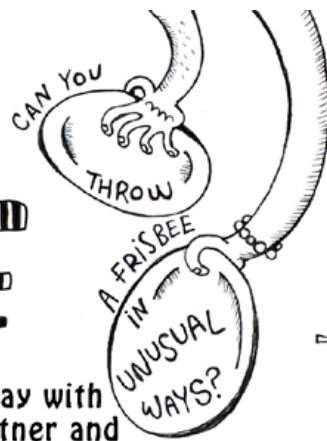


# Play Frisbee

There are so many games to play with a frisbee. All you need is a partner and a bit of imagination. Try these:

- Start by standing really close to your partner. Throw them the frisbee - if they catch it then take a step back. See how far you can throw the frisbee to each other.



MAKING SHAPES FROM CLOUDS IS CALLED NEPHELOCOCYGIA TRUE? WHAT!! FALSE?

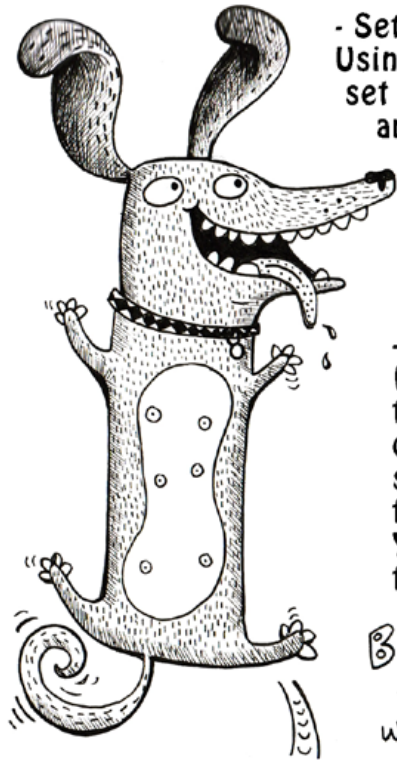
WHILST YOU'RE DOWN THERE LYING ON YOUR BACK, LOOK UP AT THE SKY - CAN YOU MAKE SHAPES OUT OF THE CLOUDS?



- Set up a FRISBEE GOLF COURSE! Using as many objects as you like, set them up as targets (or 'holes') around the park. The aim is to hit the targets with as few throws as possible. Who can finish the course with doing the least throws?

- PLAY ULTIMATE FRISBEE! (you need 4+ people to make 2 teams for this). Set up 2 goals opposite each other. Your team scores a goal by throwing the frisbee between the goal posts. You can't run when holding the frisbee!

BE SILLY! WHY RUN TO CATCH A FRISBEE WHEN YOU CAN MARCH, WADDLE, HOP OR DANCE LIKE YOU'RE AT AN 80'S DISCO!



THOUGHTS I HAD... AND BE PRESENT

ANY IDEAS?

SMELLS I SMELT

HOW DOES MY BODY FEEL?

SOUNDS I HEARD...

LIE DOWN

Lie on your back. Take 5 deep breaths and observe. What do you feel? Smell? Hear? Do any thoughts come into your head? Write your observations down here.

HAVE YOU NOTICED THINGS LYING DOWN THAT YOU MAY NOT HAVE OTHERWISE?