

- take one big breath and start reciting out loud the days of the week in order - see how many sets you can get through
- learn the alphabet backwards
- set a coin spinning on the table and recite your times tables - see how far you can get before the coin falls
- share your efforts on social media
- download 'BlockuDoku' and try to beat Mr Hickmott's top score
- learn to say hello in 15 languages
- name as many types of apple as you can
- do 'sit ups' to failure