

Weekly Challenges

Part Three



 Pukeko



 Kereru

YOGA	CREATE	PHYSICAL	AROUND THE HOME
<p>Follow the link to try the Airplane pose. Challenge yourself to try this every day.</p> <p>LINK</p>	<p>Find some leaves and do some leaf rubbings with a piece of paper.</p>	<p>Set a new physical challenge and complete it for 15 minutes every day. eg; skipping, running, walking</p>	<p>Hide 5 toys around your house and create a scavenger hunt with clues for someone to try and find them.</p>







Inspire Challenge Empower

I.C.E. Time

Supporting learning at home








IN THE KITCHEN	ART	DEAR DIARY	COMMUNITY-MINDED
<p>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>Collect sticks, leaves and others items from nature and create an art piece.</p>	<p>Write 5 things you love about your whānau and ask them to write 5 things they love about you.</p>	<p>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>