



GAMES AND ACTIVITY GUIDE

VERSION 1

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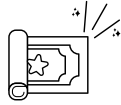
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ICE BREAKER GAMES

MATERIALS REQUIRED

“Magic Carpet Ride”



DESCRIPTION: This is an excellent exercise for problem-solving, communication, and collaboration skills.

MATERIALS: A small rug or mat

DIRECTIONS: Have participants stand on a small rug or mat, referred to as the “magic carpet”. The objective of the game is to flip the carpet over without anyone stepping off of it. This often leads to hilarious maneuvers and strategies as kids work together to solve the problem. You can make it competitive by dividing the group up into teams and timing how long it takes them to flip the magic carpet!

“Instant ID”



DESCRIPTION: This is a fun game where participants have to think FAST! This game helps get to know everyone’s names in the group.

MATERIALS: A blanket or something that acts like a blanket

DIRECTIONS: Divide the group into two teams. Have two people hold up the blanket. Have two people from each team stand facing each other with the blanket between, then quickly drop the blanket. The first one to say the other person’s name correctly wins a point for their team.

“Puzzle Piece Search”



DESCRIPTION: This game is great for working together as a team. You can do this game with a premade puzzle or use a large unwanted poster cut into several pieces, depending on the number of players.

MATERIALS: Precut Puzzle Pieces

DIRECTIONS: Have all your players leave the room. Then, hide pieces throughout the room. Have a table or “working area” where the puzzle can be reassembled in the room. Have your players return to the room and go to the “working area”. Then, send one player to find a puzzle piece. When a player finds a piece, they drop it off at the table, then someone else from the group goes to search for the next piece. When all the pieces are found the group needs to work together to put it all together.

“Pass the Present”



DESCRIPTION: This game is a good way to keep the energy high and offers a fun way for kids to share personal stories or preferences.

MATERIALS: A small gift/prize, wrapping paper, tape, a marker

DIRECTIONS: Wrap a small prize in multiple layers of paper. Write a question on each layer of paper. Have the group sit in a circle and play music. As music plays, the gift is passed among the children (like hot potato). When the music stops, the child holding the present unwraps one layer and answers the question before passing it along. The person who unwraps the final layer of paper wins the small gift!

QUESTIONS TO WRITE:

- What is your favorite movie?
- If you could go on a trip to anywhere in the world, where would you go?
- Who is your favorite celebrity?
- What is your favorite season?
- What type of music do you like?
- What day is your birthday?
- What is your favorite part of summer break?
- If you could be anyone in the world, who would you be?
- What is your favorite candy?

“Connect the Yarn”



DESCRIPTION: The goal of this game is to get the entire group to be connected through the yarn, showing the impact of connection.

MATERIALS: Large ball of yarn

DIRECTIONS: Have campers sit or stand in a circle. Give the ball of yarn to one camper and have them answer a question about an interest (what do you like to play/eat/etc.). Ask the campers to raise their hand if they also enjoy what the camper shared. The camper should then pass the ball of yarn to one other person who raised their hand. When they throw the ball of yarn, the camper should still hang on to a piece of it so that everyone is connected at the end.

ICE BREAKER GAMES

NO MATERIALS REQUIRED

"Once Upon A Time..."



DESCRIPTION: The goal of this activity is for players to create a seamless story with a sensible and continuous plot. At the end of the game, you can lead a conversation on the importance of communication and working together as a team to achieve a common goal.

MATERIALS: None

DIRECTIONS: Have all players sit in a circle. Begin the story with the phrase, "Once upon a time...". Have the person seated next to you continue the story by adding at least one sentence. Go around the circle a few times, each person adding a sentence until an interesting story has developed.

"Would You Rather?"



DESCRIPTION: This game is super simple. You can ask your students questions from the list below or you can easily come up with your own questions.

MATERIALS: None

DIRECTIONS: Provide campers a choice between two things and ask which they would prefer. When you give the choices, you should point to one side of the room for each answer. Students run to the side that represents their choice. Play for as long as you like (or as long as you can think of questions).

WOULD YOU RATHER...

- be the smartest person in the world or the best athlete in the world?
- always have to enter rooms by announcing your name or always have to do cartwheels on the way out?
- be able to live 100 years in the future or 100 years in the past?
- jump in a pool of chocolate pudding or strawberry ice cream?
- live in the sky or under the sea?
- drink spoiled milk or eat rotten eggs?
- design a new toy or be in a new movie?
- live at a waterpark or in a mall?
- discover hidden treasure or a living dinosaur?
- be able to speak every language or play every instrument?

