

Community Fun Kit Resource Guide

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- 10 small pylons
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- 2 large utility balls
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- 10 bean bags

Introduction: Below are a variety of suggested games and activities that can be played with children of all ages. The activities in this lesson plan are provided to give you ideas in order to aid you in leading activities. There are probably more activities in this lesson plan than you will need for your program. You may decide to choose a few from each category (or use your own ideas) and do them in any order.

As with any program please make sure that you are always thinking about the safety of the participants and of yourself. It is vital that you complete a site check when you arrive at the program and make sure that you are constantly aware of your surroundings during the program. If the weather is warm make sure participants are staying hydrated, especially if you are playing active games, and lastly, use common sense and always carry your first aid kit with you!

Activities:

1. Parachute games:

A good way to get the children's attention when you're getting started, especially if you're near a playground, is to pull out a parachute. They will be drawn to the parachute and you will have a big enough group to start games.

Before getting started, to avoid problems, briefly explain 3 rules:

1. Only go on top of or underneath the parachute if the leader says to
2. Take off your shoes and always sit or crawl (no standing/running) on top of the parachute
3. If there is a hole in the centre of the parachute, you may NOT put any body part (particularly the head) through the hole

Depending on the group, you may want to add a “freeze” command that will signal them to listen and stop moving the parachute.

Many of the games require you to choose a child for a role (like Cat in “Cat and Mouse.”) If you explain at the beginning that everyone will get chosen for *something*, but not everyone will get to do *everything* it saves tears later on (and/or you having to lead 30 rounds of Cat and Mouse!)

- **Warm up activities:**

- **Small Waves** – shake the parachute gently up and down to create small ripples

- **Big Waves** - shake the parachute vigorously up and down to create large ripples

- **Bubble** – hold the parachute to the ground, count to three and all stand at the same time, and lift high above heads

- **Mushroom** – make the Bubble, take a small step in and sit down (on the inside of the bubble) on the edge of the parachute

- **Popcorn:** Have the group stand holding the edges of the parachute. Place several beanbags or small balls on the parachute. The children make Big Waves to make the beanbags pop up and down like popcorn. This game is great for preschool aged children.

- * A fun variation of this is to put skipping ropes on top and call them Snakes or Worms

- **Fruit Salad/Switching:** The best thing about this game is that it can be adapted to fit any theme. Go around the circle giving each child one of three fruits (“mango, papaya, grapefruit, mango, papaya...” etc.) The group then makes a bubble and when the parachute is at its highest point the leader calls out a fruit name. The children who are that fruit must run under the parachute and find a new spot to stand. After a few practice rounds, you can have the group try to trap the runners underneath by bringing the parachute down after a count to three. You can also try calling two fruit names at once. When explaining the game, tell them that if you call “Fruit Salad” everybody runs. This is fun to do just once as your final call.

- **Cat and Mouse:** The children sit around the parachute. Two are chosen to be “mice” and go underneath the parachute. Two are chosen to be “cats” and go on top of the parachute (shoes off!). The children around the parachute will make big waves to hide the mice crawling around underneath, while the cats crawl on the top feeling for the mice. When a cat “catches” (touches) a mouse, both cat and mouse go to the outside of the circle and help make waves. Once both mice are caught, choose new cats and mice.

- **Shark Attack:** The children sit around the edges with their legs straight under the parachute. Two are chosen to be sharks and go underneath. One or two children are chosen to be lifeguards who walk around the outside (this is a good role for participants with inclusion needs). The “swimmers” (sitting around the edge) make big waves while the sharks crawl around underneath. When a shark grabs someone’s legs they can shout “Lifeguard! Lifeguard!”, and the Lifeguard will run around to them to save them. To avoid human-tug-of-wars, if the

Lifeguard grabs both of the swimmer's hands before they are pulled in up to their armpits they tell the shark "I'm saved!" and the shark must let go. If they get pulled in up to their armpits before the Lifeguard grabs their hands it is too late and they become a shark as well.

