

# 1<sup>st</sup> Toongabbie Cub Unit

## Weekly Challenge List **WEEK 2**



### Oo's Challenge

#### Hula Hoop Challenge

See how many rotations you can get with a hula hoop and keep beating it to get your personal best.

How many can you do?

Must be witnessed.

Send us a video of you in action



### Kookaburra's Challenge

**Zentangles** is a form of drawing and doodling,

See the following page for instructions and follow the Youtube link for an explanation

<https://www.youtube.com/watch?v=l3QuS4Qah60&feature=youtu.be>



### Chil's Challenge

Complete the **Selfie Scavenger Hunt** on the following page.

Have fun being creative and exploring your environment.



### Nushka's Challenge

#### Masterchef challenge

Cook (can be with some assistance) a two course meal for the family. Plan it, prepare and serve it up, making it a special for everyone. Clean up afterwards and get the regular family cook to judge your efforts.

If you want to make this into a "Cooking" SIA badge there are extra parts to this challenge.

Check it out on the following pages

# The Eight Steps of the Zentangle Method

## Step 01 – Gratitude and Appreciation

Get comfortable, take a few deep breaths and feel gratitude and appreciation – for this beautiful paper, for these wonderful tools, for this opportunity to create something beautiful.

## Step 02 – Corner Dots

We teach beginning Zentangle Method with beautiful museum grade cotton paper, 3.5 inches (89 mm) square. To answer a familiar question of what to put on this beautiful paper, place a light pencil dot in each corner, about a pen's width from the edges. Now it's no longer a blank piece of paper.

## Step 03 – Border

Connect those dots with a light pencil line, straight or curvy, to create a square. This is your border.

## Step 04 – String

Inside the border, draw a light pencil line or lines to make what we call a "string." The string separates your tile into sections, in which you draw your tangles. A string can be any shape. It may be a curvy line that touches the edge of the border now and then, or series of straight lines that go from one side of the border to the next.

## Step 05 – Tangle

A tangle is a predefined sequence of simple strokes that make up a pattern. Draw your tangles in pen inside (usually) the pencil strings and borders. Tangle is both noun and verb. Just as you dance a dance, you tangle your tangles. Draw your tangles with deliberate strokes. Don't worry about what it's going to look like. Just focus on each stroke of the pen as you make it. Trust that you'll know what to do next when the time to do it comes. There is no up or down to Zentangle art so feel free to rotate your tile in any direction that is most comfortable for your hand as you draw.

## Step 06 – Shade

Add shades of gray with a graphite pencil to bring contrast and dimension to your tile. The black and white two-dimensional tangles transform through shading and appear three-dimensional. You can also use a tortillion (a paper blending stump) to soften and blend the graphite.

## Step 07 – Initial and Sign

This is art you created. You should sign it. Put your initials on the front (many people create a unique monogram or chop for this step). On the back, place your name, date, comments and observations.

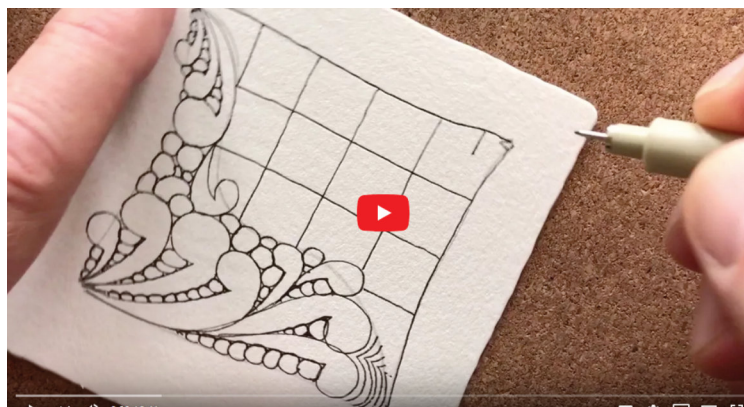
## Step 08 – Appreciate

Hold your tile at arm's length. Turn it this way and that. Appreciate what you just created.

Watch YouTube Video to get a better understanding.

<https://youtu.be/l3QuS4Qah60>

Video Introduction for our new website -  
go check out [zentangle.com](http://zentangle.com) [youtu.be](https://youtu.be/l3QuS4Qah60)





# SELFIE SCAVENGER HUNT

SELFIE IN THE HALLWAY

SELFIE WITH A PHOTO OF SOMEONE

SELFIE WITH A BOX OF CEREAL

SELFIE A COOKIE CUTTER

SELFIE COLORING WITH A BURNT SIENNA CRAYON



SELFIE BY SOMETHING FLUFFY

SELFIE WITH SOMETHING THAT SMELLS GOOD

SELFIE WITH A MUG WITH INITIALS ON IT

SELFIE BY A PILE OF LAUNDRY

SELFIE WITH A SNOW BOAT

SELFIE WITH SOMETHING THAT STARTS WITH "A"

SELFIE WITH A FLIP FLOP

SELFIE WITH SOMETHING BLUE

SELFIE WITH SOMETHING PLASTIC

## BONUS

SELFIE WITH A PHOTO OF YOURSELF.

SELFIE WITH SOMETHING FROM THE 80'S.

SELFIE IN FRONT OF FLOWERED CURTAINS.

[www.smslwithheidi.com](http://www.smslwithheidi.com)

- **Instead of a selfie with a snowboat replace with your favourite toy/object**
- **Note: Flip flops are thongs**



## SPECIAL INTEREST AREA

A. Cook (can be with some assistance) a two course meal for the family. Plan it, prepare and serve it up, making it a special for everyone. Clean up afterwards and get the regular family cook to judge your efforts.

B. Do any three of the following cooking activities.

1. Cook something creative using only ingredients that you already have at home.
2. Plan a weeks menu, making sure that each family member has a dish they like included during the week. Remember to make it balanced and varied.
3. Cook or bake special treat, slice, cake.
4. Research and make some kind of camp or hike food.
5. Discuss food hygiene, and kitchen safety with your parents
6. Add your own cooking activity.

Take pictures, make notes,  
ask mum or dad to help you record your efforts.

There is a special area in Pioneer Tracker to  
record Special Interest Area Projects.

Also have a look at the handouts attached  
which explain about SIA projects