



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

Dear Y Community,

It's Stay Strong Saturday!

We are finishing week one of our 30 Day Fresh Air Challenge. I hope everyone is getting out there and racking up those steps, taking photos and tagging us on the Y's Facebook page. Let's stay connected. We are all in this together!

Today's feature is family game night. Unplug, unwind and enjoy some good laughs. Below are two fun and different game options for all ages to play. A game night isn't complete without a great snack. Make our Cheese Stuffed Pretzel Bite recipe to enjoy at your game night.

SPOONS (You will need one deck of playing cards)

The game is played by sitting in a circle with one less spoon than there are participants, (spoons placed in the middle). Each player will start with 4 cards in their hand. The goal is to get 4 of the same rank. The remaining deck of cards is placed in the center of the circle face down- each person takes a turn picking from the top of the deck-either add it to your hand and discard one - or place discarded card face down next to the deck in the center of the table. Your goal is to find a desired card and then discretely exchange it for one you want to discard from your hand. Once you get all four cards of the same rank discretely take a spoon from the middle. When others notice that a spoon is missing from the middle they must all attempt to grab a spoon as quickly as possible in order not to be left without one. It is a process of elimination.

THINGS (You will need strips of paper and a pen for each person)

One person is "IT" to start and will say a statement that will have a thing as the answer. (i.e. Something that shouldn't be done while driving.) Everyone then writes on a strip of paper something that shouldn't be done while driving with their initial on it. The "IT" person will collect them, read them out loud, then go around the room letting people guess a matchup of a person and answer. If they are correct the person gets a point and the person whose answer was guessed is out. Continue going around the room until one person is left. That individual gets 3 points.

FAMILY

They drive you crazy.

They drive you nuts.

They drive you loony.

BUT:

They drive you!

Stay healthy and positive,
Carrie

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