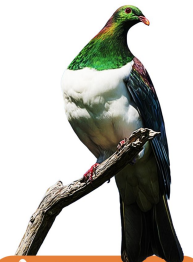


Weekly Challenges

Part Two



 Pukeko



 Kereru

RELAX	CREATE	PHYSICAL	AROUND THE HOME
<p>Find a quiet place, sit and focus on your breathing. Imagine you are a balloon, you inflate and deflate as you take a breath.</p>	<p>Create a hut out of sheets and other materials. It must be big enough to fit at least two people.</p>	<p>Set a new physical challenge and complete it for 15 minutes every day. eg; skipping, running, walking</p>	<p>Choose part of the garden to weed. Take out all the weeds and put them in a pile.</p>


Inspire Challenge Empower
I.C.E. Time
Supporting learning at home


CURIOUS


CREATIVE


CONFIDENT




COLLABORATIVE


COMMUNITY-MINDED


IN THE KITCHEN	ART	DEAR DIARY	COMMUNITY-MINDED
<p>Look online for a recipe and make some playdough to use.</p>	<p>Draw a picture or write a positive message that you can put in your window for others to see.</p>	<p>Tell your whānau some of the things that you would like to do while at home. Write a list and put it on the fridge.</p>	<p>Go for a walk with your whānau around the block and wave out to your neighbours when you see them. (Remember to keep your distance)</p>