

SUNSHINE DAY CAMP

January Indoor Activities

DIY Snow

Age Range: Best for younger kids.

Supplies: Baking soda, white hair conditioner, large bowl, spoon.

Set Up: None

Instructions: In a large bowl mix 2 ½ cups of baking soda with ½ cup of white hair conditioner. Stir mixture until well combined. If mixture is too wet, add more baking soda. Give each child some fake snow to play and create a winter wonderland! If you want to save the fake snow or send it home with the children, place snow in a Ziploc bag.





January Indoor Activities

Animal Game

Age Range: All Ages

Supplies: Blindfold

Set Up: None

Instructions: Have your children sit in a circle with one person in the middle. The child in the middle is “it” and blindfolded. When the child in the middle says “go,” the circle moves in a clockwise motion. When the child says stop, the circle stops. The child in the middle points their finger in one direction. Whoever is being pointed must make an animal noise. The child that is it must guess who the child is by the noise they are making. If they guess correctly, they go again, otherwise, they join the circle and a new child is chosen.



January Indoor Activities

Balloon Stomp

Age Range: All Ages

Supplies: Balloons, String

Set Up: Inflate balloons and tie string to the end of each balloon.

Instructions: Tie one balloon to each child's ankle. Have everyone begin by touching the wall. On "go" the children walk around the room and try to pop each other's balloons by stomping on them. If a child's balloon is popped, they are out of the game. The last child remaining with an inflated balloon, wins!



January Indoor Activities

Chicken Fights

Age Range: All Ages

Supplies: Masking tape, 2 bandanas

Set Up: Using the masking tape make a large circle on the floor.

Instructions: Children play 2 at a time, give each child playing a bandana to tuck into their back pocket. Each child will begin on opposite sides of the circle, facing each other. To begin the game, call out, "chicken leg," the children in the circle must lift one leg off the ground. Next, call out, "chicken wing," the children in the circle must put one hand behind their back. Finally, call out, "1, 2, 3 Chicken fight!" The children then begin to hop around the circle, staying inside the boundary lines and retrieve the blindfold from their opponent's pocket. The child that succeeds wins!



January Indoor Activities

Cup Wars

Age Range: All Ages

Supplies: Cups- A LOT of cups, gator balls, tables.

Set Up: None

Instructions: Divide the children into 2 teams. Designate some children to be the builders (they stand in the back of the team), some to be the guards (guards stand in front of the builders) and the rest of the team will be in front of the guards throwing balls. Give each team 5 minutes to build a cup tower all together. On "go" the children begin throwing the gator balls at the other teams' cup tower to try and knock it down. The guards are trying to knock the balls away, the builders are trying to rebuild the parts that get knocked down while the rest of the team is throwing the balls. Give the children about 5 minutes to destroy, then begin again, giving the children different jobs.



January Indoor Activities

Do You Love Your Neighbor?

Age Range: All Ages

Supplies: Chairs

Set Up: Place enough chairs in a circle for all children except one.

Instructions: Have all the children except one sit in the chairs. The child not in a chair is in the middle of the circle. That child will go up to a peer and ask them, "Do you love your neighbor?" That child can respond in two different ways: "Yes" or "No, only people who.." If the child says "yes" the people sitting on either side of the responding child have to switch seats, and the child in the middle goes for one of those seats. If the child says "No, only people who _____" they must fill in the blank ex: people who like the color green, are wearing socks, like pizza, etc. Then all the kids that fit that sentence stand up and switch seats with someone else in the circle and the player in the middle tries to sit down in an empty seat. The person remaining in the middle is now "it" and play continues.



January Indoor Activities

Four Corners

Age Range: All Ages

Supplies: 4 pieces of paper, 1 marker, tape, music, blindfold.

Set Up: Write the numbers 1-4 on the paper, one number per page. Tape each number in different corners of the room.

Instructions: Pick 1 child to be it and blindfold them. Begin by playing music and have the children dance in the center of the room. When the music stops, the children must walk to a corner. The child who is it calls out a corner number and the kids in that corner are out. Continue until only one child remains.