

# **WES Family Fantastic Funday Week**

## **Share your Fun!**

- Take a picture/video-post it on social media
- Tag WES Wellness
- Twitter: @WES\_Wellness
- Facebook: Worthington Estates Wellness
- Instagram @Worthington\_Estates\_Wellness
- #2020WESVirtualFamilyFantasticFunday
- Upload [HERE](#) to shared folder and place in WES only or Social Media for All folder

All 2020 WES Virtual Fantastic Funday Information can be found

@<https://weswellness.weebly.com/family-fantastic-funday-2020.html>

## **Challenge Events!**

**Monday May 18-Sunday May 24**

*Upload your score card by the end of Monday May 25 to be entered in a raffle!!!*

### **Fill The Bottle** ([demonstration in video](#))

Get Ready: Get a large bucket, a sponge, and an empty gallon milk jug or 2-liter soda bottle or something similar.

Get Set: One person places the bottle on their head and sits on a chair or the ground. Then place the large bucket filled with water and the sponge about 10 yards away

GO!

- Use the sponge filled with water and run across and squeeze the water into the bottle then race back to do it again or hand it off.
- This can be completed as a competitive race or as a cooperative relay alternating bottle holders and bottle fillers each time
- The goal is to either fill up the bottle or see how much can be filled up in an allotted amount of time

### **Water Balloon/Egg Toss**

Get Ready: Fill up water balloons or get carton of eggs

Get Set: Get a balloon or egg and stand 5 feet away from partner

GO!

- Partners toss the balloon back and forth until the balloon busts.
- Each time a toss is caught the partners take a step back away from each other.
- The goal is to be the last pair remaining and/or see how far away you can be, count those steps!
- If you don't have water balloons the game works great with an egg as well, just a little messier!

# WES Family Fantastic Funday Week

## PAPER PLANE CORN HOLE [\(demonstration in video\)](#)

Get Ready: You'll need 3 paper sheets per player, a bucket or laundry basket.

Get Set: Create 3 paper airplanes using a design of your choice. Place your bucket 5-10 feet away from your throwing line.

GO!

- This event is called Paper Plane Corn Hole.
- The object of the game is to score points by throwing your paper airplane into your bucket. You have 1 minute to score as many as possible.
- Design and create 3 paper airplanes.
- On the start signal, fly your airplanes as many times as you can toward your bucket.
- Score 1 point for every plane that hits the outside of the bucket and 2 points for every plane that lands in the bucket.



## Balloon Pop Relay [\(demonstration in video\)](#)

Get Ready: Get a chair and fill up 3-5 balloons for each participant

Get Set: Place the balloons and a starting spot indicator 10-15 yards away from the chair

GO!

- Each participant takes their first balloon and runs to the chair and sits on the balloon to pop it
- After popping the balloon they race back to get their next balloon
- Time to see how quickly you can pop all balloons and who can pop all their balloons first

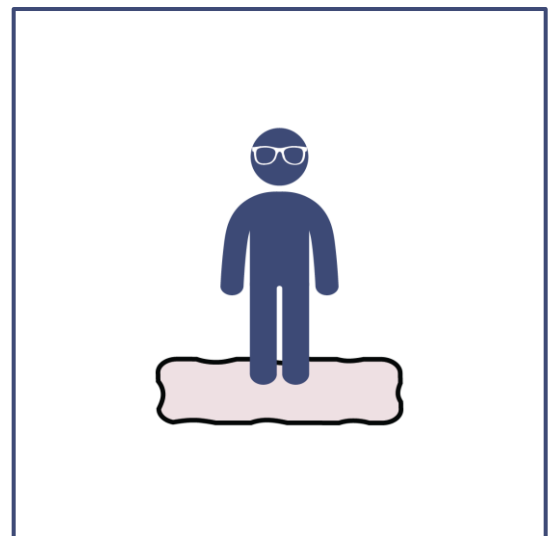
## TOWEL FLIP CHALLENGE

Get Ready: 1 large beach or bath towel

Get Set: Lay your towel out flat on your floor and stand on it.

GO!

- This event is the Towel Flip Challenge. The object of this game is to flip the towel as fast as you can without stepping off of it.
- You can take small steps from one part of the towel to another. However, you can only move it when you have both feet firmly in place on top of the towel.
- The towel must be flat at the start and flat at the finish.
- You have 1 minute to complete the challenge.



