Video** yourself dancing for 2m6s
- W – Walk** the length of your house/garden or flat 26 times
- X – Make a xylophone** with glasses of water filled to different heights and play it for 2m6s
- Y – Yap** like a puppy for 2m6s
- Z – Zoom** meeting with Red Balloon for at least 26 minutes (or watch one of our BalloonStreams on YouTube!)

Twenty six more challenges designed for children (and the young at heart!) to complete to help save the Red Balloon Foundation based on 26 Bible quotes!

The Bible Challenge

- Genesis 2:6 ("springs came up")** - Spring up and down for 2m6s
- Exodus 2:6 ("the princess opened it")** - Dress up a princess for 2.6 hours
- Leviticus 2:6 ("a grain offering")** - Eat 2.6 slices of dry bread in 2m6s
- 2 Samuel 2:6 ("unfailing love")** - Do 26 acts of kindness for people in your household
- 2 Kings 2:6 ("go to the river")** - Wash your hands for 2m6s
- 2 Chron. 2:6 ("the highest heavens")** - Build a tower that's 26cm tall
- Job 2:6 ("do as you please")** - Come up with your own challenge lasting 26 minutes
- Psalms 2:6 ("my chosen king")** - Dress up as a king for 2.6 hours
- Proverbs 2:6 ("grants wisdom")** - Complete 26 sums involving numbers 2 & 6
- Ezekiel 2:6 ("nettles and briars")** - Collect up 26 things that grow from your garden on or on a walk
- Daniel 2:6 ("tell me what I dreamed")** - Have a pillow fight for 2m6s
- Hosea 2:6 ("blocked with a wall")** - Bounce a ball against a wall for 2m6s
- Nahum 2:6 ("river gates torn open")** - Have a bath or shower for 2m6s
- Zephaniah 2:6 ("enclosures for sheep")** - Baa like a sheep for 2m6s
- Zechariah 2:6 ("scattered to the winds")** - Blow raspberries for 2m6s
- Luke 2:6 ("baby to be born")** - Crawl like a baby for 26 minutes
- John 2:6 ("stone water jars")** - Fill up 26 containers with water
- Acts 2:6 ("the loud noise")** - Make loads of noise for 2m6s
- 1 Corinthians 2:6 ("rulers of this world")** - Recite 26 kings or queens of England/Britain
- Ephesians 2:6 ("heavenly realms")** - Make 26 paper angels
- Philippians 2:6 ("something to cling to")** - Cling on to a heavy object for 2m6s
- Colossians 2:6 ("follow him")** - Make a conga line of 26 toys following each other
- 1 Thessalonians 2:6 ("human praise")** - Say 26 nice things to other people
- 2 Thessalonians 2:6 ("when his time comes")** - Set at least 2 clocks to 26 minutes past 2
- 2 Timothy 2:6 ("fruit of their labour")** - Eat 2.6 pieces of fruit
- 1 Peter 2:6 ("cornerstone")** - Make a tower of 26 blocks and take out a corner and balance on top



Make a big splash on social media by tagging yourself as you complete the challenges with **#twopointsixchallenge** and **#saverbf** ... and why not tag your friends and challenge them to join in as well!

Need any help or want more information? Contact office@rbf.org.uk or check www.twopointsixchallenge.co.uk