

Children around the world are starving. Try fasting for a day, just drinking water.



Age 14 - 18

## Activity details

This activity counts towards...



- Den Day Challenge

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Free	Indoors/Outdoors
Day/Night	

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|----------------------------------|---|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input type="checkbox"/> 5 - 7   | <input type="checkbox"/> 7 - 11             |
| <input type="checkbox"/> 3 - 5   |   |
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- |  |  |
|--|--|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
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### Skills:

- Responsibility
- Self motivation

### Equipment: