

Family Paul Bunyan Day 2 WAYS!

One of the most joyful days of my summer is Paul Bunyan day! We get to celebrate the history of the Northwoods, play games, and wear plaid – what’s not to love! Here, we have explanations of our PBD activities for your family to do at home. Just in case you don’t have outdoor space or abundant lumberjack implements, we have some adapted activities for indoor enjoyment. So strap on your plaid, stand a little taller, and bring Paul Bunyan Day to your home. It might just give you an excuse to eat pie for breakfast. ☺

Activity Name	Classic Version:	Modified Version:
Caber Toss	<p>This activity is a simple who-can-throw-it-farthest activity. The classic lumberjack games version uses a 'caber', or log, but a stick will do in a pinch! Set up a course by marking every couple of feet on the ground, each consecutive marking worth one more point (you can also just carry a stick or stone out to where the caber lands in order to mark your distance). Each person will have a chance to throw the caber, retrieve it, and announce to the rest of the participants how many points they have. Person with the most points WINS!</p> <p>Equipment needed:</p> <ul style="list-style-type: none"> - 1 log or stick - sticks or stones (or lines in the dirt) to mark distance 	<p>For those of us who are caber-free and spending time in our living rooms, we will do a pillow toss! The same parameters apply as the classic version. For more of a challenge, try tossing a lightweight scarf! This also is more adaptable to smaller spaces. Give it a try!</p> <p>- Equipment needed:</p> <ul style="list-style-type: none"> - A pillow, a scarf, or something else soft for throwing - small items to mark distance thrown
Seed Spitting	<p>This silly game is usually played at the basketball court at camp. Each person gets a sunflower seed, and has a chance to spit it. The person who spits it the farthest wins, though there is certainly space for extra style points. If you have sunflower seeds at home, or uncooked beans, or something else small that you feel comfortable spitting, take them outside and see who can go the distance!</p>	<p>This is a very exciting day, where a joke becomes reality. THE INDOOR VERSION IS SPEED SITTING! All that you need is a pillow, or a cushion of some kind, and an impartial judge. Anyone who would like to participate needs to set up a padded "landing zone" before play begins. Then the impartial judge starts the countdown: "3, 2, 1, SIT!". First person to hit the ground wins. This game is also played well in the snow, with the appropriate snowgear.</p>
Flapjack Toss	<p>Flapjack toss is an activity where we make use of our leftovers from PBD breakfast. We pair up and pass flapjacks back and forth to each other using frying pans as our racquets/baskets. Each time a successful pass is completed, the pair backs up one step each, sort of like a water balloon toss. The pair that keeps their flapjack in play for the longest wins! Alternatively the person with the coolest moves wins. Your choice.</p> <p>Equipment needed:</p> <ul style="list-style-type: none"> - 2 frying pans - something to toss - a flapjack obviously works well, but if you don’t have any flapjacks on hand, a wet washcloth, a bean bag, or small soft object of your choice could work! 	<p>We already mentioned some alternative options, but let’s explore some more. In a small space, you might master distance pretty quickly. Lean into mastering cool moves like spins, tossing and catching through your legs, or jumps are a good place to start. Also, adding the challenge of using a ball or a stuffed toy could be fun.</p> <p>Additionally, if you are primarily spending time in an indoor space, cooking flapjacks is fun for the whole family, and maybe you can practice flipping them with a toss like a chef.</p>

