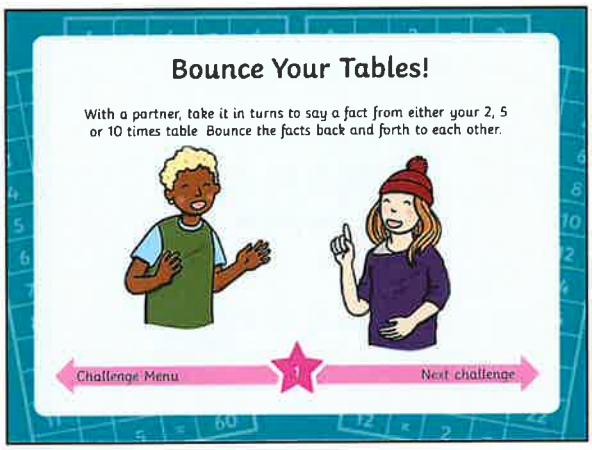
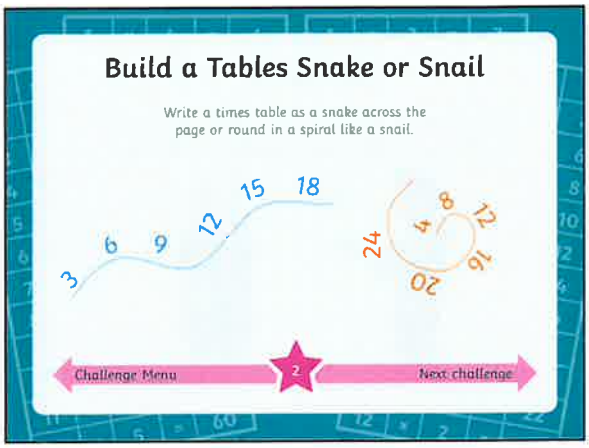

Times Table Challenges


Times Table Challenges
Here are twenty times table challenges to choose from
1
2
3
4
5
6
7
8
9
10
11
12
13
14
15
16
17
18
19
20
Click a star to pick a challenge


Bounce Your Tables!
With a partner, take it in turns to say a fact from either your 2, 5 or 10 times table Bounce the facts back and forth to each other.
Challenge Menu
1
Next challenge


Build a Tables Snake or Snail
Write a times table as a snake across the page or round in a spiral like a snail.
3
6
9
12
15
18
24
4
8
12
16
20
Challenge Menu
2
Next challenge


Change the Colour
Write out a times table, changing colour for each number.
6 12 18 24 30
Challenge Menu
3
Next challenge


Beat the Time
Time how long it takes to write out a certain times table
Then, see if you can beat that time tomorrow
Challenge Menu
4
Next challenge

Working Backwards!

Write a times table backwards. Start from 10 × your number.

20 18 16 ... ...

Challenge Menu 5 Next challenge

Which Is Missing?

Write out a times table but leave two multiples out. Challenge your partner to work out which numbers are missing.

6 ? 18 24 ?

Challenge Menu 6 Next challenge

Air Tables

Write out the numbers from a times tables in the air with your finger. Ask a partner to read the numbers you write. You could also ask someone else to air write a certain times table for you to check.

Challenge Menu 7 Next challenge

Multicoloured Tables

Write a times table out once and then repeat it underneath 3 times. Change the colour each time

4 8 12 16 20 24 28

4 8 12 16 20 24 28

4 8 12 16 20 24 28

4 8 12 16 20 24 28

Challenge Menu 8 Next challenge

Chalk It!

Using chalk, write out a table on the playground.

Challenge Menu 9 Next challenge

Growing Tables

Write a table down the page, getting bigger every number.

4
8
12
16
20

Challenge Menu 10 Next challenge

Think of a Rhyme!

For each number from a table, think of a little rhyme to help you remember it!

Knock on the door... 4

Don't be late... 8

Challenge Menu 11 Next challenge

Go for a Walk

Walk sensibly around the classroom and with each step, say a tables fact

Challenge Menu 12 Next challenge

Bubble Tables

Write out your times table facts in bubble writing
Colour them in when you have finished

4 8 12 16 20

Challenge Menu 13 Next challenge

Build a Shape

Can you make a shape using numbers from the tables you are learning?

6

12 18

24 30

36 42 48 54 60

Challenge Menu 14 Next challenge

Shrinking Tables

Write a certain table across the page, getting smaller with every number.

3 6 9 12 15 18

Challenge Menu 15 Next challenge

Think Dots Not Numbers

Instead of writing the numbers, draw a times table using dots

Challenge Menu 16 Next challenge

Numbers into Words

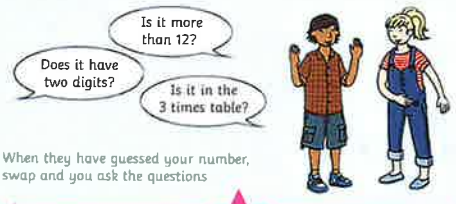
Instead of writing out a times table as numbers, write them out as words

Four, eight, twelve, sixteen, twenty, twenty-four

Challenge Menu 17 Next challenge

Guess What Number?

With a partner, pick a number and have them ask questions to work out which number it is



When they have guessed your number, swap and you ask the questions

Challenge Menu 18 Next challenge

Mirrors

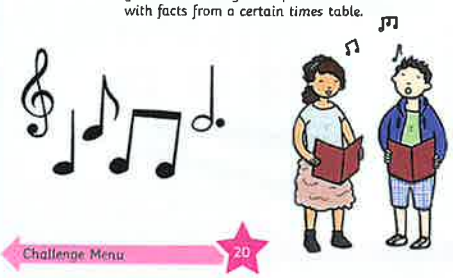
Write out a times table and then mirror it and count back down