# WES Family Fantastic Funday Week

## BOWL BALL

Get Ready: 6 Bowls, 1 Sock Ball, Paper & Pencil to Tally Score

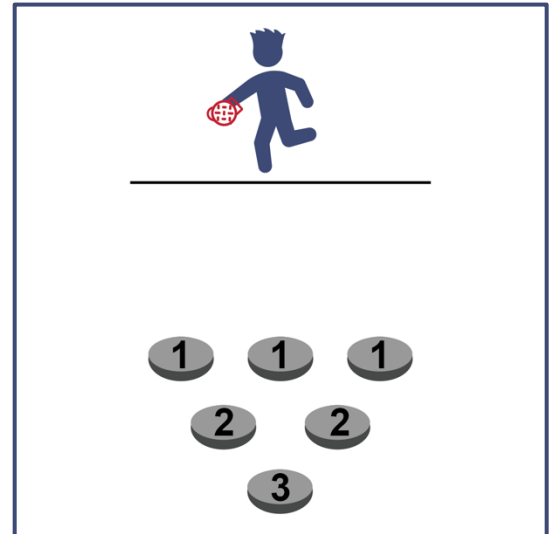
Get Set: Set the bowls on the floor in a triangle pattern 3-4 inches apart. Put a piece of paper with the point total in the bottom of each bowl. Mark a throwing line 6-8 ft. away.

Hnt: Big bowls are easier than small bowls!

GO!

- The object of the game is to see how many points you can score in 1-minute.
- You do this by tossing the sock ball into the bowls and scoring points based upon where they land.
- After each throw, retrieve the sock ball and hustle back and throw again.
- If the sock lands in a bowl, use the pencil and paper to tally the points for that bowl.

After 1-minute, calculate your tally and write your total number of points on the Score Card.



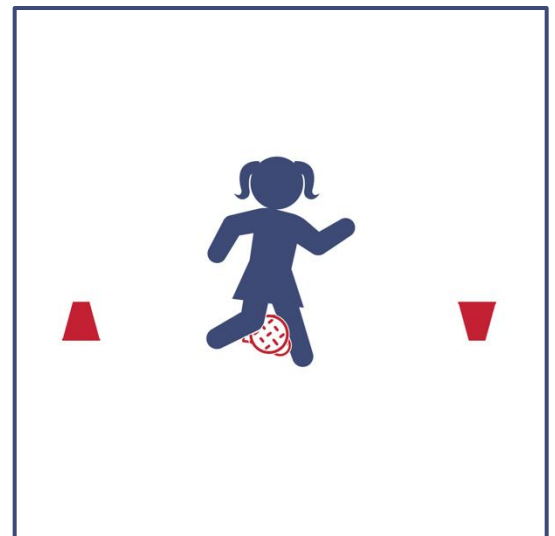
## PENGUIN RACE ([demonstration in video](#))

Get Ready: 3-5 small balls and 2 cones or distance markers

Get Set: Set the cones 10-15 yards apart from each other.

GO!

- You are a Penguin – the ball is an egg.
- There are 2 different ways to play:  
(1) By Yourself or (2) Race A Partner.
- *By Yourself Challenge* – How many points you can score in 1-minute?
  - Place the egg between your knees and waddle back and forth from one cone to the other. When you reach the cone drop the egg (ball).
  - Run back and get the next ball
  - See how many balls you can get across in a minute
- *Race A Partner Challenge* – Be the first Penguin to bring 5 balls across
  - On the start signal, race to bring the egg across.
  - Now hustle back to the start and continue back and forth bring balls across.
  - The first to bring all of their “eggs” across wins!



# WES Family Fantastic Funday Week

## Tip - the - Hat (demonstration in video)

Get Ready: Get a large bucket, a small bucket, and a medium cup or bowl.

Get Set: Fill the large bucket with water and place it 1-20 yards away from the small bucket

GO!

- Fill the small cup with water and place it on your head.
- Race down and dump the water from your head into the bucket and repeat
- Complete as a cooperative relay or race against another individual or team

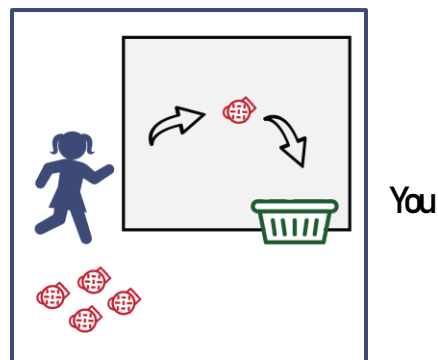
## BACKBOARD BANK IT (demonstration in video)

Get Ready: 5 Large Sock Balls, Laundry Basket or Bucket, A Wall

Get Set: Roll up the socks to make sock-balls. Place the basket or bucket against the wall. Mark a distance 5' - 10' from the basket.

GO!

