**SUPER SIZE ME**

**Supplies:** You’ll need the following for each small group of 10 players: three large trash bags with the bottom cut out and taped together to make a tunnel, oversized sweat pants (XXL), oversized sweatshirt and a plastic bat. If you don’t have the budget to buy the oversized sweatshirt and pants, borrow them from a parent. If you can’t get sweats, then get oversized clothes of any kind: t-shirt, shorts, etc.

**Set Up:** Players get in groups of 10 and line up relay style. Put the overstuffed clothes directly in front of the first player of each line. About 20-30 few feet away from the clothes, place the trash bag tunnel. Put the bat a few feet away from the exit of the tunnel.

**How to play:** On GO, the first player of each team puts on the oversized sweatshirt and pants on top of their own clothes. Players cannot go any further until the clothes are completely on. Next, run to the trash bag tunnel and travels through it to the other side on your hands and knees. Once out, put the plastic bat on your forehead, lean over so the other side of the bat is touching the ground, and spin around ten times. Players then go back in the tunnel to the other side, run to the next player in line, take off the oversized clothes, and tag the next player who repeats the process. The next player continues the same process as the first until everyone has a chance to participate. Whichever team finishes first, wins.

**Tips:**

* Play outside on the grass. Preteens might hurt their knees if you play on a hard surface. Players also might fall down when running and wearing the large clothes.
* Have a leader hold one side of the trash back tunnel. It has a tendency to move while players are traveling through it. Leader should hold the end of the tunnel near the exit.
* If you have extra leaders, station them by preteens as they spin around with the bat on their forehead. Leaders can make sure they spin around 10 times as instructed.