“Motion Name Game”

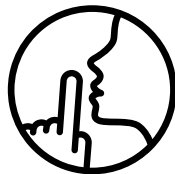


MATERIALS: None

DIRECTIONS: Have everyone stand in a circle. Anyone can begin the game by saying their name and demonstrating a (physical) motion to go with it. When that person is done, the entire group repeats the name and the motion. Then, the second person on either side of the first, introduces themselves and does a motion. The entire group repeats that person's name and motion as well as the first person's name and motion. This will continue on until everyone has gone.

(If you have a large group, it might be best to split this activity up into a couple circles so that it is easier to remember everyone in the circle, and to keep the activity from going too long.)

“Solemn And Silent ”



MATERIALS: None

DIRECTIONS: The instructor explains that this exercise will take self-control. Partners stand back to back. On the count of three, everyone must face their partner, look each other in the eyes, and then try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (Second round of playing can involve two teams competing to outlast each other.) If you get a pair at the end who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.

“Human Knot ”



MATERIALS: None

DIRECTIONS: To play “Human Knot,” gather the participants in a circle and instruct them to put their right hand in the middle and grab someone else's right hand, then their left hand in the middle and grab someone else's left hand, creating a tangled knot between individuals holding hands.

Explain that the aim of the game is to break down the knot without letting go of anyone's hand. Encourage kids to work together to untie the knot by stepping over or under each other's arms and twisting and turning.

RUNNING GAMES

MATERIALS REQUIRED

"The Crocodile Game "



DESCRIPTION: This is one of the most engaging running games for participants as it involves last-minute decision-making, and color identification.

MATERIALS: Toys, random objects of different colors

DIRECTIONS: Prior to playing, spread out various objects around the room/playing area. Choose one child to be the crocodile. The rest of the players must ask the crocodile, "What color do you want?". If the crocodile says red, then all the kids must run around and grab any item in the color red. Whoever is the last to find an object of the right color has to be the crocodile next.

"Grocery Store "



MATERIALS: Cones of various colors

DIRECTIONS: Assign each set of cones a fruit or vegetable that corresponds to their color (e.g. purple cones = grapes, yellow cones = lemons, etc.) Make sure everyone can repeat each color of the cones and corresponding fruit. Set up 3-6 sets of cones around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.) The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!" Everyone must then run over to the box of purple cones without being tagged by the shopper. If they do get tagged, that player becomes a shopper and a tagger as well.

"Zookeeper Tag"



MATERIALS: Pool Noodles

DIRECTIONS: Gather up the group and assign teams each with a different animal. How many teams will depend on the group (should be at least 4 people per team). Counselors should also assign two people to be the "Zookeepers". The counselors will call teams by their assigned animal. When the team's animal is called, they will try to cross to the other side of the gym without being captured (tapped by the Zookeeper's pool noodle). If you are tapped, you must sit down. The game will go on until the last person or few people are standing.

“Ice Cream Race”



MATERIALS: Cones (enough to line up across the playing area)

DIRECTIONS: Set up cones in two straight lines. The players start at one end of the lines and must run as quickly as possible, flipping each cone upside down (to resemble an ice cream cone) as they pass them. The objective is to flip all the cones quickly before reaching the finish line. The fastest player wins!

“Balloon POP Race”



MATERIALS: Balloons (Blown up before the game starts)

DIRECTIONS: Set up a pile of balloons on one side of the playing area. Split the children up into two or three teams. Have the children line up with their team. When you say, “POP!”, a runner from each line should dash to the pile of balloons and must pop one before returning to tag the next teammate in line. The team that can get through all their runners first wins.

“Dumping Ground”



MATERIALS: Hula Hoops and bean bags

DIRECTIONS: Place two hula hoops on the ground on opposite sides of the room. Divide the group into two equal teams, and have them face each other behind their hula hoops. Place an equal number of bean bags in each team’s hula hoop. On “GO” both teams run forward. Each player takes 1 bean bag from his hoop and puts it in the opposing team’s hoop. Players run back and forth continuing to empty bean bags into the opponents’ circle. On “STOP” the team having the least number of bean bags in its circle wins.

“Potato Tag”



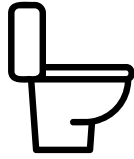
MATERIALS: A foam ball

DIRECTIONS: Choose two or three players to be the Taggers. Choose another player to start with the Potato (the ball). Everybody spreads out and the Taggers try to tag the other players. When a player is tagged, they must freeze where they were tagged. The player who has the Potato can give a frozen player the Potato to unfreeze them, and that player holds onto the Potato until they give it to someone else who is frozen. If a player holding the potato is tagged, they are frozen, and should throw the Potato away from them for someone else to get. Taggers cannot hold the Potato. Depending on how the game is going, consider adding more Potatoes.

