



@upowerkingco



@upower_org



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**



MINI BASKETBALL HOOPS & MINI BALL

1. ARCADE BASKETBALL

Set a timer for 1 minute and shoot the ball into the hoop and count how many times you make it in. You can either challenge a friend or you can challenge yourself to see who gets the most baskets in 1 minute.

2. H-O-R-S-E

Use the mini ball to play H-O-R-S-E. The first player creates a challenge, like throwing it with their eye closed or throwing it with the less dominant hand. If the person makes it into the net, the other players have one try to make the challenge, If the other players miss the challenge they get a letter. The first person to get all four letters, H-O-R-S-E, loses and the last one standing wins!

3. ONE-ON-ONE

Play a mini half court one-on-one basketball game with the mini hoop and ball. Lay-ups are 1 point and any other jump shots are 2 points. See who can get to 20 points first and they are the winner!

4. DUNK CONTEST

Come up with the most creative moves and see who can "dunk" the mini ball the best! Creativity and accuracy points can be judged by a spectator.

see back...

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