

# Mario Kart

# Challenge



# Mario Kart Challenge

## INSTRUCTIONS:

Welcome to Mario Kart Wellness, based on the Nintendo classic racing game. This hugely popular video game has been turned into a life-size version focusing on improving overall happiness and wellbeing. By using the popular game mechanics of this classic video game, we have been able to incorporate play, gratitude, kindness, mindfulness, exercise and laughter into this fantastic game.

### Set Up

Before you can play this wellness game with participants, you will need to print and laminate the attached PDF sheets. Then you will need to set up the three different stations around your Mario Kart racecourse. The best racetracks are ones that go up and down, around trees and so on. This course can be anywhere from inside a room to 200 metres to 600 metres in length, depending on the fitness levels of your group and also the space you have. Ideally, we have found that a course length between 300 to 400 metres works best if you have the area because this encourages participants to run between stations.

Once you have marked out the movement course, you will then need to set up the three stations along the course. I would have the first one 100 metres after the start line, then the second station halfway around the course, and the final one 50 metres from the finish line. You will need to set up the laminated sheets and resources required at each station.

Station one and two are mixed stations where participants may be required to play, perform a team building activity, reflect with some gratitude, record an act of kindness or random challenges. We encourage players to have a pen and paper so that they can record answers on paper for reflection after the activity is complete.

The final station is the mystery station. This station does not require any equipment, as participants will pick a card that they can use on another group. For example, they might get a red shell which they nominate another group to stop straight away, and this group must perform 10 jump squats on the spot before they move and keep running. All the mystery items are described in the PDF that will be posted at the final station.

Once you have all the stations set up and the resources at each station, you will be ready to play Mario Kart Wellness.

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## INSTRUCTIONS:

### Equipment

- Laminated PDF sheets
- Instructions for participants
- Pen and paper for each participant or for each team

### Instructions

This game is played with participants in pairs or groups of three. The game is played for 20 minutes in total. After ten minutes you will have a five-minute break so all players can have a short rest and grab a drink before completing the second half of the game. You can play two ten minute games which I think works best, where the team who has completed the most laps after the first ten minutes is the champion, then for the next ten-minute period start a new game with all teams beginning again. The other option is for you to play one solid 20-minute game, with all groups adding up the total number of laps they complete in the time, with the winning team being the team with the most laps at the end.

### Station One & Two

This station is simple; randomly pick one of the mystery items from the bucket. This will match up to a wellness activity that your team must complete. Teams select a mystery square from the pile, making sure they don't listen. They then need to match this mystery item with that on the playing sheet. Once teams complete the set question or challenge, they put the mystery square back into the pile and walk or run onto the next station around the Mario Kart course. For example, if a team picks a red shell from the mystery items they must complete the question, exercise or group challenge that is next to the red shell on the game sheet.

### Station Three – Mystery box

The mystery station is my favourite, and it's precisely the same as in the real Mario cart game where you drive over a random mystery box. You will either get a punishment that your team needs to complete before they can move on, or you will get a punishment you can give to another group that they must complete (wherever they are) and they can't keep running until they have completed the exercise. For example, if your team gets a banana skin, then your team must stop and perform 20 walking lunges before you can start running again. If you get a red shell, you can throw this at, and they must stop and perform 20 squat jumps before they can keep running.

# PIT STOP ONE

Randomly pick one of the mystery items from the bucket. This will match up to a question or challenge on the attached sheet. As a team answer the question or complete the challenge and move onto the next station. The aim is to work as a team to complete as many laps as you possibly can in the allocated time.

Literacy & numeracy game

	CREATE 5 RHYMING WORDS AND COMPLETE 5 SQUATS AS A TEAM	
	CREATE A STORY USING THE WORDS CAR, LOVE, SOCCER AND BLUE. COMPLETE 5 STAR JUMPS.	
	DISCUSS THE BEST BOOK THAT YOU HAVE ALL EVER READ. COMPLETE 5 LUNGES	
	WRITE DOWN 5 NOUNS THAT YOU CAN SEE AS A GROUP. COMPLETE A 10-SECOND PLANK HOLD.	
	WRITE DOWN 3 PALINDROME EXAMPLES & COMPLETE 5 CHAIR SQUATS.	
	WRITE DOWN 5 VERBS OR SAY THEM OUT LOUD. DO THIS WHILE HOLDING A WALL SIT OR SQUAT HOLD.	
	FINISH THE SENTENCE ABOUT SOMETHING YOU CAN SEE IN THE ROOM. 'ONCE UPON A TIME....	
	AS A TEAM PICK A NURSERY RHYME THAT YOU ALL KNOW. SING OR SAY THIS WHILE DANCING.	
	WIGGLE YOUR ENTIRE BODY FOR TEN SECONDS LIKE YOUR BODY IS COVERED IN ANTS.	