RUNNING GAMES

NO MATERIALS REQUIRED

“Toilet Tag”



MATERIALS: None

DIRECTIONS: Choose several kids to be the taggers. On the go signal, the taggers will start tagging other players. If someone gets tagged, they will bend down on one knee to make a toilet. They also will put an arm up to be the handle. To get unfrozen, another player comes and pulls down the handle and says “flush!”. Then they can rejoin the game! Play for a few minutes, then switch taggers.

“Spider Tag”



MATERIALS: None

DIRECTIONS: Choose one child to be the spider; the rest are flies. Tell the children that they are going to play tag, and that the spider is going to try to catch the flies. Every fly that the spider catches becomes part of its web, holding hands with the spider and trying to catch the remaining flies (which can take some coordination and concentration!). Each fly that is caught holds on to the chain and helps catch more flies. The last player to be caught becomes the new spider.

“Stuck in the Mud”



MATERIALS: None

DIRECTIONS: Assign one player to be the tagger. If someone gets tagged you have to freeze in place with your feet spread apart like you are “stuck in the mud”. Another player can unfreeze you by crawling through your legs. Continue to play and switch out the tagger as you would like.

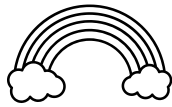
“Match Your Pair!”



MATERIALS: None

DIRECTIONS: Separate the children into two groups, so each child can find a matching pair in the opposite group. You can say something like, “Find someone with the same hair color”, or “Find someone with a the same color shirt as you”. Have the kids run around to find their matching pair as fast as they can!

“Rainbow Tag”



MATERIALS: None

DIRECTIONS: First choose a “rainbow catcher”. They will stand in the middle of a large play area. Next assign all the remaining players different colors of the rainbow. Red, orange, yellow, green, blue and purple. (Don’t let the rainbow catcher hear what colors each person is assigned.)

The rainbow catcher then calls out a color. All the players that have been assigned that color try and run past the catcher to the other side of the play area. The rainbow catcher tries to tag as many of children as they can before they reach the other side. The kids who are tagged become rainbow catchers and stand in the middle to help tag other players on the next round. Sometimes the rainbow catcher can yell “Rainbow!!” and all the players must try and reach the other side. The last person caught becomes the new rainbow catcher.

“Band-Aid Tag”



MATERIALS: None

DIRECTIONS: Assign one person to be “it.” Whenever someone is tagged by “it” they must hold a Band-Aid (their hand) on the spot where they were tagged. Then the game continues. When someone runs out of Band-Aids, (they get tagged three times), they are frozen until two other people come over to them and “operate.” The two other people need to tag the frozen person at the same time and count to five. Let the game continue for as long as it remains exciting and fun. Switch the person who is “it” often.

“Red Light - Green Light”



MATERIALS: None

DIRECTIONS: Start with everyone on one side of the gym/playing area. When you say ‘Green Light’ everyone will move towards the finish line. When you say ‘Red Light’ everyone must immediately stop. If players are still moving when you call ‘Red Light’, they must go back to the starting line. Start a new round when everyone gets across the finish line or when most players make it across the finish line.

“Red Light - Green Light” Variations!

- Introduce new colored lights, giving variations how to move towards the finish line, such as run on green, walk heel to toe for yellow light, hopping for purple light, skipping, galloping, tip toeing, etc.
- To support those who struggle with verbal instructions, you can turn your back towards the group for red light and turn around (face your group) for green light.

COOPERATIVE GAMES

MATERIALS REQUIRED

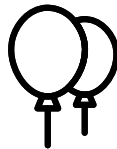
“Blanket Ping Pong”



MATERIALS: A blanket and a ping pong ball (or other small ball)

DIRECTIONS: Form two teams. Each team holds an opposite end of a blanket or sheet. Place the ball in the middle of the sheet. Instruct the teams to raise and lower the blanket to launch the ball back and forth. The object of the game is to get the ball to fall off the other team’s side. Each time the ball falls, the team earns a point. Play until the first team reaches 5 points.

“Balloon Sandwich”



MATERIALS: Balloons

DIRECTIONS: Begin by choosing partners and lining them up back to back at a starting line. Place a balloon between their backs so that they must hold it there and not let it fall to the ground (emphasize no hands!). At the sound of a whistle, the pairs must take off in this position, shuffling their way toward a finish line. If the balloon pops or drops, they must return to the starting line for a replacement. The first sandwich to cross the line wins.

“Index Card Challenge”



MATERIALS: Index Cards and Tape (Optional)

DIRECTIONS: Provide each group with a stack of index cards (make sure each group gets the same amount) and tape. Set a timer for 5 minutes and have each group try to build a tower out of index cards to be as high as it can be. The group who builds the tallest tower after 5 minutes wins!

Activity Variation

You can also build towers using:

- Toothpicks and marshmallows
- Straws or popsicle sticks
- Play-doh
- Toilet paper/paper towel rolls
- Tinfoil



"Junk Yard"



MATERIALS: Various objects such as balls, cones, hula hoops, etc.

