

## SESSION 2

1 PLAYER OR MORE

INDOOR & OUTDOOR

BODY AND BALL

# You have powers!

**Jack-Jack** has lots of different powers that help him to be a Super.



### HOW TO PLAY

**1**

Using eight socks, make a large square. Divide the square into two halves.

Select one child to be the leader, this child selects the super power and the movement. The other copies.



**2**

**INVISIBLE BABY**, sprint from one side of the house to the other.

**STICKY BABY**: Move backwards from one room to another, hopping as your feet are stuck to the carpet.

**STRONG BABY**: Using your strength, complete side steps to move through the wall of the house to the other.



**3**

**MOVING ITEMS WITH YOUR MIND**: Blow up a balloon and take it in turns to tap it to each other. How many passes can you make with the balloon? If you haven't got a balloon take a couple of socks and make them into a ball.



**4**

**POLYMORPHER**: Continue to tap the balloon (or sock ball) to each other. Try and show a different super power every time you tap the balloon for example, sit down, hopping, etc.



Disney