

THERE WILL BE A TIME NOT TOO FAR FROM NOW, WHEN YOU WILL LOOK BACK AT THIS PHASE OF YOUR LIFE AND INSTEAD OF CONDEMNING IT, YOU WILL FEEL APPRECIATION FOR IT. - ABRAHAM HICKS

Roxby Downs  
Children's  
Centre



APRIL  
2020

## What's Happening

All advertised events and pupil free days have been cancelled due to COVID-19. Once we receive the all clear we will reschedule and advise.

### AROUND THE COUNTRY

Ramadan -----	April 23-May 23
Play Outside Day -----	2
International Star Wars Day-----	4
International Compost Awareness Week -----	3-9
World Migratory Bird Day-----	9
Mother's Day -----	10
National Families Week -----	15-21
National Sorry Day -----	26

Welcome back to our many children and families that have been in self isolation – we have missed you all! Thank you to everyone for adhering to the social distancing requirements when you drop off and pick up your children and for being vigilant in using the hand sanitiser upon arrival.

A special shout out to Tony Granich for assembling many furniture flat packs for the Centre, Bec Mackey who donated and set up our green tree frog habitat, our educators who delivered care packs to all our kindy children, and to families donating items to the Children's Centre for use in the making areas (the children are loving those Easter egg wrappers!). Thanks to Brahm Price for fixing our Nursery low-chairs and Kerry and Mark Lecons for their work in the woodworking area and side passageway. Well done to the Junior Kindy educators that have spent time on the weekend making their environment look so beautiful and inviting. Everyone's willingness to help out is really appreciated and valued.

Unfortunately we have had to cancel our special events planned for Term 2 due to COVID-19 but are hoping to reschedule at a later date once we receive the all clear.

We welcome 2 new educators to the Centre – Micca Mallari has her Diploma and is working in the Junior Kindy room full time and Sandy Smith (Mrs Sandy), a teacher who is working in kindy 3 days a week on a Wednesday, Thursday and Friday taking over from Brenda's teaching role.

Immunisation reminders are being sent out to parents via the OWNA app – please bring in or email us your updated mygov schedule a.s.a.p. after your child has been immunised.





### NATIONAL FAMILIES WEEK – MAY 15-21

The aim of National Families Week is to celebrate the vital role that families play in Australian society. The enduring theme '*Stronger families, stronger communities*', highlights the important role that families play as the central building block of our communities and

that community wellbeing is enhanced by family wellbeing.

Celebrate families week this year by focusing on the wellbeing of your family. The following link will provide you with helpful tips and ideas to support you. [Find our more here](#).

### NATIONAL SORRY DAY – MAY 26

National Sorry Day is an Australia-wide observance held on May 26 each year. This day gives people the chance to come together and share the steps towards healing for the Stolen Generations, their families and communities. The first National Sorry Day was held on 26 May 1998 – one year after the tabling of the report *Bringing them Home, May 1997*. [Find out more here](#)

## ZUCCHINI SLICE



**PREP 15 min | COOK 45 min | SERVES 8-10**

#### INGREDIENTS

6 zucchini, *grated*  
200 grams prosciutto, *finely chopped*  
1 1/2 cups (185 grams) cheddar, tasty OR provolone cheese, *grated*  
100 grams feta cheese, *crumbled*  
1/3 cup (80 ml) basil pesto  
1 cup (125 grams) plain self-raising flour  
salt and pepper, *to season*  
8 eggs  
1/2 cup (125 ml) olive oil

**To Serve:** sliced tomatoes and fresh basil leaves.

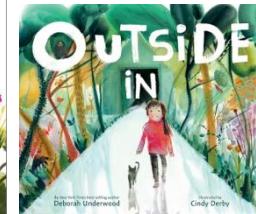
#### METHOD:

1. Preheat oven to 180 C and lightly grease an oven proof dish. Set aside.
2. Into a very large bowl place the zucchini, prosciutto, grated cheese, feta, basil pesto, flour, salt and pepper and stir thoroughly to combine.
3. Place the eggs and oil into a separate bowl and whisk to combine.
4. Add the eggs to the zucchini mixture and stir thoroughly to combine.
5. Pour the mixture into prepared dish.
6. Bake for 40-45 minutes or until gorgeously golden and 'set'.
7. Serve with a simple salad of sliced tomatoes and basil leaves.

