



#StayHomeSA

# Take the **21-Day Challenge!**

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



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# 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  
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DAY

2

Fix something  
in or around  
the house



**SHARE** your "fix" with South Africa  
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DAY  
3

Try a new  
recipe

**SHARE** your recipe with South Africa

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DAY  
4

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

**SHARE** who you contacted with SA  
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DAY  
5

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

**SHARE** your new garden with SA  
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DAY  
6

Play a  
game



**SHARE** your game with South Africa

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## Take the 21-Day Challenge!

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DAY

8

Find a song  
that picks you  
up when you  
are down

**SHARE** your song with South Africa  
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DAY  
8

Find a song  
that picks  
you up when  
you are  
down

**SHARE** your song with South Africa  
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## Take the 21-Day Challenge!

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# DAY

# 9

Draw a  
picture of  
someone in  
your house

**SHARE** your art with South Africa  
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# DAY 9



Draw a  
picture of  
someone  
in your  
house

**SHARE** your art with South Africa

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Take the **21-Day Challenge!**

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DAY  
13

What's the  
most important  
thing you learnt  
so far during  
this time?

**SHARE** your thoughts with SA  
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# DAY 13

What's the most important thing you learnt so far during this time?

**SHARE** your thoughts with South Africa

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Take the **21-Day Challenge!**

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DAY  
**15**

Stargazing  
tonight?!  
Try and find  
the Southern  
Cross.



**SHARE** and invite SA to look up!

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DAY  
15

Stargazing  
tonight?!  
Try and find  
the Southern  
Cross.



**SHARE** and invite SA to look up!

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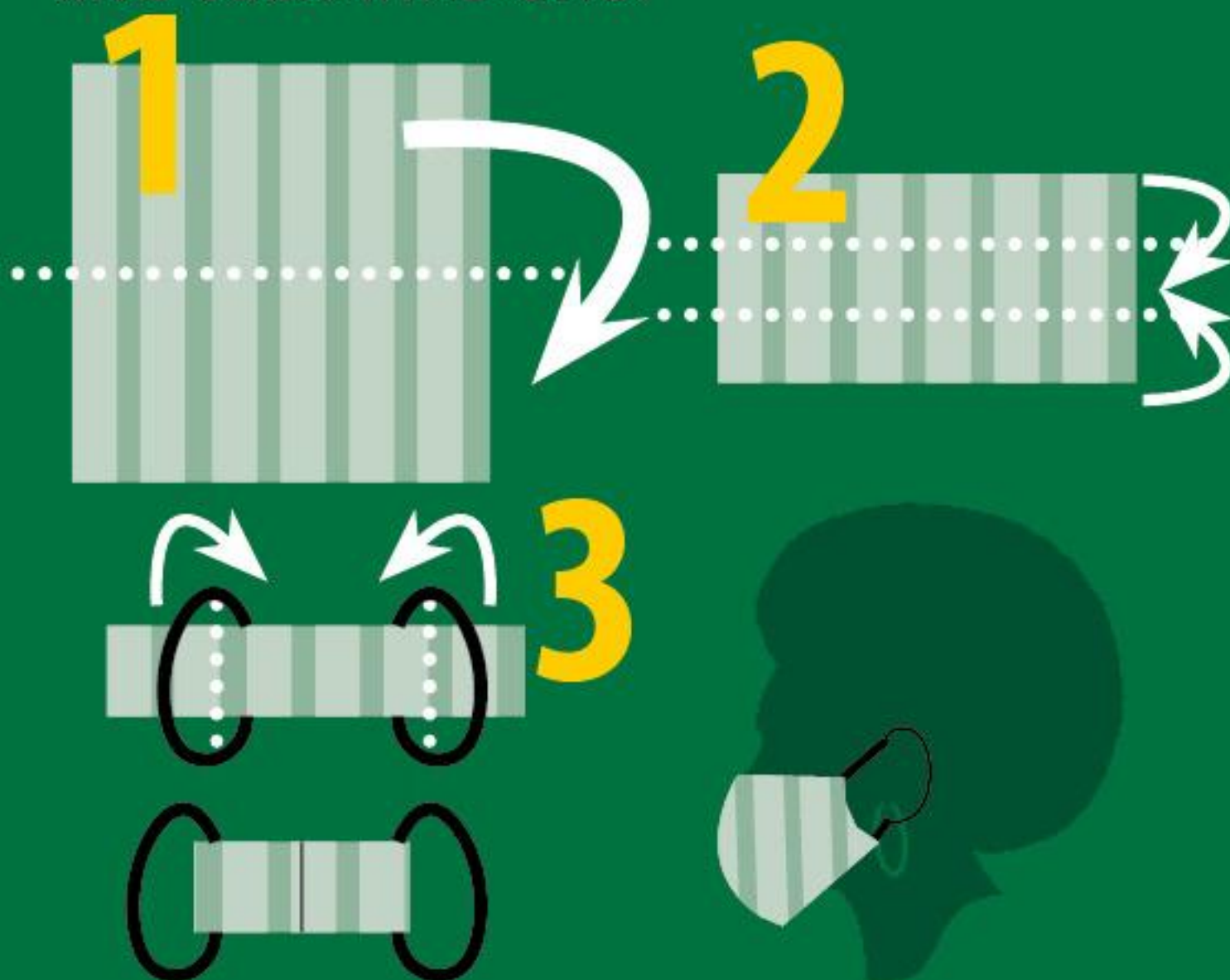
# DAY 16

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## Make a mask!



