

## Wampanoag Toss and Catch Game

This is an ancient game played among many nations of Native people. The game has different meanings to the different Nations that play it. It was made from a variety of materials, including deer bones.

Besides the entertainment, toss and catch is a great way to develop hand and eye coordination. When the hands and eyes work well together, people can perform exacting skills better; hunters have better control shooting arrows and weavers can use better precision with their craft.

### MATERIALS

Thin cotton string or jute twine about 15 inches long

One pipecleaner (to substitute with a material from the outdoors, find a non-poisonous, flexible piece of vine about 12 inches long. Bittersweet works well.)

A straight, somewhat thin stick about 8 inches long

### MAKING YOUR GAME

Tie one end of the string to the stick, about 2-3 inches down from one end. Make sure the knot is tight.

Wrap the pipecleaner or piece of vine to make a circle about 1½ or 2 inches in diameter. Wrap it several times, and then twist the free end around the circle to hold it in place.

Tie the other end of the string to this loop. You're done! Now give it a try.

### TO PLAY

The object is to swing the loop out and up and try to catch it with the end of the stick you are holding. Once you master the toss and catch with your dominant hand, try it with the other.

