

Take the Challenge

Minute to Win it (continued)

7. The Rules:

- You may not use your hands at any time during the game. That means no touching the vaseline, pom poms/cotton balls, or the plates.
- Pom poms/cotton balls can only be moved one at a time. If you get two stuck to your nose at once you will have to shake one off before moving them over - if two or more land in the bowl in one move, none of them will count.
- Cotton balls must be "dropped" from the nose into the empty bowl. In other words, you can't scrape your nose on the side of the bowl to dislodge the cotton ball or use any other method that involves contact between the cotton ball and any other object.

- 8. Tips and Tricks:** Use only small amounts of vaseline on the very tip of your nose. Then, once you've got a cotton ball in place, move slowly and steadily to the bowl to avoid dropping the cotton ball en route. Finally, get your head right into the bowl and give it a little shake to dislodge the cotton ball without flinging it outside the bowl.

Good luck!

Traffic Yam Challenge:

1. Set up a start and finish line on the floor about 20 feet apart from each other. Use any object or painters tape to mark them. You can do this race indoors or outdoors.
2. Place the yam on the floor on the marked start line. Place one end of the plastic spoon in your mouth.
3. Your task is to push the yam across the floor from the start to finish line using just the spoon in your mouth. No hands or feet allowed!
4. Time yourself to see how long it takes to get from the start to finish line. What was your record time?



7

Week 6
Monday

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