

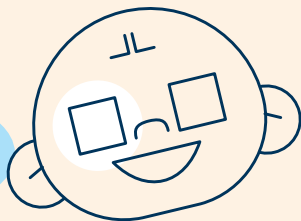
playbook

inner
biome

Family Olympic Games

022 Let's start the opening ceremony!

Even though you know what the Olympic Games is (we hope you do), we decided to write down some ideas for how you can hold this event at home, or in your backyard, or anywhere else. But if you feel that Zeus and the other Olympian gods are guiding you, how can we — mere mortals — get in their way?



OK, we go on the count of three. Three! We're going to have chopstick races, throwing contests, blindfold pillow fights, and everything else that was part of what the ancient Greeks used to call "the Olympic Games." Just go-go-go! Phew — we're already out of breath ...



Scan the QR code on the back cover to access the digital version of this playbook.

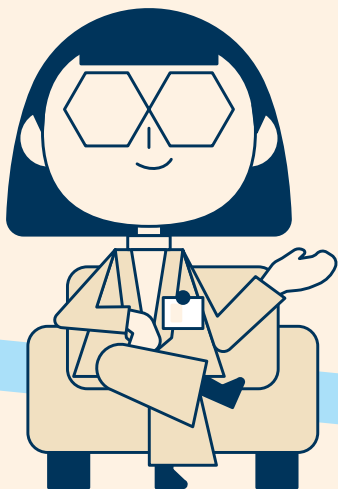
age

3+



Warnings

Every playoddity kit is designed as a children's experience that is guided by an adult. All the described activities require adult supervision. Safety instructions for each item in the kit can be found on the item's individual packaging.




WARNING!
Choking hazard:
Small parts
Not for children under 3 years

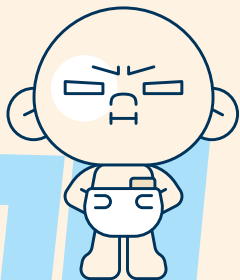


Adult supervision required





Hi, this is The Voice speaking. I'd like to remind you that the most important part of the playoddity experience is the child or children. Without them, you'll just be an adult playing games to avoid responsibilities. So put your phone away, and follow the instructions in this playbook for having a great time! The activities also work without the playbook, if you have your own ideas, but we suggest you have a look at ours first.



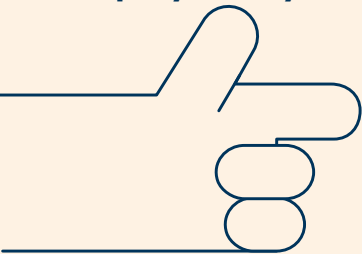
Without playbook



With playbook

Unboxing

Even if you don't want to make a huge fuss about your Family Olympic Games and have a full-scale opening ceremony with Beyoncé singing the national anthem, or the BackStreet Boys reuniting to once again tell everybody why it ain't nothin' but a heartache, we'd still appreciate you sharing some pictures of your sports endeavors on social media with #playoddity.



Each item in the kit has a colored sticker:

- Green sticker — item can be used by children and adults
- Red sticker — item should be used by adults only

If any items on the list are missing, or you have problems with any of the products, please get in touch.

