

play
day

GAME

SACK RACE



INSTRUCTIONS:

Number of Participants:
Unlimited!

Materials:
One potato or coffee bean sack for each participant, and a way to designate a start and finish line

Steps:
Give each participant in the race a sack, and help them step into it.

Line everyone up on the starting line, and say, "Ready, Set, Go!"

The participants will hop, waddle, and stumble toward the finish line, and anyone who falls or loses their sack is disqualified.

The first person to make it to the finish line wins!

Variation: try setting up a sack race as a relay—the fun of trying to get teammates to step in and out of the sack always makes for some great laughs.



Play
matters

"It is paradoxical that many educators and parents still differentiate between a time for learning and a time for play without seeing the vital connection between them."
-Leo F. Buscaglia

Take
action

Does your school allow for 60 minutes of play a day? Find out, and if your kids aren't getting enough play time, let your school know how important free play is.