- **Peanut Butter Island:** Choose one or two participants to start off as sharks and the rest are tourists. Explain that the parachute on the ground is actually Peanut Butter Island, and that the sharks are actually Peanut Butter Sharks. There is only one thing that these sharks like to eat better than peanut butter – Tourists. The Tourists will swim (make swimming arm-motions as they walk) in *one* direction around the island. They cannot touch the island! The sharks must have a "fin" (open hand with fingers pointing up, on top of their head) and they can walk *either* direction around the island. They cannot touch the island! Both groups just walk until the leader shouts "Shark Attack!" Then the tourists have to jump onto the island before they get tagged. If they get tagged they become sharks. Have everyone get off the parachute again and explain that since the sharks didn't get very many tourists, they are going to take a bite out of the island (fold some of the parachute over to make it smaller). Keep playing until all tourists are caught.
* The kids should have their shoes off for this game (because they will be jumping onto the parachute) so do an extra-thorough site-check to make sure there are no hazards.

2. Races/Relay Races and Competitions:

For some fun bag programs the group may have prizes they want to give out. Relay races, individual races, and competitions are good for this. Even if there are no prizes these are still fun to play for all ages. You can separate them into age groups, or have them make their own groups if they want, and hold races and competitions. Some adults will even get involved with the right encouragement.

- **Potato sack:** races are a classic. You can use the tug-a-war rope for a starting line and place bean bags at the end for them to hop to, go around and come back
- **Balancing race:** You can set up an obstacle course and have them go through it while balancing a bean bag on their head, stomach, feet, back, or legs.
- **Wheel barrow races:** Have them race in partners. One partner holds the legs of the other while he/she walks on his/her hands from one end to the other.
- **Combination:** you can combine all the previous races into one big relay race. Ex. have contestants start in a potato sack and hop to a point where they drop the potato sack and pick up a bean bag. They will do the crab walk while balancing a beanbag on their stomach to a point where someone on their team will be waiting. Then they will wheel barrow a partner all the way back.

- **Other ideas for races:** bouncing a ball, walking backwards, hop on one leg, toss the bean bag into a bucket, weave through cones, and leapfrog.
- **Tug-a-war:** split the group up into teams or have them make their own teams and have tug-a-war competitions.
- **Target toss:** You can create a target by making a circle with the rope and coiling it around. Then create a point system. Have the contestants stand back and give them 3 bean bags to try to toss a bean bag into the target. They will get points depending on how close they get to the target.
- **Animal Relay:** Each member of a team is allocated a different animal. He must then move across the hall in the style of that animal. Brilliant fun, but hard to grade.
 - Donkey** - Traveling on all fours to the goal and imitating the donkey's bray.
 - Duck** - Walking on two feet in squat position squawking without stopping.
 - Lame Dog** - Walking on two hands and one foot and barking.
 - Bear** - Bent over standing on their hands and feet, moves right and left foot together, and then left hand and right foot together.
 - Duck** - Squatting down low, with knees spread, arms stretched out with their hands clasped in front of their legs below their knees.
 - Crab** - Back toward the floor, supported on hands and feet, the feet facing forward.
 - Elephant** - On hands and feet, with legs and arms absolutely rigid.
 - Frog** - Feet spread with his knees outside his hands, which are together. Advancing by frog-like jumps, landing on hands at each leap, then bringing the feet up.
- **Back-to-Back Relay:** Pairs standing back to back their backs touching and must run together to a goal and back with one running forward and the other running backward. If they separate, they must start over again.
- **Feather Relay:** Each player throws a long feather (or paper airplane or paper ball if there are no feathers available) javelin style, toward the finish line. As soon as it comes to earth, he picks it up and throws it again, and continues until across the finish line. He then picks it up and runs back to his team to give the feather to the next player.
- **Tunnel Relay:** The team members stand in a line one behind another with their legs apart. The person at the back of the team crawls through the legs of the other members and then stands at the front, legs open. The next team member then goes. When everyone has crawled through (team is back in order) the team has finished. OR...instead of crawling through a ball is passed backwards between the legs of the players. This will require the person at the end of the line to run to the front when he receives the ball.