*Recipe and Image from 'mylovelylittlelunchbox.com'*

## Book reviews

*Celebrate Children's Book Day with these beautiful recent release titles.*



### THE KEEPER OF WILD WORDS

**BROOKE SMITH**

*A touching tale of a grandmother and her granddaughter exploring and cherishing the natural world.*

When Mimi finds out her favourite words—simple words, like apricot, blackberry, buttercup—are disappearing from the English language, she elects her granddaughter Brook as their Keeper. And did you know? The only way to save words is to know them.

### OUTSIDE IN

**DEBORAH UNDERSTAND**

*Outside is waiting, the most patient playmate of all. The most generous friend. The most miraculous inventor.*

This thought-provoking picture book poetically underscores our powerful and enduring connection with nature, not so easily obscured by lives spent indoors. Rhythmic, powerful language shows us how our world is made and the many ways Outside comes in to help and heal us, and reminds us that we are all part of a much greater universe.

### OLIVER THE CURIOUS OWL

**CHAD OTIS**

*Oliver the owl questions anything and everything in this charmingly funny story that asks who, what, when, where, and why!* The only question Oliver's family ever asks is Who? Who? Who? But he wants to know more. When his curiosity gets the better of him, Oliver -- and his best buddy, Bug -- travel far from the safety of home to get answers about the wonderful world they live in. But after a day of exploration, how will the friends find their way back?



## FOCUS: Mental Health Practices to Maintain or begin during lockdowns and isolation

**As many of us are being told to hunker down in our apartments and houses, and limit trips outside and social contact, things are feeling pretty “real” at this point. Aside from the general worry people may have about their physical health as they digest the news from around the world and here at home, there’s the larger toll this is taking on our collective mental health. Here are some of the mental health practices to make sure to keep doing—or begin doing, for some of us—during the lockdown period.**

**Have a routine as much as you can** We know how important routine is, especially for kids, under normal conditions. And when schools are closed and many people are working from home or told to stay at home, it might feel like all bets are off. But it's actually much better for everyone's mental health to try to keep a routine going, as much as possible. “Studies in resiliency during traumatic events encourage keeping a routine to your day,” says Deborah Serani, PsyD, professor of psychology at Adelphi University and author of “Sometimes When I'm Sad.” “This means eating meals at regular times, sleeping, waking and exercising at set times, and maintaining social (socially distant) contact. Unstructured time can create boredom, spikes in anxiety or depression, which can lead to unhealthy patterns of coping.” Another reason is that keeping a routine reduces “decision fatigue,” the overwhelm and exhaustion that can come from too many options. So in the morning, rather than wondering whether to start work or help the kids with their online learning, it's better to know what you're going to do—make a schedule that everyone can get on board with, and try to stick with it (as much as is possible—don't beat yourself up if it doesn't always work, and it's sure not to work some days). This will free up some mental bandwidth during this time of uncertainty, which is already straining everyone's cognitive capacities.

**Start an at-home exercise routine** Working out at home in these times is obviously a good way to stay healthy and kill indoor time. There are lots of options, from the 21st century ones (youtube) to the old-fashioned ones (workout videos and the dusty hand weights in your closet). Many online workout sources are offering free access or longer free trial periods during this time, which might be worth looking into. But again, anything that gets your heart pumping or builds muscle is excellent for both physical and mental health. Chris Hemsworth's [centr.com](#) is offering 6 weeks FREE and Joe Wicks The Body Coach has a YouTube channel with lots of FREE workout videos. He is also running a PE class online for kids Monday to Friday go to his YouTube channel [The Body Coach TV](#).

