

# Weekly Challenges

## Part Two



<p><b>RELAX</b></p> <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><b>CREATE</b></p> <p>Create a hut out of sheets and other materials. It must be big enough to fit at least two people.</p>	<p><b>PHYSICAL</b></p> <p>Set a <b>new</b> physical challenge and complete it for <b>20 minutes</b> every day. eg; skipping, running, walking</p>	<p><b>AROUND THE HOME</b></p> <p>Choose part of the garden to weed. Take out all the weeds and put them in a pile.</p>
<p><b>SERVICE</b></p> <p>Do the windows need a clean? Ask an adult to show you how, and make the glass sparkle!</p>	<p><b>ART</b></p> <p>Transform an empty container into something awesome! Take a photo and share it with someone.</p>	<p><b>IN THE KITCHEN</b></p> <p>Make lunch for your family. You could slice up some fruit, make sandwiches, create something with whatever you're allowed to use.</p>	<p><b>INTERVIEW</b></p> <p>Interview an adult (at home or by phone) about a childhood memory.</p>


  

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

  


<p><b>IN THE KITCHEN</b></p> <p>Look online for a recipe and make some playdough to use.</p>	<p><b>ART</b></p> <p>Draw a picture or write a positive message that you can put in your window for others to see.</p>	<p><b>CREATE</b></p> <p>Draw your favourite animal. Combine the features of your favourite animal and another different one. Draw what you come up with.</p>	<p><b>COMMUNITY-MINDED</b></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>
<p><b>SCRAPBOOK</b></p> <p>Head outside and go for a bug hunt. Find an unusual bug or insect and draw it.</p>	<p><b>AROUND THE HOME</b></p> <p>Make up a game of charades for your family to play. Draw/write animals on a piece of paper and draw them out of a hat and act them out!</p>	<p><b>DEAR DIARY</b></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><b>MEMORY</b></p> <p>What is your favourite holiday place to visit? What makes it special? Write or draw about the things you like to do there.</p>