



Break Challenge

GO FOR A BIKE RIDE	TRY A NEW FRUIT OR VEGGIE	FAMILY PHOTO CONTEST - THE BEST GRIMACE :-P	NAME THE FEELING YOU HAVE	DANCE AROUND THE KITCHEN OR THE LIVING ROOM
WATCH YOUR FAVORITE MOVIE	DRINK A GLASS OF WATER	PREPARE A NEW RECIPE	NAME THE BIRDS YOU SEE OUTSIDE	DRAW A HOPSCOTCH - SPACE THEME
EAT A SQUARE OF CHOCOLATE!	GIVE YOURSELF A COMPLIMENT	CALL SOMEONE YOU HAVE NOT SPOKEN TO IN A WHILE	GO FOR A NATURE WALK	MAKE HOT COCOA FOR THE FAMILY
COOK WITH CHICKPEAS	PAPER AIRPLANE COMPETITION!!	CREATE AN ACROSTIC WITH THE WORD : EXTRAORDINARY	GIVE A HUG TO SOMEONE YOU LOVE	GREEN CRAFT - WITH RECYCLING
GO HAVE FUN IN A PARK	READ 30 MINUTES	MAKE A HOMEMADE PIZZA WITH TORTILLAS	DO A PUZZLE	PAINT ROCKS - THEME UNDER THE OCEAN

******* from March 11th to the 20th *******

Participate and get a chance to win surprises!

**Send us your card, your results before March 23rd
To: concours@cschn.ca**

Good luck & have fun