

THE JANUARY CHALLENGE

2026

This Easy Read Pack was informed by [Campaign 4 Change](#), a self and peer advocacy group for people with learning disabilities and autistic people.

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What is the January Challenge?



The January Challenge asks you to be creative, have fun and try new things every day in January!

There are 31 different options to try. You can do one idea each day.

The ideas include things like poetry, nature, and dance.

People from all over the UK thought of the 31 creative ideas. These ideas help us enjoy January more.





January in the UK is often cold and dark. This can make people feel sad and lonely. We want to bring some fun and bright ideas to make January better.



Creativity is important for everyone. It helps us feel good and connect with others. It also helps us to understand ourselves and others better.

How do I take part?



The January Challenge is open to everyone of any age who wants to try new things.



We want to make sure everyone in the UK can do The January Challenge. It is important that everyone feels included and can take part easily.



The January Challenge does not cost any money. You can join for free and have fun without spending any money.



You do not need to bring anything with you to join in. You can use things you already have at home. This makes it easy for everyone to take part and enjoy the challenge.

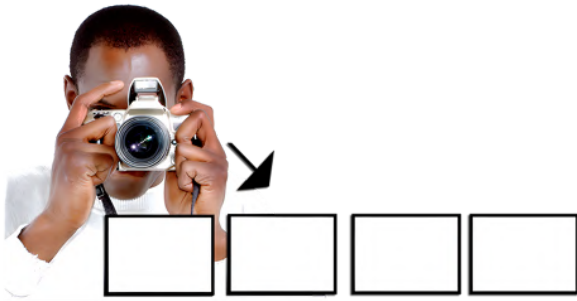


You can join in by yourself or with a group. Groups can be anyone. They could be friends, family, carers, or people at school or the library.



There is no wrong or right way to take part.

The 31 Creative Prompts



Day One - Version of You, by the 64 Million Artists team

Draw or take 4 pictures of yourself in different ways. The picture could show you having different moods, feelings, or what you do in a day.



Day Two - Find a Rainbow, by Bexley Wellbeing Partnership

Make a rainbow using things that are different colours. You can use anything you find indoors or outdoors, and make your rainbow any size or shape.

**Day Three -
Hope, by Gloucester
Community Building
Collective**

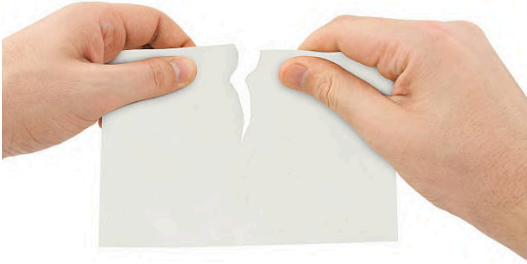


January can feel dark, but think about what gives you hope in the dark. Draw, write, or make something to show the light, and one small step you can take to make it real.

**Day Four -
Lyric, by Wiltshire Centre for
Independent Living (in
Partnership with Disability
Rights UK)**



Write down a quote or song lyric that matters to you. Decorate it with drawings or doodles that show why it is special.



**Day Five -
Tear and Transform, by
Pearson Subject Advisors**

Take a piece of paper and tear, cut, or fold it into a new shape. If you like, make it into something that shows your plans for today or the week ahead.



**Day Six -
Sing what you see, by the 64
Million Artists Community**

Look around you and sing about what you see, like words on a sign or things nearby. Try different sounds and rhythms to show how what you see makes you feel.

Day Seven - Older and Bolder, by CADA



Sit quietly and imagine yourself older. Make a picture or collage that shows how your older self is creative and bold.



Day Eight - One Brush Stroke, by Jackson's Art Suppliers

Draw a picture in one flowing line without stopping. Don't worry about it being perfect - just enjoy making your mark!



**Day Nine -
Flag of Unity, by Pearson
Subject Advisors**

Design a flag that shows love and unity. Use colours, shapes, or words that make people feel welcome and included.



**Day Ten -
Your Journey, by Gloucester
Community Building
Collective**

Take up to 10 photos or drawings of where your feet are today. At the end, look back. What do you notice? What has surprised you.



