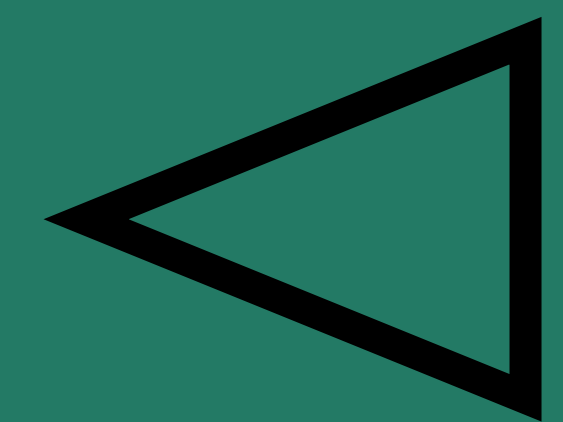


**Lead the group in:
heads shoulders knees
and toes...**





Reach! is a facilitator-led social game designed to enhance the physical, cognitive and social-emotional wellbeing of people in later years. It was developed by Ilaria Vilkelis, a Mission 3 Zinc Founder. This version was especially designed for residents of care homes to enhance their wellbeing and their social confidence.

Ilaria was supported by a team of specialists she wishes to acknowledge.

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RED



BLUE



YELLOW



GREEN

TAP ON THE COLOUR NAME TO START PLAYING