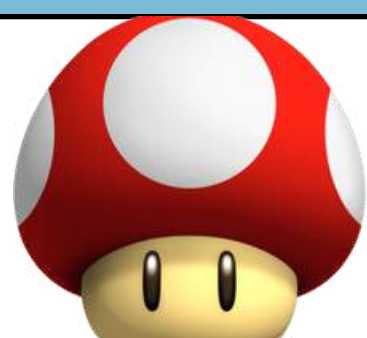
# PIT STOP TWO

Randomly pick one of the mystery items from the bucket. This will match up to a question or challenge on the attached sheet. As a team answer the question or complete the challenge and move onto the next station. The aim is to work as a team to complete as many laps as you possibly can in the allocated time.

Literacy & numeracy game



IF I TAKE TWO APPLES OUT OF A BASKET CONTAINING SIX APPLES, HOW MANY APPLES DO I HAVE?



AS A TEAM COMPLETE YOUR 3'S, 6'S OR 9'S TIMETABLES UP TO X12 WHILE STAR JUMPING.



WRITE DOWN 5 PRIME NUMBERS AND COMPLETE 5 SIT UPS.



HOP ON EACH FOOT AND COUNT TO TEN AS A TEAM.



STANDING ON YOUR TIPPY TOES COUNT BACKWARDS FROM 42 TO 0 IN 6'S.



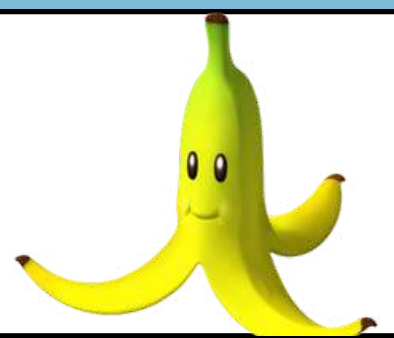
AS A TEAM COMPLETE YOUR 4'S, 7'S OR 11'S TIMETABLES UP TO X12 WHILE SQUATTING.



PICK 4 SQUARE OBJECTS IN THE ROOM AND TOUCH THEM AS A TEAM.



AS A TEAM CREATE AN EVEN CIRCLE, TRIANGLE AND RECTANGLE USING YOUR BODIES.




COUNTING DOWN IN 7'S FROM 49 TO 0. COMPLETING A LUNGE ON EACH NUMBER YOU SAY.



# MYSTERY BOX STATION

Similar to the real Mario Kart, if you drive over a random mystery box, you will either be punished or you will be able to give another team a punishment. A punishment is one of the movements below. For example if your team draws a banana skin, the team must complete 20 mountain climbers as a team before they move on to the next station.

	YOUR TEAM SKIP'S THE NEXT PIT STOP	
	COMPLETE 5 BURPEES AS A TEAM	
	GIVE ANOTHER TEAM 10 SQUAT JUMPS	
	PICK A TEAM TO DO 10 PUSH UPS	
	PICK A TEAM TO HOLD A 20 SECOND PLANK	
	COMPLETE 20 STAR JUMPS AS A TEAM	
	GIVE ANOTHER TEAM 30 MOUNTAIN CLIMBERS	
	SWAP PLACES WITH ANOTHER TEAM	
	COMPLETE 20 MOUNTAIN CLIMBERS AS A TEAM	

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Team challenge game

	AS A TEAM WRITE DOWN THREE THINGS YOU CAN SEE THAT YOU ARE GRATEFUL FOR.	
	WRITE DOWN ONE THING YOU ARE PROUD OF ABOUT ANOTHER GROUP MEMBER AND TELL THEM.	
	WHO HAS BEEN KIND TO YOU TODAY AND WHY?	
	WHAT IS THE BEST THING THAT HAS HAPPENED TO YOU THIS WEEK?	
	WHAT HAS MADE YOU SMILE TODAY AND WHY?	
	IF YOU HAD A MAGIC WAND WHAT ONE WISH WOULD YOU MAKE TO IMPROVE SOMEONE ELSE'S LIFE?	
	WHAT MADE YOU HAPPY TODAY AND WHY?	
	WHAT IS SOMETHING I COULD DO TODAY TO MAKE SOMEONE ELSE SMILE?	
	FINISH THIS SENTENCE, 'I AM LUCKY BECAUSE.....'	

