

CHRIS & CARRIE KALLAL'S



IDEAS FOR
TIME FILLERS &
BRAIN BREAKINESS



THE KALLAL'S



Chris Kallal is the Executive Director at Southeastern Baptist Youth Camp in Greensburg, Indiana. Chris, an Illinois native, has been a camping professional since 2001. He started off at Camp Manitoumi, in Illinois, serving as their program director for 10 years while also teaching 6th grade at Washburn Middle School. Then he spent 3 years learning to be a boy scout as the Camp Director of Ingersoll Scout Reservation. The next 10 years, Chris served as the Executive Director of Camp Good News in Illinois.

Carrie has been working at Camps longer than Chris! Starting as a CIT at Camp Manitoumi in 2000, then moving onto Girl's Leader, Dining Room Hostess, Counselor, Craft Person, Camp Store Director, Canteen Manager, Bookkeeper, Food Service Director, Assistant Director, and now Guest Services Director! In her free time, she loves to craft, test out new recipes, and talk camp!

When they find time, Chris and Carrie love to search online for the newest, unique ideas to implement into their Camp as well as visiting multiple camps over the years to "steal" ideas from them!

The Kallals love camp so much that they spend a lot of their free time teaching others about camp! They have taught camping classes at different conferences around the world and written a ton of books about the various aspects of camp life. As well, Chris co-hosts a podcast, Scamp Life - The Programming Side, where he talks all things Camp Programming.

They have a total of 4 children; Rowan, Emmalina, Autumn, and Aurora, as well as a couple dogs, cat, some hissing cockroaches, bearded dragon, leopard gecko, frog, couple turtles, and a pet skunk, named Stinkerbell!

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CAMPFESSION

I WAKE UP AT 7AM FOR
CAMP BUT REFUSE TO TAKE
8:30 COLLEGE CLASSES

CAMPFESSION

MY YEAR IS DIVIDED INTO 2
SEASONS: CAMP AND NOT
CAMP

CAMPFESSION

I WENT TO CAMP EXPECTING
TO MAKE FRIENDS, BUT I
ENDED UP WITH A FAMILY

Rock Paper Math

Objective: to be the first person in a pair to add up the number of fingers

Description: similar to Rock paper scissors, but instead of throwing out rock or paper, you throw out a number on your hand. Also, you need to turn your fist so that your knuckles hit your hand instead of the side of your hand (easier to see numbers this way)

The first person to shout the total of the combine fingers wins that round.

You can mix this up by doing multiplication or subtraction too.

With addition or subtraction, you are never allowed to throw out a Zero

With Multiplication, you are never allowed to throw out a One or Zero

Older kids could do both hands

Raccoon Circles

Various activities using a rope about 15ish feet in length

Activity 1 - About Me

- Knot the rope so it is now a circle
- Have a group of about 7ish people circle up and all hold the rope
- Wherever the knot is, that person will talk about themselves until the knot makes it back around the them.
- Groups starts moving circle around while one person is talking

Activity 2 - About My Home

- Knot the rope so it is now a circle
- Have a group of about 7ish people circle up and all hold the rope
- 1 person attempts to get the group to make the rope into a shape of something about their home (state shape, dog shape, pine tree, etc)
- Once in the shape, the person will tell everyone what they made and why

Activity 3 - Keeping my Hands Busy

- 1 person will hold the unknotted rope
- They will begin sharing about themselves while rolling the rope into a ball
- This gives them something to do while talking

You Me Left Right

- Put everyone in a tight circle
- One person (most likely you) in the middle
- Walk up to someone and say one of the following: You, Me, Left, or Right. The person you are talking to has 5 seconds to say the name of whichever direction you said.
- You countdown out loud the 5 seconds

If You

This game is a twist on the Game Never Have I Ever.

Have everyone sit in a circle. You'll have one less chair than you have players, and the player without a chair must stand in the middle of the circle. Explain that you're going to say a series of statements that all begin with "If You..." When you say "Go," everyone who has done what the statement describes must find a new place to sit, leaving a new person in the middle. This is one of those games that really doesn't have a winner, so you can play this as long as you like.

Here are some sample prompts you can use for this game:

- If You have ever fallen asleep in church
- If you have ever broken a bone
- If you have ever spilled something in a restaurant
- If you have put your shoes on the wrong feet in the last month
- If you like sausage on your pizza
- If you know Psalm 23 by heart
- If you can remember your first grade teacher's name

Duck

- Group stands in a circle
- IT is in the middle and wants to get out
- IT (randomly and with much trickery and slyness) approaches a participant standing in the circle, points at them, and yells "DUCK!"
- The pointed-at participant then ducks/squats down
- The two participants on either side of the ducking participant must turn to each other and point and say the other participant's name as quickly as possible (so A, B, and C are next to each other, B ducks, A must say C and C must say A)
- Whoever says the correct name first, wins, and stays in their place in the circle.
- Whoever says the other's name second or says an incorrect name must switch places with IT and go into the middle of the circle
- The new IT continues the game
- All ties or inconclusive results are decided by IT
- Start with one person as IT and add more ITs as the game progresses

Never Have I Ever

Description

- Everyone is sitting in a circle of chairs except for the person in the middle. The person in the middle calls out something they have never done.
- For Example "Never have I ever been to New York." or "I have never been Sky Diving." The people who are sitting in the chairs who have DONE what this person has NEVER done must get up and switch seats. However, they cannot switch seats with the person sitting directly next to them.
- The object is for the person in the middle is to quickly take a seat from those that are switching seats before they become occupied again. This is a great way to learn about people.

Quick Sort

Can be used as a fun way to line up campers. Explain that you are going to call out categories, and they will need to sort themselves as quickly as possible into a line in the order you have suggested.

Here some ideas:

- Sort by height from shortest to tallest
- Sort by shoe size
- Sort by number of states visited
- Sort by number of times you've moved
- Sort by number of siblings you have

Blobs & Lines

In this Brain Break, students are prompted to either line up in some particular order (by birthday, for example) or gather in "blobs" based on something they have in common (similar shoes, for example). What's great about this game is that it helps students quickly discover things they have in common. It's also ridiculously easy: Students don't have to come up with anything clever, and they can respond to every question without thinking too hard about it.

Here are some sample prompts you can use for this game:

- Line up in alphabetical order by your first names.
- Line up in alphabetical order by your last names.
- Gather with people who have the same eye color as you.
- Gather with people who get to school in the same way as you (car, bus, walk).
- Line up in order of your birthdays, from January 1 through December 31.
- Line up in order of how many languages you speak.
- Gather into 3 blobs: Those who have LOTS of chores at home, those who have A FEW chores at home, and those who have NO chores at home.
- Gather with people who have the same favorite season as you.

Looking For

Players must follow instructions for form groups as quickly as they can. Explain that you will be calling out categories and in 20 seconds or less everyone must join with others who fit the same description. To begin, have the whole group mill around, mixing randomly until you call out a category. After you call out a category, allow 20 seconds and call time. Then stop and see how people grouped themselves. Then start over

Here some examples:

- Same hair color
- Same birthday month
- Same color shoes
- Same color eyes
- Same favorite food
- Same favorite drink
- Live in same color house
- Save favorite....



