

PIXIE HOLLOW GAMES FAIRY FITNESS GUIDE

The Fairies in Pixie Hollow train all year to make sure they are in flitterific shape when the Pixie Hollow Games come around. You and your Mainland pixie pals can stay in tiptop games-ready shape too! Print out this helpful guide and start training today with Fairy-themed games and activities.



READ THE DISCLAIMER BELOW BEFORE STARTING YOUR TRAINING

Make sure to get your parent's permission before you play. Play should take place somewhere safe, like a grass park or field or a street or driveway. For example, dodgeball-type activities should not involve hitting in the head; games with bikes and scooters should include helmets; pool games should always include a life-guard or parent supervision; tag and flag football-type games should not involve tackling.

The Walt Disney Company and its affiliated and subsidiary companies are not responsible for any accident or injury associated with participation with the Disney Fairies Flitterific Games. It is important that all supervisors exercise good judgment and contact appropriate personnel promptly in the event of an emergency. Play safely!



PIXIE HOLLOW GAMES INSTRUCTIONS

Use the template below for your Exer-"Dice" training:



- 1 Print out the guide and read the disclaimer
- 2 Cut and fold along the lines designated below:



- 3 Collect all 12 of the fairy talent training guides!



PIXIE HOLLOW GAMES FLITTERIFIC FITNESS GUIDE



OFFICIAL DISNEY FAIRIES
FAIRY-TALENT
TRAINING





* For a fun variation, try adding an element of challenge by teaming up in groups of two and leapfrogging (safely jumping over your teammate's back) over each other to the finish line!

- 1 Designate a start and finish line for your race track
- 2 Line up with all of your Animal-Talent friends at the starting line
- 3 Everyone should place their hands on the ground in front of their feet, bend their knees, keeping their hands on the ground to get into proper hopping position
- 4 Try some knee bends in place to warm up your jumping muscles
- 5 Have someone shout "ribbit" or yell a loud "croak" to start the race
- 6 All racers should reach forward with both hands and jump both feet up to their hands like a frog
- 7 Continue hopping towards the finish line until one person hops across and is named The Frog Frolic Champ!

THE FROG FROLIC

HOW TO PLAY



THE FROG FROLIC

OFFICIAL DISNEY FAIRIES ANIMAL-TALENT TRAINING



- 1 Choose one player to be Mr. Twitches. (He is the cat with an attitude in *Tinker Bell and the Great Fairy Rescue*)
- 2 Mr. Twitches stands at one end of the playing area and the rest of the fairies stand in a line at the other end
- 3 Mr. Twitches turns his back to the fairies to start the game
- 4 The fairies call out, "What time is it, Mr. Twitches?" and Mr. Twitches turns to them and answers the fairies with a time (example: 3 o'clock = 3 steps)
- 5 Mr. Twitches should turn his back again to the fairies while they advance 3 steps at the same time chanting "What time is it, Mr. Twitches?"
- 6 To which Mr. Twitches will continue to respond with a time until the line of fairies becomes close enough to catch Mr. Twitches can respond to the chant with "It's dinner time!" and chase the fairies back to the starting line with the aim of catching one of them
- 8 If a fairy gets caught before they cross back over the starting line, they become a kitty treat!

"MR. TWITCHES"

HOW TO PLAY



"MR. TWITCHES"

OFFICIAL DISNEY FAIRIES ANIMAL-TALENT TRAINING

