

CYC presents...

ARTS & CRAFTS WITH COACH GEORGE



FINISH THE LIST



- 20 x Jumping Jacks
- 20 x High Knees
- 20 x Butt Kickers
- 10 x Squat Jumps
- 10 x Inchworms
- 10 x Star Jumps
- 5 x Jump Full Turns
- 3 x Handstands
- 3 x Cartwheel Turn Ins
- 3 x Cartwheel Turn Outs



SLIME TIME!

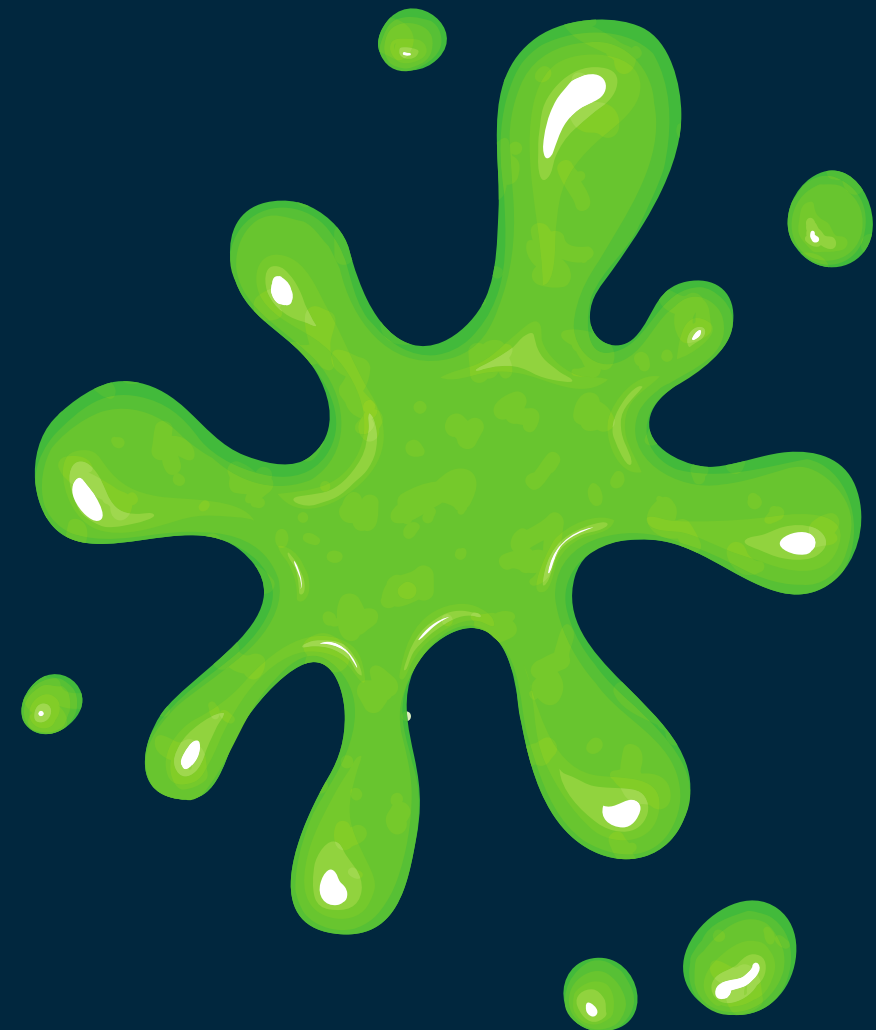
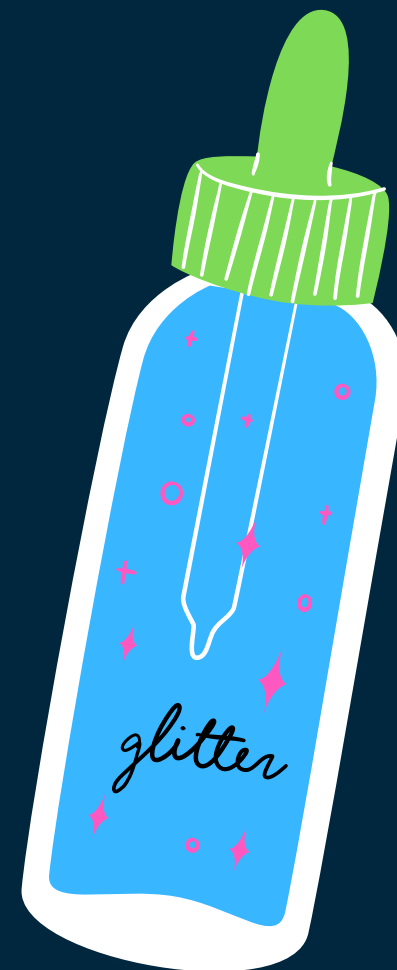
WHAT DO WE NEED?

- SCHOOL GLUE (I'll be using two bottles of 'Elmer's School Glue' which can be found at Woolies)
- FOOD COLOURING & GLITTER (optional for presentation)
- LAUNDRY DETERGENT (whatever you have at home should work)
- BAKING SODA
- SALINE SOLUTION (you can make this on your own at home with salt & water if you want, but make sure you prep beforehand)
- BLUE TACK
- FOAMING HAND WASH (must be the foaming kind for this slime)

SLIME ONE!

WHAT DO WE NEED?

- SCHOOL GLUE
- FOOD COLOURING & GLITTER
- LAUNDRY DETERGENT



SLIME TWO!

WHAT DO WE NEED?

- SCHOOL GLUE
- FOOD COLOURING & GLITTER
- BAKING SODA
- SALINE SOLUTION



SLIME THREE!

WHAT DO WE NEED?

- BLUE TACK
- FOAMING HAND WASH
- FOOD COLOURING & GLITTER