CAMPFESSION
THE CAMPFIRE RING IS A
SACRED PLACE

One Minute Frenzy

What:

Participants move around the room to greet as many people as possible in one minute.

Say:

"For the next minute I'm going to challenge you to safely greet as many people in this room as you can. For a greeting to be official, you will need to shake hands with another person and exchange names with each other. Also, do your best not to count anyone more than once during the frenzy - even though you might greet them again. And, please be careful of one another as you move about the room. I'll give you a five second countdown before I call TIME! Are there any questions? On your mark, get set, Go"

Notes:

Not much name retention takes place, so there should be no expectations of learning names. Deliver this with energy and clear expectations. Make sure to give a loud countdown since the room will burst with energy once you start.

Safety:

Since the movement will be energetic, be sure to stress caution as players move around. If you have a concern that your group might not be able to manage their movement, you could require them to walk heel-toe around the room or stiff legged (no bending the knees). You could also avoid this one all together if you're worried!

Discussion:

If we discuss this one at all we usually just ask - How many people did you greet? Who lost track? If you didn't keep track, what was more important to you?

Variations:

Instead of handshakes you could ask them to collect high fives or low toes or fist bumps. Players could move around giving High Fives, Hip-to-Hip Bumps, Low Toes (careful with this one), or any other type of greeting.

4 Men on a Couch

- Everyone writes their name on a piece of paper and folds it up.
- Put all the pieces of paper in a hat or bowl.
- Everyone takes a new paper out of the hat. Now that is their new name, and they can not show it to anyone.
- Everyone is sitting in a circle with part of this circle containing a couch or 4 seat designated as the couch.
- The couch must have 2 girls “or 2 from one team” and 2 boys “or 2 from another team” seated on it in the beginning.
- The object of the game is to get all girls or all boys on the couch.
- In your circle of chairs there should be an empty one.
- The person on the right of the empty chair attempts to call off a boy or a girl depending on what they are. If they are a boy they will want to call off a girl so a boy could replace them on the couch.
- They call a name of someone in the group but remember no one knows anyone’s name yet. Who gets called goes and sits in the empty chair
- Now the one on the right of the new empty chair calls someone. It continues this way until you have all girls or all boys on the couch.
- No one should be giving clues to the person whose turn it is.

Acronym Company

- Each group is assigned a three-letter acronym at random.
- The group must figure out what they want the acronym to stand for and decide what that company does.

Back 2 Back

- Have each team start off with 2 teammates sitting on the floor back to back.
- On Go, Have each team stand up straight without using their hands on the floor.
- After they have stood up successfully, have they sit back down on the floor where the third team member will join them.
- Have them continue to add team members as they successfully stand up.
- The first team to get their whole team standing wins!

Pirate Ship

- Everyone spreads out. They will follow the directions below

Captain's Orders

- **'The captain is coming'** - Everyone stands at attention and salutes the captain
- **'At Ease'** - stand at ease
- **'Swab the deck'** - everyone acts like they are quickly mopping the floor
- **'Lighthouse'** - Everyone gets into pairs. They stand facing each other, and then turn in a circle while saying "boop, boop, boop".
- **'Man overboard'** - Everyone gets into groups of three. Two people hold hands to form a circle around a third person that stands looking for the man overboard.
- **'Row ashore'** - Everyone gets into groups of four. They line up single file, facing the same direction and act as if they are rowing a boat together.
- **'Grub time'** - Everyone gets into groups of five. They stand in a tight huddle and act as if they are spooning food into their mouths while making eating sounds.
- **'Release the Kraken'** - Group of 6 where everyone puts their right hands in the middle and they walk in a circle while waving their left hand like an octopus
- For people who cannot get into a group during the game, they must **'walk the plank'**. These people walk over to a designated area and wait
- **'All Hands on Deck'** - Everyone who is out is back in
- **'Mutiny'** - Those out switch places with those still in

Facilitator Notes:

- As with any large group activity of this type, feel free to exaggerate your presentation as the captain.
- For larger groups you will want to have some first mates to help you send people to walk the plank.
- Vary the orders and give the players a few seconds to find a group.
- Show no mercy for sending people to walk the plank if they cannot get into the right size group before you blow the whistle.
- Keep the action moving. Take just enough time for people walking the plank to be identified then call out another order.
- After playing this activity you can use it as a tool to divide people into groups. For example, if you need teams of five, just say, "Get into grub time groups," and everyone will quickly gather into teams of five.

Snap Crackle Pop

Participants stand in a circle and all face in, towards the center. The leader selects one member to begin after demonstration. Participants say: "Snap" and make the appropriate arm motion either left or right (snap: hold arm over head pointing in one direction or another). The person who is pointed to must say: "Crackle" and make the appropriate arm motion either left or right (crackle: hold arm chest high pointing in one direction or the other). The participant who was pointed to must say: "Pop" and make the appropriate arm motion towards someone across the circle from them. (Pop: hold both hands together, palms touching, pointed away from your body and pointing to a particular person).

Participants may snap or crackle to their immediate left or right. The participant can Pop anywhere else in the circle, but not to their immediate left or right (except when there are less than five people in the circle). A player is "out" if they say the wrong word or do the wrong action, or don't do anything when it's their turn.

The group then puts their thumbs in the circle and says: "you're out of here" (as an umpire would throw a player out of a baseball game). The players who are now "out" must walk about the circle and call out to the active players, trying to distract them. No touching is allowed.

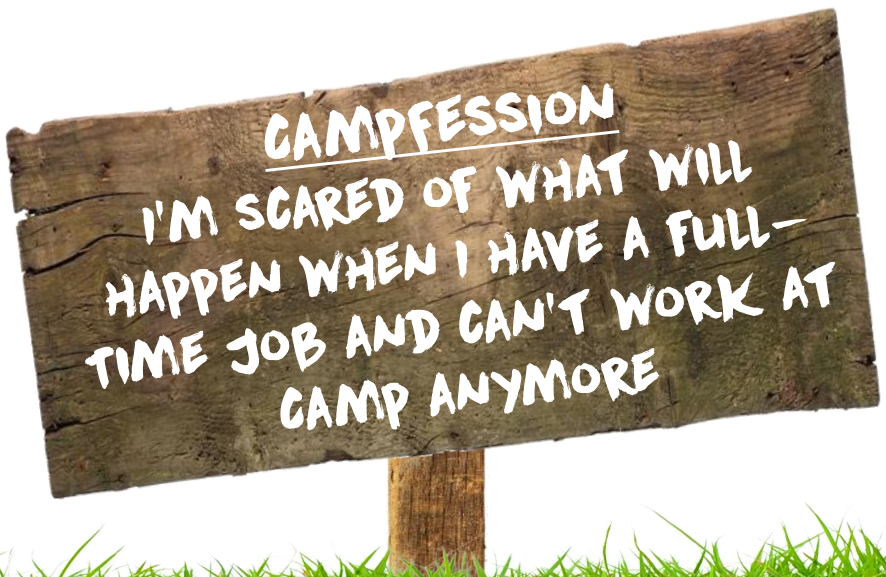
Variations:

Add a "Block" (fold arms across chest) to the game. The block occurs after the pop. If a block occurs, the sequence goes right back to the person who popped. He/she must start the sequence all over.

