

THE JANUARY CHALLENGE 2025

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.



Let's enjoy being creative together this January!

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.



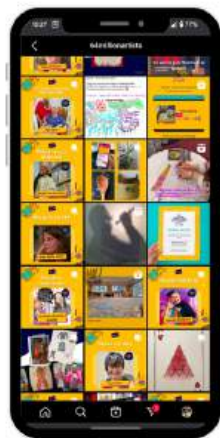
The January Challenge does not cost any money. You can join for free and have fun without spending any money.



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.



We share a new idea to try each day in January. You can find these ideas in our daily emails, on social media and on our website.





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. You can do it every day, or just two days. It's up to you.



[Click here to sign up to The January Challenge](#), or ask someone to help you.

Day 1 – Word of the Year



A new year is here. What will happen this year? Let's find out together.



Pick a word for the year. What word do you like? Maybe it shows what you hope for in 2025.



Write your word in a fun way. Use things or food to spell the word. Take a photo of your word if you want to. Be creative and have fun!

This idea is from the team at 64 Million Artists.

Day 2 – Look Up



Find a comfy place to sit or lie down. You can be anywhere that you can see the sky, for example in a garden, park, or near a window.



Look up at the sky for a few minutes. You might see clouds, trees, or buildings. Listen to sounds around you. Think about what you can hear, smell, or touch.



Write or draw how you feel on paper. Use any colour you like.

This idea is from Anita Kambo in London.

Day 3 – Your Memory Poem



Think of a place you love or a happy memory. Imagine you are there for a few minutes. What can you see, hear, smell, touch, and taste in that place? How does this memory make you feel?



Finish the 8 sentences below, based on those senses, feelings and thoughts. You don't have to do them all, just the ones you like.

I see...
I smell...
I touch...
I hear...
I taste...
I think...
I feel...
I am grateful for...



Once you have finished writing, cross out the beginning of each sentence which was written for you. Now the only words left should be the ones you wrote yourself, like in this example:

~~I~~ see...the sky
~~I~~ smell...roses
~~I~~ touch...the grass
~~I~~ hear...birds
~~I~~ taste... ice cream
~~I~~ think...my friends are
 around me
~~I~~ feel...happy and excited
~~I~~ am grateful for...nature



You've imagined your way
to your very own poem!

This idea is from Anita Kambo in London.

Day 4 – Capture Your Day



Set an alarm to ring at different times in the day whenever you choose.



When it rings, take a photo or draw something you see. Do this wherever you are at that time. You can pick a theme, like a colour or shape, to look for.



You can also take photos of yourself if you want. The most important thing is to have fun!

This idea is from Anita Kambo in London.

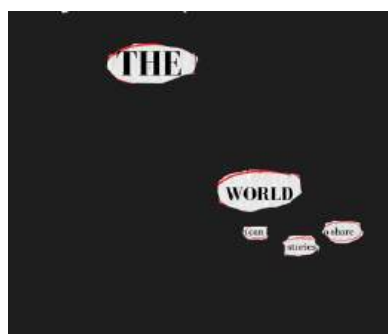
Day 5 – Erasure Poetry



We can make poems by using words from other places. This is called erasure poetry. We cross out words we don't want and keep the ones we like.



Take a page from a newspaper, magazine, or book. Circle the words you want to keep and then cover up all the rest.



If you want, you can add extra words to your poem. When you finish, read your new poem.

This idea is from boom saloon in Fife, Scotland.

Day 6 – Word Finder



Go for a walk or look outside! See how many words you can find for example on transport, signs or flags.



Pick your favourite words and write them down.



Use the words you found to make a poem. You can change the order of the words to make it sound nice. You can also add extra words if you want to.

This idea is from boom saloon in Fife, Scotland.

Day 7 – A Word-less construction



Look around you and find some objects.

It doesn't matter what the objects are, for example if you are in the kitchen, you can use cardboard or plastic bottles.



Use these objects to build something. You can tape them together or stack them to build a tower. Try to make it as tall or long as you can.

This idea is from boom saloon in Fife, Scotland.

Day 8 – Makaton!



