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| Make paper aeroplanes. Which plane can fly the furthest? | Host an indoor picnic. | Put on blindfolds and do a taste test of different random foods. | List what you'd bring if you had to live on a desert island | Lie down and get up without using your arms. |
| Switch it up: Kids dress like parents and parents like kids. | Write the A-Z of animalse.g. Ant, Bear … | Draw something using only the letters in your name | Trace shadows outside with chalk. | Write a letter to someone. |
| Dream up a make-believe animal and describe it. Draw it! | Plot out an indoor obstacle course. | Throw a dance party in your living room! | Design a family crest using meaningful images and symbols. | Fill and decorate a time capsule in a shoe box. |
| See who can build the highest tower. | Dance with a balloon or a ball, don't let it touch the floor! | Sketch a shape and challenge someone to finish the drawing. | Play mirror and copy your partner's actions. | Roll out Bubble Wrap, tape it down, and jump and play. |
| Make water and food colouring "potions" – with adult permission!!! | Make sock puppets. | Play leapfrog.  | Draw a map of where you live. | Start a jumping contest. How far can you jump? How many jumps can you do? |
| Make playdough. | Cartwheel contest: Who can do the most? | Put together your own puzzle by cutting up photos or postcards. | Make a fort or a den. | Finger paint! |
| Paint some rocks and hide them in your garden. | Hide treasure around the house and write clues so people can find it. | Enjoy movie time with your family. | Do some baking. What will you bake? | Make shadow puppets and put on a puppet show. |
| Help to cook some food. | Play the floor is lava with pillows or cushions. | Make a bookmark. | Make paper snowflakes. | Plant some seeds. |
| Read a book. | Play a board game. | Help to peg out some washing on the washing line. | Write the A-z of food.e.g. Apple, Buns, Cakes … | Make a comic. |



**How many challenges can you complete?**