

Around The Campfire



World Sock Wrestling Day (WSWD!)



Supplies Needed:

- A couple of pairs of socks
- Costumes and props
- Paper and writing utensils
- A rug, carpet, blanket or mattress

Creating your Character

Time to put together your costume and make up your wrestling name. Choose the song you want to be introduced with. If you don't want to be a wrestler here are some other roles you could play: announcer, referee, trainer, scorekeeper or fan club! Gather costumes and props for these roles as well.

Preparing for the Showdown

Create a winner's belt, make signs/posters about your characters and the match, create scorecards, and set up a ring using a rug, carpet, blanket or mattress on the floor so it's safe. Place chairs around the ring for the fan club, the announcer, etc.

Sock Wrestling

Find a pair of socks - the longer the better (borrow them from mom or dad!) Pick an opponent (can even be mom or dad!) You will each need to put a sock on one foot. They don't need to be on tight and snug, they should be a little bit loose. Now it's time to try to wrestle that sock off each other's foot!

Instructions/Rules

- Both players kneel down across from each other (you're on your knees the whole time)
- Count down 3, 2, 1 and go.
- Steal the other player's sock and try not to lose your own!
- All players must stay in the ring.
- Winner takes the sock!



Change Things Up!

Have more than two players (tag team), play tournament style or you could each take a turn playing a different role.



We Challenge You To...

Create a promotional video challenging other sock wrestlers or a friend from camp to a match!

Show us how much fun you had with this activity by sending your pictures and/or videos to registration @ooch.org!