

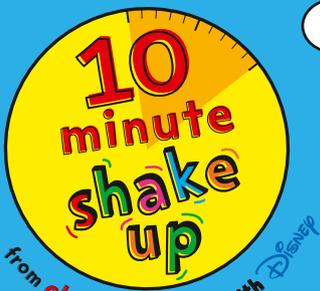


Shake Up  
your  
summer!

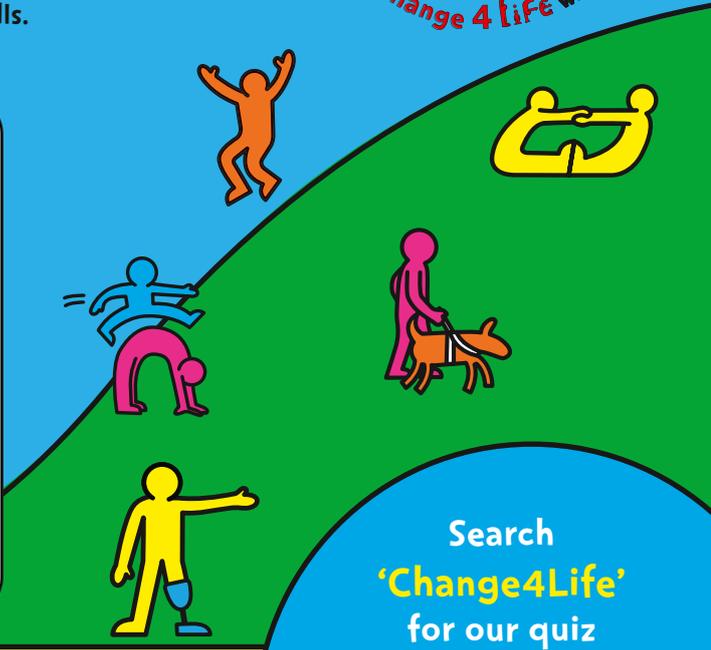
change 4 life Play the 10 Minute Shake Up games to discover which character you're most like! 

# Grown-ups! Keep the kids busy and active this summer with our 10 Minute Shake Up games

There are lots of reasons to help your kids get more active, from improved physical and mental wellbeing to better behaviour and social skills.



- ★ Our 10 Minute Shake Up games have been designed by experts to help kids develop and practise the skills they need to build strength, stamina and agility.
- ★ They're also fun to play and will keep the kids busy over the summer.
- ★ Just tear off the cards and let the kids play - whether it's in the park, in the garden or indoors on a rainy day.
- ★ Once they've chosen their three favourite games, they can discover which Disney character they're most like!

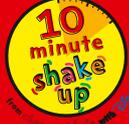


Search 'Change4Life' for our quiz and even more Shake Up games.

## MR INCREDIBLE'S BIG JUMP



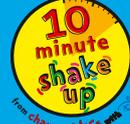
Can you leap as far as Mr Incredible when he trampolines off Elastigirl?



## WHAT'S THE TIME, ELASTIGIRL?



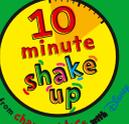
Can you run away from Elastigirl's stretchy arms?



## VIOLET'S INCREDIBLE DANCE



Your forcefield has made you invisible! So it's time to dance like nobody's watching.



## ELSA'S FREEZE TAG



Without her gloves, Elsa's touch can freeze anything.



## ANNA AND KRISTOFF'S SLED CHASE



Anna's taken control of Kristoff's sled! Can you outrun the wolves?



## CAN YOU GET CLOSE TO OLAF?



Run and touch Olaf before he sees you!



## PUMBAA AND TIMON'S POWER MOVES



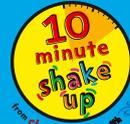
Pumbaa and Timon make a great team. Test your strength with a partner.



## SIMBA'S MIGHTY ROAR JUMPS



You're going to be a mighty king. Time to work on your roar!



## NALA'S SPRINT TO SAFETY



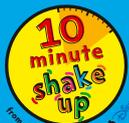
Weave your way out of the elephant graveyard running faster than a hyena!



## BO PEEP'S HERD AND SEEK



Bo Peep has lost her sheep. Can you race around and herd them back home?



## BUZZ'S SPACE RUN



To infinity and beyond! Can you run as fast as Buzz Lightyear?



## WOODY'S ANTIQUE SHOP DASH



Can you escape the antique shop with Woody?