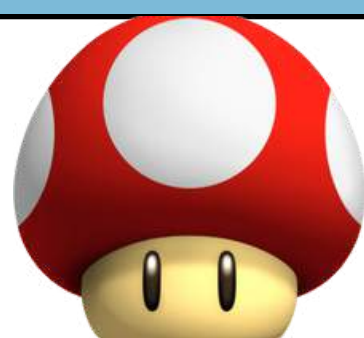
# PIT STOP TWO

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Team challenge game.



CREATE A TEAM NAME THAT YOU USE TO MAKE A TEN SECOND JINGLE ABOUT.



AS A TEAM GO UP TO ANOTHER TEAM AND GIVE THEM ALL A HIGH FIVE AND SAY SOMETHING NICE TO THEM.



AS A TEAM CREATE AN AWESOME TEAM HANDSHAKE OR TEAM DANCE.



AS A TEAM ACT LIKE YOU HAVE JUST WON THE SOCCER WORLD CUP FOR TEN SECONDS.



PICK AN ANIMAL AND ACT LIKE IT. MAKE THE SOUNDS LOUD AND PROUD.



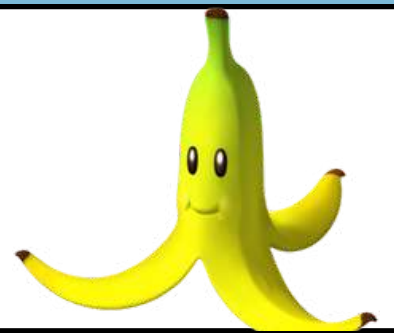
COMPLETE 5 SPINS TO YOUR RIGHT AND 5 TO YOUR LEFT.



ITS EXPLOSIVE TIME. COUNT DOWN FROM 10 - 1 AS A TEAM AND THEN EXPLODE LIKE BOMBS.



AS A TEAM YOUR CHALLENGE IS TO SCARE ANOTHER TEAM AT SOME STAGE DURING THIS GAME LIKE A GHOST.


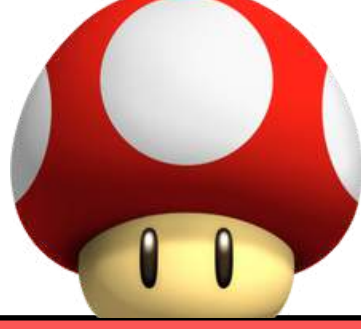








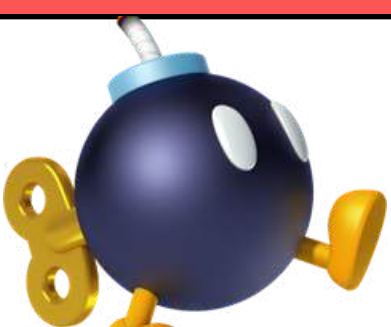







AS A TEAM CREATE A SONG ABOUT A BANANA THAT YOU ALL SING FOR TEN SECONDS.



