

Cyw's 31 day challenge

Make a dance video.

1

Learn one of the Cyw songs.

2

Dress up as one of the Cyw characters.

3

Tell a story on the magic carpet.



4

Create a Ben Dant treasure hunt.



5

Make a cardboard bird box.



6

Record the news of your home.

7

Write a thank you card.



8

Become an artist for the day.



9

Grow flowers in the garden.



10

Talk like a pirate for a whole day!



11

Become a Rock and Roll star.



12

Freeze something like Deian a Loli.

13

Create your own sports day.



14

Draw an emoji of your feelings.



15

Make a time capsule.

16

Collect and glue a nature collage.



17

Build a tower of blocks.



18

Dress up like one of the people who help.

19

Take a picture of your name.



20

Build a Den.

21

Film your own vlog.



22

Make your own Sblij a Sbloj puppet.



23

Paint your own Sigldigwt hotel.



24

Make a magic potion.



25

Create a game out of shapes.



26

Hide-and-seek.

1.2.3



27

Mask time.



28

Make up a new game for the family.

29

Record a thank you message.

30

And relax!

31

A great opportunity for children along with their families to get creative with Cyw's 31 day challenge, 1 challenge a day for 31 days. All activities are designed for children between 3 and 7 years old from early years learning to the end of key stage 1.

1. Make a dance video.

The Cyw crew want to see you dance! You can dance alone or with a family member. Choose your favourite Cyw song and film yourself dancing.

2. Learn one of the Cyw songs.

Try to perform the song in front of your family.

3. Dress up as one of the Cyw characters.

There are so many to choose from, find some clothes around the house and play fancy dress Cyw style!

4. Tell a story on the magic carpet.

Collect all your favourite toys, teddies and dolls, place them all on the magic carpet and think of a special story to tell your audience. Start your story with 'Amser maith, maith yn ôl...'

5. Create a Ben Dant treasure hunt.

Create your own treasure hunt for the family. Hide the treasure in the garden and ask the family to find the hidden treasure.

6. Make a cardboard bird box.

Find some old left over cardboard, use a scissors and some glue to make a bird house to feed the birds.

7. Record the news of your home.

Have fun recording yourself presenting the daily news bulletin of your home. What are you having for supper? What tasks have you completed? Have you watched Cyw today?

8. Write a thank you card.

Make someone's day and write a thank you card to a member of the family or friend and send it to them in the post.

9. Become an artist for the day.

Paint or sketch a portrait of you and your family.

10. Grow flowers in the garden.

Why not have a messy play day and plant some flower seeds to grow indoors or in the garden.



11. Talk like a pirate for a whole day!

Have you ever tried talking like a pirate? Try to talk like a pirate for a whole day.

12. Become a Rock and Roll star.

Find some pots and pans, a bucket and some spoons and create your very own rock and roll band for the kitchen.

13. Freeze something like Deian a Loli.

Make a milkshake or a smoothie with strawberries or bananas and some yogurt, put it in the freezer and create your home made lollipop.

14. Create your own sports day.

Why not create you own sports day and compete against your family?! You could use pillows for hurdles, do an egg and spoon race and choose the team names!

15. Draw an emoji of your feelings.

Draw a circle, then add some eyes, a happy or a silly smile to show how you feel today.

16. Make a time capsule to re-open in 10 years time.

Choose 3 things that are important to you, place them in a tin or a box and bury the time capsule to re-open in 10 years time.

17. Collect and glue a nature collage.

Find some twiggs, feathers and some leaves and create your very own nature collage.

18. Build a Tower of blocks.

Collect all your playing blocks, cardboard boxes and pillows to create a giant tower indoors or even outdoors.

19. Dress up like one of the people who help.

Listen to the Cyw song 'Pobol sy'n Helpu', find some old clothes and act like the people who help; nurses, doctors, shop keepers and cleaners. You can help your own teddies if they feel a bit under the weather.

20. Take a picture of your name.

Take a photo of each letter of your name in books or things you find around the house. Put them together to spell out your name in a colourful collage!

21. Build a Den.

Gather blankets, pillows and create your very own hide out Den!



22. Film your own vlog.

Why not film your very own vlog and say Helo, Shwmae to all the Cyw characters. Can you remember their names? Cyw, Bolgi, Jangl...?

23. Make your own Sblij a Sbloj puppet.

Find an old pair of socks, and some stuff from the house to make some eyes, a mouth and some fluff to create your own puppet sblij and sbloj show.

24. Paint your own Sigldigwt hotel.

Watch Sigldigwt programmes on Cyw Tiwb, find some cardboard and paint your own Sigldigwt hotel for all the small creatures in the house.

25. Make a magic potion.

Make your own magic potion for your teddies. You will need, rain water, leaves, twigs, a sprinkle of mud and some grass. Mix all the ingredients together and you have a magic potion. REMEMBER, only teddies can take the potion, adult and children can not drink it.

26. Create a game out of shapes.

Do you have some masking tape in the house? Why not create your own game out of tape on the floor – walk like a crab from the triangle to the square, jump from the circle to the star...

27. Hide-and-seek.

Hide 10 things around the house and play a game of hide and seek with your family to find the missing things.

28. Mask time.

Use some paper, string and scissors to create a mask of Cyw or one of Cyw's friends.

29. Make up a new game for the family.

Choose a theme and create your own game, it could be a board game, a physical activity or even a silly game with cards.

30. Record a thank you message.

Record your own voice shouting a big huge thank you message to who ever you think deserves a thank you message and send your message to Helô, Shwmae. Maybe Huw and Elin will show the message on Helô, Shwmae on Facebook Live Wednesday at 2pm. cyw@s4c.cymru

31. And relax!

After all the hard work, today is your day of rest after all your hard work.