4 8 12 16 20 24 28 32 36 40 36 32 28 24 20 16 12 8 4

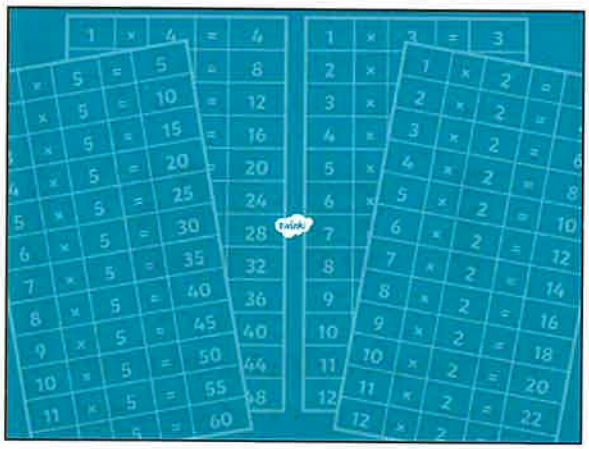
Challenge Menu 19 Next challenge

Heads, Shoulders, Knees and Toes

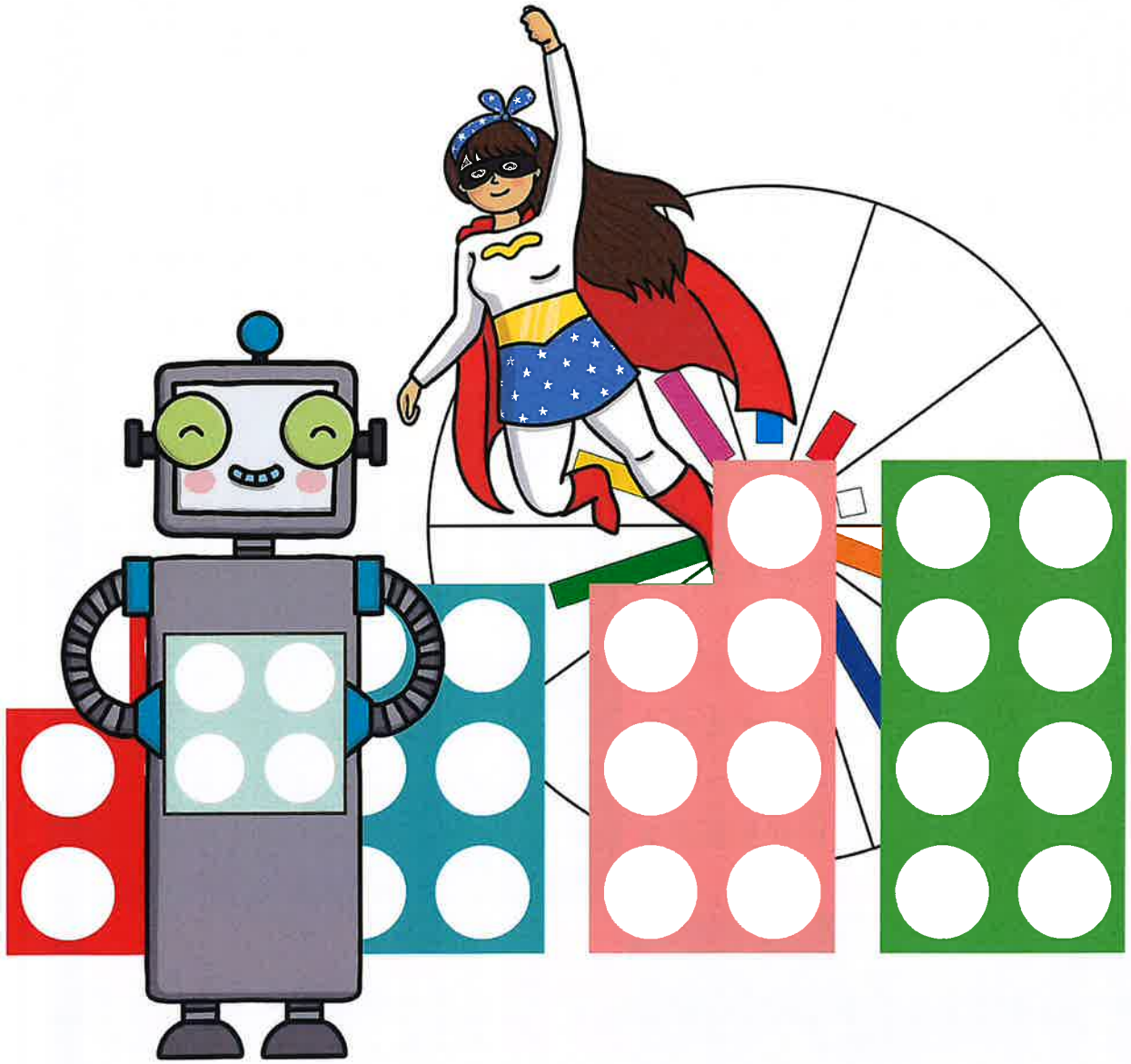
Sing this action song but replace the words with facts from a certain times table.



Challenge Menu 20



Times Tables up to 12 x 12 and Corresponding Division Facts Activity Booklet



Times Tables up to 12 x 12 and Corresponding Division Facts

1x table	2x table	3x table	4x table	5x table	6x table
1 × 1 = 1	1 × 2 = 2	1 × 3 = 3	1 × 4 = 4	1 × 5 = 5	1 × 6 = 6
2 × 1 = 2	2 × 2 = 4	2 × 3 = 6	2 × 4 = 8	2 × 5 = 10	2 × 6 = 12
3 × 1 = 3	3 × 2 = 6	3 × 3 = 9	3 × 4 = 12	3 × 5 = 15	3 × 6 = 18
4 × 1 = 4	4 × 2 = 8	4 × 3 = 12	4 × 4 = 16	4 × 5 = 20	4 × 6 = 24
5 × 1 = 5	5 × 2 = 10	5 × 3 = 15	5 × 4 = 20	5 × 5 = 25	5 × 6 = 30
6 × 1 = 6	6 × 2 = 12	6 × 3 = 18	6 × 4 = 24	6 × 5 = 30	6 × 6 = 36
7 × 1 = 7	7 × 2 = 14	7 × 3 = 21	7 × 4 = 28	7 × 5 = 35	7 × 6 = 42
8 × 1 = 8	8 × 2 = 16	8 × 3 = 24	8 × 4 = 32	8 × 5 = 40	8 × 6 = 48
9 × 1 = 9	9 × 2 = 18	9 × 3 = 27	9 × 4 = 36	9 × 5 = 45	9 × 6 = 54
10 × 1 = 10	10 × 2 = 20	10 × 3 = 30	10 × 4 = 40	10 × 5 = 50	10 × 6 = 60
11 × 1 = 11	11 × 2 = 22	11 × 3 = 33	11 × 4 = 44	11 × 5 = 55	11 × 6 = 66
12 × 1 = 12	12 × 2 = 24	12 × 3 = 36	12 × 4 = 48	12 × 5 = 60	12 × 6 = 72

