

KIDVENTURE

EST. **KV** 1994

*Best of the
Best*



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Name Games and Ice Breakers

Line

Have them line up in order of height, name, last name, middle name, age, etc. They will have to talk!

- *NOTES: You can gear it up by giving them a certain time limit*

Slap the Chair

Circle up some chairs so there is one chair empty and one person standing in the middle. The middle person is aiming to sit in the chair, but if she manages, the person RIGHT of the chair will be in the middle. This person does not want that! So the person to the right SLAPS on the chair and calls somebody else in the circle. That person comes to the empty chair, leaving their chair empty. The middle person now tries to sit in the seat just vacated.

- *NOTES: This one really makes them enthusiastic, works especially well with older kids*

Super Steve

Introduce yourself with a theatrical gesture. Everyone then imitates that one time. For example, Steve may do a Superman motion when saying his name is Steve, and everyone else would have to repeat it.

- *VARIATIONS: Do a dance move instead of a theatrical gesture*
- *NOTES: Can be uncomfortable/confrontational for shy people*

Jump In, Jump Out

Circle up, start clapping to a steady beat and chant the chant that goes along with this game. It goes “Jump in, jump out, introduce yourself! Jump in, jump out, introduce yourself!” Someone then jumps in the circle to start and introduces him or herself in a call-and-response that goes like this:

ANNIE: My name is Annie!

GROUP: Yeah?

ANNIE: I like to swim!

GROUP: Yeah?

ANNIE: I can do handstands!

GROUP: Yeah?

ANNIE: So check me out!

GROUP: So check her out!

Then go back to the “Jump in, jump out, introduce yourself” chant. The next person in the circle will go and say two fun facts about themselves, and so on and so forth.

- *NOTES: This is the same rhythm as the “Spartan Cheerleaders Roll Call” chant from SNL, if you need a reference*

Instant Replay

Everyone gets in a circle. Starting with the tallest person, he/she jumps in the middle and says their name and then pantomimes their favorite thing to do. Then when they jump back to the circle everyone else instantly replays them by jumping into the circle, shouting his/her name, and copying what they just did.

- *NOTES: Young kids enjoy this game a lot*

Planets and Moons

Equipment:

1. 5 different objects

Directions:

Designate one object like the moon. Form into a big circle holding hands stretched out. Drop hands. Explain the moon's motion: upon receiving the moon, each revolves (turns around) once, and then passes it to the next person, saying its name. Moon motion continues as each player revolves, identifies, and passes the moon around the circle. Emphasize that they must say the correct name! Practice. Try for 3 orbits.

Train

One person starts, playing on a train. He goes to somebody, says: 'Hi! My name is Fred!' The person answers: 'Hi! My name is Alessandra!' Then the train goes 'Alessandra, Alessandra, Alessandra-Alessandra-Alessandra!' Alessandra becomes the new front of the train, and the process repeats.

Name Game Toss

Have something tossable on hand and get the group in a circle. You will have the group toss the object while saying the name of the person they're tossing it to. Make sure that the person who starts the tossing is the last person to get tossed, and that everybody in the circle gets tossed only once.

- *NOTES: Gear it up by having multiple objects going at once. Add a competitive aspect by timing how quickly your group can get the object(s) through the circle. Gear it up further by adding an object to be thrown in the reverse order*

Circle Slap Pass Name Game

Get the group in a circle, and have everyone put their left hand out next to them, palm facing up. Next, have everyone put their right hand with their palm facing up on top of the person next to them's left hand. Start by practicing 'passing the slap.' Next, have your group say their own name when they slap the next person. After that, you can have them say the name of the person to the left of them when they pass the slap. After that, they can say the name of the person to the right of them. It will get them learning each other's names very quickly!

- *NOTES: Add a competitive aspect to it by seeing how quickly your group can pass the slap. You can go around multiple times, too, with the first time being your own name, the next to go around the circle saying the person to the left of your name, the last time saying the person to the right of your name.*

Alliteration Name Game

Group sits in a circle. The person starting says an adjective describing themselves that starts with the same letter and then their name (Funny Frank), the next person repeats the names of the people that went before them and then adds their own.

- *VARIATIONS: You can change the adjective to be a verb (example: Flying Frank) or a noun (ex: Frank the Fish)*
- *NOTES: To gear it down, you can opt not to have campers repeat the people before them*

Clump

Have everyone stand at least five feet apart, so that when you spread out your arms, you're not touching anyone else's arms. The leader then shouts out: "Clump of [some number]" Everyone then has to huddle together in a group huddle or "clump" of that many people. There should usually be people left over because there aren't enough people to form a full clump. If you can't form a clump, then you're out! The game ends with a clump of two, and those two win the round!

Group Knot

Have the campers stand in a tight circle, with their hands in the center. Then have them grab other hands at random. The puzzle is for the whole group to work together to get themselves untangled. Sometimes you'll find that the group has actually formed several smaller circles.

Trainwreck

Everyone stands or sits in a circle with their shoes off, sitting nicely in front of their feet, with two or three people in the middle of the circle. They are extra, and there should not be any spots for them available in the circle. The "its" will say something about themselves that they have in common. For example, "We all are wearing jeans," or, "All our names start with the letter A." As soon as they are done, anyone standing in the circle who shares that same trait must run and trade places (the spot behind a pair of shoes) with someone else who also shares that trait. The catch is that the people who were it are also trying to grab one of those spots. Because the original "its" did not put their shoes in the circle, there will not be enough spots for everyone running, just like musical chairs. Whoever is left without a place marker will be it and will tell something unique that they share in common. Traits may not be repeated, with one exception: the word 'trainwreck.' This can be called at any time and it forces everyone in the circle to move to a new spot, thus the name.

Caterpillar RPS (Rock Paper Scissors)

Campers start to spread out by themselves and then challenge each other to rock-paper-scissors. When someone loses, they no longer challenge anyone to RPS, rather, they stand behind the person they lost to, put their hand on their shoulder, and start chanting the winner's name. Subsequent losers simply join the chain of people behind the person who beat them, so by the end of the game there are two lines of campers and the two-line leaders are the only two left playing RPS. Get silly and show energy. Your campers will follow suit.

Two Truths and a Lie

Ask each person in the group to think of two true facts about themselves, and one lie. Each person in the group takes a turn telling the group their three items. The group then has to agree on which fact they think is a lie. Once the group announces its decision, the speaker tells the group the correct answer. The group then can talk about any of the interesting things they just learned about the new person.

Variation: Each person writes down their two truths and a lie on a piece of paper and hands it in anonymously. Read each card randomly one at a time. The group has to decide who the person on the card is, as well as the lie.

Barnyard

Each person is given the name of an animal with approximately three to five people having the same animal.

Spread the group across a field, court, classroom, etc. No one is allowed to tell another which animal he is. At the signal, each person makes the noise of the animal that he has been given and can act like that animal as well. The first group to find all of their animals and sit down are the winners.

Helium Stick

Deceptively simple teamwork activity. Form two lines facing each other, and have campers hold hands in front of them with pointing towards people on another side. Lay a pool noodle on the group's index fingers. Goal: Lower to the ground as a group without it falling. Reality: It goes up!

Elephants, Cows, and Giraffes

Get into a circle with one person in the center. This person will then call out elephants, cows, or giraffes. The person that is pointed out, as well as the person on each side of him/her, will have to coordinate their actions and make each animal as described.

Elephant: the center will stick both hands in front of their nose in a cylinder to form a trunk. On each side of them, they will form the ears by leaning over, placing one hand by the center person's hips and the other by their head.

Cow: a center person will lock their fingers and turn them upside down so that the thumbs point down forming udders. The outside people will then milk the udders.

Giraffes: center places their hands directly over their head and together forming the neck, while the outside two arch their backs touching the middle person's toes to form the legs. If they do not get into

this position by the count of 5 by the pointer then the last to get into the position will become the center person.

Small-Group Games

Zoom-Erk

The group forms a circle sitting, facing in and shoulder-to-shoulder. One player starts the game. We will start with “zoom.” Zoom is a car moving fast around the circle. Each player passes the word around to the next players as fast as they can. They must be looking at the next player as they say, “zoom.” For example, if a zoom comes to me, I have 2 choices. The first is to continue to zoom around the circle or to look at the person who just zoomed in on me and say, Erk! This will reverse the action of the zoom. The person I asked can erk me back. You can get into an erk war but must eventually get out of it. If someone makes a mistake, everyone in the circle puts his or her thumb in the center, and in unison, everyone says, “You’re out of there!” This doesn’t mean the player is out of the game. Instead, he/she must get up and move into a new spot and begin the zoom there. This should be done quickly.

- *VARIATIONS: Can replace Zoom and Erk with other words*

Felix Hand Game

Have all players (4-10) sit around a table or lie down on their stomachs in a circle, and each player should place both hands in front of them. Everyone has to tap his or her hands in a set order. A selected player begins the game. The player will tap his right hand on the table and then his left. The next player on the left immediately does the same thing. Warm everyone up by practicing this process. If a hand is tapped quickly 2 times, the action reverses and the next tap belongs to the hand that tapped previous to the double-tap. Any double tap will reverse the action. Do this for a while until the group has the hang of it. If a hand is tapped 3 times quickly, the movement continues in the same direction but skips the next hand in the usual sequence. All players cross arms with their neighbors. If a player makes a mistake, they must remove the hand they made the mistake with. When a player has no more hands in the game, they are out.

- *VARIATIONS: Gear it up by having the players cross arms with their neighbors so that the right arm is over the left arm of their right-side neighbor and the left arm is under the right arm of their left-side neighbor.*
- *NOTES: Generally works best with older kids*

Echoes

Form two lines of players, have each line count off and have the odd-numbered players cross over to the other line, but they remain part of the original teams. First in lines are given a complicated phrase to pass on. They cross over to their next teammate (on the other side) and

taking that person's place, pass the phrase as a whisper. The next will then cross and do the same, players zig-zagging back and forth to the end of the lines. Both speed and accuracy count for the winners.

- *VARIATIONS:*
- *NOTES:*

Bid and Build

Divide your group into 2 or more teams and give them each 100 points to spend. Using various random items found around the campsite, let them submit a bid for each individual item. The counselors find out which groups wanted the items more and divide them accordingly. Once the groups all have their items, they need to get their entire team across a selected area without touching the ground. The first team to complete this task wins.

- *VARIATIONS: Give more or fewer points to see how the bidding changes, offer more materials mid-challenge to the teams using the remaining points available*
- *NOTES: Requires some prep time to gather random materials; may be better suited for bigger kids*

Betty Boop

Divide the group into 3 smaller groups... Betty, Popeye & Wolf.

- **BETTY** Group--When you mention "Betty" that group stands up and says: "Boop-Boop-De-Doo" (with hip action).
- **POPEYE** Group--When you mention "Popeye" that group stands up and says, "Well, blow me down!" (with arm-waving action).
- **WOLF** Group--When you mention "Wolf" that group stands up and gives a "Wolf Whistle."

Here's the story to read:

Once upon a time, there was a charming young lady named BETTY (pause for group action each time you mention Betty, Popeye, & Wolf) who was loved by a sailor called POPEYE. BETTY lived near a great forest in which there roamed a big WOLF. One day BETTY decided to visit her grandmother who lived in the heart of the forest where the WOLF lived, but BETTY would not listen and would not let POPEYE accompany her. Soon the WOLF followed BETTY, and he crept closer and closer. But behind him came POPEYE! Just as the WOLF was about to leap on BETTY, POPEYE hit him with his trusty club and saved BETTY's life. Thus the end of the story of POPEYE, BETTY, and the Big Bad WOLF.

Button, Button

A group of four or more forms a circle and one person is designated the "button dropper." The dropper holds the button between his or her hands. Each person puts their hands together and the dropper goes around the circle running their hands through the other hands in a slow fluid

motion. The dropper chooses one person into whose hands they secretly drop the button. After going around the circle, the dropper randomly chooses a person and says “Button, button, who has the button?” If the person answers correctly, they get to be the next dropper. Otherwise, the dropper continues to ask until someone is correct.

Laugh On!

Have the kids lay zigzag on the floor, their heads resting on another camper’s stomach. The first person yells “Ha!” The second “HA, HA!” and so on. Soon everyone will be laughing.

- *VARIATIONS: After playing for a while, see who can do the silliest voice while saying their “Ha”s*

Circle Catch

The group stands in a circle. One person has the ball. They throw it to someone in the circle. If the person catches the ball, they toss it to someone else. If they miss they are out. Continue until there is a winner.

- *NOTES: Underhand tosses only!*

Hand Wave

Everyone starts in a circle, on their stomachs, with their heads towards the center and their arms forward. Each player should have their right hand over the hand of their neighbor to the right and their left hand under the hand of their neighbor to the left. Arms should cross at the wrist with hands facing the floor. The object of the game is to pass the slap. Decide on a direction to pass the slap – either right or left. The person who starts slaps the ground. Then the next hand slaps (this may be a person’s other hand or it may be the next person’s hand right next to them. Once you have the hang of it, add the option of a double slap. This skips the next hand. A third option is a reverse variation. A player at any point can roll their hand on its side. When a hand is turned on its side, start slapping the opposite way.

Water Balloon Volley

This is a great game on a hot summer day!

Each team will need a bed sheet and a good supply of filled water balloons. Everyone on the team holds a corner or side of the sheet. Place a water balloon on the sheet. Using lots of teamwork, bounce the balloon on the sheet until you can flip it over the net. The other team must catch it in their sheet and flip it back. For smaller groups of children, either use only one sheet or use a smaller sheet or a tablecloth. You can also use a ping-pong ball.

Feather Tennis

A string is placed across the room. Just like volleyball, the idea is to get the feather to fall to the floor, inbounds, on your opponent’s side of the court. Unlike volleyball, you must blow a feather

up into the air to do it. There are no limits to the number of time passes you can make to your teammates, but no player cannot blow more than three times in a row.

· *NOTES: Requires some prep time to set up the string—don't place it much higher than eye level for your campers; make sure the taller campers are divided up evenly between teams*

Sports Equipment Games

Burpee/Wiffle Ball

Materials:

1. 1 tennis ball or Wiffleball
2. Tape to draw strike zone
3. 1 Bat
4. Poly spots or something to be used for bases

Directions:

Teams can be of 1 or more players. Each team has a pitcher and possibly one other fielder. The playing field is composed of a wall and the area in front of it. A strike zone based on a baseball/softball strike zone is drawn on a wall. The pitcher pitches a tennis ball from a set distance depending on the age of the players. If the batter swings and misses it is a strike. If the ball hits the wall within the box, it is a strike. Three strikes is an out; four balls is a walk. A fair or foul area is defined at the beginning of the game. A ball must travel a minimum distance in the air to be declared a fair ball. Increasing distances of carrying in the air are used to decide whether a single, double, triple, or home run. The team with the most runs at the end of the game wins.

