



THE BIG BOOK

A GUIDE FOR RECREATION PROGRAM PLANNING

2022 EDITION



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Schedule Outline - Week 1, Day 1

Time	Activity Type	Activity
9:00am (20 mins)	Opening activity/Make friends	A great wind blows
9:20am (20 mins)	Learn new skills	Bombs away (badminton serving)
9:40am (20 mins)	Learn new skills	Hot potato (badminton- keeping birdie up)
10:00am (10 mins)	Learn new skills	Badminton relay race
10:10am (5 mins)	Transition game	Sharp shooter
10:15am (45 mins)	Down time/Embrace differences	Assorted craft projects
11:00am (15 mins)	Transition game	Rock paper scissors relay
11:15am (5 mins)	Dividing groups	Birthday line– without talking
11:20am (30 mins)	Team building	Doctor dodgeball
11:50am (10 mins)	Closing activity	Name game
12:00pm		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00pm (20 mins)	Opening activity/Make friends	Group Machine
1:20pm (5 mins)	Dividing groups	Order themselves tallest to shortest without talking
1:25pm (1 hr)	Team building	Quiet Olympics
2:25pm (5 mins)	Transition game	Hula hoop circle
2:30pm (30 mins)	Down time/Make friends	Medal making
3:00pm (15 mins)	Practice new skills	Hot potato badminton- keeping birdie up enhanced)
3:15pm (30 mins)	Practice new skills	Badminton game
3:45pm (15 mins)	Closing activity	Freeze tag
4:00pm		END OF DAY

Schedule Outline - Week 1, Day 2

Time	Activity Type	Activity
9:00am (15 mins)	Opening activity	Toilet paper roll
9:15am (15 mins)	Learn new skills	Soccer ball dribbling (cones)
9:30am (15 mins)	Learn new skills	Soccer ball passing
9:45am (15 mins)	Learn new skills	Soccer ball target practice
10:00am (15 mins)	Practice skills	Soccer ball dribbling relay
10:15am (10 mins)	Down time	Water break
10:25am (35 mins)	Down time	Friendship bracelet making
11:00am (20 mins)	Making friends	Charades
11:20am (5 mins)	Dividing groups	Similar socks game
11:25am (20 mins)	Team cooperation	Capture the flag
11:45am (15 mins)	Embrace differences	Free for all capture the flag
12:00pm (1 hr)		LUNCH BREAK



Age: 8-12
Theme: Soccer

Time	Activity Type	Activity
1:00pm (20 mins)	Opening activity	Guess who
1:20pm (30 mins)	Embrace differences	Yoga
1:50pm (15 mins)	Practice skills	Soccer ball dribbling relay enhanced
2:05pm (15 mins)	Practice skills	Soccer – wagon wheel drill
2:20pm (5 mins)	Dividing groups	Flip card
2:25pm (25 mins)	Team cooperation	Soccer game with a large ball
2:50pm (10 mins)	Down time	Water break
3:00pm (10 mins)	Energizer/Team building	Spaghetti arms
3:10pm (30 mins)	Practice skills	Soccer game with a regular ball
3:40pm (5 mins)	Down Time	Water break
3:45pm (15 mins)	Closing activity	Tic Tac Toe relay
4:00pm		END OF DAY



Schedule Outline - Week 1, Day 3

Time	Activity Type	Activity
9:00am (15 mins)	Opening activity	Eyes Eyes Eyes
9:15am (10 mins)	Practice skills	Balance tag
9:25am (5 mins)	Dividing groups	Apples or Bananas
9:30am (30 mins)	Practice skills	Soccer
10:00am (5mins)	Down time	Water break
10:05am (45 mins)	Learn new skills	Make your own Pizza dough
10:50am (45 mins)	Learn new skills	Make your own Pizza
11:35am (15 mins)	Transition game	British Bulldog
11:50am (10 mins)	Down time	Prepare Pizza for eating
12:00pm (1 hr)		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00pm (15 mins)	Opening activity	Fruit salad
1:15pm (45 mins)	Team cooperation	Build your own boat
2:00pm (30 mins)	Team building	Boat races
2:30pm (1.5 hrs)	Making friends	Pool free time
4:00pm		END OF DAY

Schedule Outline - Week 1, Day 4

Time	Activity Type	Activity
9:00am (15 mins)	Opening activity	Pink toes
9:15am (15 mins)	Learn new skills	Target practice
9:30am (15 mins)	Learn new skills	Egg toss
9:45am (15 mins)	Learn new kills	Partner passing
10:00am (15 mins)	Learn new skills	Groundhog
10:15am (10 mins)	Down time	Water break
10:25am (15 mins)	Learn new skills	Smash
10:40am (20 mins)	Practice new skills/Team cooperation	Softball game
11:00am (10 mins)	Transition game	Musical chairs
11:10am (50 mins)	Down time	Paint your own wood craft
12:00pm (1 hr)		LUNCH BREAK

Age: 8-12

Theme: Kickball and Softball

Time	Activity Type	Activity
1:00pm (15 mins)	Down time	Finish craft
1:15pm (15 mins)	Opening activity	Tic Tac Toe relay
1:30pm (20 mins)	Practice new skills	Kickball bowling pins
1:50pm (20 mins)	Learn new skills	Air ball
2:10pm (15 mins)	Embrace differences	Base race
2:25pm (5 mins)	Dividing groups	1-10
2:30pm (45 mins)	Practice new skills/Team cooperation	Kickball
3:15pm (30 mins)	Embrace differences	Gym free time
3:45pm (15 mins)	Closing activity	Free for all dodgeball
4:00pm		END OF DAY



Schedule Outline - Week 1, Day 5

Time	Activity Type	Activity
9:00am (15 mins)	Opening activity	Paper & straws
9:15am (45 mins)	Team building	Obstacle course
10:00am (15 mins)	Team cooperation	Clean your room
10:15am (5 mins)	Dividing groups	Closest birthday match
10:20am (25 mins)	Team cooperation	Spikeball
10:45am (15 mins)	Practice skills	Soccer dribbling enhanced relay
11:00am (15 mins)	Practice skills	Keep away
11:15am (15 mins)	Practice skills	Shooters gonna shoot
11:30am (5 mins)	Down time	Water break
11:35am (15 mins)	Embrace differences	Animal walk races
11:50am (10 mins)	Closing activity	Face the cookie
12:00pm (1 hr)		LUNCH BREAK

Age: 8-12
Theme: Soccer

Time	Activity Type	Activity
1:00pm (15 mins)	Opening activity	Participants lead a yoga stretch
1:15pm (5 mins)	Dividing groups	1-20
1:20pm (40 mins)	Practice skills	Soccer game
2:00pm (10 mins)	Down time	Water break
2:10pm (30 mins)	Team cooperation	Scavenger hunt
2:40pm (45 mins)	Embrace differences	Decorate your own cupcakes
3:25pm (20 mins)	Down time	Gym free time/clean up
3:45pm (15 mins)	Closing activity	Free for all capture the flag
4:00pm		END OF DAY

Schedule Outline - Week 2, Day 1

Time	Activity Type	Activity
9:00AM (15 mins.)	Learning Names	Name tag making
9:15AM (15 mins.)	Ice Breaker/ Learning Names	Sole Mates
9:30AM (45 mins.)	FMS – Running & Hopping	Tic Tac Toe Relay Rock, Paper, Scissors, HOP
10:15AM (30 mins.)	FMS – Dribbling, Catching, Shooting	Basketball Skills Dribbling Passing & receiving Shooting line
10:45AM (1hr15mins)	Art & Puzzles	Coloring Pages Drawing Puzzles
12:00PM		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00PM (30 mins.)	Transition Game	Bubble contest
1:30PM (30 mins.)	Frisbee Skills	Using a Frisbee Catching & Throwing (partner)
2:00PM (45 mins.)	Frisbee Skills	Object Disc Golf
2:45PM (1hr)	Craft	Rock Painting
3:45PM (15 mins.)	End of Day – Learning Names	Circle of Friends
4:00pm		END OF DAY

Schedule Outline - Week 2, Day 2

Time	Activity Type	Activity
9:00AM (15 mins.)	Ice Breaker	I Am Unique
9:15AM (15 mins.)	Teambuilding	Group Machine
9:30AM (45 mins.)	FMS- Throwing	Dodgeball
10:15AM (30 mins.)	FMS – Hitting	Balloon Body Toss Balloon Bump
10:45AM (1hr15mins.)	Art & Puzzles	Coloring Pages Drawing Puzzles
12:00PM		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00PM (30 mins.)	Transition Game	Builders and Bulldozers
1:30PM (30 mins.)	FMS – Underhand throw	Bean Bag Bowling
2:00PM (45 mins.)	FMS- Striking	Badminton skills
2:45PM (1hr)	Craft	Beading – Necklaces
3:45PM (15 mins.)	Kids Choice	Free play
4:00PM		END OF DAY

Schedule Outline - Week 2, Day 3

Time	Activity Type	Activity
9:00AM (15 mins.)	Opening Game	Electricity
9:15AM (15 mins.)	Teambuilding	"1 to 10"
9:30AM (45 mins.)	FMS- Underhand striking	Circle Goal
10:15AM (30 mins.)	FMS – Jumping, Balance, Coordination	Float the Pond
10:45AM (1hr15mins.)	Art & Puzzles	Coloring Pages Drawing Puzzles
12:00PM		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00PM (15 mins.)	Transition Game	Triangle tag
1:15PM (30 mins.)	FMS – Kicking	Kick bowling
1:45PM (30 mins.)	FMS- Throwing, Running, Dodging	Meteor Shower
2:15PM (1 hr)	Teambuilding	Scavenger hunt
3:15PM (45 mins.)	Art	Picture Painting
4:00PM		END OF DAY

Schedule Outline - Week 2, Day 4

Time	Activity Type	Activity
9:00AM (15 mins.)	Opening Game	"In & Out"
9:15AM (15 mins.)	Teambuilding	Tug of Peace
9:30AM (45 mins.)	FMS- Volleyball Skills	Beach Ball Volleyball
10:15AM (30 mins.)	FMS – Kicking, stretching	Balloon Hacky Sack
10:45AM (1hr15mins.)	Art & Puzzles	Coloring Pages Drawing Puzzles
12:00PM		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00PM (1 hr)	Transition Game	Over, Under, Freeze
2:00PM (30 mins.)	FMS – Agility, Running	Rob the Nest
2:30PM (45 mins.)	FMS- Running, catching, throwing	Sailors in Troubled Waters
3:15PM (45 mins.)	Teambuilding & Art	Big Portraits
4:00PM		END OF DAY

Schedule Outline - Week 2, Day 5

Time	Activity Type	Activity
9:00AM (15 mins.)	Opening Game	Cross the Pond
9:15AM (15 mins.)	Teambuilding	People Sculpture
9:30AM (45 mins.)	FMS- Soccer Skills	Dribbling through a course Partner passing
10:15AM (30 mins.)	FMS – Soccer Skills	Soccer Tag
10:45AM (1hr 15 mins.)	Art & Puzzles	Coloring Pages Drawing Puzzles
12:00PM		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00PM (15 mins.)	Transition Game	Circle Kick
1:15PM (45 mins.)	FMS – Kickball	Kickball
2:00PM (2hrs)	Swimming	Swimming
3:00PM	Swimming	Swimming
4:00PM		END OF DAY