7x table	8x table	9x table	10x table	11x table	12x table
1 × 7 = 7	1 × 8 = 8	1 × 9 = 9	1 × 10 = 10	1 × 11 = 11	1 × 12 = 12
2 × 7 = 14	2 × 8 = 16	2 × 9 = 18	2 × 10 = 20	2 × 11 = 22	2 × 12 = 24
3 × 7 = 21	3 × 8 = 24	3 × 9 = 27	3 × 10 = 30	3 × 11 = 33	3 × 12 = 36
4 × 7 = 28	4 × 8 = 32	4 × 9 = 36	4 × 10 = 40	4 × 11 = 44	4 × 12 = 48
5 × 7 = 35	5 × 8 = 40	5 × 9 = 45	5 × 10 = 50	5 × 11 = 55	5 × 12 = 60
6 × 7 = 42	6 × 8 = 48	6 × 9 = 54	6 × 10 = 60	6 × 11 = 66	6 × 12 = 72
7 × 7 = 49	7 × 8 = 56	7 × 9 = 63	7 × 10 = 70	7 × 11 = 77	7 × 12 = 84
8 × 7 = 56	8 × 8 = 64	8 × 9 = 72	8 × 10 = 80	8 × 11 = 88	8 × 12 = 96
9 × 7 = 63	9 × 8 = 72	9 × 9 = 81	9 × 10 = 90	9 × 11 = 99	9 × 12 = 108
10 × 7 = 70	10 × 8 = 80	10 × 9 = 90	10 × 10 = 100	10 × 11 = 110	10 × 12 = 120
11 × 7 = 77	11 × 8 = 88	11 × 9 = 99	11 × 10 = 110	11 × 11 = 121	11 × 12 = 132
12 × 7 = 84	12 × 8 = 96	12 × 9 = 108	12 × 10 = 120	12 × 11 = 132	12 × 12 = 144

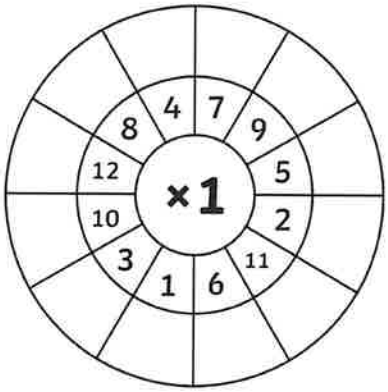
Times Tables up to 12 x 12 and Corresponding Division Facts

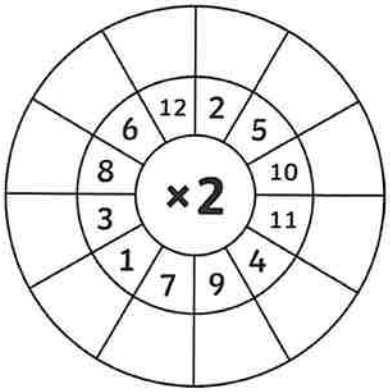
÷1	÷2	÷3	÷4	÷5	÷6
1 ÷ 1 = 1	2 ÷ 2 = 1	3 ÷ 3 = 1	4 ÷ 4 = 1	5 ÷ 5 = 1	6 ÷ 6 = 1
2 ÷ 1 = 2	4 ÷ 2 = 2	6 ÷ 3 = 2	8 ÷ 4 = 2	10 ÷ 5 = 2	12 ÷ 6 = 2
3 ÷ 1 = 3	6 ÷ 2 = 3	9 ÷ 3 = 3	12 ÷ 4 = 3	15 ÷ 5 = 3	18 ÷ 6 = 3
4 ÷ 1 = 4	8 ÷ 2 = 4	12 ÷ 3 = 4	16 ÷ 4 = 4	20 ÷ 5 = 4	24 ÷ 6 = 4
5 ÷ 1 = 5	10 ÷ 2 = 5	15 ÷ 3 = 5	20 ÷ 4 = 5	25 ÷ 5 = 5	30 ÷ 6 = 5
6 ÷ 1 = 6	12 ÷ 2 = 6	18÷ 3 = 6	24 ÷ 4 = 6	30 ÷ 5 = 6	36 ÷ 6 = 6
7 ÷ 1 = 7	14 ÷ 2 = 7	21 ÷ 3 = 7	28 ÷ 4 = 7	35 ÷ 5 = 7	42 ÷ 6 = 7
8 ÷ 1 = 8	16 ÷ 2 = 8	24 ÷ 3 = 8	32 ÷ 4 = 8	40 ÷ 5 = 8	48 ÷ 6 = 8
9 ÷ 1 = 9	18 ÷ 2 = 9	27 ÷ 3 = 9	36 ÷ 4 = 9	45 ÷ 5 = 9	54 ÷ 6 = 9
10 ÷ 1 = 10	20 ÷ 2 = 10	30 ÷ 3 = 10	40 ÷ 4 = 10	50 ÷ 5 = 10	60 ÷ 6 = 10
11 ÷ 1 = 11	22 ÷ 2 = 11	33 ÷ 3 = 11	44 ÷ 4 = 11	55 ÷ 5 = 11	66 ÷ 6 = 11
12 ÷ 1 = 12	24 ÷ 2 = 12	36 ÷ 3 = 12	48 ÷ 4 = 12	60 ÷ 5 = 12	72 ÷ 6 = 12

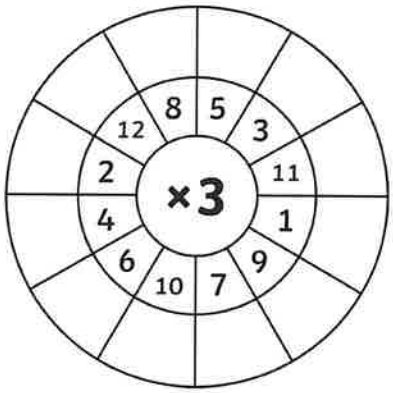
÷7	÷8	÷9	÷10	÷11	÷12
7 ÷ 7 = 1	8 ÷ 8 = 1	9 ÷ 9 = 1	10 ÷ 10 = 1	11 ÷ 11 = 1	12 ÷ 12 = 1
14 ÷ 7 = 2	16 ÷ 8 = 2	18 ÷ 9 = 2	20 ÷ 10 = 2	22 ÷ 11 = 2	24 ÷ 12 = 2
21 ÷ 7 = 3	24 ÷ 8 = 3	27 ÷ 9 = 3	30 ÷ 10 = 3	33 ÷ 11 = 3	36 ÷ 12 = 3
28 ÷ 7 = 4	32 ÷ 8 = 4	36 ÷ 9 = 4	40 ÷ 10 = 4	44 ÷ 11 = 4	48 ÷ 12 = 4
35 ÷ 7 = 5	40 ÷ 8 = 5	45 ÷ 9 = 5	50 ÷ 10 = 5	55 ÷ 11 = 5	60 ÷ 12 = 5
42 ÷ 7 = 6	48 ÷ 8 = 6	54 ÷ 9 = 6	60 ÷ 10 = 6	66 ÷ 11 = 6	72 ÷ 12 = 6
49 ÷ 7 = 7	56 ÷ 8 = 7	63 ÷ 9 = 7	70 ÷ 10 = 7	77 ÷ 11 = 7	84 ÷ 12 = 7
56 ÷ 7 = 8	64 ÷ 8 = 8	72 ÷ 9 = 8	80 ÷ 10 = 8	88 ÷ 11 = 8	96 ÷ 12 = 8
63 ÷ 7 = 9	72 ÷ 8 = 9	81 ÷ 9 = 9	90 ÷ 10 = 9	99 ÷ 11 = 9	108 ÷ 12 = 9
70 ÷ 7 = 10	80 ÷ 8 = 10	90 ÷ 9 = 10	100 ÷ 10 = 10	110 ÷ 11 = 10	120 ÷ 12 = 10
77 ÷ 7 = 11	88 ÷ 8 = 11	99 ÷ 9 = 11	110 ÷ 10 = 11	121 ÷ 11 = 11	132 ÷ 12 = 11
84 ÷ 7 = 12	96 ÷ 8 = 12	108 ÷ 9 = 12	120 ÷ 10 = 12	132 ÷ 11 = 12	144 ÷ 12 = 12

