



74. Join/start a campaign to make the community a better place
75. Give a bit of your pocket money to charity
76. Tell people about something you are proud of achieving through Girlguiding
77. Walk somewhere instead of using a car
78. Tidy and dust your bedroom
79. Do a good turn for your meeting place
80. Do a random act of kindness
81. Help at home without being asked
82. Find out what can be recycled and encourage others to recycle
83. Find out about the work of the police and how you can help them
84. Attend/support a local community event
85. Make a small part of your local area more beautiful
86. Help to put on an event for others in the community
87. Publicise what is good about your local area
88. Give somebody something special (a hug, your last Rolo, give blood or...)
89. Sort your household rubbish and put the bins out for collection on the right day (remember to bring them in again afterwards)
90. Tell someone how special they are.
91. Get to know your neighbours better
92. Tidy the area outside your front door
93. Find a job that needs doing ... and do it secretly
94. Use your local shops/amenities
95. Remember to thank your parents, leaders and teachers (all day)
96. Introduce someone new to your unit (check with your leader first)
97. Welcome someone who has just joined your class/group/area
98. Use local public transport
99. Find out how to stay safe when out and about. Create a holiday safety guide or video and share it with others
100. Organise or take part in a sponsored event to raise funds for a charity.



King Charles III has pledged to continue Queen Elizabeth II's promise of lifelong service and to serve the country "with loyalty, respect and love",

The King would like everyone to be a happy and valued member of a well run community and he needs your help.

Your task is to help the King and your community by completing as many of these challenges as you can. Some are quick and simple, some of them will take you a bit longer, some might require you to try something new and some will be best done with others. All of these challenges will mean that you are keeping your Promise.

.... you could involve your friends and family too.

Imagine how many people we could make happier if we all accepted this challenge!



100 suggestions of ways to serve the King and your community—how many can you do?

1. Make and send a thank you card
2. Make a new friend and play with them
3. Phone your grandparents or an older relation
4. Make your own or someone else's packed lunch
5. Decorate cakes or biscuits and share them with someone
6. Do a secret good turn at home
7. Smile at the people you pass in the street and that you speak to today
8. Learn to fingerspell or sign
9. Pick up rubbish from around school or home and put it in the bin or, with permission and the right equipment, do a litter pick
10. Learn some words in a different language
11. Do something nice for someone you don't know very well
12. Hold the door open for the person behind you (can you do every door, all day?)
13. Raise money for a local charity of your choice
14. Learn the national anthem
15. Change the toilet roll when its empty/empty the kitchen bin
16. Read to a younger person
17. Grow a plant to give as a present
18. Help to plant some flowers to make somewhere prettier
19. Chat to a neighbour you know who may be lonely
20. Learn how to call the emergency services and what to say
21. Learn to knit or sew and make something for a charity*
22. Don't moan at all, all day
23. Visit and maybe help to entertain some older people
24. Help to clean the bathroom
25. Hang up or iron your clothes
26. Collect things to go into a shoebox for a charity appeal*
27. Contribute to a collection for homeless people*
28. Collect used stamps and donate them to a charity*
29. Collect coins and donate to a charity – can you collect 100?
30. Play with/ look after a younger child
31. Volunteer for anything!
32. Donate to a charity shop
33. Buy something from a charity shop
34. Check your smoke alarm
35. Carry out a safety audit of your home
36. Grow a vegetable and use it to make someone happy
37. Make something for somebody
38. Make a bug hotel



39. Visit your local library. Why not join and borrow a book?
40. Learn basic first aid
41. Learn to life-save or learn the water safety code
42. Write to your local councillor or MP about something that affects you or your community
43. Give up your seat for an older person
44. Remember to turn off taps and lights when they are not being used
45. Help someone younger than you
46. Help someone older than you
47. Get to know someone in your class or unit better
48. Set the table for a meal and/or clear away afterwards
49. Help with the washing up or load and unload the dishwasher
50. Wrap a gift beautifully and give it to someone as a surprise
51. Take part in a fundraising activity
52. Tell your friend why you like them
53. Make your bed/ change your bed sheets or duvet cover
54. Sort all the washed socks into pairs
55. Hang out the washing/learn to use the washing machine
56. Help with the shopping (carry it, pack/unpack it etc.)
57. Learn your address and postcode / your home phone and your parents' mobile number/ make a list of numbers for people you could call when you need help
58. Collect things that would normally be thrown away and donate to a charity that is collecting them* (old mobile phones, ink cartridges etc)
59. Draw a picture and use it to cheer someone else up
60. Find a way to make your garden more wildlife friendly
61. Find out about the dangers of drugs and alcohol
62. Help to look after your pet – take it for a walk/ feed it/ clean it out
63. Donate an item to a foodbank collection
64. Learn to cross the road safely /put oil in a car / change a tyre on your bike
65. Put water out for the birds (feed them in the winter)
66. Make sure you know and keep your Promise (and laws) all day
67. Write a letter to someone who would appreciate it*
68. Collect any unwanted old or foreign currency and donate it to a charity that is collecting it*
69. Bake something for somebody else
70. Remember to say thank you to everyone who does anything for you (all day).
71. Learn to make a drink and make one for someone else
72. Use a skill to make money and donate it to a charity
73. Give someone a flower