**Get outside in nature if you can** Lots of recent research finds that spending time in nature is a boost to both mental and physical health. For instance, multiple studies have found that time in green and blue space is associated with reduced anxiety and depression, and the connection may well be a causal one. Just remember to follow current government advise regarding social distancing.



**Declutter your home** Working on your home if you have time can be a good way to feel productive and in control. “Studies say the predictability of cleaning not only offers a sense of control in the face of uncertainty, but also offers your mind body and soul a respite from traumatic stress.” says Serani, referencing the book *Trauma-Informed Care*. Just be careful that you don't become obsessive about cleaning, since there's only so much you can do.

**Meditate, or just breathe.** Meditation has lots of research behind it, as most people by now know—it's been shown to reduce symptoms of depression and anxiety, and even increase the volume of certain areas of the brain. There are lots of FREE websites and apps available, try; **Smiling Mind, Headspace, mindful, the Kinderling app, Calm.com**.

**Maintain community and social connection** We're fundamentally social creatures, and during crises it's natural to want to gather. Unfortunately, it's the opposite of what we can do right now, so we have to be creative, to maintain both psychological closeness and a sense of community. Texting and social media are ok, but picking up the phone and talking or video conferencing, or having a safe-distance conversation on the street, is probably much better. Using video chat for kids is a great way to keep them connected with friends in a safe manner.

**Let yourself off the hook** This might be the most important thing to keep in mind—don't beat yourself up when things are not going perfectly in your household. On top of everything else, being upset with yourself is totally counterproductive. If the kids watch too much Netflix or play too many hours of video games, it's not the end of the world. Things are going to be hairy for a while, and if you can't stick to your schedule or can't fit in your at-home workout every day, it's really not such a big deal in the long run. It's much more valuable to everyone to cut yourself some slack, use the time to reflect on the important things, and try to keep a sense of “we're all in this together” at the forefront.

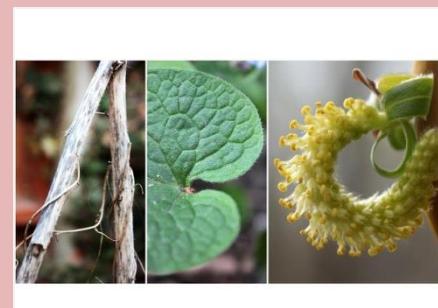
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## LETTERS IN NATURE

**Supplies:** Marker, Card or paper.



On card or paper clearly write a letter your child knows. Go into your yard (or stay inside and look around your home) for something in nature that represents that letter. For example, see the image on the right of letters in nature, (A, B, C). Do the first few together and then allow your child to take the lead. Choose letters they know or are learning to begin with and then expand this to new letters. Discuss their sound, their shape, draw them in the air and then search for them in your surroundings. Find out more at <https://www.kiwico.com/diy/Science-Projects-for-Kids/3/project/Natures-Alphabet/2054>



# HEALTH & SAFETY: Boost your child's immune system through food

**Paediatrician Dr Alan Green says, "A fully functioning immune system is what keeps your children healthy." (Natural Health Magazine). The immune system is what your body uses as its defence mechanism against infectious organisms and other foreign invaders. Most of the time, the immune system does an excellent job of keeping you healthy. On occasion however, it can run into trouble which may lead to infections and illnesses. When your child's immune system seems to contract every bug that crosses their path resulting in recurrent runny noses, colds and repetitive gastro intestinal infections, it is time to take a closer look at their immune system. You don't have to accept your child's constant infections. There are many measures you can take in order to empower yourself with the right tools to boost your child's immune system. These measures can actually boost their defences as well as speed up the healing process.**

**It all starts with food** - In order to maintain a healthy and strong immune system, fresh, real food is the key. It is important to keep packaged and processed food to a minimum. This includes crisps, chocolate, cakes and cookies. These foods should be given as an occasional treat food only. Focus on feeding your child foods such as fresh fruit and vegetables, poultry, meat, fish, whole grains, legumes, eggs and if there are no allergies, nuts and seeds can be included as well. It is also important to give your child water instead of fruit juices and cordials. Both of these are high in sugar which can be suppressive to the immune system, it can also cause inflammation and dysbiosis, amongst other things.