Makaton uses signs and symbols to help us understand each other. Let's learn some Makaton. [You can learn some Makaton signs here.](#)

Think about what you are doing today. What will you eat? What sounds or sights will you notice? How do you feel about today?



Use Makaton signs to show your day. You can also draw a picture story. This helps us share our day with friends.

This idea is from Daventry Hill School.

Day 9 – Smile!



Make someone smile.

You could learn a magic trick and surprise them. Telling a joke can make someone laugh.



You can also make a card, draw a picture, sing a song, or bake a cake. These are gifts you can give to make someone happy. Your creativity can bring joy to others.

This idea is from Daventry Hill School.

Day 10 – A Musical Day



What is your favourite song?

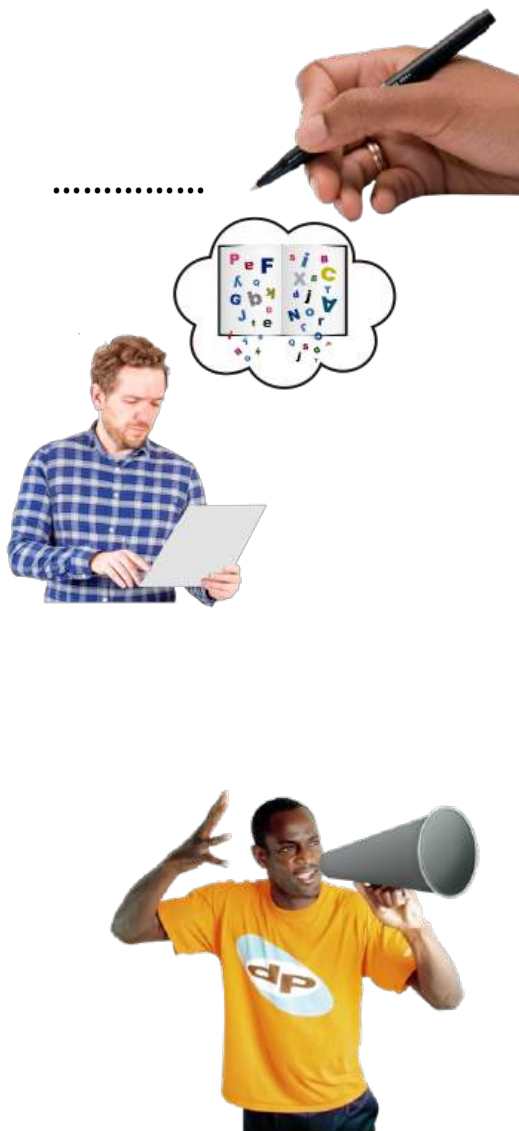
Choose your song and play it.



Join in with the song. You can hum, sing, dance or clap. Stamp your feet or tap the table to the beat. Do whatever feels fun. Let yourself make noise and enjoy your favourite song.

This idea is from Daventry Hill School.

Day 11 – A New Word



Create a new word.
Create it because you like,
or hate, how it sounds.

Decide how it's written. You
could make up letters and
write it down.

Think about how to say
your word. Try saying it in
different ways, like
whispering or singing. You
can also shout it. You could
record yourself saying it.

This idea is from Sian Northey in North Wales.

Day 12 – Making Waves



Find some clean water. It could be a stream, a beach, or water in a sink or cup. Let your skin touch the water. You can wade, dip your toes, or just use one finger.



Play with the water. Move your hand or finger gently or quickly. Splash and then stay still to feel the water.

This idea is from Sian Northey in North Wales.

Day 13 – Follow the Sound



Find some music without words. It can be any kind, but something new to you. Play it quietly.



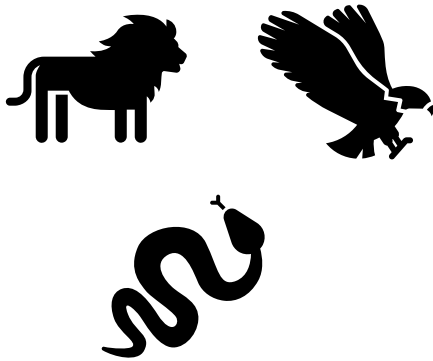
Write down your thoughts as you listen. You could tell a story or share a poem.



