



#StayHomeSA

Take the **21-Day Challenge!**

Follow us for a daily fun challenge,
do it and **SHARE** the pic with SA.



REPUBLIC OF SOUTH AFRICA



DAY

1

Choose a book to read that you have been wanting to start with for months (or years ;)

SHARE your book with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the 21-Day Challenge!

Follow us for a daily fun challenge,
do it and SHARE the pic with SA.

DAY

2

Fix something
in or around
the house



SHARE your "fix" with South Africa
#StayHomeSA





DAY
3

Try a new
recipe

SHARE your recipe with South Africa

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY
4

Contact a
friend you
have not
spoken to in
a long time

SHARE who you contacted with SA
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY
5

Stay healthy!
Sow a few
seeds, start
a vegetable
garden

SHARE your new garden with SA
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY
6

Play a
game



SHARE your game with South Africa

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the 21-Day Challenge!

Follow us for a daily fun challenge,
do it and SHARE the pic with SA.

DAY

8

Find a song
that picks you
up when you
are down

SHARE your song with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY 8

Find a song
that picks
you up when
you are
down

SHARE your song with South Africa

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the 21-Day Challenge!

Follow us for a daily fun challenge,
do it and SHARE the pic with SA.

DAY

9

Draw a
picture of
someone in
your house

SHARE your art with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY 9



Draw a
picture of
someone
in your
house

SHARE your art with South Africa

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the 21-Day Challenge!

Follow us for a daily fun challenge,
do it and SHARE the pic with SA.

DAY

6



Play a game

SHARE your game with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the **21-Day Challenge!**

Follow us for a daily fun challenge,
do it and **SHARE** the pic with SA.

DAY
7

Help
someone
else today



SHARE your ideas with SA

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY
7

Help
someone
else today

SHARE your ideas with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY 10

Be brave...
say “I love you”
“Ngiyakuthanda”
to someone

SHARE this post with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the **21-Day Challenge!**

Follow us for a daily fun challenge,
do it and **SHARE** the pic with SA.

DAY
10

Be brave... say
“I love you”
“Ngiyakuthanda”
to someone

SHARE this post with SA
=StayHomeSA



REPUBLIC OF SOUTH AFRICA



#StayHomeSA

Take the **21-Day Challenge!**

Follow us for a daily fun challenge,
do it and **SHARE** the pic with SA.

DAY
11

Halfway!
Time for a
quick house
lockdown
clean?

SHARE this post with SA

#StayHomeSA



REPUBLIC OF SOUTH AFRICA



DAY
11

Halfway!
Time for a
quick house
lockdown
clean?

SHARE this post with South Africa
#StayHomeSA



REPUBLIC OF SOUTH AFRICA