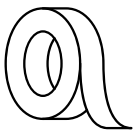
DIRECTIONS: Break up the group in to teams of 3-4 people. Place one hula hoop in the middle of the playing area. Fill that hula hoop with random objects. Have several hula hoops around the outside of the playing area (one for each team.) Inform groups that their goal is to get as many objects in their hula hoop before the time runs out. Participants can only have one object at a time and they may not throw or hand off the objects. Participants are allowed to steal objects from other teams' hula hoops. The group should be given 1 minute in the first round. The time should be decreased each round.

"The Great Chain Race!"

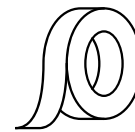


MATERIALS: Sheets of construction paper, pairs of scissors, and glue

DIRECTIONS: Break up the children into groups of 3 or 4. Provide each group with one sheet of construction paper, one pair of scissors, and one stick or bottle of glue. Tell each group that they have 10 minutes to use the materials they have to make the longest paper chain that they can. They must work together to decide how to cut the paper, glue it, and assemble their chain. After the 10 minutes are up, have each group lay out their chain on the ground to see which one is the longest!



BONUS ACTIVITY!



Try a collaborative art project!

MATERIALS: Masking/painters tape and chalk

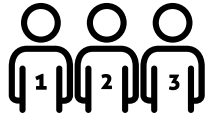


DIRECTIONS: Lay strips of painter's tape down in a crisscrossing manner that creates multiple shapes. Give children the chalk and encourage them to fill in the shapes with one color (or a few!) in each shape. Everyone must work together to color in all of the shapes. Once everything has been colored with chalk, everyone may remove the painter's tape to reveal a masterpiece!

COOPERATIVE GAMES

NO MATERIALS REQUIRED

“Count off!”



MATERIALS: None

DIRECTIONS: Have the group sit down with their eyes closed. The group should try to count as high as they can without having two people speak at the same time. If two people speak at the same time, the group must go back to one. Everyone must speak once before a person can speak twice. For a variation: Give participants a goal number to reach, such as the number of people in the group.

“Sardines”



MATERIALS: None

DIRECTIONS: This game is a cooperative version of Hide and Seek. Kids can play it indoors or out. The player who is “It” hides first. Then everyone tries to find “It” by searching individually. When a player finds “It” he or she stays in the hiding spot. All other players keep searching, continuing to add themselves to the sardine group once they find “It”. The game is over when everyone huddles together in the hiding spot—like sardines.

“Silent Line”



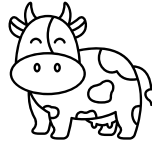
MATERIALS: None

DIRECTIONS: Line everyone up against a wall or on a line on the floor. Instruct participants to line up in a particular order **WITHOUT** speaking. After the first round, have a discussion about what was challenging, different ways they communicated with each other, and other creative ways they might do the next lineup.

Ideas for ways to line up:

- In alphabetical order by first or last name
- By height
- Youngest to oldest
- Oldest to youngest
- By grade
- By number of siblings (only children first)

"Elephants, Cows, Giraffes"



MATERIALS: None

DIRECTIONS: Arrange your group into a circle with one person, the caller, in the center. This person points to someone in the circle and calls out "elephant," "cow," or "giraffe." The person that is pointed at, as well as the person on each side of him/her, become an instant team and will have to coordinate their actions and make each animal as described below.

- Elephant: center will stick both hands in front of their nose in a cylinder to form a trunk. The partners on each side will form the ears by leaning over; then placing one hand by the center person's hips and the other by their head.
- Cow: center person will interlock their fingers and turn them upside down so that the thumbs point down forming udders. The outside people will then milk the udders.
- Giraffe: center places their hands together, directly over their head, which forms 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 position will become the pointer.

"Spell It Out!"



MATERIALS: None

DIRECTIONS: Divide the kids into groups of about 8-12 children. Once they're divided, shout out a letter or number. The kids then have to get down on the floor and shape their bodies into that letter or number as a group, ensuring that everyone in the group is part of the number/letter.

The fastest team to make the letter correctly, wins a point. The first team to five points wins. Bonus points for creativity!

"Swift Swap"



MATERIALS: None

DIRECTIONS: Split everyone into two groups (Team A and Team B) and line them up facing each other. Team A gets a quick observation period (around 1 minute) in which group members have to memorize as many things about the people in front of them as possible. Then team A turns around while team B changes as many things about their appearance as possible. (Anything from changing the line up order to swapping shoes with someone or changing your hairdo is fair game). After about 45 seconds, team A turns back around and gets 5 minutes to find out what's changed. You can adjust the time depending on the size of your group.

