





Mental Agility Activity 1

To support our mental agility, we have tried these chilli challenges in class and an example has been shown and you can try different amounts at home.

Forward and Backwards

| Challenge | Example |
|---|--------------------------------|
|  Count forwards and backwards in 2s to 20. | 2, 4, 6, 8 |
|  Count forwards and backwards starting at different numbers e.g. 34, 32, 30, 28... | 28, 29, 30, 31, 32 |
|  Count forwards in 2s starting and stopping at different numbers up to 1000 e.g. 220, 222, 224, 226, 228, 230. | 524,526,527,528,529,530 |
|  Count backwards in 2s starting and stopping at different numbers from 1000 e.g. 220, 218, 216, 214, 212, 210. | 602,600,598,596,594 |