Don't think too much. Just say or write what feels right. Play the music again and read your words out loud. See how they sound with the music.

This idea is from Sian Northey in North Wales.

Day 14 – Mindful Animal Movement



Pick any animal you like, for example it could be a lion, bird, or snake.

Think about how it moves and feels. Try to act and move like this animal.



Notice how your animal takes up space. Is it big and bold like an eagle, or slow like a turtle? Use your whole body to try these movements. Move in different ways.

This idea is from Aditi Kaushiva,
in partnership with St Margaret's House.

Day 15 – The Worm



Think about the last time you saw a worm. It might have been in the dirt, on the road, or in a bird's beak. What did it look like? How did it move? Write these things down on paper



Make the worm! Use things you have at home to create or draw it. What does your worm look like? You could also draw a map of where it might go.



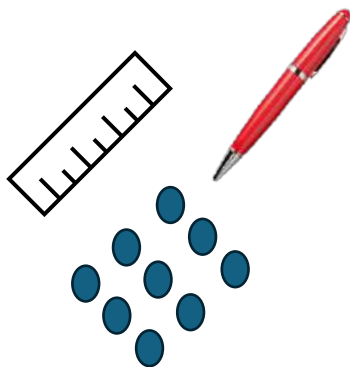
Or pretend to be a worm! Use things around you to make yourself look like one.

This idea is from Babette van Gerwen, in partnership with St Margaret's House.

Day 16 – Recycle to Stitch



Try stitching with paper, card, and other things you find. Use a piece of card as your base. It could be from a cereal box.



If you can, use a ruler and pen to draw three lines of dots on the card. Make each dot about 2 centimetres apart. Use the pen to poke holes through the dots on the card.



Find things around you to stitch between the holes. You can use strips from a magazine, colourful string, or cut-up elastic bands. Stitch in different ways to make a pattern.

This idea is from Fast Fashion Therapy, in partnership with St Margaret's House.

Day 17 – A Mind Full Of...?



Take 15 minutes to write a poem or a diary note. Focus on whatever you are thinking about most. It can be anything, big or small, about you or others. Write what comes to you first.



Think about why this thought came first. Is it something important or just a random idea? Spend time thinking about your feelings and thoughts.

This idea is by David Larbi in London.

Day 18 – Dress to Express



Pick your favourite clothes or shoes. Choose the ones that make you feel happy. Wear them today.



Think about how your clothes change your mood. Do they make you feel brave or remind you of something nice?

Notice how the clothes make you feel like doing different things. See how your clothes make your day better.

This idea is by Angie Ouya in Manchester.

Day 19 – Unseen Moves



Choose a song that makes you want to move. It can be slow or fast, whatever you like.

As the music plays, let your body move how it wants. You can stretch, sway, or move your hands, waist, or feet. Don't think too much, just enjoy the rhythm and how your body feels.

This idea is by Angie Ouya in Manchester.

Day 20 – Meaningful Items



Pick a bag or item of clothing you use a lot, like a backpack or jacket.



Make something special to hide inside. It could be a small picture, a nice note, or a tiny item that means a lot to you.



Put your special item inside your bag or clothing. You can place it in a pocket or attach it with a pin or by sewing. This way, you carry something meaningful with you every day.

This idea is by Angie Ouya in Manchester.

Day 21 – You Inspire Me



Think about all the people who inspire you. They can be friends, family, or famous people.



Pick one person and write a short message to tell them why.



If you can, send this message to them by post, email or text. Let them know how they have helped you and what you want to do because of them. Sharing your feelings can make both of you happy.

This idea is from Natasha Whittaker in Exeter.

Day 22 – Take Back the Trash



Keep something you want to throw away today. Think about it in a new way. Can it be used again? Can it be used for something else? Can it become a fun character?



Give that old thing a new life. Make it into something special. Be creative and see what you can do with it. Turn trash into treasure and have fun doing it!

