

During our MEND in Schools session we play lots of fun, active games which help us learn about **teamwork**. This week, we spoke about the key skills of teamwork, including working together, helping each other, and encouraging each other.

Try out this exciting teamwork game at home with your friends or family...



The Balloon Game!

Equipment – Balloon

Rules – Only hit the balloon once each time it comes to you!

How to play - Keep the balloon in the air using your hands whilst passing it to your friends making sure it doesn't touch the floor! If it does touch the floor, all players must do 10 star jumps! If it's too easy, try only using your head or your feet!

Make it harder – To make the game even harder, line up one behind the other; the first player must hit the balloon up and then run around the area and join the back of the line whilst the other players hit the balloon up and do the same. Try and get back before the balloon touches the floor!



Enjoyed playing the Balloon Game? Take a look at some other great game ideas by searching 'Mytime Active games' on YouTube and see if you can spot your MEND Physical Activity Leader in the videos!



Mytime Active- MEND Active Games 12



Mytime Active- MEND Active Games 11



Mytime Active- MEND Active Games 7



Mytime Active- MEND Active Games 2

This week's challenges are...



Physical Activity Challenge

Every time you're watching TV and the adverts come on exercise for the entire ad break.

Suzie's Top-tip: Try star jumps or jogging on the spot!



Nutrition Challenge

Help your adult make a MEND-Friendly breakfast this week.

Rocky's Top-tip: Try to include some fruits!

We look forward to hearing how you get on!