

CHRIS & CARRIE KALLAL'S

STEALTHS



IDEAS OF
PORTABLENESS

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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ACTIVITIES

CAMPFESSION

THERE IS NO OTHER FEELING
LIKE WHEN A KID YELLS YOUR
NAME AND RUNS UP TO HUG
YOUR LEGS!

Death Ball

Instructions:

One person holds each end. Swing the ball back and forth trying to hit the other person with it and not yourself.

If you let go of your handle, you are out the next 2 rounds!

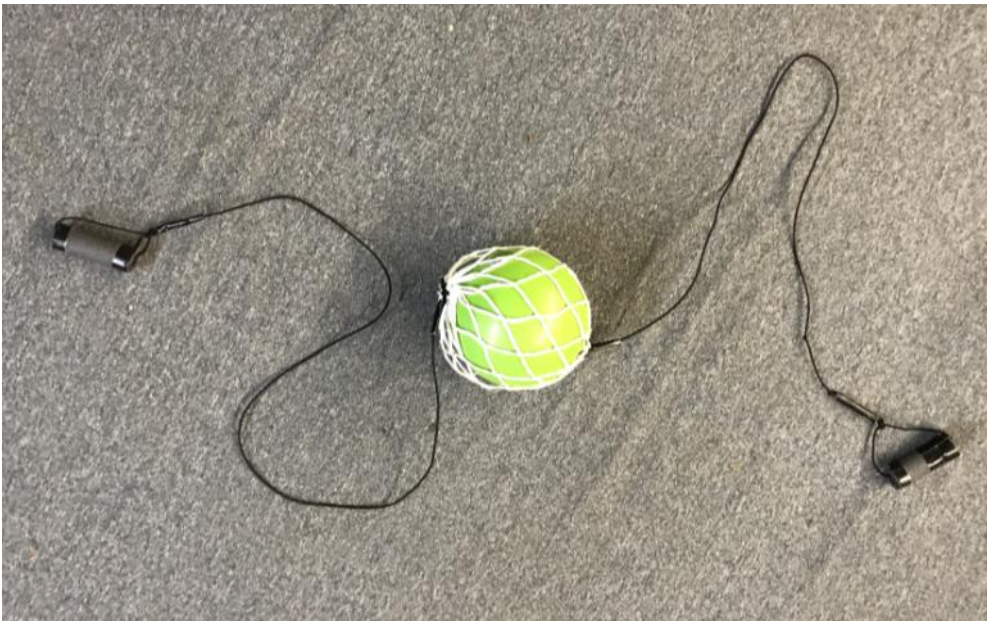
Materials to make:

1 Basketball Net

1 toy ball (like found in those bins at Walmart)

10 feet of Bungee Paracord

8 inches of foam insulation for handles



Peteca/Feather Ball

Buy

Set of 3

Ebay: <https://goo.gl/uMw6AX>

Cost: \$45

Make Your Own

Teamwork and Teamplay

<https://goo.gl/Z7mjmw>

How to Play

- 6-12 people
- Hit the Peteca with palms up as a flat hand
- The group should try to reach 21 consecutive (or A-Z instead of counting) without the Peteca hitting the floor.
- Cannot hit twice in a row

Variations

- Use your non-dominant hand
- Use both hands, while balancing only on one foot
- Using both hands and with both feet touching the floor, clap 3 times after each hit before being allowed to hit the peteca again
- After hitting, each player must spin 360 degrees
- After hitting, each player yells their own name
- After hitting, each player must move to a new location



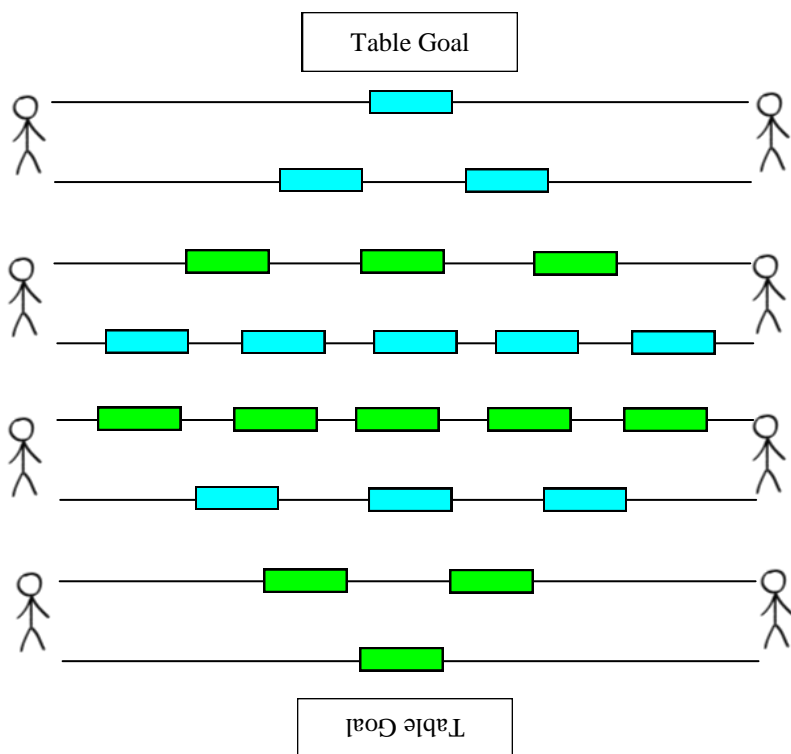
Human Foosball

Materials:

- 8 pieces of 20ft long 3/8" braided Polypropylene Rope
- 22 1 1/2 ft long fun noodles pieces

Setup:

- Put the fun noodles on the rope according to the diagram below (or add more if you have more campers)
- Have counselors or staff hold the ends of 2 of the ropes
- Assign campers to each noodle
- Create some type of goal. A table works great!



Assault & Battery

You will need:

- 1/2 of a fun noodle for everyone (this is the "sword")
- A 1 inch sliced circle from a fun noodle for each person (this is the "battery")

To play:

- Everyone must balance their battery on the back of their non-dominant hand
- Using their fun noodle sword, they are attempting to knock other's batteries off.
- Once your battery falls off, you are out.



Lillypad RPS

You will need:

- a lot of hula hoops or poly spots

To Play:

- Set up hula hoops or poly spots to form the spokes of a circle (with only 1 middle spot)
- Divide group equally into teams and have them stand in a relay line at end of spokes
- On "go", they must hop or Wedding Walk (1 foot, together, other foot, together, etc) until they are blocked by another player.
- Then they must Rock Paper Scissors. Winner Keeps going, Loser exits the circle and runs back to tag next player in relay line
- The goal is to get from your relay line, through the midpoint, and out another teams end to get a point.

See video here: shorturl.at/qGLUV



Mosquito Tag

You will need:

- Enough fun noodles for about $\frac{1}{4}$ to $\frac{1}{3}$ of the group to have them

To Play:

- Pass out the Fun Noodles. These people are the mosquitoes. They must put the noodle on their head (not nose because it could hurt) and run around attempting to "sting" other with their noodle
- When "stung", a person must stand in place while pretending to scratch
- 2 other people can "un-sting" that person by forming a circle around them, holding hands and jumping up and down while saying "Deep Woods Off" 3 times. Once 3 times have been done, the "Stung" guy is free
- The mosquitoes can tag those helping though so you must be quick!
- The goal is to have everyone "stung" or until it's no longer fun to play!



Flip Cup Tac Toe

Materials

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

To Play:

- Use masking tape to tope 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



Battle Botz

Materials:

- 4 RC cars (\$50 from Walmart are great cars! Can run up to 8 at a time: <https://bit.ly/2N26qOM>)
- Rat Traps
- Balloons
- Cardboard
- Skewers
- Masking Tape
- Markers

To Play:

- First take off all cheap plastic from the cars
- Tell Campers rules:

- Goal is to pop other teams balloon
- If fall on side, you have 10 sec to get back up
- no cardboard on back end of car where balloon goes
- Time limit to make

- Let campers add cardboard and skewers to cars and decorate
- You blow up all the balloon and tie on the back bumper of car
- Set up a rink of tables (to keep the cars confined)
- Place rat traps around as hazards
- Optional: Create a ramp to go on
- Let campers attack each other. If balloons do not pop or they don't get eliminated for being on side, set a time limit and choose best fighter.