This idea is from Natasha Whittaker in Exeter.

Day 23 – This is my Time Capsule.



Imagine a person finds your photo in 100 years.

What would you say to them about today? You can use a poem, a word, or a headline. Describe what is happening for you right now in a simple way.



What are you doing? How do you feel? Use easy words to show what today is like for you. Make it clear and simple so anyone can understand.

This idea is from Natasha Whittaker in Exeter.

Day 24 – Heart Beat



Feel your heartbeat and pulse. You can find your pulse in your wrist or neck. If you have a stethoscope, use it to hear your heartbeat better. Notice how fast or slow your heartbeat is.



After you have felt your heart beat, try to repeat the beat. Copy it by tapping your feet, clapping, or using a drum. You can also use pots and pans. Use what feels safe and fun for you.

This idea is from Isaac Acheampong in Hull.

Day 25 – Gratitude Bank



Think about 3 things you are happy to have. They can be big or small. Write them down.



Find a jar or box. Decorate it and call it your Gratitude Bank. Add in the things you have written down. You can do this with friends or on your own.



When you feel sad, take out a note and read it. This can help you feel happy again. If you do this with friends, take turns reading notes. You can share stories if you want.

This idea is from Isaac Acheampong in Hull.

Day 26 – Pieces Together (Peace is Together)



Create some art about 'Peace' or being 'Together'. Think about what peace means to you. Who do you like being with? How do you feel when you are with them?



Look through old papers, magazines, or newspapers. Tear or cut out pictures or words that make you think of peace or being together. Use these to make your art.

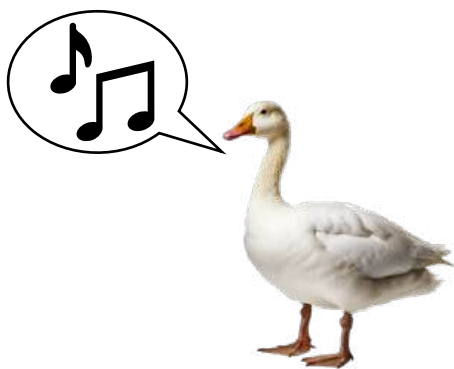


This idea is from Isaac Acheampong in Hull.

Day 27 – Connecting with Nature



Go outside or open a window. Listen for birds singing. Can you hear any bird songs? Do you know which bird is singing?



If you can't hear any birds, think about a bird and how it sings. Imagine the bird's voice and the way it moves. Picture the bird in your mind and what it looks like.



Draw or paint a picture of the bird. How big is it? What colour are its feathers? What would you call this bird? Use your imagination to create your bird picture.

This idea is from Outside with Lira in London.

Day 28 – Silly Self Portrait



Draw a picture of yourself. You can use things around you. It can be a drawing, painting, or made with things like pasta or buttons.



Be silly and fun. Draw yourself in bright clothes. Add fun make-up or hair.

Fill the page with things you like. Draw or write about the silly things you enjoy. Make it colourful and happy.

This idea is from Rachel Baker in Birmingham.

Day 29 – Character Creation



Captain
Dragon



Look around and find two or three letters. You can use letters from a car number plate or from things you see nearby. These letters will be the initials for a name you make up.

Use the initials to create a name, like 'Captain Dragon' for 'CD'. Your character can be a person, animal, or alien.

Imagine more about your character. What do they like for breakfast? What is their best skill? Who is their best friend? Now, you have a character with a story!

This idea is from Rachel Baker in Birmingham

Day 30 – I Make Myself Laugh



Do something that makes you laugh.

Wear a silly hat while sending emails or doing chores. You could skip a little when walking to the shop. When you see a mirror, pull a funny face.



Take some time today to make yourself smile and feel happy. It's important to have fun and enjoy little moments.

This idea is from Rachel Baker in Birmingham

Day 31 – Change Maker



Think about what change you want in your life or the world. Write it down. Be brave and don't worry too much about it. Just write what you feel.



Pick one creative thing you can do today to start making that change. It might be something small or something big. Be creative and make a difference.

This idea is from the team at 64 Million Artists.