



# BALL IN A CUP

This simple game has been found all over the world, and is thought to be around 500 years old! The point of the game is simple – swing the ball up and try to catch it in the cup. Make the game harder by seeing how many times you can catch the ball in a row, or play with a friend by seeing who can get the most out of ten.

## **BALL IN A CUP AT HOME:**

It's easy to make this Ball in a Cup game at home. You only need a few supplies. Find a paper cup, a wooden bead or ball of tinfoil, and a wooden dowel or popsicle stick and you'll be playing in no time!

## **SUPPLIES NEEDED:**

Paper/Plastic Cup (Any Size)

Scissors

String

Beads, Ball, or Tinfoil

## **Optional:**

Tape

Wooden Dowel or Popsicle Stick & Hot Glue

Stickers, Markers, or Paper Decorations for cup



Watch the *Games of the Past* video for a do-it-yourself demonstration or visit <https://onelittleproject.com/cup-and-ball-game/> for full instructions!