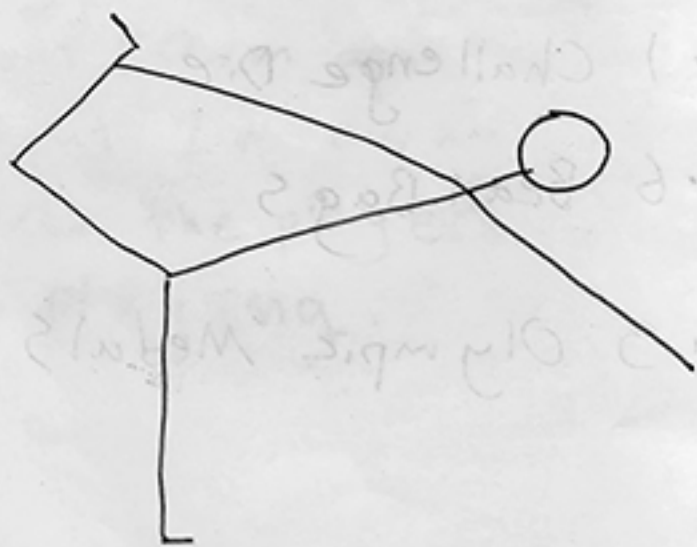


ELF OLYMPICS

Elf Balance Thyself

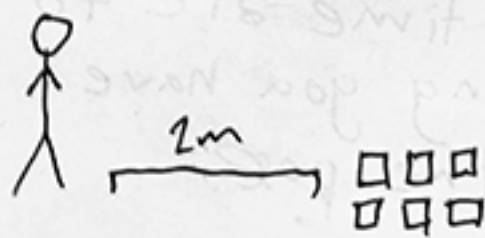


Contents:

- 6 Pose Mats
 - Squat, Lunge, Airplane
 - Scorpion, Tree, Bridge
- 1 Time Die
- 1 Challenge Die
- 6 Bean Bags
- 3 Olympic Medals

Set - Up

- 1) Make sure you have a good size, clear space to play in.
- 2) Lay out the Pose Mats about 50 cm apart and about 2 m away from where the players will be playing.



How to Play

- 1) The youngest Player goes first, and tosses their bean bag towards the pose mats.
- 2) Whichever pose mat their bean bag lands on, or is closest to, is the pose they will have to perform.
- 3) Roll the challenge die to see how the pose will be made more difficult.
- 4) Roll the time die to see how long you have to hold the pose.

How to Play

Challenges

- Foot: Balance the bean bag on your foot while holding the pose.
- Knee: Balance your bean bag on your knee while holding the pose.
- Posterior: Balance your bean bag on your butt while holding the pose.
- Head: Balance the bean bag on your head while holding the pose.
- Balance: Grab a half dome, balance beam, or wobble board to put at least one of your feet on while holding the pose.
- Heckling: Concentrate! The other players will heckle you and try to distract you while you hold the pose.

How to Play

Time S

2, 3, 5, 7, 10, 20

The rest of the players will count out however long you have to hold.

Don't count too slow because they'll be counting for you on your turn!

Winning the Game

The first player to successfully complete holding all six poses is the winner!

They are awarded the gold medal!

Second gets silver and third gets Bronze.

Thanks for Playing!

Winning the game

The first player to
successfully complete
holding all six boxes is
the winner!



Back yard
Games
C.O.

Thanks for
playing!