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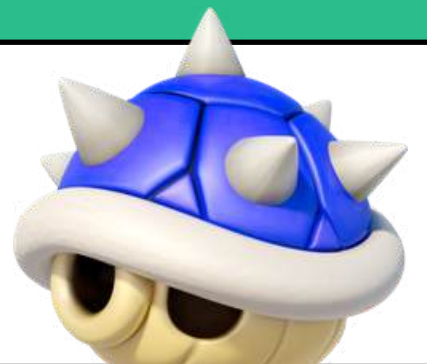
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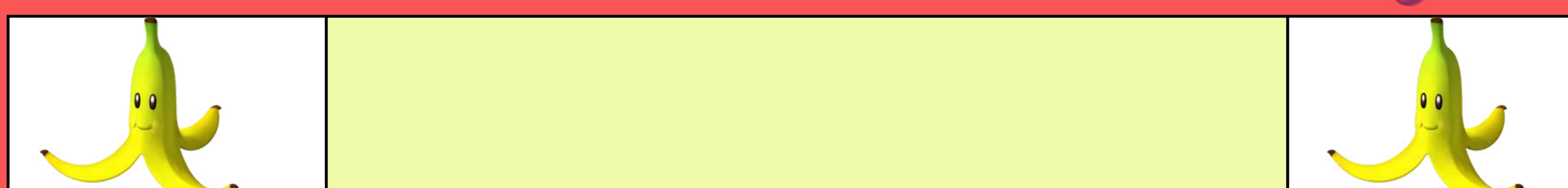