A set amount of time is agreed upon by the leader and/or group as the maximum time allowed to make the "right" formation. If the time is exceeded by a participant in making their formation, they are also ejected.

Get to the Point

- This activity is suited for a group of 10 to 100 participants.
- All participants form a circle about elbows to elbows apart and are told to extend their right index finger.
- Participants are then told to move their left hand "palm up fingers flat" in front of the person on their left.
- Participants then place their right index finger into the palm of the person on their right.
- When the facilitator says an agreed upon word (e.g. count of three or ready set go) participants attempt to catch their neighbor's right index finger in their palm while simultaneously trying to avoid having their left index finger from being caught by their other neighbor.
- After a few trials have taken place, switch left finger and right palm.



Egg Chicken Dino

Description

- This is a "rock-paper-scissors" themed game.
- Have the group in a circle.
- Everyone starts out as an egg by squatting down low and waddling like an egg. "Eggs" find another egg and play a game of rock-paper-scissors. The winners turn into a chicken.
- Chickens move on to find other chickens, and eggs continue to play against other eggs.
- Each time a player wins a r-p-s bout, they move into the next stage. If they lose, they move back down a stage
- The game ends when someone makes it to Superman
- The "stages" and actions are:
 - Egg: squatting down low near ground
 - Chicken: putting thumbs under armpits and flapping elbows
 - Eagle: flapping arms by sides
 - Dinosaur - Little tiny T-Rex Arms
 - Nerdy human: act nervous, hike up shorts, etc.
 - Captain America: One hand on waist and one hand in front holding shield
 - Superman: Stand as Superman would

Ninja

Description

- Players begin standing in a circle, standing at arms-length.
- The goal of Ninja is to be the last ninja standing: to eliminate other players by slapping their hands. On a given turn, a player can attack or move in one fluid motion.
- Everyone says, "3, 2, 1... NINJA!" and then all players quickly hold a ninja pose.
- Choose one player to begin play.
- On a player's turn, he or she may do one swift ninja attack - one motion that attempts to touch another player's hand. Once making this motion, the player must freeze and hold the motion they just made.
- Immediately after the player moves, it is the next player's turn and they can immediately do an attack.
- Any time a player is attacked, they may dodge as a reaction by moving their hand or arm, but they cannot move their feet.
- If a player gets their hand struck, they must leave the circle, as they are eliminated.
- Play continues until all ninjas are eliminated. The winner is the ninja left standing.

Circle Jump

Have everyone form a circle and hold hands

Leader is in the circle giving commands.

First Round: Say What I Say and Do What I Say

Example:

Leader Says	Everyone Says	Everyone Does
"Jump Right"	"Jump Right"	(Jump Right)
"Jump In"	"Jump In"	(Jump In)

Second Round: Say the Opposite of What I Say and Do What I Say

Example:

Leader Says	Everyone Says	Everyone Does
"Jump Right"	"Jump Left"	(Jump Right)
"Jump In"	"Jump Out"	(Jump In)

Third Round: Say What I Say and Do the Opposite of What I Say

Example

Leader Says	Everyone Says	Everyone Does
"Jump Right"	"Jump Right"	(Jump Left)
"Jump In"	"Jump In"	(Jump Out)

Simon Says Time Warp

Objective: Just like Simon says except one action behind

Description:

- Remind everyone of the rules for the Traditional Simon Says. Tell them that in that game, the leader will give directions such as "Simon says, put your hands on your head" "Simon says touch your toes" etc
- Explain that in this version, the players will only follow the leader's instructions after he has given the next instruction.

- Give the following example:

Leader: Simon says put your hands on your head
(players do nothing)

Leader: Simon says touch your toes (Players put their hands on their head)

Leader: Pat your stomach (Players should touch their toes)

Leader: Simon says run in place (player should keep touching their toes)



Cross Your Palms

Objective: To build group cooperation and personal concentration by tapping hands on the floor in a particular order

Description:

- Have everyone get in a circle on their hands and knees
- Instruct each person to cross his right hand over the left hand of the person to his right. Keeping all palms on the floor. All the players should now have their hands crossed over (or under) the hand of the people on both sides of them.
- Tell the group to begin by tapping the floor in order of the hands around the circle. Have the person to your right begin. Many players will lose track of which hands are their own-this is part of the fun!
- Rev up the game by reversing the direction or by telling player to tap only every other palm.
- After a while, tell players that any player can reverse the direction of the taps by tapping the floor twice

RPS Splitz

- Have participants pair up and start the game being toe to toe with one another.
- Play one round of RPS, whoever wins takes their front foot and puts it directly behind their back foot
- Whoever loses that round must slide their front foot forward to meet toe to toe with their opponent again.
- Another round of RPS is played and it continues until someone loses their balance and falls over or ends up in the splits

Zip Zoom Zowie

Form two teams of equal numbers. Have them form two single-file lines on one side of the room, and place an object at the opposite side.

There is a relay of creativity. Group members will each select their own way of getting to the chair and back, but each one must move in a way that hasn't been used before. They can hop on one foot, hop on 2 feet, run, walk backward, etc, as long as no one else has done it before.

Gotcha

Objective: To catch players in the act of moving from a standing position to lying down

Description:

- Have everyone stand in a circle with a volunteer in the center
- Explain that the goal of the players in the circle is to lie down on the floor without the person in the middle catching them as they move
- Have the players in each circle spread out so each has enough room to lie down in his spot without touching or kicking another player. Give them the hint to lie down gradually and silently
- Explain that the goal of the person in the center is to spot a player in motion. Tell them they're to point and yell "Gotcha!" whenever they see motion. Any player who's caught in motion has to return to a standing position and begin again. If a player makes it to the floor without being caught, that person becomes the new player in the center

Echoes

Objective: to get Player #2 to echo Player #1's one-syllable word

Description:

- Have the group get into pairs and then select one partner of each pair to go first.
- Explain that Player #1 will say words of two or more syllables, which Player #2 says like an echo! However, if Player #1 says a one-syllable word, the proper response for player #2 is to replay by saying "Echo". If Player #2 remains silent or repeats by the one-syllable word, this is victory for Player #1.
- Give the players some examples:
 - #1: Computer
 - #2: Computer
 - #1: Airplane
 - #2: Airplane
 - #1: Hymn
 - #2: Echo
 - #1: Tiger
 - #2: Tiger
 - #1: Cat
 - #2: Cat...Argh!
- After about a minute, yell "Switch!" Now Player #1 has to echo what Player #2 says.

