

Amazing new 10 Minute Shake Up games to the rescue.

Better Health  
Let's do this

# Have a super powered summer!



MARVEL



Disney PIXAR  
LIGHTYEAR



Disney  
FROZEN



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## Great games to keep the kids active

Want to get the kids off the sofa? Shake up your family's summer with these awesome active games

Hey, grown-ups! We're back with new 10 Minute Shake Up games – fun for the whole family, inspired by some of your kids' favourite characters.

So how does it work?

- **Tear off the cards and play** - indoors, in the park or in the garden.
- As well as being fun, these games help to develop skills like **teamwork, communication and coordination**.
- The more, the merrier - **so get all your family and friends involved**.
- Every game fits into one of three activity types, to **help kids find more games and sports to try!**

Keep the fun going!

To find more shake ups, including games inspired by Disney's Encanto, **search '10 Minute Shake Up'**



**Elsa's blizzard blitz**  
Are you quick enough to catch Elsa's speedy snowballs?



**Rocket and Groot's sneaking game**  
Groot is practicing his skills with Rocket. Who is faster?



**Black Panther's warrior jump**  
Have you got what it takes to leap as fast and fierce as Black Panther?



**Captain Marvel stops the Skrulls**  
Help Captain Marvel beat the troublesome Skrulls once and for all!



**Captain America's hero training**  
Train with Captain America and test your speed and flexibility, Avengers style!



**Scarlet Witch's energy blast**  
Can you match Wanda's pinpoint psychic precision?



**Look out, Iron Man!**  
Avengers, assemble! Help Iron Man protect the Infinity Stone.



**Anna's codycat dance**  
The palace is throwing a party! But can you follow all the moves?



**Olaf and the troll babies**  
The troll babies are running wild. Can you find them all quickly?



**Izzy's super space race**  
Izzy is always ahead of the team - think you can keep up?



**Buzz Lightyear's ball challenge**  
Stay alert and keep your eyes on the ball, Space Ranger!



**Sox protects the fuel cell**  
Can you help robot Sox to guard their precious battery supply?



### Olaf and the troll babies

- 1 Grab a towel and 5 toys per player.
- 2 Share the toys between the players. These are your troll babies.
- 3 Make towel caves for the trolls to live in.
- 4 Next, each player hides their trolls somewhere hard to find.
- 5 Now, quickly try to find the other players' hidden trolls. The first to get 5 in their cave wins!

### Captain America's hero training

- 1 Mark out a course with a start and finish line, and grab a stopwatch.
- 2 Take turns to race around the track. But you can't just run, you have to spin like Captain America's shield!
- 3 Time to see who is fastest. Try doing 5 laps first, then 10, and then 15...
- 4 Once you've picked a winner, try hopping, skipping, leaping sideways - the choice is yours, Avenger!

### Elsa's blizzard blitz

- 1 Choose a 'snowball' - any bouncy ball will do.
- 2 One player pretends to be Elsa.
- 3 When Elsa shouts GO, it's time to run away...
- 4 Elsa counts to five out loud then hurls their snowball into the air. Everyone rushes back to catch it.
- 5 Whoever catches it plays as Elsa for the next round. Time to play again!

### Izzy's super space race

- 1 Build a circular obstacle course with cushions and soft furniture.
- 2 Ready, set, blast off! Hop, skip and dance around the course - and if you touch the floor, do 10 star jumps!
- 3 For a true space ranger challenge... try doing the race with something balanced on your head, like a book.
- 4 How many laps can you do in 10 minutes?

### Scarlet Witch's energy blast

- 1 Make a big circle, with a basket in the centre and balls all around.
- 2 Run around the circle, grabbing balls and throwing them into the basket as you zoom past.
- 3 If you miss, stop running! Jump on the spot 10 times to recharge.
- 4 When you reach the end of the course, try again running in the other direction - or even throwing with your other hand!

### Rocket and Groot's sneaking game

- 1 One player acts as Rocket and faces the wall, waiting to catch Groot.
- 2 All the other players are Team Groot. They line up far away.
- 3 Team Groot shout the only thing they can: 'I am Groot!'
- 4 Rocket replies with a number. Team Groot takes that many steps forward.
- 5 When they get close, get ready to run. If Rocket catches one of his friends, swap places! Continue for 10 minutes.

### Buzz Lightyear's ball challenge

- 1 Grab a big, soft ball and a stopwatch.
- 2 Write activities on bits of masking tape - like star jumps or skipping - and cover the ball with them.
- 3 Start passing the ball in a circle.
- 4 When you catch, read the first instruction you see. Pass the ball along then start doing it!
- 5 On your next catch, choose a new activity. Can you keep it up for 10 minutes?

### Look out, Iron Man!

- 1 One player acts as Iron Man, guarding a ball which acts as an Infinity Stone.
- 2 Everyone else is an alien. They line up 10 steps away.
- 3 Iron Man faces a wall. The aliens rush to touch the Infinity Stone and take over as Iron Man.
- 4 When Iron Man turns around, freeze! If they see you moving, return to the start.
- 5 See who can guard the Infinity Stone the longest. After 10 minutes they win!

### Black Panther's warrior jump

- 1 Mark out a course with a start and finish line and grab a stopwatch.
- 2 Place a pile of toys at the finish line.
- 3 Each player takes turns to race to the finish - not running, but jumping!
- 4 At the finish line, pick up a toy and leap back to the start.
- 5 Keep going until all the toys have been hopped from one end to the other. The winner is the fastest jumper.

### Sox protects the fuel cell

- 1 Choose one player to act as Sox. Form a circle and put a ball or pillow in the middle - the fuel cell.
- 2 Everyone has to try and grab the fuel cell. It's Sox's job to catch them out by tagging them!
- 3 If you get tagged, you take over from Sox. If you grab the fuel cell, you score a point.
- 4 Whoever has the most points after 10 minutes wins!

### Anna's cpycat dance

- 1 All the dancers stand in a circle.
- 2 Pick a player to think up a fun new dance move.
- 3 The next player tries to copy their dance, then add their own fun twist at the end.
- 4 Then the next player copies BOTH dance moves before adding ANOTHER...
- 5 Keep adding more moves until the dance is too crazy to copy anymore.
- 6 Last person dancing is the winner!

### Captain Marvel stops the Skrulls

- 1 Scrunch up some paper balls in a bucket or laundry basket.
- 2 One player acts as Captain Marvel. They try to empty the container, one paper ball at a time.
- 3 The other players are sneaky Skrull, throwing balls back in.
- 4 Captain Marvel can use their hands as a force field to block the balls.
- 5 The game ends when the container is emptied!

## Tick games off as you go!



### Which colour games did you enjoy most?

Mostly blue

Nobody can catch you!  
Try dodging sports such as football or netball and show off your agility just like Olaf, Sox and Iron Man.

Mostly red

You love to get moving!  
You could try sports like gymnastics or running to get your heart pumping like Anna, Izzy and Black Panther.

Mostly green

You love ball games!  
Why not try volleyball or tennis and sharpen your skills like Elsa, Buzz Lightyear and Captain Marvel?



### More games this way...

Lots more fun on our website with bonus games from Disney's Encanto.

Search '10 Minute Shake Up'



SCAN ME