<p>Stump Tug</p>	<p>At Camp, we set stump tug up by creating a circle of sturdy stumps and tying a large rope into a circle that spans the stump circle. Campers stand on each of the stumps and hold onto the rope with two hands. Both hands must stay on the rope, but can slide right and left. The objective is to be the last person standing on their stump by gently tugging the rope from the people on either side of you. This can be set up outside at your home in the same manner, or you could use chairs or strong boxes. If you don't have a rope handy, you could use long lengths of cloth, blankets, or even extension cords.</p> <p>Equipment needed: 1 'stump' per person 1 'rope' tied into a circle.</p>	<p>Inside, stump tug can be set up by using chairs or stools, and using scarves or blankets as your rope. Make you sure you have safe space or spotters around you. This can also be played one-on-one. Remember, stump tug is about finesse, not brute force.</p> <p>Equipment needed: - 1 'stump' per person - 1 'rope' tied into a circle</p>
<p>Lumberjack wrestling</p>	<p>Also often referred to at Camp as 'dueling', this activity is largely a measure of one's agility and speed. Two participants will compete head to head. First, an arena is created, which can be done by drawing lines in the dirt, laying down a circular rope, or using sidewalk chalk. Then the two participants will tuck in their shirts, and then tuck a sock into the back of their waistband (with a hand-sized amount of sock showing). The two competitors will shake hands, a non-partial judge will count down and the two participants will race to see who can get the other person's sock first. If someone falls down, or someone steps out of the circle, the pair resets. This wouldn't be any fun if you just put your hand on your sock and held on to it, so keep your defensive moves to your sides, the way a penguin might move its wings.</p> <p>Equipment needed: - 1 sock per competitor - some way to distinguish an arena</p>	<p>This is an activity that works really well inside! Not much adjustment needs to be made, though you might want to clear out your living room. Since you have already moved the furniture, consider following your lumberjack wrestling matches with a dance party (and at Camp, we like to follow our dance parties with ice cream....just a suggestion).</p>
<p>Tug of War</p>	<p>I think this one generally needs no explanation. You will need a long rope and two even teams. It can even be one-versus-one. You can either mark the rope in the middle, and mark two points evenly spaced from the middle starting point on the ground, or mark two points evenly spaced on the rope and one point in the middle on the ground. The object of the activity is for you to pull the rope toward your team until you cross the marked point on the ground or the other side of the rope. If the other group lets go or falls down, that is a win as well. This game is VERY fun to play outside if you still have snow.</p>	<p>Inside, you probably won't have as much space, but that's ok! This could be played across a living room, and you could set up a pit of pillows or blankets in the middle. Whoever pulls the other team into all the pillows first wins! You also might not have a rope, but use a strong towel or blanket instead.</p>

Cross-Cut-Sawing	This one is kind of special...At camp we use a LONG cross-cut saw, and it makes us all feel like real lumberjacks. Let's just skip ahead to the adapted version...Unless you have a cross cut saw at home, AND adult supervision and permission.	As adaptable Manito-wishers, we are going to really switch this one up. When we do cross cut sawing at Camp, we have a sawhorse, a log, and a BIG cross-cut saw. The objective is for a group of two to work together to saw through a log the fastest. This requires working together, switching who is pulling and who is just holding on to the other side. For the indoor version, we are going to use our imaginations. If you have modeling clay at home, create a 'stick', anchor it down somehow, and then use a string as your saw. I just tried this activity with a banana and dental floss, and it worked surprisingly well. Maybe even a head to head activity using a butterknife on a piece of frozen food? I think this one will feel most effective if you ensure you are wearing plaid, and maybe also a hat and boots for good measure.
Log Pull	The traditional version of this activity requires a LARGE, heavy log with several ropes securely attached to it. If you feel confident setting that up, go ahead. If not, you could fill boxes or hampers with heavy objects (or a friend?). Equal groups of people can take turns pulling the log or log alternative through a course or a long distance while being timed. The fastest time wins!	The indoor version of this game is played in one person teams. Each person takes a turn pulling a hamper filled with heavy things (or another person) around the house through a course or just a certain distance. The person with the fastest time wins.

If all of this gets you and your family and friends feeling festive, you can bring some other Paul Bunyan Day traditions to your home. Beyond dressing up, try a Paul Bunyan Day breakfast! Eat in silence, and try to make each other laugh. The person who laughs the most can clean the kitchen! After you do your activities, you could have a picnic. At the end of the day, you could have a square ceremony/vespers ceremony with your family, or just sit by the fire and sing camp songs. Enjoy it friends!