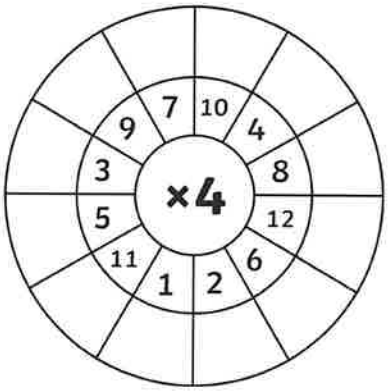
Multiplication Wheels

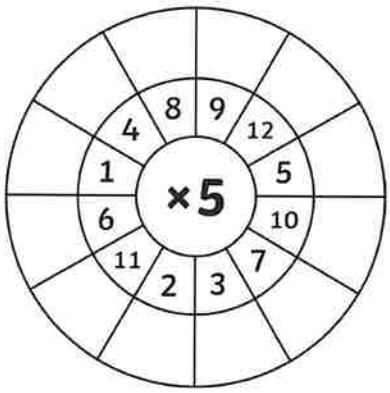
Multiply the numbers by the middle number.

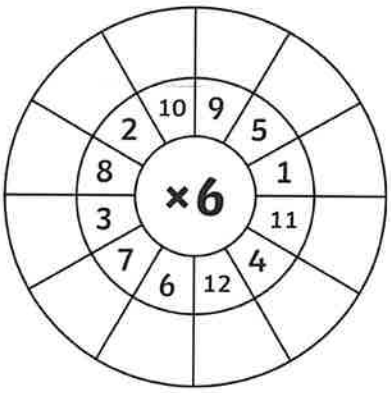


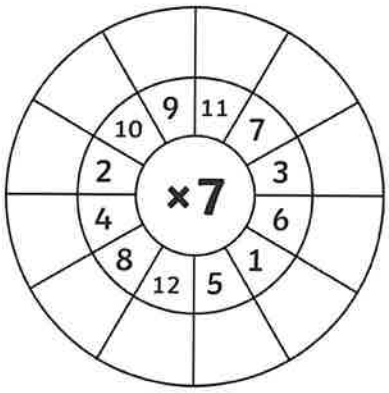


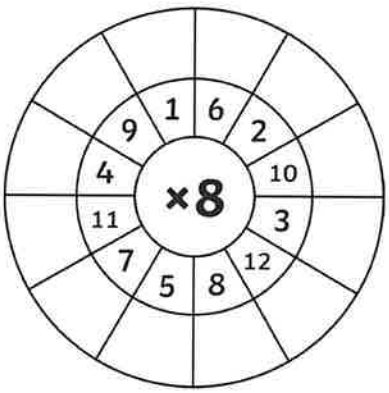


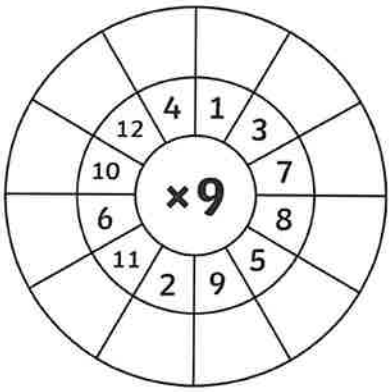


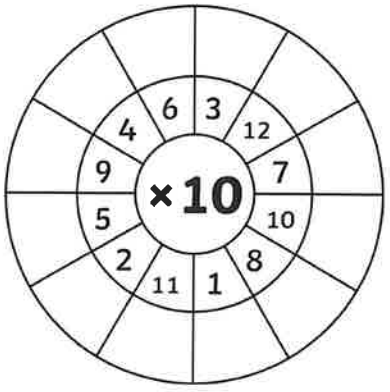


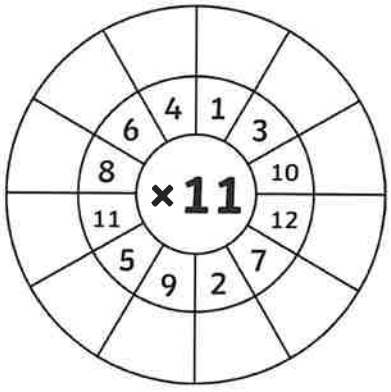


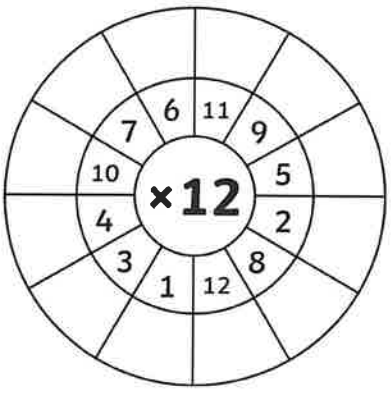






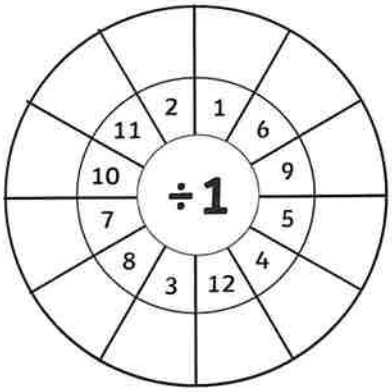


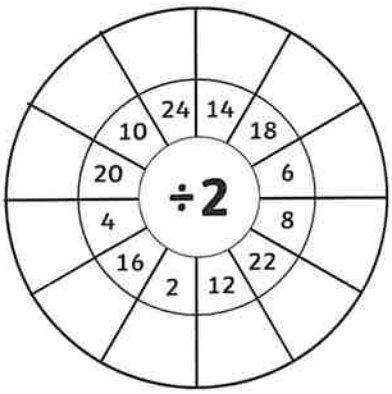


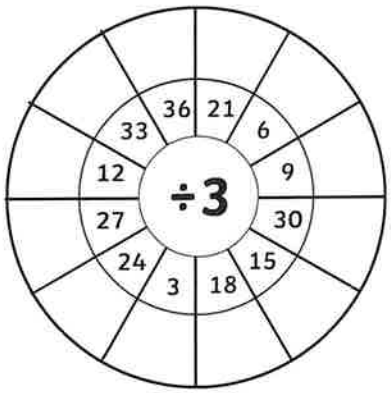


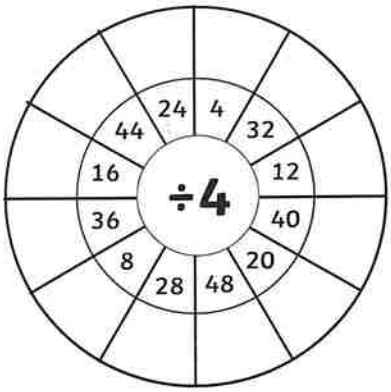
Division Wheels

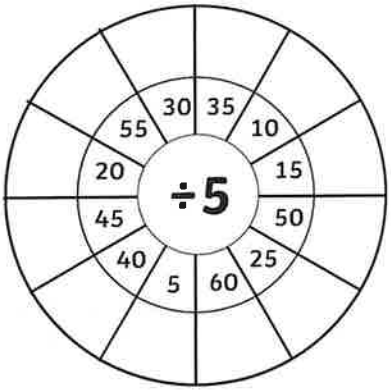
Divide the numbers by the middle number.

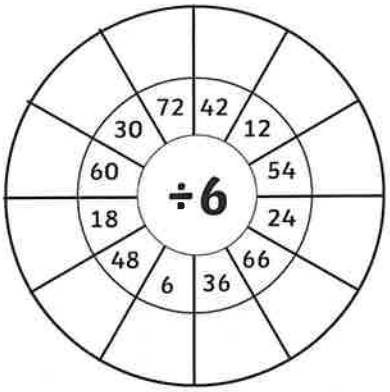


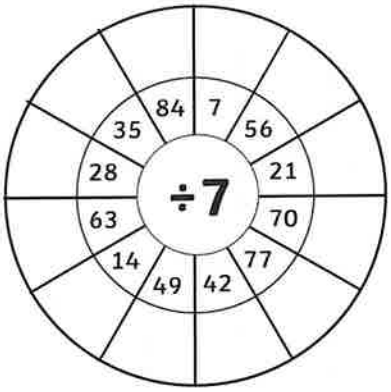