Contents of this kit

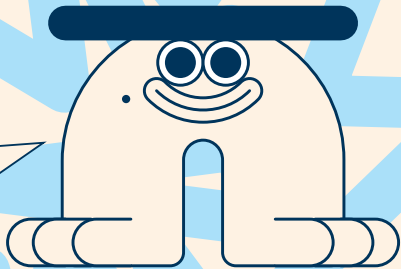
- **01. Metal pins**
For great achievements and amazing records — plus one “also ran” award, just in case.
- **02. Scoreboard**
Two teams, one victory, a lot of numbers.
- **03. Referee’s whistle**
All referees are judges, but not all judges are whistleblowers.
- **04. Megaphone**
In case they didn’t hear you the first time.
- **05. Checkered flag**
Can be used to mark the beginning of a run, or as a chessboard.
- **06. Torch**
When people in the neighborhood see you running with this torch, they’ll want to be spectators at your Family Olympics.
- **07. Inflatable musical instruments**
The air guitar world championships? That’s too easy! How about an inflatable saxophone battle?
- **08. Cheerleading pom-poms**
Give me an O, give me a D, and then another D, please, and also an I, and a T would be nice, and finally a Y! Are we doing this right?
- **09. Face markers**
So, you have a team ... but does it have a flag? Why isn’t it on your face yet?
- **10. Ring toss game**
If you like this game so much, why don’t you put a ring on it?
- **11. Petanque**
That’s not the sound of a rubber stamp at the bank. It’s a game!
- **12. Jump rope**
This training equipment is thousands of years old.
- **13. Dance ribbon**
Dance like nobody’s watching.
- **14. Stopwatch**
Stop! Watch time!
- **15. Noise-level tester**
Aka the who-can-scream-loudest meter.
- **16. Quiz buzzer button**
Who has the fastest finger?

- **17. Masking tape**
It's the start line, the finish line, the lane markers, and the direction markers. All in one!
- **18. Measuring tape**
Exactly how far can you jump?
- **19. Bingo game set**
This is an Olympic sport, starting from today!
- **20. Chicken launching game**
No chickens will be harmed during this activity.
- **21. Target stickers**
If there's a target, you can shoot at it! Even if it's on Auntie Susan's special strawberry shortcake!
- **22. Electronic target**
Knock it down and it will rise again!
- **23. Team racing band**
You've heard of three-legged races. How about eight legs? Or ten?
- **24. Party blower**
This is not just a fun accessory — it's a piece of sports equipment!
- **25. Ping-pong balls and cups**
Ping the balls in such a way that they pong into the cups.
- **26. Chopsticks**
Some people prefer forks, but these make any game much more precarious.



Notes and ideas

The Playoddity Olympic Committee approves your Family Olympic Games and wishes you luck in each and every competition. Fair play, clever team names, and total determination to have fun!



Competition is good

Whether or not your kids are natural-born winners who will happily defeat their opponents at all costs, all young people have to go head-to-head with their peers at some point. Children need to be taught how to both win and lose gracefully — and most importantly, how to gain great satisfaction from hard work and continued effort.

Team

All participants can play individually, or they can unite in teams for some activities. Teams can consist of family members, neighbors, colleagues, and anyone else who is eager to participate. Just don't forget that each team needs a cool name!

Equipment

Items from the kit allow you to create a series of activities, but you can use your imagination as the glue to connect the items into one huge ninja-style course! Or a new Olympic discipline!

Pump up the volume

Use the inflatable musical instruments to hold an unusual contest. Just put on some music, grab the instrument of your choice, and play along! No musical skills required; just express yourself. You know what they say — it's not WHAT you do, but HOW you do it.

Petanque

This game is definitely from outer space. Because this is definitely how the universe plays with the planets and stars!

The small ball — the jack — is placed on the court (which may be your backyard). The players in the two teams then take turns throwing a large ball, trying to put it as close as possible

to the jack. A large ball can hit the jack, or knock against the opponent's ball to push it away. At the end of each round, the team with one or more balls closest to the jack scores a point for each ball. One point is awarded for each such ball. The game continues until one team has 13 points.

Throwing rings

Everyone loves throwing rings. But contrary to popular belief, it's also from outer space! Look at Saturn! Who threw those rings around it?

By the way, you can have a ring-throwing championship, or you can use the rings for a relay race!

Competitions are not only about sports — they can also be creative or intellectual. Have themed competitions, or mix them up together in a relay race. How about doing a quiz after jumping rope, and then drawing a picture?



The time has come to push the button

The best way to determine who has the fastest reactions: ask a question, and let the person who pushes the button first give the answer. Why aren't TV game shows an Olympic discipline, by the way?

Cup half full

You know the game of beer pong — don't pretend that you don't! Did you know that the "beer" part is optional? Set up two zones with cups, add some water to hold them in place, and go! Anyone who misses the cup has to sing a song about sports!