Family Photo

Objective: To guess the unusual family posed by the other team

Description:

- Have two groups face each other and then choose a group to close its eyes. Encourage the group members to keep their eyes shut because it enhances the effects of this game.
- Ask the group with its eyes open to pose as an unusual family (see list below for suggestions) to have a family portrait taken
- Once the group is in position, ask the other group to look at the "photograph" and guess who the family is.
- Switch after a correct guess happens
- Ideas:

Hillbilly Family

Pro Wrestler Family

Pirate Family

Underwater Family

Star Wars Family

Gorilla Family

Halloween Family

Camp Staff Family

Cannibal Family

Cheerlead Family

Caveman Family

Surfer Family

Superhero Family

Alien Family

Olympic Family

Throw Your Action

Description

- Players begin standing in a circle, standing at arms-length with one person who is "it" in the middle
- Everyone has an action that is theirs for the whole game
- The object for the middle person to guess who has the "ball"
- The way to throw the ball is to perform your personal action and then another person's action. They catch the ball by performing their own action.
- All of this "throwing" and "catching" must be done discretely so the person in the middle doesn't guess who has the "ball"
- If he guesses correctly, he switches places and the new person is "it"

Double Echoes

- Similar to Echo, except in Double Echoes, Player #1 gives only one-syllable words and Player #2 echoes with a word of two or more syllables that has a meaning similar to the original word.
- Give the Players some Examples
 - #1: Duck
 - #2: Mallard
 - #1: Stove
 - #2: Burner
 - #1: Dog
 - #2: Canine
 - #1: Shoe
 - #2: (no answer for roughly 3 seconds-Player #1 wins this round)

Box It

- One person stands in the middle while other participants form a box around the person in the middle with an equal number of people on all four sides.
- Participants must note whether they are on the right side, left side, in front or in back of the person in the middle.
- The person in the middle leaves the box and goes to another area of the gym or field or wherever the action is taking place.
- Participants must follow the middle person and position themselves as they were in the previous location, attempting to be the first side of the box in place.
- Upon reaching their location, players on each side clasp hands together raising them in the air and shout "Quick Line Up".
- Play continues alternating middle people until participants are ready to stop.
- Sort by number of siblings you have

Stretch

- Just Stretching
- Have campers stand with their feet shoulder-distance apart.
- Put their left hand on their hip and raise their right hand overhead. Lean to the left and stretch their arm as far as they can to the left.
- Repeat on the right side.
- Then stand tall and slowly bend down until their hands reach the floor.
- Have them take a deep breath then slowly roll back up.
- Repeat as necessary.

Ear Nose Switch

- Tell Campers to touch their left ear with their right hand and at the same time touch their nose with their left hand.
- Then have them switch their hands and touch their right ear with their left hand and their nose with their right hand.
- Switch back and forth a few times.
- Then have them close their eyes & do it

Snap & Wink

- Tell campers to snap their left fingers while they wink their right eye.
- Switch to snapping their right fingers while winking their left eye.
- Repeat back and forth



CAMPFESSION
CLOSING CAMPFIRE
MAKES ME CRY EVERY
TIME

Flip & Zoom

- Get into a circle.
- Have everyone stand so that their hands are out in front of them with both thumbs pointing in the same direction (i.e. the left hand is palm down, and the right hand is palm up).
- Tell the person on your left that the whole group is her team, and that on your signal she is to flip her hands over (both thumbs point to the left). The person next to her will do the same.
- This continues all the way around the group like a wave.
- Time how long it takes to get all the way around the circle.
- Tell the person on your left that the point of the activity is speed, and does she have anything to say to her team?
- Do the activity again and time it.
- Now tell the person on your right that the whole group is his team. On a signal from you he will say the word "zoom." This gets passed around the circle like a wave.
- Time how long it takes to get all the way around the circle.
- Tell the person on your right that the point of the activity is speed, and does he have anything to say to his team?
- Do the activity again and time it.
- Remind them that the activity is all about speed. Tell them that on your signal they are both to start their task (hand flip and "zoom").

- Try it and see which one comes back first, and which second.
- Repeat as many times as seems appropriate.

Sample Processing Questions

- How did it feel to be in the middle where the two signals stumbled over each other?
- What did you do to handle the challenge?
- For those who had an easier task, what did you do (or not do) to help the situation, or make the situation more difficult?
- How can we handle differences of opinion, style, beliefs, etc. in here so that we can honor and respect each other instead of ridiculing or hurting each other?

Facilitation Notes

- When doing both tasks at the same time one or both of the signals does not generally make it around the circle. Be alert for blaming or teasing.
- The point is not to ridicule those who are having difficulties, but to figure out how to make it work. If blaming or teasing happen, it is a good opportunity to explore the idea of empathy - some people's task was easier than others.
- This is also a good activity to illustrate the clash of ideas, opinions, styles, or thoughts.
- Sometimes there are things that are not so compatible, or cause "turbulence." It is not the end of the world - simply a time to notice, step back, and figure

Silly Salmon Squared

Best in a group of 20 or more, but can be done with smaller numbers. More small groupings work better.

Objective:

To have the whole group end up doing the same hand motion.

Set Up:

- Have the group split into smaller groups of at least 4 or 5 people.
- Each small group spreads itself around the outside edge of the play area so that they can see each other.
- Try to have the groups not too close to each other so that when they discuss in their small groups that cannot be easily heard by the other groups.

Instructions:

- Once small groups are established and set up around the play area, each small group must come up with a simple and appropriate hand motion/gesture that they can all agree on. *Works better if the motion is something that can be done continuously such as waving your hand, wiggling your fingers, etc.* (Usually just a couple minutes needed for this). This should be done in secret from the other small groups.
- After every group has figured out their motion, take turns going around the whole group where each small group can demonstrate their motion. (might need to do this twice)
- After each small group has done their demonstration, the small groups huddle up and decide which motion they will do from the ones demonstrated.

- All the groups face the middle, and on the count of three, all the small groups will perform the motion they picked at the same time.
- If the groups did not all do the same motion, then they re-huddle and pick again. Repeat the process until all the small groups demonstrate the same motion at the same time.
- The activity needs to be done without the small groups communicating with each other (no nodding, speaking, pointing at themselves, etc.).

Possible Processing Questions:

- What was the process of creating your motion in your small group?
- How did your small group decide which motion to demonstrate each round? Did the decision making process change? If so, what factors led to the change?
- How did it feel when not every group picked the same motion? Did that feeling play a part in determining which motion your small group picked next?
- Are there times when you do what everyone else does? How can that be a negative thing? A positive thing?
- How do you think the group as a whole made came together to pick the same motion?

Rocket Ship

- Tell Campers to stand and then squat down with their hands on the ground in front of them.
- All together, count down 3, 2, 1.
- When you get to zero, they should push up like a rocket, jumping as high as they can-letting all of their energy burst from their center.