- **Squeeze Relay:** Designate someone to start the squeeze. When you say GO, the first person will squeeze the hand of the person next to them, they will squeeze the hand of the person next to them and so on. If done properly, the squeeze should continue to the end and back to the start. This can be a lot of fun if your timing the squeeze or get the players to close their eyes or start one squeeze going in each direction through a circle or make 2 groups and they have a competition with each other.
- **Pencil (or stick) Pass Relay:** All participants take off one sock and shoe. The participants sit in 2 rows and the leader will put a pencil or stick in between their toes then pass it to the next participant. The object is to pass the pencil or stick from person to person only using their toes. The pencil pass is complete when the pencil makes it back to the start. Add variety to the game by timing the pencil or stick, blindfolding the players or doing a timed relay.

You can be really creative with races and cater to the groups abilities. The younger groups may not be able to do wheel barrow races but they could balance a bean bag on their head or walk backwards. For older groups it may be more of a challenge to get them weaving through cones while bouncing a ball.

3. Active games:

Before you start any active game it's very important to set boundaries so that the children know where they are allowed to run/play. This is important not only for the logistics of the game but also for the participants safety. We don't want any children running onto the street because they think that they're still in bounds!

- **British bulldog and/or Octopus:**

British Bulldog: Set up a large square-like boundary with 4 cones. Have all the players stand on one end. Select one or two players to be the bulldogs. The rest of the group standing on the end will be the cats. The bulldogs will stand in the middle of the square. When the bulldogs yell "Bulldog" really loud, all the cats need to try to run from one end to the other without getting tagged by the bulldogs. If they get tagged by a bulldog then the cats become bulldogs also. If the cats make it past the cones on the other side then they are safe. The bulldogs then go into the middle and call out "Bulldog" again and the remaining cats have to try to run back to the other side without being tagged. This continues going back and forth until all the cats are caught and turned into bulldogs.

Octopus: This is a variation of British bulldog (you can play either British bulldog or Octopus, or both if the kids are really into it). Instead of a bulldog you have an octopus who is "it". The rest of the group are fish. When the octopus calls out "Octopus!" the fish try to get to the other side. If a fish gets tagged he/she becomes seaweed. This means that the legs become planted on the ground

the arms become seaweed swaying in the water. The seaweed can't run but they can tag people if they come close to them. Those people also become seaweed. The game ends when all the fish are turned to seaweed.

- **Four Corners:** Designate 4 corners in the room, and mark them by putting a piece of paper on the floor or on the wall with the numbers '1-4.' If you're outside set up 4 cones. One person is chosen for the middle of the circle, and they must close their eyes. The other players walk around the room from corner to corner. When the leader yells 'stop' the players must quickly find a corner and stand in it. The person in the middle will call out a number from '1-4.' The players standing in the numbered area, which was called out, will be out.
- **Cat and Mouse tag:** The players should stand in a circle. Two people are chosen, one to be the cat and the other to be the mouse. The object of the game is for the mouse to catch the cat on the inside of the circle. This can be achieved because when the mouse runs in between two people, they will join hands and the cat can not pass through. This game can be repeated with a new cat and mouse.
- **What time is it Mr. Wolf?:** One player (or the leader) is chosen to be the wolf. All the participants line up on the start line and the wolf is at the other end of the play area with his/her back to the players. Kids ask "what time is it Mr. Wolf?" and the wolf says a time (e.g. "3 o'clock") and the kids have to take that many steps trying to reach the wolf, but when he says "lunch time" the kids must run back to the start line without being caught. If they are caught they are out. To win; you must be the last person alive, or the first person to tag the wolf. The winner then becomes the wolf.
- **Do This, Do That!:** This is a variation on Simon Says. A leader is chosen and stands in front of the group. He/she does an action and says "Do This", all the players then copy the action. Continue changing the action saying "Do This" or "Do that". They players must only copy you when you say "Do this". Anyone caught copying a "Do that" action is out. The winner is the last player remaining. Feel free to speed up as this makes it more challenging. This is also a good way to get a group's attention.