Whip Cracking

1. Hold the whip correctly.

With your feet planted shoulder-width apart, take the handle of the whip firmly in your dominant or writing hand. Hold it with a firm business handshake.



2. Put the whip in starting position.

The whip itself should be untangled and unbunched, preferably trailing straight back behind you, perpendicular to your hips. It doesn't need to be perfectly straight, but make sure it's not going to catch on your leg or hip as you bring it up into the snapping position. Always start from this position, with the whip safely behind and to the side of your body.



3. Practice smoothly bringing the whip straight up in the air.

All other whip crack moves are based on the basic forward whip crack. With the whip held firmly in your dominant or writing hand, bring your arm up straight up to the 12 o'clock position, as if you were pointing at the sky. Keep your elbow locked on the up motion, keeping your arm straight. To crack the whip, let your elbow bend naturally and snap your arm down firmly in front of you, keeping the whip clear of your body. Practice bringing



the whip up smoothly, and letting the weight of your arm falling do most of the work. It shouldn't be an abrupt or jerky motion, it should follow the natural motion of your arm.

4. **Create the "loop."**

The reason the whip cracks is because one part of the whip is traveling in one direction along a straight plane while the other end of the whip is traveling in the opposite direction. This is called the loop. When you bring the handle of the whip straight up, at the apex, the end of the whip will still probably be close to the ground and traveling up. As you bring the handle down, the end of the whip moves toward the point where the handle used to be, and will "crack" as you abruptly change direction. Maintaining this loop is essential to making good whip cracks. It helps to make sure you've got the whip in the right starting position.



5. **Keep a straight plane.**

It's important to remember that the whip won't crack if you don't maintain a straight plane. Whether vertical or horizontal, your arm and the whip need to be in a straight line to get that distinctive cracking sound from the whip. If you're having trouble getting the whip to crack, make sure you're bringing the whip up high enough on the initial up motion.



Forehead Basketball

Materials:

- enough over the door basketball hoops for everyone
- Twice as many foam basketballs as people
- Headbands

To Play:

- attach hoops to headbands
- Have everyone put on a headband hoop
- Give everyone a ball and then scatter the rest around
- On "go" everyone attempts to make basketball shots on each other's heads.
- Keep your own score



Giant Air Hockey

Materials:

- One 10" piece of 2x4 for everyone
- 1 softball or non-bouncy ball for each game area
- Tables or benches to make boundaries

To Play:

- Everyone gets a 2x4 piece
- Give one team the ball and start the game
- If ball goes out of bounds, other team gets point
- If ball goes past player, other team gets point



Dots and Boxes

Materials:

- Poly Spots
- 2 foot pieces of fun noodles (several needed)

To Play:

- Set out poly spots in a pattern (like the dots and boxes game)
- Put noodle in a bucket at starting line
- One player from each team will run out and place their noodle between the dots, then run back and tag the next team member to do the same
- Once a square has been made, the player that made the square will stay standing in it until end of game.
- To win, all player must be in a square (or the most player if out of room)

See Video at: <https://bit.ly/2oE0eTW>



Floor 9 Square

Materials:

- Masking tape to tape off floor sections
- Playground ball

To Play:

- Play in pairs
- Play like normal 4 square except you can bump pass to your partner before hitting it in someone else's square
- Rotate similar to normal 9 square in the air



Water Blaster War

Materials:

- Water Blasters (enough for each player)
- Giant Beach Ball
- Bucket of Water (1 for each team)

To Play:

- Have a large bucket of water as a fill station
- Players will fill blasters and then shoot at the beach ball to try and get it over the opposing teams line
- When their blaster is out, they need to return to their bucket



Three Ball

Materials:

- Bucket
- Frisbee
- Football
- Kickball
- Ball Diamond to play in

To Play:

- All the items are in the bucket on homeplate
- As the first offensive player comes up to bat, the outfield must stand in place motionless
- Player 1 will throw all three items separately. Once the last item leaves his hand, he start running bases
- Outfield must wait for the last item to hit the ground before moving. Once it does, the goal is to get all 3 items back in the bucket.
- If player 1 is between bases when the last item goes in the bucket, he is out, if not he is safe
- Play with 3 outs and then switch

Hint: Throw the Frisbee last as it will slowly float to the ground giving you more running time



Water Jug Ball

Materials:

- Water Jug
- PVC Pipe Handle
- Duct Tape
- Soft ball (like the kind you find at Walmart)

To Play:

- Play like normal baseball, just a new, fun, load, bat!



Marble Coasters

Materials:

- 4 tubes of Foam Pipe Insulation
- 1 Marble
- Roll of Masking Tape
- Cardboard Boxes

Rules:

- Teams will be making a roller coaster for their marble that contains:
 - 1 upside down loop
 - 1 turn that is at least 90 degrees
 - 2 consecutive hills
- Use the boxes to get height
- Cannot tape to tables or floors
- Tubing can be cut in half long-ways for more track



Trangle Ball

Materials:

- Trangle Ball Pyramid (build or buy one from trangleball.com)
- Racquetball
- Rope to mark off playing area

To Play:

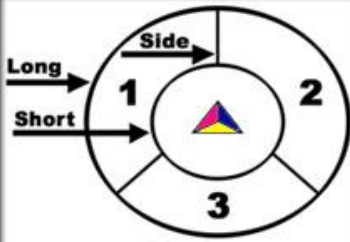
Play occurs between the long line (outside circle), short line (inside circle) and the (3) sidelines. One player from each team stands in their own sector along with an opponent. The player must stay within the designated boundary lines of their sector.



Standing stationary on either the left or right side of their sector, the server begins play by rebounding the ball off the Trangle. The ball must hit the side of the Trangle that faces that sector. The rebound must be caught or touched by the opponent, or land within sector boundaries, to be considered a fair serve.

After a rebound, the opposing player in that sector must catch the ball or deflect it to a teammate who must make the catch in their own sector. A player catching the ball has the option to either rebound or pass the ball directly to a teammate. The player may pass or rebound the ball before or after they run. A player carrying the ball is permitted to run only in one direction and head towards the Right-Of-Way lane. Players not in possession of the ball may move freely within their sector.

A maximum of three passes are permitted between rebounds. After a rebound passing may resume. A teammate in one sector may play a rebound from another sector providing their feet remain in their sector while in possession of the ball.



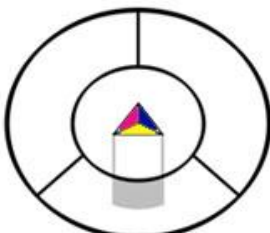
Right-Of-Way Lane



Run in one direction with the ball



Rebound off Triangle or pass to teammate



No Rebounding Zone

Both feet can not be in this area while rebounding the ball

Scoring occurs when the opponent either: Scoring occurs when the opponent either:

1. Fails to catch the ball within the sector boundaries.
2. Steps outside the sector boundaries with possession of the ball.
3. Is responsible for the ball falling outside of the sector boundaries.
4. Misses a rebound.
5. Official game is played to 11 points.

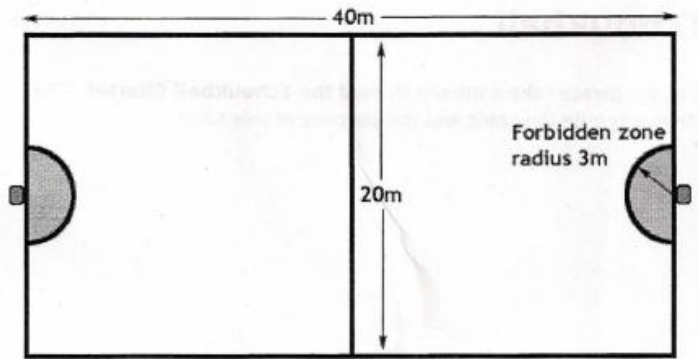
IMPORTANT:

- A player in possession of the ball and his teammates must be allowed the Right-Of-Way. The Right-Of-Way is the immediate running lane parallel to the short line. The opponents have the right to the rest of the sector.
- Any infraction during play results in the loss of that volley.
- The ball may not touch the ground during the course of play.
- A player may not rebound the ball off the Triangle when that player is directly in the center of their sector and in the Right-Of-Way lane. This is considered a block.
- When a player fails to catch two consecutive serves, the following serve moves to the clockwise sector. The same serving team continues.