**Maintain a healthy gut** - Gut microbiota or gut flora are the complex community of microorganisms that live within your gut. These protect your digestive tract and play a role in supporting your immune system. In children as well as in adults, when the gut bacteria becomes imbalanced, your ability to fight off infections is altered and you may experience an increase in colds and flu.

Probiotics are a supplement containing live bacteria. When taken they can boost your friendly gut bacteria. A supplement containing lactobacillus, bifidobacterium and acidophilus is a good place to start. Yoghurt contains live bacteria such as these. However, the supermarket is saturated with different types of yoghurt – most of which contain mammoth amounts of sugar. Opt for plain or Greek yoghurt rather than the fruit flavoured ones which contain very concentrated sugar levels. To add some sweetness to your plain yoghurt, try a dash of maple syrup, rice syrup or fruit!

**Keep calm, support your immune system** - In order for your child's immune system to thrive, they need time to rest. It is important for children to have lots of down time to relax as well as opportunities for creative and imaginative play.

**Sleep** - Sleep plays a very important role in the healthy development of your child. It is also very important in building a strong immune system. According to the National Sleep Foundation, toddlers between the ages of 1-2 years need 11-14 hours of sleep per night, pre-schoolers between the ages of 3-5 need 11-13 hours of sleep per night and school children between the ages of 6-13 need

9-11 hours of sleep per night. In order to increase your child's quality of sleep, it is important that your child sleeps in a room that is dark. This is because the sleep hormone, melatonin, is secreted in the dark. Make sure all electronic devices are off before you put your child to bed.

**Supplement to boost immune function** - When your child's immune system is a bit run down and colds and flu seem never ending, there are a variety of supplements that are very supportive to the immune system. Namely, these are zinc, vitamin D, fish oils, and probiotics. For individualised advice on the dose and brand of supplement you should be giving your child, please check with your health care professional.

## Immune boosting foods for kids

**Garlic** - One of the best ways to boost and strengthen your child's immune system is to give them garlic. This amazing food contains anti-viral and anti-bacterial properties. Garlic stimulates the immune cells and increases antibody production. It also contains the compound sulphur which has potent antioxidant properties. **TIP:** You can add garlic into your child's favourite meals such as the sauces of pasta dishes, spaghetti Bolognese. You can also add it to hummus to be used as a dip for those carrot fingers. *When adding garlic into your cooked meals, always add it at the very end. This way you don't destroy too much of the immune enhancing properties.*

**Berries** - Berries are one of the best sources of antioxidants and immune boosting nutrients. The beautiful and bright red, blue and purple colours get their pigment from the potent antioxidant called anthocyanin. They also contain vast amounts of vitamin A, as well as vitamin C, both of which bolster your child's immune system. **TIP:** Add a handful of mixed berries to your child's breakfast oats or morning cereal. A delicious snack idea could be a handful of mixed berries stirred through a bowl of plain yoghurt topped with a dash of maple syrup. You can even try and mix in some flaxseed meal for added nutrition.

**Green leafy vegetables** - Although incredibly healthy, kids just don't want to eat green leafy vegetables. Green leafy vegetables are exceptionally rich in immune boosting nutrients. One of these is iron which is important for the production of white blood cells and antibodies. Unfortunately, green leafy vegetables are not always the favourite option on your child's menu. Getting them to eat a handful of greens is often quite laughable. **TIP:** Try making a green 'Smurfie' smoothie. Throw some kale or baby spinach, frozen banana or frozen mango with your choice of milk into a blender and blend until smooth. You can add a tablespoon or two of maple syrup or rice syrup depending on the desired sweetness.

