

The Māori people of New Zealand play a game by tapping, throwing, and catching sticks to a rhythm. Find four sticks or paper rolls to play your own version of this game!

# RĀKAU STICKS



## How to Play

1. Sit with a partner on the floor, facing each other. Each of you holds a stick in each hand.
2. Choose a pattern of movements to make with your sticks. You can use some of the ideas here, or you can make up your own.
3. Practice doing the movements together at the same time. See how long you can go without messing up! You can also play some music and practice doing the movements to the beat.

Decorate your sticks  
with fun patterns!



## MOVEMENT IDEAS

- Tap your sticks together three times.
- Tap the ends of your sticks to the floor three times.
- Trade sticks with your partner.
- Tap your partner's stick three times.

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