










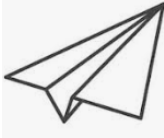





20 Seconds CHALLENGES

Before you start most of these challenges you will need to find something to time 20 seconds – you could use a kitchen timer, stopwatch on phone or count using ‘one hippopotamus’ for each second. After trying them, why not try with 40 seconds or a minute?

<p>1p Coin</p>  <p>How many 1p pieces can you count in 20 seconds?</p>	<p>Hand Claps</p>  <p>How many hand claps can you do in 20 seconds?</p>	<p>Jump it</p>  <p>How many star jumps can you do in 20 seconds?</p>	<p>Draw it!</p>  <p>How long a line can you draw in 20 seconds? It doesn't have to be a straight line.</p>	<p>Pack away</p> <p>How many pens or pencils can you pack away into a tray or pencil pot in 20 seconds?</p>
<p>Ball Catching</p> <p>How many times can you throw and catch a ball?</p> 	<p>Footprints</p>  <p>How far can you walk in 20 seconds along a straight line? First you need to mark out a straight line.</p>	<p>Scissor Cut</p>  <p>Can many pieces can you cut a piece of paper up into in 20 seconds?</p>	<p>Playing Card Tower</p> <p>How tall can you make a playing card tower in 20 seconds?</p> 	<p>Water Fun</p>  <p>How many cups of water can you fill in 20 seconds?</p>

<p style="text-align: center;">Reading aloud</p>  <p>How many words can you read aloud in 20 seconds reading from left to right?</p>	<p style="text-align: center;">Reading Backwards.</p> <p>Choose any page in a book and start at the last word and read backwards the words in order. How many words did you read in 20 seconds?</p> 	<p style="text-align: center;">Make a paper aeroplane</p> <p>Can you make a paper aeroplane in 20 seconds?</p> 	<p style="text-align: center;">Alphabet</p> <p>ABCDEFGHIJKLMNOPQRSTUVWXYZ</p> <p>How many times can you write the alphabet in 20 seconds? What about writing it starting from z?</p>	<p style="text-align: center;">Bunny Hops</p> <p>How many bunny hops can you do in 20 seconds?</p>
<p style="text-align: center;">Knots</p>  <p>How many knots can you tie in a piece of string in 20 seconds? Or how many times can you tie your shoe laces in 20 seconds?</p>	<p style="text-align: center;">Rainbow</p> <p>How many rainbows can you draw in 20 seconds?</p> 	<p style="text-align: center;">Sit ups</p> <p>How many sit ups can you do in 20 seconds?</p>	<p style="text-align: center;">Talking</p> <p>Can you talk non-stop for 20 seconds?</p> 	<p style="text-align: center;">Key board Typing</p> <p>How many letters can you type on a keyboard in 20 seconds? You can use numbers and characters as well.</p>