



7 SECOND CHALLENGE



CHALLENGE

Engaging in tricky things helps us to grow, learn and, connect with others.

Activity overview

See how many physical challenges you can complete in a short time

Equipment required

Things you already have at home

Stopwatch or timer

Time required

5 mins +

Small challenges to get you moving, laughing and competing with each other. How many can you do?

Aim:

To perform tasks within a 7 second time frame.

Some examples:

- Apply lip gloss /chapstick without using your hands
- Clap right palm on your left thigh and your left palm on your right leg simultaneously 10 times
- Counting 1-10 in a second language
- Dance like a ballerina in a ballet performance
- Do 10 pushups
- Draw a picture of a pet
- Say 'Cock-a-doodle-doo' seven times without a mistake
- Hop to the door and back whilst pulling both ears
- Grab a bean with chopsticks
- Lick the tip of your elbow
- Name the colour of your socks without looking at them
- Place your foot over your head
- Touch your nose with your tongue
- Pretend you are mute, the people with you are deaf, and describe an animal of your choosing to them
- Beat-box to the National Anthem
- Invent a new word and define it
- Bite your tongue and recite the alphabet
- Dance without beat
- Demonstrate a 2m tall man or woman entering a sports car
- Spell 'Australia' backwards

Invent your own ones, then challenge your family and friends to complete them in 7 seconds!

Source: https://challengestodo.com/7-second-challenge-ideas/#List_of_7_Second_Challenge_Ideas

This information is not for sale. It is for educational purposes only.

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