- This event is called Backboard Bank It.
- The object of this game is to score as many points as you can in 1 minute.
- Do that by tossing the sock balls off of the wall and into the basket. MUST use the wall as your backboard and bank it into the basket.
- Score a point for every sock that is banked into the basket.
- To increase difficulty use a small basket and or increase the distance away from the basket



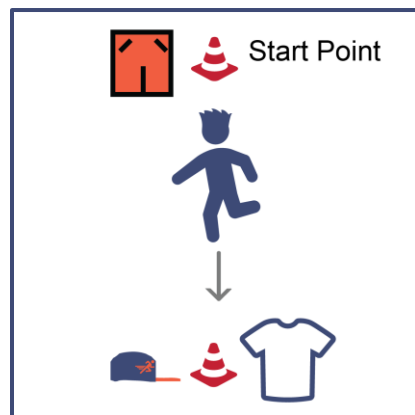
## Dressing Up Dizzy (demonstration in video)

Get Ready: Oversized Tee Shirt, Oversized Shorts, and a Hat or other fun items; Items to Mark Start/Check Points Clock or Stopwatch and a bat

Get Set: Set up a start cone with the bat and an end cone with all the clothing

GO!

- Place one end of the bat on the ground and other on your forehead
- Keeping your forehead on the bat and bat on the ground walk around the bat 5 times as fast as you can
- Run to the clothes cone and put on all the clothes then run back to the start
- See how fast you can complete or for an added challenge do one article of clothing at a time and race back in forth including spinning around the bat each time



# WES Family Fantastic Funday Week

## Family Fun and Crazy Activities

### Tic Tac Toe Relay [\(demonstration in video\)](#)

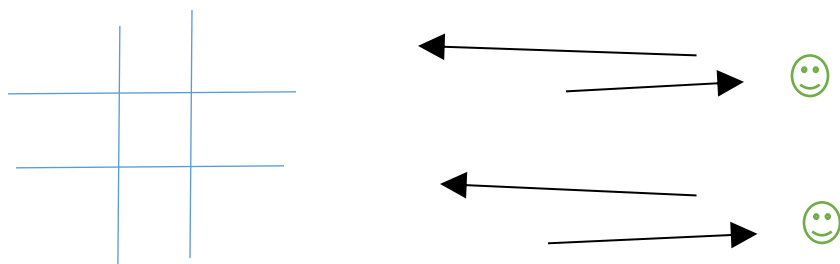
Get Ready: Create a giant tic tac toe board (chalk works great) and get different markers for Xs and Os

Get Set: Place a starting cone and X and O markers 15 yards away

GO!

- Students run down to the board and place their piece in a hoop as quickly as possible. It must be dropped in not thrown in.
- After placing their piece they run back to the line and hi-five the next person in line.
- The next person then takes a marker and runs to the board to place the next piece
- This repeats till there is a winner or a draw. Students then collect their markers and play again.

### Game Diagram



### Rock, Paper, Scissors Relay

Get Ready: Just yourself!

Get Set: Everyone crouches down to the ground

GO!

- Everyone starts out as an egg with the goal of becoming a superhero
- Play rock, paper, scissors and if you win you are elevated to the next character
- If numbers allow only play the same character as yourself
- When you win you move up, if you lose you move down. The lowest you can go is an egg and the highest is super hero
- Character progression: Egg-Chicken-Dinosaur-Superhero

# **WES Family Fantastic Funday Week**

## **Everybody is IT** ([demonstration in video](#))

Get Ready: At-shirt for each person

Get Set: Tuck the t-shirt in the back of pants as a tail

GO!

- Everybody is it, meaning everyone is trying to pull everyone's tail
- When a tail is pulled the participant must complete 10 jumping jacks then may re-enter the game
- Can also be played like regular tag, 1 person chasing everyone else

## **Steal the Bacon** ([demonstration in video](#))

Get Ready: an item to steal such as a ball or stick, items to mark such as cones shoes etc.

Get Set: Set the cones 20 yards apart and place the item to steal right in the middle have 1 person at each end

GO!

- On go run to the middle and try and steal the item and bring it back to your side to be safe
- If they do not get the item their job is to tag the person who did
- If they both grab it in a tug of war fashion, it stops immediately
- If someone holding the item is tagged in is stopped and the item returned

## **Modified-Castle Attack** ([demonstration in video](#))

Get Ready: small water noodle or shirt per person playing

Get Set: set 2 start cones 15-20 yards apart

GO!

- On go 2 players leave their cone and try and tag each other on the leg.
- A point is awarded to the player who is successful at tag the others legs
- Return to start cones and repeat

## **Sponge Tag** ([demonstration in video](#))

Get Ready: a sponge and bucket of water

Get Set: Scatter in an area

- A tagger uses a wet sponge to tag everyone else by tagging or throwing
- If you are tagged or hit you take the sponge and chase everyone else
- Goal is to just have fun and get people wet!