

HAMPSHIRE SCHOOL GAMES DAILY CHALLENGE



Wk2 'Wellbeing Wednesday': 'Simon Says'

- Talk to a friend/family member and challenge them to play 'Simon Says.'
- Set your partner different exercises to do like 'Simon Says' actions e.g. shake your whole body, jump, spin, wave arms in the air, walk like a crab, hop, lay on back and pedal a bike, pretend to sit in a chair, arm circles, balance, touch your toes 10 times, pretend to shoot a basketball, skipping, dance, touch the floor and jump up. You can add a set number of times for each activity.
- Swap and someone else becomes 'Simon.'
- At the end of the game ask your friend or family member the following questions:



- Which action did they enjoy the most?
- Which action was the hardest?
- Which action was the easiest?
- What they have enjoyed the most about lockdown?
- What has been the hardest thing about lockdown?
- What are they most excited to do in the future?

Challenge: Write down what you are most looking forward to in the future.