

# Risk takers



# Discover

& do

HOME LEARNING

## iCAN personal goals

Milepost 2  
Milepost 3

# Risk takers



At iCAN we are willing to try new things that might not be easy for ourselves.

iCAN personal goals

# Risk takers



## Challenge 1 : Get Sporty

- Research sports and find one that you haven't tried before or don't think you can do. (but skiing or snowboarding will be pretty tricky here!)
- Learn new skills and practise them.
- Maybe you could make a movie of you trying our your new sport?



<http://jumpbunch.com/over-70-different-activities/>

# iCAN personal goals

# Risk takers



## Challenge 2 : Sing up!

- There's a famous quote:

DANCE

*like nobody's watching.*

SING

*like nobody's listening.*

- Learn a new song or a dance... or both. Practise till you feel ready and confident to show others
- Then invite your family and friends to watch your performance!

# iCAN personal goals

# Risk takers



## Challenge 3 : Eyeless Obstacles!

- Build an obstacle course in your house or outside for the whole family to try! Make sure you blindfold each other and carefully then lead each other around the course whilst explaining how to move your body through or around the obstacles.

Remember to use clear instructions and be safe!



# iCAN personal goals

# Risk takers



## Challenge 4 : No Peeking Pictures

- Are you brave enough to create a drawing...without even looking at the page?!
- Get a piece of paper and something to draw with. Choose what you will draw, it can be a person, something you see in front of you or something from your imagination. Now off you go... Draw that picture without peeking at your paper!
- Upload your art onto our Padlet to show everyone.



iCAN personal goals

# Risk takers



## Challenge 5 : Yuk...or Yum?

- Try a new food that you've never tried before.
- Maybe try this with a blindfold and then use your sense of smell to figure out what it might be.
- Touch it before you taste it!
- Talk to your family about the experience.
- Did you like it? Were you surprised?
- Get all members of your family to try it!



# iCAN personal goals

# Risk takers



## Challenge 6 : Super Smoothies

- Choose some fruits and vegetables that you have at home or find some new fruits and vegetables at the market – maybe some you’ve not tried before.
- Work together as a family to cut, peel and blend the fruits and vegetables to make different healthy drink to taste.
- Write down your special recipe so others can try – upload it onto the Padlet!



# iCAN personal goals



# Risk takers



## Challenge 7 : Confident competitor

- Enter a competition! It could be here in Cambodia or even online. There are many sites that have poetry, or story writing competitions all year round.
- <http://www.math-exercises-for-kids.com/competition/math-world-cup.php>
- <https://www.youngwriters.co.uk/>
- <http://www.thebettyaward.com/>
- You never know until you try!

iCAN personal goals

# Risk takers



## Challenge 8 : Adventure Time

Get out and about in Phnom Penh and go somewhere different. You could visit...

- Silk Island and cycle.
- Wat Phnom and draw what you see.
- Kids City and climb – How high can you go?!
- The Royal Palace – explore and play traditional musical instruments.

Was it good to go somewhere different?



# iCAN personal goals

# Risk takers



To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.