

With T-Rex Arms Make a Jam Sandwich or Decorate a Cake



Why?

Tuck your elbows into your sleeves to restrict your arm movement or for older groups work in pairs with one person stood behind the other. The back person uses their arms and the front person instructs

Age 14 - 18

Age 5 - 7

Age 7 - 11

Activity details

This activity counts towards...



- T-Rex Challenge

£	Indoors
Day/Night	

- | | |
|-------------------------------------------|---------------------------------------------|
| <input type="checkbox"/> 11 - 14 | <input checked="" type="checkbox"/> 14 - 18 |
| <input checked="" type="checkbox"/> 5 - 7 | <input checked="" type="checkbox"/> 7 - 11 |
| <input type="checkbox"/> 3 - 5 | |
-

- | | |
|--------------------------------------------|--------------------------------------------|
| <input checked="" type="checkbox"/> Autumn | <input checked="" type="checkbox"/> Spring |
| <input checked="" type="checkbox"/> Summer | <input checked="" type="checkbox"/> Winter |
-

Skills:

- Communication
- Problem solving
- Teamwork

Equipment:

- Bread
- Butter
- Flour
- Icing
- Jam
- Kinves
- Sugar