

The Social Distancing Challenge!

Hi Cape Breton teens! We know these are strange times right now but no need to worry. We have come up with a challenge for all teens in grades 8-12. The Social Distancing Challenge!

There are 35 activities with a point system that you can participate in and earn points throughout your time at home. Email us at info@cbri.ca with your answers. The winner will receive an exciting prize!

We will keep a tally of every participant and the points you earn, but you need to keep track as well.

Failure to keep track on your own will result in a disqualification! You do not have to do these in order. Get your paper and pens out and get ready for some fun!

When submitting each activity please provide your full name, your phone number, your grade, the activity number, and the date.

1. Tell us about the last thing you saw/heard that made you laugh uncontrollably! Was it a joke, a funny cat video? (Earn 4 points, extra point if you share the joke!)
2. Tell us what your favorite TikTok was you watched today and tell us why! (Earn 2 points)
3. Read a book, comic, or article! Give us a few sentences of what it's about and why you liked it or disliked it! (Earn 3 points)
4. Draw a picture, paint something or write something! Share it with us! With your permission, your art will be shared on **Instagram** (Earn 5 points)
5. Give us your song of the day! (Earn 1 point)
6. Give us your number one goal for the week! (Earn 2 points)
7. Send a video of yourself staying active! (Earn 5 points)
8. Design a book cover! This could be a book about yourself or somebody you admire. It could be a book you've already read, or one you'd love to write! We will feature your work on our **Instagram** (Earn 6 points)
9. Doing any crafts at all? Send us your craft ideas so we can post it to **Instagram**! (Earn three points)
10. Send us a picture of one item that you cannot live without! (Earn two points)
11. When things get tough, what word comes into your mind? Tell us your word! (Earn one point)

12. What is your favorite food? (Earn one point) If you send a picture of your favorite food (Earn 3 points)
13. Write five things you are grateful for and share it with us! (Earn 2 points)
14. Send five pictures of things that you're grateful for! (One point for each picture!)
15. What is your favorite memory? (Earn 3 points)
16. Animal love! Send us a picture of your pet! If you don't have a pet, send us a picture of your favourite animal. (Earn 3 points)
17. Get outside! Send us a picture of your favorite nature spot (Earn 4 points)
18. Tell us which class you miss! Why do you miss it? (Earn 2 points)
19. Write a paragraph about what you've been doing to distance yourself from everyday norms! Tell us why you find it difficult! (Earn 5 points)
20. Describe some of your summer plans! What are you looking forward to most? (Earn 2 points)
21. Are you reading anything good? Send us your current favourites and we'll share your recommendations on our **Instagram** (Earn 4 points)
22. Send us a paragraph of any new programs you want to see from the library! (Earn 5 points)
23. Would you like to step into a story? Tell us what book, TV, or movie world you would like to step into and why. (Earn 3 points)
24. Create a donation bin for when social distancing is at a halt you can donate to people in need! Send us a picture of what you have! (Earn 10 points)
25. Who is your favourite fictional character? Tell us why you admire them? We'll share your favourites on our **Instagram** (Earn 4 points)
26. We're really looking forward to warmer weather. Send us a picture of the beach! (Earn 3 points)
27. Doing something fun with your family? Send us what you're doing! A description (Earnings you 2 points) A video or picture (Earnings you 4 points)

28. Make a bucket list so when social distancing has ended you can do some of them! (Earn 3 points)

29. Do you have any goals you would like to accomplish while being away? Share some of your thoughts with us! (Earn 2 points)

30. Do you have anything to say? Are you upset? Are you happy? Share with us why! (Earn 2 points)

31. Do you want to spread any kind of message to your classmates? Send us something and we'll post it to our **Instagram!** (Earn 1 point)

32. Compile a list of movies or shows and share them with us! They will be posted to our **Instagram.** (Earn 3 points) (All lists must be five titles or more)

33. Learn a new activity and videotape yourself doing it! (Earn 5 points)

34. What is your favourite place to visit in Cape Breton? Is it a restaurant, a park? Tell us why! (Earn 2 points + 2 extra points for a picture or drawing)

35. Makes someone's day. Would you like to send a thank you or a compliment to someone in our community? Send us your message and we'll share them with the community on our **Instagram.** (Earn 5 points)

Have fun!