

## PREVAIL-19 TASK IDEAS:

Here is a list of TASK ideas. You can select all, some or none of the ideas below as you're completing the PREVAIL-19 Challenge.

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- Catch a fish!
- Learn a song.
- Push-ups - Complete 19 separate sets of push-ups (1, 5, 10 or 20 reps each time depending on your age). Watch your form all the way up / all the way down. Keep your head up and your back straight. You DON'T have to complete them all at once, but don't go easy on yourself!
- Memorize a poem!
- Learn a new virtue and practice it for 19 hours (or 19 days if you're dedicated!)
- Learn about a Saint who Persevered and Prevailed against great obstacles! Tell your family what you learned at dinner time.
- Write a letter to a Priest thanking him for his sacrifice, hard work and example!
- Write a letter to a Nun or Sister thanking her for her sacrifice, hard work and example!
- Write a letter to a First Responder (Police Officer, Firefighter or Emergency Medical Technician) thanking them for their sacrifice, hard work and example!
- Write a letter to a Member of the Military (Army, Navy, Air Force, Marines or Coast Guard) or a Veteran thanking them for their sacrifice, hard work and example!
- Give your parents 19 big hugs, and tell them how much you appreciate their sacrifice and love!
- Pray 19 Rosaries for all those affected by COVID-19.
- Pray the "Hail Mary" 19 times for all those affected by COVID-19.
- Pull out a dictionary and learn 19 new words.
- Learn how to use a new power tool or kitchen appliance (with adult guidance, of course!)

- Organize a Service Project that helps others (e.g. make your house a collection point by leaving a box outside, letting friends and neighbors know they can drop off canned goods or other items, and then deliver them to a Church or food pantry).
- Read 19 Scripture verses!
- Surprise someone with an unexpected act of Kindness or Charity!
- Learn how to brush your teeth.
- Learn how to tie your shoes!
- Learn how to make the Sign of the Cross.
- Learn how to make the Sign of the Cross in Latin!
- Sit-ups - Complete 19 separate sets of sit-ups (1, 5, 10 or 20 reps each time depending on your age). Watch your form all the way up and all the way down. Keep your eyes facing and your hands locked behind your head (but don't pull on your neck). You DON'T have to complete them all at once, but don't go easy on yourself!
- Learn (memorize) a prayer that you don't already know (and send us a video of you reciting the prayer!).
- Jumping Jacks - Complete 19 separate sets of jumping-jacks (1, 5, 10 or 20 reps each time depending on your age). Watch your form all the way up (feet apart and clap your hands together at the top) and all the way down (feet together and hands against your sides). You DON'T have to complete them all at once, but don't go easy on yourself!
- Build a fort (and send us a pic of you in or next to it!).
- Complete 19 chores without being asked (e.g. clean your room, clean-up after dinner, play with your baby sister, do a load of laundry).
- Learn a new skill - anything (e.g. playing an instrument, tying your shoes, building a fire, tying a tie, riding a bike - the possibilities are endless), and send us a pic or a video of you demonstrating the new skill!
- Observe 19 minutes (or maybe 1.9 minutes if you're a little dude) of silent prayer and reflection.
- Make a funny or uplifting video and share it with the world (or your friends and family)!
- Paint or draw a picture (and send us a pic!).

- Build a birdhouse (and send us a pic!).
- Color a picture and stay inside-the-lines (and send us a pic!).
- Read 19 small / short books, or 19 chapters of a big / long book. Or 19 words in your first book!
- Pray 19 Divine Mercy Chaplets for all those affected by COVID-19. Learn how here: <https://www.thedivinemercy.org/message/devotions/chaplet>
- Cook a whole meal for your family. Even clean-up afterwards! (and send us a pic of that food!).
- Make 19 Caring / "Thinking About You" cards, and send them to your local elderly care home for residents who aren't getting any visitors right now.
- Tell 19 separate people you're thinking about them, love them, and are praying for them. This works especially great if it's someone you haven't seen or talked to in a while!
- Create a pro-God, pro-family, or pro-life meme, and share it on social media (and send us a pic!).
- Create a new snack food!
- Demonstrate proper hand-washing techniques for at least 20 seconds by scrubbing with warm water and soap, including under your fingernails. Learn how here: <https://www.cdc.gov/handwashing/index.html>. And send us a video or pic!
- Put all your electronic devices away / out-of-reach for 19 hours (or 1.9 hours if you're struggling . . . ) and don't use them. Take the time to get re-acquainted with and hang out your family. Don't panic - we'll even let you break this up into three periods if need be!
- Make a house of cards or blocks or Lincoln Logs that is 19 stories high (and send us a pic!).
- Replicate the PREVAIL-19 logo with Legos, crayons or whatever (surprise us!) and send us a pic.
- Play a new boardgame with your family or dig out an old favorite.
- Spend at least 19 minutes outside every day for a week (that's a whole seven days).
- Teach someone else a new skill (e.g. help your little brother learn to tie his shoes or say a new prayer).



- Learn how to say the "Hail Mary" in Latin. Click here for guidance: <https://www.ewtn.com/catholicism/library/latin-prayers-9125>. And send us a video of you reciting it!
- Learn how to say the "Our Father" in Latin. Click here for guidance: <https://www.ewtn.com/catholicism/library/latin-prayers-9125>. And send us a video of you reciting it!
- Learn how to say any prayer in Latin. And send us a video of you reciting it!
- Share the PREVAIL-19 site (<https://www.americanrangers.org/prevail19>) with 19 other people and encourage them to participate!
- Set-up 19 targets for your pellet/BB gun, Nerf gun, slingshot or bow/arrow, and knock 'em all down (preferably without missing!).
- Make 19 friendship bracelets or rings, and send them to people who need a reminder that someone cares.
- Make protective facemasks to donate to hospitals and medical responders. Learn more at this link: <https://www.joann.com/make-to-give-response/>
- Dribble a basketball or rubber ball 19 times in a row. And be sure to send us a video or pic of your mad skills!
- Complete 19 consecutive (all in a row without starting over!) basketball baskets or hockey goals or pop-up baseball / whiffle ball catches or football catches or soccer goals or golf putts. And be sure to send us a video or pic of your mad skills!
- Do a trick-shot of some sort!
- Plant 19 vegetables or flowers! And then help them grow!
- Jump-rope 19 times in a row without stopping, tripping or falling (and send us that vid!).
- Repair something that's broken - as small as a pair of glasses. As big as an engine. And send us a pic or a video!.
- Do a wall-squat for 19 consecutive minutes (or 1.9 minutes if you're a little dude). This is no joke. You might want to have someone nearby to help you stand up when you're finished! And if you don't get it the first time, you might want to rest a day or two before trying again.

