

101 Things To Do with a Stick

1. Pretend it's a magic wand and cast spells on your playmate.
2. Play fetch with your dog.
3. Play fetch with your friend.
4. Practice your air guitar skills.
5. Dig up some worms.
6. See how many times you can make it spin around in the air before catching it.
7. Twirl it in your fingers like a rock star drummer.
8. Move it from the ground to the top of your head without using your hands.
9. Use it as a horizontal line, keep your feet behind the line, and see how far in front of the line you can place your shoe, using only one hand to balance yourself off the ground.
10. Throw the stick as far as you can. Go to where it landed, pick it up and throw it again. See how many throws it takes to make it across the yard, park, etc.
11. Sit back to back with a friend and twist your upper body to pass the stick around your bodies (good core exercise).
12. Pretend you're an orchestra conductor.
13. Play "hot stick" - it's like hot potato, but with a stick.
14. Lay sticks on the ground in various places. Close your eyes and have a friend guide you around the sticks.
15. Tap the stick on the sidewalk to hear the different sounds different size sticks make.
16. Hide the sticks around the yard and see who can be the first to find them all.
17. Use a stick in relay races. Divide into teams and take turns running the stick to the finish line and back.
18. See how many sticks you can carry from one point to another without dropping any of them, and then see how fast you can do that.
19. Using two sticks, pick up another stick and move as fast as you can to the designated area to put down the stick. Continue picking up sticks with just the two sticks until all have been moved. If you drop a stick, start over.
20. Use sticks to make stick people on the ground. Build a house around them and come up with funny stories for the stick people.
21. Group bull-riding.
22. Use the sticks to push rocks through different tracks made out of other sticks.
23. Lay on the ground and see how many sticks it takes to make a circle around your body.
24. Build a house of sticks and see if the big bad wolf can blow it down.
25. Pretend it is a microphone and sing songs to your friends.
26. Core exercise- laying on your back hold the stick between your feet. Keep your legs straight and raise them up and pass the stick to your hands. Drop your feet back down slowly, then back up, passing the stick back to your feet. Continue for 15 repetitions.
27. Stretch- sit with feet straight out in front of you and with stick in your hands above your head reach down and stretch as far as you can towards your feet. Put the stick down. Reach back up to the top and back down to pick up the stick again. Repeat.
28. See how many sticks you can keep on your back while doing pushups.
29. Balance a stick for as long as you can on the top of your foot.
30. Jump the stick - stationary and moving.
31. Balance a stick on your hand longer than your friends.
32. Throw a spear (stick) at the target (suspended hula hoop).
33. See how many numbers you can make.
34. Crawl on the ground with one or more sticks balanced on your back.
35. Throw all your sticks into the air and see how many you can pick up before your friends do.
36. Hold a stick in each hand and pretend to go over a tightrope.
37. Attach a piece of cloth to a stick and play capture the flag.
38. Measure the length of something.
39. Tie a ribbon to the end of a stick and ribbon twirl.
40. Try to juggle the sticks.
41. Rub two sticks together to start a fire (with supervision).
42. Use a bunch of sticks to make a fire and use one to roast a marshmallow (with supervision).
43. Build a birds nest.



101 Things To Do with a Stick

44. Make the frame of a kite. Add string and cloth.
45. Create different shapes using the sticks.
46. Lat stretch – hold stick with a wide grip behind neck and pull downward gently with one arm to stretch the latissimus dorsi (under the shoulder blade). Repeat on the other side.
47. Back and chest stretch – hold stick with hands behind back. Ask partner to pull up gently on stick until person says to stop.
48. Bent over row – with feet shoulder width apart, bend at waist with flat back and pull stick up to chest.
49. Shoulder press – hold stick in front of shoulders and press straight up.
50. Bicep curl – add partner resistance for a greater challenge.
51. Overhead tricep press – add partner resistance for a greater challenge.
52. Squat with stick over head.
53. Hip abductor – standing straight, balance on left foot while pressing end of stick against the right foot. Using right foot, press against the stick.
54. Group horse race.
55. Race with stick between knees.
56. Use as musical instruments for a marching band.
57. Rowing – use sticks as the oars.
58. Limbo.
59. Tinikling – Philippine folk dance.
60. Transport sticks across the bridge – take a pile of sticks from point A to B, one at a time; play alligator in the water.
61. Sword fighting – objective is to tag opponents foot.
62. Stick walking – tie string onto each end of stick, then step on stick and lift string to walk.
63. Hurdles.
64. Play sheep herder- chase your friends around to herd them to the farm. Once you have touched your friend with the stick, quickly run with him to the “safe” spot. See how long it takes you to herd all your sheep.
65. Long jump.
66. Pole vaulting for distance.
67. Leap over a river – use two sticks as the river borders.
68. Javelin distance throwing.
69. Build a teepee.
70. Put a stick on your head and balance it as you walk from one place to another.
71. Use as ski poles.
72. Use as a walking stick.
73. Tie a string and hook on the end as a fishing pole.
74. Tie sticks together with string to make a small raft for a duck or a frog. See if it floats.
75. Tic-tac-toe.
76. Draw in the sand.
77. See how many letters you can make.
78. Use sticks for addition and subtraction.
79. Put on a stick puppet show for your family and friends.
80. Try to get a bird or a butterfly to land on your stick. When they do land on the stick, look but don't touch.
81. Pretend to be George Washington cutting down the Cherry Tree.
82. Let a caterpillar crawl onto the stick, then gently lift to get a closer look (with supervision) and be sure to put it back down.
83. Use your stick to see how deep a mud puddle is.
84. Use the sticks to make an interpretive dance to your favorite song. Perform for family and friends.
85. Pretend to be a pirate. Use the stick as a sword, telescope or anything you can imagine.
86. Collect many different sticks. Try and find out which stick came from which tree.
87. Try to balance a shoe on the top of a stick.
88. Act like a farmer and use the stick as a shovel.
89. Use the sticks to make a hopscotch board and play with friends.
90. With your friends, see who can find the longest stick, the shortest stick or the heaviest stick. Think of other comparisons as well.
91. Think about your favorite animal. Act out how you think that animal would act with a stick like yours.
92. Pretend to be an air traffic controller.
93. Use the sticks to make a clock and take turns making and guessing what the time shown is.
94. Act like a chef and use the stick to chop, stir and cook in the kitchen.
95. Use two sticks as wings and fly around your play area like your favorite bird.
96. Lay two sticks on the ground far apart. Run as fast as you can from stick to stick. Change where the sticks are located after each run.
97. Hold a stick with two hands. Twist your body and tap the stick on the ground. Twist to the other side and tap the ground. Keep twisting and tapping.
98. Use the two sticks as chop sticks and see what the smallest thing you can pick up is.
99. Write numbers on the sticks. Spread them all over the yard. Have someone call out numbers and see who can find it first. Or see how long it takes you to find the stick.
100. Tie a string to one and make a bow and use another to make an arrow.
101. Use your stick to clear brush away from a path. Chop at it like an axe

