
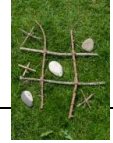




P7 and P7a Kilbowie Challenges

P7 and P7a we would love to hear and see how you get on with these challenges. Don't forget to post your photos/videos/ comment on Twitter or on our Glow teams. Good Luck, Miss MacLean, Mrs Livingstone and Mrs Roebuck. 😊

Outdoor or Indoor Assault Course Build an assault course using anything you can find as obstacles. You can add activities too like "when you get to the stone do 10 star jumps" Be creative! Using a timer, have a race with your family members to see who can complete it the fastest.	Rainbow Scavenger Hunt Go outside in the garden or for a walk, try to collect an item or a few for each colour of the rainbow. 	Garden/ House Orienteering Create a bird's eye map of your garden and / or your house. Ask someone in your family to hide a few small objects and mark them with an X on your map. Now use the map to try and find the objects.	Natural Noughts and Crosses Create a noughts and crosses board and pieces out of natural materials. Find someone to play the game with you. 
Marble / Tennis Ball Run Using any materials you can find, make a track/run for either a tennis ball or marble to travel along. Try to have different heights and get it to change direction at least once. Does your ball travel all the way to the end?	Disco Time! Thursday nights are Disco night! Get dressed up and have a party in your house. Maybe your parents could be in charge of the tuck shop.	Build a shelter/den Build a den for yourself. Are you brave enough to sleep in it all night?	Make the bed! At the start of the week make your bed all by yourself. Time how long it takes you to do.
Tied in knots When climbing at Kilbowie you might learn how to tie all different types of knots. Using https://www.youtube.com/watch?v=3X8drKsdf5E Learn how to tie 7 different types of knots.	Water challenge! At Kilbowie there are lots of water activities. Make up your own activity using water! Again the more creative the better, and the wetter you get the better!	Go for a cycle/ scooter ride Go for a long cycle or scooter with a member of you family. 	Teamwork Challenge Working with a member of your family, build something to protect an uncooked egg from a high height.
Green Welly Stop One of the first stops on the way to Kilbowie is the Green Welly Stop. Create a picture of a green welly using any type of material. The more imaginative the better!	Natural art picture Collect some natural materials from the garden or while you are out on a walk. Use them to create a piece of artwork.	Make and fly a kite Design and make your own kite using any materials you like. The test is, will it fly on a windy day?	Make a bird feeder Design and make a bird feeder. You could use a hollowed out orange or empty plastic bottle.
Make a bird house Design, make and decorate a bird house from any material you want. Remember to try and make them waterproof! 	Blindfold Challenge Create an obstacle course in your house or garden. Put a blindfold on and ask a member of your family to guide you around the obstacle course. Then swap over. Remember to make sure the space is safe.	Mini-beast hunt Go on a nature walk and try to find and identify different types of mini-beasts. Good places to look are under rocks or tree stumps. Take pictures of the mini-beasts you find or draw them.	Make a mini raft Make a mini raft for one of your toys. Test it in the bath/sink/bucket of water. Does it float? Does it take the weight of your toy? 