

# Clean the shower!



## Instructions

Your grandchildren just went home after a sleep over at your house. They have left the shower in a mess! Tidy up the toys and shaving cream before you forget.

## Wii Fit Penguin Balance game



### Instructions:

Your friend has challenged you to a balance competition on the Wii Fit, try to beat her score!

# Tour de Rottnest



## Instructions

You are on a day trip at Rottnest Island, cycle to the next beach – it is about 2 minutes away from where you are now.

## Busy crosswalk



### Instructions:

You are crossing the road to get to your favourite cafe, dodge the objects on the floor to get safely to the coffee shop.

# Birthday cake



## Instructions:

It's your friend's birthday, you want to bake them a cake.

1. See if you have the right ingredients in the cupboard
2. Make a shopping list for the ingredients you don't have
3. Gather all the equipment you will need to start baking

## Can I have this dance?



### Instructions:

You are at your friend's birthday party and your favourite dancing song comes on. Dance with your friend until the end of the song.

## Leg exercises



### Instructions:

Complete the exercises before the timer ends.

## Arm exercises



### Instructions:

Complete the exercises before the timer ends.



## Laundry day



### Instructions:

You just finished a load of washing, carry the washing basket to the line (or ask for help if you can't) then hang it out to dry before it becomes stinky!