



# Handbook of American Indian Games (Native American)

*Allan Macfarlan, Paulette Macfarlan*

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**Handbook of American Indian Games (Native American)** Allan Macfarlan, Paulette Macfarlan

Fun-loving youngsters will find new trails to amusement in this varied collection of 150 spirited, entertaining and easy-to-play games once played by Indian tribes across America. Indian lore and recreation specialists Allan and Paulette Macfarlan present a rich assortment of active, quiet, competitive, and instructive games for boys and girls of all ages that offer hours of enjoyment and provide insight into how American Indians thought, lived, and played.

You'll find running, relay, kicking, stalking, throwing and rolling, tossing and catching, guessing, group-challenge, and many other games chosen for their skill-building and character-building qualities. These authentic Indian sports develop dexterity, strength, endurance, patience, logic, power of observation, good sportsmanship, and other desirable attributes.

The games can be played indoors or out with little or no equipment and are suitable for small and large groups for every occasion. Complete step-by-step instructions plus numerous diagrams make them easy to learn and play — an ideal source of recreation for campers, scouts, school groups, and others.

Parents, teachers, group leaders, camp counselors, and anyone who works with young people will find the *Handbook of American Indian Games* a wonderful source of safe, healthy, and amusing recreations.

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