**1** Put on your favourite music and start dancing.

**2** One person is in control of the music.

**3** Whenever they pause it, freeze and make a pose.

**4** When one song ends, play someone else's favourite! Keep dancing and posing for 10 minutes.

**1** One person is Elastigirl and stands facing the wall. Everyone else lines up some distance away.

**2** All shout out "What's the time Elastigirl?" and she shouts back a time.

**3** If she shouts "2 o'clock!", you take two steps towards her, and so on.

**4** When she shouts "IT'S SUPERHERO TIME" she can turn and chase you! The first person she catches becomes Elastigirl. Keep playing for 10 minutes.

**1** Mark out your jumping course. Add lots of twists and turns, but make sure you can jump from one mark to another.

**2** If you're with friends, take it in turns to jump along the course.

**3** See how many laps you can do in 10 minutes.

**1** The youngest player starts as Olaf, facing a wall. Everyone else lines up 10 big steps away.

**2** When Olaf isn't looking, race to touch him. Olaf can turn at any time – if he sees you move, start again. Stay low so he doesn't see you!

**3** The first to touch him is Olaf next.

**4** Count the times you become Olaf – the highest score after 10 minutes wins.

**1** Mark out a start and finish line.

**2** Get into pairs and choose one person to be Sven. Whoever is Sven puts their hands on the ground while Anna holds their feet in the air.

**3** See how quickly you can escape the wolves and get to the finish line! Then swap places and race again.

**4** Keep playing for 10 minutes and try and beat each other's times!

**1** Choose one person to be Elsa.

**2** Everyone else runs away and Elsa tries to tag them. When they are tagged they must freeze.

**3** When you are frozen, you need to stand in one place with your legs open. An untagged player must crawl through your legs to unfreeze you!

**4** Keep going until everyone's frozen, then let someone else be Elsa. Use different ways of unfreezing friends! Play for at least 10 minutes.

**1** Set up a course using any objects you can find (like shoes or cuddly toys) with gaps in between.

**2** Run from start to finish as fast as you can, weaving in and out of the objects.

**3** If you touch the objects, go back and set them back up.

**4** See how many laps you can do in 10 minutes.

**1** Run on the spot, then do a press-up.

**2** Next, jump up and do your best lion roar. Repeat and add in other animal noises for fun.

**3** See if your friends can follow your moves.

**4** Can you keep going for 10 minutes?

**1** Facing each other, hold hands with your toes touching. Lean back, supporting each other, bend your knees, then come back up.

**2** With your backs together, link arms. Sit down, stick your legs out, then stand up.

**3** Lie on your backs opposite each other, so your toes are level with the other person's knees. Then circle your legs over theirs.

**4** Repeat all 3 power moves for 10 minutes.

**1** Grab a balloon and mark out a start and finish line.

**2** Sit back to back on the start line and carefully place the balloon behind your backs. Use a wall if you're by yourself.

**3** Shuffle to the finish line without dropping or bursting the balloon.

**4** Think of different ways of holding the balloon between you. Keep going until 10 minutes is up!

**1** Mark out a start line and finish line. Split into teams if you're with your friends.

**2** Stand on the start line with your arms spread out like wings.

**3** Do the first lap running forwards, the second backwards and the third sidestepping.

**4** Keep going for 10 minutes. Try to beat your record or race your friends.

**1** Grab 10 toys and 2 towels.

**2** Share the toys between you and a friend and make a home for the sheep using the towels.

**3** You hide your friend's 5 toys, then they hide your toys.

**4** On the count of 3, both go and find your toys and bring them back home. The first one to find their 5 toys wins! Keep playing for 10 minutes.

# Play all the 10 minute Shake Up games

Every Disney character has things that they're good at, just like you. Play all 12 Shake Up games and practise your skills. Then tick your 3 favourite games to discover which character you're most like!



## Which Disney character are you most like?

### Mostly greens

You enjoy skills like running and dancing, so you've got lots of stamina like **Buzz, Violet or Elsa.**

### Mostly reds

You enjoy skills like jumping and crouching, so you've got lots of strength like **Mr Incredible or Anna.**

### Mostly blues

You enjoy skills like balance and sidestepping, so you've got lots of agility like **Simba or Elastigirl.**

### Mix of colours

You enjoy lots of different skills, so you're an all-rounder like **Woody or Nala.**

### So what's next?

Now you know which Disney character you're most like, search **Change4Life** and find even more games. Take our online quiz to discover which activities and sports might be perfect for you.

**Search 'Change4Life'**