RAINY DAY GAMES

MATERIALS REQUIRED

"Flimbo"



MATERIALS: A flashlight

DIRECTIONS: This game is played like traditional Limbo, except the limbo line is a flashlight and all the lights must be off. One person will hold a flashlight and keeps it straight, aiming the light towards a wall.

Every player will take a turn going under the limbo line, and the light beam is lowered each round. The person who makes it to the lowest beam level wins!

"Psychic Scavenger Hunt"



MATERIALS: 5-10 objects that can easily be found in a room (bowl, brush, bottle, etc.)

DIRECTIONS: One player writes out a secret list of 5 to 10 objects that can easily be found in a room, such as a bowl, a brush, and a bottle. He then announces the number of objects he's looking for, and the other players have one minute to gather that same number of items. If anyone brings an object that's on the list, he/she gets a point. And, of course, players have to put their items away before the next round. Our testers especially liked varying the game by limiting the objects to things that begin with the same letter or are a certain shape.

"Counselor Fashion Show"



MATERIALS: Random clothing items and accessories

DIRECTIONS: Break up the players into several groups. Each group will choose a counselor they want to dress up. Players are given "X" amount of time to "makeover" their counselors. After time is up, the counselors will present their kids creations in a silly fashion show. Encourage the kids to pick a theme and to have fun with it.

The head judges will be the camp directors and they will award the kids with various prizes for different awards such as (most creative, strangest outfit, etc.)

"Musical Chairs- With a Twist"



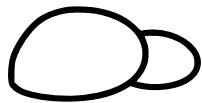
MATERIALS: Chairs or Hula Hoops and something to play music

DIRECTIONS: Place chairs in a circle, as you would with traditional musical chairs. If you do not have chairs, you can also use hula hoops to sit in. Play musical chairs like normal, however, have the players move in different ways each time the music plays.

Examples of ways to travel:

- Hop
- Glide/skate
- Side-step
- Walk backwards
- Walk like a robot
- Pretend you're walking through honey or peanut butter
- Tiptoe
- Gallup
- Walk on your knees

"Kindness Rocks!"



MATERIALS: Rocks of various sizes and markers

DIRECTIONS: Provide each participant with a rock. The participants will then use markers to decorate their rock and write a kind saying on it. When the weather is nice again on another day, they can place their kindness rocks in different places outside for people to find!

Examples of kind sayings:

- Just breathe.
- You got this.
- Life's a journey, not a race.
- You are strong.
- I think I can.
- Life is what you make of it.
- Be a little boulder.
- Hakuna Matata
- Just keep swimming

ACTIVITY MODIFICATION

Instead of making kindness rocks...
make pet rocks!

Have the children each present their "pet" to the group. Make it fun and silly by having the children share fun facts about their pet rock such as: their name, hobbies, and favorite song!

RAINY DAY GAMES

NO MATERIALS REQUIRED

"SPLAT"



MATERIALS: None

DIRECTIONS: Children stand in a circle facing in and one child is in the middle. The child in the middle shouts and points 'SPLAT!' to someone in the circle, to which the child has to duck down, having been splatted! The children on either side of the 'splatted' child would have to turn to face each other, put their hands up and shout 'Splat!' back. The slowest to shout 'Splat!' each time is out. The last child standing wins!

"Ghost"



MATERIALS: None

DIRECTIONS: Choose three or four players to be the ghosts. The rest of the group needs to scatter across the playing space and choose a spot to stand in. All players need to close their eyes (except for the ghosts). The ghosts will roam about the playing space. They will try to eliminate the others by standing close behind the players for 10 seconds without them knowing. If this happens, the ghost will tap them on their head and they will sit down quietly. If a person suspects a person is behind them, they would ask, "Is there a ghost behind me?" If they are right then they become a ghost. If they are wrong they are out and should sit down.

"Categories"



MATERIALS: None

DIRECTIONS: One player chooses a category, and then everyone takes a turn naming something that belongs in that category until one person can't think of anything else. For example, if one player chooses the category "fruit," the second person might say "peaches," and then the next player may say "pears." Play continues until someone can't think of anything else or repeats something that was already listed. To keep the game moving quickly, set a time limit on how long each player can take to think of an item. For an extra challenge, set a rule for additional criteria, such as choosing a letter that every word in the category must start with.

"Grandma's Footsteps"



MATERIALS: None

DIRECTIONS: One player is Grandma or Grandpa and stands facing a wall. Other players start at one end of the room, trying to creep up on Grandma so they can tap her on the shoulder.

But Grandma can turn around suddenly. Anybody that is moving when she turns around must go back to the starting point.

No movement can be done while Grandma is watching. Whoever touches Grandma on the shoulder becomes the new grandma or grandpa.

