

When you multiply a number by 4, you can double the number and then double it again.

e.g. Double 31 is 62. Double 62 is 124.

$$31 \times 4 = 124$$

When you divide a number by 4, you can halve it and halve it again.

e.g. Half of 124 is 62. Half of 62 is 31.

$$124 \div 4 = 31$$

Choose a number between 0 and 50. Multiply the number by 4 by doubling and doubling it again.

Repeat this 10 times.