

1st Toongabbie Cub Unit Weekly Challenge List



Oo's Challenge

Find out about Spin Poi.

https://www.spinpoi.com/our-mission/faq/ ?fbclid=lwAR0QKvQY0U22kFShB4sFo57-79Xnfx1LcxaixzhmHk7u02ggncVaK6EH2LQ

Make your own Poi and practise using them.

Take some pics or videos so we can see the fun you had



Kookaburra's Challenge

Here is a Lego Challenge, with 31 days of activities that can be done with Lego.

Can you do all 31?

Or pick your favourites!



Chil's Challenge



Try some Yoga.

even better.

Nushka's Challenge

If you can do it outside thats

Do the Sun Salutation and

And think of something that

these breaths everyday.

made you laugh or smile

(Write it down so you can

before you go to sleep.

share in our meeting)

Keep a Journal/Diary whilst you are at home

□ Make an entry every day, it doesn't have to be long, just a few words of your thoughts

Be creative about how you do this ie: collage, slide presentation, whatever you like

□ You can include your feelings, your activities, what the weather was like, who was there

□ Homework comes first, see this as a Cub Activity.

What we would like to do is gather all journals once we are able to meet again face to face and create a Time Capsule





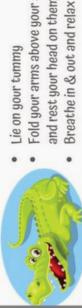
SUN salula



- Go to the floor on all fours
- Take a deep breath through your nose
 - Open your mouth as big as you can
- Stick your tongue out / Open eyes wide And, ROAR!
- Breathe in
- Breathe out with your mouth closed, while you HUM like a bee
 - Repeat this breathing sequence for a few minutes



- Breathe in as you lift your chin and tilt your Kneel on all fours
 - Breathe out while you slowly raise your head back
- back towards the ceiling and you lower your head



Fold your arms above your shoulders and rest your head on them 6

Hands down, knees down, table pose fail high, head drops, take up space Straighten arms and pick thighs up Heart stretch forward, inhale slow Stretch my hips back, and repose Belly slides forward, heart lifts up Feet walk forward, gentle grace Steady mountain, relaxed face Stand up tall, arms by my sides Down to earth, hands hang low Reach up high, look to the sky

| LE(💝 ₂₉₁ | GO CHA 31 Days c | LLENGE | | | |
|---|--|--|--|---|--|
| DAY 2 Build a Person With Moving Legs and Arms | DAY 3 Build a Catapult | DAY 4 Build a Robot | DAY 5 Build a House That Opens | DAY 6 Build a Boat That Floats | DAY 7 Build a 100 Brick Tower |
| DAY 8 Build a Box With a Lid | DAY 9 Build a Small World Scene | DAY 10 Write a Comic Strip for a Minifigure | DAY 11 Build a Model of Your Room | DAY 12 Build a Simple Machine | DAY 13 Build a Bridge That Can Hold Something Heav |
| DAY 14 Build a | DAY 15 Make a Mosaic | DAY 16 Draw a Design | DAY 17 | DAY 18 Build a swimming | DAY 19 Build With |
| Favorite Character | Using Flat Pieces On Baseplate | and the second | Build Something To Go With A Favorite Book | pool for a minifigure | Eyes Closed 5 Minutes |
| Favorite | Using Flat Pieces | Make it with | To Go With | pool for | Eyes Closed |