

**TOP SECRET**



**ACTION HERO  
ALLIANCE**

## Join Forces

Join forces with your friends and compete in these action-packed team drills. Be sure to check with your parents or doctor first before trying any of these activities.



Master Freeze is one of the most bone-chilling bad guys the Action Hero Alliance has to face. Anything Master Freeze touches instantly turns into a frozen statue. Once Master Freeze has three frozen statues, he or she will be able to extract enough energy to take over the world! Master Freeze has 20 minutes to freeze everyone. The rest of you have 20 minutes to stay alive.

## G.A.M.E. RULES:

- ★ Pick 1 player to be Master Freeze. The rest of the players are Action Heroes. If an Action Hero is tagged by Master Freeze, he or she must freeze in place. Frozen Action Heroes can't move until he or she is unfrozen by a teammate who has not been tagged.
- ★ To unfreeze someone, you must activate a Thermo-Shield by running around your frozen teammate. Once you have made a full circle without being tagged, you and your teammate will be free.
- ★ Make sure you stop Master Freeze from getting his or her three frozen statues! Once a teammate is frozen, try to unfreeze them immediately.
- ★ Play for 20 minutes. If no players are frozen at the end of the 20 minutes, the Action Hero Alliance has won! If Master Freeze manages to freeze 2 action heroes, Master Freeze will take over the world.



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Slugzilla has escaped! This sneaky villain slithers around on the ground, and anyone it touches immediately transforms into another Slug! The Action Hero Alliance must avoid Slugzilla at all costs!

## **G.A.M.E. RULES:**

- ★ Go to a large open space with a bunch of friends and mark an area big enough for everyone to move around.
- ★ Pick 1 player to be Slugzilla. The rest of the players will be Action Heroes
- ★ Slugzilla must crawl on the ground, while the Action Heroes can be on their feet.
- ★ Once Slugzilla tags an Action Hero, he or she transforms into a Slug, too. This new Slug must now crawl and help the Slugzilla tag the rest of the Action Heroes.
- ★ Play for 20 minutes. If no players have turned into Slugs, Slugzilla shrivels up and is sent back to jail.
- ★ The last Action Hero standing wins the game!

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# FIREBALL FRENZY

A gigantic volcano has erupted and it's shooting fireballs into the sky. Dodge the flying projectiles, or you'll go down in flames!

## G.A.M.E. RULES:

- ★ Go to a large open space with a bunch of friends and mark an area big enough for everyone to move around.
- ★ Bring as many soft, bouncy balls as you can and split up into two teams.
- ★ Line the balls along an imaginary middle line. Players then rush towards the balls and grab as many as they can (you can't pick up a ball and throw it instantly).
- ★ Players throw "fireballs" at members of the opposing team in an attempt to eliminate their players.
- ★ When a player is hit by a fireball, he or she is out. You cannot hit a player in the head. If you do, you're out. If you kick a ball, you're also out.
- ★ If a player catches a fireball thrown by the opposing team, then the player who threw the ball is out.
- ★ The first team to eliminate everyone on the opposing team wins!





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A ghastly gang of Supervillains has escaped from a maximum-security prison. As a member of The Action Hero Alliance, you must hunt them down and put them back where they belong—behind bars.

### G.A.M.E. RULES:

- ★ Gather a bunch of friends together to play this version of hide and seek.
- ★ Choose one person to be the Action Hero. Everyone else is a Supervillain.
- ★ The Action Hero counts to 50 while the Supervillains run and hide. Once the 50 seconds are up, the Action Hero must find all the escaped fugitives.
- ★ Play for 20 minutes. If all the Supervillains can't be found, The Action Hero Alliance has failed.