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Boredom Buster

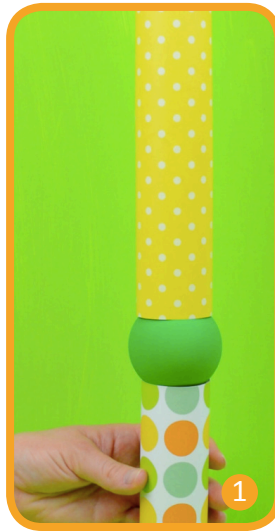
2-Stick Ball Run

Find the right mix between balance and speed to win this challenge that can be leveled-up for extra tricks.



How to Play

1. Hold one roll in your hand then stack a ball and second roll on top.
2. Race from start to finish without dropping the ball or rolls.
3. Drop the top roll? Restart from where it dropped. Drop the ball? Restart at the beginning.
4. The first player to cross the finish line wins!



Quick Info

Players: 1+

Ages: 6+

Prep time: 2 min.

Playing time: 5+ min./game

Supplies:

- Small balls
- Empty paper towel rolls
- Empty toilet paper rolls
- Empty wrapping paper rolls (optional)
- Decorative paper (optional)

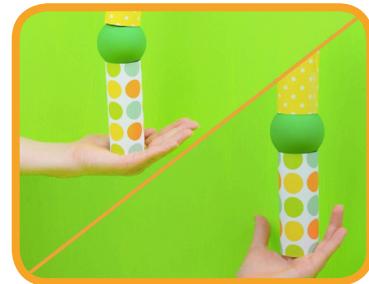
Adaptations



1. Try combining different ball or roll sizes to make it more challenging.



2. Make an obstacle course involving movement in many directions or heights.



3. Hold the roll in the palm of your hand or with two fingers inside the center.

Conversation Starter: Invite your family to see how far forward they can walk without looking at the ball or roll (it likely won't be far). Talk briefly about how when we try to balance multiple responsibilities in life, it's important to stay focused on what we need to accomplish. If we let distractions pull our focus in a different direction, it will be hard to reach our goals. Is there anything you can do as a family to help one another stay focused on your goals?