**Source:** <https://www.kidspot.com.au/health/early-life-nutrition/food-for-toddlers/how-to-boost-your-childs-immune-system-through-food/news-story/9d982ef8a6ba0ed7754288c0bea70610>



## RECYCLED CRAFT: Collect, milk bottles, cardboard rolls, bottle caps, egg cartons etc.

Having a box filled with recycled items provides an open-ended engaging activity for children. Add some masking tape and markers watch your children's imagination take over.

If you wish to create a more guided activity simply search google for 'recycled craft for kids'. There are endless ideas of what you can create with a few simple household items.



## WHAT'S HAPPENING IN: The Nursery

We would like to welcome Oscar, Henri and Addison in the Nursery's Room and farewell Leo and Annabelle transitioning to the Toddlers Room.

The children have been engaged in healthy habits. They love to do hand washing and sing songs while doing it. "This is the way we wash our hands, wash our hands, wash our hands".

Learning with colours has been fun. We offered colour sorting activities using coloured balls and buckets, pom pom drops and egg tray colour sorting.

The children have recently been showing interest in singing nursery rhymes with some of the children singing "ABC" and "Twinkle, twinkle".



## WHAT'S HAPPENING IN: The Toddler Room



We have recently had some changes throughout the centre which has resulted in a few changes of staff within the rooms. Our new toddler staff are Kate-Lyn, Bianca and Saniyya. We hope that these changes will support the current children who are transitioning from the Nursery, enabling them to have a staff member in which they have already formed a bond with. We would like to welcome Cydi, Hadlee and Alyssa to the toddler's room! We are excited to get to know them and watch them blossom into strong and confident learners.



We've already observed an interest in bugs! We've noticed so many dragonflies at the moment and we've been watching them fly around outside. We took out our bug catcher to see if we could find some more bugs! We will put the bugs back in their natural environment after we have had a look. We are looking for some donations of egg cartons, boxes, and bottle top lids to make our own bugs!



The children are showing their interests into patterns. We have set up materials and spaces for them to enter and explore, allowing them to learn more about it through expression and creativity.

The children are displaying wonderful social skills, and developing deep friendships within the group. It is heartwarming when we observe these exchanges. This month we will be focusing on our relationships with the children so that we can ensure they feel safe and secure with their new educators. We will also continue to support the children to develop their emerging autonomy, interdependence, resilience and sense of agency through various child lead activities.



## WHAT'S HAPPENING IN: The Junior Kindy



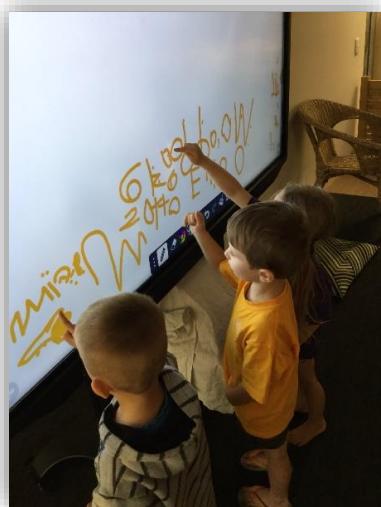
This month in Junior Kindy we've had fun creating, counting, colour matching, and having fun with our child care friends. We enjoyed playing with our fabulous new toys. Ms June, Ms Micca and Jane are the educators in the room this term and we look forward to having a wonderful fun learning experience with the children



PIC•COLLAGE



## WHAT'S HAPPENING IN: Kindy Blue Jellyfish group (Miss Megan & Alina)



The Blue Jellyfish group has been using a multimedia approach to learning. The children have been writing numbers, their names and letters of the alphabet using a digital whiteboard, texta pens, pencils and whiteboard markers. This month most of the Jellyfish have been inspired to practice, experiment and perhaps makes drawings together with their writing. The pride and excitement in their faces shows that they are enjoying 'having a go' and also beginning to master the world of print.



