

PROGRAM RESOURCES

Introduction

This section is meant to provide you with a starting point when creating your program plans. You will be given an opportunity to lead a variety of activities while volunteering at your program sites. These opportunities may include: games, crafts, drama activities, and songs. This resource is meant to provide you with some suggestions to get you started, but remember, you come to the program with your own set of experiences and you may have some great ideas that are not listed here. You are a great resource! Use your personal experiences and ideas to teach us the games and activities that were exciting for you as a child.

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OVERVIEW

Each activity section will begin with an introduction and some suggestions that you can use when leading that type of activity. Some of these suggestions will include general ideas that you will need to keep in mind when leading activities but may also include important safety information. Please take the time to read through the introduction of each activity section to assist you in thinking through the activities that you are planning. Each section also contains a number of activities that you can use when planning for your programs. Remember these activities do not need to be used exactly as they are listed. Be creative! Games and activities are highly adaptable and can be changed to fit almost any theme that you can come up with or interest that your participants may have. Each section ends with some additional resources that you can check out for other great program ideas!



ARTS & CRAFTS

Introduction

Arts and crafts are a great opportunity for program participants to grow in their individuality and creativity. Each participant will approach an art project with their own ideas that reflect who they are. It is important that we allow children to explore their creativity! It is ok to begin an arts and crafts activity with an end goal in mind but we need to allow them to put their own spin on the activity, or even create something totally different! You will learn so much about the participants in your programs by allowing them to explore through arts and crafts.

Guidelines for Successful Craft Activities

- 1. PREPARATION:** Ensure that you have the required materials readily available to begin your activity. There is nothing worse than introducing a craft activity only to find out that you do not have the necessary materials.
- 2. MAKE YOUR CRAFT BEFORE HAND:** Make sure you know how to complete the project, how long it took, and have an example for the kids to see before they begin.
- 3. EXPLANATION:** Take time before beginning your activity to explain what the project is, and what materials are available for use.
- 4. MOTIVATION:** The more interesting you can make the project the more willing they will be to participate in the planned activity. Make the craft fun and exciting for the group. Your own excitement can create enthusiasm among your program participants.
- 5. DON'T RUSH!!:** Allow lots of time for the children to finish their work, don't rush the activity. If the participants ask for additional supplies, and their requests are reasonable, provide them with the supplies they have asked for.

REMEMBER! Art and craft activities are about allowing the children to explore their own creativity. It is not about creating an exact copy of what we have prepared for them to do.



REMEMBER

Encourage creativity and exploration when participating in arts and crafts but you do not have unlimited craft supplies. Remember to keep your craft programs reasonable and affordable by encouraging participants to use the provided materials and ensuring that materials are not wasted. Recycle and reuse materials when possible!

PAINT

SOAP BUBBLE PRINTS

What you will need:

- Bubble solution
- Paper (copier or light coloured construction paper)
- Straws
- Newspaper or tablecloth
- Aluminum pie plates
- Tempera paint

How to make it:

1. Cover your work surface with newspaper or a table cloth.
2. Mix one cup of bubble solution with ½ cup tempera paint in an aluminum pie plate.
3. Have participants use the straw to blow bubbles in the paint and then gently press their paper against the bubbles that they just blew.
4. Try making prints with more than one colour of bubbles.



BLOW PAINTING

What you will need:

- Paper
- Tempera paint
- Water
- Straws

How to make it:

1. Thin the paint a little bit with water so it is easier to blow around the page.
2. Participants begin by dipping their straw in a color of their choice and then tapping it somewhere on their paper to make a small puddle of paint on their page.
3. Use the straw to blow the puddle around the page.
4. Add some wiggly eyes and a mouth to make little paint critters!



HELPFUL HINTS TO MAKE CLEAN UP QUICK AND EASY!

1. Cover your workspace in a plastic table cloth or newspaper.
2. Add dish soap to your paint.

CLOTHESPINS

DRAGONFLY

What you will need:

- Paint / Paint brush
- Clothespins
- Craft sticks (popsicle sticks)
- Glue
- Magnet (Optional)

How to make it:

1. Paint the craft sticks and clothespin.
2. Cross the sticks and glue them to the top of the clothespin.
3. Add wiggly eyes.
4. Add a magnet to the bottom of the clothespin.



AIRPLANE

What you will need:

- Paint / Paint brush
- Clothespins
- Craft sticks (popsicle sticks)
- Glue
- Foam sheet
- Magnet (Optional)

How to make it:

1. Paint the craft sticks and clothespin.
2. Glue two craft sticks to the top and bottom of the clothespin as wings and one to the back as the tail.
3. Cut a triangle from foam sheet and glue it upright on top of the tail.
4. Add a magnet to the bottom of the clothespin.

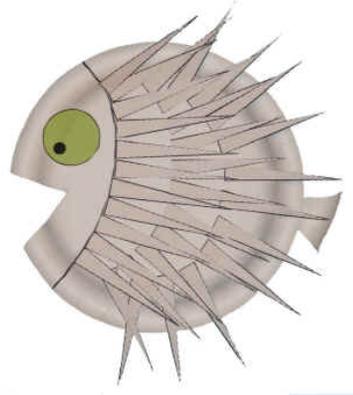


PAPER PLATE CRAFTS

PORCUPINE (PUFFER) FISH

What you will need:

- Construction paper
- Paper plate
- Pencil and marker
- Scissors
- Glue



How to make it:

1. Draw a half circle with a marker on the edge of the plate
2. Cut a triangular mouth from inside the half circle
3. Glue the triangle you cut out to the back as the tail.
4. Use construction paper or markers to put an eye on your fish
5. Cut long triangles from construction paper and glue them around the paper plate (Outside the half circle)

Option: Have the participants paint the plate first. This takes longer but allows the kids to create their own unique fish.

PAPER PLATE ANIMALS (VARIOUS)

What you will need:

- Paper plates
- Paint / Paint brushes
- Glue
- Scissors
- Wiggle eyes
- Construction paper
- Crayons or markers



How to make it:

1. This one is wide open to the number of animals that your participants could make.
2. Think about the animal and use the construction paper to cut out ears and other special parts (Example: Trunk for an elephant)
3. Glue the body parts to the paper plate.
4. Paint the animal
5. Add wiggle eyes; paint nose and mouth

A COUPLE MORE

PAPER MONSTERS

What you will need:

- Construction paper
- Glue
- Scissors
- Markers / Crayons



How to make it:

1. Cut out two identical circles from a sheet of construction paper. (It might help to have something circular for the participants to trace. Example: a small paper plate, coffee can lid)
2. Fold one of the circles in half and glue one-half of the folded circle to the second circle; this will create the monster's mouth.
3. Anything goes! Let the participants be creative when making their monsters. Use construction paper and markers to add teeth, eyes, arms and feet, horns, claws, you get the idea...

PAPER BAG PUPPETS

What you will need:

- Paper bag
- Paint
- Construction paper
- Markers
- Glue
- Scissors
- Chenille pipe cleaners
- Wiggly eyes



How to make it:

1. Have each participant choose an animal that they would like to create.
2. Paint the paper bag the color of the chosen animal
3. Use construction paper and pipe cleaners to add eyes, ears, hands/feet, wings, antennae, beaks, etc.
4. Have a puppet show!



DRAMA GAMES

Introduction

Drama activities allow children to use their imagination, to pretend to be someone else, and to be creative! Drama can provide an outlet for thoughts and dreams that participants might not otherwise have a way to express. Communication is at the center of drama and drama activities allow participants to explore new ways to communicate, verbally and non-verbally. Some of the life-skills that students can develop through participation in dramatic activities are: public speaking, communication, creative thinking, and teamwork.

Guidelines for Successful Drama Activities

- 1. CREATE A SAFE ENVIRONMENT:** Drama is an opportunity for students to explore, create, and perform. It is important that students feel safe to do so. Use positive encouragement strategies and encourage the performers to provide positive feedback to each other.
- 2. INCLUDE EVERYONE:** You may encounter participants that are initially unwilling to participate in dramatic activities but with some encouragement may warm up to the idea. It is important to remember that we do not want to force children out of their comfort zone, rather, we try to create a safe environment where they may choose to do so on their own. For those children that would prefer not to perform, find other related tasks for them to participate in. For example: creating props, puppets; providing feedback and encouragement; or acting as the stage manager.
- 3. BE ENTHUSIASTIC:** Program participants feed off of the energy of their leaders. By modeling your excitement for dramatic activities, your participants will in turn be excited to participate in the planned activities.
- 4. ALLOW THE CHILDREN TO LEAD:** Although we may plan the perfect activity sometimes the participants will have their own ideas. Do not be afraid to allow the participants creative freedom. Your improvisation games may just become a full production or puppet show!