"Silent Charades"



MATERIALS: None

DIRECTIONS: Have team one leave the room as team two decides on a word that team one will have to guess. When team one returns, team two says a word that rhymes with the mystery word as a clue. For example, if the mystery word is "cat," team two might say "bat." Team one then starts guessing by acting out a word that rhymes with "bat," such as "rat" or "flat." When team two recognizes the word team one is miming, they either shake their heads no (and team one must mime another rhyming word) or yell "Yes!" if the word is the correct one. The teams switch roles for the next round.

"20 Questions"



MATERIALS: None

DIRECTIONS: The oldest player is IT and goes first. Have them think of a person, place or thing, without saying it aloud. Each other player can ask up to 20 yes or no questions to try and guess the answer! After asking 20 questions or guessing the correct answer (whichever comes first) switch turns at being IT.

Examples of questions to ask:

- Is this person alive?
- Can this animal fly?
- Is this object something you find in a house?
- Is the object bigger than a watermelon?
- Can I see this object in the room now?
- Is this item bigger than a car?
- Do many people visit this place?
- Is it a vegetable?
- Is this food sweet?
- Can I carry this object around in my pocket?
- Does it live on land?
- Is it bigger than a car?
- Does it have fur?
- Is it commonly kept as a pet?
- Can you hold it in your arms?
- Does it have four legs?
- Is it an automobile?

WATER GAMES

MATERIALS REQUIRED

“Back to Back”



MATERIALS: Water balloons, buckets

DIRECTIONS: Split participants up into partners however many as necessary. Then put each pair next to a bucket of water balloons. This is a relay race so have another empty bucket about 15 feet away.

The players have to put a water balloon between both of their backs and walk to the other bucket. If your balloon breaks you must go back and get another balloon. Set a time limit and when the times run out see which team has the most water balloons in their bucket.

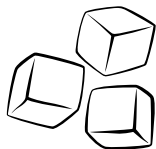
“Water Balloon Battleship”



MATERIALS: Water balloons, a large sheet

DIRECTIONS: Split the players up into 2 teams (any size is good). Have a large sheet held up over a line (could use a volleyball net to hold them up) to block the view of the 2 teams from each other. Each team lays down 6-8 players. The remaining players on the teams then proceed to throw water balloons over the sheet. A judge keeps eye in case a player laying down in the playing field gets hit. Once a player gets hit they are out and can proceed to throw balloons. The team that loses all of their players laying down loses.

“Ice Race!”



MATERIALS: Ice Cubes

DIRECTIONS: Divide the players into two equal teams. At a starting signal, each team picks up an ice cube and tries to melt it as quickly as possible. Players can rub it between their hands or against their clothes, but they may NOT put it in their mouths. While they are trying to melt the ice cube, it should be passed around the team frequently - no player should keep it for more than a few seconds at a time. Players should keep it off the ground too. The first team to melt its ice cube, wins. On a really hot day, you may want to play more than one round of this one!

"Cup to Cup Relay Race!"



MATERIALS: Plastic cups, water, and a measuring cup

DIRECTIONS: Split the group up into a few teams with each team having 4 team members. Give 1 plastic cup per person. Help each team position themselves so that they are at least a few feet away from each other but still in line with one another. The first person in each line will have their cup filled all the way to the top with water. When the leader says go, the first person must run to the next person in their line, and dump their water into their cup. The second person must go to the third person and so on. At the end, the counselors will measure who managed to get the most water in their cup, and that team will be declared the winners.

"Ice Excavation"



MATERIALS: Bowls, containers of various sizes, water, small toys (seashells, legos, animal toys), squeeze bottles, toy hammers/rolling pins/ any sturdy toy.

DIRECTIONS: Prepare bowls or containers of your choice and fill them with water. Using different-sized containers can make it more interesting. Submerge small toys or trinkets into the water. For a creative twist, you can include animal toys and invent a narrative around a daring animal rescue mission. Place the containers in the freezer overnight to let the water freeze solid. Once frozen, carefully remove the ice blocks from their containers and arrange them on a spacious tray or on the ground.

Encourage the children to embark on their excavation adventure. Equip them with squeeze bottles filled with warm water to melt the ice or sturdy tools like a toy hammer or rolling pin to chip away at the icy surface and uncover the hidden treasures.

"Chalk Painting"



MATERIALS: Chalk, cups of water, paintbrushes

DIRECTIONS: When you get regular sidewalk chalk wet, it transforms into a watercolor-like paint. Start by drawing circles of color on the blacktop or sidewalk with the chalk, and then swirl a wet paintbrush into it to create the "paint."

WATER GAMES

NO MATERIALS REQUIRED

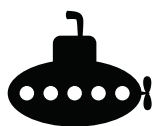
“Marco Polo”



MATERIALS: None

DIRECTIONS: Marco Polo is a simple game that can be played with two or more players. To play, choose one player to be “it”. That person closes his or her eyes and counts to a certain number (you pick!). While the “it” person counts, the other players scatter around in the pool. When the count is over, the “it” player tries to tag the other players, using only the sound of their voices to find them. The “it” player calls out “Marco” and the other players call out “Polo”. When the “it” player tags another, that player becomes the “it” person and the game starts over again.

