

## 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:



## PIXIE HOLLOW GAMES INSTRUCTIONS

- 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





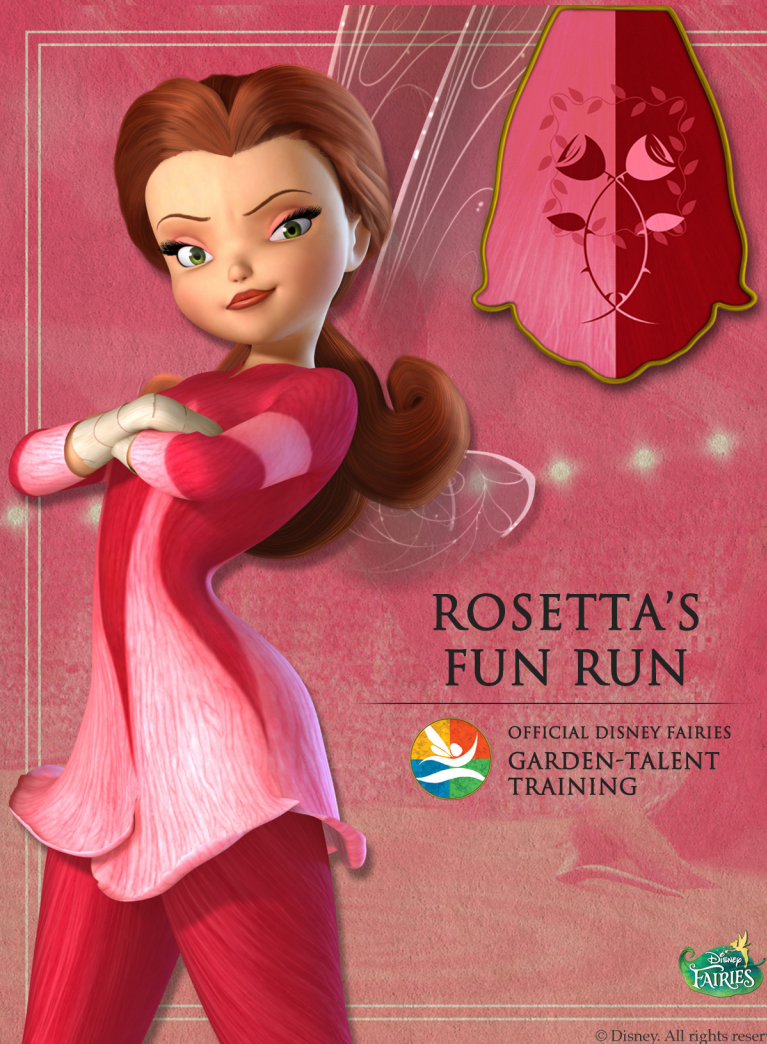


- 1 Gather a collection of stylish or goofy dress-up clothes and place them in a pile in the middle of a big room, yard or open space
- 2 Divide your fairy friends into two groups with the clothes pile in the middle and form into "Rosetta Lines" (a line of fairies standing side-by-side holding hands)
- 3 Each team takes turns selecting a pixie from the opposite team and an outfit
- 4 Then they all stand in a line holding hands and say together, "Rosetta Rosetta, send (pixie's name) right over!"
- 5 The chosen pixie runs to the center, grabs the item and puts it on. Then tries to run and break through the other team's wall (pixies holding each other's hands)
- 6 If she makes it through she gets to grab a pixie and take them back to her team, if she doesn't she must join that team's "Rosetta Line"
- 7 The team with the most pixies at the end technically wins, but in this game everyone is a winner when they are dressed to impress!

A variation of the classic game, but with a fashionable fairy upgrade.



## HOW TO PLAY ROSETTA'S FUN RUN



## ROSETTA'S FUN RUN



OFFICIAL DISNEY FAIRIES  
GARDEN-TALENT  
TRAINING



- 1 Divide a group of pixie players into teams and make a line across the room or park with chalk/string/footprints, etc.
- 2 Line up at the starting line and have the first pixie on each team balance a book on their head
- 3 They must walk to the farthest line and back again without letting the book fall off their head
- 4 Remember, once you balance the book, your hands must go to your sides, no touching the book until it hits the ground or you return to the starting line
- 5 If the book falls, the pixie must pick it up, twirl five times and put it back on their head to continue, arms at sides
- 6 The first team that gets all their pretty pixies back, wins!

Practice makes perfect, so use this flitterific game to practice your pretty in pink posture like Rosetta does!



## HOW TO PLAY PERFECT POSTURE



## PERFECT POSTURE



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TRAINING

