

Guess What's in the Sock



A great mealtime game that will keep your family guessing. You can play this game with as few as two people.

Materials Needed:

- Sock
- Small household items for each family member to place in the sock

#1 Ask your family members to each bring five small items to the table. They are to keep these items hidden from other family members.

#2 Choose someone to be “IT”. “IT” places an item (hidden from the rest of the family) into the sock.

#3 The sock is then passed to each family member who will feel the sock (but not look inside) and try to determine the identity of the item.

The person who guesses the item correctly becomes the next player to place an item in the sock. If no one guesses the item correctly, “IT” gets to place a new item inside the sock and the game begins again.

Variation: “IT” places all five items into the sock. Whoever guesses the most items becomes the new “IT”.



ParentTip: Get into the habit of eating five or more meals together as a family each week—breakfast, lunch, or dinner.

ParentTip: Always think safety when doing this or any other family activity.