



1st Toongabbie Cub Unit

Weekly Challenge List



Oo's Challenge

Find out about Spin Poi.

<https://www.spinpoi.com/our-mission/faq/?fbclid=IwAR0QKvQY0U22kFShB4sFo57-79Xnfx1LcxaiXzhmHk7u02ggncVaK6EH2LQ>

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

- 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



Nushka's Challenge

Try some Yoga.

If you can do it outside that's even better.

Do the Sun Salutation and these breaths everyday.

And think of something that made you laugh or smile before you go to sleep. (Write it down so you can share in our meeting)

BREATHING FOR KIDS



- 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



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



- Lie on your tummy
- Fold your arms above your shoulders and rest your head on them
- Breathe in & out and relax

SUN salutation



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

LEGO CHALLENGE CALENDAR



31 Days of Fun Ideas for Any Month!



DAY 1
Build Your
Name or Initial

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
Favorite
Character

DAY 15
Make a Mosaic
Using Flat Pieces
On Baseplate

DAY 16
Draw a Design
Make it with
LEGO Bricks

DAY 17
Build Something
To Go With
A Favorite Book

DAY 18
Build a swimming
pool for
a minifigure

DAY 19
Build With
Eyes Closed
5 Minutes

DAY 20
Build a
Pyramid

DAY 21
Build a
Marble Run

DAY 22
Draw a Play Mat
and Add LEGO

DAY 23
Learn Paper
Football and
Build a Goal

DAY 24
Have a Minifigure
Building Race

DAY 25
Build a
Marble Maze

DAY 26
Try to Sink
a Minifigure

DAY 27
Build a
Zip Line

DAY 28
Make Your Own
LEGO Skittles
Game

DAY 29
Build a
Parachute
for a Minifigure

DAY 30
Build a Car
Attach a Marker
and Draw!

DAY 31
Ask For a Bin of
Soapy Water
Wash LEGO!