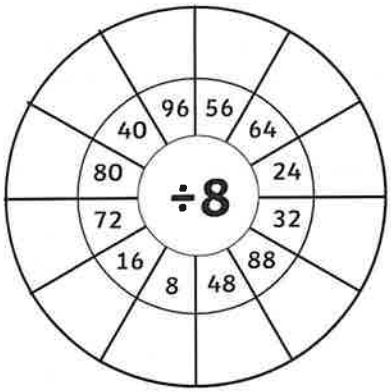


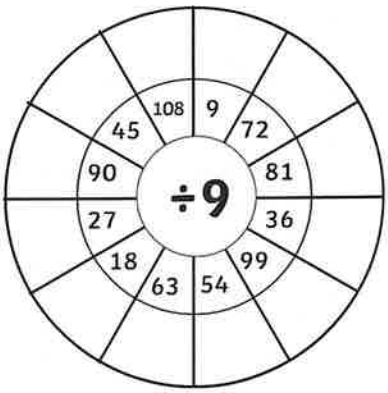


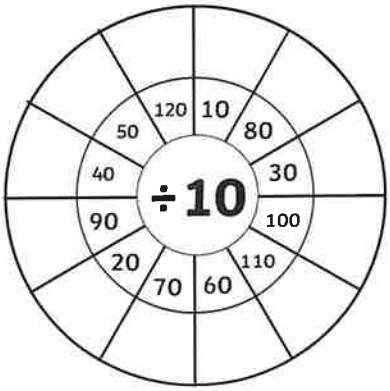


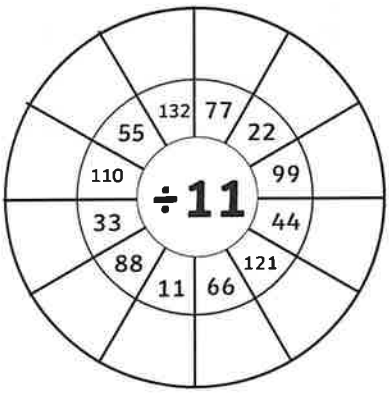


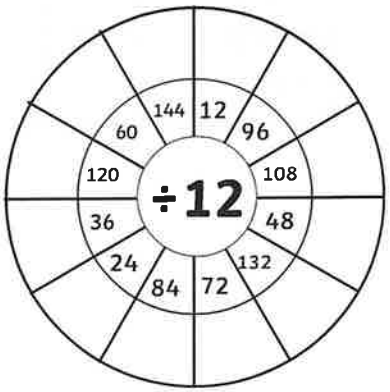












Multiplication Square

Can you fill in the grid by multiplying the numbers?

×	1	2	3	4	5	6	7	8	9	10	11	12
1												
2												
3												
4												
5												
6												
7												
8												
9												
10												
11												
12												

Football-Themed Mixed Times Table Mosaic

Solve the calculations to reveal the hidden picture. Each answer has a special colour.

red = 1-5	**blue** = 6-10	**yellow** = 11-25	**black** = 26-30	**hair colour of your choice** = 31-60	**skin colour of your choice** = 61-144

