Hi all,

Well done to everyone who sent in the photos and videos for the challenges on Day Three. We received some really impressive nature photos and some equally impressive yoga poses so thank you for sending them in.

For the Day Four challenges, you have until Thursday, June 18th to send in your photos and videos because, as you will see below, one of today’s challenges is a science experiment which takes about three days to complete properly (photos and videos can be sent in to either the same email address or WhatsApp number that your parents used for all the other challenges).

**Day Five Challenges will be posted here on Thursday, June 18th.**

The photos from Day One and Day Two have been posted on the School Blog page and there’s also a link there which will take you to a YouTube page where the skills videos are currently being uploaded. More photos and videos will be added each day.

**If anyone is having difficulty playing any of the skills videos on their computer etc, try using Google Chrome as your web browser and that should work for you.**

**Day Four Challenges**

1. **My Hero**: For this challenge, we would like you to write 1 – 2 pages (copybook or A4 pages) on the subject of ***My Hero***. Your hero can be a sportsperson, a musician, a person who is well known to the public or it could be a family member, neighbour or person in your community. We would like you to write about why this person is your hero and list the positive things that they have done. You maybe admire this person for their qualities and achievements or maybe they have done something courageous and impressive that has benefitted the community or society.

**You can handwrite and type out your piece, do whichever is easiest for you.**

**You will earn 5 points for participating and sending in your piece or a photo of your piece.**

1. **Bouncy Egg Science Experiment**: If you click on the link below then it will show you a video for a science experiment known as the Bouncy Egg. For this experiment you will need an egg and some white vinegar. Follow the instructions in the video to see if you can create your own bouncy egg. When testing your bouncy egg, it might be safer to test the final result outside rather than inside. It will take about 72 hours (3 days) for the egg to hopefully bounce.

[**https://www.youtube.com/watch?v=\_vs5W8xvkx0**](https://www.youtube.com/watch?v=_vs5W8xvkx0)

**You will earn 5 points for participating and sending in a photo or a video of you with your bouncy egg.**

1. **Gaelic football and soccer skills or a Bake Off Challenge**: This week you have the option of completing the skills videos or trying your hand at a bit of baking. There are two Gaelic football and three soccer skills videos attached to this post on the website. For this challenge, you must choose one of the videos (either a Gaelic football or a soccer video) and complete the skill being shown. If you don’t have cones/markers at home then use jumpers, old paint cans, plastic bottles – use basically whatever you have at home. Once you have watched the videos and have understood what you are supposed to do, make sure you practice the skills first before recording anything. Try and do the skills at a pace that you are comfortable with.

**You will earn 3 points for participating and sending in a video of you completing one of the skills. However, if you complete two skills (one Gaelic football skill and one soccer skill) and send in two videos then you will get 5 points.**

Or you can select a recipe of your choosing and test yourself as a future MasterChef. You can use recipe books that you have at home or else you can click on the website link below which will provide you with some recipe ideas.

<https://www.odlums.ie/>

**You will earn 5 points for participating and sending in a photo of your creation.**

***Remember - There are some challenges that you may find easy to do and there are other challenges that you might find a little bit more difficult. You are asked to try everything, especially the challenges that you might find difficult. The effort that you make could be the difference at the end of all the challenges when all the points are being calculated for the four teams.***