

# SOS

SELF OVER SICKLE

# THE SOS 40 DAY

*Celebrating 40 Years of the Sickle Cell Society*

# CHALLENGE

1. Tag us in a pic of what you're wearing this Autumn.
2. Tag us in your 'go-to' quote right now.
3. Share why you or a friend is a mighty warrior.
4. Tag us in a pic of what sweets you're swapping.
5. Share with us what makes your sparks fly, what it is that keeps you going.
6. Tag us in a pic of you giving or receiving blood.
7. Do a challenge you missed this past week and tag us.
8. Tag us in a pic of what's in your cup.
9. Tag us in a pic of how you model your meds.
10. Introduce yourself to the SOS community. Tag us to be featured!
11. How do you keep yourself occupied during treatment? Share with us.
12. Tag us in a pic of what you're reading.
13. Tag us in a pic of what you're eating for wellness.
14. Tag us in a pic of how you're keeping warm this Winter.
15. Share a change you will be making for a better tomorrow and tag us.
16. Tag us in a pic of you wearing red for sickle cell awareness.
17. Make an SOS Smoothie recipe and tag us.
18. What exercise are you doing today?
19. Shout out a friend you have met through sickle cell and tag us.
20. Tag us in a pic of you sporting your badge and let us know if using it has helped.
21. For today, do a challenge you missed this week and tag us.
22. Listen to 'A Star's Hidden Pain' and tag us in your most relatable line.
23. Tag us in a pic with your battle scars.
24. Make a poem, song or art piece to describe your pain and tag us.
25. Appreciation Post: Tag or share a picture of someone you want to appreciate today!
26. Tag us in your favourite sickle cell meme.
27. Tag us in a pic of your breakfast, lunch or dinner.
28. Do a challenge you missed this past week and tag us.
29. Shout out a support group or great service in your area.
30. Share a wellness tip with us below.
31. Do a challenge you missed this week and tag us.
32. Make a poem, song or art piece that describes what 'SELF OVER SICKLE' means to you and tag us.
33. Show us your best warrior pose and tag us!
34. Lip sync your favourite feel good song and tag us.
35. Reshare a post we've shared on our news feed and tag us.
36. Share a pic of how you're relaxing this weekend.
37. Write one thing you are grateful for today and tag us.
38. Tag us in a post of you celebrating something you have overcome or achieved.
39. Do a challenge of your choice from this 40 day challenge and tag us!
40. Tag us in a clip of you saying 'I AM A WARRIOR'.

**MAKE SURE YOU TAG & FOLLOW:**

**@SELFOVERSICKLE**

**@SICKLECELLUK**



**#SELFOVERSICKLE**

**#40FOR40**