

Nikau makes up a game

Do you want to play?

Sport and games are a good and healthy way to activate your body and your mind.

1

Nikau feels **lonely**, **invisible** and **different**. He is usually active, both with his body and his head. What do you feel?

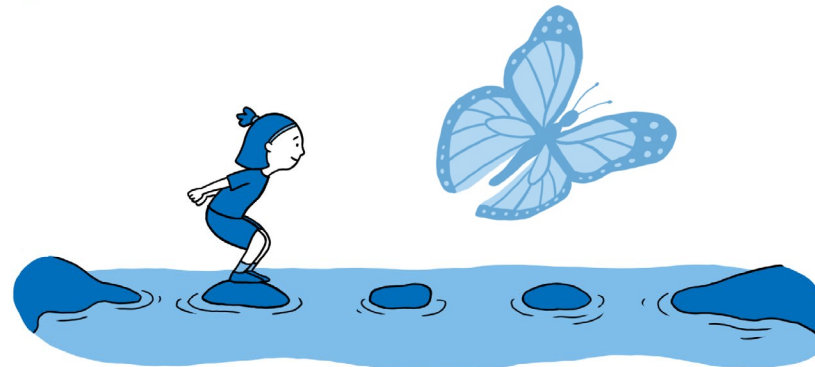
Write adjectives in Nikau's rugby ball that shows how you feel.



2

Imagine that Nikau is very small – so small, he is almost impossible to see.

To become himself again, Nikau has to complete an obstacle course. Draw a cool obstacle course for a small human. Nikau can walk on fallen tree trunks, jump on stones over water, swing over a fire, run through a tunnel – see if you can find other fun obstacles. You will need: paper, pencil, eraser and markers. Move up the text.



3

Make your own obstacle course or dribble course and see how fast you can get through it. Build it inside or outside and make 7-10 obstacles.

Inside	Outside
Under a chair	Walk a line
Over a chair	Jump over things
Juggle	Throw and hit
Walk with a book on your head	Hopscotch/ dribble course
Stand on one leg	Swing high
Jump from pillow to pillow	Shoot at a goal
Spin around and walk straight on a scarf	Make a pattern out of things you find in nature

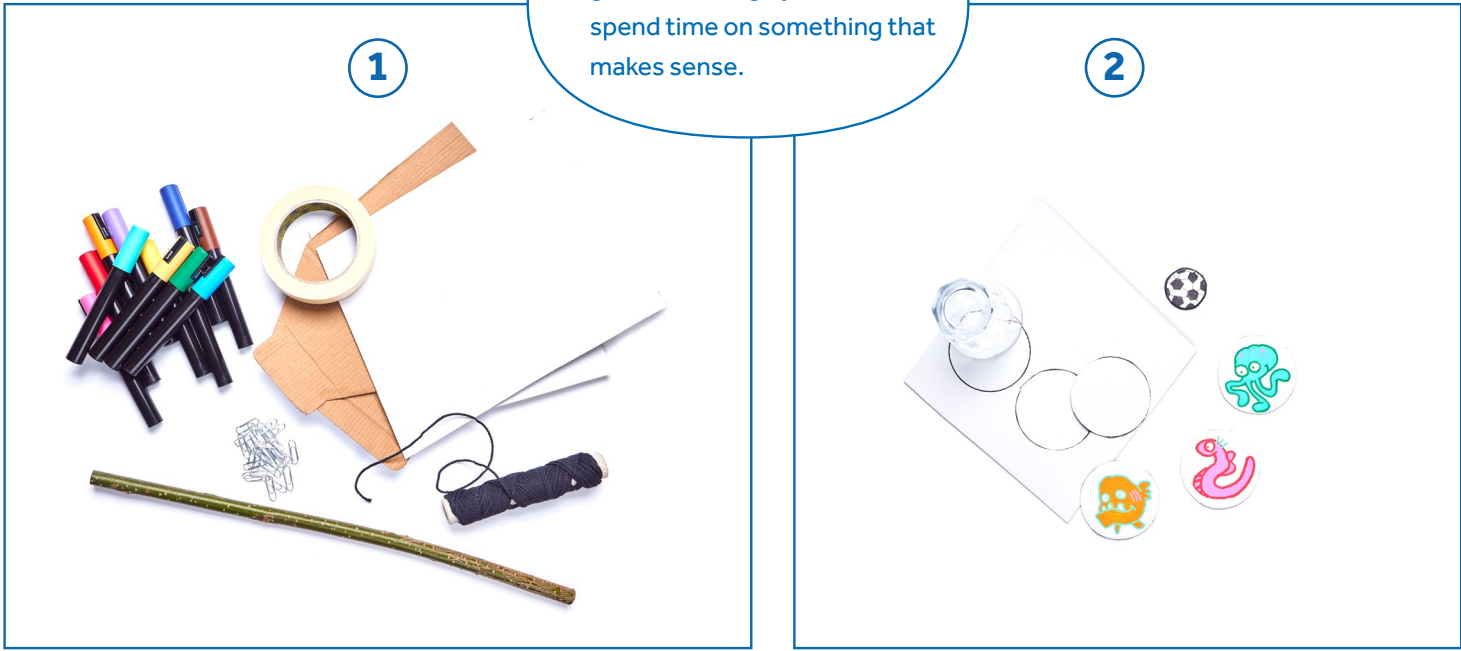
4

See how many fish you have to catch to find your treasure. You can also draw monsters, ghosts, princesses and teddy bears instead of fish and make new rules.

Follow the pictures step-by-step to get going.

Try to build your game in Scratch.

Do as Nikau, build your own game, challenge yourself and spend time on something that makes sense.



- You will need**
- Cardboard and paper
 - Paperclips
 - Tape
 - Markers or other types of colored pencils
 - String
 - Sticks



5

Send a building challenge to your friends and share a photo of the result on the internet. Build the tallest tower in fifteen minutes from a bag of long spaghetti and a bag of marshmallows.

How high was your marshgetti-tower?

