

Get up &
go!

How to play

This game is best played outdoors.

You will need two tennis balls.

Put a tennis ball in each hand.

Throw one ball at the wall, and before bouncing back, throw the other ball at the wall. Try to catch them.

Move over so the next player can take over or try some tricks like throwing through your legs or turn around.

Replace screen time with a game of double ball.

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TWEAKS
TO WELLBEING

Equipment

Two balls

Double ball