Schedule Outline - Week 3, Day 1

Time	Activity Type	Activity
9:00am (45 mins)	Opening Activity	Flag Making
9:45am (10 mins)	Transition Activity	Toss-a-Name Game
9:55am (5 mins)	Learning a new skill	Keep It Up
10am (10 mins)	Team building and cooperation	Clean Your Room
10:10am (10 mins)	Team building and cooperation	Find the Target
10:20am (20 mins)	Team building and cooperation	Soccer scrimmages
10:40am (15 mins)	Team Building and cooperation	Kick baseball
10:55am (5 mins)	Cooldown/ Transition	Squish the bug
11am (10 mins)		Break/ Free play
11:10am (20 mins)	Make Friends	Group Machine
11:30am (10 mins)	Make Friends	1+1=1
11:40am (20 mins)	Play	Inventions
12:00pm		LUNCH BREAK

Age: 8-12

Theme: None

Time	Activity Type	Activity
1:00pm (15 mins)	Transition Activity	Follow the Leader
1:15pm (15 mins)	Embrace differences	Spotlight Dance
1:30pm (15 mins)		Musical Hoops/Chairs
1:45pm (15 mins)	Embrace differences	I am unique because
2pm (30 mins)	Free play	Coloring
2:30pm (15 mins)	Play	Body Telephone
2:45pm (15 mins)	Team Building and cooperation	Swamp Land
3:00pm (15 mins)	Play	Freeze tag
3:15pm (15 mins)	Play	Red Rover
3:30pm (15 mins)	Play	Red light, Green light
3:45pm (15 mins)	Play	Cat & mouse
4:00pm		END OF DAY



Schedule Outline - Week 3, Day 2

Time	Activity Type	Activity
9:00am (15 mins)	Opening Activity	Item Race
9:15am (15 mins)	Team Building and cooperation	Agility ladder Rock paper scissors
9:30am (1 hour)	Embrace differences	5 years from now I...
10:30am (1 ½ hour)	Learning a new skill	Indigenous games: (stick pull, musk ox push, back push, leg wrestle, tug of war)
12:00pm (1 hour)		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00pm (1 ¼ hour)	Learning a new skill	Basketball skills (sharks and minnows, bump, red light green light, basketball relay, all-star shootout)
2:15pm (15 mins)	Water break	
2:30pm (30 mins)		Group Reading
3:00pm (1 hour)	Life skills	Baking
4:00pm		END OF DAY

Schedule Outline - Week 3, Day 3

Time	Activity Type	Activity
9:00am (20 mins)	Opening Activity	Riddles/ Problem Solving
9:20am (20 mins)	Group building and cooperation	blindfold city
9:40am (20 mins)	Play	Board games
10:00am (15 mins)	Water Break	
10:15am (45 mins)	Learning a new skill	Zumba
11:00am (1 hour)	Learning a new skill	Volleyball skills (introductory skills, the shephard, passing 21, volleyball 4 square)
12:00pm (1 hour)		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00pm (1 hour)	FMS	Running games (flag football, capture the flag, backslap race)
2:00pm (15 mins)	Water break	
2:15pm (30 mins)	Learning a new skill	Yoga (sun salutations)
2:45pm (75 mins)	Creativity	Rock painting & create display
4:00pm		END OF DAY



Schedule Outline - Week 3, Day 4

Time	Activity Type	Activity
9:00am (60 mins)	Opening activity	WAKEUP centers (stack attack, lunge competition, junk in the trunk, hula hoop relay)
10:00am (30 mins)	Learning a new skill	Making healthy smoothies
10:30am (30 mins)	Freeplay	Lego building
11:00am (1 hour)	Learning a new skill	Mini putt
12:00pm (1 hour)		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1:00pm (1 hour)	Play	Scavenger Hunt
2:00pm (30 mins)	Learning a new skill	Tracing scavenges
2:30pm (60 mins)	Play	Double dutch/caribou skipping/ freeplay
3:30pm (30 mins)	Play	Junkyard Inventions
4:00pm		END OF DAY

Schedule Outline - Week 3, Day 5

Time	Activity Type	Activity
9:00am (20 mins)	Opening Activity	Snakes in the grass
9:30am (40 mins)	Main Activity	Charades
10am (30 mins)	Main Activity	Who am I?
10:30am (30 mins)	Main Activity	Spelling Connect 4
11am (30 mins)	Main Activity	Glow in the Dark Ring Toss
11:30am (30 mins)	Main Activity	Hide and Seek Dodgeball
12:00pm (1 hour)		LUNCH BREAK



Age: 8-12
Theme: None

Time	Activity Type	Activity
1pm (1 hour)	Group building and cooperation	Waterfront games (sponge toss, cup to cup, canoe rock)
2pm (1 hour)	Learning a new skill	Swim to survive
3pm (1 hour)	Freeplay	Swimming
4:00pm		END OF DAY

Activity Outlines (Listed A-Z)

A Great Wind Blows

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: - learning each other's names
-Embracing differences and accepting diversity

High Five Principles: -Friends

Equipment: chairs

Duration: 20 minutes

People and Groupings: No grouping required

Use of Space: Chairs lined up in any position the facilitators prefer

Instructions:

- Have chairs lined up, with one less chair than the amount of participants - Facilitator will then call out a statement that resembles some of the participants. ("everyone who has their hair up stand up", "everyone with glasses stand up", etc.)
- Once the called participants stand up they will scatter around the chairs to try and sit down again in a different chair -After they are sat down another statement will be called again (participant can be the one to call out who has to get up if they are comfortable doing so)
- Repeat this process

Air Ball

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Play
-Mastery
-Participation

Equipment: dodgeballs

Duration: 20 minutes

People and Groupings: Partners

Use of Space: Large enough space to create room between partners

Instructions:

- Place participants in partners
- Facilitators will hand one person from the partner pair a dodgeball
- Participants will then line up across from one another and throw the ball high in the air for the partner to catch



All-Star Shootout

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Friends
-Participation

Equipment: one basketball, one basketball hoop, and 4-5 cones per "all star" setup

Duration: 20 minutes

People and Groupings: split participants into groups to utilize more basketball hoops, or keep participants in one large group to elicit more competition.

Use of Space: open gym area with basketball hoops setup, and cones dispersed surrounding each basketball net

Instructions:

- Set up cones surrounding the basketball nets to be used as different shooting points
- Players have 3 chances to sink a ball at each cone,
- Whoever sinks the most balls is the "all-star"

Apples or Bananas

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -A Caring Adult
-Friends
-Participation

Equipment: None

Duration: 20 minutes

People and Groupings: 2 groups

Use of Space: large open space

Instructions:

- Facilitators will have all participants standing in a line and will ask them the question "apples or bananas"
- Those who chose apples will go to one side of the gymnasium and those who chose bananas will go to the other side of the gymnasium
- Facilitators should also feel free to move participants around if there are more people who like bananas than apples



Back Push

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill
-Building trust

High Five Principles: -Play
-Participation
-Friends

Equipment: None

Duration: 20 minutes

People and Groupings: Partners

Use of Space: Enough space for participants to sit back to back, and push each other backwards a noticeable distance

Instructions:

- Sit on floor with your back against your partner.
- With hands and feet on the floor, try to push your partner backwards.

Backslap Race

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: - Embracing differences and accepting diversity

High Five Principles: -Mastery
-Play
-Participation

Equipment: 4 cones, or 4 lines of tape

Duration: 10 minutes

People and Groupings: Partners

Use of Space: Set up 4 cones or 4 lines of tape in a 10x10 ft square

Instructions:

- Have 2 participants stand at opposite corners of the square and facing clockwise.
- On "GO", the participants will run around the outside of the square in an attempt to catch up to the other participants back, and tag them.
- Whoever tags the other person first is the winner of the race.
- Note: Prioritize safety. No actual "slapping" involved, only light tagging.



Badminton Relay Race

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Learning a new skill

High Five Principles: -Play

-Mastery

-Participation

Equipment: badminton rackets, birdies, badminton net

Duration: 20 minutes

People and Groupings: 2 or more groups, depending on the # of participants

Use of Space: Full court

Instructions:

- Participants will be split in two or more groups (depending on numbers) -The two groups will be in a line on either side of the net
- Each person in the line will hit the birdie once to the person in the other line the run to the end of the other line
- Race is over when the birdie drops on the ground

Badminton Skills - Striking

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Embracing differences and accepting diversity

High Five Principles: -Mastery

Equipment: Badminton racquets, birdies

Duration: 20 minutes

People and Groupings: Individual

Use of Space: Large open space

Instructions:

- Give each participant a badminton racquet and a birdie.
- See how many times participants can hit the birdie in a row.
- Variation: try hitting with their left hand, right hand, alternating between forehand and backhand.



Balance Tag

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Friends
-Participation

Equipment: None

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: gymnasium with lines on floor

Instructions:

- Facilitators will instruct participants to stand on any line in the gymnasium
- Once everyone is standing on a line, the facilitator will then choose someone to be the tagger
- Facilitators will also instruct that the participants must balance on the lines and if they take a step off the line, they must freeze for 8 seconds
- This game is played like normal tag, but just on the lines instead of freely running around
- Facilitators can increase difficulty by only allowing them to step on a certain line in the gymnasium



Balloon Body Toss

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill
-Building trust

High Five Principles: -Play
-Participation

Equipment: None

Duration: 20 minutes

People and Groupings: Groups of at least 4-5 to create the possibility of "telephoned"/ changed dance moves. (Allows each person a chance to be at the front or back of the line to present the dance moves)

Use of Space: a large enough space to have groups in a straight line, with space between them to move around

Instructions:

- Have all participants line up with their backs facing the first person in line (this person will stand the opposite way, facing the other participants)
- The first person will come up with a string of dance moves, then tap the second person in line on the shoulder and show them the dance moves.
- The second person in line must memorize the dance moves and then tap the third person on the shoulder to show them the dance moves.
- This continues until the last person in line has been shown the dance moves. Then, the first and last person in line will compare the dance moves that were originally created, versus the last person's "telephoned" dance moves, which have been sent down the line.



Balloon Bump

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Participation
-Friends

Equipment: Balloons

Duration: 20 minutes

People and Groupings: Groups of 2-3

Use of Space: a large space

Instructions:

- Divide participants into teams of 2 or 3.
- Line up each team on one end of a field or other open space. Each team will get one balloon.
- The objective of the game is for the team to move the balloon to the other end of the playing area without letting the balloon hit the ground.
- Participants can only touch the balloon once, then someone else must touch it.



Balloon Hacky Sack

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Participation
-Friends

Equipment: Balloons, or other lightweight balls

Duration: 20 minutes

People and Groupings: Groups of 3-4

Use of Space: large open space

Instructions:

- Split participants into groups of 3 or 4. All group members will stand in circle.
- Play hacky sack with your group using a balloon. Use any body part to keep the balloon up in the air, except your hands. Participants will work together and call out who will touch the balloon next

Modifications:

- Try adding more balloons to each group.
- Change out a balloon for a gator ball, volleyball or hacky sack.
- Change up groups to allow other participants to work together.

