



UPSIDE DOWN

Ages 5+ | Family based | 2+ players

AIM OF THE GAME



- ▶ One player must turn objects upside down, whilst the other tries to put them the right way up.

EQUIPMENT



- ▶ Around 20 household objects to be placed on the floor safely and turned upside down. Books, small toys, or cuddly toys are ideal.
- ▶ A safe playing space is needed, this is a great game for playing outside in the garden or park.

HOW TO PLAY



- ▶ Within a safe playing area, mark out a starting circle or area and then spread all the objects out and around the surrounding space. Place half of them upside down and the other half the right way up.
- ▶ Choose one player to turn items upside down and the other player must turn objects the right way up.
- ▶ Play at the same time for 2 minutes turning the objects over, after each object is turned over you must move back to and through the starting circle before turning over the next object.
- ▶ At the end of two minutes, see which player wins by having the most objects turned up or down their way!
- ▶ Change over roles and play again.

GAME VARIATIONS



1. Change the way of moving by using one, two, three or four body parts touching the floor.
2. Move around with an object resting on a chosen body part e.g., a teddy bear on top of your head. If it falls off, you must go back to the starting circle before turning an object over.
3. Start with all the objects the right way up. One player moves and turns them upside down whilst the second player must get around by crawling and try to tag the first player five times before they can turn all the items upside down. Play for two minutes and switch roles.
4. As above, but instead of tagging, the second player must throw a soft ball or rolled up socks at the player turning objects upside down from within the starting circle. The player turning objects upside down can start anywhere in the playing space. Their score is how many objects are turned upside down before getting hit.