

Sponge/Rag Head Relay

Materials:

- 2 buckets filled with water placed at the start
- 2 sponges or rags placed at the start
- 2 cups placed at the opposite end of starting area
- 2 items to mark “Start” ((ex. Shoes, chair, bucket, etc)
- 1 Sharpie to mark a fill line on the two cups

Set Up:

Mark the “Start” with two items, and then place two cups about 20 feet away. Place two buckets of water and two sponges or rags at the “Start”

Directions:

1. Players are divided into two teams. Teams line up in parallel rows, behind two cones, with players standing behind one another.
2. On the word “go”, the first person in each line will soak the sponge or rag in the bucket and place it on their head.
3. With the sponge or rag on their head, the player will run to the cup at the other end and squeeze the water into it.
4. Player will then return to the start and hand it off to the next person in line.
5. The first player then runs to the end of his/her line and waits for their next turn.
6. If the player drops the sponge, they pick it up where they dropped it and continue on.
7. This play continues until one team fills their cup to the top, or to a designated fill line, and wins the game.