4. Quiet games:

- **Duck Duck Goose and/or Drip Drip Drop:** Everyone knows how to play Duck duck goose. If you don't then ask the children, they will explain it. Children of all ages love this game. For the Drip drip drop version, have the player who is "it" carry a sponge full of water around above each persons head. They will say "drip" as they go above each persons head and allow a little drop of water to fall. When they get to the person they want to race they will squeeze the whole sponge over their head while saying "drop" and that person will then get up and run

around the circle trying to get back their spot before the person who was “it” does. Whoever makes it back last is then “it”

- **Sausage:** Everyone sits in a circle. The person who is it stands in the center of the circle. Each person asks the person who is "it" an appropriate question. The only answer to every question can be sausage. The first person to make the center person laugh wins a try in the middle. Ex: What color is your hair? Sausage. What do you brush your teeth with? sausage. Obviously other words or phrases can be used for variety, such as “my grandmothers big toe”.
- **Telephone / Grapevine:** The group sits in a large circle and the leader whispers a short message into the ear of the person sitting to the right of them. The message is whispered once. The new messenger then whispers the message into the ear to the one to their right, and so on and so on. When the message reaches the person sitting to the left of the originator the message is announced out loud. Seldom does the message arrive in its original form. The person to the right gets to be the next originator. A variation of the game is to start one message to the right then start a message to the left and see what happens. Tongue twisters are really fun messages to send. This game is lots of fun in the shade on a hot day.
- **Flinch:** One person is designated to stand in the middle, while the remaining players form a circle and stand with their arms crossed. The person in the centre attempts to get everyone in the circle out, by throwing balls at the other players. If they miss the ball, they are out. The person in the centre can also pretend to throw the ball. If the people in the circle ‘flinch’ (move their arms from the crossed position) they are also out.
- **Who’s Got the Beat?:** All participants sit in a circle. One person is chosen to leave. While the person is gone, a leader is chosen. This leader starts a ‘beat’, by clapping hands, snapping fingers, stomping feet, patting head, etc., and changes the action every 30 seconds or so. Everyone else in the circle follows. The person who left the circle returns and stands inside the circle and tries to guess who the leader of the beat is. (See “Follow My Lead” for another version)
- **Wink Murder:** All participants sit in a circle. With everyone’s eyes closed, the leader chooses a ‘murderer.’ Everyone opens his or her eyes, and the game begins. The ‘murderer’ may ‘kill’ people by winking at them. After being winked at, the person ‘killed’ waits ten seconds and then stages a dramatic death. The object of the game is for other players to guess who the murderer is, before being killed. If someone makes an incorrect death, they are out of the game. If the ‘murderer’ kills all the players before being discovered, he/she wins.

- **Chinese Numbers:** Start by telling the participants that in your travels you learned how to read another ancient language and that you are now going to show them. You need a few objects such as sticks or pens or anything you have handy in your pocket. Place the objects on the ground and ask the group to indicate what number between 1 and 10 you are showing. Set up 2 or 3 different patterns so the group gets to see additional numbers that you are depicting. The key to the game is that once you have placed the sticks on the floor place your hands on the floor next to the sticks with the number of fingers exposed indicating the number you have in mind. The sticks don't indicate anything!!!!!!!
- **Crossed and Uncrossed:** A leader starts the activity by passing an object to the person sitting on their left of the circle. The leader either says "I am passing this crossed or uncrossed." Each person must then pass the object crossed or uncrossed also indicating to everyone else how they are passing it. The leader will state whether or not each individual has passed it correctly. The trick is in the legs, if you are sitting with your legs crossed then you will pass the object crossed.
- **Hotter...Colder...:** This is a hiding game. Someone goes out of the room and an object such as a cork is hidden. They then come back into the room and as they get closer to the hidden object they are told by the others that they are getting hotter. As they move away from the object they are told that they are getting colder. If they get very close they are "burning", if very far they are "freezing".
- **Sleeping Lions:** In this game, all of the children (except one or two hunters) lie down on the floor in sleeping positions. Once they are settled, they are not allowed to move. The hunters walk through the room and try to make the sleeping lions move by making them laugh, telling them jokes, and so on. The hunters are not allowed to touch the lions. Once the lions have moved, they get up and join the hunters. This is also known as graveyard.
- **Electricity:** Everyone sits in 2 lines facing each other. A signal is given only to the 2 people at the front. That person squeezes the next person's hand and it goes down the line. Last person in line grabs the object in the middle (or runs to touch it) before the other team does. First person now sits in the last person's spot so that everyone has a chance to try.

Conclusion: Each program may be a completely different experience. The above activities are only suggestions that have been successful in many programs. They can be done in any order and most activities can be adapted to any age group.