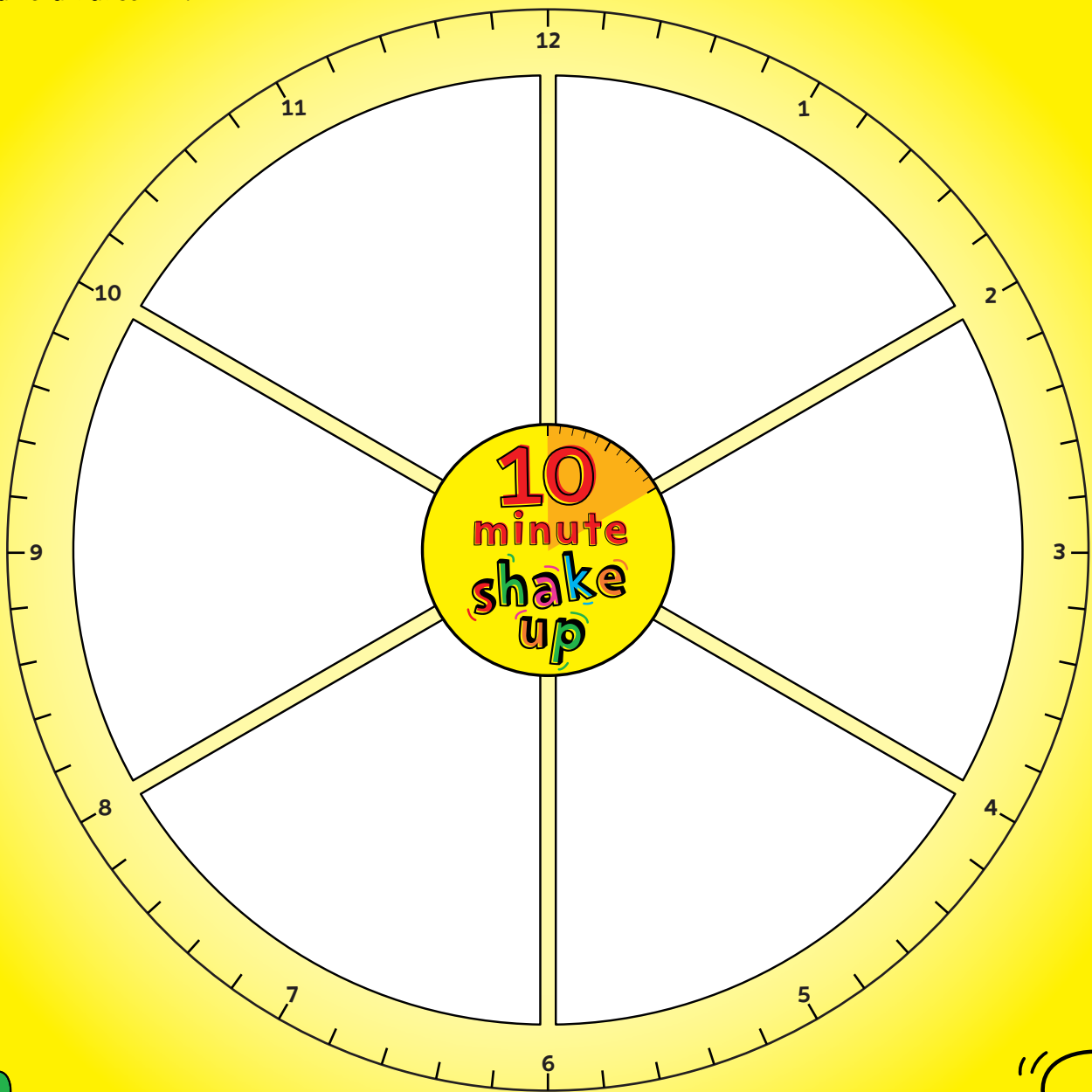


take home activity sheet

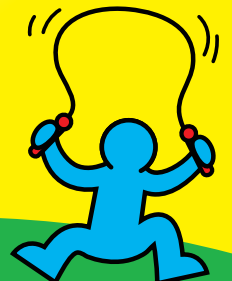
Earn more points for your team by shaking things up at home. There are four exciting, Disney inspired activities for you to choose from. And when you've done one, either colour in or draw your favourite Disney character in a ten-minute section on the shake up clock below.

Don't forget to share it with your teacher so they can add your active minutes to the 10 Minute Shake Up wall chart at school.



Ask your parents to sign up for Change4Life online to find more fun ideas.

Search [Change4Life](#)



Here are four 10 Minute Shake Up games to get you going. But why not create your own too?



Big Hero 6

Hiro says

Hiro leads Big Hero 6, so listen carefully to his instructions.

Ask a friend to be Hiro.

- Pretend to be your favourite character from Disney's Big Hero 6.
- If Hiro tells you to do something like **Hiro says jump up and down** – jump up and down.
- If he doesn't say **Hiro says** before the instruction then DON'T do the task. If you do, you'll have to do three star jumps.
- After 1 minute, swap with your friend to be Hiro.



Frozen

Olaf's summer dance

Grab your hat and cane (or an umbrella, or even a rolled up paper) and dance yourself cool. Then copy Olaf's moves.

With the hat in your right hand and the stick or umbrella in your left – here are the steps:

- Throw your arms up in the air.
- Place the hat on your head, step back two steps.
- Next, hold on to your hat – lean forward on your stick.
- Lift your stick back over your head and skip forward four steps.
- Hold your stick out to the left, right hand on your chest and slide back one step.
- Keep going. Do you feel cooler yet? No? Add in some cooler moves of your own and put a summer dance routine together.



Monsters

Mike and Sulley's scare challenge

Can you creep around the room as you scare like Mike and Sulley?

- Spread out t-shirts on the floor.
- Shout **ROAAAAARRR** then jump from t-shirt to t-shirt.
- But be careful, if you touch the floor you'll have to do 20 star jumps.



Toy Story

Buzz's flying skills

Can you fly in style like Buzz Lightyear thinks he can?

- Mark out a figure-of-8 race course with t-shirts.
- Stand at the start with your arms spread like wings.
- Shout **to infinity and beyond** and time yourself as you run around the course as fast as you can.
- Do the first lap running forwards, the second backwards and the third sidestepping.
- Try and beat your record or race your friends!