



28th March – 3rd April 2022

This January marked the National Autistic Society charity's 60th birthday! To celebrate, we've put together a collection of 60-themed challenges for you to try out at home. Pupils and Students will be completing other activities within school next week.



Scroll down and select the activities to explore, could you find 6 (for 60) that suit you and your family?

Get Active for 60mins

Make sure you choose an activity to match your level of fitness.

Crafty, Creative and stylish ideas

Take 60 snapshots - are you a keen photographer? Take a new photo every day for 6 (or even 60!) days. You could even create an album of your favourite shots!

Throw a 60s themed fashion show - grab your most stylish caftan, flower power shirt, or colourful headband, and get your loved ones together for a 60s fashion show.

Great baking and cooking ideas

Have a cake-off and celebrate the birthday with us.

Host a pizza party and challenge your friends/family to a 60-topping pizza design.

Host a '6 drinks of the world' tasting session.

Host a 60-minute cook-off, bake-off or mocktail off!

Throw a 60s mocktail party - invite your friends and family round for an evening of classic 60s mocktails.

Music and singing ideas

Host a Beatles themed party or quiz - host a classic party

Host a 60s Karaoke lesson - a classic 60s Karaoke! You can do it virtually or in-person. Ask your family and friends to join if homework.

Host a 60s musical movie night - invite friends and family over for an epic 60s musical movie night.

Host a 60-minute gaming tournament – 6 players, more or less. Challenge your opponents.

Learn something new

Read 6 books in 60 days - share your reading adventures on social media, as well as mini reviews, or favourite books so far.

Read a poem a day for 60 days - share your favourite poems, lines, or stanzas.

Extraordinary ideas

Do an hour's sponsored silence.... Or 60 seconds?

Do a 60 second challenge - have your friends and family set you 60 second challenges to complete on for 60 days. This could be a 60 second dance challenge, 60 second keepie uppie challenge or sing 60 songs a day.

Try the Bucket list 6 - 6 goals, 60 hours to complete! Tick off some dreams and challenges from your bucket list, either on your own or with friends and family.

Or...share your experience of being autistic, celebrate an autistic loved-one, or try one of our mental health and wellness challenges ...

60 pictures about autism - Share 60 pictures that sum up autism for you. Create an album, and ask friends to contribute a quote or image.

60 affirmations - Write and share 60 affirmations - little sayings that remind you how much value and love you bring to others. Ask family and friends for ideas.

60 minutes in nature - Spend 60 minutes in nature and plant some seeds.

60 hour phone detox - Could you go a whole 60 hours without your phone?