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 Popcicle 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!