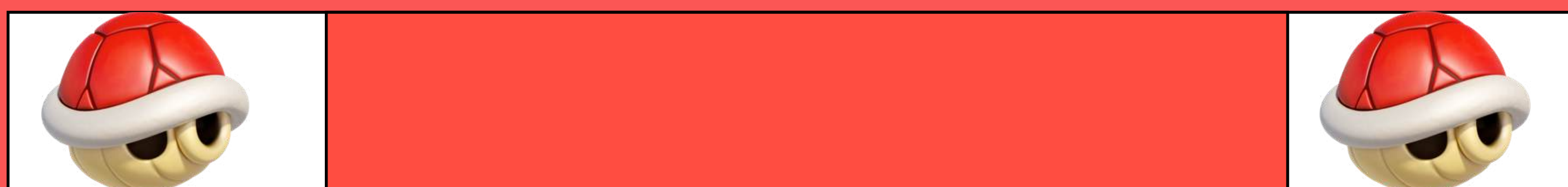
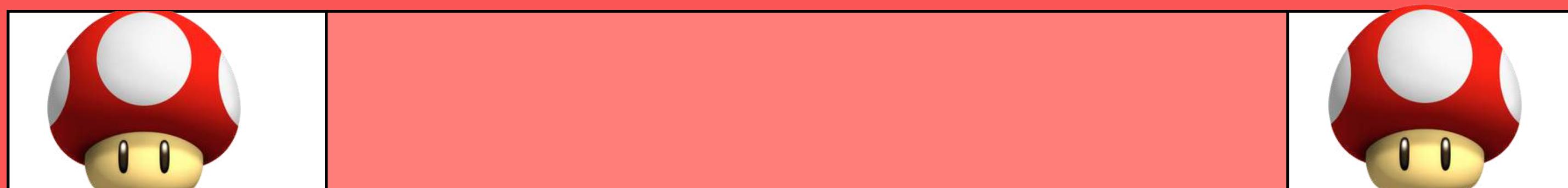
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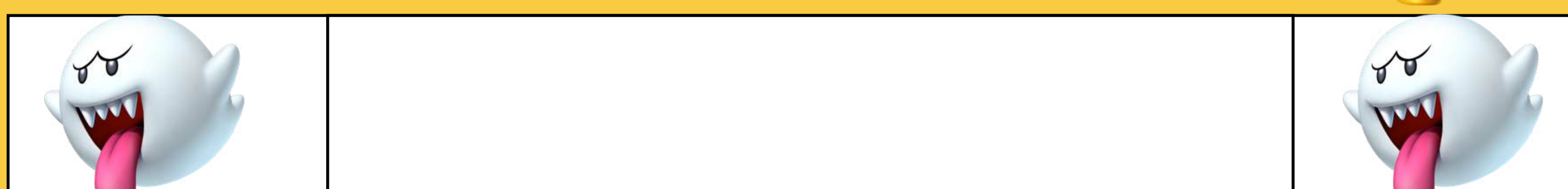
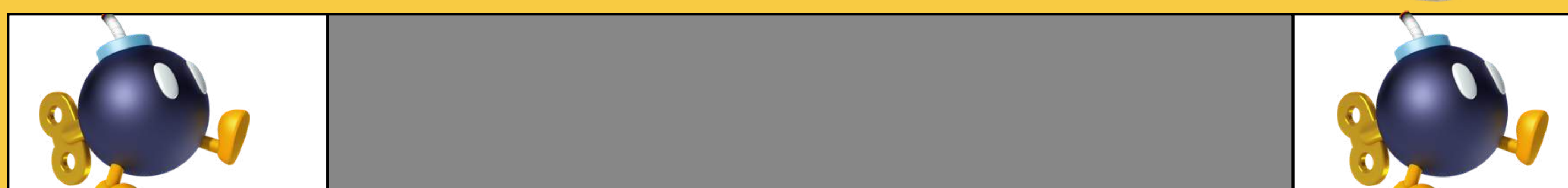
