

Choose your missions

Why not try adding in your own superhero challenges too!

Bliss
for babies born
premature or sick

Kindness

Call a friend or family member to brighten up their day

Make a poster about the work of Bliss and share with others

Bake a cake for a neighbour who has a birthday or lives alone

Draw a picture for someone in your family

Tidy your bedroom

Donate your pocket money to help babies in neonatal care

Help a parent with one chore each day

Record a message or write a poem to a baby currently in neonatal care and send to events@bliss.org.uk



Make sure your JustGiving page is set up online to help support premature and sick babies

Nature

Draw a flower that you see on a walk

Learn how to be a superhero to animals living in your neighbourhood, e.g. make a bird feeder

Draw a picture of your animal superhero sidekick

Take pictures of animals that you see on your daily walk and create a collage

Make a superhero out of things you find on a nature walk



Physical

Do 50 skips or star jumps

How long can you be quiet and still? Can you beat your record?

Dance for five minutes or make up a superhero dance move

Complete an indoor obstacle course



Learning

Learn 5 words or phrases in British Sign Language

Try some new healthy superfoods

Learn a new skill e.g. juggling or skipping

Learn how being a Little Hero and fundraising helps to support premature and sick babies. Spread the word!



Creative

Invent a superhero smoothie (with superfoods like bananas)

Create a chalk message

Make a thank you card or sign for your postal worker/refuse collector/supermarket staff who work in your neighbourhood

Turn your favourite teddy into a superhero

Make yourself a DIY superhero costume from things around the house

Put on a show for your family telling the story of your superhero

Design a superhero photoshoot and strike a power pose

Design your own superhero – what would their superpower be?

Write a story or make a comic book about a superhero

Build a home for a superhero. You could use lego, furniture, whatever is available!



Share your superhero missions with your friends and family on your fundraising page

Choose your missions

Use this sheet to track which superhero missions you complete

Bliss for babies born premature or sick

Kindness



Nature



Learning



Creative



Physical

