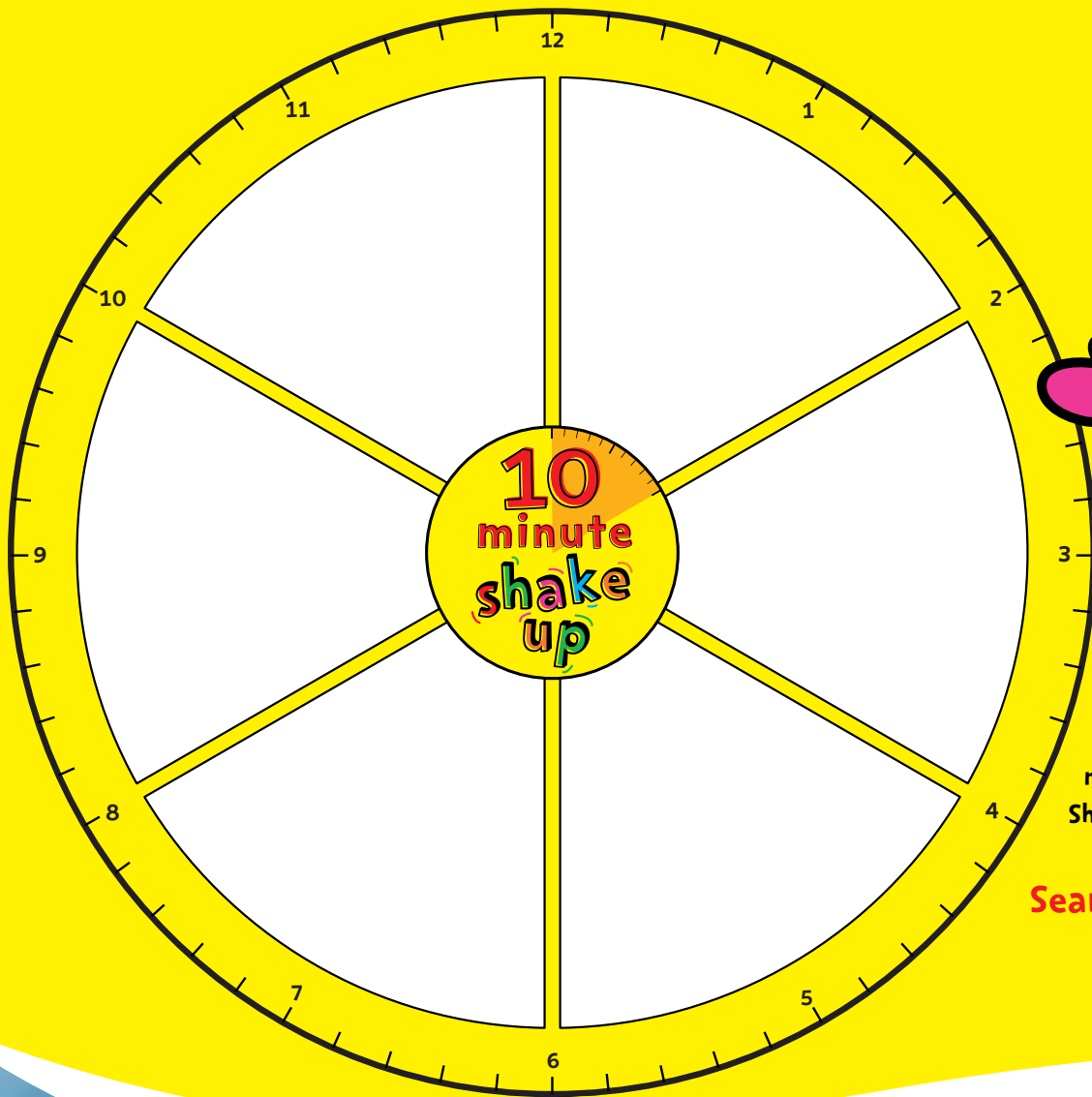


Take home activity sheet

Just keep moving at home. There are six exciting activities inspired by Disney·Pixar's Finding Dory for you to choose from. When you've done one, either draw your favourite character from Disney·Pixar's Finding Dory in a ten-minute section or colour the section in on the shake up clock below.

