

# **SOGO Squirts Week 12**

## **L is for Laugh**

What makes you laugh? Draw or write something that you think is funny!

A large, empty rectangular box with a thick green border, occupying the lower half of the page. It is intended for a child to draw or write something funny.

## Laughing Adventure

Go for a walk in your neighbourhood. Try walking in the silliest ways you can come up with. If you want more of an adventure try to make people you see laugh with your silly walks.

## Stuffie Toss

Get an empty basket and a stuffy that makes you giggle! Stand 2 giant steps away from the basket, now toss the stuffy into the basket. Pick up the stuffy, take 3 giant steps back and toss again. See how many steps you can go before you can't make the stuffy land in the basket. Make sure you count the steps as you go!

## Laughing Yoga

Lay on your back. Stick your feet straight up to the air (imagine your feet are flat on the ceiling). Use your tummy muscles to hold your legs straight and still. Can you count to 10 with your legs still and straight?

Begin to pedal your feet as if you are riding an imaginary bicycle in the air. You can add your arms and pretend you are steering your bicycle. See how fast or slow you can make your bike go. As you pedal laugh, laugh as fast or as slow as you are pedalling. Try to pedal backwards.

## Body Shapes

How many ways can you use your body to make the letter "L" ?

## Maze Challenge

