



7-DAY LEARNING BREAKTHROUGH CHALLENGE

DAY 3

DO IT

Using our bodies allows us to understand and retain information better but also improves our reflections

Remain in Child's Pose for more than 30 seconds,
Breathing in and out



What you do:

- Sprinkle black pepper across the surface of the water. Watch how it floats!
- Dip a finger into the water—nothing happens, right?
- Now, put a drop of dish soap on your fingertip and gently touch the water.

LITTLER ONES: WATCH THE MAGIC AND TALK ABOUT WHY SOAP IS IMPORTANT.

BIGGER ONES: WHY DON'T YOU TRY DIFFERENT LIQUIDS AND SEE THE EFFECT...RESEARCH 'SURFACE TENSION'

What you need:

- A shallow bowl of water
- Ground black pepper
- Dish soap

