



CAPTAIN
TOM 100

x



GREAT
ORMOND
STREET
HOSPITAL
CHARITY

100 FUNDRAISING IDEAS

Friday 30 April to Monday 3 May



“Tomorrow will be a good day”



Ideas 1-10

1. Walk 100 laps of your garden
2. Do 100 push-ups
3. Bake 100 cakes
4. Write a 100-sentence story
5. Wash 100 cars

6. Skip for 100 minutes
7. Get 100 people involved in **Captain Tom 100!**
8. Wear 100 different fancy dress costumes
9. Score 100 netball goals
10. Juggle for 100 seconds



Ideas 11-20

11. Run for 100 minutes

12. Send 100 messages

13. Hop 100 times on a pogo stick

14. Score 100 cricket runs

15. Build 100 sandcastles

16. Do 100 keepy-uppies

17. Write and send 100 letters

18. Provide 100 meals for the homeless

19. Kick 100 rugby conversions

20. Paint 100 pictures



Ideas 21-30

21. Take a dog for 100 walks

22. Flip a bottle 100 times

23. Toss 100 pancakes

24. Write a 100-word poem

25. Bake 100 biscuits

26. Roller skate for 100 minutes

27. Do 100 star jumps

28. Say **“Tomorrow will be a good day”**
to 100 people

29. Bounce a cricket ball on a bat
100 times

30. Make and send 100 cards



Ideas 31-40

31. Sing 100 songs

32. Bounce a ball on a tennis racquet 100 times

33. Take 100 photos

34. Do 100 burpees

35. Walk 100K

36. Name 100 Beatles songs

37. Be silent for 100 minutes

38. Donate 100 items to your local charity shop

39. Sow 100 seeds

40. Do 100 hula hoops



Ideas 41-50

- 41.** Make a pyramid with 100 playing cards

- 42.** Swim 100 lengths of a pool

- 43.** Scooter for 100 minutes

- 44.** Jump 100 waves

- 45.** Create 100 different outfits from your wardrobe

- 46.** Host a virtual party for 100 people

- 47.** Stream for 100 hours on Twitch

- 48.** Donate 100 items to your local food bank

- 49.** Meditate for 100 minutes

- 50.** Plant 100 trees
(see ecologi.com for details)



Ideas 51-60

- 51.** Do 100 kick-flips on a skateboard

- 52.** Jump on a trampoline 100 times

- 53.** Play 100 games of Fortnite

- 54.** Run 100 laps of your park

- 55.** Cook 100 family meals

- 56.** Lip sync to 100 songs

- 57.** Try to spot 100 different trees, birds, cars and flowers on a walk

- 58.** Run a 10K virtual relay with 10 friends

- 59.** Complete 100 hours of fasting (Ramadan 12 April to 12 May)

- 60.** Make 100 phone calls to friends and family



Ideas 61-70

- 61. Formulate a 100-question quiz for friends and family

- 62. Take 100 football penalties

- 63. Read 100 books to your children

- 64. Make your bed 100 times

- 65. Do 100 good deeds

- 66. Watch 100 episodes of *Friends*

- 67. Eat 100 grapes

- 68. Do 100 cartwheels

- 69. Send 100 postcards

- 70. Balance 100 beer mats on your head



Ideas 71-80

71. Make 100 friendship bracelets

72. Hang 100 messages of hope on a tree
(remember to take them down afterwards!)

73. Create a patchwork quilt of
100 squares

74. Play a musical instrument for
100 minutes

75. Say 'red lorry yellow lorry'
100 times

76. Tap 100 tap dance steps

77. Build something with 100 Lego bricks

78. Make a domino run with
100 dominos

79. Perform 100 bike bunny hops

80. Share your 100 with 100 people



Ideas 81-90

81. Make a pyramid with 100 playing cards

82. Cycle 100 miles in one day

83. Climb 100 stairs

84. Pull up 100 weeds

85. Hang from a bar for 100 seconds

86. Hit 100 strokes in a tennis rally

87. Volunteer 100 hours of your time

88. Go down a slide 100 times

89. Play 100 games of bingo

90. Iron 100 items of clothing in
100 minutes



Ideas 91-100

91. Knit 100 scarves and give them to charity

92. Touch your toes 100 times

93. Recite 100 limericks

94. Sing karaoke non-stop for 100 minutes

95. Do 100 sit-ups every day for 100 days

96. Make a 100-minute playlist

97. Give up something you love for 100 days

98. Donate a 100-minute tutorial on something you're expert in

99. Grow your beard for 100 days

100. Pick litter for 100 minutes