Bean Bag Alley

Materials:

1. 30 bean bags
2. 10 small cones

Description:

The campers are divided into two teams. The game will begin when the teacher gives the signal. The campers are trying to slide the beanbags through the other team so that they cross the row of cones at the rear of the team. This is the goal line. The campers may use hands or feet to stop the beanbags. All of the bean bags that cross the goal line are counted as points. The team with the most points wins the game.

Suggestions:

Remind campers that once a beanbag crosses the goal line, it may not be picked up. Let different campers count beanbags after each game. Do not allow campers to throw bean bags by the corner. This causes the beanbags to rip.

Bean Bag Bowling

Playing area: gym floor

Materials:

1. 10 bowling pins
2. 18 bean bags
3. Scoreboard

Description:

Campers are divided into 6 teams. They have 3 beanbags for each team. The object of the game is to slide the beanbags one at a time trying to knock down pins in front of your team. When your turn is over you go to the end of the line. When the teacher gives the signal the next camper comes out to pick up the closest 3 beanbags and waits for their turn. The campers also stand up the bowling pins when they pick up the beanbags.

Suggestions:

Keep score by giving a point value to each pin knocked down. Let the campers help with the math counting.

Center Pin Ball

Materials:

1. 6 playground balls
2. 6 deck rings
3. 1 bowling pin

Description:

When given the signal the campers will circle all of the balls and return to their starting point. They will then pick up their ball and roll the ball trying to knock down the bowling pin. When circling the balls the campers will perform the action instructed by the teacher.

Suggestions:

Have the campers pick up a ball and place it on the ring for the next camper. If they remain where they are, a ball should be coming to them from the opposite side.

Basketball Flag Snatch

Materials:

1. 12 basketballs
2. 18 red flag belts
3. 18 yellow flag belts
4. Scoreboard

Description:

The campers are divided into 6 groups. The 6 groups will be divided into two teams with 3 groups each. Two campers from each group come out to the free-throw area at their end of the gym. On the sound of the whistle, they begin dribbling toward each other. The object of the game is to pull off the flag of the other team while dribbling the basketball. You are out if you lose your flag or if you lose your dribble. One point is awarded for each person left when time is called.

Suggestions:

Stop the turn when one or two players are left.

European Dodgeball

Same rules as dodgeball (which vary for everyone, so use your own dodgeball rules), except there are small hockey nets used to get goals on. They are placed on each team's side or evenly spaced apart if you play in a circle. The object of the game is to reach a certain number of goals per team by throwing a ball into the net. In addition to trying to score points, you try to get the other team members out.

There are two ways to win:

Be the first team to reach the target number of points.

Get all of the other team's players out.

The reason it's called "European" dodgeball is that it is a mix of dodge ball and European handball.

Noodle Hockey

The name nearly says it all... It's hockey, but with noodles! Replace the hockey sticks with pool noodles, the puck with a Wiffle ball, and the goalkeeper sticks and gloves with a broom, and go to town!

Trash Bag Volleyball

Fill a trash bag with balloons and top the top tight. Set up your volleyball net and play volleyball.

Clean Up Your Room!

Form two equal teams. Mark a centerline in the playing area. Each team scatters on half of the playing area. A variety of objects are scattered around the floor. At the signal, the teams throw as many objects

into the other side's area as fast as they can. Then the stop signal is given. The winning team has the cleanest room (least amount of times). Play several rounds, winners have a higher amount of wins.

No, Lose Hot Potatoes

Form a circle and start passing a ball around. The leader counts to a number between one and twelve and should say "hot potato!" A person caught holding the ball joins the leader and chooses the next number to count to and play starts again. Younger children like counting games.

Dragon's Tail

Materials

1. Flag belts

Description:

The campers divide themselves into groups of 3 to make a dragon. One camper is the head, another is the body, and the other is the tail. The tail camper will wear the flag. The body is the middle camper and the head is the opposite of the tail. These campers will play 3 games together so that each will become all parts of the dragon. Once the teacher, the campers will go. The object of the game is to pull the tail off of the other dragons. The campers are out if they lose their tail, fall down, or if they let go of their hands. Both the head and tail campers may pull flags.

Suggestions:

Use one whistle for the dragons to begin walking, two whistles to go, and three whistles to stop. After 3 games, let the campers pick new dragons.

Frisbee Mania

Materials:

1. 6 hula hoops
2. 18 Frisbees
3. 1 bowling pin
4. 1 candlepin

Description:

Campers are divided into 6 teams and when it is their turn the campers start at the hoop in front of their team. When given the signal the camper performs an action around all 6 hoops and returns to their hoop. They then throw the Frisbees at the pin in the center. Points are awarded for knocking down the pin.

Suggestions:

Have the other campers keep both feet inside the hoop. The younger children should keep at least one foot inside the hoop when throwing. Demonstrate to the campers the correct way to throw a Frisbee.

Hot Feet

Materials:

1. 30 bean bags (15 at each end)

Description:

Campers are divided into 2 teams. You may use squad lines. Try to mix the campers up differently for each game played. The campers slide the beanbags on the floor in the direction of the other team. The campers are out when the beanbag hit them on their feet. When they are out they must leave the floor and report to an assigned area. At the beginning of the game, campers may only have one beanbag. After the game begins they may have two at a time. You may not pick up a beanbag while it is still moving.

Suggestions:

Campers are also out if they throw the bean bag in the air and hit another camper.

Cats Get Your Corners

Pick someone to be it. If you have a lot of people then you pick more than one 'it'. There could be 5 or 6. Everyone that is 'it' gets a ball (like a standard red kickball). All the cats pick a corner then the ref yells, "Cats get a corner." Then everyone takes off running for the corner that is next. Everyone is supposed to run in the same direction so no one should run into each other. While the cats are running, the 'its' try to hit them with the ball

SPUD

You get a group of kids, (minimum 3, no max) and a ball (playground-type, red, or if you play with mean kids, a hard kickball type). Determine who is 'it'. They then count to a predetermined number, usually 10 out loud. As he counts, the rest of the players scatter. When he reaches 10, they all freeze in their spot. Then 'it' takes 4 giant steps towards the closest person (S-P-U-D) and throws the ball, trying to hit him or her. If 'it' hits the person, the person gets a letter 'S', if 'it' misses, then 'it' gets a letter. That person then becomes 'it'. The game continues until one person is SPUD (gets hit or misses 4 times). Eventually it comes down to people.

-OR-

All players form a circle and count off (they must remember their number). One player is chosen to be 'it' and is given a playground ball. He or she throws the ball high up into the air and calls out another player's number. Everybody runs away except for the player with that number. He or she must run to the ball. When they get the ball, they call, "Spud!" very loudly. Everybody must freeze when they hear, "Spud!" Then, the player with the ball can take two big steps toward any player and throw the ball at him/her. If the ball hits that player, they become 'it'. If not, the players who called "Spud!" are 'it'.

Poison Ball

Separate the group into four teams. Set up a square playing field with cones measuring around 10'-20'. Have the teams line up on the different sides of the square without entering. You will need a variety of balls including a beach ball. The other balls should be a mix of softer play balls, i.e. softies, gator balls, sensory balls, soft footballs, nothing that would hurt if it hit someone.

The teams will be lined up on the outside of the square. You will give out all the balls, except for the beach ball, and tell them that the beach ball is the 'poison ball'. The object of the game is to knock the 'poison ball' into an opposing team's side. The players cannot use their bodies in any way to touch the poison ball, nor can they enter the square. They have to throw the other balls at the poison ball to knock it across the opposing team's lines. The first team to get the poison ball three times loses.

Scatterball

Equipment:

1. Numerous gator skin balls

Directions:

This is just like dodgeball, except with very camper for himself or herself. If tagged by a ball, they are out; they sit down where they were tagged. However, if a ball rolls by them and they grab it, and use it to tag someone who is still playing, they are back in and that other person is now out.

Scatter DodgeBall

Materials:

1. 7 dodge balls
2. 7 rip flag belts

Description:

There are 7 throwing positions. The throwers must stay in these positions when throwing. There is one throwing position under each basket and one in the center circle. Using regular dodgeball rules the campers are out when they are hit. They are to sit down where they are when they are hit. When a ball comes to them when they are out, they should give the ball to the closest thrower. The game continues until all campers are out. The old throwers pick new throwers to take their place.

Suggestions:

1. Remind campers to fold their legs when out
2. All throwers should wear one of the flag belts

Line Frisbee

Materials:

1. 10 bowling pins
2. 24 Frisbees
3. 8 poly spots
4. Scoreboard

Description:

Divide the campers into 8 teams and line up the teams behind the poly spots placed on the floor. When the campers are given the signal to begin, they throw their Frisbees at the bowling pins that are in front of their team. Each pin knocked down is worth one point. After recording the score the next camper will reset the pins and pick up the Frisbees. The camper that just finished will go to the end of the line.

Suggestions:

1. Adjust the distance for throwing to the age of the campers
2. Let the campers do the math when the scores are counted.

Partner Dodge Ball

Materials:

1. 4 gator skin balls

Description:

Campers are asked to find partners and sit down. Boundaries are set to restrict campers to a confined area. The campers start out by walking around and when the teacher throws out the balls the game begins. The campers sit down when they are out. They are out if a ball hits them, if they let go of their hands, or if they fall down. Partners may only have one ball. Most regular dodgeball rules apply.

Suggestions:

1. Campers must change partners for each game
2. Change from running to skipping if the campers are too aggressive.

Pin Bombardment

Materials:

1. 10 bowling pins
2. 12 playground balls

Description:

Campers are divided into 2 teams. Each team is divided into 2 groups with half with campers on each side of the gym. The bowling pins are placed in the middle. The object of the game is to roll the ball like a bowling ball and try to knock down the pins. Stop when one team has knocked down all of their pins. Reset the pins and continue. Each pint counts as one point. The game score will continue to grow as the game continues.

Suggestions:

1. Select campers to be helpers and set up pins
2. Allow campers to do the math with the score
3. Rotate campers by sending 3 campers from one end of the line to the other end.

Flag Snatch

Materials:

1. 1 flag belt per player

Directions:

Campers are divided into 6 groups. The six groups will be divided into 2 teams. Each team wears different colored flags. On a signal from the counselor, the campers try to pull off the flags of the opposite color. They continue until the teacher signals to stop. Each person that is left scores one point for his or her team.

Variation: Let the campers help do the math after each turn; if one team is behind by 6 points or more the other team moves to a bonus round. In the bonus round the team behind earns 2 points for each player left at the end of that turn.

Line Soccer

Campers are divided into 2 teams and each is given a number. The object of the game is to kick the ball through the other team's line. The other team receives one point if the ball is kicked over their heads.

- *MATERIALS: Soccer ball, 4 cones, scoreboard*
- *VARIATIONS: Call 2 or 3 numbers at a time; Let campers do the math when adding scores; If the ball is above the waist let campers use their hands as protection*

Jump Game

A counselor drops a ball and if they catch it before it bounces the kid's standstill. If the ball bounces on the ground the kids jump once. If the kid's standstill when it bounces they sit down. If they jump when it is caught they sit down as well.

Bowling

Taking balls of all different sizes, with the younger kids it is best to use the largest ball you can get your hands on, and try to knock over various objects. It can be cones, balls, cups, or whatever is around. It is best to give the kids at least two turns.

Hula Hang Ball

Take two hula hoops and with a string tie one end of the hula hoop to the rim of a basketball goal and with another string tape the other end to the ground so that the hula hoop is suspended in the air. Do it for both basketball goals. Tape off an area of about 10 to 15 feet around the hula hoops. Two teams, each one trying to get the balls in the other team's hoop, without going into the taped-off area. The team with the most points wins.

Foul Play Game

Set boundaries for the game depending on the number of players. All except one line up on one end of the game area. On the signal they all try to cross the field. The selected 'it' has the job of getting in the way of any or several of the players and to try and make them the last player to cross the line on the other side. The last player to cross now joins the center player and helps get in the way of others. This is a NO TOUCH game. The use of basketball blocking should be used. No 'it' or player should ever touch. This continues until there are only two players left.

Plunger Baseball

This game is played just like baseball except you play with a plunger for the bat and an inflatable ball. The object of the game is to hit the ball hard enough, without making the rubber part of the plunger fall off. This is a good game for all kids because it takes away athletic skill.

Mummy

Lots of kids spread out around a boundary area and not too far apart from one another. One kid starts out with the ball and throws the ball to another kid. If the kid who threw the ball gets a good pass and the kid drops or dodges the ball that child is out and must sit down. If the kid who was being thrown the ball receives a bad pass the thrower sits down. When the game gets down to two kids then each one puts one hand behind their back and tosses it back and forth until someone messes up.

Team Garbage Ball

Place a box full of yarn balls at one end in the middle and a box full of fleece balls at the opposite end (equal number of balls in each). Divide the class into equal teams and have them go to the opposite ends to sit on a scooter.

The object of the game is for each team to transfer their designated ball (yarn or fleece; in color) into their team's empty box at the opposite end of the court. On a starting signal, campers may start taking balls, one at a time, out of their designated ball box (located on their end line) to throw to teammates. Once players have possession of a ball, they cannot travel forward or backward on the scooter and must immediately throw the ball. Loose balls can be picked up at any time, but again players can't travel from that spot. At no time can players play "defense", or interfere with the opponent's throwing and catching. Remind players to remain on their scooters at all times.

The first team to transfer all of their designated balls from their full box to the empty box at the opposite end is declared the winner.

- *MATERIALS: One scooter for each player, different colored jerseys for each team, 25-40 fleece balls, 25-40 yarn balls*
- *VARIATIONS: If only one type of ball is available, use different colored balls for each box*
- *NOTES: You might want to encourage the use of strategies to improve team performance (playing certain positions/roles, spread out around the court, etc.)*

Scooter Squirrels

With the floor tape, design 5 circles (2-3 feet in diameter) or substitute hula hoops to where there are 4 circles placed equal distance from a circle in the center. Place 6 bean bags (or "acorns") in the center circle. Divide players into four teams and have each team form a line behind their own circle (or "home"). The first player in line begins with the scooter.

