

# DAILY BOREDOM BUSTER



CHARLEVILLE  
NEIGHBOURHOOD.CENTRE

## Super Spinner Game

This is a great game to get you up and moving while having fun, and all you need is a fidget spinner, scissors and some sticky tape to get started.

Simply print out the spinner template and instructions on the following pages. Then cut out the template and arrow (ask an adult to help with this), tape the arrow on your fidget spinner, pop your fidget spinner in the centre of the template and you're ready to play!

Credit: <https://www.stuckonyou.com.au>



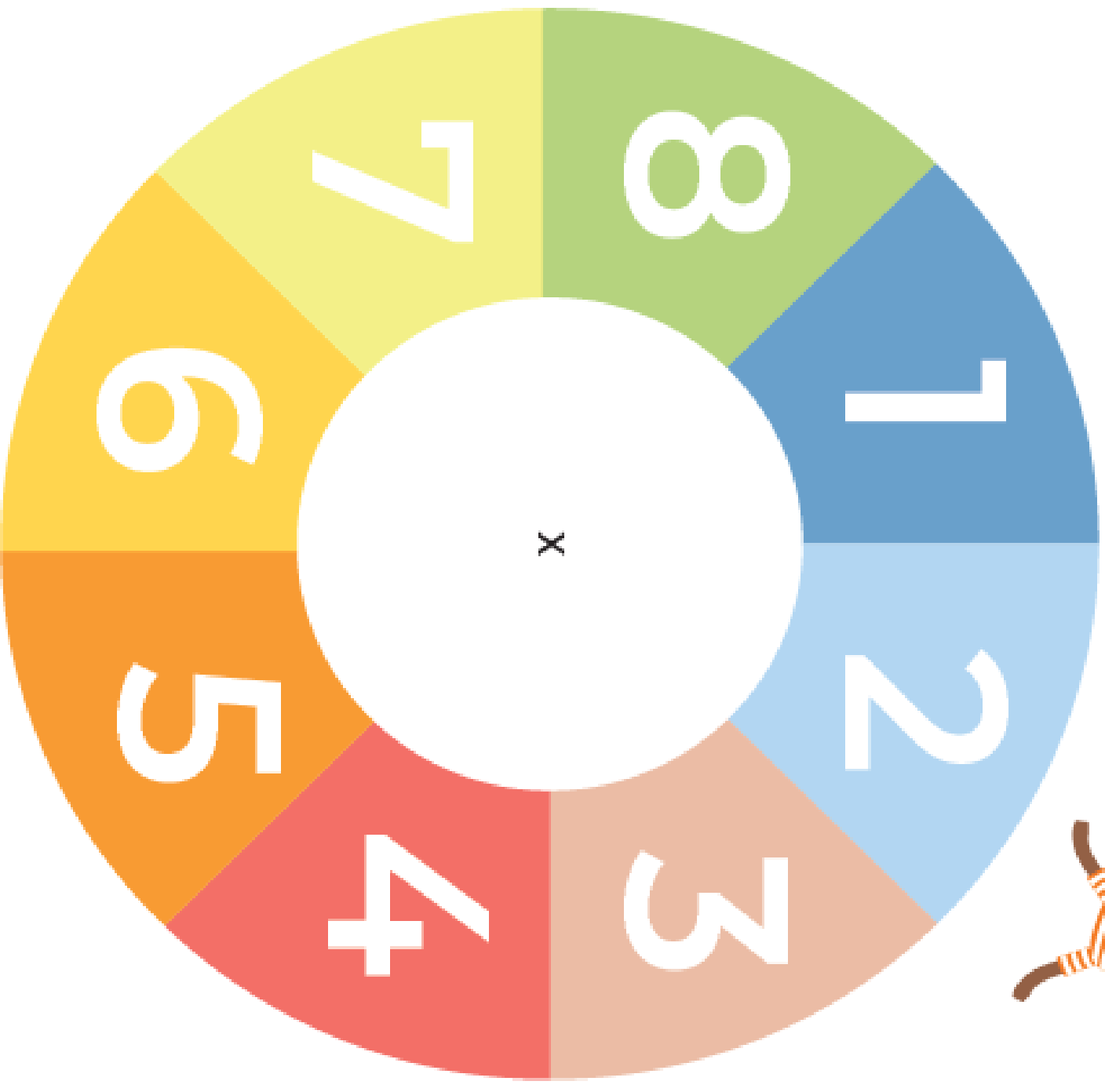
stuckathome  
Spinner Game





# stuckathome

Spinner Game

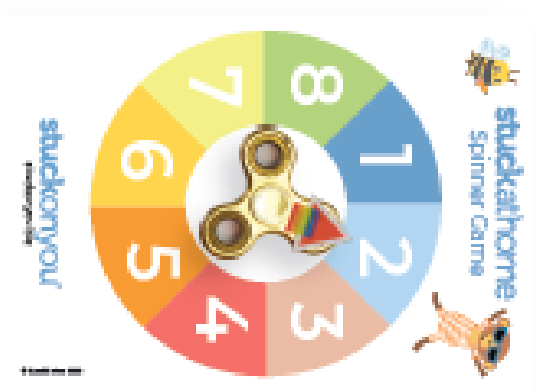
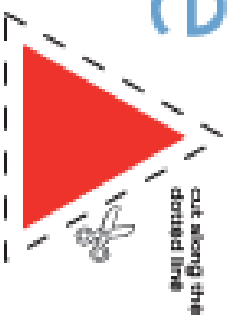


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# stuckathome

## Spinner Game Instructions

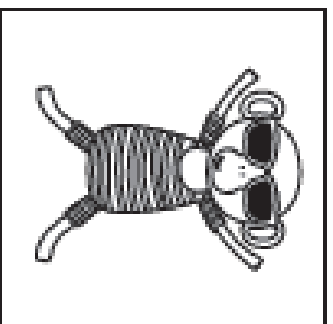


### EQUIPMENT:

Scissors, Fidget Spinner, Printer, Tape

