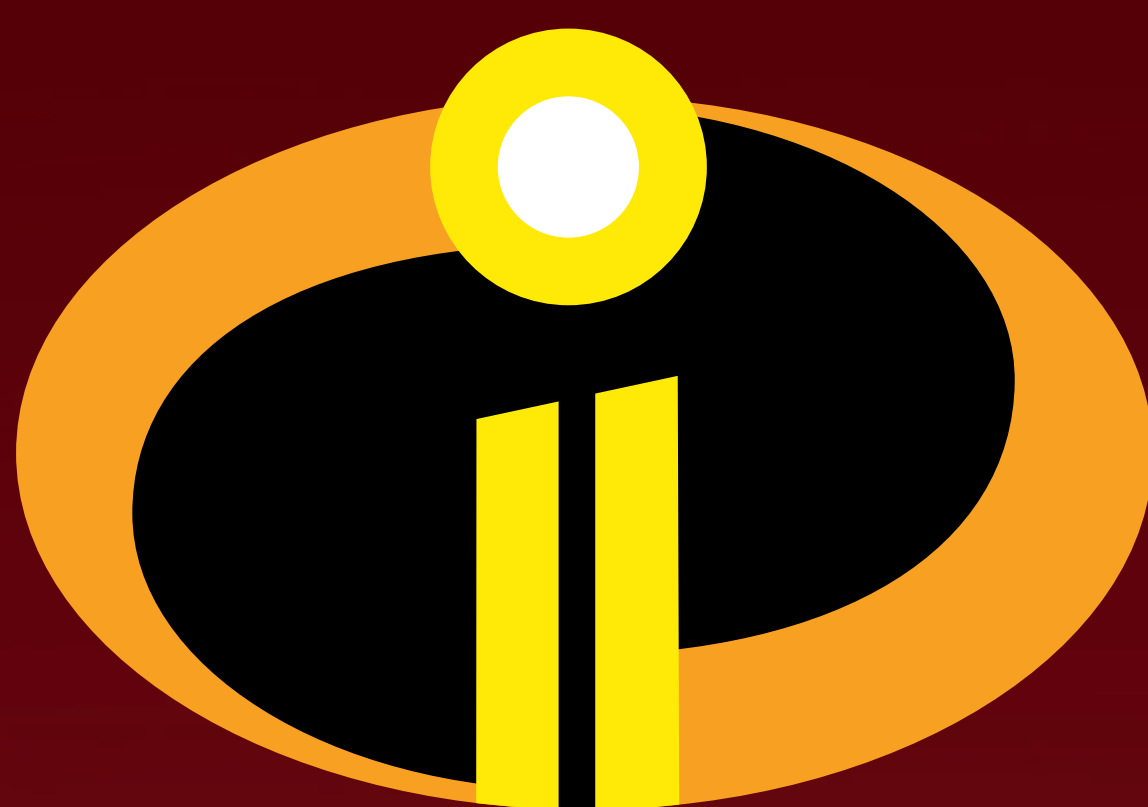


Disney · PIXAR



# INCREDIBLES 2

---

Play at home with The Incredibles'

# Mr Incredible







# Read

Let's meet Mr Incredible, the father of the Incredibles family. He and his wife, Elastigirl, have three children: Violet, Dash and Jack-Jack.

Mr Incredible is one of the most powerful Supers and just like the others, he is committed to doing what is right. He is tall and muscular, with a massive chest, shoulders and arms.

How would you like to be just like Mr Incredible? Let's look at his powers and personality:

---

1

## Superhuman strength

He is extremely strong and can lift four double-decker buses all at once!

2

## Superhuman leap

He has powerful legs that allow him to jump over huge buildings.

3

## Enhanced durability

He can break through brick walls and survive huge electric shocks.

4

## Resilience

He is an experienced Super who quickly finds different ways to deal with tricky opponents, overcome setbacks and stick with tasks.

---



Play

# Be like Mr Incredible

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

Can you remember all of Mr Incredible's powers?

We are going to be brave and try out some new skills. When we make mistakes, we'll try again.

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





1

# Superhuman strength



Can you show your strength like Mr Incredible?

1. Crawl around on your hands and feet, counting to 20. Move forwards and backwards, then try to go from side to side too.
2. Crawl around on your hands and feet, this time with a ball or other object between your hands. Move forwards and backwards with the ball, and try to go from side to side too, while counting to 20.
3. Crawl around and find another object or ball in your house. Stay still and hold your crawl position while you touch the top of the ball or other object. Count to 20, then switch hands and do the same with the other hand.





Play

**Superhuman strength**

# Extra challenge

1. Ask a family member to get into a crawl position facing you. Try to roll a ball or slide another object between you both while staying in crawl position.
2. Put lots of objects in one place. Crawl over to get an object and run back. How many objects can you collect like this in 30 seconds?



2

# Superhuman leap



Can you leap like Mr Incredible?

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 Mr Incredible?

1. Jump as far as you can with your feet together. You can swing your arms to help you.
2. Jump from side to side with your feet together, jumping as far as you can. Can you jump all the way across the room or garden?





Play

**Superhuman leap**

# Extra challenge

Try to move around the buildings of New Urbem City with a ball in your hands or at your feet. Whenever a family member shouts 'Mr Incredible!', jump around the city before returning to your ball. Can you do this 5 times?