Wall Pushups

- Have campers stand facing a wall with their arms stretched out in front of them, palms on the surface of a wall.
- Push the wall away with all their strength for a count of ten. Relax for five seconds then push again.
- Continue doing wall pushups for the entire break

Sensory Path

- Create a Sensory Path at your camp where campers can go to take a break or cool off from an argument
- Things to include: Jumping, skipping, wall pushups, twists, etc



Rhythm Hopscotch

- Create a 2 square wide by 10+ Square long area
- Campers will hop in area 1 at a time and with rhythm so all are together
- First person will hop like this:
 1. Two feet in first squares facing front
 2. Two feet in right two squares facing left
 3. Two feet back to first squares facing front
 4. Two feet in left two squares facing right
 5. Two feet back in first squares facing front
 6. Jump forward to next set of squares and repeat
- Once the first person gets to the 3rd set of squares, the next person joins in following the same pattern and rhythm.
- This continues until all have gone through all squares and are out of them
- See Video: <https://rb.gy/82g4th>



Cabin Tree Rock

- Have campers slowly mingle around.
- When you say "Cabin Tree Rock", campers need to form groups of 3.
- Each group needs to have a cabin, a tree, and a rock.
- The camper who is the cabin raises their hands overhead in a triangular shape with fingertips touching.
- The tree stands tall with arms stretched upward like the branches of a tree.
- The rock squats down with their arms tucked around their knees.
- Play a few rounds until different groups of campers have had a chance to be together.

True or False

- Have a set of facts (some true and some not)
- Tell campers that as you read the facts, they should Jump (or action of your choosing) if they think it's true
- And Pushup (or action of your choosing) if they think it's false
- Mix up the actions and repeat as necessary.

Facial Gymnastics

- Have campers get their silly on for 30 seconds.
- Tell them to wiggle their eyebrows up and down as fast as they can.
- Then try to raise one eyebrow at a time.
- Then switch back and forth between a smile and frown.
- Throw a sneer or two in for good measure.
- Go all out and treat it like a workout where they follow your lead and do "reps" of different facial actions

Dad Jokes

- Have a dumb joke book or allow kids to come up with their own (be care for appropriateness here)
- The goal is to NOT laugh
- Have them tell jokes to each other but they cannot laugh.
- If they laugh, they get a point. Person with least amount of points wins!

Human Bop-It

Materials:

- Already made up soundtrack of the bop it moves OR
- Download from here and get 3 different loops of the game: <https://rb.gy/ri8nh2>

Directions:

- The classic game of Bop it but, with a twist.
- With actions like jump it, spin it, clap it, and dab it, this is a whole new spin on the game.
- Have your students all stand up in their screens
- Have all the students do the actions while you are judging if they got it right or missed it.
- You can eliminate people until the last person is standing each round. If people are tied at the very end, do one final round to decide the winner.

Alphabet Game

- Get a Dice or deck of cards with the letters of the alphabet on them
- Say a category (from below) and then a letter
- Camper who can come up with one first, wins!
- Repeat as necessary

- Doesn't Fit in a Backpack
- Can't fit down a chimney
- Ends with a vowel
- One Syllable
- Partially Wood
- Odd number of letters
- You put things in it
- Runs of Gas or electricity
- Starts and ends with the same letter
- Has spots or stripes
- Ends with the letter rolled
- Tastes sweet
- Taller than you
- Has a head
- Brown and fits in a drawer
- Can hide it under a sock
- Thinner than a pizza box
- Has wheels or wings
- Used for transport
- Two of the same letter together
- Two of the rolled letter together
- You wear it
- Worn on head or hands
- Breakfast or Dessert
- Mostly Metal
- Used in a sport
- More than one E
- Can roll down a hill
- Often found in a garage
- Often found in water
- Needs water
- Meant to go in your mouth
- Found in or near a garden
- Has legs
- Mostly plastic
- Mostly Red
- used mostly for protection
- Item that is the color that starts with the letter rolled
- Fits inside your fist
- Musical
- Mostly blue
- Can fit Five in your pocket
- Too heavy to lift
- Yellow and edible
- It grows
- Can jump over it
- Often found in a pocket or purse
- Not sold in a hardware store
- Has a handle
- Often found in or on a desk
- Meant to sit in or on
- More syllables than your last name
- Found in a tree
- It has teeth
- Meant to fly
- It has hair
- 5 or 6 letter word
- Often found in a refrigerator
- Has claws, paws, hooves, or feet
- Green and found mostly outdoors
- Has an X, Y, or Z in it
- 2 Syllable Animal
- Lighter than you are
- Every letter is different
- You own more than 5
- Lighter than a tennis ball
- A fruit
- A movie or book
- Something that smells
- Part of a building
- An insect
- Something cold
- Beverage
- Something gross
- Object in the house
- Something you enjoy
- A well known person
- Something in a classroom
- Something here at camp
- Made of glass
- Something at the mall
- Something that embarrasses you
- A color
- Something you hate
- Something sticky
- Something in an amusement park
- A body part
- A City or town
- A Pet's name
- Something in outer space
- A utensil or too,
- Something in a grocery store
- A song
- Something a cat or dog does
- A Type of food
- A Kind of Sport
- An action
- A profession
- A musician
- A foreign country
- Something hot
- Something you wear
- A movie or tv star
- A piece of furniture
- A toy or game

Flip Cup Tac Toe

Materials

- 20 Red Solo Cups (2 different colors, 10 of each)
- Masking Tape
- Table

To Play:

- Use masking tape to tape off a Tic Tac Toe Board (big enough for the cups to be the Xs and Os)
- Have players line up side by side in 2 different team lines
- Each player will flip the cup from the table edge. When it does and complete flip and lands correctly, they may place it on the tic tac toe board.
- After they place the cup, they go to the back of the line and it becomes the next players turn.
- Go until 1 team wins



Count to 10

- You start at number 1 and have to get to 10 (or higher if you want)
- After someone says a number, someone else must say the next number (you yourself can't say multiple numbers in a row)
- If two people say a number at the same time, you must start over!

Count Potato

- Have campers stand in circle
- Have an object they can toss around
- As they have a successful catch they can either count, or do the alphabet or (a really hard one) do the alphabet but in types of animals (aardvark, beaver, cat, dog, etc)

Doodle Time Out

- Take a 3 minute time out where campers just get to doodle.
- You can have a theme or none at all

Buddy Dance

- Have campers pair up and face their partners.
- Tell them to clap their right hands together while at the same time touching their left toes together.
- Switch to clapping left hands together and touching right toes together.
- Have them continue going until they can smoothly switch back and forth.
- Try doing it as quickly as they can and then as slowly as they can.

Know the Signs

- Learn to Sign the Alphabet and teach to campers
- Have them finger spell stuff to each other without talking

Reverse Charades

- :Let everyone know how the game will work:
Everyone will be doing the charade while one person guesses what it is.
- Tell one person to cover their ears and hum loudly to themselves
- The rest of the group will quietly decide on a movement that everyone in the group can do.
- Then stop the guesser from humming and tell him to see if they can guess the action
- Then everyone starts to do that movement, and the person has a 60 second timer to guess whatever it is.
- If they guess right, they get to choose the next person that will guess.



