

# MY 40 HOUR OFFLINE CHALLENGE

Here are 40 ideas to help you make  
the most of your 40 Hours Offline!



**4 Hour  
Challenge**  
13-15 JUNE 2025

World Vision

<b>1 40 Hours, Outdoors.</b> Get out in nature and explore for 40 hours. Fresh air, wide open spaces and sleeping under the stars.	<b>2 40 Hours, Dance Party.</b> Gather your mates, pump up the tunes and tag team for a dance marathon.	<b>3 40 Hours, Volunteering.</b> Help a cause you care about, like a local food bank, tutoring students or an animal shelter.	<b>4 40 Hours, Creating.</b> Painting, writing, coding, crafting, how creative can you and your mates get in 40 Hours?	<b>5 40 Hours, Fitness.</b> From cardio to yoga, endurance, flexibility and strength. Set a goal and see how hard your team can go.
<b>6 40 Hours, Board Games.</b> Winner takes all! Stock up on games from your local op shop and play it out for 40 hours.	<b>7 40 Hours, Cleaning Up.</b> Head to local beaches, lakes, parks and playgrounds and see how much rubbish your crew can remove.	<b>8 40 Hours, Gratitude.</b> Put pen to paper and find other creative ways to thank people you're grateful for to brighten their day.	<b>9 40 Hours, Performing.</b> Put on plays, music recitals, choirs, sketches and more to provide 40 hours of entertainment.	<b>10 40 Hours, Baking.</b> Choose your recipes and get busy in the kitchen, then gift or sell your tasty treats as fundraisers.
<b>11 40 Hours, Caring.</b> Make cards for sick kids at your local hospital and nursing home residents.	<b>12 40 Hours, Hanging Out.</b> Disconnect to reconnect with mates in a whole new way.	<b>13 40 Hours, Upskilling.</b> Offer to skill share with friends, teach guitar, Italian, karate, dance etc.	<b>14 40 Hours, Reading.</b> Go somewhere cozy with your mates and tackle a box of books.	<b>15 40 Hours, Exploring.</b> Go on a new adventure with your crew, plan ahead, paper maps only.
<b>16 40 Hours, Gardening.</b> Get your hands dirty, plant trees, sow seeds, pull weeds.	<b>17 40 Hours, Inspiring.</b> Paint rocks, canvases and more with inspirational messages.	<b>18 40 Hours, Running.</b> How far can you go in 40 Hours? Do it in a team and split the kms!	<b>19 40 Hours, Painting.</b> Paint by number, do a friend's portrait, a landscape, go abstract, just paint.	<b>20 40 Hours, Making Music.</b> Get all your musical mates together and don't stop the beat.
<b>21 40 Hours, Upcycling.</b> Repurpose, repaint, refurbish, bring new life to unloved items.	<b>22 40 Hours, Joking.</b> Write and perform a comedy show, hide jokes for people to find.	<b>23 40 Hours, Journalling.</b> Take this time to write and process what's on your heart and mind.	<b>24 40 Hours, Crafting.</b> Knitting, sewing, woodworking, painting, jewellery-making, scrapbooking.	<b>25 40 Hours, 40 Mountains.</b> How many summits could your team do between you?
<b>26 40 Hours, Whānau.</b> Plan a family adventure, cook your loved ones dinner and hang out.	<b>27 40 Hours, Sewing.</b> Clothing, accessories, quilting ... what could your crew create in 40 hours?	<b>28 40 Hours, 40 Stories.</b> Create your own writers' sanctuary and leave with a book collab.	<b>29 40 Hours, Skipping.</b> Basic jumps, double unders, crisscrosses, speed skipping...	<b>30 40 Hours, Kindness.</b> Small acts can make a big impact! How many ways can you pass it on?
<b>31 40 Hours, Art Installation.</b> Planning, sketching, creating, installing your own art show.	<b>32 40 Hours in Polaroid.</b> Take instant photos of friends, family, nature, things that bring you joy.	<b>33 40 Hours, Scrapbooking.</b> Use stickers, old magazines, photos and flowers to boost creativity.	<b>34 40 Hours, 40kms.</b> Swim, cycle, walk, skate, roll, do it in a team or take it on solo.	<b>35 40 Hours, Mindfulness.</b> Grab this time to meditate, walk, journal, breathe, be still, be chill.
<b>36 40 Hours, Donating.</b> Clothes, food, books, toys, towels (for animal shelters) how much can you give away in 40 hours?	<b>37 40 Hours, Family Legacy.</b> Create a family time capsule, scrapbook, album or other special items that can be passed down.	<b>38 40 Hours, Full-body Challenge.</b> Create a workout with a mix of challenges and rotate sessions with your team.	<b>39 40 Hours, Storytelling.</b> Record stories from older family members and friends, create a version to keep and one for them.	<b>40 40 Hours, Puzzle Mania.</b> Solve jigsaw puzzles, crosswords, riddles or brain teasers non-stop with your team.