WHAT IS A DRAMATIC ACTIVITY?

Dramatic activities can include:

- *Traditional acting*
- *Story telling*
- *Improvisation*
- *Puppets*
- *Still Images or freeze frames*
- *Mime*
- *Readers Theater*

DRAMA GAMES (New for 2014)

MY GRANDMA'S BIG FAT TOE

- Sitting in a circle, the leader will choose a volunteer to go into the middle. This person then attempts not to laugh as they move to sit in front of participants on the outside of the circle who take turns asking questions. Making a funny face, performing a comical dance, or anything except touching or inappropriate gestures is fair game. The person in the middle must reply to the question - whatever it might be -(without smiling or laughing) "my grandma's big fat toe". Questions might be "what is your favourite colour?", "what do you eat for breakfast?" or "what is the best smell in the world?". If they smile or laugh at any point, they trade spots with the person who made them laugh. If they don't smile or laugh, the center person must move.

WORLD'S GREATEST SANDWICH

- Players sit in a circle. One person begins by saying his/her name and then states what ingredient goes on the sandwich. Example: "My name is Kevin, and the World's Greatest Sandwich has pickles." The next person in the circle announces their name and says Kevin's ingredient as well as her own. "Hi, my name is Sarah, and the World's Greatest Sandwich has pickles and popcorn." At the end of the game, the world's greatest sandwich could be a Pickle-popcorn-meatball-chocolate-syrup-grass-eyeball-lettuce-pixiedust sandwich. Delicious!

"WORD AT A TIME" STORY

- In a circle, one person begins the story by saying one word. Each person in the circle adds another word as the story comes to him/her. Only one word may be added per person and the word must make sense within the story. Participants have to listen and keep their focus to make the story logical. Participants are encouraged to "go with the flow." The story will take unique twists and turns and they have to go with it.

SPACE JUMP OR FREEZE

- The leader chooses two volunteer players to come up to the playing area. The leader then gets suggestions from the audience for characters and location. The two players start their scene. At any time the leader/or a participant will yell freeze and the actors will immediately freeze. The person who yelled freeze will go to one of the players, tap him/her on the shoulder (he/she is now out) and assume that person's frozen position. He/she must start an entirely new scene and this continues until the next freeze.

TOASTER

- Participants must spread out and fill the space that you have for the game to start. The person leading the game will signal that the game has started and all of the participants will start walking around. The leader will yell out a number and the participants will have to get into groups of that number as quickly as they can. The leader will shout out an object for the players to create. Examples may include a fridge, and ice cream cone, a scene from Goldilocks or even a toaster. No props allowed, although sounds and movement are!

FAIRY TALE IN A MINUTE

- Select a fairy tale that everyone knows or tell a new one. Divide the participants into groups and have them act out the fairy tale in a set time limit (E.g., two minutes). To make the game more interesting, have the participants tell the story so the villain wins or have the fairy tale take place in a different setting (E.g., the future, the Old West).

DUCK, DUCK, ZOO

- Similar to Duck, Duck, Goose. Instead of saying "goose" the person on the outside of the circle gets to choose a random animal and the two players then move around the circle imitating that animal. Encourage the participants to use animals with interesting movements, snails, snakes, sloths, elephants, etc.

TELEPHONE

- All participants sit in a circle. The leader of the game whispers a sentence to the person next to them. That person then whispers what they heard to the next person, and so on. The last person in the circle reveals what they heard and then the person who started the game reveals what was actually said at the start of the game.

CATEGORIES

- Have someone come up with a category (movies, fruits, chocolate bars, words starting with the letter "A" etc.). Each player in turn will list an item that falls into that category until no one in the group can

come up with anything. This can be played as an elimination game where a person is eliminated if they are unable to name something on their turn.

YES LET'S

- The leader will start the activity by choosing an action such as jumping up and down and will say, "Let's jump up and down." Have the participants reply "Yes let's" and then begin the action together. After a few seconds, have someone call out a different action by saying "Let's" and everyone will respond with "Yes let's" before beginning the new action. The activity can continue until everyone has had a chance to make a suggestion.

CHARADES

- Create a list (or have the participants create lists) of people, places, things, and actions. Have participants take turns acting out each word. The person who guesses the word correctly gets to act out the next charade. This can also be played as a team game. If the group does not want to act, try drawing instead (Pictionary).

ONE ENDING, MANY STORIES

- Come up with an ending to a story, "they lived happily ever after" / "they found the buried treasure" / "they safely got away". Divide participants into groups and have them come up with a story that fits the ending and perform their story for each other. Discuss what they liked about each groups story and what made it memorable.

ONE STORY, MANY ENDINGS

- Come up with a story, or read a children's story. DO NOT read the ending. Divide the participants into groups and have them act out an ending to the story. After each group has had a chance to perform, read the end of the story and see if anyone was close to the actual ending.

CATCH A STORY

- Have a ball or beanbag ready. Begin a story. Throw the object to another person who must continue the story. (Shy participants can pass the object after only one or two words).

FORTUNATELY / UNFORTUNATELY

- A variation on "Catch a Story." Each person must add a sentence to the story but each sentence must begin with "Fortunately" or "unfortunately".

E.g. UNFORTUNATELY the plane's engine failed.

FORTUNATELY the pilot had a parachute.

UNFORTUNATELY the parachute did not open.

FORTUNATELY he landed on a haystack.

STORM

- Participants build up a storm by joining in on leader led sound effects one by one.

"It was still and quiet."

"A gentle breeze was heard." (*Rub hands together and have the participants join in.*)

"The breeze grew louder." (*Rub more vigorously*)

"A patter of rain was heard." (*clap hands together softly*)

"The rain began to come down harder" (*clapping gets later*)

"It began to thunder." (*Stamp feet*)

This is reversed, dropping one noise at a time until all is quiet.

E.g., "The thunder stopped"

"The rain slowed"

ZOOM EEK

- A "zoom" (car perhaps) is passed around the circle. Anyone can stop the zoom and reverse it by saying "EEK". You cannot say "EEK" twice in a row. If you get good, try sending two "ZOOMS" around the circle.

MASTER, MASTER, WHO AM I?

- Blindfold a volunteer and have them sit in the middle of the circle. Select another participant to quietly approach them, disguise their voice, and ask "Master, master, who am I?" If the blindfolded volunteer guesses correctly, they get to remain blindfolded. If they are wrong, the successful voice gets a turn to be blindfolded.

ADDITIONAL DRAMA RESOURCES

<http://www.ultimatecampresource.com/site/camp-activities/dramatic-games.page-1.html>

<http://improvincycyclopedia.org/games/index.html>

http://tflc.ca/2010_handouts/Drama_Games.pdf



SONGS

Introduction

Music plays an important part in recreation programming and there are plenty of opportunities to include music in your program planning. As your confidence grows in leading songs, the more enjoyable and rewarding the job of song leader becomes. Your confidence however will not grow by simply observing others leading songs. Jump in! The more opportunities you have to lead or assist in leading songs, the greater your confidence will be.

Guidelines for Successfully Leading Songs

- 1. KNOW YOUR MATERIAL:** Make sure you are familiar with the words of the song and the tune to which it is sung. Make cue cards for yourself if you are new to leading songs or prepare a poster with the words for the benefit of the group.
- 2. CONSIDER YOUR AUDIENCE:** If your camp participants are unfamiliar with the song you are leading, consider teaching the song using a line-by-line or “repeat after me” strategy. When you have gone through the verse one line at a time try singing the verse together. Remember that different age groups will enjoy different types of songs. Try to choose songs that are appropriate to the age of your program.
- 3. BE ENTHUSIASTIC:** Have you noticed that this is a recurring theme when talking about how to lead different types of activities? The energy and excitement that you bring to any song will encourage your participants to equal your energy and excitement. Change the volume and tone of your voice to make the song interesting and engaging for the children.
- 4. PLAN AHEAD:** Make sure that you are in a position where you can be seen by all of the participants. Choose songs that your program participants are familiar with and can easily participate in. Familiarity is important and your participants will soon develop songs that are their favorites that they will want to sing again!
- 5. KNOW WHEN TO STOP:** Camp songs can bring an extra level of fun and excitement to our programs, but the group will eventually become bored and distracted. Change the activity while the participants are still enjoying themselves so it is something you can return to another day.



