

National Tug of War Day

Today honors a very fun, often overlooked sport: tug of war! In addition to this sport being a fun, team building activity, it is also great for building muscle and improving balance.

Pick the animals from the list below and place three on one side of rope and the other three on the other side, trying to make it an even match! You can draw the animals tugging at the rope or you can just write the words on each side of the rope, if you prefer that.

Deer
Lizard
Bear
Dog
Goose
Raccoon

