



# Traditional Chuseok games for the whole family

The long, hot summer has passed, and autumn has arrived, bringing with it a cooling breeze. This year, September marks the full moon of the year, Chuseok marks the harvest season, a time to share food and give thanks for a bountiful harvest! We hope you enjoy a happy Chuseok, making songpyeon (rice cakes) with your family and enjoying traditional games.

## What is Chuseok?

Chuseok is the 15th day of the 8th month of the lunar calendar and is also called Hangawi.

**秋夕** Autumn Evening

If you interpret the Chinese characters directly, it means that the autumn moonlight is the best night. Furthermore, autumn is the season when the grains and fruits grown from spring to summer are harvested and eaten abundantly. Since ancient times, our ancestors have celebrated the year's harvest by making and eating rice cakes and drinks. How about making and eating Osundo Sun Songpyeon with your children to express your gratitude?

## Making songpyeon

• Ingredients: rice flour, warm water, salt, sesame oil, steamer  
Filling: Ingredients you want to eat such as soybeans, chestnuts, sesame seeds, honey, sugar, etc. (Please blind or grind them to an appropriate size).

1. Divide the rice and flour and warm water into small portions and make a dough.
2. Take an appropriate amount of the finished dough and divide it into round pieces
3. Make a circular hole in the center and put the prepared filling in.
4. Close the dough cleanly so that the filling does not come out.
5. You can make it in various shape such as crescent moon shape, a round shape, or a heart shape.
6. Place the made songpyeon in a steamer and steam for 23-25 minutes.
7. Lightly coat the finished songpyeon with sesame oil, let it cool for a while, and enjoy it with your family.

## Chuseok traditional games

### • Yutnori



- A game played with four Yut pieces and a board
- A game where you move your piece based on the result of throwing the Yut stick: 'do', 'gae', 'geol', 'yut', or 'mo'

※ Let's make pretty clothes using tissue paper and colored paper.



### • Scab



- A game where you place a piece of paper on the floor and hit it with another piece of paper to flip it over.

※ Make a colorful traditional-shaped stickers using colored paper.



### • Jegichagi



- A game where coins are wrapped in cloth, tied with thread, and then the person who can lift as many coins as possible without dropping them wins.
- There are many ways to play, such as several people facing each other and taking turns kicking, or sleeping with the right and left feet alternately.

※ Make a flag with a plastic bag



- Besides that, there are many other games such as tug-of-war, seesaw, wrestling, sabjanchigi, and top spinning!

- A game of tug-of-war where the one who puts the most arrows into the jar wins.



- A sport in which two players wearing loincloths on a sand mat grab each other's loincloths and use their hands, legs, waist or techniques to trip the other player.

- A traditional game similar to a seesaw in which two people take turns jumping on a wide, long plank that is rolled up and placed on a mat-like object.