Story Story Die

- Players make up a story together where each round is a new chapter.
- In this game only one person can talk and they are not allowed to stop talking until the leader points to a new person
- If a person stutters or can't think of anything to say, everyone shouts out, "Die!" and they have to act out an elaborate death and we start a new round/ chapter.
- The Host will need to change the speaker every so often

Combination

- The combination must be discovered to get to the next activity.
- The combination is the order that players need to speak in which the Host is following.
- Players take turns saying, "Me?" and the host says yes or no.
- Players must work together to unlock the combination by everyone saying me in the correct order to unlock the game.

Giants Wizards & Elves

- Leader teaches the gesture and sounds for the game:
- Giants -- Stand tall with hands over heads shouting "Aaargh!"
- Wizards -- Points finger directly at others shouting "Zap!"
- Elves -- Crouch down with hands as ears shouting "Wheee!!!"
- Giants beat Elves Elves beat Wizards
Wizards beat Giants
- Break the group into two teams
- Teams go into corner and must choose their mode of attack and have a backup in case it's a tie.
- They then come back together to compete.
- Both teams show Giants, Elves or Wizards and points are given to the winning team.
- (Like a different version of entire team rock paper scissors)

Splat

- Have everyone stands in a circle with one person in the middle (the Splat Master).
- The Splat Master runs up to someone, points at them and shouts "splat!"
- The recipient of the splat ducks and the two people either side of them "splat" one another.
- The loser of this duel switches spots with the splat master.

Screaming Toes

- Have campers form a circle shoulder to shoulder,
- one team leader to shout "Eyes Down" and everyone looks at their toes.
- On the count of three everyone will look up and look at someone, if the person you look at is looking back at you/making eye contact you are get a point and must shout out your current point total.
- Person with the least amount at the end wins

Cows & Pigs

- Everyone sits in a circle with their eyes closed.
- Leader goes around and taps people on their left or right shoulders.
- Left shoulder makes you a cow, right shoulder a pig.
- On the word go, campers must make their animal noise to find the rest of their team.
- First team together, wins

Signs

- Everyone in the group makes an action for themselves and presents it to the rest of the group.
- You may need to go around and show the actions a few times
- To play the game: Tap knees twice, do own action, tap knees twice, do someone else's action. This passes the action to someone else and they must then continue the game without losing the rhythm or they will get a point.
- You cannot pass back to the previous signaller!
- Person with least points, wins

Alaskan Baseball

- Start with 2 teams.
- One camper is given an ball to throw, their team then forms a circle around them and that person throws the ball.
- After they have thrown the object then they go around the circle saying everyone's name in order of the circle.
- Every time they make it around the circle it counts as a run.
- Meanwhile the other team is chasing the ball.
- Once the ball is retrieved the team forms a line behind the person with the ball.
- They then pass the ball between their legs until it reaches the last person, where it is then passed over-head back to the first person in line.
- When the first person gets the object back the team yells out, and the other team stops counting runs.
- The first person in line that retrieved the ball now has a circle formed around him and he throws the ball and the process reverses.

Human Pinball

- The campers stand in a circle with their feet spread wide apart and arms down to guard the gap between their legs.
- Campers pass a ball by hitting it with their arms, like on a pinball machine.
- If the ball goes between a player's legs that camper must turn around and play backwards
- If it does again, flip around again

Air Ball

- The campers must keep a beach ball or balloon in the air for a specified number of hits without letting it hit the ground.
- Also, no one person can touch the object twice in a row.
- Set a goal with the group for the number of hits that the group can make following the rules.
- After your group meets its goal, see if you can increase the target number or go for a "world record" and see how many hits the group can accomplish.

Five & Dime

- Campers have ten seconds to name five things that fit into a category of your choosing.
- Once you give them the category, "Five things you'd find in the sky" for example, begin counting down out loud immediately. Keep track on your fingers each one they get correct (it's harder than you would think).
- Discourage others from chiming in answers while someone else is playing. The pressure of being on the spot and having the time counted down makes this game MUCH harder than you would think it should be.
- Make the lists harder/easier based on campers.

Examples:

- Things found in the sky
- Camp counselors
- Pokemon
- NFL teams whose mascot is a bird
- Cities in Illinois
- Types of Tape
- Muppets
- Camp Songs

Cowboy, Gorilla, Ninja

- This is just like "Paper, Rock, Scissors", except the campers will act out the "COWBOY" (legs spread like riding a horse and hands at side ready to grab guns), "GORILLA" (hands in armpits like a monkey), NINJA (Some type of karate stance).
- Once each child in the group has a partner, have them get back to back and teach them the rules:
- The gorilla beats the cowboy, and the cowboy beats the ninja. The ninja beats the gorilla, if you tie you die.
- Campers play for a bit.
- Every time they "die" they get a point
- Least amount of points wins



Trigger Finger

Trigger Finger

- Extend both your arms in front of you.
- Make one hand into a thumbs up, and the other with index finger pointed.
- The challenge is to then simultaneously switch the action of each hand, so one hand makes the thumbs up from the pointer action and the other makes the pointer from the thumbs up.

Where's Your Chin

- Ask the campers to hold one hand out in front of their bodies in the "ok" symbol.
- Ask the campers to do a series of movements, such as look through the hole, raise the hand over their head, make three circles and count aloud, etc.
- You demonstrate the movements as you give the commands.
- While giving the last command, "Put it on your chin," you place your own hand on your cheek. Most of the group will follow your actions and will have placed their hands on their cheek, to which you can tease the group with, "Is this your chin?"

Arm Switcharoo

- Ask the group to extend their arms out directly in front of their bodies, with the thumbs on each hand pointing towards the other hand.
- Then rotate one arm in a rowing motion away from the body.
- Then rotate the other arm in the same motion towards the body.
- Then, challenge the group to rotate both their arms at the same time in the opposite motions

Minute Estimate

- Tell the campers that you are going to time a minute on your watch.
- The campers have to raise their hand when they have counted a minute in their heads.
- The closest one is the winner.

Heading to Grandma's House

- Objective: To spell Grandma with the first letter of every word.
- At least one person knows the "answer" and starts off with "I'm going to Grandma's house and I'm bringing..." The first letter of whatever you're bringing must be a G.
- From then on, the first letter of every word must go in the order of GRANDMA. For example, Grapefruit, Rainbows, Alligators, Nothing, Diamonds, Munchies, Apricots.
- After Grandma is spelled, it repeats until everyone knows the "answer."
- If someone gets it wrong, you still have to keep spelling GRANDMA the correct way.
- For example, the leader says "Grapefruit" and the next person says "Books" the next person who knows the answer would have to say something that begins with an R.
- It gets tricky when you have to keep count of what letter you're on.

Guess Who

- Have all the campers stand up.
- You secretly think of one.
- The kids then ask any Yes or No questions, for instance, "Is it a boy?" If the answer is "No", all in that category (for instance, all boys) sit down.
- All the kids can ask questions, even if they're sitting down.
- Go until the kids have figured out who you have secretly picked.