Story telling has been a big focus this month. Using props such as popstick puppets, felt images and picture cards, the Jellyfish group have been having fun retelling familiar stories and also some they have made up on their own. Some of the children used iPads to take photographs and make videos of the performances.



## WHAT'S HAPPENING IN: Kindy Blue Lovely Lions group (Lou & Megan)

### Spread love, not germs

Recently we have been learning about germs and how we can keep ourselves healthy. We have had many discussions about appropriate handwashing techniques. We have also carried out science experiments demonstrating the importance of using soap and washing our hands regularly. Many children have noticed rainbows around our town. Some children said they were there 'because of the virus' whilst others simply enjoyed looking at the rainbows. We all agreed seeing these rainbows has made us feel happy. Children shared they had seen rainbows in the windows of people's houses, and some were in front yards. The children decided to make their own rainbow at kindy. Using the iPad we researched what colours were in a rainbow, their sequence and we discovered a rainbow is an arch shape. We had many helped painting the rainbow and decorating it. The message here is to spread love, not germs! We have this beautiful rainbow on display at the entry of the centre, we hope it brings a smile to your face.



### Roxby Rocks

Recently the children thought it would be a great idea to hide painted rocks around the Kindy. They called them 'Roxby Rocks'. This sparked many learning opportunities for the children. They carefully decorated each rock using chalk, crayons and/or paint. They then waited patiently for them to dry. While they were waiting, they created 'rock maps' so their kindy friends knew where to look for the rocks. Hiding and finding the rocks required lots of communication, both verbal and non-verbal. At times it also required cooperation, team work, conflict resolution skills and problem solving. Many children in the lovely lions were involved in the Roxby Rocks experience, it provided them with hours of fun and prompted many positive social interactions between children that do not normally interact with one and other, which was great to see.



### Welcome back Tildi!

Tildi started attending our kindy last year then she moved to QLD with her family. Recently Tildi's family have returned to Roxby, we were so happy to see her smiling face back at Kindy again. The children were very welcoming and it wasn't long before Tildi was surrounded by many new friends. Welcome to the Lovely Lions group Tildi.



## WHAT'S HAPPENING IN: Kindy Red Mini Monsters group (Miss Megan &

This month Easter was on the children's minds. Some of our Red Mini Monsters were very busy making Easter egg surprises and items for the Easter themed display, we set up in the corner of the main play area. It was beautiful. The children also made fantastic Easter bonnets for the Parade which helped us celebrate a great start to the year and the end of Term 1. It was so much fun and everyone, even the educators, joined in. The children all received Easter eggs to take home and their delighted faces lit up the whole centre!



Counting with Easter themed stickers was a very popular activity. Some children also enjoyed creating Easter cards for their friends and families.

Many thanks to the many children who have helped the educators to wash the toys in soapy water. The children have become more informed about the necessity of ensuring our resources and the environment needs to be very, very clean!



## WHAT'S HAPPENING IN: Kindy Red Cheeky Monkeys group (Brenda & Kristie)

With many families choosing to keep their children home due to COVID-19 we missed so many of our kindy friends. We still had lots of fun and learning at kindy though and loved receiving little videos and messages from the children at home. We celebrated Easter by making Easter hats and having a parade. We also read a book made by the Blue Jellybean group in 2017 which was a lot of fun. We participated in Funky Clothes Friday by wearing our funkiest clothes, inviting children in isolation at home to join in. A group of children had fun drawing a large chalk rainbow heart at the front of the Centre to bring a smile and hope for a bright future to everyone.

We delivered kindy learning packs to all of our families with lots of goodies to help with learning and making things at home.



