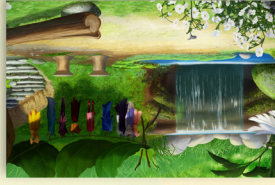


## PIXIE HOLLOW GAMES FAIRY FITNESS GUIDE

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







- 1 Ask your parents to visit a local pool that has a life guard with some fairy friends to play a classic swimming pool game with a fairy twist
- 2 Name one of your friends the "Fairy Finder" and have them stand in the middle of the pool (where it is shallow enough to easily stand with your head above the water)
- 3 The Fairy Finder must close their eyes or use a blindfold while the other fairies disperse around the pool
- 4 The Fairy Finder shouts out "Silver" and the others must respond with "Mist"
- 5 Using his/her Water-Talent and hearing skills the Fairy Finder must try to locate the fairies and tag them
- 6 If a player is tagged they become the next Fairy Finder

## HOW TO PLAY "SILVER"-"MIST"



### "SILVER"-"MIST"



OFFICIAL DISNEY FAIRIES  
WATER-TALENT  
TRAINING



Player Name	# of Bubbles Round 1	# of Bubbles Round 2	Final Score

Sil's Bubble Catch Scorecard

- 1 Gather some bubble solution, a bubble wand, a timer and some fairy friends
- 2 Set the timer for one minute
- 3 Have one person blow bubbles while the rest of your fairy friends see how many bubbles they can catch without popping
- 4 Whoever can catch the most bubbles is crowned the Water-Talent Champion!

## HOW TO PLAY SIL'S BUBBLE CATCH



### SIL'S BUBBLE CATCH



OFFICIAL DISNEY FAIRIES  
WATER-TALENT  
TRAINING