Tchoukball

See Video here: <https://bit.ly/2Wsiegy>

Tchoukball is played by two nine-player teams on a team handball court, measuring forty by twenty meters. (A smaller version of the game calls for seven-player teams on a basketball court.) A meter-square metal frame, strung with a springy net, is placed at the center of each baseline at an angle of 55 degrees to the floor. The areas on the court within three meters of each frame are marked off as the "forbidden zones", which players are generally (you guessed it) forbidden from entering . .



The game ball is a regulation team handball, the size of a small cantaloupe. A team attempts to score by bouncing the ball off one of the frames. If the ball rebounds off the net and onto the floor before the defense can catch it, the offense scores a point. If the defense catches the ball on the rebound, there is no point, the defense takes possession, and play continues. The shooter must be careful, however; a bad shot - one that lands in the forbidden zone, for example - will result in a point for the defending team. (Incidentally, it is the distinctive sound of the ball rebounding from the net that gives tchoukball its name.)

The offense may move the ball around the court according to the Rule of Threes:

- The player with the ball has only three seconds before he must pass to a teammate or shoot.
- The player with the ball is allowed to run with the ball, but she may put only three "footprints" on the floor before she must pass to a teammate or shoot.
- The team with possession is allowed a maximum of three passes before shooting.
- Either team may shoot at either frame (one of the unique features of tchoukball), but the two teams combined may not shoot at the same frame more than three times in a row.

All "active" defense is actually prohibited. The defense is not allowed to block the path or the view of opposing players or to intercept or deflect the offense's passes. All of defense consists of anticipating the offense's shot and being in the right spot to catch it on the rebound. These basic rules for offense and defense define the character of tchoukball: A fluid, low-contact game, full of high-speed fakeouts and rapid possession changes, in which physical ability, alertness, and teamwork are equally rewarded.



Spikeball

Step 1: About

The first thing to know about Spikeball is the basic equipment and background about the game. Spikeball is a typically a four player game with two teams of two players each, however it can be played with six players as well. The ball used in Spikeball is a yellow, lightweight, plastic bouncy ball. It is only a little larger than a softball, so it is significantly smaller than a real volleyball. The net used looks like a miniature trampoline that is raised up about eight inches off the ground. As the pictures of the net and ball show, the equipment used is the biggest difference that Spikeball has from volleyball. To start a game, the four players should stand around the net, and players on the same team should be standing next to each other. This way, players will always be standing across the net from their opponents to make serving the ball possible.

Step 2: Playing Basics

The rules of playing Spikeball are adapted from volleyball, just like so many other aspects of the game. Games start with serving the little yellow ball. One team serves to the other team, and when doing so the ball must bounce off the net. The opposing team then receives the ball and has 3 hits to keep the ball in play and "spike" it back off the net to the other team. This continues until the ball bounces on the net twice, goes out of play, until someone carries the ball or double hits it, etc. When the ball goes out of play is when a team is rewarded a point. If the team currently serving the ball loses a point then the serve goes to the other team, as seen in volleyball as well.

Step 3: Volleying

After the ball is served, the opposing team has three hits to volley and spike it back. Contrary to volleyball, to hit it to the opposing team, the ball is bounced or "spiked" off the trampoline net, and not hit over a net. Another difference between Spikeball and volleyball is that all hits must be only one-handed. You can set or bump the ball to your teammate, however the ball may only be touched by one hand. Each team has a total of three hits to return the ball to the opposing team, but

the same player may not hit the ball twice. It is not required that players use all three hits to spike the ball back to their opponents, one or only two hits are acceptable as well. Punching, hitting, setting and bumping are all allowed hits in Spikeball however carrying the ball is not.

Step 4 Scoring

Points are rewarded in Spikeball the same was as volleyball. Games are played to 21 points with the rule of having to win by two points. For a team to get a point they do not have to be serving the ball, therefore points are awarded on every serve. Points are awarded when the ball hits the ground, as stated above, and for other reasons as well. For example, if the ball hits the outside of the net on the circular plastic it is considered hitting the "rim" or the "pipe." In this instance a point is rewarded to the other team. Another way to give points to the other team is to hit the ball on the edge of the net and pipe, in the part called the "pocket."

Step 5: Playing Techniques

Here are a few tips and techniques to add to the intensity and skill of the game. Some things players do not know when playing Spikeball is that they are allowed to move around the net once the ball is in play. When a point is scored they must return back to their position across from their opponent but are not required to stay there once the ball is served again. This is advantageous because if opponents try to spike the ball in a direction away from you, then you are able to move to try and keep the volley alive. It is also helpful to note where your opponents are positioned. If they are positioned far from the net, then spike it softly so they might not be able to get to it. If they are close to the net then try the opposite, spiking the ball harder in an attempt to get the ball over them to win a point.



Cheap Version:

<https://amzn.to/2ptHhna>

Kan Jam

You and a partner stand at opposite Kans (which are placed 50 feet apart in regulation play) and alternate throwing and deflecting the disc. Essentially, you and a partner work together to get the disc to do one of three things: hit the kan, go inside of the kan through the top opening or, best of all, go through the Kan's slot opening for an Instant Win. One player throws the disc toward the kan and the other can redirect it.

Video to make your own: <https://bit.ly/325CC8r>

Buy online: <https://amzn.to/2WtsOE0>



Floating Cups

Materials:

- 2 Red Solo Cups
- Masking Tape
- Rubber bands

Instructions:

1. Tape cups together at bottom
2. Attach the rubber bands together to make one long rubberband
3. Wrap the rubberband around the cup so that when you sling it, it will force the cup to spin
4. Slingshot the cup

Video Instructions: <https://bit.ly/2N4f0fZ>



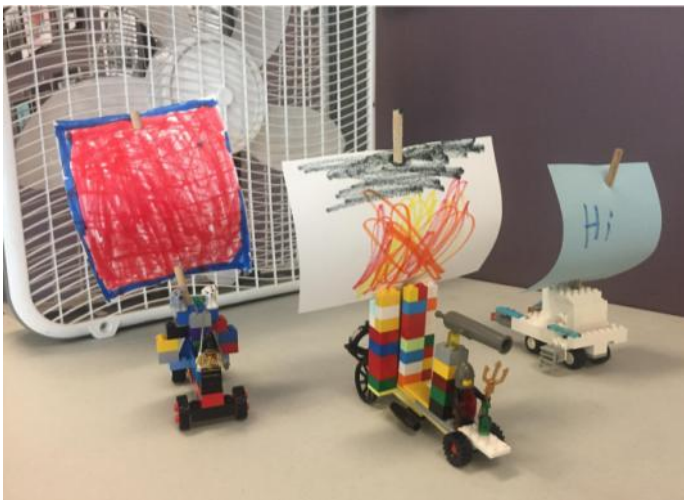
Wind Racers

Materials:

- Legos
- Lego Car base
- Paper
- Skewer or small Dowel Rod
- Masking Tape
- Fan
- Markers or Colored Pencils

Activity:

1. Build a car out of the Legos
2. Color the paper for your sail
3. Put 2 holes in the paper on opposite ends to attach skewer to
4. Tape skewer to car
5. Use the fan and see whose car is the fastest



Air Rockets

Materials:

- cardstock paper
 - 1/2 sheet cut long way
 - 1/4 sheet (2 needed)
- 2 Liter Bottle
- 1/2 inch PVC Pipe
 - 3 foot for bottle end
 - 3 foot for launcher
 - several 1 foot pieces to use as a guide for rockets
- 45 Degree angle PVC connector
- 2 foot long 2x6 board
- 2 metal pipe straps



To Build: Rockets:

1. Use the spare PVC pieces to roll up 1/2 sheet of cardstock and then tape. (you do not need the PVC pipe anymore)
2. Use 1 of the 1/4 sheets to make a nose cone and taping to one end of rocket
3. Use the other 1/4 sheet and cut to make Right Triangle fins and tape to opposite end (4 fins is best)

To Launch Rockets:

1. connect and glue both of the 3 foot long PVC pipes together with 45 degree connector
2. Using the pipe straps, attach one of the 3 foot pipes to the board for stability
3. Set the board down and put the 2 litter bottle on the overlapping PVC attached to board
4. Place the rocket on the pvc sticking up
5. Step on bottle hard to launch rocket!