REMEMBER

There are many opportunities to include songs in your program plan. Songs can be a planned and organized part of your program, or can be a very simple way to engage your program participants during transition time or when you have a few minutes of downtime. There are no required materials to lead a song, only a leader that is willing to do so!

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Ain't No Flies On Us

(Split group into 2 sections)

Section 1

There ain't no flies on us, there ain't no flies on us!

There might be flies on some of you guys (point to other group), but there ain't no flies on us!

Section 2

There ain't no flies on us, there ain't no flies on us!

There might be flies on some of you guys (point to other group), but there ain't no flies on us!

Alice (Sally) The Camel (Preschool)

Alice the camel has five humps.

Alice the camel has five humps.

Alice the camel has five humps.

So ride, Alice, ride.

Boom, boom, boom, boom!

continue: Alice the Camel has 4 humps, 3 humps, 2 humps, 1 hump

Alice the camel has no humps.

Alice the camel has no humps.

Alice the camel has no humps.

'Cause Alice is a horse, of course.

Ant Marching Song

The ants go marching one by one, hurrah, hurrah

The ants go marching one by one, hurrah, hurrah

The ants go marching one by one,
The little one stops to suck his thumb
And they all go marching down...to the ground...to get out...of the rain.

BOOM! BOOM! BOOM!

(Additional Verses)

two by two / to tie his shoe

three by three / to climb a tree

four by four / to close the door

five by five / to do a jive

six by six / to pick up sticks

seven by seven / to look at heaven

eight by eight / to shut the gate

nine by nine / to tell the time

ten by ten / to say the end.

(Chorus)

And they all go marching down...to the ground...to get out...of the rain. **BOOM! BOOM! BOOM!**



Baby Bumblebee

I'm bringing home a baby bumblebee,
Won't my mommy be so proud of me,
(Cup hands together as if holding bee)
I'm bringing home a baby bumblebee,
Ouch! It stung me!
(Shake hands as if just stung)
I'm squishing up the baby bumblebee,
Won't my mommy be so proud of me,
('Squish' bee between palms of hands)
I'm squishing up a baby bumblebee,
Ooh! It's yucky!
(Open up hands to look at 'mess')
I'm wiping off the baby bumblebee,
Won't my mommy be so proud of me,
(Wipe hands off on shirt)
I'm wiping off the baby bumblebee,
Now my mommy won't be mad at me!
(Hold hands up to show they are clean)

Alternate Lyrics

Oh, I'm bringing home a baby rattlesnake
Won't my mommy shiver and shake
'Cause I'm bringing home a baby rattlesnake --
Rattle, rattle, rattle --
(spoken): OOOOH, it bit me!
Oh, I'm bringing home a baby turtle
Won't my mommy really pop her girdle
'Cause I'm bringing home a baby turtle
Snappy, snappy, snappy --
(spoken): OOOOH, it bit me!
Oh, I'm bringing home a baby dinosaur
Won't my mommy fall right through the floor
'Cause I'm bringing home a baby dinosaur --
Gobble, gobble, gobble --
(spoken): OOOOH, it ate me!

Baby Shark

Baby shark
Do do do do
Baby shark
Do do do do
Baby shark
Do do do do
Baby shark
(Pinch thumb and finger together for baby shark)

Mommy shark
Do do do do
Mommy shark
Do do do do
Mommy shark
Do do do do
Mommy shark
(Move thumb and fingers together for mama shark)
...daddy shark...
(clap hands together for daddy shark)
...grandma shark...
...going swimming...
...see a shark...
...swimming fast...
...lose a leg...
...lose the other leg...
...lose my head – Ahhhhh!

Bear Hunt (Repeat after me)

[CHORUS]
Goin' on a bear hunt
(march throughout this part)
But I'm not afraid
(point to yourself)
Got my trusty stick
(hold out your arm straight, pretending you have a long stick)
And my bag on my back
(point to your back)
But oh no! *(stop marching)*
What's that? *(point ahead)*
It's long, tall, grass *(wave hands up high and back down again)*

Can't go over it *(pretend to dive overtop)*
Can't go under it *(pretend to dive under)*
Can't go around it *(put arms in a semi-circle)*
Gotta walk through it
Swish, swish, swish, swish... *(march)*
[CHORUS]

Additional Lyrics

Deep, swampy, swamp
Can't go over it *(pretend to dive overtop)*
Can't go under it *(pretend to dive under)*
Can't go around it *(put arms in a semi-circle)*
Have to walk through it.....

Squish, squish, squish, squish...
[CHORUS]

Big, tall, mountain
Can't go over it (pretend to dive overtop)
Can't go under it (pretend to dive under)
Can't go around it (put arms in a semi-circle)
Gotta walk towards it
Walk, walk, walk, walk....
[CHORUS]

Deep, dark, cave
Can't go over it (pretend to dive overtop)
Can't go under it (pretend to dive under)
Can't go around it (put arms in a semi-circle)
Have to go into it.....
(start whispering)
[CHORUS]

But oh no
What's that?
It's a bear!
[Do all lines backwards rapidly, you are running away]

Bear Song, The (Repeat after me)
The other day *[repeat]*
I met a bear *[repeat]*
Out in the woods *[repeat]*
A-way up there *[repeat]*

Chorus all together:
The other day I met a bear
Out in the woods a-way up there

He said to me
Why don't you run
'Cause I see you ain't
Got any gun
[Chorus]

And so I ran
Away from there
But right behind
Me was that bear
[Chorus]

Ahead of me
There was a tree
A great big tree
Oh golly be
[Chorus]

The nearest branch
Was 10 feet up
I had to jump
And press my luck
[Chorus]

And so I jumped
Into the air
But I missed that branch
A-way up there
[Chorus]

But don't you fret
And don't you frown
'Cause I caught that branch
On the way back down
[Chorus]

The moral of
This story be
If you meet a bear
You need a tree!
[Chorus]

Boom Chica Boom (Repeat after me)
Boom
I said a boom chicka boom!
I said a boom chicka rocka chicka rocka chicka boom!
Uh huh!
Oh yeah!
One more time...
Repeat with a different style, tone, etc.
...Baby style
...Austin Powers style
...sleepy style
...robot style
...Taco Bell style
... Like a Valley Girl
... Elvis style
... Like a rock star

Down By the Bay

Down by the bay
Where the watermelons grow
Back to my home
I dare not go
For if I do
My mother would saaaay:
"Did you ever see a fox, hiding in a box?"
"Did you ever see a snake baking a cake?"
"Did you ever see a cat, wearing a hat?"
"Did you ever see a moose, kissing a goose?"
"Did you ever see an ant, climbing a plant?"
"Did you ever see a bear, combing his hair?"
"Did you ever see a llama, wearing pajamas?"
"Did you ever see a fly, wearing a tie?"

Can have the kids make up their own rhymes:
"Did you ever see a _____, _____ing a _____"
Oh!
Down by the bay!

Forty Years on an Iceberg (Repeat after me)

Forty years on an iceberg
Over the ocean wide
Nothing to wear but pajamas
Nothing to do but slide
The air was cold and icy
The frost began to bite
I had to hug my polar bear
To keep me warm at night!

*Sing through first time with actions.
Second time through hum first line.
Third time through hum second line.
Continue until humming the whole song.*

Go Bananas

Bananas unite!
(clap hands together above your head)
Peel banana, peel peel banana
(slowly slide one hand down)
Peel banana, peel peel banana
(same for opposite hand)
Slice banana, slice slice banana
(slicing motion with hands)
Slice banana, slice slice banana
(same)
Mash banana, mash mash banana

(mashing motion with hands)
Mash banana, mash mash banana *(same)*
Eat banana, eat eat banana
(pretend you are eating a banana)
Eat banana, eat eat banana *(same)*
Go bananas, go go bananas!
(self-explanatory)
Go bananas, go go bananas! *(same)*

Little Green Frog

Mm mm went the little green frog one day,
Mm mm went the little green frog.
Mm mm went the little green frog one day,
So they all went mm mm ah

[CHORUS]

Well we all know frogs go (clap) la-de-da-de-da
(clap) la-de-da-de-da. (clap) la-de-da-de-da
We all know frogs go (clap) la-de-da-de-da
They don't go mm mm ah

Bloop bloop went the little blue fish one day,
Bloop bloop went the little blue fish
Bloop bloop went the little blue fish one day
So they all went bloop bloop ah
[CHORUS – But we all know fish go...]

