

Creative & Cultural “400 ofs”

- Visit **400 artworks** across Leeds Art Gallery, street-art spots, and public sculptures.
 - Share **400 photos of Leeds** – past vs present, favourite places, hidden corners.
 - Write **400 words** about what Leeds means to them (or 400-word micro-stories).
 - Make a collage of **400 items** (photos, memories, objects).
 - Read **400 pages** from authors connected to Leeds.
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Green & Outdoorsy “400 ofs”

- Walk **400 minutes** (just under 7 hours) around Leeds parks, trails, canal paths.
 - Plant **400 seeds** – collectively as neighbourhoods or schools.
 - Spot **400 local wildlife sightings** (birds, insects, trees).
 - Collect **400 pieces of litter** as a community clean-up challenge.
 - Cycle **400 km** over the year (individually or as a combined community total).
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Community, Kindness & Social Impact “400 ofs”

- Do **400 acts of kindness** – across an organisation, street, or school.
 - Donate **400 items** to local food banks or charities (combined group effort).
 - Send **400 thank-you notes** to community heroes, volunteers, NHS workers, etc.
 - Log **400 volunteer hours** between a group or workplace.
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Leeds-Specific, Quirky & Fun “400 ofs”

- Discover **400 facts about Leeds** (history, people, inventions, architecture).
 - Visit **400 streets** in the city (collectively—makes a fun “Leeds map challenge”).
 - Try **400 new foods or drinks** from Leeds cafés, bakeries, breweries, markets (shared total).
 - Celebrate **400 Leeds businesses** by highlighting indie shops over the year.
 - Hear **400 stories**
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Light-hearted Personal Challenges

Not literally 400, but themed around it:

- **£4.00 challenges** (find the best snack in Leeds for £4).

- **400-second activities** (6 minutes, 40 seconds—great for mini workouts or mindfulness).
- **400-step mini-walks** starting from key landmarks across the city.