Mini Rockets

Materials:

- Film Canister
- Water
- Alka-Seltzer Tablets

Activity:

1. Half Fill the Canister with Water
2. Drop one tablet in the canister and quickly put the lid on
3. Set it on the table upside down
4. Step back and wait

Optional:

- add paper rocket body and nosecone and fins for a better flight



Dry Ice Bubbles

Materials:

- Large Glass Mixing bowl 3/4 full of warm water
- Food Coloring
- Dry Ice
- Small cup
- Liquid Dish Soap
- Long piece of cotton fabric

How to do it:

1. Put a few droplets of food coloring in water
2. Put a piece of Dry ice in the bowl
3. Then in a small cup mix liquid soap and a bit of water
4. Place the piece of fabric in the soapy water
5. Run it over the top of the Dry ice mixture to create a bubble film that will then fill with dry ice "smoke"



Marble Run

Materials:

- Peg board
- Several Pegs (small dowel rod to fit in peg board)
- Several Rubber bands
- Marble

Activity:

- Put the pegs in spots on the peg board and stretch the rubber bands between them to create a track
- Race your marble down the track

Tip:

- Don't forget to add rubber band walls on side to protect the marble from escaping



Solar Oven Smores

Materials:

- Cardboard Pizza Box
- Scissors or Box Cutter
- Aluminum Foil
- Clear Tape
- Black Construction Paper
- Plastic Warp
- Glue
- Pie Plate
- Smores Ingredients (Graham Cracker, Chocolate, Marshmallow)



Instructions:

1. Open up the Pizza box and glue the black paper to the bottom
2. With the Pizza Box together and closed, cut a "door" out of the top lid. About 1" from sides
3. Make a crease along top flap, so that the "door" can stay open
4. Attach Aluminum foil to the top flap so it will reflect down onto the pizza box
5. Set pie plate and Smores Ingredients inside
6. Cover them by wrapping Plastic wrap over (helps keep hot air inside)
7. Set in the sun (make sure the foil is reflecting the sun down onto the Marshmallows)
8. Takes about 2 hours for marshmallows to become gooey

Bubble Machine

Materials

- 50 Gallon Plastic Trashcan
- Towel
- Straps
- Leaf Blower
- Vacuum Tube
- Water
- Dawn Dish Soap

Setup

- Tape vacuum tube to end of leaf blower
- Cut hole towards top of trashcan large enough for tube to fit in
- Put tube in hole and duct tape around (make sure end of tube end up toward bottom of can)
- Fill 3/4 with water
- Dump in entire dish soap bottle
- Wet towel and use as lid for trashcan. Be sure to tape or strap down so it won't fly off
- Turn on leaf blower and wait as the bubbles start coming out of top.
- Refill water when bubbles slow down



Slack Line

Materials

- Slack Line - Buy Here: <https://rb.gy/nO6etj>
- 2 trees

Setup

- Attach Slack line and tighten between 2 trees
- Attach optional hand line if desired

Play

- Practice Tight rope walking
- Jump like a trampoline
- Do somersaults
- Sit on
- Lay on
- Tons of cool ideas online



Scatterball

Materials

- Several Gatorskin ball (you will need more with the more people you have) - Buy here: <https://rb.gy/93eqrs>

Play

- Have everyone pick a spot and sit down
- Chuck gatorballs around field randomly
- Upon Go, everyone gets up and goes after a ball.
- If you have a ball, you can't walk/move, you must remain in your spot
- The goal is to hit everyone and get them out
- Like dodgeball, if you catch it, the thrower is out
- When you are out, you sit down, but keep and eye on the person who got you out, because once they are out, you are back in
- The only way to win is to get EVERYONE out



NO PROP GAMES

CAMPFESSION
I HUM THE TUNE OF (INSERT
CAMP SONG OF THE YEAR)
CONSTANTLY!

Using No Prop Games successfully is similar to being able to tell a good story: you need to know your audience, delivery is everything, and good stories build up intensity as they go along. And props never hurt if you have them...

Build in intensity. A general rule of thumb is to start with activities with limited movement, minimal physical contact, and most simple of rules, and progressively increase each of those factors. For example, start with a simple name game, then a common ground activity, and then a more

active game that has some physical contact (ie, "high fives" or holding hands), and possibly an activity that has lots of motion. Generally, with youth you can move pretty quickly into highly active, or silly games that get everyone laughing. You can always tell how things are going by the level of conversation and laughter.

Participate enthusiastically. The whole point of name games and ice breakers is to help participants break down barriers, learn something about the others in the group, and most of all... have fun. Be sure to play an active role in the game, as it is important that the campers learn something about you as well. This goes equally as well for corporate or youth groups, too!

Use fun props. Buy rubber chickens, silly rubber faces, fun stuffed animals, or other objects that create laughter or interest by themselves. Whenever possible, use these props in place of tennis balls, or whatever standard objects you might use. If you don't have any, don't worry, the activities are fun enough, fun props are just a bonus!

Use activities that use the same prop (or maybe none at all). For example, you may not always have a tennis ball handy for a name toss. So, instead of tossing an object, use high fives, or winks, etc. You might only have a tennis ball rattling around in your trunk, so learn five or so games that you can use with just a ball.

Egg Chicken Dinosaur

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.

Fast 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.

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



CAMPFESSION
GERMS DON'T EXIST AT
CAMP!

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

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.

This 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.

Photobombers

Explain to your cabin that they are going to attempt to photobomb as many pictures as they can without people knowing.

Champion RPS

- This is a fun, light-hearted, competitive (and noisy) activity.
- Ask everyone to find a partner and play Rock, Paper, Scissors.
- The person who wins the match advances,
- the person who lost joins the winner's "team" as an enthusiastic fan and cheerleader.
- Winners continue to play by finding another undefeated participant to play against, while their growing fan bases cheer them on.

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)

About Face

Objective: To get to a new spot in the circle without getting caught in the middle

Description:

- Have the players stand in a circle, with a player or leader in the center. Instruct every other player to face outward so half the group is facing into the circle and half are facing out. Have all the players in the circle hold hands
- Tell the person in the center to yell out a color. Tell the players facing into the circle who are wearing that color to drop hands, run to a vacant spot in the circle, and join hands again. The vacant spots are marked by the players facing outward who don't run. Tell players that it's the goal of the person in the center to jump into a vacant spot, leaving another player in the center.
- Explain that every time a new player enters the center, he will say "About-face!" as a signal for all the players in the circle to turn to face the opposite direction. Then, instruct the new center person to yell out a color, and play will begin again.
- The person in the center can use any number of categories, such as birth months, states they've visited, years in school, eye color, etc

Other Ideas

Other Great Ideas from Rec Heads & Camp Nerds Podcasts

- Grog Game (Episode 44: Slump Busters Part 1)
- Stump the Counselor Game (Episode 30: Time Fillers)
- Black Magic Game (Episode 30: Time Fillers)
- Four is the Magic Number (Episode 30: Time Fillers)
- Secret Society Games (Episode 30: Time Fillers)



TEAMBUILDING

CAMPFESSION

PEOPLE GIVE ME WEIRD
LOOKS WHEN I USE CAMP
SLANG IN THE REAL WORLD

Cup Contraptions

You will need:

- 6 cups: Cup size is up to you. I use Red Solo Cups (but in all the fun different colors)
- Cup Carrying Device. - it's a rubber band hair tie with multiple strings coming out. (see picture on right)

