

# Brainy Breaks

## Thumb War



### Instructions:

Participants pair up and link right, or left hands with thumbs pointing up. “1, 2, 3, 4... I declare a thumb war” signals the start of the game. Participants, still holding hands, attempt to pin their opponent’s thumb, to a count of three.

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**Equipment:** None

**Safety:** Focus group on the fun of the game rather than win/lose. Pairs need to look out for each other and not play roughly. Spread out in designated space and keep clear of other pairs.

**Easier:** Use preferred hand.

**Harder:** Use non-preferred hand. Try the game in stereo – using both right and left hands at the same time!