

Disney  
**FROZEN**



Disney PIXAR  
**TOY STORY**



MARVEL  
**AVENGERS**



# Shake up your summer!

**Better Health**

Let's do this

Let's have fun with our brand new  
10 Minute Shake Up games



## Hey grown ups!

It's been quite a year for everyone, but now is the time to shake things up and have some fun!

We have loads of new and exciting 10 Minute Shake Up games that the kids will love, inspired by some of their favourite characters from Disney Frozen, Disney and Pixar Toy Story and Marvel's The Avengers. And if you want to get involved, join in too!

- Tear off the cards and let the kids play – whether it's in the garden, at the park, or even indoors on a rainy day. There's lots to keep them entertained.
- They're best when other friends or family get involved, playing all summer long and beyond!
- All 12 games fit into three broad activity types, so the kids can find the ones they like best and try them all out.
- Every 10 Minute Shake Up game is designed by experts to help kids master important skills, like teamwork, communication and coordination, which are great preparation for different sports.
- Please remember that all games should be played adhering to current Covid-19 guidelines.

Search '10 Minute Shake Up' to find even more games.



**Better Health**

Let's do this





Disney FROZEN

© Disney



From Better Health with Disney

### ELSA'S FREEZE TAG

The Snowgies are on the loose! Can you catch them like Elsa before they cause mischief?



Disney PIXAR TOY STORY

© Disney/Pixar



From Better Health with Disney

### BUZZ LIGHTYEAR'S SUPERBOWL

Can you leap to infinity and beyond to catch a ball that Buzz Lightyear has thrown for you?



MARVEL

© 2021 MARVEL



From Better Health with Disney

### TRAIN LIKE BLACK PANTHER

Only a true warrior can become like Black Panther. Can you follow his moves?



MARVEL

© 2021 MARVEL



From Better Health with Disney

### HULK'S HERO MISSION

Can you stay in control like Hulk to carry your friends out of danger?



Disney PIXAR TOY STORY

© Disney/Pixar



From Better Health with Disney

### WOODY'S ROUND-UP

Woody wants some peace and quiet – but the Aliens want playtime. Who will win?



Disney FROZEN

© Disney



From Better Health with Disney

### OLAF'S SNOWBALL DODGE

Olaf is guarding Kristoff's sled but the Snowgies want to play. Don't let their snowballs hit you!



MARVEL

© 2021 MARVEL



From Better Health with Disney

### IRON MAN DEFENDS THE TESSERACT

Can you defend the Tesseract like Iron Man, one of the toughest Avengers?



MARVEL

© 2021 MARVEL



From Better Health with Disney

### CAPTAIN AMERICA'S SUPER STRIKE

Captain America is super quick, but Loki is causing mischief. Who will win?



Disney PIXAR TOY STORY

© Disney/Pixar



From Better Health with Disney

### JESSIE'S RODEO RIDE

Do you think you can gallop as fast as Jessie and Bullseye? Giddy-up!



MARVEL

© 2021 MARVEL



From Better Health with Disney

### BLACK WIDOW'S SECRET SPY MISSION

Black Widow is a trained super spy. Can you escape the enemy guards using your super skills?



Disney FROZEN

© Disney



From Better Health with Disney

### KRISTOFF'S WARM UP

It's time for Kristoff to go harvest some ice. It's cold and he needs to get warm. Can you keep up?



MARVEL

© 2021 MARVEL



From Better Health with Disney

### CAPTAIN MARVEL TO THE RESCUE!

Can you help Captain Marvel defend the Universe from The Kree?

## TRAIN LIKE BLACK PANTHER

- 1 Choose one person to be Black Panther.
- 2 Black Panther starts by calling out the name of a warrior move like star jumps, press ups, running on the spot. Everyone else must do that move.
- 3 Keep moving until Black Panther shouts "Wakanda forever!" Everyone must stand and fold arms across their chest, right arm over their left in the classic Wakanda pose.
- 4 The last person to pose is out. Black Panther starts again with a new move.
- 5 Keep going until one person is left – they are the new Black Panther.

## BUZZ LIGHTYEAR'S SUPERBOWL

- 1 Get a ball – the bouncier, the better.
- 2 Choose someone to be Buzz Lightyear.
- 3 Buzz Lightyear shouts "Go!" and everybody else runs away.
- 4 After counting out loud to five, Buzz Lightyear throws the ball up into the air and everyone tries to catch it.
- 5 Whoever catches it takes over as Buzz Lightyear and the game starts again.

## ELSA'S FREEZE TAG

- 1 Choose one person to be Elsa. Everyone else is a Snowgie on the loose and runs away.
- 2 Elsa counts to 10, then chases after the Snowgies.
- 3 If she touches you, then you must freeze like a statue with your legs apart.
- 4 If someone who hasn't been touched crawls through – you are unfrozen and back in the game.
- 5 The last Snowgie to be frozen becomes the new Elsa.

## OLAF'S SNOWBALL DODGE

- 1 Mark out the sleigh using socks.
- 2 Choose one person to start as Olaf, and one to be Sven.
- 3 Everyone else is a Snowgie who take turns to throw snowballs – made of scrunched up paper – at Olaf and Sven.
- 4 Olaf has to dodge or catch them, but he can't step out of the sleigh. Sven must try to deflect them.
- 5 If Olaf is hit, then he has to swap places with the Snowgie who hit him.