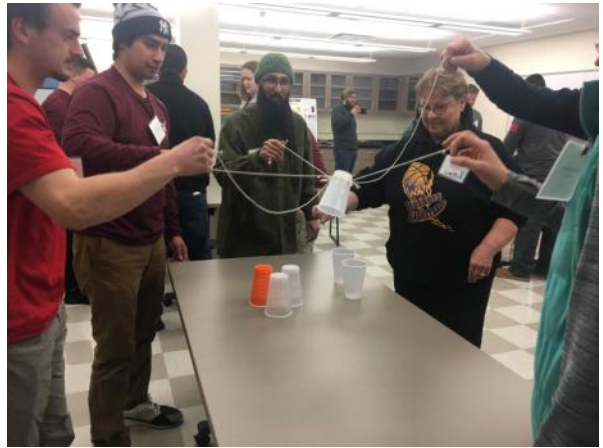


To Play:

- Everyone on team holds one string (at the end) with one hand
- No one can touch the cups, only the Cup Carrying Device.
- Level 1: Unstack the Cups - All 6 cups will be stacked together (like how they come in a bag) and your group must get each one unstacked



- Level 2: Flip Over - Now that they are unstacked, you must flip them each over (like a normal cup)
- Level 3: Make a Pyramid - Cups must now be stacked with 3 on bottom, 2 in middle, and 1 on top



- Level 4: Tall Tower - stack your cups into 1 single tall tower.

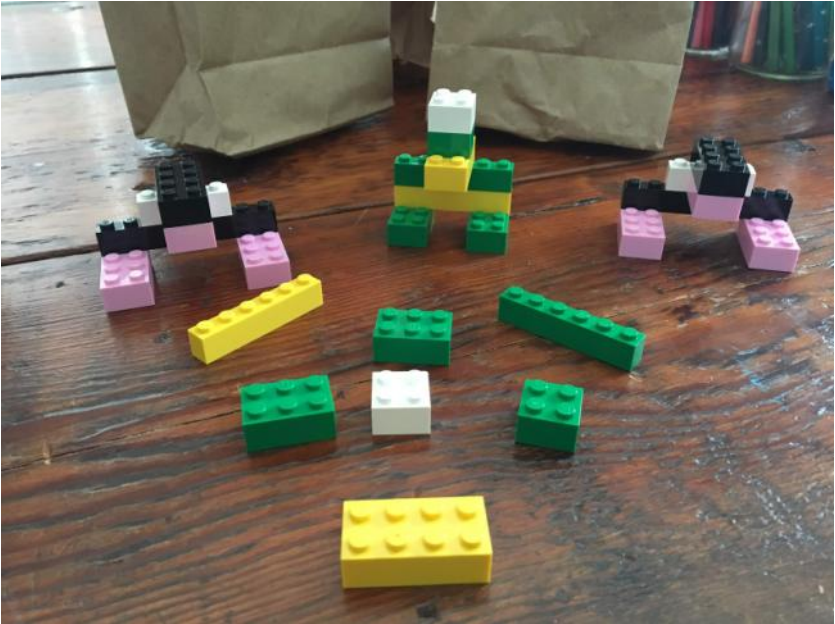
- Level 5: - Transport - Flip a cup so that it's upside down, have 1 person use their hand to put a ping pong ball on top

(which is actually the bottom of the cup), and now the whole team must use the contraption to pick up the cup and walk around the room before dumping it into one of the empty cups on the table. (the more obstacles you can make them climb over, the more fun it is!)

Team Legoing

You will need:

- 2 exact sets of legos per team. 1 set will be put together in some fashion in a box, or paperbag (somewhere it can be hidden from other) while the other is all separate pieces on the table



To Play:

- 3 people per team
- 1 person gets the bag and can see the assembled lego, but has his back to everyone else.
- Middle person can see 3rd person and what he

is doing, but cannot see the assembled lego. He also cannot touch any of the legos.

- 3rd person is blindfolded and cannot see anyone, but is in charge of assembling the separated pieces to look like what's in the bag. He will be aided by the voice of the middle person



- 1 person does his best to describe the assembled piece to middle guy (knowing that specific colors are important in certain spots)
- Middle person will tell 3rd guy which ones to pick up and how to piece them together.

Key Punch

You will need:

- 1 suit of cards spread out on table

To Play:

- 3 people per team
- Can only use index finger on dominate hand
- Must, in turn, touch each of the cards in determined order. (numerical, odds, evens, backwards, etc)

Variations:

- add another suit and then make sure you don't cross over suits
- Attempt to beat your "high score" time each time
- Use poems, Bible verses, planets, etc instead of cards



52 Card Pickup

Materials:

You need a deck of playing cards with specific 'jobs' written on them. Preferably the jobs are written or printed on the back side of the playing card, not the side with the number and suit. You need one deck of cards for every 10 players. Place all 52 cards with the playing card side face up on the floor or table top. You will need lots of space for participants to move around and perform various tasks.

Instructions for Players:

"The next game we are going to play is called 52 Card Pick Up. (wait for the groan...) How many of you remember this game as a kid? Not such a fun game, right? Well I'm happy to report that the rules have changed for that age-old game. Here are the new rules for 52 Card Pick Up. You can see that there is a full deck of cards scattered about here on the floor. On the other side of these cards there is a 'job' that you have to do. In a minute when we start the game, each person will come forward and pick up a card and read the job on the back side of the card that needs to be completed. Whatever is written on that card is for your eyes only. You cannot show your card to other participants, and you may not tell others what your job is. Some of the jobs can be done all by yourself. Other jobs may need assistance from others on your team, however you can't tell anyone what you are doing. As soon as you have finished your job to the best of your ability within the confines of this room, you may pick up another card and move onto the next job. The game is over when your team has picked up and completed all 52 jobs in the deck. Now, because I'm a big believer in Challenge By Choice, if you pick up a job and it pushes you a little too far outside of your comfort zone, you may put that job back down. But recognize that someone on your team will have to complete that job because the name of the game is 52 Card Pick Up, not 51 Card Pick Up. Are there any questions? (pause) Let's begin!"

Debriefing:

Have everyone sit in a circle and talk about some of the things each had to do. Then pause them to discuss. Many participants will be surprised at all of the things that happened that they did not even see!

- How does this relate back to the real world? Depending on the specific outcomes and needs of the group, this is where I talk about specific be-

- How does this relate back to the real world? Depending on the specific outcomes and needs of the group, this is where I talk about specific behaviors that came up in the different jobs they performed, and how they relate to this specific group.
- How is this activity like everyday life?
- How are the behaviors demonstrated in this activity like interacting in a group setting?
- Each behavior demonstrated in this activity could relate to a behavior in the real world. Which ones do you think pop up in your day to day?
- How many of you were surprised to hear some of the jobs that were done? Why do you think you missed them?
- Do you ever have to put your own needs on hold in order to help out another person? Give an example.
- Were you so busy doing your job that you completely missed the other things that were going on?
- There was someone who had to shake for 60 seconds, What if this person was having an epileptic seizure only 5 feet away from you and you were too busy to notice?
- There are always things going on that you have NO IDEA about

After I have finished with a few initial questions, I then let the group do a small group debrief. Now that they have new information to process, and realize that this is so much more than a silly icebreaker game, it's good to give them a little time to process how this relates back to the real world. After about 5 minutes of small group process, I then open it back up and ask them to explain different ways they see this relating back to the real world.

Memory Test

Instructions:

Instruct participants that they need to listen to a list of words, then try and recall every word that is said. Read off the following list of 17 words in order, do not change the sequence. One word is repeated 3 times.

- | | | |
|-------------|---------------|------------|
| 1. Dream | 7. Nod | 13. Night |
| 2. Sleep | 8. Tired | 14. Alarm |
| 3. Night | 9. Night | 15. Nap |
| 4. Mattress | 10. Artichoke | 16. Snore |
| 5. Snooze | 11. Insomnia | 17. Pillow |
| 6. Sheet | 12. Blanket | |

Debriefing:

1st and Last Word:

- Ask participants if they got Dream and Pillow. They are the first and last things you said. Participants will remember the first thing you say and the last thing you say

Surprise effect:

- Artichoke. Almost everyone will get this. People remember surprise. Throw in something different here and there. It could be the way you say something (change your tone, enunciate a key word, throw in a joke)

Repetition effect:

- Ask if they got the word "Night". It was repeated three times. Repeat really important directions multiple times.

