

## FAMILY GAME NIGHT – KNOCK IT OUT

### **SUPPLIES:**

- orange (or tennis ball or an apple)
- nylons
- bottles of water

### **CHALLENGE:**

Put the orange (or tennis ball or apple) in 1 leg of the nylons. Put the nylons on your head. Try to knock over water bottles placed on the floor by swinging the orange/ball. Whoever knocks off most bottles in 1 minute – WINS!

