Tug-of-War

This is a great game that is easy to modify for indoor/outdoor play and anyone’s ability

Equipment:
Use for Pulling: Soft Rope, sheet, large towel, basically anything that can be used for pulling
Something to stand on: varying heights and sizes such as pillows, 2x10x10 wood squares, or even milk crates.

How To Play

(SAFETY: make sure that the area you are playing in is clear of anything that would hurt falling into or items that would break.)

With one person on each end of the rope, stand on the pillow and take in the slack so the rope is taut. When someone says go, both players try to pull or tug their opponent off their pillow. The first one to step off, loses.

Modifier: When opponents are different sizes, make the larger opponent’s area to stand on smaller, such as a smaller pillow or they have to stand on one foot.