

**play
day**

GAME

**CATCH
THIS!**



INSTRUCTIONS:

Number of Participants:

2 people, age 6+

Materials:

Socks, or small soft foam balls

Steps:

The two players should stand about 10 steps away from each other, and one of them should have all of the soft foam balls (or socks rolled up into balls).

The player with the soft foam balls should throw one to the other player and see if they can catch it. After they catch it, they should keep hold of it, and have the other player throw another one, and another and another one. The catcher should see how many they can hold and catch.

When they drop one, they become the thrower and the other player becomes the catcher. The person who catches the most wins!



**Play
matters**

96% of parents say that outdoor play is important for keeping their children physically fit.

**Take
action**

Plan a day for your kids with no TV or video games, and see how much fun they have playing outside instead!