3 × 3	20 ÷ 4	5 × 4	24 ÷ 8	36 ÷ 3	8 ÷ 4	36 ÷ 3	40 ÷ 8	72 ÷ 8
8 × 8	40 ÷ 8	2 × 8	35 ÷ 7	96 ÷ 8	15 ÷ 3	96 ÷ 8	1 × 3	9 × 8
12 × 12	32 ÷ 4	3 × 3	40 ÷ 4	21 ÷ 3	32 ÷ 4	28 ÷ 4	36 ÷ 4	11 × 8
16 ÷ 8	56 ÷ 8	72 ÷ 8	7 × 7	12 × 4	12 × 5	35 ÷ 5	48 ÷ 8	8 ÷ 4
16 ÷ 4	2 × 3	28 ÷ 4	7 × 4	12 × 11	3 × 10	24 ÷ 3	27 ÷ 3	16 ÷ 4
30 ÷ 3	32 ÷ 8	28 ÷ 4	9 × 9	9 × 12	6 × 12	72 ÷ 8	8 ÷ 4	21 ÷ 3
36 ÷ 4	1 × 4	30 ÷ 3	10 × 9	3 × 10	8 × 9	56 ÷ 8	1 × 4	64 ÷ 8
72 ÷ 8	30 ÷ 3	24 ÷ 8	28 ÷ 4	11 × 7	56 ÷ 8	30 ÷ 6	24 ÷ 3	80 ÷ 8
80 ÷ 8	36 ÷ 4	32 ÷ 8	16 ÷ 8	12 ÷ 3	16 ÷ 8	20 ÷ 4	64 ÷ 8	32 ÷ 4
72 ÷ 8	30 ÷ 3	56 ÷ 8	32 ÷ 8	15 ÷ 3	32 ÷ 8	40 ÷ 4	21 ÷ 3	32 ÷ 4

Challenge: Are these calculations true or false? Explain your reasoning.

5 × 8 < 12 × 3

72 ÷ 8 > 56 ÷ 7

Ultimate Division and Times Table Challenge

Try a column a day. Can you beat your personal best?

Time taken:_____ Number Correct:_____ Previous Score: _____

1 ÷ 1 =	132 ÷ 11 =	120 ÷ 10 =	15 ÷ 3 =	9 ÷ 1 =	7 ÷ 7 =
1 × 5 =	1 × 2 =	2 × 5 =	4 × 1 =	2 × 9 =	4 × 5 =
3 ÷ 3 =	9 ÷ 3 =	108 ÷ 9 =	21 ÷ 3 =	6 ÷ 6 =	33 ÷ 11 =
1 × 4 =	4 × 3 =	1 × 3 =	11 × 7 =	4 × 9 =	3 × 9 =
5 ÷ 5 =	72 ÷ 8 =	25 ÷ 5 =	96 ÷ 8 =	14 ÷ 2 =	55 ÷ 5 =
10 × 3 =	6 × 3 =	1 × 11 =	2 × 11 =	11 × 11 =	1 × 7 =
15 ÷ 5 =	63 ÷ 9 =	35 ÷ 7 =	49 ÷ 7 =	63 ÷ 7 =	50 ÷ 10 =
10 × 3 =	6 × 3 =	1 × 11 =	2 × 11 =	11 × 11 =	1 × 7 =
9 ÷ 9 =	27 ÷ 9 =	30 ÷ 3 =	81 ÷ 9 =	28 ÷ 4 =	56 ÷ 8 =
8 × 1 =	10 × 1 =	5 × 7 =	6 × 5 =	3 × 8 =	8 × 11 =
11 ÷ 11 =	33 ÷ 11 =	55 ÷ 11 =	6 ÷ 2 = 3	44 ÷ 4 =	40 ÷ 8 =
11 × 9 =	6 × 8 =	6 × 11 =	10 × 7 =	10 × 9 =	10 × 11 =
2 ÷ 2 =	24 ÷ 8 =	42 ÷ 6 =	12 ÷ 1 =	10 ÷ 1 =	21 ÷ 7 =
12 × 5 =	12 × 12 =	5 × 4 =	12 × 7 =	12 × 9 =	12 × 11 =
44 ÷ 11 =	12 ÷ 3 =	45 ÷ 9 =	24 ÷ 12 =	8÷ 2 =	6 ÷ 1 =
2 × 2 =	9 × 11 =	2 × 6 =	2 × 8 =	2 × 12 =	7 × 6 =
10 ÷ 5 =	20 ÷ 10 =	12 ÷ 12 =	40 ÷ 5 =	18 ÷ 3 =	77 ÷ 7 =
4 × 2 =	4 × 4 =	4 × 6 =	6 × 9 =	4 × 10 =	9 × 5 =
14 ÷ 7 =	18 ÷ 9 =	20 ÷ 2 =	50 ÷ 5 =	8 ÷ 1 =	30 ÷ 5 =
7 × 4 =	6 × 4 =	6 × 6 =	12 × 3 =	6 × 2 =	8 × 4 =
40 ÷ 10 =	36 ÷ 9 =	36 ÷ 3 =	72 ÷ 9 =	96 ÷ 12 =	48 ÷ 8 =
7 × 8 =	6 × 1 0=	12 × 10 =	12 × 4 =	8 × 10 =	8 × 2 =
22 ÷ 11 =	72 ÷ 6 =	60 ÷ 5 =	88 ÷ 11 =	110 ÷ 11 =	64 ÷ 8 =
11 × 6 =	9 × 6 =	10 × 6 =	3 × 2 = 6	4 x 12 =	9 × 10 =