### HOW TO PLAY:

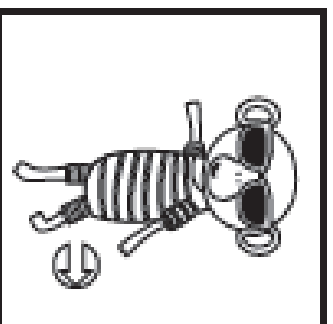
1. Print the spinner wheel and the arrow.
2. Cut out the arrow following the dotted line. Stick arrow to the fidget spinner with tape.
3. Colour in the exercise images.
3. Place the fidget spinner in the middle of the spinner wheel (on the X) on a flat surface.
4. Take turns with a partner to spin the fidget spinner. Take note of which number the arrow points to. Do the corresponding exercise and have fun!



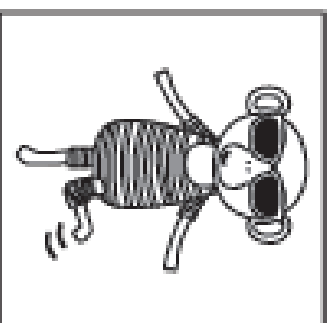
- 1** Do **10** jumping jacks



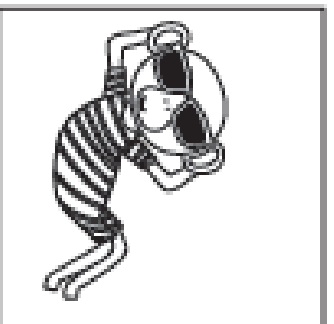
- 2** Do **5** push-ups



- 3** Walk **15** steps backwards



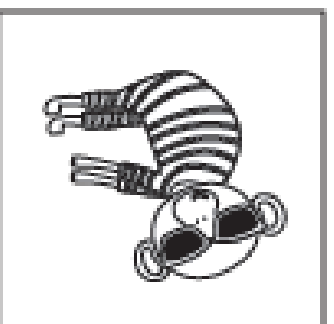
- 4** Hop **10** times



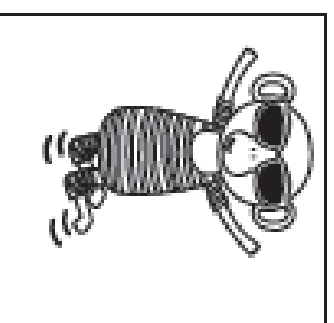
- 5** Do **5** sit-ups



- 6** Do **5** squats



- 7** Touch your toes **10** times



- 8** Jump high **10** times