## WOODY'S ROUND UP

- 1 Choose one person to be Woody, to face a wall.
- 2 Everybody else plays The Aliens and they line up some distance away.
- 3 The Aliens shout "What time is it Woody?" and without turning round, Woody shouts out a time.
- 4 If Woody shouts "It's 2 o'clock!", the Aliens take that many steps forward.
- 5 The Aliens keep asking Woody what the time is, until he answers "It's round-up time!" when he turns and chases the Aliens. The first Alien he catches becomes Woody and the game begins again.

## HULK'S HERO MISSION

- 1 Mark out a start and finish line.
- 2 Get 3 soft toys and put them by the start line.
- 3 One person is Hulk, and should carry one toy at a time from the start to the finish line.
- 4 No running! Leap and jump like Hulk but be careful – start again if the toy is dropped. Make sure someone keeps time.
- 5 Swap so each player gets to be Hulk. The fastest time wins!

## JESSIE'S RODEO RIDE

- 1 Mark out a start and finish line.
- 2 Split up into teams if you are with friends and stand at the start line.
- 3 Shout "Go!" and gallop – try galloping sideways too – to the finish line as quickly as you can.
- 4 Then, if you are in a team, the next person goes and if you finish first, shout "yeee-haw" – you win.
- 5 Keep going for 10 minutes.

## CAPTAIN AMERICA'S SUPER STRIKE

- 1 Scrunch up some paper into balls and put them in a container like a bucket or laundry basket.
- 2 One person is Captain America and must empty the container, throwing out one ball at a time.
- 3 The other player is Loki and must try and throw the balls back in.
- 4 Captain America can use their hands as a shield to strike the balls away.
- 5 If Captain America empties the container then he wins. If Loki fills it, he wins.

## IRON MAN DEFENDS THE TESSERACT

- 1 Choose one person to be Iron Man, and get an object like a ball to be the Tesseract. Form a circle and put it in the centre.
- 2 Everyone else must try and grab the Tesseract, without getting tagged by Iron Man.
- 3 If you're tagged, you become Iron Man. If you grab the Tesseract, you win a point.
- 4 Keep going, and keep score. Whoever has the most points after 10 minutes is the winner!

## CAPTAIN MARVEL TO THE RESCUE!

- 1 On 10 sheets of paper, write the word SAFE on one side and DANGER on the other.
- 2 One person is Captain Marvel, and the other is a Kree warrior.
- 3 The Kree throws all the sheets into the air and starts a one minute timer. The Kree must turn over the papers to DANGER – Captain Marvel turns them back to SAFE.
- 4 The winner is the one with the most number of their sides up after one minute.
- 5 Swap players and try again or keep adding more sheets of paper!

## KRISTOFF'S WARM UP

- 1 It's a cold day in Arendelle! Run on the spot then do five star jumps or push ups.
- 2 Jump up as high as you can and do your best Kristoff yodel at the same time.
- 3 Start again – and now when you jump up, shout out your favourite things about summer to make you feel warmer – sunshine, seaside, BBQs...
- 4 Keep going for 10 minutes.

## BLACK WIDOW'S SECRET SPY MISSION

- 1 Divide an area in two. Get scrunched up paper and split into two teams – Black Widow spies vs the Enemy Guards.
- 2 The Enemy Guards team throws the paper at the Black Widow team.
- 3 The Black Widow team have to duck, and weave – but don't leave their area! If you get hit, you're 'out' and go to spy jail.
- 4 If you catch the paper, you can bring one 'out' spy back onto your team.
- 5 Then, switch teams to play again.



# We have so many **shake up** games to play – tick them off as you go!

Disney  
**FROZEN**

Disney PIXAR  
**TOY STORY**

MARVEL  
**AVENGERS**

ELSA'S FREEZE TAG



BUZZ LIGHTYEAR'S SUPER BOWL



TRAIN LIKE BLACK PANTHER



CAPTAIN MARVEL TO THE RESCUE



KRISTOFF'S WARM UP



WOODY'S ROUND-UP



CAPTAIN AMERICA'S SUPER STRIKE



HULK'S HERO MISSION



OLAF'S SNOWBALL DODGE



JESSIE'S RODEO RIDE



IRONMAN DEFENDS THE TESSERACT



BLACK WIDOW'S SECRET SPY MISSION



©Disney

©Disney/Pixar

© 2021 MARVEL

## Which games did you like most?

### Green

You're a ball games fan! Play all the green games until you can aim and find your target just like Buzz Lightyear, Black Widow and Olaf. Since you're great at throwing and catching, why not try volleyball or tennis.

### Blue

You're great at dodging games! Play all the blue games and escape your enemies, just like Woody, Captain Marvel and Elsa. Have you tried playing sports like football or netball?

### Red

You like athletic games that get your heart pumping. Play all the red games until you're as fast and agile as Jessie, Black Panther and Kristoff. Why not try some other sports like gymnastics or running?

## Want more games? Search "10 Minute Shake Up"

Now you know which games you like the most, we have loads more exciting Disney and Marvel games for you to play. Go to our website to find more games, try our fun sports quiz, and find other activities so you can keep having fun all summer long and beyond.

**Better Health**

Let's do this

