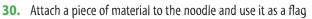
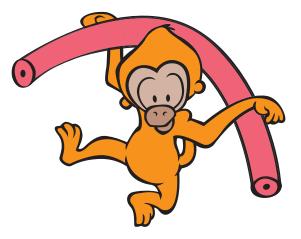
BE ACTIVE KIDS

50 Ways to Use Your Noodle.... Pool Noodle that is!

- 1. Use it to play limbo
- 2. Pretend it is a horse and ride it
- 3. Jump over it
- 4. Cut it into pieces and use it as chips
- 5. Use it like a baseball bat
- Cut it into pieces and play catch with the chips
 Cut the noodle into pieces and use part of it as a hockey stick and the the chips as hockey pucks
- 8. Throw it like a javelin
- 9. Throw it up in the air and pretend it is a rocket
- 10. Pretend you are strength training and do exercises with it
- **11.** Have a sword fight with it
- **12.** Build a tent with it
- **13.** Use a bunch of noodles to create a "raft"
- 14. Practice your air guitar skills
- 15. Twirl it like a baton
- **16.** Use it to see if you can jump its length
- 17. Play "hot stick"- it's like hot potato but with a stick
- **18.** See how many noodles you can carry at one time
- 19. Group bull riding
- **20.** Use a bunch of sticks to make an obstacle course
- **21.** Use two noodles to pick up another noodle
- 22. Use noodles with a beach ball, like you would a pool cue
- 23. Pretend it is a microphone and be the next American Idol
- 24. Make letters with the noodles
- 25. Make numbers with the noodles
- **26.** See how many noodles you can balance on your back while you walk
- **27.** Cut the noodles in half and use as light sabers
- 28. Cut the noodles into chips and throw them in the air... how many chips can you pick up and hold in your arms at one time
- **29.** Cut the noodle into pieces and try to throw them into a target



- 31. Make a circle out of a noodle and use it as a target
- **32.** Make a bunch of circles out of the noodles and play ring toss
- **33.** Cut the noodle into chips and try to juggle the chips
- 34. Create different shapes using the noodles
- 35. Build a fort using a bunch of noodles
- 36. Use as a walking stick
- 37. Use the noodle to touch something in a tree
- **38.** Use the noodle to see how deep a puddle is
- **39.** Create a hurdle with the noodle
- **40.** Use the noodles like they are ski poles
- **41.** Tie a string to the ends of one noodle to create a bow, then use a 1/2 noodle as an arrow
- **42.** Make a wicket out of a noodle
- 43. Pretend it is a fishing rod
- **44.** Cut a few noodles in half, opening the middle of the noodle to create a water run for water play
- 45. Fold a noodle in half and use it like tweezers
- **46.** Make a tic-tac-toe board with noodles and use other small items to be the x's and o's
- 47. Balance a noodle on your palm and try to walk
- **48.** Slice open a noodle lengthwise and use it as a marble raceway
- **49.** Play fetch with the noodle
- 50. Pretend you are an orchestra conductor





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