Chopsticks

Chopstick racing is a national sport in a country that we've forgotten the name of. But it's very simple: grab an object (like a ping-pong ball) and carry it to another part of the room without dropping it. Increase the distance with each new round!

I see no foul

Try playing familiar games with closed eyes. For example, the pong competition described above. It'll be challenging, but fun!



Olympic spirit

The Olympic Games have their own atmosphere and spirit. To maintain it, you need opening and closing ceremonies, as well as a solemn award ceremony for participants at the end.

Think of cool prizes and awards for the winners and other participants, and be sure to take pictures. Maybe you can assign the role of TV reporter to one of the family, to do short interviews with the athletes?

Emotions

It's very important to keep an eye on the competitors. Some people, especially children, can have a hard time dealing with defeat.

Resentment and anger are completely normal feelings when you're on the losing side. All you need to do is help the child cope with them. Children learn to manage their emotions by watching adults. It's therefore key that YOU take defeat calmly. It's also important to explain to the child that losing is not something to be afraid of.

Here are some tips on teaching your child how to lose without being upset.

- Provide a comfortable environment

Observe whether the game itself seems to make the child annoyed. If a child reacts negatively to one of the games several times in a row, it's possible that it's not to their taste, in which case it's better to skip that game (at least for now).

Try to find a neutral game, invite participants with whom the kids are as comfortable as possible, and do it in a place where they feel protected, confident, and calm.

- Don't get angry or scold the children

It's important that adults remain calm during the game, no matter what happens, and are ready for scenes and tears. Be honest with yourself about how you feel when your child expresses anger (or helplessness, shame, or frustration). Most importantly, remember that this is their honest and natural reaction.

To learn to control your emotions, imagine what your feelings would look like if you could see them. Then imagine putting them in a container, closing the lid, and putting them aside for the duration of the game. This approach can be very effective.

- **Sympathize with the kids**

Keeping a zen-like level of calm is half the battle. It remains to find the right words to comfort the child. For example, "I know you're mad that you didn't win this game. And that's completely normal." Or, "I understand how you feel right now," and then listing those feelings. Using the approach described above, you can also become a container for your kids' emotions. Or visualize their feelings passing to you, and then flowing into the floor and dissipating.

- **React appropriately to the game**

When you win, don't jump for joy. Show the kids that you are always aware of their feelings. And don't

react to losing as if it's the end of the world. Laugh at yourself if you lose — say out loud that you still played well. Remember, your child only needs to watch you in order to learn.

- **Praise good moves and victories**

Don't be afraid to tell the children that they've done well.

In order for the game to be enjoyable, motivation is needed. Show the children that the game is not only about wins and losses, but also the pleasure of the process and the communication with family and friends.

Step up your game

You don't have to make the Games international in order to make them great. Just spend some time preparing, planning, and organizing. Invite friends and neighbors to take part in this process too. Choose a date and time, and come up with a program of events. This is going to be awesome!

No time — no problem

If you don't have the time or resources to run a bigger event, have a small family one. It could be a family evening, or a short challenge after breakfast. It's up to you whether you make it big or small. But it will always be fun!


Mystery item


Sometimes, a contestant in a competition is a dark horse — a mysterious outsider who could turn the tables and completely change the outcome. Is this item a dark horse? We have no idea ...


Search terms


 list of Summer Olympic sports	
the newest Olympic sport	
the five oldest Olympic sports	
DIY Olympic torch	
are gold Olympic medals made of solid gold	
the youngest Olympian in the modern era	


Question time

 What was the last sports competition you watched?

 How do you feel when you win a competition?

 Do you like to compete with others?

 How do you feel when you lose a competition?

 What's your favorite sports competition?

Creativity time

The official Olympic motto is “Faster, Higher, Stronger — Together.” But how about having your own family Olympic motto? Write down some ideas on this page.

There's more
out back —
follow the
arrow!



If you lose this playbook during a very intensive training session or while cheering for your team — don't worry. You can always find the digital version online if you follow the QR code. And while you're on the website, check out our other kits. They're awesome!

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