1. Fold square cloth in half
2. Fold top down, bottom up
3. Put rubberbands +/- 15cm apart; fold sides to middle, and tuck in. Done!







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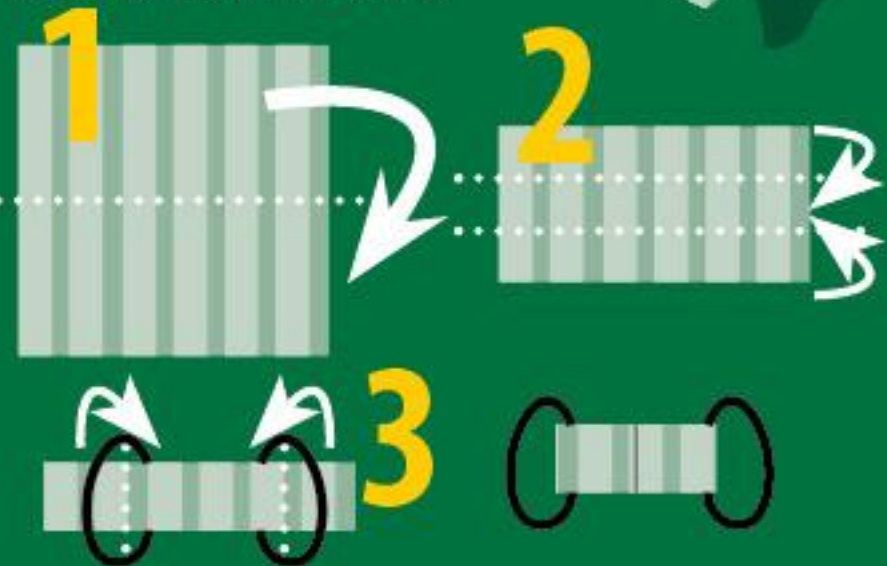
## Take the 21-Day Challenge!

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

# DAY 16

## Make a mask!

1. Fold square cloth in half
2. Fold top down, bottom up
3. Put rubberbands +/- 15cm apart; fold sides to middle, and tuck in. Done!



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Take the **21-Day Challenge!**

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DAY  
17

One thing  
I am thankful  
for today is...

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DAY  
17

One thing  
I am thankful  
for today is...

**SHARE** with SA  
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## Take the 21-Day Challenge!

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DAY  
18

Tune in to a  
local community  
radio station

*(150+ around the country!)*

**SHARE**

which one did YOU pick?

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# DAY 18

Tune in  
to a local  
community  
radio station

*(150+ around the country!)*

**SHARE** Which one did YOU pick?

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## Take the 21-Day Challenge!

Follow us for a daily fun challenge,  
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DAY

6



Play a game

**SHARE** your game with South Africa  
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## 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

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DAY  
7

Help  
someone  
else today

**SHARE** your ideas with South Africa  
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# DAY 10

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

**SHARE** this post with South Africa  
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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  
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Take the **21-Day Challenge!**

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DAY  
11

*Halfway!*  
Time for a  
quick house  
lockdown  
clean?

**SHARE** this post with SA

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DAY  
11

*Halfway!*  
Time for a  
quick house  
lockdown  
clean?

**SHARE** this post with South Africa  
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# DAY 12

Learn to say  
“*hi*” & “*thank  
you*” in an official  
SA language  
that you do not  
know yet.

**SHARE** your new “*Hi*” & “*Thank You*” with SA  
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Take the **21-Day Challenge!**

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

DAY  
12

Learn to say  
“hi” & “thank  
you” in an official  
SA language  
that you do not  
know yet.

**SHARE** your new “hi” & “thank you”  
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DAY  
14

*Stay healthy!*  
Try 2 minutes  
of walking-in-  
place, jumping  
jacks, maybe a  
push-up or two.

**SHARE** your home exercise tip with SA  
**#StayHomeSA**



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## Take the 21-Day Challenge!

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

DAY  
14

*Stay healthy!*  
Do 2 minutes  
of jumping jacks,  
sit-ups or a  
push-up or two.

**SHARE** your home exercise tip with SA  
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Take the **21-Day Challenge!**

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

DAY  
19

Start something  
new today!

*(...that you've been dreaming/  
wanting to do: start to write that  
small business plan, learn that  
language, help doing  
the dishes... 1-2-3 go!)*

**SHARE** your "start" #StayHomeSA



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# DAY 19

Start  
something  
new today!

*(...that you've been dreaming/  
wanting to do: start to write  
that small business plan, learn  
that language, help doing  
the dishes... 1-2-3 go!)*

**SHARE** your "start"

**#StayHomeSA**



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Take the **21-Day Challenge!**

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

DAY  
20

Your top  
work-from-  
home or  
parenting tip?

**SHARE** your tip! #StayHomeSA



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DAY  
20

Your top  
work-from-  
home or  
parenting tip?

**SHARE** your tip! #StayHomeSA



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Take the **21-Day Challenge!**

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DAY  
**21**

Watch the  
sunrise and  
try a slower  
phone-free  
day!

**TAG** a friend to challenge #StayHomeSA



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DAY  
21

Watch the  
sunrise and  
try a slower  
phone-free  
day!

**SHARE** your tip! #StayHomeSA



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