The objective is to be the first team with three acorns in their home circle. On a starting signal, the first player on each team scoots to the middle circle, takes one bean bag, goes back to his or her home, and plays the bean bag in the circle. This player immediately gives the scooter to the next teammate and goes to the back of the line. In turn, players keep taking bean bags from the middle circle until it is empty, at which point players can steal bean bags from each other's circles. Since teams cannot defend the bean bags in their home circle, there is always a place from which to steal a bean bag. The first team to store up to 3 "acorns" is the winner. A player may only take one bean bag per turn.

- *MATERIALS: Four scooters (one for each team), 6 bean bags, floor tape, or 5 hula hoops*
- *VARIATIONS: Gear it up by increasing the number of beanbags in the center circle and/or the number required to win the game*

Give Away

Equipment:

1. 4 scooters
2. 8 bean bags
3. Floor tape or 4 hula hoops

Directions:

With the floor tape, design four circles (2-3 feet in diameter) or substitute hula hoops. Place two bean bags in each circle. One player sits on a scooter in each of the four circles. For large size groups, set up multiple play areas and play several games simultaneously.

Each player's objective is to get rid of his or her two bean bags first, one at a time by depositing them into other players' circles. On a starting signal, each player grabs one bean bag, scoots to an opponent's circle, and places it inside their circle. They immediately scoot back to their own circle and repeat the same process again. Play continues until one player has no bean bags left in his or her circle. If the game is too easy, consider adding additional bean bags.

Scooter Pinball

Equipment:

1. One scooter and playground ball for each player
2. 12 plastic bowling pins
3. Floor tape

Directions:

Scooter Pin Ball is played on a regular basketball court with two equal-sized teams facing each other from opposite sides of the center line. The center line divides the two teams. Six bowling pins, evenly spaced, are placed on each end line. With the floor tape, mark off a restraining line about 10 feet in front of the pins. Hand out an equal number of balls to players on each team (one for each player is ideal). All players must be seated on scooters.

The object of the game is to roll balls at the opponent's pins, attempting to knock over all six. On a starting signal, the players may move about anywhere on their side of the center line and attempt to roll a ball at the opponent's pins. Once knocked over, a pin is down and cannot be set back up. Players are not allowed to defend their pins inside the restraining area – in fact, players can cross their restraining line only to retrieve loose balls. However, rolled balls can be knocked away or intercepted between the restraining and center lines.

A winner is declared once all pins on one side are knocked over. If this doesn't occur, whoever has the most pins standing at the end of the play is declared the winner.

Players are not to throw or kick the balls; only rolling is allowed. In addition, players have to be seated on their scooters at all times

Scooter Doctors

Equipment:

1. One scooter per player
2. 12-24 in large-size foam ball
3. 4 colored jerseys for each team's doctor

Directions:

This exciting game is played on a regular basketball court with two equal-sized teams facing each other from opposite sides of the centerline. The centerline divides the two teams. Each team has two players, wearing colored jerseys, who are designated as the 'doctors'. Hand out an equal number of balls (12 or more) to players on each team. All players must be seated on scooters.

On a starting signal, the players may move about anywhere on their side of the play area and try to roll a ball at players on the other team. If hit, that player must sit on the floor with his/her scooter turned upside down. The team doctors may rescue those hit by touching the injured teammate on the shoulder. Once rescued, players may sit on their scooter and resume play once again. A doctor can also be hit at any time and can only be rescued by the remaining doctor. When both doctors have been eliminated on a side, the game ends with the opposing team victorious.

Players are not allowed to throw or kick the balls (only rolling). In addition, players are required to remain seated on their scooter at all times during play.

Scooter Noodle Fencing

Materials:

1. 1 scooter per player
2. 1 noodle per player

Directions:

Arrange the players into pairs. Each camper starts with a scooter and pool noodle. Using the pool noodle, the objective is to make contact with one of the opponent's feet for a score (worth one point), while at the same time, avoiding having their own feet hit by the opponent. Players can move around, pick up their feet, and use their noodles to avoid contact. They cannot swing their noodles above waist level. Players must stay seated on their scooter at all times, on their bottoms and use their feet for movement. Play continues in this way for a predetermined number of points.

Variation:

Instead of one-on-one, use Scooter Noodle Fencing as a whole group activity where it's "everyone against everyone"

Scooter Soccer

Place a goal at each end of the play area and mark a restraining line about 6 feet around each goal. Form two teams of 6 players. Make sure each team has a goalie. Have the players get into position, seated on their scooters, forwards lined up, and facing each other.

As in regular soccer, the game begins with a kickoff. The objective is to gain possession of the ball, advance it down the court (without using the hands or arms), and score by kicking the ball into the opponent's goal. Each player must stay on his/her scooter at all times. Players can only make contact with the ball with the head, feet, legs, and torso (with the exception of goalies, who are allowed to use hands). If appropriate to the play area, players can play off the wall.

A team receives one point for each goal. After each score, the ball is placed in the middle of the play area and the non-scoring team kicks off to restart the game.

- *MATERIALS: One scooter per player, one foam soccer ball, two soccer nets or four cones, scoreboard*
- *VARIATIONS: Gear it up by teaching about various soccer positions (forward, half back, goalie); add additional balls; have the goalie give the ball to a teammate after a goal for continuous play*
- *NOTES: Try not to have more than 6 per team, if there are more then set up multiple games/areas of play*

Scooter Basketball

Equipment:

1. One scooter for each player
2. One basketball
3. Different colored jerseys for each game

Directions:

Arrange the players into two equal teams of 5 players each; for large groups, set up additional play areas and play multiple games simultaneously. Because the players are seated on scooters, it is highly recommended that the basketball goals be lowered to 8 feet and/or the game restricted to campers in the middle school grades.

The game is played on a regular basketball court. Position the players into basketball positions, with all seated on scooters. Rather than a jump ball, the game begins with one team starting with the ball by their end line. The objective of the offensive team is to advance the basketball down the court by dribbling and passing, and score by shooting the ball into the opponent's hoop. "Traveling" is called if a player scoots for more than 5 seconds without passing or dribbling. Because the game is played indoors, the walls can be used for passing.

Defensive players can intercept passes, block shots, and steal the ball at any time. However, no touching or contact with an offensive player is allowed. After each score, the non-scoring team resumes play by passing the ball in from behind the end line.

Ultimate Scooter Football

Equipment:

1. 1 scooter per player
2. 1 foam football (have more for later to gear up)
3. Cone markers
4. 2 colors of the jersey

Directions:

Using the cone markers, designate two end zones in the gym. Divide the class into two equal teams, each wearing different colored jerseys. Each team is assigned an end zone to defend. The two teams start at their own end zones, with each player seated on a scooter. The game leader selects one team to start on offense.

The team chosen to begin first on offense starts the game by advancing the football down the court with passes. The objective is to eventually have a teammate catch the football in the end zone for a touchdown (worth 6 points). A player in possession of the football cannot move, and has up to five seconds to pass it to a teammate. A pass can be made forward, backward, or sideways to a teammate. However, once a pass hits the group or is dropped, a 'turnover' is committed and the other team takes possession of the ball at the spot.

Defensive players may intercept a pass at any time, but are not allowed to take it away from the hands of the offensive player. After each touchdown, the non-scoring team begins with the football on their goal line, and play resumes.

Variation:

Consider playing with two or more footballs at the same time, especially with a large-sized class.

Scooter End Zone

Equipment:

1. One scooter per player
2. 2 or more foam balls
3. Cone markers

Directions:

Using the cone markers, designate two end zones in the gym. A center line divides the play area into two halves. Divide the class into two equal teams. Each team has half of its players located in an end zone and half in the court area opposite the center line. Each of the four groups must stay within its boundaries throughout the game. All players are seated on scooters. One player on each team starts with a foam football in hand.

The game begins with the two players in possession of the football throwing it to teammates in the end zones. The objective is to have a teammate in the end zone catch the passed ball for a score (worth one

point). Whether successful or not, the end zone players return the football to their teammates in the court area with a pass (no kicking allowed), and play continues non-stop.

At halftime, have the end zone players switch with their teammates in the court areas. Periodically, add more footballs to the game. At the end of the play, the team with the highest number of points wins the game.

- *VARIATIONS:*
- *NOTES:*

Garbage Basketball

Equipment:

1. 2 garbage cans/boxes
2. Tape
3. 1 scooter per camper
4. 1 ball

Directions:

Arrange the players into 2 equal teams of 5 players each. Place the two garbage cans or cardboard boxes in the middle of each end of the rectangular play area (or the regular basketball court) for the “goals.” Using floor tape, mark a 6-8 foot circle around each goal to represent the restraining lines. The players position themselves as if playing basketball and all must be seated on scooters.

Garbage basketball is played with many of the rules and strategies of regular basketball. However, the object of this game is to score a goal by shooting the basketball into the opponent’s container. To begin, designate one team to start off first on offense. The offensive team passes the basketball inbounds from its end line, and attempts to advance the ball down the court by passing and dribbling. A player can scoot with the ball for up to five seconds before he/she must pass or shoot. Offensive players can only shoot from outside the 6-8 foot restraining lines that circle the ‘hoops.’ Because the game is played indoors, the walls can be used for passing or shooting.

Defensive players can attempt to intercept passes, steal the ball from dribblers, and can pick up any free ball while it is on the floor. However, like basketball, no defensive player can make contact with any offensive player.

After each score, the non-scoring team passes the ball inbounds from behind its end line, and play resumes.

Scooter Maniacs

Equipment:

1. One scooter per player,
2. Enough foam balls for each player

Directions:

All players begin seated on scooters. Choose one player to start out as the “Maniac.” He or she starts in the middle of the play area with a small foam ball. The other players scatter throughout the play area. A box of small foam balls is set in the middle of the play area.

On a starting signal, the Maniac pursues the other players and attempts to touch them with the ball. No throwing is allowed. If touched, a player goes to the box of foam balls, takes one out, and becomes a maniac too. The number of maniacs will grow throughout the game. The game ends when just one free player is left in the game.

Scooter Germ Tag

Equipment:

1. One scooter per player; four foam balls

Directions:

All players begin on their scooters. Choose several players to be “it.” The ITS start in the middle of the play area and each has a foam ball (the “germs”) in hand. All of the players scatter around the playing area.

On a starting signal, the ITS tries to tag a free player by touching him or her with the “germ.” Once tagged, that player is now stuck with the germ and the only way to get rid of it is to tag another player. At no time is the ITS allowed to throw the ball. The objective is to avoid getting tagged (that is, infected by the “germ”). Play until the time is called.

Beginning Tennis Games

Introduce the forehand groundstroke and the forehand volley at the net, plus some little drills involving each stroke.

1. FISH IN THE POND Accuracy toss. Use a racquet or Hula hoop

Hold the fish loosely. If you hold a fish too tight it will slip out of your hand. Give them the feeling of lifting the fish/ball over the net and into the service box from the opposite service box area.

2. FROG & ALLIGATOR Tossing and catching

Softball Throw -Low to high simulation, forehand prep. Variation: toss ball into target in service box from the T. Have partner alligator catch or finger catch the toss.

3. TIGHTROPE Balance & footwork-follow the leader

Now we play and follow the leader on the lines. move quickly but try not to fall off the line. Also the toes should be used rather than the whole foot. For more advanced go backwards, this develops balance and helpful to learn cross-over stepping.

4. BUNNY HOP Split steps & balanced forward motions

Start with all the students on the net. Then we jump just a little ways towards the fence. Then again and again until we reach the baseline. Then we turn around and go back to the net. Now we run a couple of steps then hop on to the service line and then run and jump on the baseline, repeat.

5. SUBMARINE Volley positioning, knees & shoulders

Have the Students come to the net and place their racquets on the net with the racquet face facing the coach on the other side. Have them

bend their knees and get as low as they can on the forehand side without sitting down. On the other side of the net line the kids up and toss the balls to them where they can rise up and hit the ball down into the court using a volleying action.

6. ROLLING & RACING Roll the ball to the net and race it there.

Run this drill for each child. Have them roll the ball and race it to the net along the doubles alleys. Use the centerline if necessary.

7. RELAYS: TEAMS #1 Net and Back.

8. GOLDILOCKS & 3 BALLS FOREHAND

Teach how to hit a baby ball softly, a mommy ball to the middle of the court, and a daddy ball as far as you can. Use this drill to get the point of contact emphasizing the baby ball and hitting up.

9. Over the Moon FOREHAND LOB

Have a bucket of balls at the service line for the students. Have them hit up like the softball swing over the net and over the extended racquet of the instructor. The Racquet head can even have a moon or cover on it to give them the idea to hit over the racquet head. With a group of kids do four balls at a time.

9. Bombers: LOB ACCURACY

This is a very fun drill as we have a chair, person, or some target near the backline of the opposite court. The object is to hit a very highball and have it land in the circle or hit near an instructor or student. These lobs are the bombs.

Always pick up balls on the racquets and see who can pick up the most balls. This will help develop forearm strength. When possible get them to bend down using the knee bend in order to strengthen and work on the split step, balance, and setting up for volleys.

I REALLY LIKE THE NEXT STUFF. OUR KIDS WOULD LIKE THIS TYPE OF THING.

Jail (beginner and advanced beginner: 4-20 players)

The kids line up at one end of the court. Feed from the opposite side of the net. Each kid gets a certain number of chances to get a forehand or backhand into the doubles court. If she gets one in, she is safe. If not, she goes to jail: she goes to the other end of the court where she'll try to catch a ball hit by another player. If she makes her catch, she is free from jail, and the player she caught goes to jail. When only one player is left, she tries to get three shots in that don't get caught before she misses three. If she succeeds, she wins the game. If someone catches one of her shots, it's a jailbreak: Everyone is free, and a new round begins.

Give weaker players three chances, stronger just one, and vary the depth from which they hit according to their abilities.

Let weaker catchers catch after one bounce in jail. Very small kids can simply touch a ball in the air to be freed.

If jail starts to get crowded, limit the prisoners to two steps to get to a ball. That will keep the more aggressive players from running into or in front of other players.

Keep the playing area clear of loose balls.

Around the World (advanced beginner through advanced: 5 - 16 players)

Half of the kids line up at one baseline, half at the other. Feed one

of the kids at the front of his line. He must hit into the singles court, then run to the end of the line at the opposite end of the court. The kid at the front of the opposite line does the same. The rally continues, with each player hitting the ball, then running around the net. When a player misses, he gets an out. With three outs, he drops out of the game. Once only two players are left, they no longer run around the net: they simply play points (still from a feed) until one of them has three outs.

Stand next to one of the net posts to feed.

Players must always run to their right.

Remind players to give the current hitter plenty of room to move back for deep balls.

When a player misses, send the next feed to the player to whom the missed shot was supposed to go.