False-memory effect:

- Ask if they got the word "bed". It was not a word. People will fill in the gaps with associated things. If someone is uncertain of a rule or direction, they will fill in with something similar.

Giant Tangrams

Materials Needed:

- 4x4 sheet of plywood
- Jigsaw
- Paint

Directions:

Step 1: Measure the center point of each of the four sides, and make a tick mark in pen.

Step 2: Draw a line connecting the top-center point with the left-center point.

Step 3: Draw a large X, from corner to corner, separating the square into four equal triangles.

Step 4: Measure the center point of each of the four arms of the X. Make tick marks in pen.

Step 5: Draw a line connecting the left-center point to the center of the bottom-left arm of the X. You should now have a diamond shape within the cardboard square.

Step 6: Draw a line connecting the center of the top-right arm of the X to the center of the top-left arm of the X.

Step 7: Using a jigsaw, cut along the lines as shown in the photo. The two triangles in the top left should be combined into one larger triangle. You should have 7 pieces in total.

Step 8: Paint the board different colors

Step 9: Get puzzle cards or download these from online:
<https://bit.ly/2ptvxRK>



Escape Box

Materials Needed:

- 9 or 12 Cube organizer (buy a sturdy one)
- Caster Wheels to support the weight of the organizer
- Shelving material (or just plywood)
- 24 Hinges
- 12 Cabinet Magnets
- 12 Door/Drawer Knobs
- 9 or 12 Padlock Hasps
- various master locks
- Puzzles and Games
- Thermostat Lock Box
- Kitchen Timer

Directions:

Step 1: Attach Caster Wheels to bottom of organizer so it can roll around

Step 2: Cut Shelving material to fit each cube as a door

Step 3: Attach doors to each cube with hinges

Step 4: Attach Cabinet Magnets to each door and organizer so that it has a Stopping point

Step 5: Attach Door Knobs to each door

Step 6: Attach Hasps to each door and organizer

Step 7: Choose puzzles for each door to unlock the next door. Plan according to the master locks you wish to use.

Step 8: attach Thermostat Lock Box to top and put kitchen timer in. The last door should hold the key for the lock box

Optional:

- Paint numbers on each door and label each of the puzzle for easy clean up

- Put puzzles in removable storage boxes so you can change out easily
- Attach a storage box to top to put instructions, spare keys for you, and cheat sheet for you
- use another sheet of plywood for back of organizer instead of the cheap cardboard

Escape Room event: scamp-life.com

Great Book for Puzzle Ideas:

<https://bit.ly/2WCqpqI>



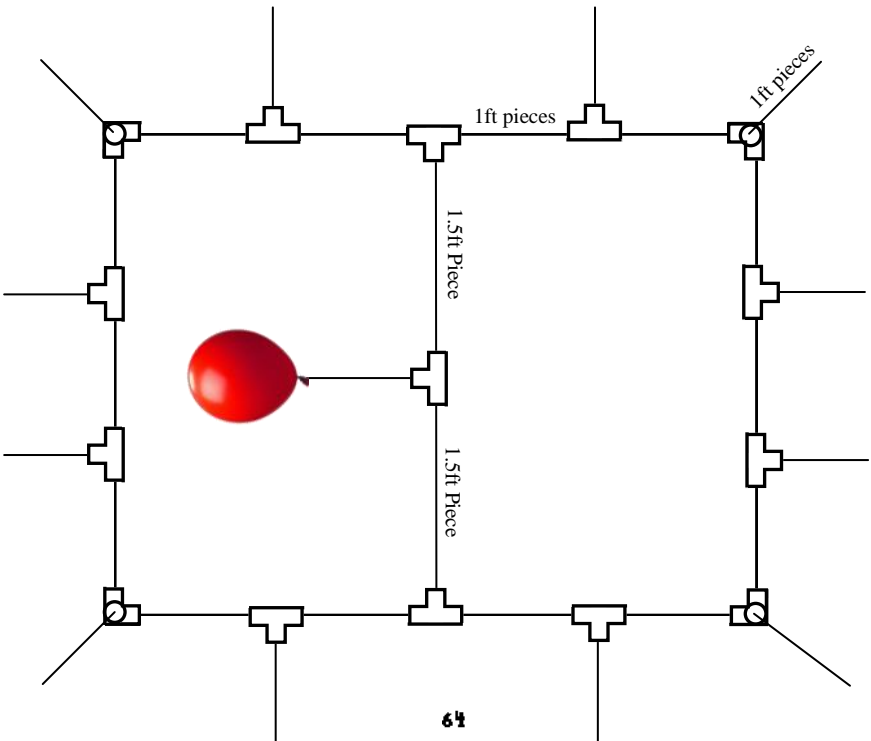
PVC Balloon Pop

Materials:

- 1ft pieces of 1/2" PVC Pipe (25 per team)
- 1.5 ft pieces of 1/2" PVC Pipe (2 per team)
- 11 Three-opening connectors
- 4 Side Outlet Elbow connectors
- Balloon

To Play:

- Connect the pieces as show below
- Put the balloon on the middle pipe and everyone else blows in the other pipes to blow up the balloon and pop it



Egg Drop

Materials:

- Plastic Drinking Straws (20 for each team)
- Masking Tape (30" for each team)
- Raw Egg (1 for each team)
- Scissors (1 for each team)
- Tarp or place outside for the mess

Activity:

- The task is to design a delivery system that will protect the raw egg dropped from a predetermined height
- You can only use the straws and tape
- Give each team about 45min to design and build
- Everyone gets to watch each egg be dropped, but no one can change or add to their design after the 45 min.
- Printable Recording Sheet: <https://bit.ly/2po37sw>



PVC Games

Materials:

- 1/2" PVC (50 random Pipes and Connectors)

Activities:

X Marks the Spot!

Using as many parts as necessary, create a continuous connection between each of the X's marked with masking tape on the floor, walls, or even the ceiling. For added complexity, the pvc tubing may only touch the floor at the X's.

Blind Artist

Have one team assemble about 15 pieces of their kit into some shape, and then have another group (wearing blindfolds) attempt to reconstruct a similar shape with their own pieces, using only their sense of touch to identify which pieces have been used in the original design.

Tallest Tower

Using any 10 (or 20 or 30 pieces) create the tallest tower possible, with only 3 points of contact with the floor. If you are limited by vertical ceiling height, require each tower to hold something (like a roll of duct tape) at the top. This added weight will require a shorter, stronger tower. For a final test of the engineering of this tower, use an electric room fan to see which towers can hold up to a strong Wind.

Human Arch

Using the least number of pieces possible, create an arch, so that all members of the team can easily walk through the arch, Without bending over.

The Bridge

Using all the pieces, construct the longest bridge-like shape possible, with no more than 3 PVC pieces touching the floor. Or, for a more complicated bridge, place two tables 10 feet apart, and now construct a bridge that touches both tables, and supports the weight of a book, basketball or other useful object.

Jump Ball

Create a human-looking basketball player (complete with feet, legs, body, arms and head). The sculpture with the tallest vertical reach wins the jump ball.

Statue

Create a variety of human or animal shapes (sitting, running, riding a horse, lying down, standing at attention, swimming, surfing, cycling, throwing a boomerang, cooking an omelet, throwing a baseball, etc.

PVC Christmas Tree and Ornaments

An activity for young children. Have team members create an ornamental tree, complete with branches, and then decorate with ornaments and a star.

The Box

Use as many parts as necessary to construct a box around some unusually shaped object (such as a rocking chair, stuffed animal, tent, etc.)

The Book of Knowledge

Build the tallest "table" possible that will hold a large book at the top.

The Network

Possibly one of the most difficult team activities. Using all the PVC tubes and connectors, create a single, interconnected shape with the tubes, so that no openings are left (i.e. each tube will be capped by two connectors, and each connector will have a tube in each opening, and the whole shape will be connected together). It is moderately difficult to create a 3-D shape that will accomplish this task, it is even more difficult to create a 2-D (i.e. flat on the floor) shape that accomplishes this task. For a still harder version, once connectors and tubes are assembled, each connection is permanent - this should invoke the need for some advanced planning.

