

Weekly Challenges

Part Three



<p>YOGA Follow the link to try the Eagle pose. Challenge yourself to try this every day.</p> <p>LINK</p>	<p>CREATE Find some leaves and do some leaf rubbings with a piece of paper.</p>	<p>PHYSICAL Set a new physical challenge and complete it for 20 minutes every day. eg; skipping, running, walking</p>	<p>AROUND THE HOME Hide 5 toys around your house and create a scavenger hunt with clues for someone to try and find them.</p>
<p>MAKE Make a marble run that is at least 2 meters long. Extra challenge, make it last for at least 20 seconds.</p>	<p>YOUTUBE Learn a dance from youtube. Here is an example of some you could use.</p> <p>LINK</p>	<p>INVENT Invent a machine that could feed your pets if you went away on a trip.</p>	<p>HELPING Choose one room in the house to tidy. Make sure all rubbish is put in the bin and have it checked by an adult.</p>







Inspire
Challenge
Empower

I.C.E. Time

Supporting learning at home







<p>IN THE KITCHEN Create a new smoothie or milkshake from ingredients you have at home. and write out the recipe. Ask a family member to try it.</p>	<p>ART Collect sticks, leaves and others items from nature and create an art piece.</p>	<p>DEAR DIARY Write 5 things you love about your whānau and ask them to write 5 things they love about you.</p>	<p>COMMUNITY-MINDED Can you help with a family dinner? Peel some potatoes, get ingredients ready, help with the clean up. Send us some photos of your awesome helping!</p>
<p>WRITE Write a play that has your whānau as characters. See if you can get them to learn their lines and perform</p>	<p>QUESTION If the answer is 106, write 5 questions or equations that could have this answer.</p>	<p>DESIGN Design your dream bedroom, think about the space and size but also your bed and toys etc.</p>	<p>PLAN Plan your next week. Talk with your whānau about things you need to do during the week and include some things that you would like to do.</p>