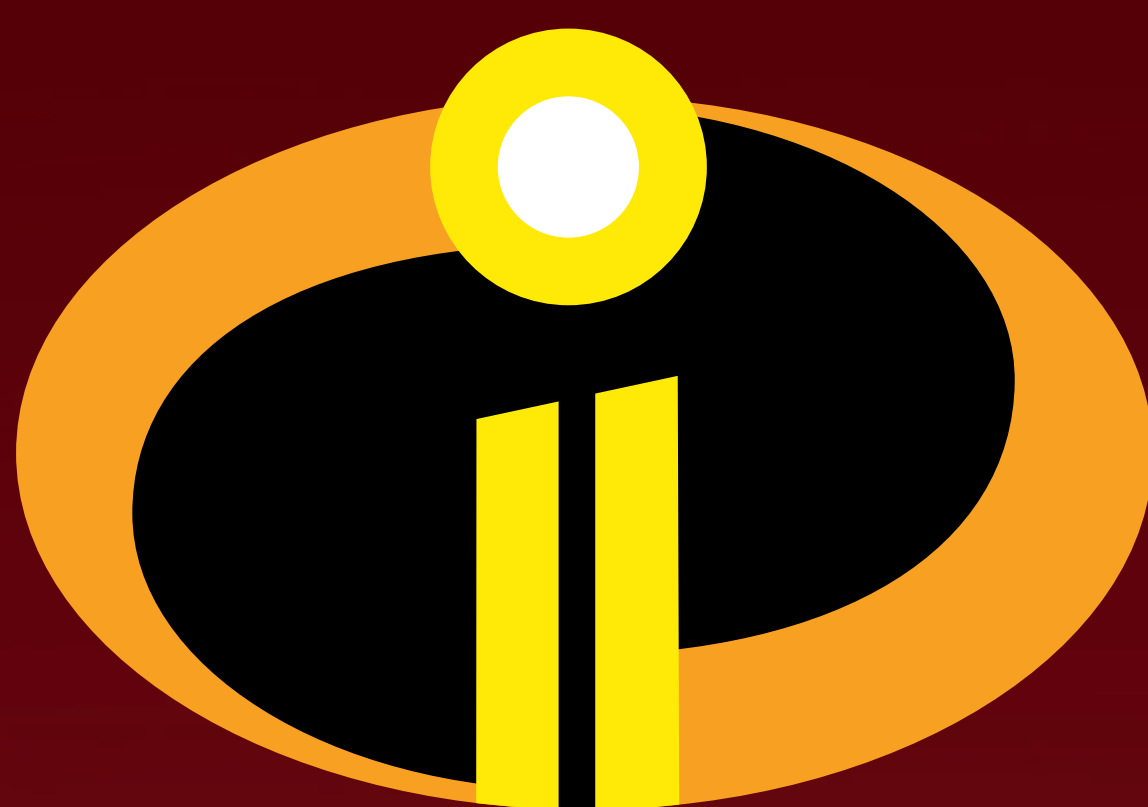


Disney · PIXAR



INCREDIBLES 2

Play at home with The Incredibles'

Elastigirl



Read



Let's meet Elastigirl, the mother of the Incredibles family. She and her husband, Mr Incredible, have three children: Violet, Dash and Jack-Jack.

Elastigirl is known for her elasticity and shapeshifting. She can stretch to extreme lengths and transform her body into incredible shapes.

How would you like to be just like Elastigirl? Let's look at her powers and personality:

1

Elasticity

She can stretch to extreme lengths and use her elasticity to launch objects.

2

Leaping

She can spring huge distances.

3

Shapeshifting

She can use her elasticity to turn her body into different shapes-including a parachute!

4

Positive attitude

She remains calm under pressure and gives everything she does her best try.

A cartoon illustration of Elastigirl from Disney Pixar's The Incredibles 2. She is shown in a dynamic, running pose, wearing her iconic red and black superhero suit with a yellow 'i' emblem on the chest. Her right arm is extended forward, and her left arm is bent. The background is split diagonally from the top left to the bottom right, with a bright yellow upper half and a dark blue lower half. A large, stylized black hand is visible in the top right corner, reaching towards Elastigirl.

Play

Be like Elastigirl

If you want to be super like Elastigirl,
we have some moves you can try!

Can you remember all of Elastigirl's powers?

Be positive and give these new skills a try.

To stay safe, make sure you have a parent
or guardian supervising the activities.

1

Elasticity



Can you stretch your body, arms and legs just like Elastigirl?

1. Try to touch the sky with the tips of your fingers.
2. See if you can touch your toes, trying not to bend your knees.
3. Stretch your arms out wide and make circles that slowly get bigger and bigger.
4. Sit on the floor with your legs straight and see if you can touch your toes.

Once you've done one stretch, find a new space and try a different one. Remember, practice makes perfect!



Play

Elasticity

Extra challenge

1. Put one foot on top of a ball and stretch.
2. Move around with the ball and try another stretch.
3. Move around with the ball and when a family member shouts 'Elastigirl!', do a stretch.

Leaping



Can you leap like Elastigirl?

Find some objects (toys, books, balls, etc.) and place them on the floor to create the buildings of New Urbem City. Can you jump around and over the buildings like Elastigirl?

1. Jump from one foot to the other.
2. If you can, stand on one foot before jumping to the next.
3. Make star jumps as you go through and over the buildings by stretching your arms and legs out wide like a starfish.



Play

Leaping

Extra challenge

Try moving with a ball around the buildings, making sure you have enough space to do this safely!

Can you jump over a building and then get your ball back?

Shapeshifting



Can you change shape like Elastigirl?

Ask a family member at home to join you.
Try to make as many different shapes with your bodies as you can, copying each other's moves as if you are in front of a mirror.

Then swap roles so that you both have a go at leading.



Play

Shapeshifting

Extra challenge

1. Get a ball each and try to create and copy each other's moves with the ball at your feet or in your hands. Swap roles so that you both have a go at leading the moves.
2. Act out a sport and get your family to guess what it is – football, basketball, golf, swimming, running...? How many sports can you think of a move or a shape for in 60 seconds? Try animals next!

Play

You are super!



If you had powers like Elastigirl, what moves would you perform?

Create your own Elastigirl moves.

Create

Interview Elastigirl

Imagine you are going to interview Elastigirl.

Prepare some questions and role-play the interview with a family member.

Tell & Share

Tell us about your own powers and show us your moves, your creations and how much you enjoyed being like Elastigirl!

Send us your videos and pictures to

playmakers@uefa.ch

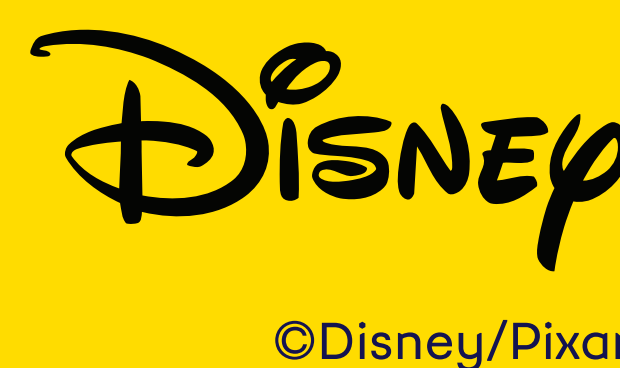
OR

share them with us on social media using

#uefaplaymakers

To build connections, make a video for a friend or family member or give them a call to tell them about what you just did. Maybe you can even challenge them to a shapeshifting contest?

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