

# Without Hands

This is an active playground game that can be enjoyed by students during recess.

## Equipment

- Jump rope – one per group
- Paper hats – one per player



## FORMATION

A single line of 4 – 5 players standing, holding a jump rope in front of them with hats placed a few feet in front.

## PROCEDURE

1. Place one paper hat per player a few feet from group members.
2. Each member of the group holds the jump rope with both hands.
3. On a given signal, each group, still holding the jump rope, runs toward the hats.
4. Players try to get a paper hat on their heads without using their hands.
5. If a player uses his or her hands or drops the rope, the entire group is disqualified.
6. Players can help each other by using their heads, teeth and feet.
7. The group that returns first with each member wearing a hat is the winner.