Bleh bleh (stick out your tongue twice) went the
little green lizard
Bleh bleh went the little green lizard
Bleh bleh went the little green lizard one day
So they all went bleh bleh ah
[CHORUS – But we all know lizards go...]

Herman the Worm

I was sittin' on my fencepost, chewing my
bubblegum
(chew, chew, chew, chew)
Playin' with my yo-yo, wee-oo! wee-oo!
When along came Herman the worm
And he was this big (make a motion as if
measuring a tiny worm)
And I said: "Herman? What happened?"
"I swallowed a fly."
"I swallowed a turtle."
"I swallowed a cat."
"I swallowed a <users choice>."

If You're Happy

If you're happy and you know it, clap your hands (clap, clap)
If you're happy and you know it, clap your hands (clap, clap)
If you're happy and you know it, then you really ought to show it,
If you're happy and you know it, clap your hands (clap, clap)

Other verses:

If you're happy and you know it, stamp your feet (stamp, stamp)
If you're happy and you know it, nod your head (nod, nod)
If you're happy and you know it, shout "hooray" (everyone shouts "Hoo-ray")
If you're happy and you know it, do all four (clap, clap, stamp, stamp, nod, nod, "Hoo-ray")

I'm a Little Piece of Tin (Preschoolers)

Nobody Knows What Shape I'm In
I've Got 4 Wheels And A Running Board
I'm not a Chevy, I'm not a Ford
Honk Honk Rattle Rattle Rattle Crash Beep Beep
Honk Honk Rattle Rattle Rattle Crash Beep Beep
Honk Honk

*Do actions for the words

Let Me See Your Bungalow

(everyone starts clapping)
(say someone's name and point to them)
Let me see your bungalow
Let me see your bungalow
My hands are high (*reach up high*)
My feet are low (*touch your toes*)
And this is how I bungalow (*start dancing in any way*)
(crowd while mimicking the new dance move)
Bunga-low... Bung-bung-ga-low
Bunga-low... Bung-bung-ga-low
(Repeat)

Little Red Wagon (Repeat after me)

You can't ride in my little red wagon
Front seat's broken and the axels draggin'
Boo Ah Boo Ah Boo Ah Ah!

Second verse, same as the first. A little bit louder and a little bit worse!

Third verse, same as the first! A whole lot louder and a whole lot worse!

My Aunt Came Back (Repeat after me)

My aunt came back (my aunt came back)
From old Japan (from old Japan)
And she brought me back (and she brought me back)
A Japanese fan (a Japanese fan)
(Start waving right hand like a fan)
My aunt came back
From old Hong Kong
And she brought me back
A game of ping pong
(Wave left hand like a ping-pong bat)

Other verses:

Kampuchea – Rocking Chair
(start rocking back and forward)

Timbuktu – some nuts like you
(stop actions and point at audience)

Nosepicker Song, The

I pick my nose in Dallas,
I pick it in New York.
I pick it with my finger and I pick it with my fork...
CHORUS:
Cause I'm a nose picker baby! Whoo!
I pick it morning noon and night...
Morning noon and night..... YEAH!
I pick it on the left side and move on over to the right!

Nose picker, nose, nose picker
I like it with my lasagna,
I like it with extra cheese,
And when I get real hungry I just give a great big sneeze!

[CHORUS]

My teacher says I'm nasty,
She sends me in the hall.
And when she comes to get me I'm flickin' greeners at the wall!

[CHORUS]

I had a date with Tom Cruise,
I put on my best clothes,
And when he came to get me I had my finger up
my nose!

[CHORUS]

My mamma said I'm naughty
She sends me up to bed
When she came to check on me I flicked a
booger at her head!

On Top of Spaghetti

On top of spaghetti
All covered with cheese
I lost my poor meatball
When somebody sneezed
It rolled off the table
And onto the floor
And then my poor meatball
Went out the front door
It rolled through the garden
And into a bush
And then my poor meatball
Was nothing but mush
The mush was so tasty
As tasty can be
And then the next summer
Grew into a tree
The tree was all covered
All covered with moss
And on it grew meatballs
All covered in sauce
So if you eat spaghetti
All covered in cheese
Hold onto that meatball
For someone might sneeze

Show Us How You Get Down

Hey Campers! (Song leader)
Hey what? (Campers)
Hey Campers! (Song leader)
Show us how you get down! (Leader)
No way! (Camper)
Show us how you get down! (Leader)
Okay! (Camper)
D-O-W-N that's the way we get down (ALL)
D-O-W-N that's the way we get down (ALL)

Singing in the Rain

[CHORUS]

I'm singing in the rain, just singing in the rain
What a glorious feeling, I'm happy again
Stop!!!

Thumbs up

[CHORUS]

Thumbs up, elbows in

[CHORUS]

Thumbs up, elbows in, chest out

[CHORUS]

Thumbs up, elbows in, chest out, bum up

[CHORUS]

Thumbs up, elbows in, chest out, bum up, knees
together

[CHORUS]

Thumbs up, elbows in, chest out, bum up, knees
together, toes together

[CHORUS]

Thumbs up, elbows in, chest out, bum up, knees
together, toes together, tongue out

[CHORUS]

ADDITIONAL SONG RESOURCES

<http://songs-with-music.freeservers.com/alphabetical.html>

<http://www.ultimatecampresource.com/site/camp-activities/camp-songs.html>

<http://www.angelfire.com/mi2/campsongs/>

<http://www.scoutsongs.com/>

<http://www.songdrops.com/childrens-songs-chords-and-lyrics>



GAMES

Introduction

Large group, small group, circle, quiet, back-pocket, tag, and parachute. There are a tremendous number of games, types of games, versions of games, and themes for games that you can use when planning activities for your programs. Games often make up a large portion of our program planning and it is important to build your experience with and knowledge of all sorts of games! There are games to get kids excited and games to calm them down. Games to play in tight spaces and games to play in large fields. Some of you may know these games by different names or have played them with different rules. Learn them, lead them, and enjoy playing them with your program participants!

Guidelines for Successfully Leading Games

- 1. KNOW THE GAME:** Make sure you understand the game you are about to lead. Have all the required equipment readily available. Nothing kills a game quicker than having to stop to try and find the equipment that you need!
- 2. EXPLAIN THE GAME:** Try to explain the game in less than a minute. It is ok if the kids do not understand all of the rules before you start, they will catch on as they play. You want to explain the game fast enough that you do not lose their attention.
- 3. PARTICIPATE WITH THE KIDS:** Remember, the game is not about you winning or losing. We play games to create great memories and fun experiences for our program participants. The kids will enjoy the game when you participate WITH them. Create memories for your kids by allowing THEM to capture the flag, score the goal, or send you to "jail."
- 4. ADAPT:** Always have a plan to adapt the game to keep it interesting and to ensure fair play. Eliminate the advantage of good athletes by modifying the game somehow.
- 5. QUIT WHILE YOU ARE AHEAD:** It is better to quit a game while everyone is enjoying it then to wait too long until everyone is sick of it. This allows the kids to look forward to the next time they will be able to play that particular game.
- 6. THINK SAFETY:** There are always risks involved in playing games. Seek to minimize these risks. Check for hazards in the field, point out things that may pose a safety risk (even if it seems obvious to you), and ensure rules are in place to maintain participant safety (E.g., boundaries that are far away from the road).



TYPES OF GAMES

1. Circle Games	Pg 64
2. Tag Games	Pg 66
3. Parachute Games	Pg 67
4. Water Games	Pg 69
5. Back-Pocket Games	Pg 70
6. Wide Games	Pg 72
7. World Wide Games	Pg 75
8. Card Games	Pg 77

CIRCLE GAMES

Circle games are played with participants either standing or sitting in a circle. Circle games are often quieter games and are good for transition time. Many of these games do not have a minimum number of participants and would work well at the end of the day as participants begin to leave. Because they do not require a lot of space, circle games are easily played indoors and are a good rainy day activity.