Base Race

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Play
-Participation

Equipment: baseball field or pylons, timer

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: baseball field, or mimic the diamond shape with pylons

Instructions:

- Facilitators will have everyone line up at home base
- Participants will then take turns running the bases as fast as they can
- Facilitators will time them to see who is the fastest



Basketball - Dribbling

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
- Learning a new skill
- Fundamental Movement Skills Development

High Five Principles: -A Caring Adult
-Participation
-Mastery

Equipment: a basketball for each participant

Duration: 20 minutes

People and Groupings: Individual

Use of Space: large open space with a hard floor, such as a gymnasium or an outdoor basketball court

Instructions:

- Give each child a basketball. Show them how to properly dribble a basketball using one hand. (ie. open palm, strong fingers, keep the ball close to your body, eyes forward)
- Have the children dribble the basketball around the perimeter of the basketball court or around the play area.

Modifications:

- Try dribbling the ball using a different hand each time, have them note which hand was easier.
- Try weaving around cones.
- Try dribbling backwards (make sure children look over their shoulder for hazards)



Basketball - Passing & Bounce Passing

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
- Fundamental Movement Skills Development

High Five Principles: -Play
-Participation
-Mastery
-A Caring Adult

Equipment: basketballs

Duration: 20 minutes

People and Groupings: Partners

Use of Space: large open space with a hard floor (gymnasium, outdoor basketball court)

Instructions:

- Have children get into partners or choose partners. Give 1 ball per partner pair.
- Have children create two lines, parallel to each other, then take 1 big step away from their partner
- Instruct the child holding the ball to do a chest pass to their partner. Make sure the partner has their hands up to receive the ball.
- Once they each have completed a successful chest pass they can take one step back.



Basketball Relay

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Learning a new skill
- Fundamental Movement Skills Development

High Five Principles: -Friends
-Participation
-Mastery

Equipment: 2 basketballs, 2 hoops

Duration: 20 minutes

People and Groupings: 2 equal teams (this drill is better with at least 10 people, 2 teams of 5)

Use of Space: open gym area with with at least one basket on one end of the court

Instructions:

- Split participants into two equal teams. Start both teams in seperate line ups at one baseline with one basketball per team.
- Ask their first players to race down the court dribbling with their dominant hand before hitting the other baseline and coming back dribbling with only their non-dominant hand.
- As soon as they hit the free-throw stripe on their way back, they have to post up and sink a shot before they can give the ball back to their team.
- After that, start the relay race all over again. First team through the entire race wins.



Basketball - Shooting Line

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals:

- Learning a new skill
- Team building and cooperation
- Fundamental Movement Skills Development

High Five Principles:

- Friends
- Participation
- Mastery

Equipment: basketballs, and a hoop or wall to shoot off of.

Duration: 20 minutes

People and Groupings: individual

Use of Space: open gym area

Instructions:

- Give each child their own basketball.
- Have them make a line, standing shoulder to shoulder facing a wall- giving space in between.
- Go over basic shooting instructions:
 - Soft bend in the knees
 - Shooting hand on top of the ball -open palm.
 - Assisting hand on the side - open palm.
 - Rotate the ball upward so that top wrist is now bent.
 - Position elbow underneath ball.
- Shooting: Pick spot on the wall and aim. Bend through the knees and jump to extend legs while simultaneously pushing the ball from your hand up and towards your target.



Beach Ball Volleyball

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Learning a new skill
- Team building and cooperation

High Five Principles: -Friends
-Participation
-Play

Equipment: a beach ball, a volleyball net/ taped line, and cones to mark boundaries

Duration: 20 minutes

People and Groupings: 2 teams per net

Use of Space: large open space

Instructions:

- Set up your space with a net or tape a line to divide sides.
- A team will try to score on the other team by having the ball hit the ground on the opposing teams side or if the ball lands out of bounds.
- There are set positions, so players can move freely around on their side.
- The ball can be hit as many times as it takes to get it over the net, but a person cant hit the ball two times in a row. If this happens the ball is given to the other team

Big Portraits

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Team building and cooperation

High Five Principles: -Friends
-Participation
-Play

Equipment: large sized paper, assorted craft supplies (markers, crayons, pencil crayons, etc.)

Duration: 20 minutes

People and Groupings: Partners

Use of Space: large open space

Instructions:

- trace a life-size outline of themselves doing a fun pose
- Provide materials to decorate their self-portrait
- Participants can take them home or they can hang up in the play area as decoration



Blindfold City

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals:

- Learning a new skill
- Team building and cooperation
- Embracing differences and accepting diversity

High Five Principles:

- Friends
- Participation
- Play

Equipment: 2 sets of identical supplies for each miniature city, ideas of supplies include: blocks, legos, paper, string, tape, paper plates, kleenex rolls, etc.

Duration: 20 minutes

People and Groupings: If in partners, one "communicator" and one blindfolded "builder". If in groups, more than one person can be the "communicator", or the coordinator can assign roles of "strategic manager" in which they must come up with a strategy for communicators to utilize.

Use of Space: 2 areas separated by a wall or blind.

Instructions:

- The coordinator will set up a miniature "city" for each pair of partners/ group using blocks, legos, straws, paper, etc.
- Within each partnership/group, one (or more) person will be assigned the "communicator" and one person will be blindfolded and assigned as the builder.
- The coordinator will provide sufficient equipment in a separate area (blocks, legos, straws etc) to make an exact replica of the city.
- Communicators must observe and memorize the city, and then bring the information to the blindfolded builder, who must try to recreate the "city" using only the information from their teammate(s). Communicators can only use their words, and may not touch anything. Builders may ask questions and are the only party allowed to touch materials.



Boat Races

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Teambuilding and cooperation
- Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation

Equipment: cardboard box boats

Duration: 20 minutes

People and Groupings: teams of 3 participants

Use of Space: Swimming pool

Instructions:

- Using the boats the participants created, they will put them in the water and race the other participants' boats
- The boat that makes it to the end or lasts the longest wins the race



Body Telephone

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals:

- Learning a new skill
- Team building and cooperation
- Embracing differences and accepting diversity

High Five Principles:

- Friends
- Participation
- Play

Equipment: None

Duration: 20 minutes

People and Groupings: At least 4-5 people to make room for the possibility of "telephoned"/changed dance moves. Allow each person a chance to be at the front or back of the line, to present dance moves.

Use of Space: a large enough space to have all participants in a straight line, with space between them to move around

Instructions:

- Have all participants line up with their backs facing the first person in line (this person will stand the opposite way, facing the other participants)
- The first person will come up with a string of dance moves, then tap the second person in line on the shoulder and show them the dance moves.
- The second person in line must memorize the dance moves and then tap the third person on the shoulder to show them the dance moves. This continues until the last person in line has been shown the dance moves.
- Then, the first and last person in line will compare the dance moves that were originally created, versus the last person's "telephoned" dance moves, which have been sent down the line.



Bombs Away

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Play
-Mastery

Equipment: badminton net, badminton rackets, birdies, hula hoops

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: full court gym. one side of court has scattered hula hoops, and the other side not filled with hula hoops will have participants lined up

Instructions:

- Facilitators will have the badminton net set up, and on one side of the court they will have various hula hoops on the floor scattered
- Facilitators will then demonstrate how to serve the birdie
- Participants will line up
- Participants will then serve the birdies across the net trying to land the birdie in one of the hula hoops

British Bulldog

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: - Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation
-A Caring Adult

Equipment: None

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: full court gymnasium

Instructions:

- -Facilitators will instruct participants to go to one side of the gym, then chose one person to be it
- The person who is it will stand in the middle of the gym and yell "British Bulldog"
- Once British bulldog is yelled, everyone must run to the other side of the gym without getting tagged
- If you get tagged, you must join the person in the middle and help tag people in the next round. Game is finished once everyone is caught.



Bubble Contest

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: - Building trust

- Team building and cooperation

-Embracing differences and accepting diversity

High Five Principles: -Friends

-Participation

-Play

Equipment: bubble soap and bubble wands

Duration: 20 minutes

People and Groupings: Individual

Use of Space: use a large open space, indoor or outdoor

Instructions:

- Give each child a bubble wand.
- See who can make the biggest bubble, funniest shape, quickest to pop, the furthest to fly etc.

Builders and Bulldozers

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: - Team building and cooperation

-Embracing differences and accepting diversity

High Five Principles: -Friends

-Participation

-Play

Equipment: pylons (light enough to be knocked over easily)

Duration: 20 minutes

People and Groupings: 2 teams

Use of Space: large open space

Instructions:

- Randomly set up pylons throughout the playing area.
- Explain to the participants that there will be 2 groups moving around the space - builders and bulldozers. 1 group, the Bulldozers, will go around tipping over as many buildings (pylons) as they can. The second group, the Builders, will rebuild the fallen cones by standing them back up.
- All participants will have to travel cone to cone using a predetermined movement such as a walk, run, hop, skip, jump, shuffle etc.



Build Your Own Boat

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Play
-Mastery

Equipment: cardboard, duct tape

Duration: 20 minutes

People and Groupings: Teams of 3 participants

Use of Space: large open space

Instructions:

- Facilitators will make groups of three people, then hand out pieces of cardboard and duct tape
- Participants will then create their own boats to use in the swimming pool to hold you or something across the pool.

Bump

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Play
-Mastery

Equipment: 1 basketball hoop, 2 basketballs

Duration: 20 minutes

People and Groupings: No grouping necessary

Use of Space: large open space

Instructions:

- The game begins with all players lined up in a straight line starting at the free throw line and extending towards half court.
- The first two players start with a basketball. Player one shoots a free throw and tries to make it. If the player misses, he/she must grab the rebound and score as fast as possible. Player one's second shot does not need to be from the free throw line. He/she can shoot a jump shot, lay-up or whatever is needed in order to score fastest.
- Player two cannot shoot until after player one has shot their first free throw. The goal for player two is to score a basket before player one does, in order to "bump" them out of the game. If player two misses their free throw he/she must also rebound their miss and make a shot as quickly as possible. The game continues like this until only one player is left standing.



Capture the Flag

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Play

-Mastery

-Participation

Equipment: flags or pinnies

Duration: 20 minutes

People and Groupings: divide participants into two equal groups

Use of Space: large open space

Instructions:

- Facilitators will place a flag or pinny on the ends of both sides of the gym, and participants will be split up into two equal groups.
- Participants will then put a hand on the wall on their side of the gym -When the facilitator shouts "GO", participants will then begin play -capturing the flag on the other side of the gym
- If participants are tagged on their opponents side of the gym; they will be "frozen" until one of their teammates go and tag them.
- Those two participants will then get a free pass back to their side of the gym
- Game is finished once a flag is captured



Cat and Mouse

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Team building and cooperation
-Building trust

High Five Principles: -Play
-Friends
-Participation

Equipment: 1 large parachute

Duration: 20 minutes

People and Groupings: 1 participant chosen as the "cat", and 1 participant as the "mouse" for each round

Use of Space: large enough space to spread out the parachute and have room on the sides for the "mouse" to escape the parachute after each round.

Instructions:

- Have all participants sit around the outer edge of the parachute.
- Each student will grab a handful of parachute and shake/ wiggle the parachute to make waves.
- Choose one participant to crawl underneath of the parachute (a.k.a. the mouse), and one participant to crawl on top of the parachute (a.k.a. the cat). The cat will crawl around, patting down the parachute trying to tag the mouse.
- If the mouse is caught, he becomes the cat and another participant is chosen to be the mouse.



