

LET'S CAMP!



ACTIVITY: SOCK SPORTS

Material Needed:

- Socks: Roll and fold a pair of socks into one another. Add more socks, if you want your ball to be bigger!
- Goals/Targets: this can include things you find around your house (buckets, boxes, pillows, couch cushions, trash cans). Possibilities are endless!
- Your Imagination!

Safety First! Make sure to prepare the arena that you will be playing Sock Sports. The arena can be a living room, outdoors, a bedroom, or anywhere there will be enough space to play the sock games. With an adult, make sure to remove protect or remove anything that could break (lamp, electronics, etc.)

LET THE GAMES BEGIN

BASKETBALL

Place a “basket” in the middle of your arena that is clear from obstacles. Practice shooting from different spots and distances. Challenge a family member to a game of “HORSE” or who can make the most shots in a row!

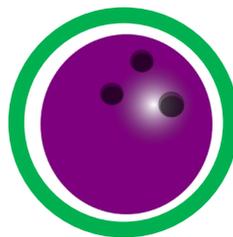


SOCCER

Create a “goal” out of couch cushions and pillow. Practice kicking the ball from different distances into the goal. If there are more people wanting to play, create a bigger playing space, add a second goal and play a little 1v1 or 2v2 soccer.

BOWLING

Find 6 “pins” around your house. These can be milk cartons, plastic cups, water bottles, etc. Set them up in a triangle pattern. Take about 10 steps back from the pins and roll your sock ball and see how many pins you can knock down!



JUGGLING

Practice juggling with sock balls. Start with one, then add a second, and go on from there. How many socks can you juggle at once?

SNOWBALL FIGHT

Find as many pairs of socks that you can around your house for your snowballs. In a space that is clear of any items that could break, build a snow fort with pillows and cushions. On the count of 3 let the snowball palooza begin!



MINI SOCK GAMES

*See how many socks you can put on your foot at once!

*See how many socks you can put on your foot at once while being blindfolded and wearing gloves!

*Racing against someone else, who can match 10 pairs of socks the quickest. Ready, set, go!