



Become a Pokemon Trainer

- **Dress like a Pokemon Trainer**

Dress up in a Pokemon Trainer costume or make your own.



How do I make my own? Dress in jeans or shorts, wear a t-shirt and don't forget your baseball cap. Or use other clothes to make a more layered costume.

- **Throwing Pokeballs**

Are you training inside? Clear a space around you. Make sure you have a safe zone around you so nothing can get broken. Roll up a pair of socks and get a box, bowl or bucket. Practice throwing the socks in to the container from different distances. ie 75cm, 1 metre, 2 metres, 3 metres away.



Are you training outside? Repeat the process with a tennis or bouncy ball.



How far can you throw? How high can you throw?



- **Test your Trainer balance**

Place your ball in a spoon. Create a circuit or track around the house or in the garden. Can you carry your ball around on the spoon without it falling off? How fast can you get around the track or circuit without losing the ball? If you drop it, you have to start again.

- **Eat Pokemon themed food**

To be a Pokemon Trainer you need to keep your energy up. Try eating Pikachu Pizza, Snorlax Snax, Bulbasaur Bread, Charmander Chips, Vulpix Veggies, Eevee Eggs and Jigglypuff Juice. You can research Pokemon Food Recipes online and get cooking in the kitchen.



- **Test your Trainer memory**

Play the Pokemon memory card game. Print out the game pages. Cut out the cards.

Or Search for Pokemon Memory games online.

THE RULES : Mix up the cards. Place them in rows, face down. Turn over two random cards. If the cards match, you get to keep them. If they don't match, turn them back over in the same position. Remember what picture was on each card and where it was. Watch the other player's turn and remember the cards they turn over. The game is over when all the cards have been matched. The player with the most matches wins.