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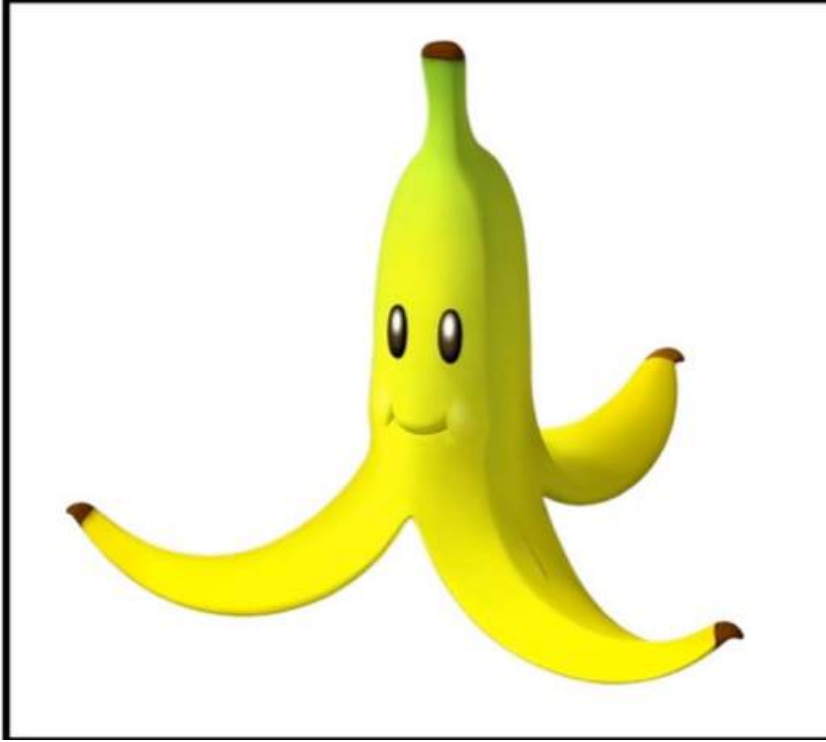
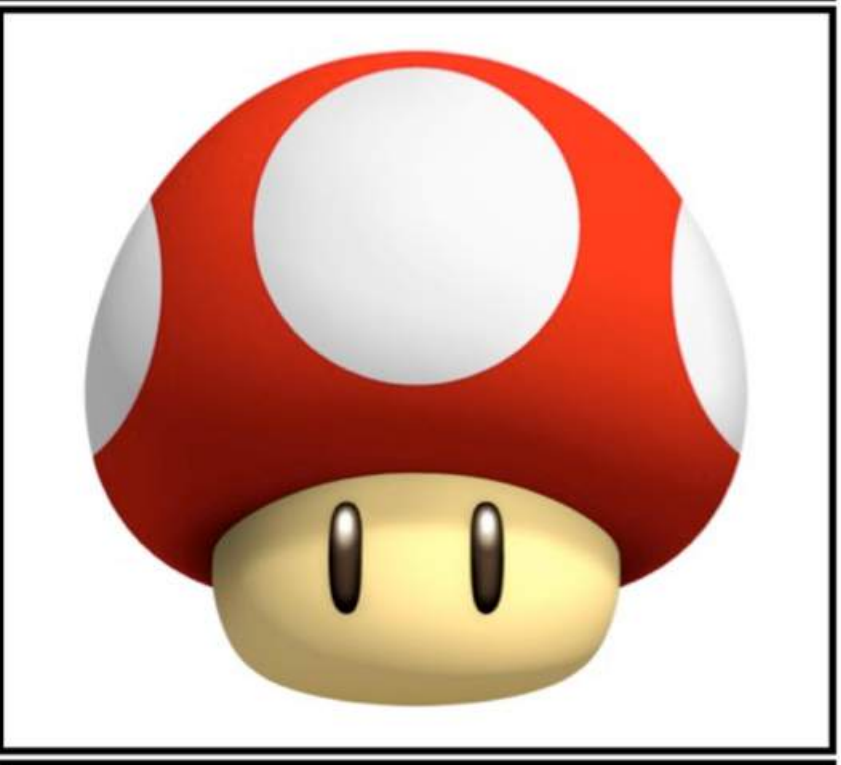
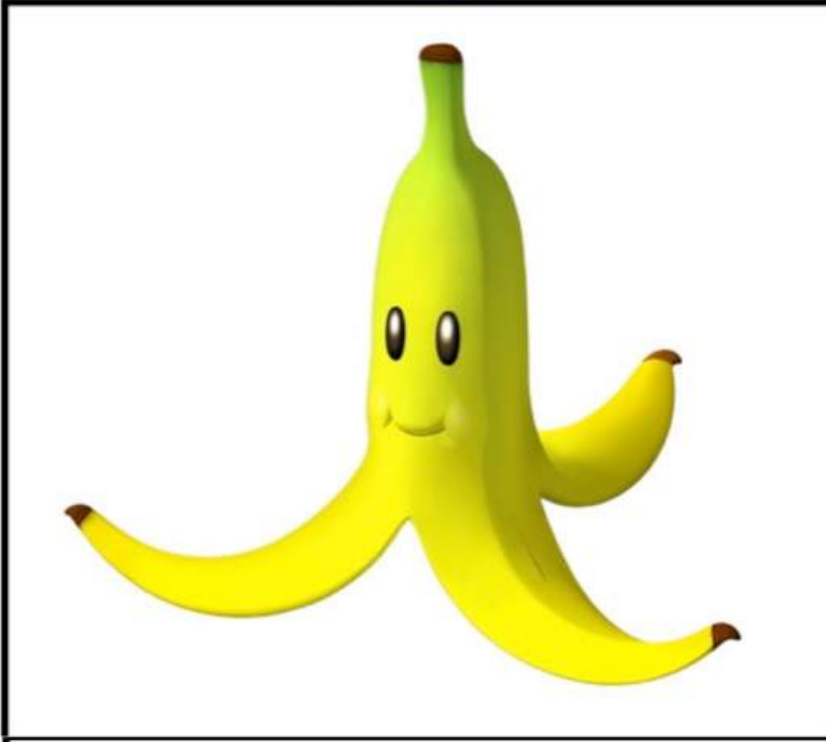
