

Bliss needs heroes!

Our mission is to give every baby born premature or sick the best chance of survival and quality of life. Are you ready for *your* mission?

Do you know a Little Hero who is ready for the challenge of becoming a superhero at home? Being a superhero can be tough but, by sponsoring them, family and friends can help them along the way.

By taking part, you and your Little Heroes will help us make a huge difference for babies and their families at a time when they need us more than ever.

And you'll have lots of fun, stay active and have some great stories to share with friends.

You can choose your own challenges or take on some that we have set for you. Once your Little Hero has completed a mission, add a coloured section to their superhero and track their progress to becoming a superhero.

You can complete your missions over the course of a week or longer if you want to. We'd love you to share your progress with us and join our special gallery of Little Heroes.



Bliss Little Heroes

How can I become a Little Hero? If you or someone you know would like to take on the challenge for Bliss, simply follow these steps below to help make your fundraising a success.

Decide what missions you want to complete

There are different kinds of missions to choose from and you can pick the ones you want to do. Some are easy and some might be more difficult. You can make up your own challenges too. If you can think of any other missions that you would like to complete then add these to your sheet.

Tell Bliss how long you think these will take you to complete

It would be great to know how long you would like your missions to last so that we can help you along the way. There is no time limit, you can decide to do all your missions in one day or plan them over the next week or month. You can email Bliss at events@bliss.org.uk

After you have completed your missions, tell us all about it and make your way onto the Superhero gallery

It would be great to hear from you after you have completed your missions to see what fun things you and your Little Heroes did and how much money you were able to raise. We would also love to share your photo on our superhero gallery. You would be able to share this with your friends and challenge them to be a superhero too. You may even be chosen as our Little Hero of the month...

Set up your Just Giving Page

This is the best way to get your fundraising off to a flying start. Set up your own page: visit justgiving.com/bliss. You can also share your page on social media to encourage more people to sponsor you.



Fundraising

Premature and sick babies need your help now more than ever. We want all of the 100,000 babies born premature or sick every year to have the best chance of survival and quality of life. So we are asking you to be really ambitious with your fundraising! Every pound makes a massive difference to babies and their families.

Once you have finished fundraising we will send out a special Little Heroes certificate to say thank you for all your hard work.

If you raise over £50 we will also send you a special Little Heroes drawstring bag as an extra thank you.



Top tips

Pick missions from each of the sections on the mission sheet.

Colour a section of the superhero on the mission tracker for each one completed.



Thank you

Bliss
for babies born
premature or sick



We can't thank you enough for taking part in Little Heroes for Bliss.

Whatever your reason for taking part, you are making a huge difference to babies born premature or sick.

Choose your missions

Kindness

Call a friend or family member to brighten up their day

Write to someone

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

Draw a picture for someone in your family

Tidy your bedroom

Use your pocket money to help someone

Write a message for your window e.g. thanking refuse collectors, nurses, shop workers

Help a parent with one chore each day

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

Clap for our NHS Heroes on Thursday at 8pm



Nature

Draw a flower that you see on a walk

Feed birds

Draw a picture of your animal superhero sidekick

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

Find leaves on your walk and make a collage



Physical

Do 50 skips or star jumps

Walk the dog

Dance for five minutes or make up a superhero dance move

Complete an indoor obstacle course



New Skill/ Learning

Read a book and draw a picture

Teach a sibling a new game or skill

Learn a new skill e.g. juggling or skipping

Read out loud

Make a superhero smoothie (with super foods like bananas)



Creative

Write a story about a superhero or someone you think is a superhero

Create a chalk message

Make a thank you card for your postman/ refuse collector /supermarket cashier/nurse who lives on your street

Make your favourite teddy bear a superhero

Make a DIY superhero costume from things around the house

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

Colour in a picture

Design your own superhero – what would your superpower be?

Make a comic book story

Help your parents make a costume so they can dress as a superhero for the day



Choose your missions

Kindness



Nature



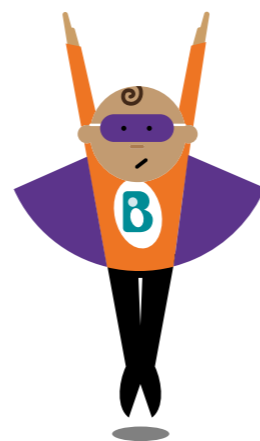
New Skill/
Learning



Creative



Physical



Choose your missions

Kindness



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Physical

