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**Play and staying active is one of the best ways to reduce stress and boost your mental wellness during uncertain times. That's why Upower has come up with the Uhome activity packet to help you stay moving.**

- Upower Resources Page - <https://www.u-power.org/resources/>
- King County Play Equity Coalition - [www.kcplayequity.org/covid19/](http://www.kcplayequity.org/covid19/)
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



## FRISBEE ACTIVITIES

### 1. FRISBEE GOLF

Using numbered targets, set up a “golf course” around the yard, park, field or wherever you have enough space to throw. Take turns tossing the Frisbee towards the “hole.” Just like golf, try to take as few throws as possible to land the disc inside the basket. The player with the lowest score wins.

### 2. FRISBEE BOWLING

This super simple game is easy to play. Line up water bottles for bowling pins and try to knock them down with the Frisbee.

### 3. FRISBEE BOCCE

For this game, players form a line. The first person rolls a tennis ball. Each player tosses their Frisbee, trying to land it on or close to the ball. The player whose disc is the closest gets one point — two points if their Frisbee lands on the ball!

### 4. FRISBEE H-O-R-S-E

Instead of shooting hoops, use a Frisbee for this game of H-O-R-S-E. The first player creates a challenge, like hitting a target with a Frisbee. If they complete the challenge, everyone must try it. Complete the task and receive a letter until you spell H-O-R-S-E. Take turns being the challenger.

**Stay safe and have fun!**

*brought to you by your friends at Upower*