Crossed

Materials:

Two sticks or pencils

How to Play:

- Crossed is a neat trick for those down times when everyone is getting bored. Unfortunately, you can not do it more than once with the same group.
- Have the campers sit in a circle. While passing the sticks to the person on his/her right, the leader says "I receive the sticks (either open or closed) and I pass them (either open or closed)".
- The person receiving repeats the statement while passing to the next person.
- The leader (and anyone else who has caught on to the trick) announces if each part of the statement is right or wrong.
- Continue until everyone can pass the sticks correctly.
- The trick has nothing to do with the sticks. Open and closed refer to whether the person's legs or feet are crossed (closed) or uncrossed (open) when receiving and passing.

The No Game

- Tell the campers that you are going to play a game where they cannot say the word No or Know. The Game will begin when I say "The Game has begun" and ends when I say "The Game is Over". "You must answer and are not allowed to remain silent or just make sounds" "Does anyone have any questions?"
- Allow for questions then start the game
- Attempt to trick the campers into saying the word "No" or "Know".
- Examples: What time is it? Are you playing? Didn't you get out already?
- If they say "No" or "Know" They are out and are not allowed to talk until all players are out
- Go until all are out or time is up

Poison Pond

- Form a circle and hold hands.
- An object such as a can or a rock is placed in the center.
- The object of the game is to walk around and make one of the players touch the object.
- The player may be eliminated the first time he touches the object or the second or third time.

One One Two Two

- Have campers form a circle.
- Each camper is given a number starting with one and ending with the last person.
- Campers will be patting their lap and clapping their hands to a 4 part beat.
- The following chant can be used to learn the beat.
 - 2 pats to lap - "Are you ready"
 - 2 claps - "Let's go!"
 - 2 pats on the lap - "Yes were ready"
 - 2 pats on the lap - "Let's go"
- After they learn the beat the game can begin.
- The camper who is number one starts. They say their number while patting their lap to the beat and someone else's number while clapping their hands to the beat (ie. 1,1,8,8)
- Number 8 would follow the same pattern and say 8,8, 4,4. This continues.
- The rules: If you are off beat you are out.
- If you miss your number you are out.
- If you call someone's number that is out you are out!

Clumps

- Have the campers either walking around in a certain area or simply standing.
- Then call out a number (that number usually depends on the size of the group) whatever that number is will be the size of group they will put themselves into.
- If they are left without a group they then sit out.

Pipety-Pop

- Campers sit or stand in a circle, and "It" is in the middle.
- He points his finger at someone in the circle and says either "Pipety-pop," or "Popety-pip."
- If Pipety-pop is said then the player that is pointed at must say pip before the entire phrase is said by the pointer.
- For Popety-pip, the person must say pop before the phrase is finished.
- If they do not say the correct word or do not say it in time then they become the person in the middle.

Body Twister

- Call out different body parts, these are the only parts of the body the whole group can have touching the floor.
- Encourage everyone to work together to find a solution and balance on each other if they need to.
- For example, to a group of nine people you could call out four burns, two feet, one head, two hands, four knees.
- Call out the next set of instructions as soon as everyone is in position.
- Just remember to think before you call out combinations or you could call out something that is physically or numerically impossible!

100 Dice

- Object: to be the first to write all of the numbers from 1-100
- Materials: two dice, 1 pencil, a piece of paper for each player
- Players take turns rolling one set of dice.
- Once one player rolls a set of doubles, she takes the pen and begins writing the numbers from 1-100 on her paper.

Rain Maker

- Divide the campers into three smaller teams.
- Explain that they are going to create a rainstorm by making four simple sounds in a round.
- The sounds are as follows:

Drizzle - gently rub your palms together to produce a whispering noise

Light rain - move your hands up and down in opposite directions, with the palms brushing against each other, as if you are brushing sand off the palms.

Heavy rain - clap your hands together.

Hail - cup your palms and clap them against your thighs.

- Start off group one with making drizzle.
- Once that's under way turn and signal to group two to start with drizzle, then group three.
- Turn back to group one and get them to start light rain while the other maintain their drizzle, then turn to group two and do the same, then group three.
- Keep the round alive until all segments are making hail.
- Then work backwards so that group one stop hailing and make heavy rain, then two, then three, until you work back through light rain to drizzle and then silence

Don't Follow the Leader

- Get the campers into a circle.
- Make sure enough space is between each other (stretched arm length).
- Stand in the middle of the circle.
- The aim of the game is for all participants to exactly copy your movements - all except two of them.
- Instead of these two movements, they must make another movement which has been set by you prior to the game
- e.g. when put your hands on the back of the head, the players must squat, or when the when you bend forward, the players must clap their hands etc.
- Anyone that makes a mistake is out of the game

Kangaroo

- Each camper must go from point A to B by jumping with a tennis ball between their knees.
- The time is noted down.
- If the camper drops the ball, they have to retrieve the item as quickly as possible and place between their knees again and continue to jump towards the finish line.
- The camper who covers the distance in the shortest time is the winner.

Mirror Mirror

- Split the campers into pairs and organize them so they are standing opposite each other.
- One person makes a movement, the other tries to mirror them as well as they can,
- Then continue this for the time allocated (say a minute).
- Swap roles.
- When both have played both roles, they can try to coordinate movements with each other, so that both become player and mirror at the same time.
- This works best with slow movements and needs a lot of concentration.

Dot Head

- Put a colored dot onto the forehead of each camper.
- Ask the campers to stand up and move around the room in silence.
- Campers must find out what color their dot is without talking.
- Once they know what color their dot is, they find others with the same color and that will be their group.
- This is a great game for encouraging non-verbal communication.

Peruvian Ball

- Everyone in the group has an imaginary ball.
- Each ball has its own special movement pattern, and its own sound which the camper decides.
- The campers practice "throwing" or "bouncing" the invisible balls by themselves, while simultaneously making the sounds ("boi-oi-oing," "zip-zap," "wheeeee").
- After everyone has the movements and sounds finalized, they start walking around
- The leader calls out, "freeze," and then instructs everyone to trade balls with someone.
- There is no talking allowed, only demonstrating the sounds and movements of the balls.
- Once everyone has traded, everyone continues walking around the space again, this time with their new balls.
- The leader again calls out, "freeze" again, and instructs everyone to trade with another person.
- After four to six trades have been made (depending on the size of the group), the leader instructs everyone to find their original balls.
- Everyone must then move about, demonstrating the balls they are holding, while searching for the ball they originally created. If a participant finds their ball, they trade with the person who has it, and then takes their ball to the side out of the playing space.
- It is rare for everyone to find their original balls in this game.

Reactor

- Have Campers Stand or sit in a circle
- Tell Campers to make the OK sign with their right index finger and thumb and to hold it to their right
- Next get them to hold up their left index finger and place inside the hole created by the person on the left.
- When everyone has done this and fingers are placed inside the circles, the leader shouts, "go" or counts to three and each person has to try to free their finger from the left and catch the finger on their opposite side.

Trains

- Have campers stand in a circle holding hands
- 3 or so people are nominated as 'train stations' and 2 as 'junctions' depending on the size of the group.
- Leader squeezes the hand of a person next to them and sends a 'pulse' which is the train around the circle.
- When the train reaches a Train Station they make a sound: "toot toot"
- when it reaches a Junction it can change direction if the Junction chooses.

