

Go Outside

Seal Soccer

What you need:

1 big soft ball (plastic or rubber)

How To Play

Split into two teams and set up goals for each team. Everyone gets into a seal position by lying down on their stomachs and crossing their legs behind them.

You can use your hands to pull yourself along and your nose to push the ball into the other team's goal, just like a seal. But no touching the ball with your hands!

The team that scores the most goals wins.