Players who get out may go to an adjacent court to hit.

Make sure the running path is free of obstructions and loose balls.

THE LINKS THAT YOU WILL FIND AT THIS LINK ARE REALLY COOL AND ONCE AGAIN I THINK WE COULD DO IT.

<http://www.tennis4you.com/workshop/beginners/beginners.htm>

[Tag Games](#)

The North Wind South Wind Game

Two children are chosen to represent the North Winds, mark them with blue flag football flags, pennies, or ribbons. One child is chosen to be the south wind, marked with another color. The North's are cold and dangerous. They run around the playing area and try to tag as many kids as possible. When tagged by a north, the player squats down with hands touching the ground (frozen). The south wind attempts to free as many of these frozen players by tagging them and shouting "free!" After a stated amount of time the kids not freed by the south wind are counted. If there are five or less the south has won. If there are more, the North's have won. If fewer kids are playing, change the number that designates this.

SMAUG

Dragons, as you know, guard their plunder for as long as they live (which is practically forever, unless they are killed). Smaug is the dragon in 'The Hobbit' by J.R.R. Tolkien. Smaug guards the gold in the mountain. He is a most specially greedy, strong and wicked worm (A nice description you can use stands on page 22 (UNWIN-pocket)). Well, now one player is the dragon. He guards the precious gold (which might look like a towel). The others try to steal the treasure, but if the dragon touches you, you turn into stone on the spot. Thus blocking the other treasure hunters. You will be released only when the treasure is stolen. Or you have to wait 500 years!

Steal the Bacon

Form two equal lines, counting off each from their left to right, putting ones at opposite ends. Leader places flag(s) midway between the lines and calls numbers at random, the numbered players must snatch the flag and return to their line without being tagged by their opposite of the same number. They can't be tagged until they touch it however. Successfully stealing the bacon gives their team a point. After each showdown, they both proceed to the same end of the line (assuring new opponents each time). All players are renumbered and the play resumes. This game is very popular with older children and teens, and while being a low activity, it is still exciting.

Cat and Mice

Description:

One camper is chosen to be the cat and 3 others are chosen to be the mice. The mice are not allowed to leave the circle. On signal, the cat chases the mice inside the circle until they are all caught. When they are caught the mice return to the circle. Continue around the circle until all students have a chance to participate.

Suggestions:

You may increase the number of cats and also the number of mice. You will need to have a large enough circle to allow a safe area for the chase.

Do-do-do – Hold your breath!

Soft floor. Two teams with a line between them. One person crosses the line to the other team, saying do-do-do-do all the time. In ONE breath! Everybody he touches comes to his team. But if team B holds him long enough until he can't say 'do' anymore, he joins team B. Touching should be above the belly. Dodo can only be caught after he touches the first person of team B. (Anyone have an idea to prevent weak people having a bad time?)

Foxes and Squirrel

Everyone stands in a circle. Three soft balls, one different, represents foxes and squirrels. Foxes must be passed hand to hand with the statement 'fox.' Squirrels are passed hand to hand or tossed across the circle with the statement 'squirrel.' Balls may be passed either right to left or left to right. Object of the game is for a 'fox' to tag the 'squirrel.'

Mousetrap

Five players form a 'trap' (circle holding hands up). The mice move in and out of the 'trap' getting cheese. The sleeping cat (eyes closed) periodically calls out 'snap!' and the 'trap's' arms come down trapping any mice inside, which then join the circle. Goal: to be the last uncaught mouse!"

Amoeba Tag

Players must define boundaries for the game. A player is chosen to be 'it' or 'the blob' and the others run. When tagged by 'the blob', players must join hands forming a larger blob and continue chasing the others. Once 'the blob' is made of four people, it splits into two 'blobs' and each blob continues chasing the others. The last person caught then becomes the 'blob' and the game starts all over again.

Tail Tag

Make small chains of about four to six people. Either have team members hold on to each other's waists or link elbows. Members of the chain cannot let go. The end person has a flag or tail (bandana) hanging behind them or tucked in their back pocket. The object is to have the head of each chain get the 'tail' from the other team while staying linked. Both teams attempt to do this at the same time. When one team manages to get the flag the losing team rotates and the head moves to the back while everyone else moves forward.

Back to Back Tag

Two people hold hands and start off as being "it." They can try to tag any other player but they can only use their free hands. When they tag someone, that person joins onto them by holding hands. Remember, other players can only be tagged with one of the two free hands. Players are safe from being tagged if they find another player and stand back to back with them. They can stand back to back and be safe for only 10 seconds before they can be tagged. The game continues until everyone is tagged

Bear Crawl Tag

Rules: everyone is in a 'bear crawl' position. They can only move by a bear crawling across the floor. Everyone is trying to tag everyone else, and you can only tag by slapping (gently!) another person's hand. Last person not tagged wins. Great game to wear kids out. Bear crawling is hard!

Elbow Tag

Everyone is paired up and locks elbows, except for one pair of campers. Out of the two who are not linked up, one is 'it' and the other is being chased. If tagged, then they then chase the person who just tagged them. The person who is being chased can link up with a pair; now there should be 3 kids with linked elbows. The child that is on the other end of the 3-person chair is now the target and must run. There can only be 2 people per elbow link

Infinity Tag

Rules: Everyone runs around with a hand behind their back. If you are touched below the elbow on the hand behind your back you sit down. When the person that tags you gets out you are back in.

Pac Man Tag

Rules: One "Pacman" is it. All others are like the ghosts in the game. Regular game of tag, except EVERYONE, must travel on the lines of the gym floor/basketball court. Once a person is tagged, they sit down and other players may not move across them, they must go the other way.

Nuke 'Em

Equipment: Volleyball net, 1 or more bouncy or dodge balls

Setup and Rules: Divide children into 2 teams. They throw balls over the net. If a ball touches the ground the nearest child is out, and/or the last person to have touched the ball that was not the thrower. The thrower is out if the ball lands out of bounds or does not go over the net.

Counselor Challenges and Skit

SnowMan Creation Race

Supplies Needed:

1. 3-5 rolls of toilet paper
2. Two crazy or frosty themed hats
3. Two scarfs or other snowman accessories such as mittens
4. Orange construction paper cut into two long triangles, creating a snowman's carrot nose
5. Tape

Create two teams of campers (1-2 kids each) with a counselor for each team as well. At "GO!" both teams will begin to wrap their counselor with toilet paper from head to toe. Have the counselor sit in a chair or stand with their legs tight together. Female counselors can cross their arms across their chests. Have a set time limit, such as 2 or 3 mins, and make sure the kids make their snowman or woman complete with their hat, scarf, and carrot nose (taped on). Feel free to be creative and add other accessories if you can think of and create them. Make sure to take pictures!

The winning team gets tickets/item from the prize box/snack first, etc...

EAT IT

Materials: Brown Paper Bag or Box, Mystery Food!

Instructions: The director will need to pick an EDIBLE object from around camp or bring something from home. Popular things from the past include: 3+ slices of cheese, an apple, baby food, random snacks, a sandwich, etc. EAT IT is like a game show activity. The two contestants (counselors) are told that there is something in the bag that one of them has to eat. They have to say how many bites they can EAT IT in, the goal being to get the lowest number of bites possible. They go back and forth until one counselor doesn't think they can beat what the other person says. At that point, they tell the other counselor to EAT IT. The mystery food is then revealed and the counselor must attempt to EAT IT in that many bites. The kids will go nuts if it's something a little bit gross or really silly.

Police Tape

2 police officers begin by saying that there has been a robbery at some theme-related location, and they have to play the top-secret security tape to find the culprits.

The police officers pretend to play a tape and watch a fake TV screen.

The pickpockets and victim walk out on stage coming from opposite directions and bump into each other and keep walking.

The police officers rewind (where everyone moves backwards) the tapes then play it "slower."

Moving very slowly the pickpockets bump into the victim. Still it is too hard for the police officers to see what is happening.

Finally, the police officers play the tape in super slow motion.

The pickpockets move very slowly, pick the victim up spin him upside down and shake money out of his pockets and safely put them down. Feel free to go crazy with it.

Item Improv

Materials:

A few random objects from around camp (Hula Hoop, plastic fork, really anything goes!)

Instructions:

Two counselors will face off to see who can come up with the most creative uses for an object. Best out of 3 (or however many objects you choose) wins. Give an object to the first counselor and they will say one way to use it and act it out. Then the next counselor goes and they go back and forth until they can think of anything. For example – Hula Hoop. Counselor 1: “Steering wheel for a dinosaur’s boat!” Counselor 2:” Halo for a monster dressing up as an angel for Halloween!” C1: “A wrestling ring for mice!” And so on...

If you let the counselors see the items in the morning, it might be better because they will have more time to think about it.

Contagious Disease Ward

Cast:

- Nurse
- Patient 1
- Patient 2
- Patient 3
- Patient 4 (if possible)
- Patient 5 - has balloon undershirt to look pregnant

The scene takes place in the waiting room of a doctor of contagious and communicable diseases, Dr. Ringworm, M.D. Have four chairs in a row on stage.

In walks Patient A with an itch that they scratch periodically in different places. They pretend to grab a magazine and attempt to read but they are disturbed periodically by their itch. The nurse announces that the doctor will see them shortly and walks off.

After a while, Patient B comes in with a serious hand twitch. B sits next to A. B gradually starts to scratch with the itch, while A's hand starts to twitch.

When it has been well established that they have contracted each other's disease, the Patient C enters with a serious leg twitch. Pretty soon all three have the hand twitch, leg twitch, and itch all over.

A fourth person comes in with the hiccups. The actions of the four people become more frantic pretty soon all the patients in the chairs have itches, twitching limbs, and hiccups.

Then patient 5 dressed like a pregnant lady strolls in casually and the other four scramble for their lives.

Cup Stacking

Materials: 2 stacks of cups of equal size and number. Need at least 25 per stack. The bottom cup needs to be distinguishable – color the lip with a permanent marker.

Instructions: This works best if you have a table for the counselors to use where all the kids can see. To win this challenge a counselor must be the first to get the bottom cup all the way through the stack and back to the bottom by, one by one, removing a cup from the top of the stack and placing it on the bottom. If cups fall from the stack, they must be placed back on the top. Depending on how much time you have, you can do this as a race or time the counselors individually and have a faceoff between the two fastest.

Scientific Robot Exhibit Skit

Place four to seven counselors in a line facing the audience. Have each choose a super robot personality (Incredible dancing robot, flying robot, super fast robot, singing robot, etc.).

They all need to have one arm raised that will act as the lever, which when pulled the counselor does the action of the superhero picked (dance moves, flies around, runs really fast). The last person to have their arm pulled is always the water-breathing robot. Water-breathing robot will need to get a mouthful of water before the skit starts.

The tour guide will take another counselor or camper through the line, with the water-breathing robot being last. The tour guide will announce that this is the Scientific Robot Museum. They will introduce who the robot is and ask the tourist to pull the lever. When the tourist pulls down the water-breathing robot's arm, he or she spits the water at the tourist. Depending on who is the tourist judge whether you can spit the water in their face or just on their shirt. Great to have a counselor is the tourist who doesn't know the plot or joke of the skit.

Marshmallow/Donut Madness

Materials: Yard Stick (2), String, Marshmallows or donuts, 2 chairs or stools

Instructions: Using the string, suspend marshmallows or donuts from a the yardsticks (2 or 3 donuts and 3-5 marshmallows per yardstick). 2 Directors or counselors should stand on chairs next to the counselors that are competing and hold the yardstick so that the food is suspended in front of their faces.

Counselors chosen will race to eat the food without using their hands. To make it more difficult, you can shake or wiggle the yardsticks.

Anything for a Sale!!

Counselor #1 is a store Salesman

Counselor #2 is a Mother looking for a new couch

Props needed:

2-3 chairs lined up (depending on how many counselors you have available, a bucket of water, bottle of ketchup, mustard and some other kinds of condiments. Jelly, soda, baking sprinkles, etc. Safe but messy lotions, foods and fun things.

Counselor 1 (Salesman) comes on stage and says a few counselor volunteers are needed to help out with the skit. Since the stage is a furniture store the volunteers are asked to be pieces of furniture. Three chairs are lined up and in each chair sit a volunteer, who play the part of cushions on the couch, with the other volunteers holding their arms out like arm rests. If you have extra counselors, one other person stands up straight as a lamp behind the couch. Another person can act like a coffee table - whatever catches the fancy of the Salesperson. The volunteers are thanked profusely and told that they are to stay still no matter what. Their job is to pretend they are furniture, so they are to be still and not move, laugh, or wiggle.

When the showroom is done the Salesman tells the audience that business has been really slow and that he/she REALLY needs a sale!! As he/she finishes telling the audience how badly the store is doing and how much a sale is needed, the Mother walks in loudly announcing that she is looking for QUALITY furniture. If a guy counselor in a wig with a ridiculous high can play her pitched voice, the better. The Salesman assures her that this furniture is as good as it gets. The Mother says it has to be good because she has 9 children and they are VERY hard on the furniture.

The Salesman asks the mother to sit down and try the furniture pointing out how comfortable the couch is (Mother sits on volunteers and spreads out, putting her feet up on the "sofa" or on the "coffee table", preferably in their face). Mother comments on how comfortable the furniture is but she is worried about how the fabric will hold up to her nine very busy and sometimes sloppy children. The Salesman offers to have the Mother bounce up and down on the furniture, turn on and off the light many times, knock on the furniture to show how solid the wood table is, etc. The Mother is interested but not quite sold. She really wants to know how well the furniture will hold up to spills and stains.

The salesman is desperate, so he/she tells the Mother to wait just a moment and goes off stage and comes back with a bottle of ketchup and starts squirting the "couch". The Mother is quite impressed because the couch doesn't show the stain. (Volunteers will try hard not to move or brush off ketchup) The Salesman can see that the Mother isn't quite sure yet, so he/she goes and gets the mustard. Once again the Mother isn't quite sure - she asks how the furniture stands up to the other various things you have assembled, with the salesman putting each on the furniture.

Finally, the Mother asks how best to wash the furniture - here the Salesman brings in the bucket of water and throws it on the "furniture". Finally, Mother announces that most of all she is worried about how the furniture can stand up to fire as her kids really like to play with matches. At this point, the volunteers should get up and run off the stage screaming.

Team Sing

Materials: Stopwatch

Instructions:

You will need two teams of counselors (at least 3/team if you have can). The object is to be the team to sing the KV song or a holiday song the fastest. Have each team line up shoulder to shoulder facing the other team. They will go one team at a time. When you start the stopwatch, the first player on the first team begins. Each player may only sing one word of the song. If the player sings the wrong word, their team must start over. The quickest team wins. This is also a great one to let the campers try out.

