

# GO BEYOND AT HOME!

**Can you get a biscuit (or After Eight chocolate?!) from your forehead to your mouth without touching it?! There's one way to find out!**

You will need:

- a biscuit or After Eight per player
- a bit of practice!

## Step 1:

Tilt your head back and place the biscuit or After Eight so it lies flat on your forehead

## Step 2:

Without touching the biscuit or chocolate with your hands, move your face and body however you can to get the biscuit into your mouth!

Top Tip! Watch [this video](#) of our Break Leader Dan winning this challenge! Can you copy what he does?

