

# Offset Your Naughty's

New Year, new diet....

For some, it's still early enough for New Year's resolutions to still be intact, whether it's stopping smoking, exercising regularly or starting a new diet. If the diet has taken a setback, Lent is just around the corner, and with this in mind Offset Your Naughty's is here to help you and your office and/or family keep you on track!

The premise is similar to the classic idea of a 'swear jar'; where every time you swear you have to pay a small penalty into the jar, except it's slightly different in that every time you're 'naughty' (i.e. don't stick to your diet, have a cigarette, skip the gym) you have to pay a penalty into a 'jar', which is then collected at the end of the day/week/month and donated to Cornwall Community Foundation. The 'jar' is not important and we encourage re-using something left over from Christmas or general household recyclables, like a chocolate tin or a coffee jar.

You don't have to be on a diet or stopping smoking to Offset Your Naughty's, you and your colleagues or family can offset your general Naughty's. For example parents could be fined for picking up the children in their slippers or getting up late on the weekend. In the office you could be fined for wearing trainers, being on facebook, bad parking or wearing a dodgy tie. Download either the Family or Office Pack for more ideas, and the step by step guide to start offsetting your Naughty's.

Offset your Naughty's is a fun way to bring the family together, team build within the office and in turn possibly change the lives of people in need in Cornwall today.



reg charity no 1099977



A division of Cornwall  
Community Foundation



# Offset Your **N**aughty's

## STEP 1

Print off the pack which ever best suits you:

The Business or Family Pack

## STEP 2

Find a reusable item such as a leftover chocolate tin or coffee jar that you would've normally recycled

## STEP 3

Apply the 'Offset Your Naughty's' label provided to the side of your recycled 'Naughty Jar'

## STEP 4

Have a look at our examples of fines or 'sins', & either use them or make up your own.

## STEP 5

**OFFSET YOUR NAUGHTY'S** and put your pennies in the jar.

## STEP 6

Add up the pennies and donate them to our JustGiving page:

[justgiving.com/offset-your-naughtys](https://www.justgiving.com/offset-your-naughtys)

## STEP 7

FOLLOW US ON FACEBOOK @ **OFFSET YOUR NAUGHTYS**

Let us know how imaginative you have been with your fines and share your pictures with us!

Cornwall  
Community  
Foundation

together  
we're  
stronger

# Offset Your Naughty's



Please cut out the label and apply it to your 'Naughty Jar'

## OFFICE PACK

### NAUGHTY

### SUGGESTED DONATION

Swearing	50p
Turning up late	£1.00
Drinking too much coffee or not cleaning up spillages	50p
Leaving dirty crockery in the sink	50p
Not replying to emails	50p
Distractions (Facebook or Twitter)	50p
Taking the lift	50p
Leaving lights on	20p
Bad parking	50p
Using mobile devices whilst working	20p
Chewing borrowed pens	50p
Smoking	£1.00
Not chipping into the coffee kitty	50p
Leaving the toilet seat up	50p
Eating chocolate	50p
Consuming food belonging to others	50p

Please be creative with your Naughty's! These are just ideas and do not have to be formalised. They could be made up on the spot! Follow the links on the 'newsfeed' section of [Cornwallfoundation.com](http://Cornwallfoundation.com) and share your fines & pictures with us via Facebook and the JustGiving page [justgiving.com/offset-your-naughtys](http://justgiving.com/offset-your-naughtys)

# Offset Your Naughty's



Please cut out the label and apply it to your 'Naughty Jar'

## FAMILY PACK

### NAUGHTY PARENTS

	SUGGESTED DONATION
Swearing	50p
Late at the school gate	50p
Wearing slippers in public	£1.00
Wearing pajamas in public	£1.00
Embarrassing children in front of friends	£1.00

### NAUGHTY CHILDREN

Get up late on a weekday	20p
Leave clothes/toys on the floor	10p
Slamming doors	10p
Not cleaning pets out	30p

Please be creative with both your Naughty's and with the decoration of your 'Naughty Jar'! These are just ideas and do not have to be formalised. They could be made up on the spot!

Follow the links on the 'newsfeed' section of [Cornwallfoundation.com](http://Cornwallfoundation.com) and share your fines & pictures with us via Facebook and the JustGiving page [justgiving.com/offset-your-naughtys](http://justgiving.com/offset-your-naughtys)