Space-Themed Mixed Times Table Mosaic

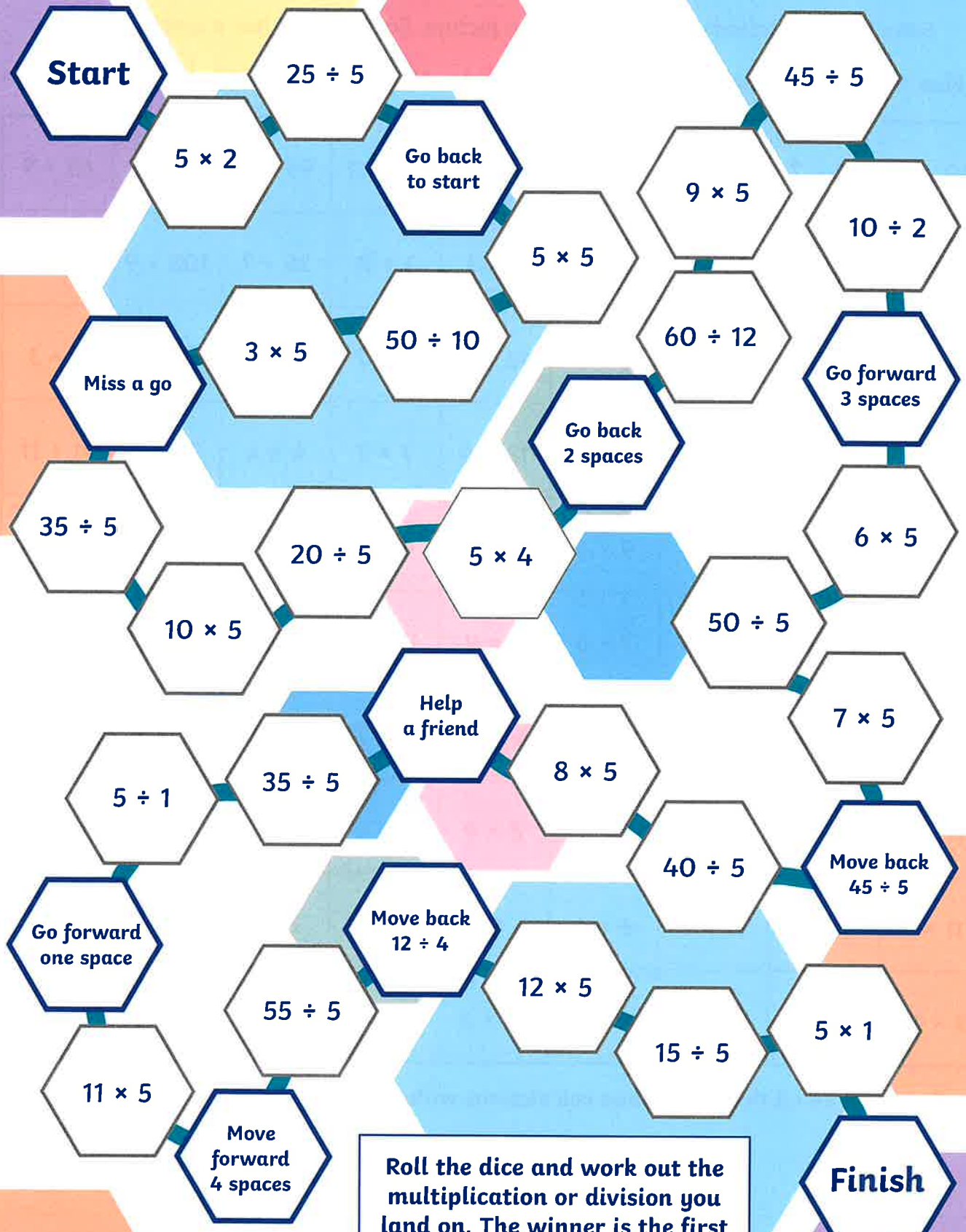
Solve the calculations to reveal a hidden picture. Each answer has a special colour.

blue = 1 – 20 | **black** = 21 – 30 | **white** = 31 – 50 | **grey** = 51 – 80 | **green** = 81 – 144

110 ÷ 11	49 ÷ 7	32 ÷ 8	4 × 5	8 × 4	55 ÷ 11	99 ÷ 9	28 ÷ 7	63 ÷ 9
81 ÷ 9	72 ÷ 9	96 ÷ 8	6 × 7	8 × 3	3 × 11	35 ÷ 7	108 ÷ 9	56 ÷ 8
56 ÷ 7	2 × 8	36 ÷ 3	6 × 5	12 × 3	4 × 7	84 ÷ 7	36 ÷ 3	3 × 3
5 × 4	8 ÷ 4	108 ÷ 9	7 × 7	12 × 4	7 × 7	4 × 4	96 ÷ 8	11 ÷ 11
72 ÷ 8	30 ÷ 3	56 ÷ 8	9 × 4	5 × 9	4 × 9	40 ÷ 4	21 ÷ 3	32 ÷ 4
12 × 12	9 × 10	8 × 8	7 × 6	4 × 9	12 × 4	11 × 5	12 × 11	10 × 10
9 × 9	12 × 5	9 × 8	4 × 9	6 × 12	7 × 7	7 × 8	12 × 6	9 × 9
11 × 8	11 × 5	9 × 7	7 × 7	8 × 9	8 × 6	12 × 5	7 × 8	10 × 9
11 × 7	7 × 8	11 × 5	6 × 6	6 × 12	11 × 4	7 × 9	12 × 5	8 × 7
9 × 12	11 × 12	10 × 9	12 × 8	12 × 6	12 ×11	11 × 11	11 × 9	8 × 12

Challenge: Write all the times tables calculations with an answer of 36.

5 Times Table Multiplication and Division Board Game



Roll the dice and work out the multiplication or division you land on. The winner is the first to finish!

Times Tables up to 12 x 12 and Corresponding Division Facts

Ultimate Times Tables Missing Numbers Challenge

Name: _____ Number Correct: _____

Date: _____ Previous Score: _____

2 × ___ = 8	40 = ___ × 10	12 × ___ = 144	11 × 7 = ___	___ × 3 = 21	48 = 12 × ___
___ × 1 = 3	___ × 4 = 24	___ × 5 = 30	35 = ___ × 5	8 × ___ = 72	8 × ___ = 24
___ = 5 × 2	3 × ___ = 21	4 × ___ = 44	___ × 8 = 40	5 × 4 = ___	120 = ___ × 10
4 × ___ = 16	8 × 11 = ___	48 = 6 × ___	9 × ___ = 36	11 × ___ = 121	___ × 4 = 16
10 × ___ = 60	7 × ___ = 35	9 × ___ = 90	1 × ___ = 8	18 = 3 × ___	9 × ___ = 18
___ × 4 = 8	___ × 9 = 18	___ × 6 = 12	12 × 6 = ___	___ × 6 = 48	30 = ___ × 5
16 = 8 × ___	8 × ___ = 80	7 × 7 = ___	___ × 9 = 63	___ × 9 = 27	9 × ___ = 36
5 × 3 = ___	___ × 2 = 12	___ × 1 = 8	___ × 10 = 30	24 = 4 × ___	2 × ___ = 14
___ × 3 = 30	20 = ___ × 5	___ × 9 = 81	9 × ___ = 54	___ × 7 = 49	8 × 5 = ___
___ × 1 = 12	12 × ___ = 72	36 = 12 × ___	___ × 4 = 12	12 × ___ = 144	3 × ___ = 12
3 × ___ = 18	___ = 3 × 3	10 × 12 = ___	8 × ___ = 64	6 × ___ = 18	___ × 6 = 36
___ × 4 = 44	8 × ___ = 32	8 × ___ = 56	___ = 2 × 7	8 × ___ = 56	___ × 9 = 99
7 × ___ = 14	___ × 4 = 16	___ × 10 = 30	12 × ___ = 132	4 × 10 = ___	28 = 4 × ___
8 × 3 = ___	___ × 7 = 70	5 × ___ = 40	25 = ___ × 5	___ × 2 = 16	9 × 3 = ___
20 = 4 × ___	5 × ___ = 25	___ × 2 = 4	___ × 8 = 16	___ × 4 = 28	5 × ___ = 25
11 × ___ = 99	___ × 3 = 33	9 × 5 = ___	24 = 8 × ___	9 × ___ = 45	7 × ___ = 21
___ × 3 = 12	___ × 4 = 36	3 × ___ = 12	77 = 11 × ___	___ × 6 = 72	___ × 4 = 24
9 × ___ = 18	___ = 7 × 1	8 × ___ = 32	___ × 6 = 18	3 × 3 = ___	12 × ___ = 24
5 × 10 = ___	___ × 11 = 66	___ × 9 = 45	___ = 11 × 8	8 × ___ = 48	___ × 5 = 45
___ × 2 = 6	___ × 6 = 36	48 = ___ × 4	12 × ___ = 144	5 × ___ = 60	7 × ___ = 49
___ × 3 = 21	10 × ___ = 50	5 × ___ = 10	15 = ___ × 3	4 × ___ = 12	___ × 8 = 96
8 × ___ = 40	18 = ___ × 3	9 × 1 = ___	2 × ___ = 12	7 × ___ = 42	3 × ___ = 24
11 × 2 = ___	9 × ___ = 27	___ × 7 = 14	9 × ___ = 27	66 = ___ × 6	5 × ___ = 15
___ × 12 = 60	10 × 10 = ___	12 × ___ = 84	___ × 2 = 16	32 = 8 × ___	___ × 12 = 144

