

# YOUTH SOCIAL ACTION CHALLENGES!



There are still lots of ways that you can take action and make a difference during the COVID19 pandemic. Scotland's #iWill Ambassadors have created a 7 day youth social action challenge for you to take part in during **#VolunteersWeekScot** to help you make a difference in your community, wider society or the environment. All these activities can be done from the safety of your own home. Each day we will post the daily challenge on our Instagram page. Take part in the challenge by tagging us **@YouthLinkScot** on Instagram, using **#PowerOfYouth** so that we can shine a light on all the social action that you're taking part in during the week.



## CHALLENGE 1

Start a digital fundraiser to help support a local charity or cause. Ask friends & family to join you for online Bingo, a Quiz or a Beetle Drive for a small donation. Go on a coin hunt around your house & donate lost pennies from down the back of the sofa or under the bed. You can find some more top tips and ideas on fundraising [here](#).

## CHALLENGE 2

Did you know you can regrow vegetables from kitchen scraps? Instead of throwing out the roots of your onion, leek or old lettuce leaves put your green fingers to the test and have a go at re-growing them! You can find some top tips on how to get started [here](#).





## CHALLENGE 3

A lot of elderly people aren't able to have visits from family or friends during COVID19. Cheer up their day by writing them a letter or postcard, creating a piece of artwork or recording yourself reading a story or singing a song and send it to your local elderly care home.



## CHALLENGE 4

Research a cause that you care about and sign a petition to show your support. If you want to do more you can say that you've done it on social media to help raise awareness and share what you've learnt with family and friends. Some organisations with live petitions are: [Marine Conservation Society](#), [Amnesty International](#) and [Friends of the Earth Scotland](#).



## CHALLENGE 5

It's World Environment Day! Can you go plastic free for the whole day? We've linked up with Scottish Youth Parliament to set you different environmental actions that you can do at home as part of their Pack it up, Pack it in campaign. Find out more in their action pack [here](#). Did you manage a whole day? Sign up to [#GoPlasticFree](#) in July to see if you can make it a whole month



## CHALLENGE 6

Spread some positivity in your community by sharing uplifting messages in your windows, garden paths or shared hallway. Use chalk paints, window paints or hang up paper drawings and decorations. **Think, Make, Share** have some great tips on how to get started here.

## CHALLENGE 7

Write a letter or email to your local councillor or MSP about an issue that matters to you as a young person either before or during COVID19. These **#LockdownLowdown** results will give you an idea of what some young people in Scotland are concerned about both now and for the future. Use this **constituency map tool** to find your local elected representative!



You can find out more about the #IWill campaign in Scotland **here** and make sure to get involved in other volunteer week activities by checking out the dedicate page **here**.

**REMEMBER** to tag us on social media so that we can share and celebrate your social action challenges!

 @YouthLinkScot     @youthlinkscot     YouthLink Scotland