



RAISING PLENTY IN 2020

Gather some brave colleagues and think up of a separate challenge for each of them (e.g eat a whole chilli, do a 5km run in fancy dress, come to work with your face painted, bathe in baked beans).

Write these challenges on the speech bubbles below and stick these up somewhere for all to see. Ask customers and colleagues to donate £1 to place their vote on who they want to take up the challenge. At the end of the week, the one with the most votes has to fulfil their challenge!

Alternatively you could use the speech bubbles as a window display for World Mental Health day and ask people to donate to write on a mental wellbeing tip or just a positive statement for anyone who may be struggling with their mental wellbeing to read.





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