

MINUTE TO WIN IT



GET ACTIVE



20 MINUTES



IN THE CUPBOARD

▶▶ GETTING INTO THE ACTIVITY

Take on these minute to win it challenges and see what's the best score you can get in 60 seconds.

Pencil Grab: Place a pencil on the back of your hand. In one movement lift your hand, launching the pencil into the air and then catch it in your fist. If successful, try it with 2 pencils then 3, then 4 etc. You can only add a pencil if you make a successful catch. Keep going for 60 seconds. Your score is the amount of pencils you last successfully caught.

Pasta Pick Up: Lay penne pasta on a table. Place a spaghetti stick or skewer in your mouth and then carefully, without using your hands, try to pick up the pasta pieces using the spaghetti stick. Your score is the total number of penne pasta pieces on the stick after 60 seconds.

Share a picture or video of your challenges with your BB group or post on social media using **#BBatHOME**.

✔✔ WHAT YOU'LL NEED

- Pencils
- Penne Pasta
- Spaghetti / Skewer
- Timer

! NOTES FOR PARENTS & CARERS

An adult should initiate any contact with the BB group and/or share on social media.