Enlarging Machine

Supplies:

1. An object that can hide two counselors from being seen by the campers. A table turned sideways works great for this.
2. A sign on the front of the object that says "Enlargement Machine!"
3. Several objects that need to be behind the machine before the campers see them:
 - a. Large branch of some sort
 - b. Large cup (normal size)
 - c. Bucket of water
 - d. Two counselors
 - e. Any other larger version of the small items that you come up with
4. Several objects to be put into the machine. These can be seen by the audience
 - a. Small twig
 - B. Tiny Dixie snack cup
 - c. Any other small items that match the large ones you hid behind the machine

Description:

Counselor introduces himself or herself to camp as the inventor of the amazing enlargement machine. They have a special treat for everyone because they will be demonstrating the machine for the first time ever. Stage should already be set up with a machine in place, and counselors and all items behind its cover.

Begin by getting a volunteer camper from the audience. Bring them to the stage and show them the small objects that are out of the table. Show and explain these objects to the audience. Sell this like a magician, as if you need to prove how normal they are. Next, have the camper toss the items into the machine one by one, and have a counselor behind the machine toss out the larger version (i.e. log for the twig). Go through each of the items. You should still have the counselor and bucket of water left behind the machine. Finally state that you are going to prove how impressing the machine is, and get the

camper to 'enter' the machine. The counselors inside keep the camper quiet and still, and one of them jumps out of the machine.

Now get the inventor to have one last volunteer, but make it a counselor. Hopefully this counselor isn't in on the joke. Tell the counselor to do the same thing, with any other items you have, and finish with them simply spitting into the machine. Throw the bucket of water at them.

Bandana Instructor

Supplies:

1. Bandana
2. Banana

Counselor tells campers that part of being a successful penguin in the Antarctic is having your penguin bandana. They want to demonstrate this to the kids, so they will need a volunteer. They pick a counselor to come up and help them that has a bandana, each of them facing opposite directions (at 45 degree angles) to present to the different sides of the group.

The lead counselor then tells the volunteer that because it is a big audience, you will show one side and he should show the other. Instructor takes out a bandana and shows it to the crowd. Volunteer watches, and then takes out Banana.

Lead counselor tells the volunteer to do exactly as they do, as listening skills are very important at camp. Instructor goes through the following, and the plant does as he is told, each time asking, "Are you sure?" or "should I do that now?"

Instructor: "First, put it in your pocket. It's really easy to carry your bandana everywhere you go. Next, fold it in half. Look at how easy it is to fold and make it really small."

The instructor goes through a whole list of random and seemingly usual tasks that are done with a bandana, but are very gross and strange with a banana. These could include

1. Wipe your armpits with it
2. Wrap it around your neck
3. Clean your ear with it

Finally, the plant and instructor turn and face each other, and the Instructor is shocked "What happened to you?! Where's your bandana?"

Plant: "Bandana?? Bandana?! I thought you said 'Banana'!"

Blindfolded Musical Chairs

Materials:

- Enough chairs for several counselors, minus one
- Blindfolds for the counselors
- Music

Instructions:

Set up the chairs in a standard musical chairs set up (back to back with some on the ends). Tell the counselors we will be playing blindfolded musical chairs and let them see the setup before you blindfold them. Once the music starts, counselors should dance and move around. You get to move the chairs around and ham it up! You can try to scare the counselors and trick them. The kids will be cracking up! It's good to have 2 directors working together on this, or just have a counselor that isn't playing help.

Junk in the Trunk

- 1) Fill the tissue box with Ping-Pong balls, then attach the tissue box to the back of the belt. Put on the belt with the tissue box sitting at the small of the back.
- 2) When the clock starts, the player may begin moving body to shake the Ping-Pong balls out.
- 3) Player's hands or arms may not touch the box or belt.
- 4) Player may only touch the floor with his or her feet.
- 5) To complete the game, the player must get all 8 Ping-Pong balls out of the box within the 60-second time limit.

REQUIRED ITEMS

- 8 Ping-Pong balls / 1 tennis ball per person
- 1 empty tissue box per person
- 1 belt per person

A Bit Dicey

- 1) Prior to the game start, the player places a single Popsicle stick in his/her mouth.
- 2) When the clock starts, the player will pick up and vertically stack one die at a time on the stick.
- 3) Players may not allow dice to rest against their nose or to touch any part of their face.
- 4) In the event that a die is dropped or falls off of the stick, a player may take a replacement die off of the podium and use it in its place.
- 5) To complete the game, 6 dice must be stacked one on top of the other on the popsicle stick within the 60-second time limit

REQUIRED ITEMS

- Popsicle stick

- Dice

Baby Blocking

- 1) When the clock starts, the player places the plate on top of head and attempts to stack blocks vertically on the plate.
- 2) Player may not move the plate with hands once placed on the head.
- 3) To complete the game, all 5 blocks must remain stacked vertically for 3 seconds within the 60-second time limit.

REQUIRED ITEMS

- 5 wooden baby blocks
- Plastic plate

Bucket Head

- 1) When the clock starts, the player may grab 1 ball at a time and bounce it so that it hits the floor then wall before attempting to catch it in the bucket headgear.
- 2) Only balls caught behind the foul line may count toward total.
- 3) Ball must bounce directly from the wall to the bucket in order to score.
- 4) Players can't play from a kneeling or seated position, or touch the bucket with the hands while trying to catch a ball.
- 5) To complete the game, the player must catch and retain a total of 3 balls in the bucket atop the head within the 60-second time limit.

REQUIRED ITEMS

- "bucket headgear" made of the small bucket or water jug with top cut off and materials like a sweatband to keep it affixed to the head.
- container of Ping-Pong balls
- wall with a foul line on the ground 5' away

Caddy Shack

- 1) When the clock starts, the player may grab balls and attempt to stack them.
- 2) To complete the game, 3 golf balls must be stacked freestanding 1 atop the other within the 60-second time limit, and must remain freestanding for 3 seconds.

REQUIRED ITEMS

- 3 golf balls
- Level surface (table, desk etc.)

Defying Gravity

- 1) When the clock starts, the player releases all 3 balloons into the air.
- 2) Player may not hold balloons, allow them to rest on the body, or hit the ground, or the game is over.
- 3) To complete the game, the player must keep all balloons off the ground for 60 seconds.

REQUIRED ITEMS

3 balloons (inflated)

Dizzy Mummy

- 1) With toilet paper on a holder, the player holds the end of the toilet paper in 1 hand.
- 2) When the clock starts, the player begins spinning so that toilet paper collects over the arms.
- 3) If the paper severs the toilet paper, the game is over.
- 4) Player must keep both fists closed at all times.
- 5) To complete the game, the player must remove all toilet paper not glued to the cardboard center within the 60-second time limit.

REQUIRED ITEMS

- 1 roll of toilet paper

Elephant March

- 1) Set up bottles in 2 rows, each row 8' apart, with the foul line between the rows. Each bottle should be placed 4' apart in its respective row.
- 2) Place the baseball into the leg of the panty hose, and pull the waist of the panty hose over the head.
- 3) When the clock starts, the player may begin swinging the baseball while keeping 1 foot on either side of the foul line.
- 4) Players may not use any part of their body to propel the baseball.
- 5) To complete the game, the player must knock over all 8 bottles within the 60-second time limit.

REQUIRED ITEMS

- 8 full plastic bottles
- 1 pair of panty hose
- 1 baseball
- foul line on the ground

Face the Cookie

- 1) When the clock starts, the player may grab the first cookie and place it on the forehead.

2) The cookie must remain in contact with the face (i.e. player may not toss the cookie from the forehead and catch it in the mouth).

3) If a cookie falls, the player may reset an intact cookie on the forehead for the next attempt.

4) To complete the game, the player must hold an intact cookie 3 times with his or her mouth within the 60-second time limit.

REQUIRED ITEMS

- At least 3 cookies

High as a Kite

1) Prior to the game start, attach the kite to the back of the visor.

2) When the clock starts, the player must move around the play area so that the kite stays in flight for the full 60 seconds.

3) If the kite or kite tail touches the ground at any time during the 60 seconds, the game is over.

REQUIRED ITEMS

- Kite with a tail
- Visor or baseball cap

Keep it Up

1) When the clock starts, the player may release two feathers and begin to blow on them to keep them in the air.

2) If the feather touches any part of the player's body, or touches the floor, the game is over. Incidental contact on the face is allowed.

3) To complete the game, the player must use only his or her breath to keep both feathers from touching the ground for the 60-second time limit.

REQUIRED ITEMS

- 2 feathers

Noodling Around

1) Prior to game start, contestants must stand with hands at sides.

2) Once the game begins, the contestant may grab the spaghetti noodle and place it into their mouth.

3) Once the spaghetti noodle is placed in their mouth, the contestant may not use their hands to complete the game.

- 4) The contestant must be careful not to break the spaghetti. Should the spaghetti break, the game may continue, but all six penne noodles must still fit onto the spaghetti noodle outside of the mouth.
- 5) Penne may fall off spaghetti during an attempt, but only remains in play if it lands directly on the table.
- 6) Penne may touch lips, but may not enter the mouth.
- 7) To complete the game, the contestant must hold a spaghetti noodle with the mouth while picking up and holding six pieces of penne with it, so that they remain concurrently on the spaghetti within the allotted 60-second time limit and remain that way for three consecutive seconds.

REQUIRED ITEMS

- 6 pieces of penne pasta (uncooked)
- 1 piece of spaghetti (uncooked)
- 1 small table

Nose Dive

- 1) Set up the bowls 12' apart, with the cotton balls placed in 1 bowl.
- 2) When the clock starts, contestants may dip their noses in petroleum jelly and attempt to pick up cotton balls with their noses.
- 3) Players may only apply petroleum jelly by dipping their noses in petroleum jelly.
- 4) If the player transports more than 1 cotton ball at a time, any cotton balls that are deposited in the end bowl will not count towards the total.
- 5) Player must deposit a cotton ball into the end bowl directly from the nose without coming into contact with any other body part or object.
- 6) To complete the game, the player must transport 5 cotton balls from the start bowl to the end bowl, with all 5 cotton balls in the bowl concurrently within the 60-second time limit.

REQUIRED ITEMS

- At least 5 cotton balls
- Petroleum jelly
- 2 bowls

Rapid Fire

- 1) Set up 6 empty soda cans in a triangle formation on top of a table. Place foul line 8' away.
- 2) When the clock starts, the player must stay behind the foul line and shoot 1 rubber band at a time at the can triangle.
- 3) To complete the game, the player must clear the table of all cans only by shooting rubber bands within the 60-second time limit.

REQUIRED ITEMS

- Rubber bands
- 6 soda cans
- Foul line
- Small table

Sharp Shooter

- 1) Place each Ace card in the mouth of the clothespin and set it upright on the table.
- 2) Foul line is 8 feet from the table.
- 3) When the clock starts, the player can shoot 1 rubber band at a time at cards.
- 4) To successfully complete the game, the player shoots rubber bands to knock all Aces off the table.

REQUIRED ITEMS

- 3 Ace playing cards
- 3 clothespins
- Table
- Rubber bands
- Foul line

Shoe Fly Shoe

1. Set up each pair of shoes 9' from the table.
2. When the clock starts, the player may insert foot into the first shoe and attempt to toss it onto the table.
3. Players may not move closer to the table or use their hands at any time.
4. Credit will be given for a shoe hanging partly off the table, as long as it stays on the table for 3 seconds.
5. To complete the game, contestants must use a foot to successfully toss and land 1 shoe on the table where it must rest for 3 seconds within the 60-second time limit.

REQUIRED ITEMS

- 12 shoes
- 1 table

Tortilla Head

- 1) Prior to game start, the player places 1 flipper on each foot and affixes plate to top of head.
- 2) Line up 15 tortillas.
- 3) When the clock starts, the player attempts to flip tortillas with flippers and onto a plate attached to the top of head.

4) To complete the game, catch 1 tortilla on a plate. Tortilla must remain on plate for 3 seconds within the 60-second time limit.

REQUIRED ITEMS

- Swim flippers
- Flour tortillas
- Plate

Wet Ball

1) Set garbage cans 12' from the foul line and place containers of balloons behind the foul line.

2) When the clock starts, the player may toss a balloon in the air from behind the foul line and attempt to direct it into the trash can using only the spray bottle.

3) If the balloon hits the ground, the spray bottle, or any part of the player's body, it's void.

4) A player may reuse an old balloon or use a new balloon to make a new attempt from behind the foul line.

5) To complete the game, the player must move 1 balloon through the air and into the trash can using only the water from the spray bottle within the 60-second time limit.

REQUIRED ITEMS

- 3 inflated balloons in a container
- 1 high-powered spray bottle filled with water
- 1 39-gallon trash can

Energizers

500 Miles—The Proclaimers

Cha Cha Slide—DJ Casper

Cupid Shuffle—Cupid

Ice Cream & Cake—Buckwheat Boyz

The Hamster Dance—Hampton the Hamster

Happy—Pharrell Williams

Firework—Katy Perry

Songs

Princess Pat

The Princess Pat (the princess pat – someone repeats)

Lived in a tree (lived in a tree)

She sailed across (she sailed across)

The 7 seas (the 7 seas)

She sailed across (she sailed across)

The channel too (the channel too)

And she took with her (and she took with her)

A Ricabamboo (a ricabamboo)

A Ricabamboo (a ricabamboo)

Now what is that (now what is that)

It's something made (it's something made)

By the Princess Pat (by the Princess Pat)

It's red and gold (it's red and gold)

And purple too (and purple too)

That's why it's called (that's why it's called)

A Ricabamboo (a ricabamboo)

Now Captain Jack (now Captain Jack)

Had a mighty fine crew (Had a mighty fine crew)

He sailed across (he sailed across)

The channel too (the channel too)

But his ship sank (but his ship sank)
And yours will too (and yours will too)
Unless you take (unless you take)
A Ricabamboo (a ricabamboo)

A Ricabamboo (a ricabamboo)
Now what is that (now what is that)
It's something made (it's something made)
By the Princess Pat (by the Princess Pat)
It's red and gold (it's red and gold)
And purple too (and purple too)
That's why it's called (that's why it's called)
A ricabamboo (a ricabamboo)

Hunk of Tin

I'm a little hunk of tin
Nobody knows what shape I'm in
I've got four wheels and a running board
I'm not a Chevy, I'm not a Ford
Honk honk rattle rattle crash crash beep beep
Honk honk rattle rattle crash crash beep beep

Bazooka, Zooka, Bubble Gum (Spoken)

My mom gave me a penny she said to buy a henney
I didn't buy a henney I bought bubble gum
Bazooka, zooka, bubblegum. Bazooka, zooka, bubblegum.
My mom gave me a nickel she said to buy a pickle.
I didn't buy a pickle instead I bought bubblegum
Bazooka, zooka, bubblegum. Bazooka, zooka, bubblegum.
My mom gave me a dime she said to buy a lime
I didn't buy a lime instead I bought bubblegum.
Bazooka, zooka, bubblegum. Bazooka, zooka, bubblegum
Quarter – water
Dollar – collar / Five – alive

The Littlest Worm

The littlest worm (repeat) I ever saw (*)
Was stuck inside my soda straw

The littlest worm I ever saw was stuck inside my soda straw.

