

## Goideon Board Instructions



**Model T:** Today you'll resemble the letter t in lowercase. Stand with both legs together and your arms straight out from your sides looking like the letter t, and then try to keep your hands outstretched in this pose for as long as you can. Sounds easy right? Keeping your arms out for over a minute is mighty impressive.

**Jacks:** You might have to ask your parents or grandparents if they have their jacks set, but if they don't, that's okay, it's more fun to make your own. You can use marbles, or any similar small object. Place the jacks on the floor. The goal is to bounce a ball, and while the ball drops, you try to pick up one jack or marble [or whichever object you are using] without the ball bouncing twice before picking up the ball too. On your second turn, you try to pick up two jacks before the ball bounces twice, then three jacks, and so on. See how many you can collect in one turn while only allowing the ball you use to bounce only once before picking it up too.

**Juggling:** Try to juggle two objects [nothing too heavy or big] and then if you master that, go for three. This one is a hard skill to master, but as long as you practice, you can cross this challenge off.

**Volcano:** Don't let the volcano erupt! Hold a small, soft bouncy ball and throw it up in the air. While it's in the air, try to clap as many times as you can before catching it. Should the ball drop, the volcano will erupt.

**Bear Crawl:** Time to move like a bear, with your arms and legs moving you around the way a bear roams. Try making an obstacle course that you must maneuver around, and

see if you can beat your own time as you crawl around.

**Spoon Race:** If you are outside use an egg, if you're playing indoors use a ping pong ball. Place either object on a spoon that holds it just right, and hold the spoon with one arm outstretched [your elbow should not be bent]. Create a start and finish line, and see how quickly you can finish the race without dropping your object.

**Math Push Up's:** Pick a number you feel comfortable counting by, to count your pushups. For example, if you pick counting by 2's, every time you complete a pushup you will count up 2 (2,4,6,8 etc)

**The Fadeaway:** Who says you can't play basketball while exercising? Take a piece of paper and cut out a bunch of scraps. Use these pieces to curl up into little balls. Keep them besides your body as you lay down for a sit-up. Every time your body comes up for a sit-up, throw your mini paper basketball into the garbage. When you're laying flat on the floor again, simply grab another one from your pile besides you. Try to see how many shots you can make.

**Stretch Armstrong:** In this game we'll see if you're as elastic as our friend Stretch Armstrong. Find a ball and see how many body parts you can get to touch the ball at a time. Try different variations like these: (Knee, Head, Foot), (Chest, Foot, Head), (Elbow, Chest, Foot, Head)!

**T-Shirt Madness:** This fun race can be done solo or with someone else as a competition (they will need to make their own lane of t-shirts as well). Lay 5 of your T-Shirts out in a line about 2 feet apart from each other. Starting from behind the first T-Shirt, the goal is to get all 5 T-Shirts on quickly by putting the first one on, then jumping to the next one to put that one on! Time yourself and see how fast you can do it, repeat the activity to see if you can beat your top score!

**The Great Sock Race:** Grab your socks and put them in a pile that you will then mix up. Your goal is to match all of your socks and fold them (if you don't know how to, now is a great time to learn!). After every match and fold you make complete 10 jumping jacks! Get fit and also learn how to help out your family when y'all do laundry next time.

**Bottle Bowling:** Try to collect at least six empty plastic bottles [of the same size] and place them as bowling pins. Try knocking them down with all sorts of spherical objects [mini basketballs, baseballs, handballs, whatever you have at home. See what works best!

**DANCE PARTY:** Have fun and get silly by dancing to your favorite song!

**Double Bounce:** Create a start and finish line. When at the starting line, have two basketball, or bouncy balls. Try to dribble both basketballs. One with your right hand and one with your left hand. Try to make it to the finish line by alternating between each hand as you dribble. This is not easy, and you may want to practice just dribbling with your weaker hand first.

**Rockets and Rainbows:** This game needs to be played outside. Have a bouncy ball and throw it straight up into the air as high as you can throw it. The moment you have thrown your rocket into orbit, try to run as far away as you can from it and freeze when it lands. Then with chalk preferably, mark how far you got. See if you can run further and further each time, making a rainbow with your chalk in the process.

**A'B'C's:** This game also has to be played outside. Use a bouncy ball and throw it as high as you can. While it is in the air, see if you can recite your A'B'C's before catching the ball. What letter can you get up to? If this becomes too easy, try reciting it backwards.

**Pizza Maker 2000:** Today you are the pizza maker 2000. Your job is to knead the dough. While sitting on your knees, hold a bouncy ball to your chest. Then bring the ball down to the floor and roll it as far as you can. After you have rolled it as far as possible, roll back all the way to you. How large a dough can you knead?

**The Pit:** Take out your laundry hamper, or use a large bucket. Place it in the middle of your play space. Stand a foot back, and try to bounce a ball into the pit. If it bounces out, collect the ball and try again. Every time you successfully land the ball in the pit, try again by stepping back one foot. The game ends when you have run out of room in your play space to go backwards any further. Challenge yourself by using your weaker hand if this is too easy.

**Sock Launch:** Using the same set up as before, this time you will try to punt your socks into the bucket. To do this hold you sock out in front of you, drop it, then kick it. Notice that if your foot is pointed towards the bucket, it will go in easier then if your foot is pointed up to the sky.

**Cross Country:** Create a start and finish line. Run as fast as you can to the finish line and touch it with one hand, and then race all the way back to the start line. Time yourself and see how fast you are. Try beating your time, or increasing the distance between the start and finish line.

**Picking Weeds:** You'll need someone to assist you in this game. In your play space, scatter socks all around. Have someone pick up your legs and hold you, as you walk upside down with your hands. As you are walking, collect the socks [the weeds] and stuff them in your shirt until all of them are gone. If the weeds fall out, start over. Try timing yourself and then try to beat your time.



**Hope you all had fun with this one! If anything is confusing, we are more than happy to help via a video chat, phone call or email!**

**Hands Together Now:** With your arms straight out in front of you and hands grasped together, put a ball in between your elbows. Roll the ball down the length of your arms, and back to your clasped hands. Try to keep this motion going until you find a rhythm in it, then try to pop the ball up while your hands are still clasped tight and catch the ball in your arms again. Doing this with someone else? Try bouncing the ball to their arms and playing catch this way.

**Airplane:** Standing up straight, propel your arms around in a circle as if they are propellers of a plane. See how long you can keep your motor running without dropping your arms.

**Around The World:** While sitting on the floor with your legs like a pretzel, try to move a ball around your body using only one hand at a time where you switch hands when passing it to yourself behind your back.

**Shadow Dancing:** Play this game outside, and try to do it early so that you can see your shadow. While outside have a bouncy ball, and a bunch of objects to place out in the sun so you can see their shadows. To dance with the shadows, try to bounce your ball from one shadow to the next! Feel free to move the objects around, and see where they make big or small shadows.