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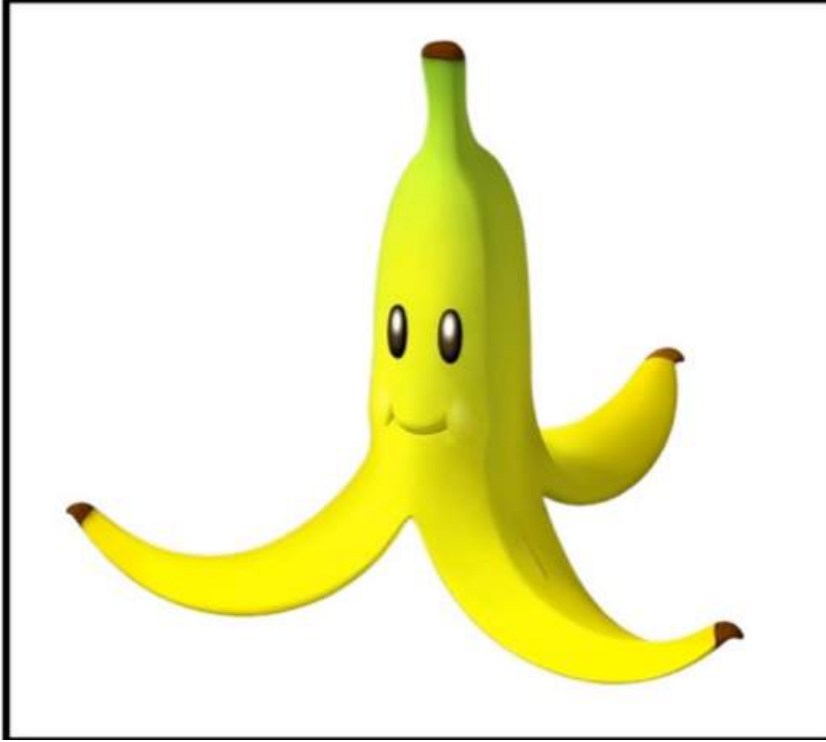
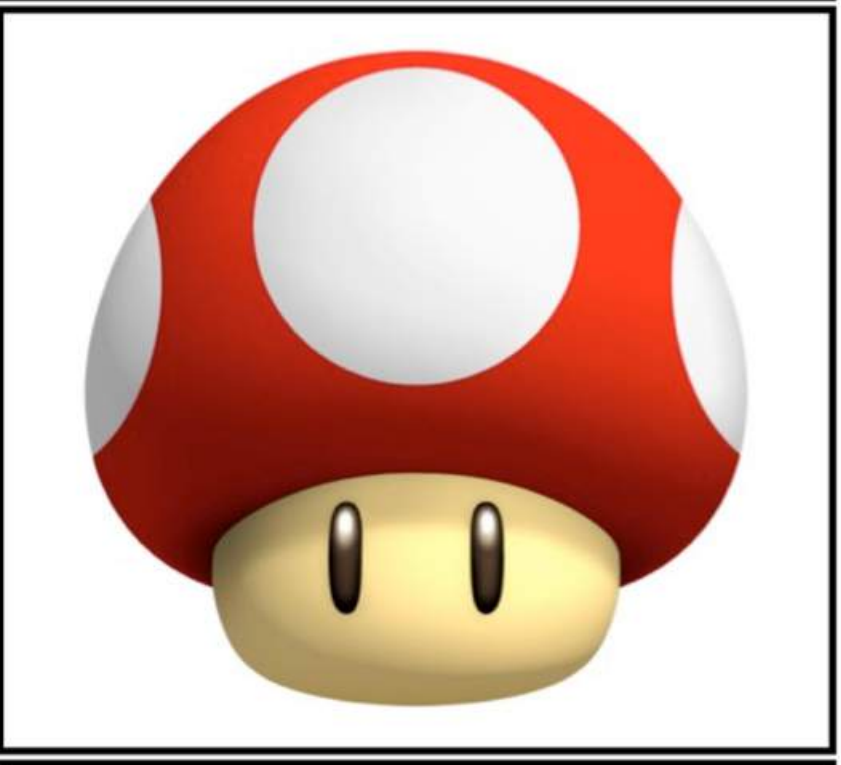
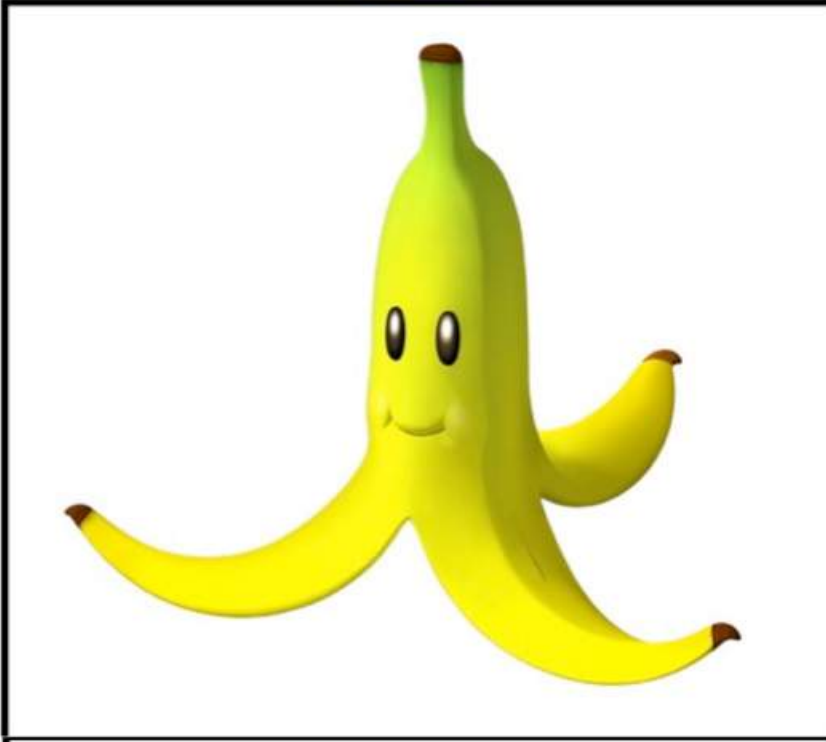
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