

Sticks in the Fist



“I have taught this game to seniors who have been so beaten down and they are hurting so bad that they didn’t have the confidence to take the first stick to play this game of intuition. After playing this game for a short time, they were the ones going around the classroom and holding them out to their classmates”.

“Ten sticks are used. I make them out of bamboo and dip them in glue to prevent splinters.



The sticks are cut short enough to fit into a hand. Then one of the sticks is painted black on the bottom. I also use this game for teaching numbers to children. This is a game that is easy for them to carry and learn numbers one to ten”.

(Mary Ellen Little Mustache)

One of the players holds the ten sticks in their hand with the marked part of one stick facing down so it cannot be seen by other players. The bundle can be passed along to other players for each to pick a stick. The goal of the game is to make careful observations about the sticks’ appearances as the game continues and to avoid picking the marked stick (Wilson₁, 2020; Mary Ellen Little Mustache, 2020).

This is a game of probability that requires the players to sense which stick is marked. Players pick as many sticks as possible before drawing the marked stick. With continuation of the game, the players can develop their skills of observation about the sticks. “Drawing all nine sticks and avoiding the marked stick is the highest honor” (Wilson₂, 2020).

Sticks in the fist is a Chippewa game of intuition that has been known as a fairly accurate test of one’s ability to intuit (Brady-Leader, 2013). “Historically, hand games, like Sticks in the Fist, were played by women within the group, and later on between communities to exchange horses and cattle” (Wilson, 2020).

References

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“Social Intelligence is formed through careful watching, observing and intuiting with people as well as in nature”

“The social senses were developed through the kinship of others and playing social games that began in the cradle-board and continued throughout life so the elders would possess seemingly unexplainable skills of knowing”

(Brady-Leader, 2012).

- ♦ *The intuitive processes use emotion-learning systems of the brain and is thought to provide information about the outcomes of decisions with the possible emotional consequences that pertain to each situation. With practice, this intuition develops implicit memory that becomes effortless when it is combined with other tasks. A strong intuition may have the ability to promote problem-solving by decreasing the cognitive load for the final decision-making processes of executive functions (Turnbull, Evans, Bunce, Carzolio, & O’Connor, 2005).*
- ♦ *Playing games of intuition, such as Sticks in the Fist has the ability to strengthen intuitive processes with the support of attention and working memory processes of executive functioning. The more intuition that is developed from playing this game, the more automatic it becomes, which can become boosted by motor responses, organization or thoughts and emotional regulation (Damasio, Everitt & Bishop, D. (1996).*

References

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