

### how to set up:

- This game requires another family member for the children to play against and no equipment!



### how to play:

- Start by standing approximately 1 meter apart.
- Stand with your hands out in front of you, knees bent standing on the balls of your feet. This is referred to as the “ready position”.
- When both players are ready, they should attempt to tag each other’s knees.
- Each time contact is made with your partner’s knee, that player scores a point.
- The first to 11 points is the winner.

### equipment:

- Tennis ball / rolled-up socks

### how to set up:

- Use a space anywhere in the house.
- Working with an adult or sibling, stand back-to-back.



### how to play:

- Stand back-to-back, with one person holding the tennis ball.
- Start passing the ball around your bodies to each other.
- When either player calls out “change”, you must change the direction the ball is being passed in.
- How many can you do in 30 seconds?

## how to play:

Playing in pairs:

- One player stands with their arms outstretched.
- The other player has 1 minute to safely balance as many items on the first player as possible.
- When the time is up, count how many items are balanced and then swap over. Who can balance the most items on their partner?
- To progress – difficult items can be worth more points.

Playing in teams (e.g. 2v2):

- One person from each team stands with their arms outstretched.
- The other players race to safely balance as many items as possible on their teammate.
- The team with the most items balanced, wins a point for the round.
- Play 3–5 rounds to see who can win the most points.

## equipment:

- Socks
- Tea-towels
- Books
- Coat-hangers
- Toys, etc.

## how to score:

- Award 1 point for each item balanced successfully. Or 1 point for easy items and 2 points for difficult items.
- The player with the most points wins.
- If an item falls off, it must not be counted.

