



# **Challenge Hour - Activities**

Check out details of our Challenge Hour activities below. Share photos/videos of your attempts and let us know how you get on by commenting on our social media posts or by posting using #UnitedInLockdown.

## **Cookie Challenge**

What you'll need: Cookie / biscuit / chocolate, timer

Challenge: Get a cookie, biscuit or chocolate from your forehead to your mouth without using

your hands.

Instructions: Put a cookie, biscuit, or chocolate on your forehead. Set a timer for 1 minute and see if you can get it from your forehead to your mouth using only the muscles in your face and gravity - no hands allowed!

## **Teabag Throw**

What you'll need: Teabag, mug / cup

Challenge: To see if you can throw a teabag into a mug.

Instructions: Place a mug in front of you, see how far you can throw a teabag into the mug

Measure the distance with a ruler or tape measure.

#### **Blindfolded Picture Drawing**

What you'll need: Blindfold, pencil / pen, paper, timer

Challenge: To draw a picture while blindfolded.

Instructions: Someone in your household can give you an idea of what to draw and you must

draw it as fast as you can whilst blindfolded.

# **Tallest Card House**

What you'll need: Pack of playing cards

Challenge: To build the tallest pyramid out of cards.

Instructions: Carefully balance a playing card on top of your first two triangles. This forms the bottom of the third triangle. Then lean two playing cards against each other, with their tops touching, to form an inverted letter V. With a steady hand and lots of practice, you'll soon work your way up to a 3-level pyramid and beyond!

#### **Bottle Flip**

What you'll need: Half-filled bottle of water, timer

Challenge: To see how many times you can flip a bottle onto a surface in 1 minute without it

Instructions: Fill a water bottle half full, flip the bottle to make it land on a surface. If it falls over, do not count this as a flip.