NINJA

- Choose one child to sit in the center of the circle with a blindfold on and an object set on the ground a foot or two in front of them. Choose two or three other children to try and grab the item and return to their spot in the circle without being tagged by the child in the middle. If someone is tagged they return to their seat and you can choose someone else to continue the game. If a child successfully recovers the object, they can have a turn in the middle of the circle. *OPTIONAL: You can give the person in the middle a short pool noodle to use to tag those trying to capture the object.*

FOLLOW THE LEADER / DETECTIVE / COPYCAT

- Have the participants all sit in a circle. Have one volunteer “leave” the circle with their back turned toward the group, this person becomes the detective. Pick a second person who is “it”. All participants in the circle begin by patting both hands against their knees. The “it” person can change the movement at any time (clapping hands, snapping fingers, rubbing head, tapping nose, etc.) and all other participants must copy what the “it” person is doing. The individual who stepped away from the group returns to the middle of the circle and gets three guesses to try and determine who the “it” person is. Pick two new people to be the “it” and the detective.

TWO TRUTHS AND A LIE

- Have each person think of 3 things about themselves: 2 must be true and 1 must be made up. Go around the circle and have each participant tell the 3 things about themselves. The rest of the group will try and determine which are true and which one is a lie.

WINK MURDER

- With everyone’s eyes closed, the leader chooses a ‘murderer’ and a ‘detective’. Everyone opens his or her eyes, and the game begins. The ‘murderer’ may ‘kill’ people by winking at them. After being winked at or ‘killed,’ wait three seconds and stage a dramatic death. The object of the game is for the detective to find the murderer before everyone is killed. The detective is allowed three guesses and must save as many participants as possible.

HUMAN KNOT

- With everyone standing in a circle, place your arms into the center of and hold the hand of two different people; you cannot hold the hand of someone standing directly beside you. Try and untangle the human knot so that you end in a circle with everyone still holding hands. Remember: You are not allowed to let go of each other’s hands at any time.

ELEPHANT BALL / AROUND THE WORLD

- Participants stand in a circle with their feet wider than shoulder width apart, touching the foot of the person on either side of them. One participant starts with the ball and with their fingers locked together they try and hit the ball between another participants legs. The ball cannot be caught but only blocked by the player's hands. If the ball passes through someone's legs they turn around and play the game facing out of the circle instead facing into the circle. If someone hits the ball and it goes high and out of the circle, they must also turn around and play backwards. The game continues until only one person is left facing the middle of the circle.

TENS

- Objective: Do not say the number 10. Choose a participant to start the game. This person starts counting from the number one and is allowed to say one or two numbers. (For example: they could say "one" or "one, two". The individual standing next to them continues the count and is also allowed to say one or two numbers. And so on. The individual who says the number ten sits down and the game continues with the next person. The winner is the last person standing at the end of the game. Typically I do not like games where participants are "out" but this game tends to be very quick and participants do not sit out for long. *VARIATION:* You can choose a different number other than ten if the participants figure out the strategy.

I HAVE NEVER

- With everyone standing in a circle or sitting on chairs, have one person stand in the middle of the circle and remove their chair from the game. The person in the middle will start the game by saying "I have never" and then stating something they have never done. Example: "I have never swam in the ocean." Anyone in the circle who has swam in the ocean will then have to stand up and find another seat. At the same time the participant in the middle will race to sit down as well. The last person standing remains in the middle and will begin the next round by stating something they have never done. Participants cannot switch seats with the person directly next to them.

CLAP BALL

- Participants stand in a circle an arm length away from each other. There is one object that will be thrown back and forth between participants. When an object is passed the person trying to catch the object must clap before the object is caught. They will then in turn pass the object to someone else. If the participant fails to clap first or does not catch the object they will go down on one knee and the game continues. If they are on one knee and fail to clap or catch the object a second time they must kneel on both knees. Then sit on their bum. Then lay on their backs. If a participant is not standing and they pass to someone who fails to catch or clap they are allowed to move back to the previous stage. E.g., if they are on one knee and the person they pass to does not catch the ball or clap, they get to stand up. If they are on both knees they get to move up to one knee, etc. The object of the game is to be the last person "standing" (everyone else on one knee, both knees, sitting, or laying).

TAG GAMES

FROZEN TAG

- One person is it and tries to tag the other players. Once someone is tagged they must stand with their arms out to the side so that the other players can run under an arm and set him/her free. With a large group there can be more than one "it."

SILLY DANCE TAG

- Similar to freeze tag but instead of having someone run under your arm to free you, someone must stand in front of the frozen player and do a silly dance. The person who is frozen copies the silly dance and is allowed to rejoin the game.

TOILET TAG

- Similar to freeze tag but when you are tagged you go down onto one knee to form the toilet and hold out one arm to the side to make the handle. To get back into the game someone must "flush" the hand of the frozen player.

HOTDOG TAG

- This is similar to freeze tag, but once a player is tagged they become a hot dog and must lie on the ground. Two players must lie down on either side of them, as the bun, for the hot dog player to be freed.

BLOB TAG

- When someone is tagged they hold hands with the person that tagged them and they together try and tag other players. Once the blob reaches four players they can divide into two groups of two players and continue trying to tag other participants. It is important to establish boundaries for this game otherwise participants will run as far away as they can so they do not get tagged. The game ends when everyone has been tagged and joined the blob.

TRAIN TAG

- Have the participants form a train by putting their hands on another players shoulders. Trains are only two people, an engine and a caboose. The person(s) who are "it" try and catch a train by tagging the caboose and placing their hands on the shoulders of the caboose. When a train is tagged, the engine is released and becomes "it."

BRITISH BULLDOG

- The bulldog ("it") stands in the middle of the play area with all other players standing at one end. The game begins with the bulldog shouting "British bulldog!" The objective of the game is to run from one side of the playing field to the other without being tagged by the bulldog. If a participant is tagged, they become a bulldog.

PARACHUTE GAMES (New for 2014)

MAKING WAVES

- While players grip the parachute, everyone moves their arms up and down to make small and large waves. This is a good warm up.

AIR CONDITIONING

- This game is good for recuperating after an energetic game. Hold the parachute stretched out and have about a third of the players lie on the ground under it (best with heads near the middle). The rest mushroom the parachute up and quickly pull it down again repeatedly. Air rushing in and out cools those underneath like a giant fan, and the sensation of watching the parachute rise up and then come down on top of you is very strange. (Players may like to cover their faces as the parachute descends or even lie on their stomachs).

HOUSE KEEPING

- Throw lots of balls onto the parachute. A group of five or six people (the housekeepers) stands away from the parachute. The rest of the people hold the parachute and try to shake off all the balls, while the housekeepers throw them back on. At the end of 30 seconds, count how many balls are on and off.

MAD DASH

- This is a good name game to start a parachute session. All the kids stand around the parachute, holding on to the edge. The group makes a bubble and the leader calls someone's name to start the game off. The child named must run underneath to the other side. When she reaches her destination, she must shout the name of the first person she comes to and then step into their place. That person runs to the other side and so the game continues. How many can get across while the parachute is in the air? As soon as the parachute comes down, get it up in the air again.

STEAL THE BEAN BAG

- A beanbag or small object is placed under the chute at approximately the middle or center. The group is divided into two equal teams and each player has a number assigned to him/her (numbers should be duplicated). The parachute is inflated and at its highest point the leader calls a number(s). The player(s) with the corresponding number(s) called must attempt to secure the beanbag and get back into their position without being tagged by the opponent. Also if the chute descends on them while under the canopy, no points are awarded. The player who successfully gets back to his team position without being tagged or touched by the descending chute, scores one point for his team.

PARACHUTE GAMES

SHARK ATTACK

- Participants sit on the ground with the parachute covering their legs and a firm grip on the chute. One student is assigned to be the "shark" and he/she crawls under the chute. The chute is waved or billowed to represent waves. If "Jaws" grabs a foot and pulls, you go under the chute and become a "shark" as well. A second participant is the "lifeguard" and runs around the outside of the parachute trying to grab the arm of a player who is being pulled under by the sharks. Game continues until all students are pulled under. Safety note: Players are not allowed to kick or fight against a shark attack and the sharks must stop pulling on a player who has been saved by the lifeguard.

CAT AND MOUSE

- Participants sit on the ground with their legs underneath the parachute. The leader chooses cat(s) and mice. The number of cats and mice will depend upon the total number of participants. Both cats and mice are only allowed to crawl. When the leader starts the game, the cats go on top of the parachute, the mice go underneath and the rest of the group waves the parachute to disguise the mice. The cats catch the mice by finding them and then giving them a gentle hug. Once a mouse has been caught they must join the rest of the group and wave the parachute. The game ends when all of the mice have been caught.