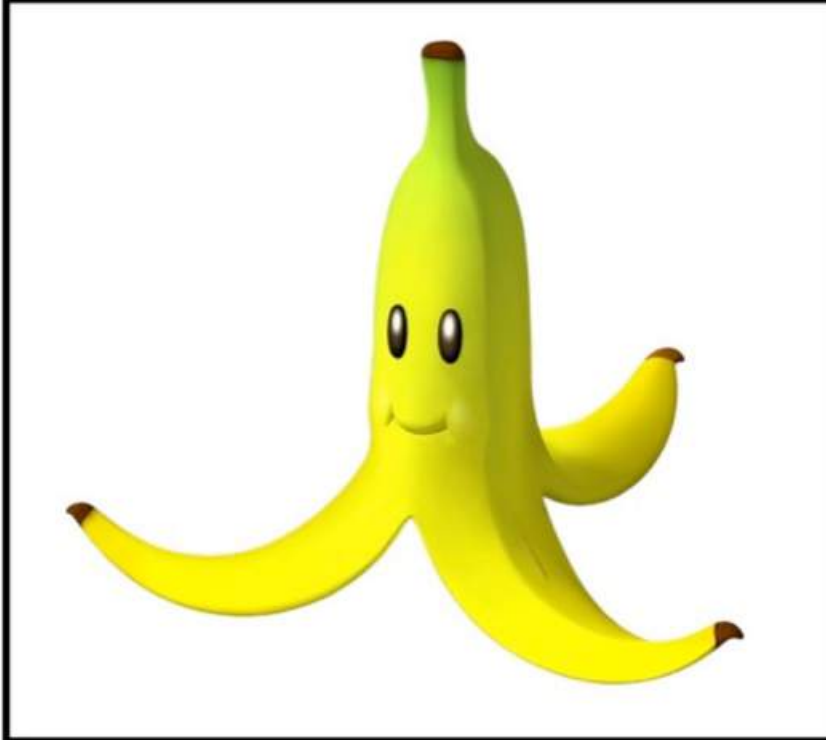
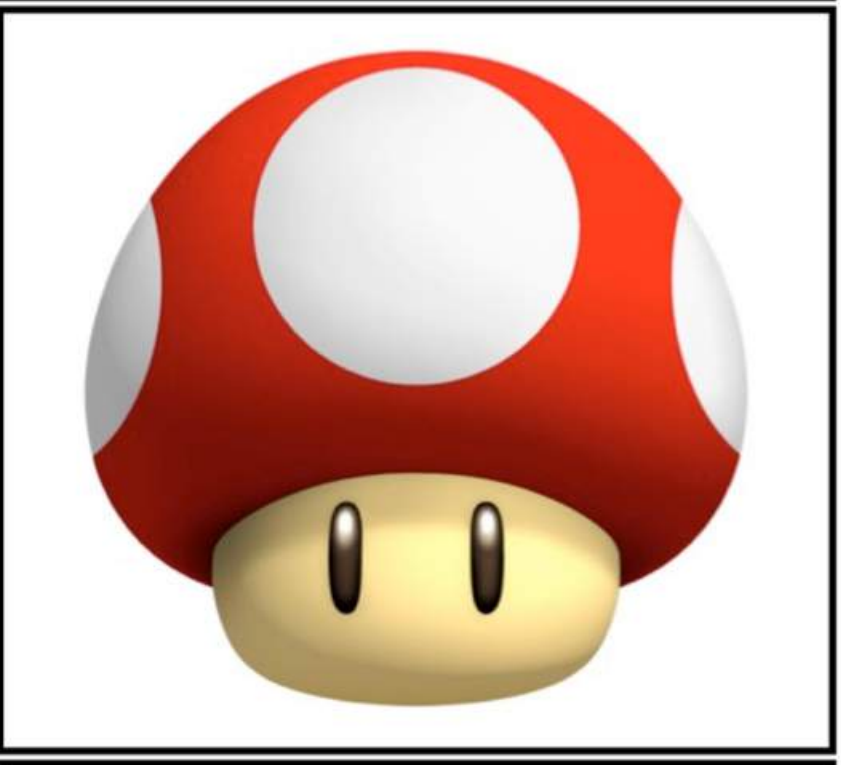
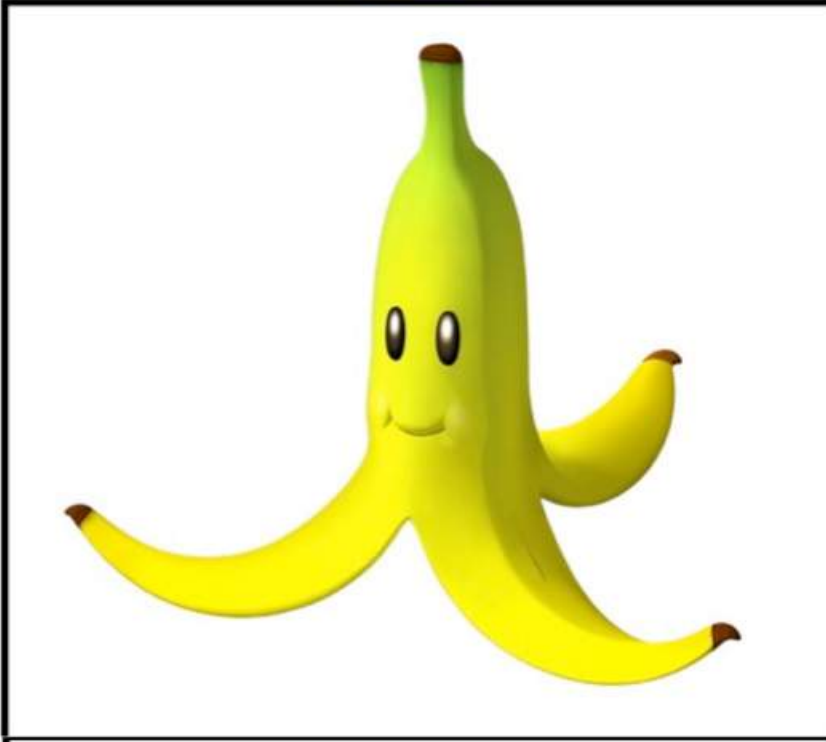
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