Charades

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation

Equipment: marker, pieces of paper, hat/bucket

Duration: 20 minutes

People and Groupings: divide equally into two teams

Use of Space: any space can be used

Instructions:

- Facilitators will come up with common cartoon characters, singers, actors, or animals and write them on a sheet of paper then throw those sheets of paper into a hat
- Two teams will be divided equally
- Participants will come up one at a time and pick a piece of paper then act it out. The participants team who is acting will have 45 seconds to guess what they are, they can do multiple pieces of papers if guessed correctly
- If the acting team does not guess in 45 seconds then the opposing team has the option to steal the point if they guess correctly. Acting team then switches and they do the same thing -repeat until there are no more pieces of paper or until facilitators are ready to move onto the next activity.



Circle Goal

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Friends
-Participation

Equipment: foam balls

Duration: 20 minutes

People and Groupings: 1 large group, or smaller groups of 5-6

Use of Space: large open space

Instructions:

- Divide participants into groups of 5 or 6 and have them stand shoe to shoe in a tight circle (legs are spread)
- Using the underhand striking skill, participants attempt to "score" on the others by underhand striking the ball across the floor (or ground) through another participants legs.
- If you get scored on, you must place 1 hand behind your back If you get scored on twice, you must turn around and can play with two hands If youre scored on 3 times, stay backwards, using one hand.



Circle Kick

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Friends
-Participation

Equipment: Soccer ball

Duration: 20 minutes

People and Groupings: 1 large group

Use of Space: large open space

Instructions:

- Have participants stand in a circle.
- Before the game begins, every participant will identify 1 other participant that they will kick the ball to. This way, each participant will pass and receive the ball only once per cycle.
- When the game begins and a pass has been made, the participant who passed the ball will run outside the circle in a clockwise direction back to their original spot
- The participant that receives the pass must pass to the previously identified person, and then run around the outside of the circle and back to their spot.
- The cycle ends once everyone has passed and received once.



Circle of Friends

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning each other's names
-Building trust

High Five Principles: -Play
-Friends
-Participation

Equipment: Different colored scarves

Duration: 20 minutes

People and Groupings: 1 large group

Use of Space: small space (free of hazards)

Instructions:

- Tie a bunch of different colored scarves together, tying the ends to create a circle
- Have your group stand together in a circle holding onto the scarves.
- When the leader says "GO" they will pass the scarves along as quickly as possible in direction through their hands. When the leader says "STOP" the rope stops.
- Then the leader calls on the people touching blue (for example) to say their name and answer a question (what is their favourite food?) Continue, calling on a different color until each participant has shared their name and an answer to a question.
- The cycle ends once everyone has passed and received once.



Clean Your Room

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Play
-Mastery
-Participation

Equipment: Variety of differently sized and shaped balls. objects that can be kicked (nothing hard)

Duration: 10 minutes

People and Groupings: 2 equal teams

Use of Space: large space with a middle line marked between the 2 team areas

Instructions:

- Evenly disperse objects around the whole playing area that can be safely kicked.
- Divide participants into two teams. Each team has only side of the playing area as their "room".
- Set timer for 2 minutes. Participants clean their room by kicking items on the floor into the other team's "room".
- Whoever has the cleanest room/ least objects when the timer goes off wins.

Cross the Pond

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Play
-Mastery
-Participation

Equipment: skipping ropes, cones/predetermined boundary i.e. a basketball key, and poly spots

Duration: 20 minutes

People and Groupings: individual

Use of Space: large open space

Instructions:

- Place skipping ropes or cones in a pond formation to create a boundary. Place poly spots throughout the inside of the pond as "stepping stones"
- Have participants try to make it to the other side of the pond without spending more than 3 seconds on 1 stepping stone.
- Try calling out different skills for participants to do while crossing: Leap - take off on one foot, land on the other Hop- take off and land on the same foot Jump- 2-foot take off, 2 foot landing



Discus Throw

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

-Embracing differences and accepting diversity

High Five Principles: -Play

-Friends

-Participation

Equipment: pylons, paper plates

Duration: 20 minutes

People and Groupings: No grouping required

Use of Space: pylons set up in a "runway" like style (as long and wide as desired)

Instructions:

- Facilitators will set up pylons in a line to create a station where the paper plates will be thrown
- Each participant will get their own paper plate which will be the "discuss"
- Next each participant will have the opportunity to throw the paper plate like a discuss. They will be given points, and the number of points will go up by the distance they throw from.

Doctor Dodgeball

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Play

-Mastery

-Participation

Equipment: dodgeballs, and cones to create a boundary

Duration: 20 minutes

People and Groupings: divide participants into two equal groups

Use of Space: large open space with a middle line

Instructions:

- Divide the group into two teams. Each team starts on opposite ends of the play area with a line separating them in the middle.
- Teams have one minute to huddle and decide who their teams Doctor will be. Have each team secretly tell you who they have chosen.
- Tell the players to wait for your signal to begin and then pass out the balls. When both teams are on their lines and ready, give the signal to begin. The teams then start throwing.



Double Dutch

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals:

- Learning a new skill
- Embracing differences and accepting diversity
- Building trust
- Teambuilding and cooperation

High Five Principles:

- Play
- Friends
- Participation

Equipment: 2 long jumping ropes (12-14 ft)

Duration: 20 minutes

People and Groupings: At least 2 rope turners and 1 jumper

Use of Space: large open space

Instructions:

- Gather a minimum of 3 people, and 2 long jumping ropes (usually 12-14 ft long).
- There will always be two people turning the ropes, but two people can jump at once, and they can enter and exit the ropes so approx. 8 people can play on two ropes by taking turns. The two people who turn the ropes should be able to maintain a steady rhythm. If anyone is already familiar with Double Dutch, those people should be turners because this role is fundamental to the success of the game. Without consistent turners, the jumpers can't succeed.
- Start beside one of the turners. It can be tempting to start from the center, but this is more difficult. The turner should say, "Ready, set, go," and you will enter on "go." This should happen when the rope closest to you hits the ground.



Egg Toss

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Play
-Mastery
-Participation

Equipment: beanbags or eggs

Duration: 20 minutes

People and Groupings: partners

Use of Space: large open space with a middle line

Instructions:

- Find a partner
- Facilitators will then hand one person from each pair a bean bag
- The partners will toss the bean bag back and fourth, while taking a step back after every successful toss & catch
- Pair that makes it the furthest without dropping wins

Electricity

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Play
-Friends
-Participation

Equipment: 1 cone

Duration: 20 minutes

People and Groupings: 2 teams

Use of Space: large open space

Instructions:

- Divide the group into two teams
- Have them form two parallel lines, holding hands with their teammates. The two participants at the front of each line will place their free hand out, stacking their hand with the opposing team mate at the front of the line - this will be the "connector "
- Place a cone at the end of the line between the two end players. The leader will place their hands above and below the two participants hands and squeeze.
- When the squeeze or "electricity" is felt they will squeeze their teammates hand sending the electricity down the line.
- When the last person feels the squeeze they try to steal the cone before the other team.



Emotions Dance

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity
-Building trust

High Five Principles: -Play
-Friends
-Participation

Equipment: Music device, speakers

Duration: 20 minutes

People and Groupings: No grouping necessary

Use of Space: large open space

Instructions:

- Get lots of songs that display different types of emotions (happy, sad, angry, silly, powerful)
- Have participants dance the emotions they hear in the songs.

Eyes, Eyes, Eyes

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation

Equipment: None

Duration: 20 minutes

People and Groupings: No grouping necessary

Use of Space: Any space can be used

Instructions:

- Facilitators will gather everyone in a circle
- Once everyone is in a circle, everyone will look down at their feet and on the count of three they will look up and stare at someone
- If two people are looking at each other they are out of the game
- This repeats itself until there is one person left in the circle



Find the Target

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundament Movement Skills Development

High Five Principles: -Play
-Friends
-Participation

Equipment: Nets/cones, 1 soccer ball

Duration: 20 minutes

People and Groupings: 2 teams

Use of Space: 40x40 yd. space. Teams should build a 10x10 grid on their attacking end (the side of the opponent's goal) and place one target player in this grid.

Instructions:

- Create a large grid approximately 40x40 yards. Divide the participants into two even teams.
- the two teams play against each other by keeping possession from the other team.
- The team in possession should be looking to play a flighted ball into their teams target player who is inside the 10x10 grid.
- If the target player successfully controls the ball inside the box that team is awarded a point.
- The player that played into the target player then becomes the target player.



Flag Football

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation

Equipment: 2 flags/pinnies per person, and 1 football

Duration: 20 minutes

People and Groupings: 2 teams (preferably 5-9)

Use of Space: within your space, mark out the middle line, as well as the end zones on each side

Instructions:

- Divide participants into 2 equal teams. Each participants should wear a flag belt with a flag on either hip.
- Gameplay starts on the middle line, where rock paper scissors is used to determine who kicks off the football.
- The kickoff team will try to then run the ball into the "end field" while not having both of their flags stolen by opponents.
- If they make it with no flags stolen, the participant has scored 2 points. If one flag is stolen, the ball is considered "down" where the flag was stolen, and the player must kick off again from that spot. If both flags are stolen before the player makes it to the end line, no points are awarded and play begins again in the middle.
- Flags are put back on before game restarts.



Flag Making (& Group Discussion)

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Play
-Friends
-Participation

Equipment: large sheets of paper, assorted art supplies (markers, stamps, crayons, etc.), tape

Duration: 20 minutes

People and Groupings: divide participants into equal teams (each team should be able to fit around a large sheet of paper)

Use of Space: use a large enough space for each group to spread out and engage in discussions among their groups

Instructions:

- Divide participants into teams. They must decide what defines their teams, their goals, and what brings them together. They should then identify 3 symbols that best capture these concepts, and implement them into the final design of their flags. Allocate 20-30 mins to this activity.
- At the end, have each team demo their flags. Other groups can guess what the symbols represent and the group can correct them by explaining or reveal other symbols that might've been missed.
- Follow with a discussion (10-15 min): Ask the following questions: Was it useful to define what your team stands for? If you see the flag, would you be instantly reminded of your team's overall objective and philosophy? Does it make you feel proud that you are part of a team?



Flip Card

Age Range: 8-12

Activity Type: Transition Activity/ Grouping

Activity Design Goals: -Team building and cooperation

High Five Principles: -Friends
-Participation

Equipment: deck of playing cards

Duration: 10 minutes

People and Groupings: None

Use of Space: any space can be used

Instructions:

- Facilitators will shuffle a deck of playing cards
- Participants will then line up in front of the facilitator
- Participants will flip a card from the deck, and keep that card
- Once everyone has chosen a card, they will look at their chosen card and see whether it is a red or black playing card
- If it is a red card, they will go to one side of the gym while the participants with the black cards will go to the other side of the gym
- Facilitators will then collect the cards once the two groups are split up

Float the Pond

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill

High Five Principles: -Friends
-Participation

Equipment: poly dots/ 2 pieces of paper that are shaped like lily pads

Duration: 10 minutes

People and Groupings: Individual or team

Use of Space: Open space

Instructions:

- Have all participants line up at one end of the designated play area with their 2 lily pads. The goal of this game is to get to the other side of the "pond" without falling in the water.
- To do this, the participants must always be standing on their lily pads and will need to stand on one foot while they pick up the lily pad and move it ahead. Then they can step onto that lily pad and continue this until they reach the other end.
- If they "fall into the pond" they must do 5 jumping jacks to "swim" back up to the lily pads before they continue.