## WHAT'S HAPPENING IN: OSCHC (Taelia and Courtland)

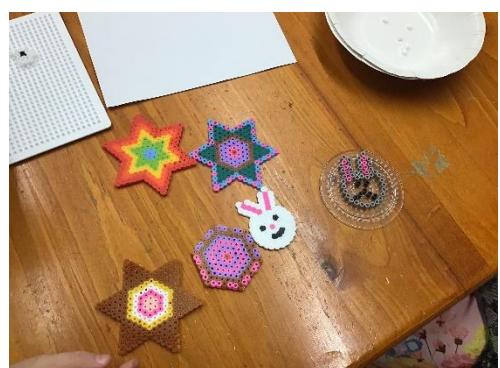
This month in OSHC we held Vacation Care for the school holidays. During the vacation care program, we engaged in many activities including craft, science and sensory.

We had LEGO competitions, made our own pencil cases and library bags, made dream catchers, conducted science experiments and made our own stress balls for a fun sensory experience.

We also did some cooking over the holidays. We made Banana Pikelets, Mini Pizzas and Choc Banana Muffins. The children had a lot of fun being involved in creating their own food for afternoon tea. This also provided us with the perfect opportunity to teach children about correct hand washing and hygiene procedures.



Currently we are working on mesh bags for library bags. The children are going through the continuous process of designing their bags on cardboard, transferring their designs to the bags, where they will later paint their design on with fabric paint.



We created our own dream catchers from bamboo rings, wool, string, beads, feathers and ribbons. The children had a great time getting creative and we heard lots of discussion about 'what dream catchers do' and 'how to use them'.





## Filling the gaps

Currently your playgroups are cancelled, extra-curricular activities like Little Kickers, Gymnastics and Dance are suspended for now. You are not going on outings or staying away from friends and family where possible. So, what do you do with all that additional time?

### PLAY IDEAS:

- More than likely you have a lot of toys in your home that probably haven't been played with for a while, pull these toys out. If you have empty boxes categories them i.e. Games, stuffed animals, Blocks etc. This allows children to clearly see what is there and will make packing up much simpler.
- **Morning basket:** Create a morning routine by using a morning basket. This is a simple basket of things you gather that children can explore while you're busy in the morning. Simply choose a theme (insects, pirates, cars) and gather a range of books, toys, and activities (colouring in, puzzles, toy cars) you already own and place them in the basket. This activity may require some direction at first but with consistency children will soon get into the rhythm and enjoy the routine.

### ONLINE ACTIVITY LINKS:

**KIWICO** – Have created blogs full of STEAM activities to engage your child in fun meaningful activities.  
<https://www.kiwico.com/blog/2020/03/14/activities-for-2-4-year-olds-at-home/>

**KIDSACTIVITIES.com** – Find 100s of screen free activities for a wide range of age groups.  
<https://kidsactivitiesblog.com/50136/ways-to-learn/>

**ZOO WEBCAMS** – Most Zoos around the world have webcams set up in exhibits. Go on a virtual tour of your local zoo or one in a foreign land.  
<https://www.countryliving.com/uk/wildlife/countryside/g31784857/live-animal-webcam-zoo/>

## MOTHER'S DAY

We would like to wish all our mothers and grandmothers a very happy Mother's Day for Sunday May 10<sup>th</sup> May. Unfortunately we will be unable to hold our annual Mother's Day afternoon teas to celebrate you and all you do. The children usually bake scones to serve with jam and cream for all our wonderful mothers and grandmothers for afternoon tea. Perhaps children can help make a batch at home? Here is the recipe we use:

*4 cups self raising flour  
 1 cup of cold lemonade  
 300mL thickened cream*

*Mix together and pat out on a floured surface. Use a circle cutter or cut the scone dough with a knife into the desired shape. Place on an oven tray, quite close together and cook at 180°C until golden brown. Once cool, cut open, spread with jam and a dollop of cream and enjoy with a cup of coffee or tea!*



### Tissue Dance

Short simple activities to get some active minutes in the day.

This is a fun game that works on posture, body control, balance and concentration. Have everyone start by placing a tissue on their heads. When the music starts playing, everyone starts dancing. But be careful; don't let the tissue fall off your head! If the tissue hits the ground, you're out.

So simple yet so much fun! Who pulls out the craziest moves to keep that tissue on their head?