3

## Enhanced durability



Can you be durable and keep going like Mr Incredible?

Find a wall and sit on an imaginary seat with your back against the wall. How long can you stay there without moving?



Play

# You are super!



If you had powers like Mr Incredible, what moves would you perform?

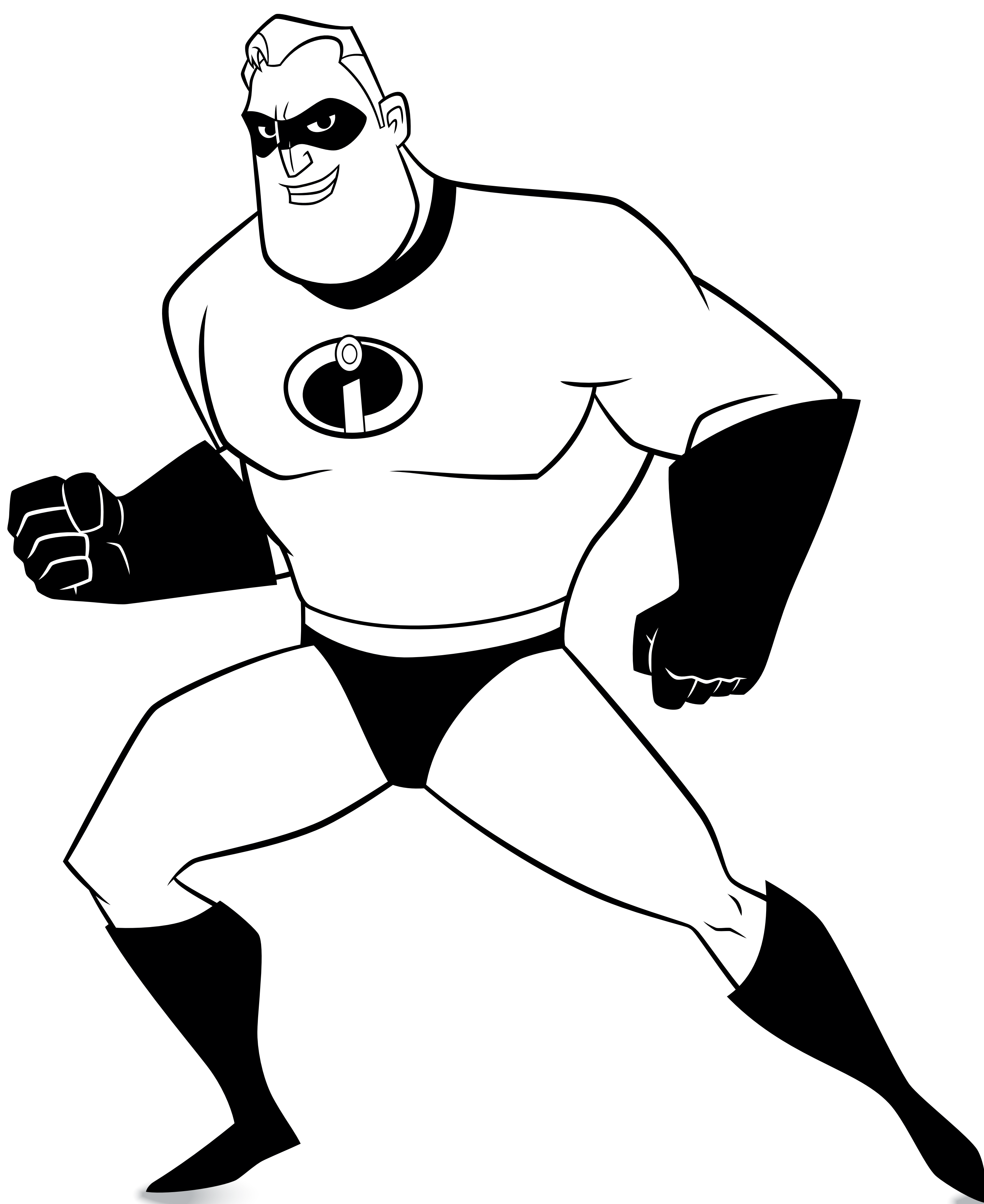
Create your own Mr Incredible moves.



Create

# Colour in Mr Incredible

Copy or print this picture of Mr Incredible and colour him in using pens, paint or pencils.





# Tell & Share

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

Send us your videos and pictures to

**playmakers@uefa.ch**

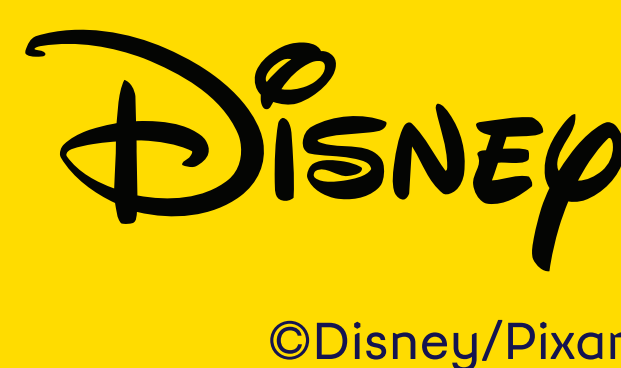
**OR**

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 strength contest?

in partnership with



©Disney/Pixar