



FLYING SAUCERS

Let's play and have some serious fun!

How to play

- Firstly, you have to make your saucers:
 - Cut a hole in the middle of a paper plate so that you now have a ring. If the plates are white, you can have fun coloring them or attaching stickers.
 - If you don't have paper plates at home, you can cut out a ring from a piece of cardboard (like a cereal box).
- Mark out the throw line that the players cannot pass over.
- Position the bottles at various distances from the throw line and assign different points to each bottle on a tag with either numbers or colors.
- Now all you have to do is get your saucers and let the challenge begin!
- Take it in turns to try to score points (from five upwards) by tossing the saucer onto a bottle.
- If you only touch it, you get two points.

HOW

Use paper plates or cardboard, scissors, colors, and some half full bottles (to keep them standing).

WHO

2+ players
Basic game and variation 1: 4+
Variations 2-4: 6+

WHERE

Wide-open space either at home or outdoors (garden, yard, park).

One game leads to another

- 1 Vary position and throwing hand**
Try throwing your saucers standing up, sitting down, sideways, or taking a run-up! Use both your left and right hands from the various positions or use only your non-dominant hand all the time.
- 2 Shut one, shut both eyes!**
Try scoring with one eye closed (wear a pirate's patch if you have one, or a hanky, first on one eye, then on the other). You have three seconds to focus before closing your eyes and throwing.
- 3 Vary the position of the bottles**
Move the bottles further away, changing the points based on their position: the further they are the higher the points, but they're also more difficult to reach... it's up to you!
- 4 The friendly or naughty elf?**
Let's introduce a "friendly elf" who will move the last bottle up and down a line to help you score points. Be careful though, sometimes he will be naughty and move so slowly that it will just be more difficult for you to land your saucer on the bottle: who will be the first to score?

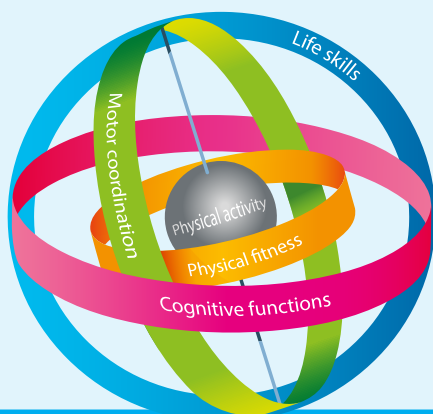
How the game becomes a story

The family storyteller can start off like this: "Today we are going to play in the Flying Saucer Forest! Are you ready Elves? Toss your saucers onto the magic bottles to seize the power. Each bottle is filled with a different power! What could it be: transformation, invisibility...?" Now continue the story using your imagination...

Fun games for a joyful growth

Joy of moving method

This game is inspired by the scientifically recognized Joy of moving educational method that encourages children to get moving through play and enables them to improve or acquire skills in an engaging and joyful way. The games challenge your kids by training the 4 rings which are fundamental for their growth, ranging from physical fitness and motor coordination to cognitive functions and life skills.



Getting inside the game

"Flying saucers" is an aiming and throwing game that trains the ability of children to control and choose the right amount of their strength. In daily activities, we rarely need to express our maximum strength; much more often, we have to dose the right amount of strength to perform movements appropriate to the task. In this game, children also have to stay focused to aim: when their eyes are open, visual attention comes into play, when their eyes are closed, children rely on the feedback that comes from their muscles and inform the brain about how much strength they are applying to the flying saucer and in which direction they are moving the arm that throws it. The last variation, with the 'mischievous' elf, proposes in a simplified form the conditions of shooting and opposition sports, in which the target is moving and its trajectory less predictable.

Put your own twist on the game and build a play community

Try elaborating this game. Once you have made your saucers, you can invent new games and make up your own rules. For instance, how about if you hang the saucers on the wall, or attach them to a rope so that they swing like a pendulum? Or maybe secure them to the ground where they become mini goalposts you kick little balls through?

Share with others your family playtime moments
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we have more fun together!

Growing up active, growing up happy!

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