



SUMO WRESTLING

Can you be big and strong?

A-Z



HOW TO PLAY BECOME A WRESTLER!



- > Put on as many clothes as you can
- > Play wrestle with your brother or sister!

SUITABLE FOR: All ages

TAKES: 20-40 minutes



REMEMBER It's a family activity! Why not video the 'wrestle' and share with friends online - see who can wear the most clothes!



YOU WILL NEED:

> Lots of clothes!



Why not try?

- > Doing this activity with another person in the house
- > **For parents and children over 13 years of age:** Filming the activity on your phone and see what other families are doing. You can post on Twitter @JoinUsMovePlay or Facebook #JUMPAthome

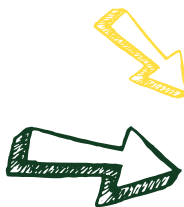
SAFETY...

- > As with any activity consider the space and make sure you have enough room!
- > Why not put a duvet, blankets or rugs on the floor for extra cushioning?
- > Be careful not to bang your head or play too roughly



CHALLENGE!

Can you put pillows under your clothes to make you even bigger and wrestle?



ju:mp@home



For more fun activities visit:
JUMPATHOME.ORG

