



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/
- The Sports Institute - <https://thesportsinstitute.com/exercise-anywhere/>
- Volt: #1 AI Workout App - **Free subscription; scan URL code to access**



SIDEWALK CHALK ACTIVITIES

1. HOPSCOTCH

Use your imagination and draw the boxes to be jumped in using various colors and shapes. Once you have conquered hopping the course, see if you can double hop on each box or use varying feet for hopping on the way up the course and on the way back.

2. AVOID THE SHARK

With different colors of chalk, draw “beaches” various distances apart. Use blue chalk to draw water and shark fins between the beaches and have kids jump from beach to beach to avoid the “sharks” in the “water.”

3. CHALK BULLSEYE

Use various colors of chalk and draw concentric circles with a bullseye in the middle. Within each circle, write point values if kids want to brush up on their math skills or simply use markers to see who can throw an item closest to the bullseye.

4. FOUR SQUARE

Draw your own 4 Square court with chalk, mark a number from 1 to 4 in each square, and use a bouncy ball to play this fun game. Each player stands in each of the squares, and the player in square 4 starts by bouncing the ball in their square and then hitting it towards one of the other squares. The receiving player then hits the ball to any other player. The ball must bounce in the receiving player's square once and they must hit it to another player before it bounces a second time. If the player misses a square or the ball bounces a second time before they hit it, they are “out”. If there are more than 4 players, the player who is out goes to the end of the line of waiting players. If there are only 4 players, the player who is out would move to the next lowest position, 4 being the highest square.

5. NEIGHBORHOOD GYM

Spice up your neighborhood walks by adding workout stations along the way. Around every ½ block use the chalk to write a workout for everyone to do as they walk by. Examples: 10 jumping jacks, 10 air squats...etc.



BEACH BALL ACTIVITIES

1. TAPS

Taps can be played alone or with a friend. Try to see how long you can keep the ball in the air without letting it touch the ground. To make it more difficult try using just your feet to keep the ball in the air.

2. BEACH BALL HOCKEY

Find a safe household item to use as a hockey stick such as a pool noodle, broom...etc. Divide into 2 teams and set up goals at opposite ends of the playing area. Players use only their “hockey stick” to try to hit the ball into the other team’s goal.

3. BEACH BALL SOCCER

Set up a safe play area and designate two goals at opposite ends. Divide into 2 teams and use only your feet to try and score.

4. MAKE UP YOUR OWN!

Using whatever space and other items you have available to you, use your imagination to create your own new sport! Variations of baseball, basketball, soccer, golf...etc. are all possible with just a beach ball and some Imagination.

Stay safe and have fun!

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