



# Take on 250

**R N I B**

See differently

## A – Z fundraising ideas:

### Take on 250

Choose any activity and complete 250 of whatever you decide. The possibilities are endless!

#### Take on 250

- A** – Art
- B** – Baking, bouldering
- C** – Cycling
- D** – Dancing, dog walking
- E** – Eating, embroidery
- F** – Football, flights of stairs
- G** – Gaming, board games
- H** – Hair braiding, hand crafting
- I** – Indian/Italian food night
- J** – Jumping jacks, jewellery making, jigsaw puzzles
- K** – Knitting, 'Keepy upys', karaoke
- L** – Laps of your local park, learn something new
- M** – Music (singing, playing an instrument), meditation
- N** – Nominations! Someone else chooses your challenge
- O** – Open water swimming, obstacle course
- P** – Push ups, planking, writing poems, photography
- Q** – Quiz yourself with 250 questions, quiet time
- R** – Running, reading, rock climbing
- S** – Step challenge, swim challenge, sing challenge
- T** – Trekking, turn off your tech
- U** – Ultra challenge; train for 250 mins
- V** – Volunteer yourself to help your family with 250 tasks
- W** – Walking
- X** – Xbox / Playstation
- Y** – Yoga, yo-yo
- Z** – Zumba

**Find out more at [rnib.org.uk/take-on-250](https://www.rnib.org.uk/take-on-250)**