Ghosts

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

Keep Your Distance

- Each camper mentally selects two people and thinks of a distance for each of them.
- The object is to walk round the room while maintaining the chosen distance from each of the two people,
- Example: stay two feet from one person and seven feet from the other.

Dragon

- Have campers form groups of about 5-10
- Each group forms a line, one behind the other, facing the same way and facing the other team.
- Participants place their hands on the waist of the person in front of them.
- The last person in each team has a scarf tucked in to the waistband of their trousers.
- The object is for the front person of each team to grab the scarf of the other team without the chain letting go.

Snakes

- Starting with pairs, each camper lies on their stomach with arms outstretched, holding the ankles of the camper in front.
- The aim is to move along the floor as a snake without letting go of the ankles.
- When this has been mastered in pairs, increase to fours, eights and so on.
- The longer the snake the more fun and the greater cooperation needed.
- For a variation, form two or more snakes to race over a set course, with obstacles if they are good enough.

Fizz Buzz

- The campers stand in a circle and have to count clockwise around the circle, taking a number each.
- Whenever a number contains two, they have to say 'fizz' and whenever it contains a four they have to say 'buzz'.
- To make it more complicated the leader can substitute more words for numbers or have a key word that you would say to change the direction of the game.

Flinch Ball

- The campers stand in a circle with their hands behind their backs.
- The leader stands in the middle with a ball.
- They have to pretend to throw the ball at the camper to see if they flinch.
- If they flinch and the leader hasn't thrown the ball, they are out.
- If the leader does throw the ball and they fail to catch it, they are also out.

Time Bomb

- The campers have to stand in a circle and throw the ball (bomb) to each other.
- The bomb is safe until it's activated, but as soon as it is dropped, it starts a countdown to explosion (from 10 or 20).
- Once the countdown has started, it cannot be stopped and the children must continue to throw the ball to one another.
- Whoever has the ball when it explodes is out of the game.

Number Ball

- Everyone stands in a circle with one camper in the centre to start.
- Each camper is given a number.
- The camper in the middle throws the ball up high in the air and shouts a number.
- The camper, whose number is called out has to run into the circle and catch the ball.
- They then throw the ball again and shout another number. If anyone drops the ball they are out of the game.

Head It or Catch It

- The group forms a circle, with the leader standing in the middle.
- The leader throws the ball to one of the campers in the circle.
- The leader has to shout either, 'head it' or 'catch it' with the camper in the circle doing the opposite.
- If they get it wrong then they are then out of the game.
- You can also include the three-strike rule in this game or just tally points and least amount wins!

Make the Connection

- Split Campers into teams to try and make a connection between two seemingly unrelated items.
- For example, a number of possibilities arise when asked to make a connection between grass and a book:
 - You can use a blade of grass as a bookmark
 - You can sit or lay on the grass to read the book
 - You need light to read the book and grass needs light to grow
 - Grass has a unique smell as do books
- Give the group two minutes to come up with as many connections as possible.

Deserted Island

- Tell your group that they are going to be whisked off to a desert island in just 1 minute.
- Each person is allowed to take three things with them.
- Have campers share their items and defend why they are choosing to take them

Invisible Obstacle Course

- A volunteer in each small group is selected to begin the activity.
- Each group will create an imaginary obstacle course, with group members crawling, jumping, running, and helping each other through the obstacles they encounter.
- After each element, leadership changes and another member of the group describes their obstacle and helps the members of their group navigate over, under, through, or around it.

Air Pong

- Form two teams each at opposite ends of a table with hands held behind their backs.
- A ping pong ball is placed in the middle and the teams will try to blow the ball off of the other team's side of the table.
- If the ball falls off the side of the table it gets placed back in the middle and play resumes.

Down Down Down

- You start off with a tennis ball and throw the ball continuously back and forth until somebody drops the ball.
- When someone drops the ball you say, "Down on one knee" and the person must drop down and continue play on one knee.
- If the same person drops it a second time then you say, "Down on two knees".
- If the same person drops the ball again you say, "Down on one elbow."
- If it happens again you say, "Down on two elbows."
- It then goes to chin and then you're out but remember you have to stay in the position you're in to catch the ball and throw the ball.

Hackball

- This is essentially like Four Square except that you use a hacky sack for the ball.
 - Rule changes include:
 - The ball must be kept in the air, not bounced, when volleyed from square to square.
 - If the receiver fails to hit the ball, and it lands in his square (or out of bounds after he has touched it), he is vanquished.
 - One must never hit the hackball in a downward fashion ('spiking' the ball). This would be a breach in player's etiquette, and the offender would be punished by loss-of-square privileges.
- In further explanation of rule change number two, the hackball is required to rise a considerable distance from the attacker's hand in order to be considered a legitimate 'volley' (this prevents one from 'letting' the hackball down in another's square).
- A volley may be instigated by any part of the body. The more obscure and creative the hit, the more respect one earns.

Steal This Books

Steal This: Ideas of Awesomeness
(updated: December 2018)

Steal This: Ideas for Outdoor Ed & STEMiness
(updated: Oct 2019)

Steal This: 50 Ways to Be Awesome
(updated: November 2019)

Steal This: Ideas of Portableness
(updated: October 2019)

Steal This: Ideas of Contemporary Craftiness
(updated: February 2020)

Steal This: Ideas of Virtualness
(updated: May 2020)

Steal This: Ideas for Time Fillers & Brain Breakiness
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Steal This: Ideas of Camp Boxiness
(updated: April 2021)

Steal This: Ideas During Covidness
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Steal This: Ideas of Social Distancedness
(updated: May 2021)

Steal This: Ideas for Escape Rooms & Puzzleness
(updated: October 2021)

Steal This: Ideas of Teambuildingness
(updated: October 2022)

Steal This: The BIG Book of Awesomeness
(updated: Feb 2023)

Steal This: Ideas of Games & Funniness
(updated: October 2023)

Steal This: Ideas CAFÉ Bagginess
(updated: October 2023)

Steal This: 25 Rules for Unparalleled Hospitality
(updated: Feb 2025)

More from Chris

Good News Candy Co Virtual Escape Adventure

(updated: March 2021)

Time Quest Virtual Escape Adventure

(updated: February 2019)

Trivia Nights

(new ones added often)

Camp Coloring Pages

(updated: June 2020)

DIY Escape Crates & Boxes

(new ones added often)

Table Top Adventures

(new ones added often)

Escape Bags

(new ones added often)

Escape Room Walk-throughs

(new ones added often)

Princess Diary

(updated: October 2021)

Man Book

(updated: October 2021)

Church Notes

(updated: October 2022)

CAFE Bags

(new ones added often)

Coming Soon

- Steal This: Ideas of Staff Trainingness
- Steal This: Experiments of Wackiness
 - Steal This: Ideas of PVCness
- Steal This: Ideas for Escape Rooms & Puzzleness Vol. 2
- Steal This: Ideas of Contemporary Craftiness Vol. 2
 - Steal This: Ideas of Teambuildingness Vol. 2
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