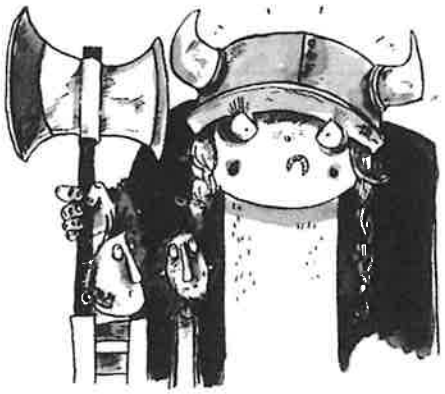
Shared Reading

Chapter One

In the market for a fight

Vegetables. Vulgar hated vegetables.
Real Vikings shouldn't eat vegetables, he thought. *Real Vikings should eat...* well, he wasn't actually sure what real Vikings should eat, but it wasn't vegetables. Bears maybe. Or dragons.
But not cabbage. Never cabbage.
"Four cabbages," his mum, Helga, said to the man at the vegetable stall. It was market day in Blubber, the Viking village Vulgar called home.

"Buy five, get the sixth free, darlin'," said the veggie man. "Special offer, just for you, what wiv' you bein' so pretty an' that."



Vulgar almost laughed at that. Pretty. His mum was taller and broader than most men in the village. She had arms that could lift a horse and a face that could make it run away. Vulgar had never heard anyone call her "pretty" before, not even his dad.

WALT: Can I do Yoga?

Send pictures of you doing your poses to your class email

Self-Esteem Yoga

Preparation and Safety

Age	5-7
National Curriculum	Develop balance, agility and co-ordination.
Time	Can be adapted to any setting or time frame.
Preparation	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs. If possible, have a bag with animals, pictures and stories inside to promote discussion.
Safety	Session to happen on a carpeted floor or mats with enough space to stretch out arms and legs.

Warrior II Pose

Benefits Strengthens and stretches legs and core; stretches chest and shoulders; relieves backaches.

1. Stand with your feet wide apart. Turn your left foot in and your right foot out 90°.
2. Inhale, and lift your arms parallel to floor.
3. Exhale and bend your right knee. Be careful not to extend your knee past the 90° point with your ankle.
4. Keep your torso tall, turn your head, and look out over your fingertips.
5. Inhale, straighten your legs and lower your arms. Repeat on opposite side.

Chair Pose

Benefits Strengthens legs, stretches shoulders and chest.

1. Start in mountain pose.
2. Exhale, and bend your knees as if you were sitting in a chair.
3. Reach your arms towards the ceiling, with your palms facing each other.
4. Hold this pose and breathe.

Mountain Pose

Benefits Improves posture, strengthens core, muscles and legs.

1. Stand tall with your weight balanced evenly on your feet.
2. Firm your thigh muscles and pull in your tummy.
3. Press your shoulders back and hold your arms out straight, a little way from your body.
4. Press your shoulders back and hold your arms out straight, a little way from your body.

Tree Pose

Benefits Improves balance; strengthens thighs, calves, and ankles; stretches legs and chest; develops concentration.

1. Begin in mountain pose.
2. Lift your right foot, turning your knee out; place your foot below your left knee.
3. Press your hands together.
4. Raise arms overhead, and look up to your hands if possible.
5. Return hands to your chest, and lower your right leg.
6. Repeat with left leg.

Downward-Facing Dog - Adho Mukha Svanasana

Benefits Calms the mind; relieves stress; energizes the body; strengthens arms and legs; stretches upper and lower body; relieves headaches; back pain and fatigue.

1. Begin on hands and knees with toes tucked under.
2. Exhale, straighten knees and lift hips, so you are in an upside-down V. Hold this position for as long as you like. Let your head hang down and breathe.
3. To release, exhale and bring knees to the floor.

Great work!

Week 7 Day 5

found

laughed

let's

fun

any

better

lived

much

place

under

Week 7 Day 5

1) 10 x 7 = ___
2) 10 x ___ = 20
3) ___ x 10 = 50
4) 6 x 10 = ___
5) 10 x 3 = ___
6) ___ x 10 = 90
7) 10 x ___ = 110
8) 0 x 10 = ___
9) ___ x 10 = 40
10) 10 x ___ = 80
11) 10 x ___ = 100
12) ___ x 10 = 60
13) ___ x 10 = 0
14) 10 x ___ = 30
15) 10 x ___ = 70
16) ___ x 10 = 110
17) 10 x ___ = 10
18) 10 x ___ = 120
19) ___ x 10 = 80
20) 9 x 10 = ___

21) 10 x 8 = ___
22) ___ x 10 = 30
23) 10 x ___ = 60
24) 1 x 10 = ___
25) 10 x 10 = ___
26) ___ x 10 = 20
27) 10 x ___ = 90
28) 10 x 5 = ___
29) ___ x 10 = 120
30) 4 x 10 = ___
31) 10 x ___ = 0
32) ___ x 10 = 80
33) 9 x 10 = ___
34) 10 x ___ = 50
35) ___ x 10 = 10
36) 10 x 12 = ___
37) 10 x ___ = 70
38) ___ x 10 = 100
39) 1 x 10 = ___
40) 10 x ___ = 110