“Pool Tag Survivor”



MATERIALS: None

DIRECTIONS: Choose one player to be “it.” The “it” player calls out either “dolphin,” “froggy,” or “submarine”:

- Dolphin has to swim on top of the water.
- Froggy has to swim in the middle.
- Submarine has to swim at the bottom of the pool.

“It” has to close their eyes and try to tag the others. When a player gets to the other end, they yell, “Survived!” Players who get tagged become “it.”

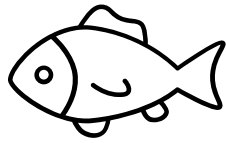
“Synchronized Swim Challenge”



MATERIALS: None

DIRECTIONS: This is a fun challenge that lets every player get creative and show off their swimming prowess. Divide your group into two teams, and have each team put together a quick swimming routine—it might involve jumps, flips underwater or other displays of skill in the water. The other team should try to replicate the routine as best as possible—even if they can’t do it perfectly, they will still have lots of fun and laughs in the process.

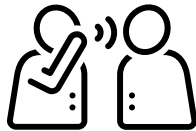
"F-I-S-H"



MATERIALS: None

DIRECTIONS: This game has a similar concept to H-O-R-S-E in basketball, but here you will spell F-I-S-H instead. Swimmers will perform a swimming move that the other swimmers have to copy. A double flip could be a good example – it's fun to choose something challenging that not everyone will be able to do. Players always go in the same order. The next person then tries to perform the exact move. If they do, the next player tries. If they don't, they get a letter F. Play continues with the next player thinking of a new move. The first player to spell out F-I-S-H loses the game.

"Secret Messages"

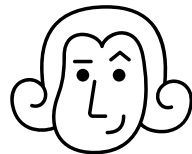


MATERIALS: None

DIRECTIONS: Start by choosing someone to say the message (usually one or two words) and someone to be the guesser. Go underwater at the same time. The messenger says a word loudly underwater. When you get back up the guesser has to say what word they think the person said. Consider choosing a theme, like animals or fruits, to make it a little easier to guess the word.

BONUS ACTIVITY

Funny Hair Competition!



This is a quick activity to do while your campers are in the water! No materials needed - except for the hair on your head! If you ever had hair longer than shoulder-length, you've done the George Washington (emerged from underwater with your hair flipped down over your face, then rolled it back over your head for a stylin' Colonial-era 'do). Other classics include the dinosaur (spiked hair), Princess Leia (dueling buns), and the sweet roll (spiraled over the entire head).

DRAMA AND MUSIC ACTIVITIES

MATERIALS REQUIRED

“Animal Dance”

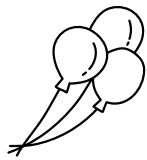


MATERIALS: A small box, paper, writing utensil, something to play music

DIRECTIONS: Prepare a small box with folded pictures or names of animals that kids have to draw one by one. After a child draws an animal, they must interpret how that animal might dance and mix up their dance with appropriate animal sounds and moves.

To mix it up- have two kids go at the same time and the rest of the group has to vote who best resembled the drawn animal!

“Balloon Orchestra”



MATERIALS: Balloons

DIRECTIONS: The players in the orchestra each hold a balloon. They blow up their balloons in unison, then let out the air in a squeak one at a time to the rhythm of some easily recognized rhythm such as "Blue Danube" or "Jingle Bells". To end the skit, all fill their balloons with air and let go at the director's signal.

“Name That Tune”



MATERIALS: Something to play music, paper, pencils

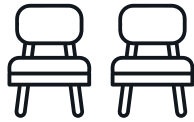
DIRECTIONS: This is a great game for older children and teenagers who have started to develop a good understanding of contemporary music.

Split the group into 4 or 5 teams. If you would like, let the kids pick their team names. Play 2 seconds of a song for a team and see if they can guess the song's title and the artist's name (and write it down).

If the team guesses the song title and the artist's name, they will receive 3 points. If they don't know it, you can play another 2 to 3 seconds of the song.

If they get it right on the second attempt, they will earn 2 points. The winner of the game is the first team to reach 30 points.

“Hitchhiker”



MATERIALS: Four Chairs

DIRECTIONS: Place four chairs on stage to represent four seats in a car. Four students start in the car and they are going somewhere. A “hitchhiker” stands up and puts their thumb out. The hitchhiker has a very strong characteristic, such as enormous sneezes, extremely old age, annoyed business person, etc.