POPCORN

- Place a number of beanbags/balls on the parachute. Shake the chute to make the balls bounce around like popping corn. Choose a participant to take their shoes off, stand in the middle of the parachute and try to catch the "popcorn.". For participants that are nervous about being on the parachute, have the group make smaller waves so the activity is less intimidating.

POISON POPCORN

- Similar to popcorn but instead of trying to catch the "popcorn" tell the participants that the popcorn is poisonous and they must try to avoid being hit by the popcorn. When a participant is hit by the ball, the round stops, they exit the parachute and another participant gets a chance.

MUSHROOM

- Participants inflate the chute and take three steps forward. They quickly lower the chute and sit or kneel down under the parachute while holding the edges down.

NUMBERS EXCHANGE

- Participants are numbered from 1 to 4. The teacher calls a number as the dome is made, and those with the number called must exchange positions by running underneath the parachute before the chute comes down.

WATER GAMES

DRIP DRIP SPLASH

- Played the same as Duck-duck-goose, but instead of touching the heads of those not picked they have a little bit of water from a cup dropped on their head. The person picked gets the rest of the cup poured on their head.

SPONGE RELAY

- You will need two buckets filled with water, two empty buckets, and two large sponges (like car wash sponges) for this game. Form two teams. Each team makes a line next to a bucket filled with water. When the game starts, have the first member of each team put the sponge in the water, put it on their head, and run towards their bucket at the other end of the playing area. Squeeze the water into the bucket and run back. Continue on with the rest of the players. The first team to fill the bucket to overflowing wins.



Variation: Use coffee cans with holes punched out of the bottom and the sides instead of a sponge.

BACK TO BACK

- Divide into two teams. Have everyone pair up within their team with a partner, back to back and linking arms. Place a water balloon between the two players. Have them carefully walk to a designated spot with a bucket. Together, they must get the water balloon in the bucket without popping it. After they run back, the next two players can go. The team with the most intact water balloons is the winner at the end.

SPONGE TAG

- The person who is 'it' needs to tag the other participants with the sponge.

Variation: The person who is 'it' can throw the sponge at another player to tag them.

BEACH TOWEL VOLLEYBALL

- Form 2 teams. Have each team stand on either side of the volleyball net (You can use a skipping rope to divide the two teams). Have each team divide into pairs. Each pair should have one towel and each person should grab 2 corners of the towel so that it is spread out between the pair. A water balloon is placed on the towel of one of the pairs. The pair must then work together to lift their towel so that the balloon is propelled into the air, across the net (over the line) to the other team. One of the pairs on the other team must then try to catch the balloon with their towel and return it the same way. As in regular volleyball, a team scores a point when the balloon hits the ground on the other side of the net.

BACKPOCKET GAMES

CRANES AND CROWS

- Split the participants into two teams and have them stand opposite each other behind a distinct line (i.e. rope or field lines). If the leader yells “Cranes”, then all of the cranes must run to their “safe zone” behind them at the other end of the room. The Crows team members try to tag the Cranes, where if they are tagged they join the Crows team.

EVOLUTION (*Ultimate Person*)

- Everyone starts out as an egg and places their hands above their head and together so that they look like an egg. When you say go each person will find another egg.

Once they found that person they will then play Rock, Paper, Scissors

The loser stays an egg and the winner becomes a chicken, placing their arms as wings and making chicken noises. The chicken then looks for another chicken while the egg looks for another egg. When you win as a chicken you become a dinosaur, placing your hands out and roaring like a dinosaur. If you lose as a chicken you drop back down to an egg.

Dinosaurs then find other dinosaurs, where they will play to become the ultimate people.

Ultimate people put their hands over their heads like superman and look for others like them.

If you lose as a dinosaur you go back to being a chicken, looking for other chickens.

If the Ultimate person loses to another Ultimate person they go back to a dinosaur.

MOLECULE

- Participants must spread out and fill the space that you have for the game to start. The person leading the game will signal that the game has started and all of the participants will start mingling (walking around). The leader will then yell out a number (anything up to the number of people playing) and the participants will have to get into groups of that number and sit down (forming a molecule). If they don't form a group of the correct number, they are out. At the end you will have a final group of winners (usually two).

FROGGIE

- Everyone sits in a circle. This may be done to the beat of claps and snaps. The first person says “one frog”, the second person says “two eyes”, the third person says “four legs”, the fourth person says “in the puddle”, the fifth person says “ker-plop!”. The next person starts over with “two frogs”, “four eyes”, “eight legs” “in the puddle in the puddle” “ker-plop ker-plop!”. See how many frogs you can get to before someone says an incorrect number.

SEVENS

- The objective is not to say the number seven. Choose a participant to start the game. This person starts counting from the number one in sequential order and is only allowed to say one number. The person standing next to them continues the count following the same rules. And so on. The person who says the number seven sits down and the game continues with the next person. This includes the number 17, 27, 37... After two rounds, add multiples of seven into the game (7, 14, 17, 21, 27, 28, 35, 37...).

MATCH MASTER

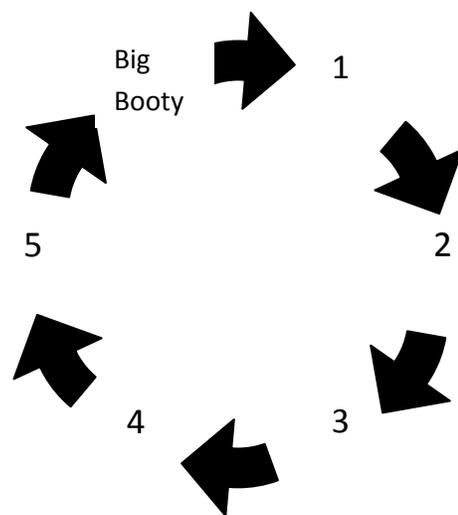
- Pick two people to be the Match Masters. Have them turn their backs around so that they cannot see the rest of the group. Everyone else secretly gets into pairs and comes up with an action that describes their pairing (i.e. a high ninja kick, waddling like a duck). Then they disperse and sit down. The Match Masters each get a turn picking two people to show their actions. If they correctly have two people doing the same action, they are matched and stand behind him/her on their team. The Master with the most pairings at the end wins.

STREETS AND ALLEYS

- Pick one person to be 'it' and one person to be the runner/the one to be chased. Line the rest of the group up side by side in even rows. Everyone within the rows must join hands. Designate one person to be the caller (usually the leader) to yell out either streets or alleys. Start playing tag like you normally would, the runner and chaser must stay between the other participants. The caller at any time can yell out "Alleys" and everyone drops their neighbours' hands, turns a quarter turn and grabs hands again. The caller can then yell "Streets" whenever they want to and again, drop hands, quarter turn, join hands. During this time the chaser and the runner are still playing tag and they continue to chase and run while the caller goes from calling streets or alleys. Once the runner is caught, switch both the runner and the chaser for new participants.

BIG BOOTY

- Everyone stands in a circle with one person picked to be the "Booty" (it). The object of the game is to become the "Booty". Start counting off, giving everyone a number starting with Number One going clockwise, and continue around until everyone has a number except the Booty. With a slow rhythmic pattern, everyone in sync should clap hands to thighs and then clap together. Teach the participants the pattern of movement before starting the game. The song goes like this, "Ahh, Big Booty, Big Booty, Big Booty, Oh Yeah". Big Booty starts by saying, "Big Booty Number..." and picks a number in the circle. The person with that designated number (for example, number three) says, "Number Three, Number..." where it goes to the person with the number that he/she called. If your number is called, you then without hesitation must say "(Your Number) (Any other number or Big Booty)". If someone hesitates when their number is called, they go to the very end of the circle where they get the last number in the line up, and everyone's numbers are reset. At first, after each camper that messes up moves to the end, you can recount to make sure that everyone knows their number. Eventually each person is responsible for remembering their new number without recounting.



WIDE GAMES

WORLD DOMINATION

- Divide your field and your teams into four to eight parts. Assign a section and a color to each team. In each section there is a bowling pin with a large crease around it. The objective is to knock over that pin by throwing a ball at it. Each player may only hold the ball for three seconds and may only take three steps while holding the ball. The player must then throw the ball to a teammate or at the pin. If a team's pin gets knocked over they score a point. After a point is scored, reset the pin and the team that was scored on gets to start with the ball.

