



# Toilet Paper Challenge

This challenge is where we replace a soccer ball with a roll of toilet paper. Your balance, agility and coordination will be tested as you try and do 10 keep ups with toilet paper. Unlike a soccer ball toilet paper is shaped unevenly and very difficult to control when being kicked but makes for a very fun experience.

**Time to complete:** N/A

**Age Group:** 6yrs+

## Materials:

- One brand new roll of toilet paper
- Do not use a toilet paper roll that has been used to avoid the roll from unravelling when trying to complete the challenge

## Instructions:

1. Find a clear space free of breakable objects. Big enough that allows you to take 5 steps in every direction.
2. Place the roll of toilet paper in either right or left hand.
3. Gently toss the roll of toilet paper down to your feet and try to kick the toilet paper in the air 10 times in a row without letting the toilet paper touch the floor.
4. The toilet paper roll can be kept up in the air with any of your body parts but your hands.
5. Idea #1: Record yourself completing the challenge and then send it to your family/friends, challenge them and **#toiletpaperchallenge**.
6. Idea #2: Do you think 10 keep ups is too easy? Challenge your family and friends to a friendly competition to see who can do the most.