

# String Games

String games are a traditional northern activity - perfect for long nights in an igloo, rainy summer days, or road trips.

## Players:

One

## Equipment:

A piece of string

## How to Play:

### 1. Measure your string

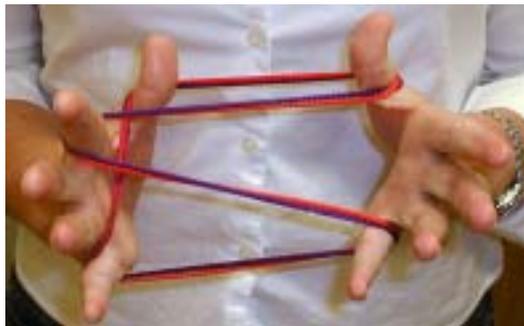
- Wrap a piece of string around the palm & back of your hand until it has crossed your palm 8 times. This is the proper length of string. Tie the ends together to form a loop - now you are ready to play.

### 2. A Simple String Figure – The Alaskan Star

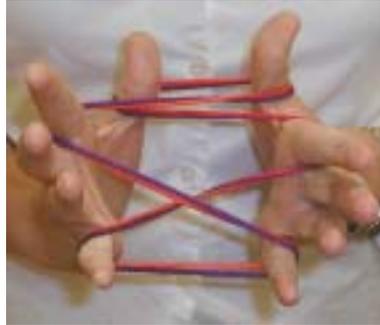
- For this figure, double your string before starting, or use a short string (wrapped 4 times around your palm)
- Loop the string over your left hand so it runs behind your thumb, across the front of your palm, and behind your little finger. The main part of the loop should hang down in front of your wrist.
- Loop the string over the thumb and little finger of your right hand in the same way.
- Pull your hands apart, with palms facing until the string is tight. This is called position 1.
- Slide the index finger of your right hand under the string crossing your left palm and return your hands to their original position.



Position 1



- Repeat this movement with your left index finger. You should now have loops on your thumbs, index, and little fingers. The strings criss-cross between your hands in a diamond pattern. This is called opening A.



**Opening A**

- Put your thumbs over the first set of strings around your index fingers, and under the second set (the ones running diagonally from index to little fingers). Return your thumbs to their original position. The thumbs now have two sets of strings - an upper and a lower.



- Slip the lower thumb string over the upper thumb strings and release it. This is called Navahoeing.



- Slip your little fingers out of their loops and pull the string tight. If you tip your hands so your thumbs are horizontal and your fingers point down, you have a figure called the Cup and Saucer.



**Cup and Saucer**

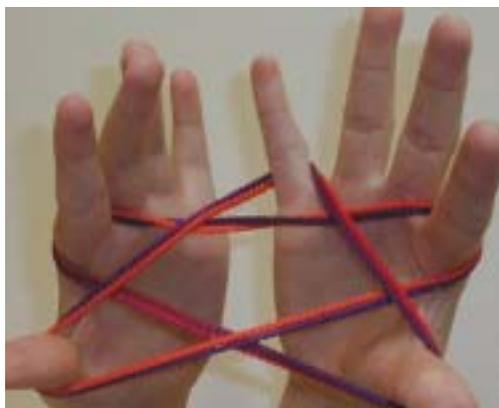
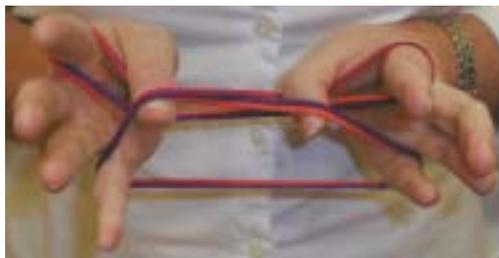
- To continue making the Alaskan Star - hold the string figure horizontally. If you look down at it from above, you will see three sets of strings crossing the centre. One string is on top of the other two. Slip your little fingers under the top string and pull it back until your palms are facing.



- Drop the string from both thumbs.



- Put your thumbs over the strings running around your index fingers, and under the first string around your little fingers. Return your thumbs to their original position.
- Remove one of your little fingers from the loop and adjust your hands gently until you can see the star.



**Alaskan Star**