GIANTS, WIZARDS, ELVES

- Split the group into two equal teams. Each team huddles at their end of the rectangular playing area to decide as a team if they want to be Giants, Wizards or Elves. Then they stand as a line, shoulder-to-shoulder facing the other team at the center line of the field. The action for Giants is standing on toes reaching up high. The action for Wizards is a legs shoulder width apart with wiggling fingers. The action for Elves is crouching down and making pointy ears with pointer fingers. Both Teams chant and do the accompanying actions: "Giants, Wizards, Elves.... Giants, Wizards, Elves.... Giants, Wizards, Elves...." And then the name and action of the one the group chose. Giants beat Wizards (squash them), Wizards beat Elves (dazes them), and Elves beat Giants (trip them). The team with the more powerful creature chases the other team and tries to tag them before they get back to their end line. Any people who get tagged have to join the other team. In the case of a tie, it's a good idea to have a back-up planned with your group. Both teams chant and action "Giants, Wizards, Elves...." just once and then do their back-up choice.

RAIDERS OF THE LOST ARK

- Create boundaries (approximately 40 paces square). In center, create a circle with ropes filled with treasure (various sports equipment) and scatter hoops around the playing area. Divide into three equal groups and distribute pinnies or flagging tape to teams with one team as the defenders of the ark and two teams are the raiders.

The object of the game is for the Raiders to take "treasure" from the middle. Raiders attempt to bring it back to their "base" (one side of the playing area) without being tagged by a defender. If tagged, the raider returns the treasure and sits down where they were tagged to wait for a teammate to come save them. (Tag them and returning to their own base). Defenders cannot tag raiders who are returning to base together. Hoops are bases where Raiders are safe. Once in a base you cannot be tagged by a defender. Switch roles part way through.

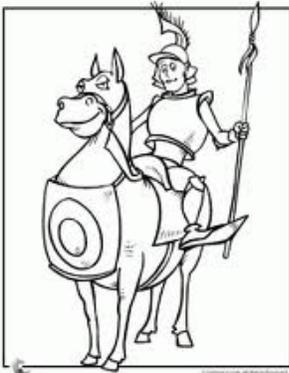
WIDE GAMES

ULTIMATE FRISBEE

- Divide the group into two teams. Create a playing field with two “end zones”, which are essentially rectangles marked out with four cones on each end (need eight cones). The aim of the game is to get someone from your team to catch the Frisbee in the end zone. To start off the game, each team stands at their end zone and one team throws the Frisbee all the way across the field to the other team. The opposing team takes possession of the Frisbee, and tries to pass it to their teammates and score a point at the end zone. When you have possession of the Frisbee, you can pivot your feet, but can’t take any steps. If you throw it to someone and it hits the ground in any way, even if the other team hits it out of the air, then possession swaps to the other team. To defend, a player may stand in front of the person with the Frisbee and obstruct their throwing path, but cannot physically touch them. The defender can start counting to 10 (by saying, “count one, count two...”) and trying to block the Frisbee from being thrown. First team to 10 end zone points wins.

KING ARTHUR’S COURT

- Organize players into pairs, and have each pair stand opposite each other in two lines about 5m apart. The leader will call out knights, maidens, or cavaliers, at which point partners must race to each other in the middle and perform that action. They must hold the action until the leader says the magic breakaway word. If the pair is the last to perform the action, they perform the wrong action, or they break apart before the magic word, then they will move to the end of the line. The goal is to be partners on the end closest to the caller/leader.



Knights: one partner on bended knee, the other partner sitting on that knee with one arm around the partner’s shoulder.

Maidens: one partner picks other partner up in their arms

Cavaliers: one partner on all fours, other partner either standing over them with one leg on either side or sitting on their back with both legs on one side.

SARDINES

- Pick one person to be “It”. They have two minutes to hide anywhere within allocated boundaries while the rest of the group waits. When the time is up, the entire group spreads out and looks for the hidden person. If a player finds them, they do not yell out and let everyone know, they just have to continue to hide with them (thus, sardines). Once the last person finds everyone the game is over, and the first person to find the “It” is the one who gets to hide in the next round.

SCREAM TILL YOU DROP!

- Line up all participants at one end of the play area. When you say go, they run as fast as they can, screaming as loud as they can as far as they can. When they can scream no longer, they drop to the ground (dramatic falls are best). The person who gets the furthest, wins!

SQUIRRELLY NUT

- Pair up each person with a partner. Pick a team to be the designated squirrel and nut. Have the squirrel chase the nut. The nut can hook onto a pair of people to get away! As soon as the nut hooks onto a pair, the person on the other side of the pair becomes the nut, so then the squirrel continues to chase each nut. If the squirrel tags the nut, the nut becomes the squirrel and the squirrel becomes the nut!

STEAL THE BACON

- Split the group evenly into two groups and sit them with their backs turned towards the center line, approximately 20 feet apart. Assign numbers to each player on both sides from one to the final person. At the end, each team will have a number 1, 2, etc. In the center place an item (E.g., ball, pool noodle). When you call out a number (or character trait, ie. All girls, boys, blonde hair, wearing shorts, etc.) the goal is to be the first to reach the item, and bring it back to your side without being tagged by the other person. If you make it back safely, your team scores a point, if you are tagged, the ball goes back in the middle, and a new number (or characteristic) is called. Remember: Tag, not push!

GARBAGE BALL

- Divide the group into two teams. One person from each team stands on either of the field inside of a hula hoop (holding a bucket if there is one available). Teams must pass different objects (football, rubber chicken, dodge ball, etc.) across the field. Participants cannot run while holding an object and must remain stationary. Once they have passed/thrown the object they can move their feet. Participants must give "one arms length" to the opposing team when defending. The object is to toss as many objects as you can to the individual standing in the hula hoop. The object must be caught to count as a point. The object is then thrown back into the middle of the field to continue play.

ACES

- The participants are split into two teams with one deck for each team. For each team there is a designated "card deck dealer." This person does not move but hands out cards to each player. With only one card in hand, players try get to the other team's dealer. You show your card to the dealer and the dealer shows his/her top card. Which ever card is larger wins both (similar to card game *WAR*). If it is a tie, both keep their own card and the player returns to their dealer to exchange for a new card. If the player has an ACE, they win half of the dealer's deck. The kids try to stop the other team from reaching their dealer by playing tag. When a player is caught, both players show their cards and whoever has the highest card wins both. Both return to their dealers for new cards. The object of the game is to get the other team's entire deck to your own side.

WORLD WIDE GAMES

HALLIHALLO (SWITZERLAND)

- The players sit in a row (or a circle) and the leader stands in front of the group with a ball in his or her hands. The leader says, "It is an animal, starting with B" (buffalo perhaps) and throws the ball to the first player sitting in the row. The player replies by trying to guess the name of the animal starting with "B" and throws the ball back. If the guess is right, he or she then becomes the leader and stands in front of the group. The first leader sits at the end of the row. If the player does not know the answer, he or she throws the ball back to the leader and the play continues to the second player in the row. If at the end of the row no player has guessed the name of the animal, the leader this time has to say the second letter of the animal, as "Bu" and so on. The leader may ask anything such as the name of a town, country, river, mountain, car, etc. A player should not be allowed too long a time to think, but should throw the ball back rather quickly.

BAD EGG (GREAT BRITAIN)

- One player is chosen as the 'Bad Egg' and turns their back to the other players. 'Bad Egg' then asks the others to each name something based on a theme (i.e. colour, sports team, celebrity, etc). After each player has shouted something out, the 'Bad Egg' throws a ball over their shoulder and shouts out one of the answers that they heard. All players, except 'Bad Egg', run in different directions within the playing space and the player whose answer was shouted has to run after the ball, and calls "stop!" when they retrieve it. On hearing "stop" all players, including the one who went after the ball, stand still. All players, except the one with the ball, stand with their legs apart. The player with the ball then attempts to roll it under the legs of one of the other players. If successful, that player becomes 'Bad Egg'. If unsuccessful, the player who retrieved the ball becomes 'Bad Egg'.

SKIPPYROO KANGAROO (AUSTRALIA)

- This is a popular game played in many Australian preschools and kindergartens to help teach children their classmates' names as well as good listening skills. Kids sit in a circle and an adult asks one child to go into the middle -- she is the first Skippyroo, the kangaroo. Skippyroo crouches forward on the floor with her eyes closed while the kids in the circle chant: "Skippyroo, kangaroo, dozing in the midday sun, comes a hunter, run, run, run." At this stage an adult points to a child sitting in the circle, who then touches Skippyroo's shoulder and says, "Guess who's caught you just for fun?" and waits. Skippyroo tries to name the owner of the voice and if she guesses correctly, swaps places. The game begins again and continues until all the kids have had a chance to be Skippyroo.

