

NEDD'S UNCOMFORTABLE CHALLENGE



A CALL TO PARENTS!

WHAT IS NEDD'S UNCOMFORTABLE CHALLENGE!?

FROM OCTOBER 20TH TO 29TH, WE'RE ASKING ALL AUSTRALIANS – INCLUDING YOUR CHILD'S SCHOOL – TO JOIN NEDD'S UNCOMFORTABLE CHALLENGE!

THE GOAL? TO STEP OUT OF YOUR COMFORT ZONE FOR 10 DAYS STRAIGHT, WHILE RAISING FUNDS TO SUPPORT THOSE EXPERIENCING HOMELESSNESS. THE RULES ARE SIMPLE: CHOOSE A CHALLENGE THAT MAKES YOU UNCOMFORTABLE AND STICK WITH IT EVERY DAY FOR 10 DAYS.

HOW CAN YOU HELP?



PARENTS, YOUR INVOLVEMENT IS KEY TO MAKING THIS CHALLENGE A SUCCESS!
HERE'S HOW YOU CAN SUPPORT YOUR KIDS:

1

ENCOURAGE PARTICIPATION:

TALK TO YOUR CHILDREN ABOUT HOW STEPPING OUT OF THEIR COMFORT ZONE CAN MAKE A REAL DIFFERENCE IN SOMEONE'S LIFE. YOUR ENCOURAGEMENT WILL GIVE THEM THE MOTIVATION TO JOIN THE CHALLENGE.

2

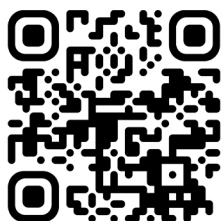
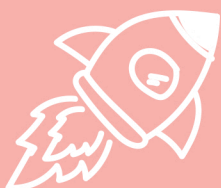
PICK A CHALLENGE TOGETHER:

HELP YOUR CHILD SELECT A CHALLENGE THAT'S MEANINGFUL YET ACHIEVABLE. WHETHER IT'S A PHYSICAL ACTIVITY, GIVING UP SCREEN TIME, OR TRYING SOMETHING NEW, MAKE IT SOMETHING THEY'LL REMEMBER! CHECK OUT THE CHALLENGE EXAMPLES WE HAVE FOR YOUNGER AND OLDER KIDS ON OUR RESOURCES PAGE

3

GET INVOLVED:

TAKE ON A CHALLENGE YOURSELF! SHOW YOUR KIDS THAT YOU'RE IN THIS TOGETHER BY JOINING YOUR CHILD'S SCHOOL TEAM.



SIGN UP



RESOURCES