



# PROTECT THE BODY

Ages 5+ | Family | 2 to 4 Players

## AIM OF THE GAME



- ▶ Using the cushion or pillow defend the body by blocking away the socks that are going to be thrown at you.
- ▶ One life is taken away from the defender every time they get hit by the thrower. All defenders start on 10 lives.

## EQUIPMENT



- ▶ One Cushion/Pillow
- ▶ 10 or more pairs of Socks

## HOW TO PLAY



- ▶ One player stands up holding a Cushion/ Pillow as a shield, facing the thrower.
- ▶ The thrower stands opposite around five steps away with 10+ pairs of socks ready to throw at the person holding the shield.
- ▶ One pair of socks are thrown at a time. The player with the shield must defend all parts of their body using the cushion. If the socks touch any part of the body, one life is lost. Start with the same amount of lives as pairs of socks being thrown.
- ▶ Once all socks have been thrown, count how many lives the defender lost due to being hit by the thrower, and then switch roles.

## GAME VARIATIONS



1. Balance on one leg whilst shielding.
2. Use only one hand to hold the shield.
3. Thrower can move around the blocker so they have to turn their body around so they are facing the thrower at all times.
4. No cushion – Just using your hands, block the socks from hitting their body, switching which hand you use each time.