

Walking the Wave Challenge Can you complete a challenge from each column?	Science	Tragedy	Romance-Love	Action	Humour	Fantasy	God's Story
	Read a book or tell a story to a younger child	Gift your week's pocket money to a charity for refugees or homeless people	Call a friend you haven't spoken to for a while to see how they are doing	Take part in a sponsored walk or other activity to raise money for charity	Get on and do the things that someone keeps nagging you about	Say a prayer for someone you find it difficult to like	Choose two to five verses you particularly like from the Bible and try to learn them by heart
	Offer to do the Bible reading for your church or group	Carry a small pack of tissues with you so you have them if anyone needs one	Craft or paint a bunch of flowers and give it to a neighbour or to someone you wish to thank	Do some guerilla gardening or litititititc dig			

