

# I CAN DO THAT WITH ONE HAND BEHIND MY BACK

<https://scoutermom.com/545/i-can-do-that-with-one-hand-behind-my-back-game/>

## Materials: (for each pair)

- One pair plastic gloves
- One brown paper lunch sack
- 2 pieces of sandwich bread
- about 1 tablespoon of jelly (in a small container or bowl)
- 4 baby carrots in a (in a small container or bowl)
- 2 cookies (in a small container or bowl)
- 3 plastic sandwich bags
- paper plate for making the sandwich
- knife for spreading jelly and cutting sandwich)

## Preparation

Arrange the items required for each pair on a table. Make sure the stations are set far enough apart that they don't get their things mixed up with another pair.

## Instructions

1. Have the Scouts wash their hands.
2. Divide the Scouts into pairs.
3. For one Scout in the pair have one hold his left hand behind his back. For the other Scout have him put the right hand behind his back. (For Cub Scouts it might be helpful to put a sock on the hand so they remember not to use it.)
4. Have them put a plastic glove on their free hand.
5. The pair must make a jelly sandwich and cut it in half.
6. Then they must put the jelly sandwich in a plastic sandwich bag.
7. They should put their carrots in a plastic bag.
8. They should also put their cookies in a plastic bag.
9. Next they should put all three plastic bags in their brown paper lunch bag.

## Notes

The two scouts will have to talk to each other to get their lunch made. When the game is over, let them divide up the food and eat it. They can feel their hands first or they might want to do it with one hand behind their back. Take some time afterwards to talk about what they needed to do to get their lunch put together. There might also be an opportunity to talk about disability awareness here.