Follow the Leader

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Friends
-Participation

Equipment: None

Duration: 10 minutes

People and Groupings: Group activity

Use of Space: Open space

Instructions:

- Everyone stands in a line with the leader at the front of the line.
- The leader creates a dance move for everyone else in line to copy.
- Each person in line must copy the dance move. The next person in line then becomes the leader. Everyone gets a chance to be the leader at least once.
- Encourage the participants to dance using different parts of their body, or isolate just one part of their body (i.e. I want to see only your right arm dancing)

Freeze Tag

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Friends
-Participation
-Play

Equipment: None

Duration: 15 minutes

People and Groupings: 1-2 participants are initially chosen to be "it"

Use of Space: Open space

Instructions:

- One or two participants will be "it". They must run around and tag the other participants.
- Once a participant is tagged they must freeze in their spot, and make a "T" with their body (arms out to the sides).
- To get back in the game, another participant must run under their arms and "unfreeze" them.



Frisbee

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Fundamental Movement Skills Development

High Five Principles: -Friends
-Participation
-Play
-A Caring Adult

Equipment: Frisbees, and objects that can be used as targets (i.e. cones, hoops, etc.)

Duration: 30 minutes

People and Groupings: Partners or group circles

Use of Space: Open space

Instructions:

Throwing to a target:

- In your play area, place a bunch of objects around (cones, balls, buckets, hoops etc)
- Create a line away from the objects that the children will stand at. Have the children aim and throw to target.

Throwing to a Partner:

- Give at least 6 feet of space between partners.
- Have partners throw back and forth to each other.
- Each time they are successful in catching they can take one step back.



Fruit Salad

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Friends

-Participation

-Play

-A Caring Adult

Equipment: Chairs

Duration: 30 minutes

People and Groupings: Groups (each group is a different fruit)

Use of Space: chairs facing eachother in a circle

Instructions:

- Facilitator will set up chairs in a circle (one chair per person minus one person who will be in the middle)
- The facilitator will then give everyone a name of a fruit, one fruit per 4-5 people
- The facilitator will then call out a fruit, and those participants in that group will all get up and change seats.
- The person in the middle will try to take one of those seats that opened up
- Once a new or the same person is in the middle, a different fruit will be called out and repeat



Getting to Know You Game

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning each other's names

High Five Principles: -Friends
-Participation
-Play
-A Caring Adult

Equipment: None

Duration: 30 minutes

People and Groupings: Pairs

Use of Space: any space

Instructions:

- Each player comes up with a word that starts with the first letter of their name (i.e. Christopher - computer, Emily - elephant, etc.)
- Leader then breaks up the larger group into pairs
- As a pair, the two players come up with an invention that uses the two items they chose that match the first letter of their name (i.e. Christopher- computer, Emily - elephant... a computer that teaches elephants to read, etc.)
- Once pairs are finished brainstorming, have them share their innovative inventions with the rest of the group.

Glow in the Dark Ring Toss

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Friends
-Participation
-Play

Equipment: 12 water bottles, 12 glow sticks, and 3 rings per station

Duration: 30 minutes

People and Groupings: Group or individual, depending on amount of equipment

Use of Space: any space

Instructions:

- The coordinator will set up a glow in the dark ring toss by gathering 12 water bottles, and placing a glow stick in each before re-sealing them.
- With the lights dimmed/ turned off, the glowing waterbottles will then be placed in a triangle formation, and participants will line up and try to hook their 3 rings on the water bottles by throwing them from a distance.
- The distance can be increased or decreased to change the difficulty.



Groundhog

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Mastery
-Participation
-Play

Equipment: softballs, softball gloves

Duration: 15 minutes

People and Groupings: Partners

Use of Space: any space

Instructions:

- Facilitators will pair up partners
- Partners will stand in front of each other about 2m away
- They will then practice rolling the softball to their partner so they can practice picking up ground balls
- Repeat

Group Machine

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Team building and cooperation
-Building trust

High Five Principles: -Friends
-Participation
-Play

Equipment: None

Duration: 30 minutes

People and Groupings: Small groups of 3-5

Use of Space: large space

Instructions:

- Leader breaks up the group into small groups of 3-5 players.
- Leader shouts out the name of a machine (i.e. blender, car, toaster, etc.)
- Each group has 2 minutes to design and build the machine using their bodies (i.e. a player curls up on the floor to make a car motor, two people kneel just behind the "motor" to become the doors, etc.)
- When the time is up, groups can share their machines with the rest of the group.



Guess Who

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Team building and cooperation
- Building trust

High Five Principles: -Friends
-Participation
-Play

Equipment: Pen/Marker, Sticky notes

Duration: 30 minutes

People and Groupings: Groups of 4

Use of Space: Any space can be used

Instructions:

- Facilitators will come up with cartoon characters, actors, and common known people. Then write them on a sticky note
- Participants will grab a random sticky note without looking at the name and stick it on their forehead
- Participants will then gather with other participants in teams of four and try to guess who they are
- Game is finished when all four members in the group guess who they are correctly



Hide and Seek Dodgeball

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Friends

-Participation

-Play

Equipment: Large folding gym mats, dodgeballs

Duration: 30 minutes

People and Groupings: Individual

Use of Space: Gymnasium

Instructions:

- Set up large blue mats around the playing area to stand up and act as barriers/ hiding spots. Dodgeballs will be dispersed throughout the area, and the lights dimmed.
- Upon "GO" individual dodgeball will begin, where it's every man for themselves. Players may use the blue mats as hiding spots and vantage points.
- Balls can only be held for 5 seconds before being thrown, and when a player is hit (anywhere below the neck), they must sit down for 15 seconds before re-joining the game.

High Dive

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

-Learning a new skill

High Five Principles: -Friends

-Participation

-Play

Equipment: chairs (or something else to stand on), small buckets/solo cups, bean bags

Duration: 30 minutes

People and Groupings: Individual

Use of Space: enough space to line up 1 chair/participant

Instructions:

- Facilitators will set up chairs in a row, in front of those chairs will be a small bucket or solo-cup
- Participants will stand in between the chair and the bucket/cup. Participants will be given a bean bag. The bean bag will be used to drop into the bucket/cup.
- Participants will raise their hand straight up and try to drop the bean bag into the bucket/cup. After a few tries they will then carefully stand on the chair and try to drop the bean bag again into the bucket/cup.

Include safety conversations about standing on a chair



Hot Potato

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Mastery

-Play

Equipment: badminton racquets, birdies

Duration: 30 minutes

People and Groupings: no groupings necessary

Use of Space: enough space to have participants in a large circle, with room to move around.

Instructions:

- Participants will be in a circle with their badminton rackets
- Facilitators will then throw a birdie to a participant and the participant must keep the birdie up passing to another participant
- Facilitators can add birdies into the circle to increase the difficulty as participants get used to using badminton racquets

Hula Hoop Relay

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

- Team building and cooperation

-Building trust

High Five Principles: -Participation

-Mastery

-Play

Equipment: 3-5 hula hoops (large enough for everyone to fit their body through)

Duration: 15 minutes

People and Groupings: no groupings necessary

Use of Space: enough space to have participants hold hands in a large circle

Instructions:

- Have all participants form a big circle whilst holding hands. The coordinator will loop a hula hoop over their shoulder and then hold hands to complete the circle.
- The coordinator will pass the hula hoop clockwise by shimmying their body, and each participant must pass the hula hoop clockwise by passing their whole body through the hoop without letting go of their neighbour's hand.
- As the game goes on, the coordinator will break hands to add more hula hoops before rejoining hands to pass them down the line.
- Variation: you are "out"/ must swap places with another player if two hula hoops catch up to each other and you must pass through both at the same time/ 2 hula hoops are touching you at the same time.



I Am Unique

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Building trust

High Five Principles: -Participation
-Mastery
-Play

Equipment: None

Duration: 15 minutes

People and Groupings: 1 large group

Use of Space: enough space to have participants form a circle

Instructions:

- Ask participants make a circle.
- Have each person step forward and share with the group 1 thing that they think is unique about them (for example, can speak another language)
- If another person in the group shares the same "unique" quality they will step forward. The first participant will need to come up with something new that they think is unique to them.
- Once they have found something unique, the next participant can go.

In & Out

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Building trust

High Five Principles: -Participation
-Mastery
-Play

Equipment: None

Duration: 15 minutes

People and Groupings: 1 large group

Use of Space: large open space

Instructions:

- Participants will form a circle with an even number of players facing in and holding hands.
- Go around the circle and assign each person as "in" or "out" alternately.
- At the count of three, all the "in's" will lean forward toward the center of the circle and all the "out's" will lean backwards. Keep all feet stationary and support each other by holding hands. Try moving in and out once you have mastered the first stage.

Make sure participants understand that it is dangerous to let go and that they must not let go of either persons hands.



Inventions

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Mastery
-Play
-A Caring Adult

Equipment: Array of recyclable and household items that can be safely used to create inventions (i.e. pop bottles, paper clips, paper, tape, pencils, spoons, etc.)

Duration: 30 minutes

People and Groupings: individual, partners, or groups

Use of Space: any space

Instructions:

- Allow the participants to find or use recyclable objects to assemble an invention or allow them to create an invention with their bodies (movement/sound). Challenges can be added or removed according to the skill level of the participants.

Item Race

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity
-Building trust

High Five Principles: -Participation
-Play
-Fr

Equipment: Whatever participants have on their person (i.e. hoodie, keys, phone, lanyard, shoes, etc.)

Duration: 30 minutes

People and Groupings: 2 groups

Use of Space: long, open area

Instructions:

- Split participants into two equal groups and tell participants they may not be carrying anything in their hands.
- Once participants are split into their teams, they will be given a start time and must use whatever they have on their person to create the longest horizontal line of items
- Whichever team has the longest line wins.



Junk in the Trunk

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Building trust
-Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: one kleenex box with a square cut out, one long string to tie around waist, tape, and 6 ping pong balls per participant.

Duration: 30 minutes

People and Groupings: individual, or 1 person per team chosen to participate (can use this activity as one of many centers)

Use of Space: any space

Instructions:

- Participants will be fitted with a kleenex box with a square cut out and filled with 6 ping pong balls, and a piece of string and tape to fix the box as a pouch on their lower back.
- Upon starting a timer, participants must try to shake the kleenex box without using their hands in order to empty all of the ping pong balls. Whoever empties all the balls from their box first wins.



Keep It Up

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Learning a new skill
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Play
-Friends

Equipment: one ball/balloon per participant.

Duration: 30 minutes

People and Groupings: individual

Use of Space: large open space

Instructions:

- Give each participant a ball or balloon. Have participants go around keeping balloons and/or balls in the air while music is playing.
- When the music stops, have them hold the balloon/ ball while performing a stretch or movement (i.e. lunge).
- When music resumes, participants throw the balloon/ ball in the air again and use their body to keep the balloon in the air.
- Eventually, have participants only use feet to keep the ball/balloon up at the end.