The Goal Post

Construct a football style goal post, or a soccer goal, or a basketball hoop and stand, and then launch a balloon or light-weight ball towards the goal.

Spelling Bee

Using as many pieces as possible, construct letters of the alphabet. Then once all available parts have been turned into letters, use these letters to spell as many words as possible.

Two Way Bridge

With two groups (and two kits), begin this activity by locating each group on the opposite side of a folding wall, divider, or curtain, so that they may talk to each other, but not see what the other group is creating. Now have each group build one half of a bridge structure, so that when the divider or curtain is removed, the bridge will exactly come together. This task requires a bit of patience, and clear communication.

A Tree in the Forest

Using only 10 parts (tubing and connectors) create the tallest "tree" possible. Trees compete for sunlight and water, and must withstand wind to survive in a mature forest.

Bullseye

Place an archery or BB gun target on the floor about 12 feet in front of a boundary line. Using one bag of PVC Tubes, the team must create a device to place the PVC cap exactly in the center of the target, Without stepping over the line.

Furniture Infomercial

Construct the perfect piece of outdoor furniture, filled with special features, and perhaps some optional equipment, and create a 1 minute infomercial to sell your product on the cable shopping network. Don't forget to mention the price, the selling features and the website address of your furniture company.

Limbo

Construct a long pole and two identical height stands, add music, and measure the lowest level that all members of the team can successfully pass.

Narrow Passage (3-D Spider Web)

Using as many pieces as possible, construct a three dimensional "box" through which all members of the team must pass, Without touching any of the PVC on the way. Team members must be in contact with at least one other person while passing through the "box."

Sunny Side Up

Materials:

- Tarp
- Tennis Ball

Activity:

Participants use a standard plastic tarp or table cloth to toss a tennis ball into the air, turn over the tarp, and catch the ball on the way back down. Timing, teamwork, communication and problem solving are all required to do this successfully

Water Tube

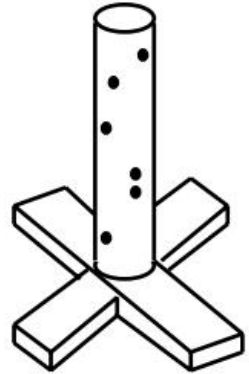
Materials:

- A tall PVC tube filled with 15-20 holes of various sizes, and a 2X4 wooden base.

The Challenge:

- For the group to cooperatively recover the tennis ball, without inverting the tube, using the available resources. This activity is especially useful if the weather is hot, and is definitely an outdoor activity. Using any available resources (which may include a local source of water, hula hoops, buckets or plastic cups, etc.) the group needs to recover the tennis ball

(or other objects) dropped into the bottom of each water tube. Most groups attempt to "float" the ball to the surface, by pouring in water, and plugging the holes with their fingers or hands. .



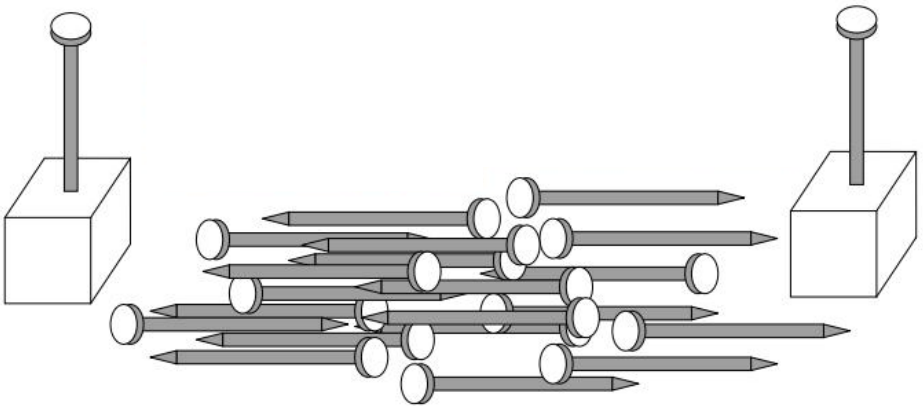
Nail Puzzle

Materials:

- 16P nail lightly pounded into a 1 inch x 1 inch x 1 inch cube of wood (2 of these)
- 20 more nails free

Activity:

- Now place these two blocks 7 to 10 inches apart.
- Place 20 more nails in the space between the two cubes.
- The goal is now to create a bridge between the two nail heads, using the 20 extra nails, so that the bridge nails touch only the heads of the two tower nails, and not the wooden cubes or the table surface.



Tennis Ball Traverse

Materials:

- 2" metal O-Ring (3 total)
- 10ft Paracord strand (30 total)
- Tennis Ball (3 total)
- Foot long 1 1/4 pvc pipe (3 total)
- 1 1/4 Socket PVC Flange (3 total)
- 1 1/4 pvc pipe to make Candelabra

Setup:

1. Tie 10 paracord strands onto o-ring
2. Tie a knot in each strand opposite o-ring (about 6in in)
3. Put foot long pvc in flanges and make 3 Golf Tees
4. Put o-ring over Golf Tee and spread out paracord strands
5. Place tennis ball onto of each tee
6. Have each person grab a strand (behind the knot)
7. Start the Activity

Round 1: The goal is to just lift the tennis ball off the Tee and place back down

Round 2: The goal is to lift the ball, rotate the entire group and place back down (at the same time as the other teams)

Round 3: The goal is to lift the ball, switch to another groups Tee and place back down (at the same time as the other teams)

Round 4: (requires the Candelabra) The goal is to lift the ball and place on one of the spots on the candelabra (at the same time as the other teams)

Ricochet Ball

Materials:

- 1 Ricochet Ball - Buy online here:
<https://rb.gy/g8iutz>

Play:

1. Stand in circle
2. First person tosses ball up in air to bounce in middle of circle
3. Someone catches it after bounce and then they toss up in air to bounce in middle of circle. Once they toss, they exit the circle
4. Repeat step three until there is only 1 person left
5. If ball is dropped or not caught, everyone is back in

Optional:

- Book with tons of other games to do with the ball:
<https://rb.gy/dgpia2>

Vertical Golf Maze

Materials:

- 2 1/2 in plywood pieces size: 2ft by 4ft
- Paracord
- Golf ball
- Drill hole cutter (larger than golf ball)
- 2x4 piece that is 2ft long
- 8 eye-bolts
- 4 weed eater handles
- 2 Golf balls

Setup:

- Cut 2x4 into 1 ft pieces, cut a u-shape out of middle
- Attach 1 eye bolt on both sides of u
- Drill Cut random holes on the plywood
- Draw a path/maze to follow
- Attach 1 eye bolt on top left and right of plywood
- Tie paracord to u shape board, then run through eye bolts on plywood and then attach handles to each end

Play:

- Set golf ball in u-shape
- 1 person holds each handle and attempts to get golf ball through maze without it falling in hole



ICEBREAKERS

CAMPFESSION

I PLAN ON MAKING MY
FUTURE CHILDREN SING "ALIVE,
AWAKE, ALERT, ENTHUSIASTIC"
EVERY MORNING

Peek a Who

You will need:

- Large tarp or blanket

To Play:

- Split into 2 teams
- Teams will line up at opposite ends of room.
- Raise the blanket between them so they cannot see the opposing team
- 1 person will come up from each side.
- Drop the blanket.
- Whoever says the other persons name first wins and goes back to team. Loser joins the winners team

Variations:

- Use after an Icebreaker game that they all shared their favorite "something", so instead of saying the other person's name, they would have to say that favorite "something"!

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

Teamwork & Teamplay Cards

- Buy Cards here:
shorturl.at/mJNY2
- Pass out Cards
- Tell everyone they are going to be choosing 1 of the 4 questions on their cards to ask another person.
- They will pair up by lifting their card in the air and finding another person with their card in the air
- After they ask ONLY 1 question, they will switch cards, lift it in the air, and find another partner to do it again

Extra:

- there are TONS of games to do with these cards!