WORLD WIDE GAMES

KABADDI (INDIA)

- Choose a playing area, divide it in half, and split into two teams. Teams line up so that all players are about 20 feet away from the center dividing line. Choose a player from Team One to be YAHA (It). YAHA must run into Team Two's territory, tag a player, and return into his/her territory while continuously shouting, "Kabaddi, kabaddi, kabaddi..." *without taking a breath*. If YAHA takes a breath in Team Two's territory, he/she can be tagged by a Team Two player and eliminated from the game. If YAHA makes it back into his/her territory without taking a breath, he/she stays in the game and the player he/she tagged is eliminated. It is then Team Two's turn to send a YAHA across the dividing line. The game ends when all players from one team have been eliminated.

MAMBA - CATCH YOUR TAIL (NIGERIA)

- Choose a playing area and designate a safe zone. Players form pairs, who stay connected during play by holding hands. One member of each pair puts a handkerchief (or another item like it) in one of his/her pockets or waistband. Handkerchiefs need to be visible to the other players. At "Go!" pairs chase each other and try to capture each other's handkerchiefs while protecting their own. If, at any time, a pair needs a break, it may stand in the safe zone. Once in the safe zone, the pair must count to ten out loud and then return to the game. There can only be one pair in the safe zone at a time. If a pair loses their handkerchief, that pair is out of the game. **Adaptation:** the pair is not out of the game, but can continue running and getting someone else's handkerchief. The pair with the most handkerchiefs at the end of the game wins.

BOMBA (SPAIN)

- Players form a circle. One player stands in the middle of the circle with his eyes closed. While the player in the middle counts silently to himself, the other players pass a ball (without throwing it) around the circle, in a clockwise direction. When the player in the middle arrives at number 10, he raises one arm and continues counting silently; at the number 20, he raises the other arm; at number 30 he shouts, "Bomba!" and claps his hands over his head. The person holding the ball at that moment is out of play and must sit down, legs extended in front of him. The game is repeated, but the player to the right of the person who is sitting down must jump over his legs to pass the ball and then return to his original position in the same manner. The game becomes increasingly difficult as more players sit down and others have to jump over their legs. The last player standing becomes the new player in the middle.

ONI (JAPAN)

- Choose one player to be ONI (It). When the leader says, "Go!" ONI tries to tag another player. The tagged player becomes the new ONI, but must put one hand on the part of their body where they were tagged. With his/her hand on this spot, the ONI must chase the other players. He is relieved of his position only when another player is tagged.



CARD GAMES



SPOONS

- To begin a game of spoons requires a traditional deck of 52 cards and the same number of spoons as players, minus one. For example, if there are five players, then there must be only four spoons. The dealer fans out the spoons in the center of the table so that they can be easily reached by all of the players. Next the dealer gives four cards to each of the players and places the remainder of the deck within reach of all players. The top card is flipped over in a face up position, and is now the discard pile. The game begins with dealer pulling the top card from the pile, deciding if he/she wants it and then either passing this card, or one from their own hand to the player on their right. This continues around the table until the player at the left of the dealer decides which card to keep or discard, and then places this in the discard pile.

The object of playing Spoons is to get four of a kind. Only a player with four of a kind can grab a spoon from the middle and then everyone else must make a mad dash to claim a spoon of their own. Remember that there is one less spoon than the number of players, which means one person will not get a spoon.

SLAP JACK

- Divide the pack roughly equally between the players. Everyone holds their cards as a face down pile. Going around the table clockwise, each player places the top card of their pile face up in the center of the table, making a face-up pile. When someone plays a jack, the first player to slap it - i.e. put their hand palm down on top of the center pile - wins the center pile and adds these cards face down to the bottom of their own pile. Play then continues starting with the player to the left of the one who won the cards. When playing a card you must not peek at it in advance; you must turn it over so that everyone sees it at once. If several people slap, the person whose hand is underneath (i.e. in contact with the card) is the winner of the cards. If a player slaps a card that is not a jack, the player who slapped has to give the top card of their own pile face down to the person who played the card that they wrongly slapped. That person adds it to the bottom of their own pile.

If you run out of cards you no longer play a card when it is your turn. You can still take part in the slapping of the next jack and if you win you are back in the game. If someone else wins, or if you meanwhile slap a card that is not a jack, you are out of the game.

When one player has all the cards, that player wins.

CHEAT

- A single deck of cards are dealt out to the players; some may end up with one extra card. The object is to get rid of all your cards. Select at random who should go first and continue clockwise. On the table is a discard pile, which starts empty. A turn consists of discarding one or more cards face down on the pile, and calling out their rank. The first player must discard Aces, the second player discards Twos, the next player Threes, and so on. After Tens come Jacks, then Queens, then Kings, then back to Aces, etc. Since the cards are discarded face down, you do not have to play the rank you are calling. For example if it is your turn to discard Sevens, you may actually discard any card or mixture of cards; in particular, if you don't have any Sevens you will be forced to play some other card or cards. Any player who suspects that the card(s) discarded by a player do not match the rank called can challenge the play by calling "Cheat!" Then the cards played by the challenged player are exposed and one of two things happens:

1. If they are all of the rank that was called, the challenge is false, and the challenger must pick up the whole discard pile;
2. If any of the played cards is different from the called rank, the challenge is correct, and the person who played the cards must pick up the whole discard pile.

After the challenge is resolved, play continues in normal rotation: the player to the left of the one who was challenged plays and calls the next rank in sequence. The first player to get rid of all their cards and survive any challenge resulting from their final play wins the game.

SLAP RAT

- Deal the cards evenly. Stack any remaining cards face-up in the middle of the table as bonus cards. Players stack their cards face down in front of them. A player may never look at his cards before they hit the middle pile. Starting to the left of the dealer, each player pulls one card from the top of his stack — without looking at it — and quickly lays it face-up on the pile. When a player lays a face card on the pile, the next player must lay a face card on top of it. The number of tries he gets to play a face card depends on the face card played. For Jacks he gets only one try, for Queens two, for Kings three, and for Aces four. If the player is able to play another face card, the problem of playing a face card moves to the next player. If he cannot, the player who put down the face card wins the stack. For instance, if a player has a King played to him and he goes through three of his cards without putting down a face card, then the player who played the King wins all the cards in the stack. The other way to win cards is by slapping. Whenever two cards of the same rank (number or face) are played consecutively, the first player to slap the pile wins the cards. Anyone at the table may slap the stack, even if they are out of cards. The player who accumulates all the cards in his hand wins the game.

RAINY DAY ACTIVITIES

The weather does not always cooperate and we may have to move our programs indoors. Here are a few ideas that you can use when it starts to rain and you are stuck inside. Drama games, songs, story-telling, card games, word games, and paper-pencil games are all good activities to consider using when planning for these "indoor days."

LAST LETTER (Word Game)

- Players agree on a category from which they will name words. Once the category is established, the first player says a word. For example if the category is food, the first person might say "banana." The second person must begin the name of another food using the last letter of the first fruit, e.g., "apple." The game continues until a player is stumped and cannot continue the chain (in this example, if the next player cannot think of a food beginning with "E").

20 QUESTIONS (Word Game)

- The game begins by designating an answerer; the remaining players are the questioners. The answerer silently selects a person, place, or thing and writes it down. The questioner takes turns asking a question, which the answerer must respond to with a simple "Yes" or "No." Sample questions could be anything: "Is it an animal?" or, "Is it bigger than a toaster?" After each question the questioner can try and guess the answer if they think they might know what it is. If a questioner guesses the correct answer, that questioner wins and becomes the answerer for the next round. If 20 questions are asked without a correct guess, then the answerer has stumped the questioners and gets to be the answerer for another round.

DOTS (Paper and Pencil Game)

- Draw rows of dots, separated by a good half inch, in a grid of 10 by 10 columns. Each player takes a turn connecting one dot to another adjacent dot horizontally or vertically, one move at a time. After a while, the board begins to fill with a series of horizontal and vertical lines, some connected, some not. When a player draws a line that forms a square, that player fills the square with his first initial and gets one point. The player, who drew the closing line on the square, gets another turn. The game ends when there are no more lines to be drawn and the person with the most completed squares, wins the game.

