

TITLE

Thumb Wrestling Championship

DESCRIPTION

Put your skill, strength and dexterity to the test with an exciting dose of thumb-to-thumb combat. First, create a wrestling character for your thumb, complete with an intimidating name, and an attitude to match. Then paint your thumb to make other thumbs tremble with fear. Now you're ready to battle. Be the first to pin your opponent three times to become the undisputed champ of your family.

KEY TIP

To create an exciting atmosphere, keep the room dark, and thumb wrestle under a spotlight or lamp. Build drama by playing a theme song for your thumb wrestler just before the big match. If you have spectators, ask one to referee, and another to call the action as the ringside announcer.

AGE RANGE (FROM/TO)

6 to 16

FAMILY SIZE (MINIMUM)

2

TIME LENGTH

30 minutes to 1 hour

WHAT YOU NEED

- At least two thumb wrestlers who are ready to rumble
- Non-toxic and washable water-based paints to create your characters
- A table with a lamp to act as your wrestling ring
- A championship belt for the winner

HOW TO DO IT

1. Choose a name for your thumb wrestler. The meaner and more intimidating, the better.
2. Use non-toxic and washable water-based paint to put a face or mask on the top half of your thumb (see photo).
3. Make a championship belt out of cardboard, construction paper, or whatever else you can find.

4. Wrestle!
5. To get your hand into the start position, curl your four fingers while keeping your thumb pointing straight up.
6. Now grab your opponents hand and squeeze firmly with your four fingers.
7. To get the match started, each wrestler moves their thumb from left to right while declaring: "One-two-three-four-I-declare-a-thumb-war!"
8. To pin your opponent, hold their thumb down for a three-second count. The first wrestler to get three pins is the winner.
9. Take a picture of the winning thumb and post it on the fridge for all to see.