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

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

Bunk Mates Forever

Materials

Pen

Blank Index Cards

Activity

- Everyone in the cabin receives 5 blank index cards in order to write one question on each card. The purpose of the question is to get to know each camper better.
- Example Questions:
 - What's your favorite movie?
 - What's your fav food?
 - What do you do during your free time?
 - If you had an extra \$500, what would you spend it on?
 - If you could give \$1000 to any charity, which one would it be?
- Everyone sits in a circle in the cabin and puts the stack of questions in the middle of the circle.
- The first camper, Susie, picks a card and reads it aloud. All the campers write down the answer they think Susie will give. Susie writes down her answer without sharing it. Whenever everyone finishes guessing, Susie shows her answer. Anyone who guessed correctly, gets a point.
- The activity continues until everyone gets a chance to read out a question or you are out of questions.

Discussion Questions After

- Why do people ask questions? Can people get to know one another without asking a single question? Why or why not?
- In general, do people enjoy answering personal questions? Why or why not?
- Is there an important question we should ask our cabin mates? Friends? Family? (do you know the way to heaven)
- Share that now

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 icebreaker, 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....



MISC

CAMPFESSION

SKITS ARE JUST AN EXCUSE
FOR STAFF TO DUMP WATER
ON EACH OTHER OR
THEMSELVES

Books

[50 Ways to Use Your Noodle](#) - by Chris Cavert & Sam Sikes
Ideas for activities with a fun noodle

[50 More Ways to Use Your Noodle](#) - by Chris Cavert & Sam Sikes
A Second book of Ideas for activities with a fun noodle

[Chicken and Noodle Games](#) - by John Byl
Ideas for activities with a fun noodle and a rubber chicken

[Affordable Portables](#) - by Chris Cavert
Cheap and Portable Team Building Activities

[Book of Raccoon Circles](#) - by Jim Cain
Teambuilding activities using just a rope

[101 Icebreakers](#) - by Gary Miller & Heather Horn
Big list of ideas for Icebreakers

[Over 600 Icebreakers & Games](#) - by Jennifer Carter
Ideas for Games and Icebreakers with little to no props

[Making Fun out of Nothing at All](#) - by Anthony Burcher & Mike Burcher
Games and Activities that require no props

[On the Spot: No Prep Games for Youth Ministry](#) - by Group
Easy, Zero-Prep Games

[Portable Teambuilding Activities](#) - by Chris Cavert
Teambuilding Games that are easily portable

[Teambuilding with Index Cards](#) - by Jim Cain
180 activities using simple props

[Rope Games](#) - by Jim Cain
Teambuilding games using Rope

[Find Something to Do](#) - by Jim Cain
No Prop Activities

[Teambuilding Puzzles](#) - by Mike Anderson, Jim Cain, & Chris Cavert
100 puzzles and activities for teachable moments

Websites

[Pinterest](https://www.pinterest.com/chriskalla) - www.pinterest.com/chriskalla

Free to set up. Pin great ideas to your own boards. Follow me at:

[Summer Camp Programming](https://www.summercamppro.com) - [summercamppro.com](https://www.summercamppro.com)

All about summer Camp Programming. Some ideas are free, some cost. You can get involved in Round Tables and then get all the info from them free.

[Camp Group on Facebook](https://www.facebook.com/groups/camppros/) -

<https://www.facebook.com/groups/camppros/>

Over 9,000 members. Great for questions or ideas. Can post a question or search the page. Also has lots of files to download

[Patchwork Marketplace](https://www.patchworkmarketplace.com) - [patchworkmarketplace.com](https://www.patchworkmarketplace.com)

Essentially a teachers pay teachers site. You can upload your own ideas or download others for a cost. Every Tuesday they upload 3 new "free ideas for the week"

[Youth Group Games](https://www.campgames.org) - www.campgames.org

Gobs of games listed alphabetically. Also each game is rated to help determine if you want to check it out or not

[Youth Work Practice](https://www.youthwork-practice.com) - www.youthwork-practice.com

Huge amount of Youth Resources, games, crafts, and ideas for Youth Workers

[Playmeo](https://www.playmeo.com) - www.playmeo.com

Search games based on who you are and what you want your group to do. Easy to use and activities are rated to help determine awesomeness.

[Fun Doing](https://www.fundoing.com) - www.fundoing.com

Huge collection of games and resources for teambuilding

[Training Wheels](https://www.training-wheels.com) - [training-wheels.com](https://www.training-wheels.com)

Online Games Database, Training Seminars, and store for Teambuilding

[Youth Downloads](http://youthdownloads.com/games) - youthdownloads.com/games

Lots of great game ideas that take little to no props.

[Summer Camp Programming Podcast](http://summercamppro.com/scp-pod) - summercamppro.com/scp-pod

Chris and Curts podcast full of great ideas

[Games of Yesteryear](http://jeusdautrefois.free.fr) - jeusdautrefois.free.fr

Page is in French so make sure you use Google Chrome so it will translate. This page has tons of cool games for Gamerooms that someone handy can look at and build for your camp

[King of Random](http://thekingofrandom.com) - thekingofrandom.com

Youtube video instructions on how to make some pretty awesome things for your camp

[Download Youth Ministry](http://www.downloadyouthministry.com) - www.downloadyouthministry.com

Powerpoint games and lessons for youth

[Teamwork & Teamplay](http://teamworkandteamplay.com) - teamworkandteamplay.com

Jim Cain's site of ideas, equipment, trainings, and info for Teambuilding

Apps

[Group Games Database](#) - Connected PE Pty Ltd

Cost: Free

Easy reference guide to a ton of games for teambuilding

[Icebreakers](#) - Business Success Pty Ltd

Cost: Free

Ton of Icebreaker ideas

[SloPro](#) - Sand Mountain Studios

Cost: Free

Ability to slo mo videos to 1000fps



RANDOM PICS

CAMPFESSION

CAMP FASHION IS A MIX
BETWEEN CONSTRUCTIONS
WORKERS AND HIPPIES



**Zipline
Racers**







HOVERCRAFT SCIENCE EXPERIMENT



Balloon Rockets



Other Books by Chris & Carrie

Steal This: Ideas of Awesomeness

(Updated: December 2018)

ST: Ideas for Outdoor Ed & STEMiness

(Updated: October 2019)

ST: 50 Ways to Be Awesome

(Updated: November 2019)

ST: Ideas of Portableness

(Updated: October 2019)

ST: Ideas of Contemporary Craftiness

(Updated: February 2020)

ST: Ideas of Virtualness

(Updated: May 2020)

ST: Ideas for Time Fillers & Brain Breakiness

(Updated: August 2020)

ST: Ideas of Camp Boxiness

(Updated: April 2021)

ST: Ideas During Covidness

(Updated: April 2021)

ST: Ideas of Social Distancedness

(Updated: May 2021)

ST: Ideas for Escape Rooms & Puzzleness

(Updated: October 2021)

ST: Ideas of Teambuildingness

(Updated: October 2022)

ST: The BIG Book of Awesomeness

(Updated: February 2023)

ST: Ideas of Games & Funness

(Updated: October 2023)

ST: Ideas of CAFÉ Bagginess

(Updated: October 2023)

ST: 25 Rules for Unparalleled Hospitalityness

(Updated: February 2025)

ST: Ideas for Camp Board Greatness

(Updated: July 2025)

ST: Ideas of Parenting Awesomeness

(Updated: August 2025)

ST: 50 Ideas for Retreat Awesomeness

(Updated: December 2025)

ST: Ideas of Staff Training Greatness

(Updated: January 2026)

Princess Diary: Devos for Girls

(Updated: October 2021)

Man Book: Devos for Boys

(Updated: October 2021)

Church Notes Vol 1-4

(Updated: October 2022)

Coming Soon (whenever they get time to write)

Steal This: Ideas for Fun Fundraisingness

Steal This: Ideas of Successful Marketingness

Steal This: Ideas for Waterfront Awesomeness

Steal This: Ideas for Nighttime Funness

Steal This: Ideas of Rainy-Day Campiness



STEALTHISSTUFF.COM