One of the passengers will say “look, hitchhiker” and they will “pull over” to pick the hitchhiker up. The hitchhiker enters the front passenger seat and the other students rotate around clockwise. The driver gets out of the car. As soon as the hitchhiker enters the car, all the passengers and driver take on the hitchhiker’s characteristics immediately. They continue dialogue until new hitchhiker comes on.

“Balloon Charades”



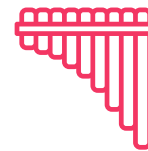
MATERIALS: Balloons, paper, pencils

DIRECTIONS: To prepare Balloon Charades, write or type nouns (people, places, or things) on thin strips of paper. Fold them in half twice. Stick the folded strips in the mouth of a balloon. Blow up the balloons and tie the ends. Once completed, place the balloons in the middle of a group and have one child choose a balloon. The child will then pop the balloon and act out the noun on the paper. The child who correctly guesses the charade will be the next performer. Play continues until you run out of balloons.



BONUS ACTIVITY

Make your own pan flute!



MATERIALS: Plastic straws, scissors, and tape. You will need about 6 straws per flute.

DIRECTIONS: Cut the straws in all different sizes. Use cut ends if you can for some of the shorter ones. Lay a piece of tape down with the sticky side facing up. Begin placing the straws along it starting with the shortest straw. Then line the rest up in order of length, being sure to keep the top edge as straight as possible. Once the straws are placed, wrap the ends of the tape up and around the other side of the straws until the ends meet.

DRAMA AND MUSIC ACTIVITIES

NO MATERIALS REQUIRED

“You Have My Attention”



MATERIALS: None

DIRECTIONS: Two people are challenged to come up to the front of the room and the audience then chooses a topic. The two people must talk about that topic for one minute in front of the crowd, **BUT** they are both talking about the topic **AT THE SAME TIME!** The audience must then vote on which person held their attention for longer.

“Wink Murder”



MATERIALS: None

DIRECTIONS: Have all players sit in a circle with their eyes closed. Choose one person to be the Murderer by tapping him lightly on the head as you go around the circle. Next, announce that the space has been transformed into a ballroom and everyone is at a big party. Tell everyone that there is a killer in their midst!

Tell players that they should mingle and make small-talk, but if the killer winks at them, they are to die. However, they must wait ten seconds before dying a very dramatic death. If someone thinks they know who the murderer is, they may raise their hand and make a guess. If they are wrong, they are out of the game. If they are right, they get to choose the next murderer and the theme of the party!

“Pass the Clap”



MATERIALS: None

DIRECTIONS: Have students form a standing circle. Tell students that they will be passing a clap around the circle, but that it will go around the circle two students at a time. Choose a starting point and have one person turn to the next person and have them both clap at the same time. The second student then turns to the next person and they clap at the same time. Key to success is eye contact, and watching each other’s hands in the beginning.

If the game gets sloppy, ask students to slow down. Once the game is going smoothly, tell students that they may reverse the clap by remaining focused on the player who passed the clap, and clapping again. Another clap may also be introduced at another point in the circle so that there are two claps traveling around the circle.

"Change the Channel"



MATERIALS: None

DIRECTIONS: Choose two to four players to start onstage and give them a scene to start (such as lifeguards rescuing someone from drowning). The leader calls, "Action!" and the players begin acting out the given scene. At any point, the leader calls "Freeze!" and the whole scene must freeze. The leader selects one new volunteer, and they can tap any of the people onstage to go sit down and then assume that actor's position. When the leader calls "Action!" again, the person who just tapped in must start a whole new scene based on the positions the remaining actors ended in. The other actors will need to improvise and join in the new scene. It must be completely different to the scene that was happening before. Every time the teacher calls "Freeze!" new players replace the previous ones and begin a new scene.

"Whizz!"



MATERIALS: None

DIRECTIONS: Invite children to stand in a circle facing inwards. Someone begins by 'passing' the sound "whizz!" to the person on his/her right with a sweeping gesture with both hands. Children continue to pass the action and sound around the circle. At any point, a child may decide to pass the sound and gesture in the opposite direction. Keep a steady beat as you go. Add in other sounds and gestures to the game as each one is performed with ease (and try changing the tempo!):

- "Diddly-dee" = pass this sound over the person on your left or right with both hands reaching over the head of the person being skipped.
 - "Zoom" = pass this sound across the circle with a forward action of the arms and body.
 - "Boing!" = if the person receiving the 'zoom' does not want to accept it and pass it on, they can put up a shield with arms in front of their body and bounce the sound back to the sender. The person who sent the 'zoom' must think quickly about what action and sound to do next.
-

"How did you get here?"



MATERIALS: None

DIRECTIONS: Ask participants to sit in a circle. One by one, each student lies about how they got to camp. This could be by flying car, unicorn, or time travel. Anything goes in this exercise. Encourage students to really tell a story and give details. This is a great, quick activity to do during down time or on the bus!