Don't forget to share it with your teacher so they can see just how much you're moving.



Ask your parents to head online to find more fun 10 Minute Shake Up ideas.

Search Change4Life



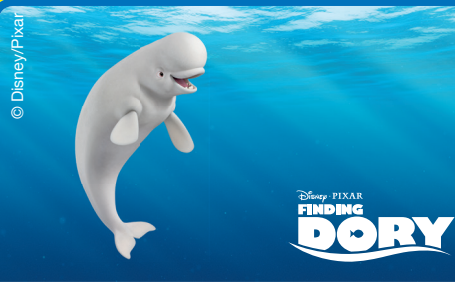
Here are six 10 Minute Shake Up games to get you going. But why not create your own too?



Fluke's Flipper

Fluke and Rudder are fancy with their flippers. How do you compare?

- Grab a bouncing ball. Hold it in your flippers (hands).
- Tap it from flipper to flipper, pass it around your head, then your waist and each leg, before finally rolling it in a figure-of-eight around your feet.
- Bounce the ball on the spot. And when you're ready, bounce while you walk.
- Now, it's time to race all the way to a marker and back again.
- Time yourself and celebrate by barking like sea lions and clapping your flippers!



Bailey's Echolocation Hunt

Bailey the Beluga Whale is practising his sonar skills. Now it's your turn. Can you use your sonar skills to help your pals find things at the bottom of the sea?

- Ask your pal, mum or dad to be a searcher.
- While the searcher isn't looking, you need to hide ocean objects around the room – sea shells, sunken treasure, ship wrecks (cushions, jumpers, shoes).
- On the sonar signal "Go far, sonar!", the searcher should go hunting for the ocean objects.
- You are the sonar – jog gently on the spot. If the searcher moves near an ocean object, jog faster. This sonar signal helps the searcher find the objects.



Message Fun

Dory and her friends send messages to each other through the Ocean. How many messages can you send through the water?

- Pair up with a friend – one of you is the Clownfish like Nemo and the other is a Blue Tang Fish like Dory.
- Sit opposite each other with an equal number of tennis balls – these are your messages.
- Set a stopwatch for two minutes.
- Start by saying "Send message" and roll your balls as quickly as you can, to the other fish.
- When the stopwatch stops, shout "message received".
- The side with the least amount of messages (balls) wins. Repeat the game to find out who's the 'Message Master'.



Sleep-talking Dory Says

Dory sometimes talks in her sleep, but has trouble remembering what she said. Listen carefully and help her remember.

- Get your friends and choose one person to be Dory.
- If Dory tells you to do an action, such as, "Dory says do high knee raises" then follow Dory's lead.
- If she doesn't say, "Dory says" before the instruction, then don't do the task – or you'll have to do 10 high jumps.
- After 1 minute, choose a new person to be Dory.



Dory's Briny Break Out

Dory and her friends have become entangled in some seaweed. Can you work as a team to escape?

- Get your friends round and split into two teams. Decide who's Dory on your team.
- Stand in a row, holding hands. Make sure Dory is at the end.
- Place a piece of seaweed (hula hoop) on Dory's arm.
- On the words, "Briny break out!" move the hoop along the line, around your bodies, without letting go of your hands.
- The first team to escape their seaweed, is the 'Briny Break Out Champion'!



Loose Limpets

Fluke and Rudder's rock is covered in Limpets. You had better snap them up, before somebody else does.

- Play this with a friend. One of you is Fluke, one of you is Rudder.
- Place loads of Limpets (markers) on the floor. Half of them upside down and half the right way up.
- On the words "Loose Limpets", Fluke: tries to turn all the cones the right way up. Rudder tries to turn all the cones upside down.
- When you hear "Leave the Limpets!" stop still.
- The person that has the most Limpets the way they want them is the winner. Celebrate with a crab-inspired dance!