He said to me *Don't take a sip*

For if you do *I'll surely flip! (repeat)

I took a sip* and he went down*

All through my pipes*

He surely drowned! (repeat)

He was my pal* He was my friend*

But now he's gone* and that's the end (repeat)

The moral of* this story is*

Don't take a sip of soda (repeat)

Singing in the Rain

I'm singing in the rain, just singing in the rain (sway side to side)

Hold it! (echo) (hold hands out front, like stopping traffic)

Thumbs down (echo) (turn thumbs down)

Choo cha cha, choo cha cha, choo cha cha cha (bend knees on each "choo")

Choo cha cha, choo cha cha, choo cha cha cha (bend knees on each "choo")

I'm singing in the rain, just singing in the rain (sway side to side)

Hold it! (echo) (hold hands out front, like stopping traffic)

Thumbs down (echo) (turn thumbs down)

Elbows back (echo) (still turning thumbs down, move elbows back)

Choo cha cha, choo cha cha, choo cha cha cha (bend knees on each "choo")

Choo cha cha, choo cha cha, choo cha cha cha (bend knees on each "choo")

Add: knees together, toes together, head back, and tongue out with the appropriate actions

Yogi (action)

Word

Action

Bear

Make ears over head

Boo boo

Pretend to pat little friend on the head

Cindy

Pretend to push back hair on both sides

Ranger

Pretend your ringers are guns

Jelly

Pretend your body is made of jelly

I know someone you don't know. Yogi, Yogi!

I know someone you don't know Yogi, Yogi Bear!

Yogi yogi Bear, Yogi yogi bear

I know someone you don't know, Yogi, Yogi Bear

Yogi has a little friend, Boo boo, Boo, boo

Yogi has a little friend, Boo boo, Boo, boo bear

Boo Boo Boo Boo Bear
Boo Boo Boo Boo Bear
Yogi has a little friend, Boo boo, Boo, boo bear
Yogi has a girlfriend, Cindy, Cindy
Yogi has a girlfriend, Cindy, Cindy Bear
Cindy, Cindy Bear, Cindy, Cindy Bear.
Yogi has a girlfriend, Cindy, Cindy Bear
Yogi has an enemy Ranger, Ranger
Yogi has an enemy, Ranger, Ranger Smith
Yogi has an enemy Ranger, Ranger Smith
They all live in Jellystone, jelly, Jellystone
Jelly, Jellystone, Jelly Jellystone
They all live in Jellystone, jelly, Jellystone

Milk

Give me a big M, MMM
Give me a small m,
Chorus:
Don't give me no pop no pop, don't give me no tea, no tea,
Just give me that milk
Moo, moo, moo, moo
Just give me that milk,
Moo, moo, moo, moo
Give me a big I, I I I
Give me a small I, iii
Chorus
Give me a big L, LLLL
Give me a small L, III
Chorus
Give me a big K, KKK
give me a small k,
Chorus

Give me a big Milk, MILK
Give me a small milk, milk
Chorus

Boom Chicka Boom

Boom Chicka Boom (kids echo)

I said a boom chicka boom (echo)

I said a boom chicka boom (echo)

I said a boom a chicka rocka chicka rocka chicka boom (echo)

Uh Huh, Oh yeah (echo)

One more time (echo)

(a little faster, a little slower, underwater style, Texas style, valley girl style or make fun of a counselor)

Wigalow

Hey Campers (hey what)

Hey Campers (hey what)

Are you ready, (to what)

To Wigalow (right on!)

Put your hands up high and your feet down low

That's the way we wigalow

Wigalow, wig, wig, alow

Wigalow, wig, wig, alow

Pony

Come on ____ ride that pony

Come on ____ ride that pony

Come on ____ ride that pony

This is how you do it.

Front to front to front, my baby

Side to side to side, my baby

Back to back to back, my baby

That is how we do it

(you make a large circle and child gallops around swinging pretend lasso, they then stop in front of someone and dance with them back to back and then switch spots with that person. The new person now rides the pony)

Fried Ham

Fried Ham, Fried Ham

Cheese and bologna

And after the macaroni

We'll have some onions, and pickles, and pretzels

And then we'll have some more fried ham, fried ham, fried ham

Same song second verse English accent makes it worse

Same song third verse "southern"

Same song fourth verse “baby”

Same song fifth verse “robot”

Bananas

Bananas unite

Bananas split

Bananas peel

Peel bananas, peel, peel, bananas (2x)

Peel to the left

Peel to the right

Peel down the middle and

UH! Take a bite!

Now go bananas, go, go, bananas (2x)

Sit Down, Jump Up

Sing the song to the tune of “Are you Sleeping?” As you sing the song, do the actions

Sit down, sit down,

Sit down, sit down

Jump upright,

Jump upright.

Run, run, run, run,

Run, run.

Walk, walk, walk, walk,

Walk, walk.

Sit back down.

Sit back down.

Relays

Animal Relays

Line the kids up and name an animal for them to act like while crossing a room. Most popular are crab walk, bear walk, snake slither, and letting them choose their favorite animal to imitate. This can be a relay race, an individual race, or just for fun.

Egg & Spoon Race

This is definitely an outdoor activity! You will need one raw egg and one spoon for each person participating in the race. Line contestants up next to each other on a starting line. Racers should have a point across the yard to race to (Point B), turn around, and come back to where they started (Point A). Place the egg on the spoon. The racer must balance the egg in the spoon, without using their free hand, and make it from point A to point B and back to point A again. If the egg drops but is not broken, the racer may pick up the egg, while **STANDING STILL** (no traveling!), reposition it on the spoon, and resume the race. The first person back to point A without a broken egg wins!

Bedlam

This game requires 4 teams of equal size. Each team takes one corner of the room or playing field. The area can be either square or rectangle. At a signal each team attempts to move as quickly as possible to the corner directly across (diagonally) from its own. While moving across the open space, team members must perform or accomplish given tasks (run, hop, skip, crab walk, walk backwards, wheelbarrow race or piggyback). The first team to get all its members into a new corner wins that round. First round should be simple and safety should be stressed. Especially where they will meet in the center.

Clothes Relay

Two teams line up. Have a designated course for the kids to run. When you say start, the first person in each team puts on all the clothes (hats, shirts, pants, etc.) and races through the course. They then pass the clothes to their next teammate and so on. First team to the finish wins!

Hole in the Bucket

Required: One large trash can or 30 gallon tub, two receiving buckets, water source and two large coffee cans

Players: Small to large groups

Punch several holes into the bottom and the sides of your cans using a hammer and large nail. Large juice or bean cans will work also. Do this from the outside, go into the can to prevent sharp edges on the outside. Make sure there are no sharp edges around the top of the can, you can do this by hammering around the inside edge while against a hard surface. You can spray paint your cans with car paint ahead of time for different colored teams. Fill up a large clean container of water at starting point. At the other end of the play field have a receiving bucket the same size for each team. Divide into teams and have one person at a time from each team do relay. Each person is to go to the large container, dip their can into it, put the can on their head or carry it in front of them, go down the field to their team's receiving bucket, and pour what water is left into the bucket. Once they have done this, they can run back to the

starting point and give the next person their can to do the same. The first team to fill their receiving bucket is the winner.

Australian Relay

Materials:

1. Two different color foam balls
2. Four cones
3. Rubber rings could be used in place of foam ball

Description:

This is a continuous relay race in which two teams try to catch and tag each other. Make the teams as even in number as possible. When one team catches the other they are awarded a point. On the signal to go the first camper from each team runs around all four cones one time and hands the foam ball off to the next camper and goes to the end of the line.

Suggestions:

The team that was tagged may do exercises, for example, 10 jumping jacks. You may give the team that was tagged an advantage by letting them move forward one cone before starting the next relay. Show the campers how to get ready to receive a hand-off.

Go-To Games

Hackball

This is essentially like 4 squares. The main difference is that you use a hacky sack for the ball. It makes for a very portable 4 square game. The necessary rules changes then include:

1. The ball must be kept in the air – not bounces – when volleyed from square to square. If the receiver fails to hit the ball, and it lands in his square (or out of bounds after he has touched it), he is vanquished.
2. One must never hit the hack ball in a downward fashion ('spiking' the ball). This would be a breach of a player's etiquette, and the offender would be punished by loss-of-square privileges.
3. In further explanation of rule change number 2, the hack ball is required to rise a considerable distance from the attacker's hand in order to be considered a legitimate 'volley' (this prevents one from 'letting' the hack ball down in another's square).
4. A volley may be instigated by any part of the body. The more obscure and creative the hit the more respect one earns.
5. The squares must be much smaller than traditional. We found that the smaller the square, the closer and more action-packed the play. About 3' x 3' works well.

Human Pinball

1. Everyone stands in a circle facing outward except one (the dodger)
2. Have players in a circle stand with legs spread feet touching the person next to them
3. Have them bend and swing arms between legs
4. They become “flippers”, whose an object is to hit the dodger with the “pinball”
5. The dodger tries desperately to avoid being hit.
6. The person who hits the dodger with the ball, becomes the dodger and gains a point.
7. The dodger gains a point each time the ball goes outside the circle.

Kings and Queens

The group stands in a circle and the leader closes his/her eyes and drops a ball on someone’s shoes. That person becomes IT. The IT could throw the soft ball (nerf) directly at any one at any time. If the person was hit on any part of the body except the closed fists, that person becomes part of IT’s team. The IT folks could pick up the ball with bare hands and then run with the ball or toss to each other in order to position to get more Its. Players who had not been tagged with the ball can carry the ball between two closed fists and can also “bat” the ball around to any part of the field with a closed fist hand. Non-Its sometimes displayed excellent form in keeping the ball away for the ITs by batting it to each other quite deftly. Touching the ball with an open hand put you on the IT side. The game is played until there is only one Non-It remaining.

What time is it Mr. Fox?

Mr. Fox starts out at one end of a field, room, or designated area with his back to the group. The group at the other end then yells out “What time is it Mr. Fox?” Mr. Fox then calls out a time that is on the even hour (1 o’clock-12 o’clock). The group then takes that many steps. When the group gets to where the fox is, but not past him, and asks the time, the fox can yell “Midnight!” They then turn and chase the group. Those that he catches are to sit out. The last one left becomes the fox. A variation is to allow each child who is tagged to become an honorary fox and help catch people.

Wizard (Assassin)

This is a game best played in a large group. We always played it with the 6-10 year olds at our summer camp. Sit all of the children in a circle, with legs crossed. Have all children put their heads down. One person (we always had at least one adult present) would walk around the circle and tap one child on the head. This person was the assassin. The child eliminates all other players by winking at them. If you are winked at, silently count to 10, then put your feet in the middle of the circle. We always had a few that would act as if they really had been shot, and clutch their chest and scream. If the assassin eliminates everyone, then they win. They can be “witnessed” as well. If a player thinks they know who the killer is, before they get winked at, they can say they have a suspect. Such as “I suspect that Sally is the assassin.” If Sally is not the assassin, then the accusers are eliminated. A less brutal version is the sandman. Same thing, except being winked at means you are taking a nap.

Ultimate Keep Away

The great thing about the game is that you can play it with four players (two on two), sixteen (eight on eight), or thirty (fifteen on fifteen). Also, you can use one ball for small groups or multiple balls for larger groups. It goes by the same basic principle as the traditional keep away game but it's so much better.

Two teams, with each team having an identifying tag, like a colored bandana (yellow vs. purple bandanas). Then, say, if you have 30 kids, 15 on 15, then you might throw 3 or 4 balls out and let them at it. If you get tagged with a ball in hand by a person on the other team, then you go to jail, so you have to keep throwing it to your fellow teammates as quickly as you can. The ball keeps moving, kids keep going to jail, and every so often, you can call it "jailbreak!" to let the game keep going forever. It's great!

Chicken, Dinosaur, Superhero

Rules: Normal rock, paper, scissor rules apply. Everyone starts as a chicken, then when you beat a chicken you become a dinosaur. If you challenge and beat a dinosaur or superhero, you become a superhero. If you lose a contest you go down to the level that you lost to.

Fruit Cocktail

Setup and Rules: Give each camper a different fruit. Stand in the middle of the game area and call out the fruit, the fruits run across, if tagged they sit down where they were tagged and try to tag other kids. When you yell FRUIT COCKTAIL all campers run. You can vary this game week by week by giving it a name based on theme.

Clean Your Room

Equipment:

- As many balls as wanted (10-20 is a good medium)

Directions:

Divide players equally amongst two teams and have a dividing line using lines on the floor, rope, etc. At counselors' go, both teams will throw the balls to the other side of the line (they are cleaning their room of balls by throwing them into the other team's 'room'). After a set amount of time (about 2 min. is good), the counselor stops the game and everyone drops the balls, the team with the least amount of balls on their side wins

Captain Potato Chip

Directions: One "Captain Potato Chip" starts out in the middle. Everyone else starts on one side of the gym/play area. As group they call out "may I cross your chip, Capt. Potato Chip?" Capt. Chip Responds with a category; example: "only if you are wearing blue tennis shoes!" or "only if you are a girl!" That group of people runs across gym, and Potato tries to tag them as they go. If tagged, they join Capt. Chip in the middle. But only the original Captain calls out categories.

Garage

Rules: Have kids line up on the centerline of the gym. Assign Garage 1 and Garage 2. When you blow the whistle 1 time the kids run to Garage 1 and if you blow the whistle 2 times the kids run to Garage 2. The last child across the base line is out. Children can also get out if they fall down, hit the back wall of the gym or bump into each other.

Steal the Bacon

Equipment:

- 1 ball or item that is easy to grab

Directions:

Have campers lay on their stomach an equal distance from the middle of the playing area. Number them so the teams mirror each other, 1 2 3 4 5, etc. 5 4 3 2 1

Call out the numbers one by one, the child that can grab the 'bacon' and take it back to their side successfully gets a point. If a camper is tagged they drop the 'bacon' and the other camper picks it up and tries to take it to their side.

