

play  
day

GAME

# SHOE GOLF



## INSTRUCTIONS:

**Number of Participants:**

2+ people

**Materials:**

Shoes, change of socks

**Steps:**

Choose what type of shoe golf you'd like to play: accuracy, distance, or least kicks to the goal.

Have the children unlace their shoes so that they rest loosely on the foot.

For accuracy, have the children kick their shoes towards hard-to-reach objects such as "on top of a picnic table" or "directly under park bench."

For regular golf, children take turns kicking their shoes towards the "hole" beginning with the child who had the least amount of strokes on the previous "hole" and as they move on, based on whose shoe is currently the farthest from the hole.

For distance, have the children stand behind a line or area on the grass, then have them flip the shoe as far as possible. Whichever child has the longest "drive" wins.



Play  
matters

The act of play in a collective setting can increase levels of cooperation, negotiation, conflict-resolution and other interpersonal skills necessary to succeed as an adult.

Take  
action

Be sure to take pictures of kids playing and acting silly during your Play Day, and come back to the online planner to share them!