Day Eleven - Body Portrait, by the 64 Million Artists Community

Draw a picture that shows how your body feels. You could close your eyes or use your other hand to draw.



Day Twelve - Paper Planes, by Charities Learning Consortium

Write down one wish or hope for the year ahead. Fold it into a paper plane and fly it high.

**Day Thirteen -
Shape the Day, by Bexley
Wellbeing Partnership**



Make shapes with your body, big or small. You can do this by dancing to music, stretching or by walking a route that is the outline of a shape on a map.



**Day Fourteen -
Blwyddyn Newydd / A New
Year Poem, by National
Centre for Learning Welsh**

Write a short rhyming poem about how the new year makes you feel. You can call it “2026.”



**Day Fifteen -
Creativity is Potential! by
The Agency**

Find a small object and look at it closely. Imagine a new use for it and turn it into something different.



**Day Sixteen -
Messy Play by Public
Libraries with Libraries
Connected**

Spread out paper or an old sheet and get messy with paint or colours. Throw, splash, or mark the surface and have fun!



**Day Seventeen -
Your Favourite Place by
National Youth Arts Wales
(in Partnership with Hapus)**

Go to a place you like and listen carefully. Record the sounds you hear and add your own voice, song, or music.



**Day Eighteen -
Treasure Hunt, by
Gloucester Community
Building Collective**

Look around your area and collect small treasures you find. Draw, photograph, or display them to share with others.

**Day Nineteen -
Chains of Hope, by Warm
Welcome Campaign**



Make a chain using strips of paper or fabric and tie them together. Your chain could show hope and connection. Ask friends to add to it and see how long it grows.

**Day Twenty -
Find a Face, by Hapus**



Look for a face or smile hidden in objects around you. If you can't find one, do something to make someone smile today.



Day Twenty One - Music, by Bexley Wellbeing Partnership

Play a piece of music that
makes you really happy.
Dance, sing, or share it with
someone else.



Day Twenty Two - I can, by Public Libraries with Libraries Connected

Where do you come from?
What do you know, or what
skills do you have, because
you are from that place? Use
this sentence to write: "I come
from... therefore I can..." Fill
in the gaps to show what your
community has given you.

**Day Twenty Three -
Pen Explorer, by Hannah
Gorf at NHS Gloucestershire**



Imagine your pen is going on a journey across the page. Let your pen move and see what shapes or patterns appear.

**Day Twenty Four -
Let go of, by the 64 Million
Artists Community**



Think of something you are ready to let go of. Say goodbye to it in a special way, like writing a note or passing it on.



Photo

**Day Twenty Five -
Window Reflection, by
Graeme Roger (in
Partnership with Luminate)**

Take a photo of the view from your window. Notice how the light, weather, or times of day change what you see. Is the view different from when you looked last week or when you last checked?

**Day Twenty Six -
Objects, by the 64 Million
Artists Community**



Pick 5 random objects and put them together. Describe the ways that they are connected in different ways. Maybe they are made out of the same material, are similar colours or sizes.

**Day Twenty Seven -
Materials, by Wales Arts
Health and Well-being
Network (in Partnership with
Hapus)**



Weave materials like paper, string, or leaves into a simple pattern. Think about the people and places you have woven into your life.

**Day Twenty Eight -
New book, by Public
Libraries with Libraries
Connected**



Imagine a book you want to read or write. Draw its front cover with colours, symbols, and pictures. What is the book about?

Day Twenty Nine - A closer look, by HIVEMIND



Look for how people, objects, or places support each other in unexpected ways - like a flower growing through a crack in the pavement. Show what you find by taking a photo, drawing, or writing a few words.

Day Thirty - Write a letter, by Charities Learning Consortium



Write a letter to the first person you think of. Share how you feel about them, and then decide what to do with your letter. You could send it, read it aloud or put it in the bin!

**Day Thirty One -
Creativity! By 64 Million
Artists**



Think about how creativity has made a change in your life, big or small. Share your story by writing, talking, or recording it with the 64 Million Artists team by emailing hello@64millionartists.com.