



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



PLAYGROUND BALL/ KICK BALL

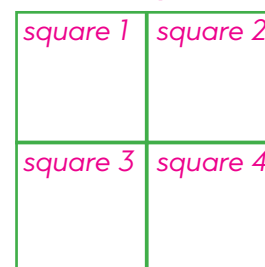
1. TWO SQUARE OR FOUR SQUARE

Get some tape or chalk and outline a 2 or 4 square court and number each from 1-2 (for 2-square and 1-4 (for 4-square). Each player stands in each of the squares, and the player in square 4 (for 4-Square) and square 2 (for 2 square) 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 players 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". The players would then rotate and the winner would move to the higher square and the player that got out would move to the lowest square.

TWO SQUARE



FOUR SQUARE



2. KICKBALL BOWLING

Line up plastic water bottles for bowling pins and stand about 10 feet back. Try to knock the water bottles down by kicking the kickball. Who ever knocks down the most bottles wins! You can try a round where you roll the kickball instead of kicked it as well!

MORE ON BACK...

PLAYGROUND BALL/ KICK BALL CONTINUED...

3. KICKBALL TAPS

Taps can be played alone or with friends! Use the kickball and try to see how many times you can tap it in a row with out letting the ball fall to the ground. To make it more difficult you can use your feet to keep the ball in the air.

4. BALL TAG

This is just like regular tag except you “tag” one another with balls instead of hands. The rule is that nobody is to aim above the shoulders to avoid potential injuries. For even more of a twist, allow multiple kids to be “it” and give each one a ball to tag out the others.

In consideration for receiving the equipment, I release from liability and waive my right to sue Upower, its officers, volunteers, employees and agents (collectively, “Upower”) from any and all claims arising from my acceptance or use of the equipment or the acceptance or use of the equipment by my minor children. On behalf of myself and my minor children, I release Upower from all liability, waive my right to sue Upower and assume all risk of accepting or using the equipment.

Stay safe and have fun!

brought to you by your friends at Upower