Kick Baseball

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation

High Five Principles: -Participation
-Play
-Friends
-Mastery

Equipment: 4 bases, one kickball (not too hard)

Duration: 45 minutes

People and Groupings: Split all participants into two equal teams

Use of Space: large indoor/outdoor space required, with 4 bases in a diamond shape.

Instructions:

- Split participants into two equal teams- one outfield, and one kicking.
- The outfield team will place one team member on each base, one pitcher, and the rest will be dispersed on the field as catchers.
- The kicking team must kick a rolling ball (from outfield pitcher) and try to advance bases. Outfield team try to get the ball back to the center of bases by only kicking the ball.
- When the ball reaches the center of bases, kicking team may not longer run. As many participants as possible are allowed on one base at a time.
- Each participant on the kicking team gets one try to kick ball. Once all members kicked, switch roles.
- Winning team has the most participants who ran all the way home.



Kick Bowling

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Play

-Friends

Equipment: balls to kick, and pylons/ objects that can act as bowling pins

Duration: 15 minutes

People and Groupings: Partners, or groups of 3-4

Use of Space: large open space

Instructions:

- Divide the participants into groups of no more than 4.
- Set up bowling pins (1-5) for each group and mark a line that the participants must stay behind.
- Each player takes a turn to kick, attempting to knock down as many pins as possible.
- After kicking the ball, that individual must quickly set up the knocked-over pins and return the ball for the next player.



Leg Wrestle

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: mats

Duration: 30 minutes

People and Groupings: Partners

Use of Space: small or large open space

Instructions:

- First, both contestants must lie down side-by-side, touching each other, with their backs on the ground in such a way, that their heads are in opposite directions, and their hips are at the same level.
- The contestants now simultaneously lift their legs which are adjacent to each other, three times, perpendicular to the floor. Each time their legs are raised perpendicular to the ground, the players must shout 1, 2, 3, Go!
- On the third attempt, instead of taking their leg back down, the players must lock their leg with the others at the knee or ankle, and attempt to push the opponent's leg forwards, forcing the opponent to do a backward flip, without moving any other part of their bodies.
- Once a player flips his opponent completely over, the match ends, and the winner is declared.



Lunge Competition

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: None

Duration: 20 minutes

People and Groupings: Partners

Use of Space: large open space (approx. 20-30ft to lunge across, and enough width for participants to keep distance between each other)

Instructions:

- Have participants find a partner of a similar size/ height to them. The sets of partners will form 2 lineups.
- Upon starting a timer, each set of partners will lunge from one end of the playing area to the other, as quickly as they can whilst still using proper form (back knee as close to ground as possible, 90 degree angles).
- Whichever partner makes it to the end and back first (with proper form) is the winner.

Note: if in a small space with little width, have partners form 2 queues to compete one pair at a time. If in a larger space, all pairs can compete at the same time.



Meteor Shower

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Play

-Friends

Equipment: Pylons, bean bags

Duration: 30 minutes

People and Groupings: Individual

Use of Space: Open space

Instructions:

- Place pylons in alternating planes of movement across the ground
- Have participants warm up by moving from cone to cone, running forward, backwards, and side shuffling, and touching each cone on their way through the course.
- Once they are warmed up, warn them that a "meteor shower" has hit. They must continue to complete the course while dodging the meteors being thrown at them from the front of the space.
- Have participants or assistants help in throwing the meteors towards the participants.

Note: Avoid throwing the meteors at the head/neck area. Warn participants to beware of bean bags that have landed in order not to slip on them.



Musical Chairs/Hoops

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Play
-Friends

Equipment: One less chair/hula hoop than there are participants

Duration: 20 minutes

People and Groupings: Individual

Use of Space: Place chairs or hula hoops in a circle (seat facing out)

Instructions:

- Begin with one less chair/ hula hoop than there are participants, and begin playing music. Participants must walk in a circle around the chairs/ hula hoops.
- When the music stops, everyone must try to grab a seat/ or grab a hula hoop and do one "hula".
- The last one standing/ without a hula hoop is out. Remove one chair/ hoop each round.

Note: to maximize participation, don't take people "out", just remove one more chair/ hula hoop each time. This leads to a LOT of laughter! (*When playing this way, ensure participants are cognizant of safety.*)

Musk Ox Push

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Participation
-Friends
-Mastery

Equipment: None

Duration: 20 minutes

People and Groupings: Partners

Use of Space: 6x6ft designated area for muskox push, and space for standbys to watch

Instructions:

- With both players on their hands and knees, players will tuck their chin to chest and push against each others' shoulders, as they attempt to push each other forward out of the designated area. Hands must be kept on the floor.
- Whoever pushes their partner out of the designated area wins.



Name Tag Making

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Building trust
-Learning each other's names

High Five Principles: -Participation
-Friends
-A Caring Adult

Equipment: Assorted art supplies (paper, markers/crayons/pencil crayons, anything else to decorate name tag i.e. stickers, glitter glue, etc.)

Duration: 30 minutes

People and Groupings: Individual

Use of Space: tables and chairs for all participants

Instructions:

- Have children create their own name tag on a piece of paper. Encourage them to be creative!
- Have children answer some questions about themselves on the back of the name tag that they can share with a partner or a group.



Object Disc Golf

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Play

-Mastery

Equipment: Frisbees and cones (or other large objects that can be used as targets)

Duration: 30 minutes

People and Groupings: Groups of no more than 5

Use of Space: large open space

Instructions:

- Choose a location that has a bunch of targets (like a park) or set up your own targets.
- Each child will choose an object that the rest of the group must try and hit (tree, tire swing etc).
- Give each child an opportunity to call an object to hit.

Note: Ensure participants are standing away from the throwing area so that they do not get hit.

Over, Under, Freeze!

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation

-Play

-Friends

Equipment: playground with a jungle gym

Duration: 30 minutes

People and Groupings: individual

Use of Space: have participants spread out around the playground

Instructions:

- Have participants spread out around the playground and instruct them to follow the following commands:
- Over - Climb over a piece of equipment
- Under- Climb under a piece of equipment
- Freeze- Pause wherever you are.
- When the leader calls out one of these words the participants must do it as quickly as possible.



Partner Passing

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Play

-Mastery

Equipment: softball gloves, softballs

Duration: 30 minutes

People and Groupings: Partners

Use of Space: open space

Instructions:

- Facilitators will pair up partners who are at about the same skill level of catching and tossing
- Participants will then practice catching and tossing the ball to one another
- Variation of distance can be used

Passing 21

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

-Team building and cooperation

High Five Principles: -Participation

-Play

-Mastery

Equipment: 1 volley trainer, beach ball, or volleyball per group

Duration: 30 minutes

People and Groupings: Groups of 4-5

Use of Space: open space

Instructions:

- Split participants into groups of 4-5, and have them form a circle.
- Always begin with an underhand toss to someone in the group and have them practice keeping it up using forearm passes.
- The object is to score 21 with 3 points made for every pass made from the air, and 1 point if it bounces.



People Sculpture

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Building trust

High Five Principles: -Participation
-Play
-Friends

Equipment: None

Duration: 30 minutes

People and Groupings: Groups of 3

Use of Space: open space

Instructions:

- Have participants get into groups of 3.
- One participant is the model, one the artist and the other is a lump of clay.
- The participant that is the clay will close their eyes, while the model will strike a complicated pose. The artist needs to mold the clay into the shape of the model. The clay must keep their eyes closed and can only ask yes or no questions to the artist.
- The artist cannot touch the clay- all the communication must be verbal to try and shape the clay into the model. This can be a timed or untimed activity

Pink Toes

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: Anything at your disposal

Duration: 30 minutes

People and Groupings: No groupings necessary

Use of Space: Gymnasium

Instructions:

- Facilitators will have various toys/equipment scattered on the floor of the gym
- Participants will also be standing anywhere in the gym
- The facilitator will yell "I spy something pink/blue/green/black etc."
- Participants will then have to run and find something in the gym the colour the facilitator chose and put their toe on that item
- Game is finished when everything has been touched

Note: Facilitators can also change body parts, for example: must touch object with nose/elbow



Red Light, Green Light

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: None (coloured paddles optional)

Duration: 30 minutes

People and Groupings: No groupings necessary

Use of Space: Large open space

Instructions:

- One person is designated "it" and plays the part of the stop light. The other players line up about 20 feet away from the stop light.
- Facing away from the other players, the person who is "it" calls out "Green light!" The others move toward "it."
- "It" then calls out "Red light!" and turns around quickly. Anyone who is caught moving must go back to the starting line.
- Play continues until someone reaches and tags "it." That person then becomes "it."

Note: the trick to winning this game is to move smoothly so that you can freeze instantly until you are within reach. (Coloured paddles can be used instead of verbal communication)



Red Rover

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Building trust
-Learning each other's names

High Five Principles: -Participation
-Play
-Friends

Equipment: None

Duration: 30 minutes

People and Groupings: Split participants into two equal teams

Use of Space: Large open space

Instructions:

- Split participants into two equal teams. Teams will stand facing each other, with each team in a straight line, holding hands.
- Have participants on each team mull over who they will call over. Once decided, they will sing together, "Red rover, red rover, we call (participant) over".
- The participant called will run as fast as they can towards the opposite team, and try to break the line by running into and splitting two team members hands apart.
- If the participant called is successful in breaking the link, they can choose a member from the opposing team to come and join their team. If unsuccessful in breaking the line, they must join the opposing team.
- Play continues until there is only one person left on a team.



Rob the Nest

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation

-Play

-Friends

Equipment: 10-15 objects (bean bags, balls, cones, etc, and 5 hula hoops)

Duration: 30 minutes

People and Groupings: 4-5 teams

Use of Space: Large open space. Place 4 hoops in each corner of the play area and place 1 hoop in the center

Instructions:

- Participants are broken up into 4 or 5 groups and will line up behind their teams hoop (nest)
- Have all beanbags start in the center of the play area in the central hoop (nest)
- When the leader says "GO" 1 player from each team will run to the the center to steal a bean bag (egg) and bring it back to the teams nest.
- When all eggs are gone from the nest, participants can steal eggs from other teams nests
- The game continues until the leader says "Stop"

Rock, Paper, Scissors Relay

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

-Learning a new skill

High Five Principles: -Participation

-Play

-Friends

Equipment: Hula hoops, agility ladder, or other objects that participants can hop along

Duration: 30 minutes

People and Groupings: 2 equal teams

Use of Space: small or large space

Instructions:

- Create a long line using hula hoops, an agility ladder or other objects that children can hop inside.
- Divide the group into two teams per hula hoop line. On "go" children will hop (two-feet) down the line of hula hoops until they bump into the other team.
- At this point, each team member will say "rock, paper, scissors, show"
- The winner will continue hopping to try an reach the other teams side.
- The other opponent will run to the back of the line and send the next person to hop.



Sailors in Troubled Waters

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation

-Play

-Friends

Equipment: 2 balls (i.e. gator skin balls) OR if outside, can use buckets of water instead of balls

Duration: 30 minutes

People and Groupings: 1 large group

Use of Space: small or large space

Instructions:

- Have participants spread out in a circle about arms length apart.
- Ask participants to lie on their backs with their feet pointing towards the center of the circle.
- Give a ball to 2 participants on either end of the circle. Participants will have to hand the ball to the person to their left as quickly as possible.
- If the instructor (captain) yells "Wrong Way!" the participants will send the ball in the opposite direction.
- If the captain yells "Abandon Ship!" the two participants with the balls have to stand up and run as quickly as they can and switch spots and then resume passing the ball around the circle.

