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



VOLLEYBALL

1. TAPS

Taps can be played alone or with friends! Use the volleyball and try to see how many times you can tap it in a row with out letting the ball fall to the ground. You can use this game to practice your setting, bumping, and even serving!

2. VOLLEY TENNIS

Volley Tennis can be played with even amount of players, whether that's 2 or 6 people! Identify a line as the middle line and the object is for each player on a side to hit the ball (3 hits) before sending it over the line to the other group's court. The ball may bounce between each hit if needed. Players may use passing, setting and serving skills.

3. MONKEY IN THE MIDDLE

This game requires 3 or more people. 2 people will be passing the volleyball amongst each other and the other person is the monkey who will stand in the middle trying to get the ball. Once the monkey get the ball the person who gave it up becomes the monkey.

4. BLANKET TOSS

There will be two teams of 2 or more and each team will get a blanket. Give the volleyball to one team by placing the ball in the middle of the serving team's blanket. The team must lower the blanket and quickly raise it to toss the ball into the air with only the use of the blanket. The opposing team must catch the volleyball with the blanket and toss the ball back to the serving team with only the use of the blanket. Try to see how many times you can toss the volleyball back and forth without dropping it.

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!

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