Shipwreck

Rules: counselor gives directions you would hear on a pirate ship or says some goofy order and the campers do the action that corresponds to it. Orders include: captain's coming, at ease, eat a rat, lower the anchor, raise the flag, people in a boat, get sea sick, shipwreck, incoming, swab the deck, man overboard, climb the crow nest and anything else you can think of that the kids will like. If a child is left out of a boat or does not do an action, they are out.

What's the Time, Mr. Wolf?

Rules: Similar to Captain Potato Chip, except players that are not it call out "what time is it Mr. Wolf?" and the player who is the wolf calls out a certain time (example 8:00). Players may only take that amount of steps across the gym (if the wolf called 8:00, then players take 8 steps). If Mr. Wolf Calls out "midnight!" then the players must run back to the start line w/o getting tagged. Whoever Mr. Wolf tags will join him/her in the middle.

Detective

Setup: Kids in a circle. Pick one 'detective' and one 'leader.'

Object: Detective leaves the room. Leader then leads the group in a series of actions (clapping hands, jumping up and down, making faces, etc.) and the kids follow suit. Detective comes back in and tries to figure out who is the leader.

4 Squares

Classic 4 squares game. Divide your group into as many games as needed. If you don't know this game, ask your kids. They know, trust me, they know.

Human Foosball

This is basically just like soccer, but with a twist. Use court lines on the floor to designate where the players should be. They may only move on the line.

Recipes

Kool-Aid Play Dough

Ingredients:

- ½ cup salt
- 2 ½ cups flour
- 2 packages Kool-Aid
- 3 tbsp. oil
- 2 cups boiling water

Directions:

Mix dry ingredients. Add oil. Add water and knead.

Storage: Store in plastic bags in the refrigerator

Jell-O Playdough

Ingredients:

- 1 cup flour
- ½ cup salt
- 1 cup water
- 1 tbsp. oil
- 2 tsp. cream of tartar
- 1 (3 ½ oz.) package "unsweetened" Jell-O

Directions:

Mix all ingredients together and cook over medium heat, stirring constantly until the consistency of mashed potatoes. Let cool and knead with floured hands until dry.

Storage:

This recipe needs to cool completely before storing it in an airtight container. Note: the items made with this play dough can be painted when dry

Oatmeal Dough

Ingredients:

- 1 part flour
- 2 parts oatmeal
- 1 part water

Directions:

Mix ingredients together and form into shapes. These shapes may be painted when dry.

Cream Cheese Play Dough:

Ingredients:

- 8 oz. package of cream cheese
- ½ cup nonfat dry milk
- 1 tbsp. honey
- Crackers or bread slices

Direction:

Combine cream cheese, milk, and honey in a bowl and mix until well blended. Mold sculptures.

Storage:

Unused portions **MUST BE STORED** in an airtight container and kept refrigerated. Cream cheese is perishable; use the expiration date on the cream cheese package as your guide for how long you can keep playdough.

Note: The shapes can then be placed on crackers or bread slices, decorated with edibles such as raisins or veggies and eaten for a healthy snack!

Frosting Playdough

Ingredients:

- 1 can of frosting (any flavor)
- 1 ½ cups powdered sugar
- 1 cup cream peanut butter

Directions:

Mix together until dough reaches desired consistency

Storage:

When not using, **MUST** be stored in an airtight container and refrigerated. Next time you want to use it, let it come to room temperature for pliable dough.

Chocolate Playdough:

Ingredients:

- 8 oz. semisweet chocolate
- ¼ cup plus one tablespoon light corn syrup
- Optional Rolling Pin

Directions:

Melt the chocolate in a metal bowl set over a pan of simmering water (a double boiler). Stir the chocolate with a spoon until smooth, and then stir in the corn syrup. The chocolate will stiffen almost immediately but stir until completely combined. Transfer the chocolate to a sturdy plastic bag and refrigerate until firm; the consistency will be that of Play Dough. When firm, the dough can be worked by kneading. If it is too hard, cut off small pieces and knead until pliable. If the dough sticks to the counter when rolling, lightly spray the counter and breadboard with vegetable spray or lightly grease with vegetable oil. Hand shape the dough into a rope or braid, making two or three long ropes and twist or braid them together – can be used as the outside edge on top of the cake or around the base. Make ribbons to cover the cake. To do this, pat your dough into a disk shape and roll dough out to desired thickness using a rolling pin or else a manual pasta machine.

Chocolate Clay

Ingredients:

- 10 oz. chocolate, either almond bark or candy discs
- 1/3 cup corn syrup

Directions:

Slowly melt the candy and stir until smooth. Add syrup and blend thoroughly. Pour onto waxed paper and spread with fingers until about ½ in thick. Cover loosely with waxed paper and allow it to stiffen (couple of hours). Then play and eat. To make flower petals, roll out little balls and flatten them, then pinch the petals together. These make wonderful “I Love You” gifts, even if it isn’t Valentine’s Day.

Discoverers Splash Day

Splash Day was created to give our campers an opportunity to go outside splash and cool off and have lots of fun.

Preparing for Splash Day

- Check with your camps manager to determine water access
- Walk the splash day area for safety hazards including ants (plan accordingly)
- Make sure all splash day materials are clean and ready for use
- Create a diagram of splash day and include counselors assigned to particular stations and how the rotations will take place
- Make sure all campers are changed, have their clothing in a particular spot, and have sunscreen on. Bring only minimal camper stuff outside (towel and shoes?). Keeping the children and their belongings organized will make your day more successful.

Materials for Splash Day

- Hoses
- Connectors
- Plastic Pools
- Slip and Slide
- Sidewalk Chalk
- Shaving Cream
- Tarps
- Sponges
- Buckets
- Sprinklers

Procedures for Splash Day

- Divide campers into groups
- Explain the centers and rotations
- Go over the rules and expectations
- Counselors must monitor campers at ALL times. Have a counselor in charge of potty breaks.

- Sponge Relay Over/Under use the Football Splash Toys have 2 buckets at the beginning of the line with a splash toy in it and one at the end of the line. The team with the fullest bucket wins.
- Ping Pong Knock Out- Have an empty water bottle with a large hole cut into it (big enough for a ping pong ball to fall out if water fills the bottle past hole opening causing the ball to fall out. Have campers sit on a chair wearing goggles, hold the water bottle with hole and ping pong ball in it. Have another camper stand 5 feet or so away in a hula hoop. Next camper in line sprays a water bottle until the gun runs out...have a large bucket to refill gun...spray away...have specified time limit...the team who knocks out the ping pong ball the most times wins.
- Beach Ball Relay- Divide the group in half...get a partner. Partner must transport the beach ball from start down and around the cone and back to the finish line holding the beach ball in between partners without using their hands. (Extension...have a beach ball in a baby pool with water...have 3 or 4 kids have to pick up a beach ball out of the pool and transport it to a specified location without dropping it and without using their hands).
- Scooter Relay (if concrete is available)...have campers sit on a scooter at the start line with a water balloon on their lap...go around cones and obstacles to finish line place water balloon in hula hoop the fastest. The team that finishes first and has the most water balloons in the hula hoop wins.
- Obstacle course...have jump ropes, hula hoops, cones to run around etc...must complete the obstacle course in a wet KV t-shirt, bring a tshirt back and drop in a water bucket before the next camper can complete the obstacle course.
- 2 teams with equal number of campers...each team pics a "snowman" (who is willing and interested) 30 seconds is given to cover the other teams snowman in shaving cream the snow man sits in a chair and the snowman's team each takes a turn using water guns to spray off the shaving cream...winning team is the team with the cleanest snowman after time period expires
- Divide Group into 2 teams. Fill 2 baby pools with water. Add baby oil and pennies. Have the first team spend specified time to pick up and remove as many pennies or small objects off the bottom of the pool as possible. Other Team competes...the team with the most objects removed in a specified time wins.
- Limbo with Water Hose
- Counselor Challenge on Slip and Slide
- Water Balloon Toss
- Bubbles
- Sidewalk Chalk

Have stations ready to go with equipment necessary. Have a rotation schedule as well as a diagram of who goes where. Organization is key. Have staff and campers help with cleaning up and set up if possible.

Early Childhood Centers

Art Center

1. Easel
2. Smocks (3 or 4 per room)
3. Easel Paper
4. Paper Holder
5. Dot Painters
6. Pom Poms
7. Feathers
8. Dry Pasta
9. Buttons/Sequins
10. Clips for Easels for Paper
11. Drying Rack
12. Large Stamp Pads(5-enough for a site)
13. Stamps (32 enough for a site)
14. Paint Cups (6 per room)

Book Center

1. Books
2. Bean Bag Chairs/or pillows
3. Basket for books

Blocks/Manipulatives

1. Legos
2. Wooden Blocks
3. Lincoln Logs
4. People (at least 5 or 6)per room
5. Cars set of 10 (5 or so)

6. Animals (Farm Animals, Dinosaurs, etc) per room
7. Manipulatives (Library from Lakeshore)per room
8. Various Builders (Bristle Builders, Snap Builders, etc) per room
9. Train Set (wooden tracks and train) per room

Puzzles/Fine Motor

1. Floor Puzzles (4-5 per room)
2. Jigsaw Puzzles (4-5 per room)
3. Lacing Beads & String
4. Lacing Cards
5. Peg Boards3 or 4
6. Pegs per room
7. Magic Boards (Lakeshore-one per room)
8. Magic Board Cards (one per room)
9. Play Doh (6 tubs enough for one site)
10. Cookie Cutters (49 enough for one site)
11. Rolling Pins 3 (set of 10 enough for one site)
12. Containers for cookie cutters
13. Fine Motor Game (per site-3 games)
14. Magnetic Designer (per room)
15. Cards for Magnetic Designer (per room)

Puppet Theater

1. Puppets (4-6)
2. Puppets Tree
3. Puppet Theater

Home Center

1. Kitchen
2. Small Table and 4 chairs
3. Baby Bed or Highchair (or both)
4. Baby (per room)
5. Baby clothes, blankets, bottles, etc.-per room
6. Food (per room)
7. Dishes for serving 4 at least-4 cups, plates, forks, pots and pans
8. Dress Up clothes (boy and girl) X 3
9. Dress up shoes
10. Phone (per room)

Sand and/Water Area

1. Sand and Water Table with Lid
2. Sand or Water
3. Sand or Water Toys (Funnels, cups, etc)

Discoverers Chill Time

Purpose of Chill Time

Chill time was created due to the fact that Kidventure saw a need for our younger campers to take a break and “chill” during their long, active camp day.

Procedure for Chill Time

Campers are encouraged to go potty prior to Chill time beginning.

Campers must sit or lay down (their choice) and look at a book, color, participate in another quiet activity or sleep. Campers are encouraged to bring a “nap mat, beach towel or something small and comfy to chill on and keep them in their designated space.

Relaxing music is playing, counselors can read a book, or have an audio book for campers to listen to.

Sleeping is not mandatory.

Counselors must monitor children at all times including Chill Time.

Campers are allowed to go potty during chill time just like any other time during the day.

Chill Time is no more than 45 minutes long.

Ribbon Award Ideas

1. FUAGNEM (Fired Up And Going Nuts Every Minute)
2. Picasso Art Award (Van Gogh Art Award)
3. Einstein Science Award
4. Cool As a Cucumber
5. KV Spirit
6. Ollie's Award for Outstanding Achievement in the Field of Excellence
7. KV Way Award
8. Thunder and Lightning (best friends) or Peanut Butter & Jelly (be careful with allergies)
9. MVP
10. Super Trooper (bad things happen but still have fun)
11. Future Counselor
12. Site Award (Ex: The Camp St. Mark's Award)
13. Sponge Bob Square Pants Award (Funny camper) can be what the camper finds funny
14. Purple Award (blue shirt/red shirt help/relationship award) {The Purple Star for Outstanding Achievement in the Field of Blue Shirt-Red Shirt Relations}
15. Sherlock Holmes (Best KV Finder)
16. Superhero Award (can be any hero, given to helpful camper)
17. Theme Week Award {Eco Week-Captain Planet}
18. Oscar (best actor/actress in the skit)
19. Grammy (most enthusiastic song singer)
20. So You Think You Can Dance (best energizer dancer)
21. Game specific Awards (Pele Soccer Award/LeBron Basketball Award)
22. Sunshine on a Cloudy Day (smiley happy camper)
23. Creative Cat
24. Gotta Catch Them All (Pokemon Award/I don't know if it is cool anymore)
25. Card Shark

26. Forgiveness Award (Best Sorry Player)
27. Connect 4 King/Queen
28. Leader of the Pack (Kid that always sets a good example)
29. Eager Reader (the kid that loves to read)

Physical Cornerstone - Explorers

Corners

It's a fun game to get moving, and you can adapt it to practice almost anything – colors, numbers, shapes, letters, sight words – anything you can think of!

Get 3 or more people.

Create your rectangle (or square): Inside, you could use a whole room or gym, or mark off part using tape. Play outside by drawing a large rectangle on our driveway with sidewalk chalk.

Decide what each corner represents: If playing with a mixed age group, might be best to use colors. We choose orange, blue, yellow, and purple. You could also choose 4 numbers, shapes, letters, or words.

Create your corners. We colored each corner a separate color. Indoors you could use several pieces of colored paper, or strips of colored tape.

Draw a circle (or use a poly spot) in the center. This is where the “counter” will stand.

Choose a counter. The counter stands in the circle and closes his or her eyes and counts out loud to 10, while everyone else runs around and chooses which corner to stand in. When the counter calls out “10!”, whatever corner the runners are closest to, they must stay in.

Call out Corners. The counter calls out the name of a corner – in our game that would be “Orange!” “Blue!” “Yellow!” or “Purple!” (Make sure the counter's eyes are still closed!). Anyone in that corner is out.

Choosing a winner. When there are 4 people or fewer left, each runner must choose a different corner. The last person left is the winner – and the next counter

Hot Potato Game

Hot Potato is a fun game for campers of all ages. A "potato" or any object (ball, bean bag, toy) is passed around by the campers who are sitting in a circle. As the music plays the "potato" is moving between

campers. When the music stops the camper, who is holding the potato, is out of the game and another round begins until one player is left.

If you do not have music, you can sing this:

Hot Potato Hot Potato Who Has the Hot Potato If you have the Hot Potato You are Out!

What You Need to Play:

Bean bag or ball for the hot potato, something to play music. Anything can be used for a hot potato - a doll, toy car, piece of fabric, etc.