Modifications: If you are doing this activity outside you can use buckets of water instead of balls. This will force participants to be more careful when they pass the bucket around and run to switch places.



Scavenger Hunt

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation

-Play

-Friends

-A Caring Adult

Equipment: paper with a list of things to find (local to you), pencils

Duration: 30 minutes

People and Groupings: Groups of 3-4

Use of Space: indoor or outdoor

Instructions:

- Form groups of 3-4.
- Give participants a list of things they must find.
- Some examples:
 1. Flower
 2. Something blue
 3. An insect
 4. Something that smells good
- Once they have found the item, they can check it off on their list and write down what they found (Example: something blue - a basket)



Sharks and Minnows

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Building trust

High Five Principles: -Participation
-Play
-Friends
-A Caring Adult

Equipment: None

Duration: 30 minutes

People and Groupings: Choose 1-3 participants to be a shark

Use of Space: indoor or outdoor

Instructions:

- Identify who will be the shark(s), either a player or the leader. Everyone else will be minnows.
- The shark stands in the middle of the play area and says "Fishy, fishy come out and play". The minnows slowly walk towards the sharks.
- At any time, the shark can yell Shark Attack! At this point, the minnows must run to the opposite boundary line without being tagged.
- If a minnow is tagged, s/he also becomes a shark. When there is only one or two minnows left; they become the sharks in the next round.



Sharp Shooter

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Building trust

High Five Principles: -Participation
-Play
-Friends
-A Caring Adult

Equipment: None

Duration: 15 minutes

People and Groupings: No groupings required

Use of Space: enough space to make a group circle

Instructions:

- Facilitators will gather participants and ask them to make a circle
- Facilitators will then choose one participant to be the Super Sleuth
- The chosen super sleuth will then go out of the room while the facilitators choose someone to be the sharp shooter
- The sharp shooter will have the job to wink at other participants in resulting of them sitting down
- The super sleuth will come back in the room and try to guess who the sharp shooter is, 3 guesses are allowed

Shotput

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Participation
-Play
-Friends

Equipment: pylons, beanbags

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: pylons set up in a "runway" style (as long and wide as needed)

Instructions:

- Facilitators will set up pylons in a line to create a station where the bean bags will be thrown
- Each participant will get their own bean bag
- Next each participant will have the opportunity to throw the bean bag mimicking a shot put throw
- Points will go up by the distance they throw at



Smash

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Participation

-Play

-Mastery

Equipment: T-ball stand, softballs, softball bat

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: outdoors

Instructions:

- Facilitators will set up a T-ball stand and demonstrate the proper athletic stance in front of the T-ball stand
- Participants will then line up and get 3 swings at the T-ball stand (multiple T-ball stands at once would be ideal)

Snakes in the Grass

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

-Team building and cooperation

-Building trust

High Five Principles: -Participation

-Play

-Friends

Equipment: None

Duration: 20 minutes

People and Groupings: 2-3 participants chosen as the "snakes"

Use of Space: medium-sized open space (large enough for all participants to army crawl and run around, not too large that it will be difficult to catch other players)

Instructions:

- 2-3 participants will be designated as the "snakes" and the rest are mice.
- The snakes will begin in the middle "nest", and travel out from their "nest" by army crawling, in order to try to tag the other participants.
- If using a larger space, "curse" the snakes every so often, so that they may grow legs and run to tag the other opponents.
- Alternatively, "curse" all players to become crabs- must crab walk until uncursed.
- If players are tagged, they also become snakes in the grass. The game restarts when 2 people are left to be caught; they will be the snakes in the next round.

Variations: Bears in the field- Those who are "it" must bear walk to try to tag other players.



Soccer Dribbling Relay

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery
-Play

Equipment: Soccer balls, pylons

Duration: 20 minutes

People and Groupings: Divide equally into 2 teams

Use of Space: Large open space, indoors or outdoors

Instructions:

- Facilitators will split the group up evenly into two teams
- Participants will line up one behind the other
- Facilitators will line cones that participants will zig zag through, an additional further cone that participants will have to do a complete 360 degree turn on, then dribble back to the line
- Once the next person is high fived, they will take the ball and do the same thing
- Once all participants are sitting down, that team wins



Soccer Scrimmage

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Play
-Mastery

Equipment: 1 soccer ball, 12 cones (4 of a different colour), pinnies

Duration: 20 minutes

People and Groupings: Divide into two balanced teams

Use of Space: Use disk cones to outline the field that is 30-50 steps in length and 25-40 steps wide, depending on the age group. (Better to be too short than too long, but width is good so they have room to take the ball wide). Use 2 cones to make a "goal" at each end that is 4 steps wide. Put one cone in the middle to mark the halfway line. Put a Red or painted cone 7-10 steps out from each goal (toward The Halfway Line) to mark the "Scoring Zone" (goals can only be scored from shots inside these cones).

Instructions:

- Start each game by having each team start from behind its Red Cone ("Scoring Zone"). This way they start by controlling the ball and don't get bogged down in "Kick-Offs". Allow the team with the ball to start by dribbling.
- Neither team has a Goalie (i.e., no one can use their hands). This forces all players to learn to defend without relying on a Goalie.
- Avoid assigning positions for 12 year olds, allow them a minute to discuss what position each team player should take.
- Goals can only be scored on shots from inside the "Red Cone" (i.e., on an imaginary line straight across the field) and must be below "goal height" to count (you make the call on these).
- Play 2 games of about 7-10 minutes each and at the end of the first game swap up players' positions.



Soccer Skills - Dribbling

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning a new skill
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: Soccer balls, pylons

Duration: 20 minutes

People and Groupings: Groups of 4-5

Use of Space: Large open space, indoors or outdoors

Instructions:

- Create 4 to 5 lines of cones that each team will line up behind. Space the cones around 10 feet apart.
- Give each participant a ball. When the leader says "GO" participants can begin.
- Participants will be tasked with dribbling:
 - Cone to cone
 - Weaving through cones
 - Circling around each cone
- Once participant one passes the second cone, the next participant can go. When they reach the end of line participants will dribble the ball to the back of the line.

Soccer Skills - Passing to a Partner

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: Soccer balls

Duration: 20 minutes

People and Groupings: Partners

Use of Space: Large open space, indoors or outdoors

Instructions:

- Have participants get into partners. Give each partner pair one ball.
- Have partners stand across from each other (making two lines, facing each other)
- One partner will start with the ball and do an inside foot pass to their partner. The partner must stop or trap the ball with their foot before passing back.
- Each successful pass, the partners can move further away from one another.



Soccer Skills - Passing with a wall

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: Soccer balls

Duration: 20 minutes

People and Groupings: Individual, then pair in partners

Use of Space: Large open space, indoors or outdoors

Instructions:

- Participants will be facing the wall with their soccer ball
- Participants will then practice passing the ball to themselves from the wall
- different variations can be used (i.e. left, right foot, two touch passes)
- Participants will then move onto passing to partners

Soccer Tag

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: Soccer balls

Duration: 20 minutes

People and Groupings: Groups of 2-3

Use of Space: Large open space, indoors or outdoors

Instructions:

- Divide participants into groups of 2-3 with each team having a ball except for 1 group. This group will be "it".
- The "it" individuals will attempt to steal a ball away from one of the teams. Once they get a ball away from another group, that group becomes "it"
- There is no contact in this game and no one is allowed to use their hands- just like in real soccer.
- In order to keep the ball away, teams are going to need to move around the activity space, passing to each other.



Soccer - Target Practice

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery
-Play

Equipment: Soccer balls, hula hoops, posters, pylons/soccer net

Duration: 20 minutes

People and Groupings: 3 groups

Use of Space: Large open space, indoors or outdoors

Instructions:

- Facilitators will line up hula hoops on one wall, pylons in front of one net and posters in the middle of another wall
- Participants will then split into each station equally, and practice hitting the targets laid out for 5 mins then switch to the next station

Soccer - Wagon Wheel Drill

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: Soccer balls

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: Large open space, indoors or outdoors

Instructions:

- Facilitators will gather everyone in a circle. Then the facilitator will demonstrate how the passing pattern goes.
- The pattern will be: the person in the middle of the circle passes to one person, then the person passes back to the middle. The person in the middle will then pass to the next person beside the person they just passed to and they will pass back. This sequence will continue until everyone in the circle has received a pass.
- Facilitators can have 1 or 2 people in the middle depending on the difficulty they would like to achieve



Sole Mates

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning each other's names
-Partner pairing

High Five Principles: -Participation

Equipment: Soccer balls

Duration: 20 minutes

People and Groupings: Partners or groups of 3 if there is an odd number

Use of Space: any space

Instructions:

- Have children find someone who has the same: color of shoe, color of shirt etc.
- Once they have found their partner have children introduced themselves to each other and have them answer a question. (Ex What is your favorite color, activity, movie etc.)

Spaghetti Arms

Age Range: 8-12

Activity Type: Transition Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation
-Friends
-Play

Equipment: None

Duration: 20 minutes

People and Groupings: No groupings necessary

Use of Space: Any space

Instructions:

- Facilitators will gather everyone in a circle
- Once everyone is in a circle, facilitators will then instruct participants to all put their hands in the circle and randomly chose another hand to grab, making sure not to grab the hands of the people directly next to them.
- After everyone has grabbed a random hand, they will retreat and see the tangled arms/hands
- Participants will then try to untangle the arms to make it a perfect circle -Game is finished once they have successfully detangled and made a circle



Spelling Connect 4

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning a new skill
-Building trust
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: Connect 4 sets, printed out alphabet letters, tape

Duration: 20 minutes

People and Groupings: Partners or groups of 3 if there is an odd number

Use of Space: any space

Instructions:

- The coordinator will use a traditional Connect 4 set, but tape individual paper letters onto each connect 4 piece.
- Players will then continue to play connect 4 as usual, but will attempt to make 4-5 letter words using the connect 4 pieces.
- Whoever makes a word first wins.

Sponge Toss

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Building trust
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Friends
-Play

Equipment: 2 buckets, 1 filled with water, 1 sponge (per team)

Duration: 20 minutes

People and Groupings: Teams of 5

Use of Space: Outdoors, 2 buckets ~ 10ft apart, per team

Instructions:

- Split participants in groups of 5. Set up 2 buckets (1 larger and filled with water, 1 smaller and empty) approximately 10-15 feet apart.
- Players must position themselves between the two buckets, with one player in front of each of the buckets. Players may not move from their spot once they choose it.
- The person closest to the large bucket filled with water will receive a sponge, which they will use to fill with water, and toss down the line to their team mates in order to try to fill the smaller bucket with water. Which ever team fills their small bucket first wins.



Spotlight Dance

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Play
-Friends

Equipment: 1 flashlight, 1 blindfold, & music/speakers

Duration: 20 minutes

People and Groupings: 1 person blindfolded and holding the flashlight, everyone else is a dancer

Use of Space: use a small enough space that participants are always within 2 arms lengths of each other. This way, it is more likely the spotlight pointer will catch another player when the music stops.

