



# Keep Your Cool Relay Race



The perfect game for a hot, sunny day, the goal of this relay race is to get wet while keeping your cool as you transport cupfuls of water at full speed ahead

## Materials Needed

- Two teams with an equal number of players per side
- Two buckets per team, one empty and one full of clean water
- Two plastic cups (one per team) with 3 holes punched into the sides
- Open space that can get wet (a field, beach or backyard works best)

## Instructions

- 1) Divvy up the materials (above) to each team.
- 2) Place the empty buckets at one end of the yard and the full ones at the other.
- 3) On the word "Go," the first player on each team dips a cup into the water bucket and holds it over his or her head while dashing to the other end of the yard (do not cover the holes with your fingers!)
- 4) When a player reaches the second bucket, the player dumps what's left in the cup into it, Runs back to the start, and passes the cup to the next player.
- 5) The relay continues until the formerly full bucket is empty.
- 6) The team with the most water in the once empty bucket wins

**Safety Tip: Always get your parents help or permission before attempting the moves above—and encourage them to join you!**