

40 HOURS? CHALLENGE ACCEPTED!



40 HOURS, PLANT 40 TREES

As trees grow, they suck carbon dioxide from our atmosphere, lower temperatures and fight the impacts of climate change. Planting trees isn't just good for the planet – it's like giving it a big ol' hug! Could you plant 40 trees in one weekend?

HOW TO DO IT

- **Plan before you start.** Research types of trees that will thrive in your chosen location.
- **Do the challenge with friends** - one person can dig holes, another can handle the trees, while someone else fills holes with soil.
- **Document your progress.** Grab your phone and snap away to record your tree-planting journey!
- **Don't worry** if you can't plant 40 trees, pick any number that challenges you.

40 HOURS, NO TECH

Think you could survive a whole weekend without screens? No phones, iPads, laptops, gaming consoles, TVs, or any other gadgets?

HOW TO DO IT

- **Pop all your tech stuff away** – phones, iPads, laptops, smartwatches, gaming consoles, and whatever else you've got.
- **Turn off those notifications** before you start your challenge, so you're not constantly distracted.
- **Embrace the screen-free time.** You've got this!



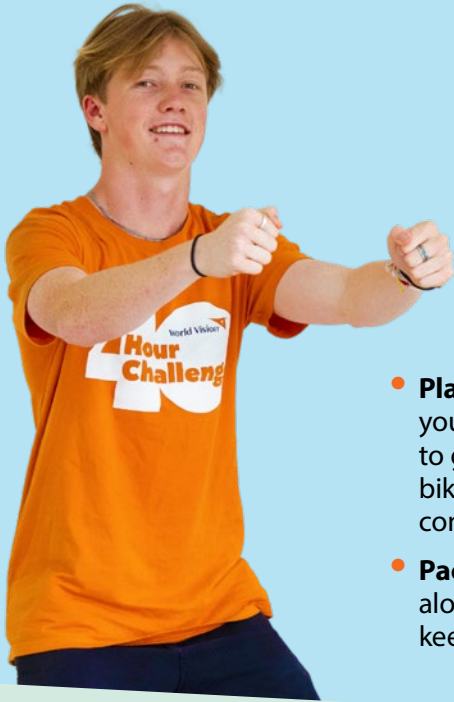
40 HOURS OUTDOORS

Reconnect with nature and experience 40 hours of fresh air and wide open spaces. Plus, spending time outdoors boosts your mood and keeps you healthy. It's a win-win!

HOW TO DO IT

- **Set a goal.** Figure out what you want to do outdoors, like exploring new bushwalks or chilling by a campfire.
- **Plan properly** – tents, snacks, and comfy clothes – everything you need to last 40 hours sleeping out in your backyard.
- **Unplug.** Forget about your phone and socials for the weekend! Connect with nature instead.





40 HOURS, NO CAR

Go car-free plus avoid any transport that makes emissions. That leaves you with a skateboard, bike or your feet for 40 hours!

HOW TO DO IT

- **Plan your routes.** Map out where you need to go and the best ways to get there using your skateboard, bike, or feet. This will help you conserve energy.
- **Pack snacks:** Make sure to bring along snacks and a water bottle to keep you fueled and hydrated!
- **Get creative.** Explore your neighbourhood or city in a new way. Take scenic routes, visit local parks, or discover new places on foot or by bike.
- **Team up:** If you have friends or family members participating in the challenge, ask them to join you. It can be more fun and motivating to have someone to share the experience with!

CREATE YOUR OWN

How creative can you get with 40 hours?
Can you dance, bake, play, paint, make, create?
What could you do for 40 hours non-stop?
If you need inspo, follow us on social media
@40hournz and use our Spinning Challenge
Wheel filter on TikTok & Instagram!

REMEMBER...

- The challenge you choose to complete **must be achievable in 40 hours.**
- If you're in primary school, you have the **option of choosing a 20 hour challenge** instead.
- Don't pick a challenge that **puts yourself or others at risk.**
- Consider a challenge that's **fun but still pushes you outside your comfort zone.**
- Try doing your challenge **in a team or with your friends!**



SIGN UP NOW

40hour.org.nz

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