



# NO HANDS

Ages 5+ | Individual or Family | 1+ Players

## AIM OF THE GAME



- ▶ Transfer all the items from one place to another without using your hands.

## EQUIPMENT



- ▶ A variety of soft items (e.g. pillows, socks, teddy bears, soft balls, balloons).

## HOW TO PLAY



- ▶ Place all the soft items at one end of the room/garden/space.
- ▶ Playing on your own or with a partner, all the items must be collected from one end and transferred to the opposite end.
- ▶ Players must not use their hands when collecting or transferring any of the items.
- ▶ Transfer all the items as quickly as possible using other body parts, being as creative as possible.

## GAME VARIATIONS



1. Play individually and race against another person.
2. If an item is dropped the players must begin the turn again.
3. Partners must carry the items using different/specified body parts (use a 'Twister' spinner to determine the body parts to be used).
4. Add obstacles to the course to move around or over (e.g. pillows, blankets, cushions).