Instructions:

- When the music begins, everyone begins dancing.
- One person wears a blindfold and goes around with a flashlight pointing at others.
- When the music stops, everyone freezes and whoever the flashlight is point at has to do a silly dance.
- The silly dancer now wears the blindfold and holds the flashlight.

Squish the Bug

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Learning a new skill
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Friends
-Mastery

Equipment: balloons

Duration: 20 minutes

People and Groupings: Individual

Use of Space: Outdoors

Instructions:

- Spread out a bunch of inflated balloons in the playing area.
- Have participants all start in the middle of the playing area. When the music begins, participants must use their feet to try to squish all of the bugs (balloons).



Stack Attack

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Building Trust
-Embracing differences and accepting diversity
-Learning a new skill

High Five Principles: -Participation
-Play
-Friends

Equipment: 12 solo cups, a timer, a sturdy table (per participant)

Duration: 20 minutes

People and Groupings: individual

Use of Space: 1 sturdy table with space to stand around it

Instructions:

- Have a set of a dozen solo cups in a stack on a table.
- Upon the coordinator starting a timer, the participant will stack the cups in the order of 4 cups on bottom, then a line of 3 cups, then 2, then 1 on top. Then the participants will take the cups down and return them into a stack as quickly as possible.
- Whoever has the fastest time wins.



Stick Pull

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Friends
-Mastery

Equipment: 12in.x1in. diameter stick (smoothed and tapered), crisco oil, 4 pieces bristol board/cardboard

Duration: 20 minutes

People and Groupings: Partners (1vs1)

Use of Space: place 4 pieces of bristol board/ cardboard on the floor where participants will be playing (to prevent the oil from making the floor slippery)

Instructions:

- To start the match, players play "paper, rocks, scissors", although a coin can be used, to determine left hand or right hand. Players will then proceed to the playing area and the facilitator will grease the stick.
- At the playing area the players will assume the ready position and open their hands at their waist, upon which the teacher will place the stick and ask the players to grip.
- The teacher will then say, "Ready-Pull", at which time the players will proceed to try and pull the stick out of the other's hand or to hold the stick back beyond his/her waist (or hip).
- To win the match the player must win two games out of three. Participants cannot jerk or twist the stick or bend the arm during the stick pull.



Swamp Land

Age Range: 8-12

Activity Type: Closing Activity

Activity Design Goals: -Team building and cooperation
-Embracing differences and accepting diversity

High Five Principles: -Participation
-Friends
-Play

Equipment: 3-5 mats (per group)

Duration: 20 minutes

People and Groupings: Groups of 4-5

Use of Space: large open space

Instructions:

- Divide participants into groups of 4-5.
- Spread out multiple (3-5) large blue mats in a staggered line with space between them. These will act as the "islands".
- Explain to participants that they are travelling through a swamp land, and must make it to the other side as a team without touching the swamp water (floor).
- To do so, they must be holding hands, and each person must touch each island while crossing. As the team advances across the islands, one person must be touching the previous island at all times, until everyone has made it across the swamp.
- If these rules are broken, they must restart from the beginning. The first team to make it across the swamp wins!



Target Practice (Softball)

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill
-Embracing differences and accepting diversity
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery
-Play

Equipment: Softballs, variety of sized balls, pylons, hula hoops, posters, tape

Duration: 30 minutes

People and Groupings: 3 groups

Use of Space: large open space, split into 3 stations

Instructions:

- Facilitators will set up pylons, hula hoops, and posters on the wall
- Participants will each get a couple balls to practice throwing
- They will then go into the separate stations and practice hitting the targets
- Switch stations after a few minutes
- Facilitators can enhance or decrease difficulty by using different sized balls

Tic Tac Toe Relay

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Team building and cooperation
-Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery
-Play

Equipment: 9 hula hoops, 6 bean bags/ scarves (of 2 different colours)

Duration: 30 minutes

People and Groupings: Groups of 2-5

Use of Space: Any space

Instructions:

- Divide group into two equal teams.
- Place 9 hula hoops in a tic tac toe pattern (3 x 3) Give each team 3 same colored bean bags
- On "go" one player from each team will run to the hoops to place a bean bag. The player must run back to their team before sending the next person.
- The relay is over when one team has created a line (vertical, horizontal, diagonal)



Toilet Paper Roll

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals:

- Learning each other's names
- Embracing differences and accepting diversity
- Building trust

High Five Principles:

- Friends
- A Caring Adult
- Play

Equipment: Toilet paper roll

Duration: 30 minutes

People and Groupings: No grouping needed

Use of Space: Any space

Instructions:

- Facilitators will gather everyone in a circle
- Facilitators will then pass around a toilet paper roll, informing participants to take as much toilet paper as they would like. Once everyone has their toilet paper, the participants will count how many squares they have
- The facilitators will tell them that they must tell the group one thing about themselves per square they have
- Everyone in the circle will go around telling about themselves



Toss-a-Name Game

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning each other's names
-Team building and cooperation

High Five Principles: -Participation
-Play
-Friends

Equipment: up to 6 throwable objects (squishy balls, rubber chicken, etc.)

Duration: 15 minutes

People and Groupings: Entire group

Use of Space: Any space

Instructions:

- Arrange the group in a circle.
- One person starts off by saying the name of someone else in the circle, and saying "Here you go", and tossing the ball to them.
- That person then in turn says "Thankyou" and the name of the person they received the ball from. Then they will say the name of a different person who has not received the ball yet, and toss the ball to them.
- When each person has caught and thrown the ball, they will place their hands behind their back. That continues until everyone in the circle has received the ball once.
- After everyone has recieved the ball, more objects will be thrown in, making the objective to pay close attention to who you received the ball from, and who you are passing to.

Track Race

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Fundamental Movement Skills Development

High Five Principles: -Participation
-Mastery

Equipment: pylons

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: pylons set up in a "runway" style (any length/width desired)

Instructions:

- Facilitators will set up pylons in a line to create a station where the track race will begin and end
- Participants will then race from one end to the other, their steps must be heel to toe through out the duration of the race
- Fastest time wins



Triangle Tag

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Participation

-Play

-Friends

Equipment: pylons

Duration: 15 minutes

People and Groupings: Groups of 4

Use of Space: Any open space

Instructions:

- Participants will get into groups of 4. Three of the participants will join hands to create a circle around a cone or pylon. One of the 3 participants is named the "goalie". The fourth participant outside of the circle is the opponent.
- The goal is for the team of 3 to use their agility and dodging skills to help the goalie move quickly and avoid being tagged by the opponent.
- Continue to switch up positions and participants move in both directions. Participants must hold hands the entire time and remain on their feet as they move.

Tug of Peace

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation

-Building trust

High Five Principles: -Participation

-Friends

-Mastery

Equipment: Long rope

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: Any open space

Instructions:

- Have participants sit in a circle around a rope that has been tied firmly at both ends to form a circle.
- Grasping the rope and placing it in their lap, all participants must try and lift themselves up in unison on the count of three.
- The rope must be tight at all times.
- Try moving up and down several times.



Unique Similarities

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Learning each other's names
-Embracing differences and accepting diversity
-Building trust

High Five Principles: -Participation
-Play
-Friends

Equipment: None

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: Any open space

Instructions:

- Have all participants stand in a circle.
- The first person will step into the circle and say something that is unique about them that they think no one else will have in common (i.e. I have driven on a tractor).
- If someone else in the circle does have that in common with the person, they will also step into the circle, and this signifies that the person has to try again to say something unique about themselves. They will keep going until they say something unique about themselves and no one else steps into the circle.
- The person to the right of them will then say something unique about themselves until the full circle has had a turn to say something unique about their selves.



Volleyball 4-Square

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

High Five Principles: -Mastery

-Play

-Friends

Equipment: 1 volleyball per 4-square setup

Duration: 20 minutes

People and Groupings: Partners (4 sets of partners per 4-square set up)

Use of Space: Multiple 4-square set-ups, depending on # of participants

Instructions:

- Create a 4-square court with 2 students in each square.
- The object is to try to move to Square #1 (top left) by passing to other pairs in the square.
- When a pair makes an error (can't pass the ball into another player's square), they move to Square #4 (bottom left) and all others move up a square.
- It is played like 4-square but using volleyball passing, setting and serving skills.

Volley Tennis

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Learning a new skill

-Embracing differences and accepting diversity

High Five Principles: -Mastery

-Play

-Friends

Equipment: 1 volleyball net/ line of cones, and 1 volleyball per 2 groups

Duration: 20 minutes

People and Groupings: Groups of 3

Use of Space: Divide a large area into multiple tennis courts (1 court/ 2 groups)

Instructions:

- This is a fun activity for middle schoolers who are still developing their passing skills and want to play a game with their emerging skills.
- The object is for each player on a side to hit the ball (3 hits) before sending it over the net to the other group's court.
- The ball may bounce between each hit if needed. Use a ball that has a decent bounce for this activity.
- Players may use passing, setting and serving skills. If they are ready, you can add the spike!



Who Am I?

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Building trust
-Embracing differences and accepting diversity

High Five Principles: -Play
-Friends

Equipment: sticky notes, pens

Duration: 20 minutes

People and Groupings: Individual (mingling game)

Use of Space: Any space

Instructions:

- The coordinator will write a bunch of famous people (or nouns, animals, etc.) on sticky notes.
- Everyone receives a sticky note or note card with the name of a famous person. The name is placed on either the person's forehead or upper back with a piece of masking tape.
- Players circulate and ask yes or no questions until everyone has identified the name on their own sticky note or card.
- Some question ideas include: am i male/female? am i a singer? do i have long hair? etc.
- Each player takes a turn with the other players asking yes or no questions, until the player with the sticky note or card guesses the identity of the famous person.



1-10

Age Range: 8-12

Activity Type: Opening Activity

Activity Design Goals: -Team building and cooperation

High Five Principles: -Play
-Friends

Equipment: None

Duration: 20 minutes

People and Groupings: No groupings required

Use of Space: Any space

Instructions:

- Players will sit in a circle facing each other. The leader explains that once the instructions are finished, no one is allowed to move, motion or use any words except number words to complete the activity.
- The task is to count out loud, from 1-10, as a group. No two people can speak at once and no fixed order is allowed.
- The group has to maintain eye contact and listen carefully to each other to avoid speaking at the same time, but ensure each number is spoken in order - and each person that speaks can only speak one number.
- If two people speak at the same time, they go back to 1. It will take some time to get to 10!

5 Years From Now I...

Age Range: 8-12

Activity Type: Main Activity

Activity Design Goals: -Embracing differences and accepting diversity

High Five Principles: -Play
-Friends

Equipment: 1 sheet flipchart, markers/pens/pencil crayons (per participant)

Duration: 30 minutes

People and Groupings: Partners, then individual

Use of Space: Any space

Instructions:

- Have participants choose a partner. Allocate one sheet of flipchart paper to each participant.
- Have them lay on the sheet and have their partner trace their outline.
- Once their outlines are traced, have participants use their own outline to create a drawing of what they expect themselves to look like in 5 (or more) years.
- Encourage participants to include information in the drawing about what their career will be, what extracurriculars they might be doing, who they see themselves surrounded by, where they will live, what they will eat, etc...





come out & play

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