

# 24 hour sponsored silence

*And a hush fell over the classroom...*



If you're a chatterbox surprise everyone by doing a 24 hour sponsored silence!

Simply ask your family, friends and teachers to sponsor you to stay silent for a whole school day and night-time.

Your whole class, year or even entire school can have a go at staying schtum – imagine what your teachers will say!

We know it's hard, but the sense of achievement will make it all worthwhile as it's for a great cause – helping children and young people with heart conditions.

For further ideas and suggestions [speak to our fundraising team](#), they are always happy to help.

Thank you for keeping quiet to support ECHO!