

# Extreme Knot



## **How to Play:**

Ask participants to form a circle, shoulder-to-shoulder. Ask them to each place a hand in the middle of the circle and to grasp another hand. Then ask participants to put their other hand in the middle, grasp a different person's hand. Explain to participants that what you'd like them to do is untangle themselves, without letting go of hands, into a circle.



# Three Legged Race



## **How to Play:**

This game involves two participants attempting to complete a short sprint with the left leg of one runner strapped to the right leg of another runner. You will need a rope to tie the legs together (a chunk of fabric about an inch wide would be good).

## **Modifications:**

- Tie a foot to the leg of a walker
- Place a girl backwards against a wheelchair and tie hands to the handle bar

# Egg & Spoon Race



## **How to Play:**

Competitors race either individually or in teams in the manner of a relay race. You cannot hold the egg on the spoon. If the egg falls from the spoon then competitors may be required to stop, retrieve, and reposition their egg or to start again.

For an extra challenge, carry the spoon with both hands or in your mouth.



# Ball Race



## **How to Play:**

Competitors race as two teams.

Have each team form a line. Place a ball under the chin of the first person. She has to pass the ball to the next person in line, neck to neck without using hands. If the ball falls, it goes back to the start of the line.

The first team that passes the ball down the line and back to the first person, who had the ball initially, is the winner.

# Birthday Game

## **How to Play:**

Without speaking, have girls arrange themselves from youngest to oldest.