The object of the Game:

Don't get caught holding the hot potato when the music stops playing.

Set up the game:

Sit children in a circle facing towards the center with one of them holding the "hot potato".

How to Play and Rules:

Start the music and have the children start to pass the hot potato around the circle. When the music stops the person holding the hot potato is out. Continue the game until there is only one person left in the circle.

They are the winners.

Variation:

Use Water Balloons...

Catch with a catch

Have a counselor toss a beach ball into the air and campers must try and touch their nose or high-five the other players before the balls drop.

Make the challenges harder as you go along.

Bean Bag Toss

Layout your hula hoops in a line with the bucket at the end. Our hula hoops varied in size, so I laid them out largest to smallest, to increase the level of difficulty. Each competitor gets 4 bean bags to toss (if you don't have enough bean bags to give 4 then give less), scoring points based on the hoop they land in. Mark point values in hoops with sidewalk chalk. Most points win.

Physical Challenge

Lay your 5 hoops down in a circle. Using sidewalk chalk, write a physical challenge in each hoop. Time competitors as they complete all 5 challenges. Fastest to complete wins. Our 5

challenges included: a stork stand, two twirls, three jumping jacks, four jumps, and five circles around the hoop.

Simon Says

Get your campers moving by playing this game. Below are more physical activities than the normal Simon Says. You decide when or if you say Simon Says.

Ideas:

Shake your whole body, Jump up and down, Spin around in circles, hold your arms out and makes circles in the air, Hop on 1 foot 5 times, lay on the floor, and stretch out as far as you can for a count of 5, wave your arms above your head, walk like a bear on all 4's, Hop like a frog, lay on your back and pedal your legs in the air like you are on a bike, pretend to sit in an invisible chair-sit then stand, sit than stand, etc, hop like a bunny, bend down and touch your toes for 5 seconds, show off the muscles in your arms

Sleeping Giants

Explain to campers that they are going to pretend to be giants who like to JUMP--then have them Jump and down a few times to practice

When you say "Sleeping Giants" the kids must stop jumping and lie very still on the floor

When you say "Waking Giants" the children will jump up and down until you call out "Sleeping Giants" again.

Various versions: Sleeping Lions (must roar until you say "Sleeping Lions"), Walking Penguins, Hopping Frogs, etc.

Fit Activity for Kids: What's Your Name?

Have campers get in a circle. If your campers know the letters in their name, when you say a letter that is in their name, they must complete the activity associated with that letter.

For younger campers that do not know how to spell their name. Simply go through the alphabet and complete the activity when you say that letter.

Add music and have fun.

A-Jump up and down 10 times

B-Spin around in a circle 5 times

C-Hop on one foot 5 times

D-Run to the nearest door and run back

E-Walk like a bear for a count of 5

F- Give your friend a high five

G-do 10 jumping jacks
H-Hop like a frog 8 times
I-Balance on one foot
J-March like a soldier
K-Touch your toes
L-Pretend to do a hula hoop--move your hips
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O-Walk backward
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Q-Walk like a crab for 5 seconds
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S-Touch your elbows
T-Pretend to pedal a bike with your hands for a count of 17
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V-Flap your arms like a bird
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X-Try and touch the clouds for 10 seconds
Z-Do 5 push-ups

Exploration Cornerstone - Explorers

Scavenger Hunts

You can take the campers out and explore the world around them....

- Color Scavenger Hunt: pick a color and see what objects you can find with that color around camp
- Nature Scavenger Hunt: get outside and explore nature at camp

Natural Paintbrushes

Take the campers outside and allow them to find an object that they will try to paint with.

Leaf/Tree Rubbings

Take the campers outside with a piece of paper and crayon. Find a tree and have them place the paper on the tree and rub...keep in mind the developmental expectations of your campers and adjust appropriately.

Or leave the papers inside and take the campers outside to find a leaf, bring the leaf back in and place the leaf under the paper and rub with the crayon

Reflection Cornerstone - Explorers

- Special Notes on Yoga: Please remember yoga may or may not take the entire time so you will want to have a mixture of energetic and slow. But have fun with it, campers will respond positively if you are upbeat,

Heartbeat Exercise

Ask campers to stand up and either jump up and down or do jumping jacks for one minute. At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and breathing feel.

Tense and Release Muscle Relaxation (can be useful during Chill Time)

Starting at the feet, gently squeeze the muscles in the feet by tightening them, then slowly releasing them. Next, squeeze the large muscles in your legs for 5 seconds and then release

Continue moving up the body for more relaxation.

Physical Cornerstone - Discoverers

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What Time is It Mr. Wolf?

To play:

One camper is chosen to be Mr (or Mrs) Wolf. They stand a good distance) away from the other campers with his back to them.

The other campers stand side by side in a line, facing Mr. Wolf's back. All together they call out, "What's the time, Mr. Wolf?"

Mr. Wolf then selects and calls out an o'clock time (between 1 and 12) and the other players take the selected number of steps towards Mr. Wolf. For example, "3 o'clock," would mean the players take three steps towards Mr. Wolf.

These two actions are repeated resulting in the other campers moving closer and closer to Mr. Wolf.

When Mr. Wolf is ready (usually when the other players are getting close), he changes his response to the question, "What's the time, Mr. Wolf?" to "Dinnertime!"

At this cue, all the campers must turn around and race back to the starting position with Mr. Wolf chasing after them to try and catch his dinner. The player who is caught becomes the next Mr. Wolf and the game continues.

Doggy Doggy Where's Your Bone

The Song:

Doggy, Doggy where's your bone Somebody stole it from your home Guesss Whhoooo, maybe you...
Maybe the monkeys from the zoo (can use different animal names) Wake up doggy and find your bone

The dog (the camper that is it) stands/sits with their eyes closed and the "bone" sitting behind their feet. The bone can be any small object.

The other campers stand in a line in front of that camper. When they start the song, one camper from the line grabs the "bone" and runs back to the group, hiding it behind their back. Have a counselor pick who gets to grab the bone.

The dog has 3 guesses to find which person has taken the bone. It helps if all the campers hide their hands behind their back to confuse the dog. The next dog is the person who had the bone.

Bean Bag Toss

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For younger campers, you do not need to time them.

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Various versions: Sleeping Lions (must roar until you say "Sleeping Lions"), Walking Penguins, Hopping Frogs, etc.

Fun with scarves

Gather scarves

Turn on some music and let the fun begin!

Dance with the scarves, waving them in the air. Toss a scarf in the air and try to catch in.

Toss and clap (or other action) before catching it. Toss a scarf to each other.

Toss it in front of you and run to catch it. Toss it with one hand, catch it with the other.

Toss it and try to catch it on a body part, like your head or shoulder.

Animal Relays

Separate campers into even teams (can have 2-4 teams)

Have each team stand at the start line (use a cone, tape, etc. to mark your start and/or teams)

Tell them an animal and when you say go, they must act like that animal from the start to another point and back to start. For example, if the animal is a cheetah they run as fast as they can to the turnaround point, come back to start, and tag the next person in line.

This continues until all campers have gone.

Once all campers have gone, change the animal and continue the game. Other examples are frogs where they must hop from start to finish, crab has to do the crab walk, etc.

Depending on the age of campers and difficulty you may shorten the start and turnaround point

Fit Activity for Kids: What's Your Name?

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Pin the KV on Ollie

Create an Ollie using Paper Plates and construction Paper.

Make a KV out of construction paper (or use your "hidden" KV)

Play the game.

Bluebird Bluebird through My Window

This is played as a circle game. Campers will hold hands in a circle, arms up. One child is chosen to be a bird who flies in and out of the “windows” created by raised arms. In the last line, children drop arms, and a new camper is chosen to be the bird. If you have a large group, you can have several birds at a time. Each one will choose a new bird at the end of their turn.

Lyrics:

Bluebird, bluebird, through my window, Bluebird, bluebird, through my window, Bluebird, bluebird, through my window, Oh Johnny I’m tired

Redbird, red bird, through my window (repeat twice) Oh Johnny I’m tired

Yellowbird, yellow bird, through my window (repeat twice) Oh Johnny I’m tired

Purple bird, purple bird, through my window (repeat twice) Oh Johnny I’m tired

Variation: Cut birds from 4 colors of felt or construction paper, and give one to each camper, alternating colors. Place a piece of butcher paper in the middle of the circle. Sing the song once through for each color.

As you sing each color, the children with that color bird stand and fly around the paper until the last line when they place their birds on the paper and fly back to their seats. Repeat with other colors.

Lyrics for variation:

Bluebird, bluebird, through my window, (fly bird up to paper)

Oh Johnny I’m tired (rest head on hands and say “night, night)

Creative Cornerstone Resources

Body Painting

****DO NOT do this activity on carpet****

Start by tracing campers on a large piece of butcher paper.

Allow each camper to pick a color or two (or have a couple of campers share a couple of colors) and allow them to paint the bodies on the paper.

Another option is to use markers or crayons.

Shaving Cream Sensory Art

Supplies:

Baking Sheet per 2 campers Shaving Cream

Liquid watercolors

Something to mix the shaving cream with (i.e. wooden stick, spoon, etc.) per camper

Instructions:

Fill the baking sheets with shaving cream and drop various liquid watercolors into the shaving cream

Explain to campers they will need to mix slowly so they do not make a mess

Give each camper a mixing item and allow them to make their design.

Exploration Cornerstone - Discoverers

Scavenger Hunts

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Nature Scavenger Hunt: get outside and explore nature at camp

Natural Paintbrushes

Take the campers outside and allow them to find an object that they will try to paint with.

Leaf/Tree Rubbings

Take the campers outside with a piece of paper and crayon. Find a tree and have them place the paper on the tree and rub...keep in mind the developmental expectations of your campers and adjust appropriately.

Or leave the papers inside and take the campers outside to find a leaf, bring the leaf back in and place the leaf under the paper and rub with the crayon

Block building

Use the blocks at the site to build the tallest structure, the longest road, etc.

Reflection Cornerstone - Discoverers

Yoga

Special Notes on Yoga: Please remember yoga may or may not take the entire time so you will want to have a mixture of energetic and slow. But have fun with it, campers will respond positively if you are upbeat,

Heartbeat Exercise

Ask campers to stand up and either jump up and down or do jumping jacks for one minute. At the end of that minute, have them place their hand on their heart and pay attention to how their heartbeat and breathing feel.

Tense and Release Muscle Relaxation

Can be useful during Chill Time

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Continue moving up the body for more relaxation.

DOWNTIME GAMES

Night at the Museum

One night guard who counts to 20 while everyone distances themselves around the room. When the night guard turns around, everyone freezes like a statue; if they see someone move, they're out.

Zip Zap Zop

Stand in circle. Put hands like they are praying, then point out horizontally at group. This game sends energy around the circle. 1st person says "zip," claps, and sends energy to someone with eye contact. That person must do an action the counselor creates, e.g. spin in a circle. That person sends energy to someone else with "zap" who does another action, e.g. jump. The person who was zapped sends energy to the last person with "zop" and they must duck. If people don't pay attention or do the wrong movement, they're out.

Detective

Everyone closes their eyes. Counselor taps someone ONCE on the shoulder who is the Detective (tries to pay attention to who the winker is) and taps someone on the shoulder TWICE for the Winker (the person who winks at people sneakily.) Everyone walks around the room, and if the Winker winks at them, they fall to the ground dramatically and “faint.” Only the Reporter can guess who the Winker is before the game is up.

Hats

Counselor pretends to pull different hats out of an imaginary box in the middle of the room like cowboy hat, clown hat, animal hats like goose, bear, chicken, etc., anything you want and the campers must walk around the room as if they are wearing that hat.

Adlib Circle

Sit in circle and choose a subject. Counselor starts with a sentence to set the scene, and each camper adds on one word/phrase to create the story.

3 EARS

Everyone is scattered to start and the teacher says any combination of body parts. (i.e.: 2 ears, 5 feet, 3 pinkie fingers, 7 big toes, etc) as the categories are called out the kids must quickly move to create those combos. You can play for outs if you need.

COFFEE-POT

One child is chosen to leave the room. The class decides on an action, for example; skiing, fishing, sleeping etc. That action is then substituted with the word “coffee-potting”. The child then re-enters the group and asks questions trying to decide what the action is, but always substituting the actual action with the word “coffee-pot”. For example, “Can you coffee-pot in the pool?” The group then answers using only “coffee-pot” as the action. The child can ask as many questions as needed to decide the answer, but is only allowed three guesses.

ONE MINUTE FAIRYTALE

STUDENTS HAVE THREE MINUTES TO DISCUSS A FAIRYTALE ASSIGNED BY THE TEACHER. THEY THEN HAVE ONE MINUTE TO PERFORM THE FAIRYTALE. THEY MUST THEN DO THE SAME FAIRYTALE IN 30 SECONDS, THEN 10 SECONDS. GOOD FOR A LAUGH.

Telephone

One person starts a sentence and whispers it down the line.

Catch a Story

Have a ball or (better) a beanbag. Begin a story. Throw it to the person who must continue the story. This is better than dragging around the circle and shy people can get rid of the story after only one word. A variation on this is “fortunately, unfortunately”. Each person must add a sentence, changing the sentence of the main character. E.g. Unfortunately the plane’s engines failed. Fortunately the pilot had a parachute. Unfortunately the parachute would not open.

The Line Game

Divide the pupils into equal groups. You will announce an order that you wish them to line up in, first group to do it and sit in a line on the floor wins a point. Use any of these categories: ages (oldest in the front - youngest in the back), alphabetically, shoe size, birthdays, etc.

Taxi Cab Improv

Choose 1 kid as the cab driver and 2+ kids as passengers. Set up chairs for driver and passengers. Cab driver starts the scene by pantomiming driving-they can be funny. 1st passenger hops into back of cab and they must have a distinct personality assigned to them before game starts; same with other passengers. The gimmick is that the cab driver adopts the personality traits of his customer. When a new performer (a new passenger) enters the scene, the cab driver and the other passengers emulate the new personality/behavior. The passengers explain to the driver where they are going and what they plan to do. They make up conversation as the driver drops each of the passengers off at their location. Once the driver is alone again, they resume their original personality. Use a timer to keep the game flowing.

Leaving the Room Games

Verb/Adverb Exit

Pupils must act their way to the door. E.g. “ If your name begins with A, leave anxiously, B, bossily, C, cheerfully etc.

Alphabet Exit

Line up. Give a topic e.g. food, country etc. Everyone must give noun beginning with the next appropriate letter of the alphabet as they leave the room e.g. “Food” A-Apple B-Biscuit, C-Cherry, etc.