



## Indoor Activities

### Clean Sweep

Age Range: All Ages

Supplies: Balloons, 2 brooms or pool noodles, 2 chairs.

Set Up: Blow up several balloons

Instructions: Split your group into two teams. At the word “go,” the first team member will take the broom or pool noodle and sweep the balloon across the floor to the other side, around a chair and back. That person will pass the broom onto the next team member in line. Hitting the balloon hard does not necessarily mean that it will go in the direction you want it to go! To make it a little more difficult, add different obstacles for the children to hit the balloon around, over or under!



## Indoor Activities

### Clothespin

Age Range: 3<sup>rd</sup>- 6<sup>th</sup> Grade

Supplies: Clothespins (5 per team)

Set Up: Separate children into 2-3 teams, have them sit in a line, next to each other.

Instructions: At the word “go,” the starting member will put a clothespin on each of the fingers of their left hand. As soon as that is done, he will take them off one by one and put them on the fingers of the left hand of the person next to them. This will continue until the last person has take off the clothespins.

At that point, the last person will take them off of the left hand and put them on the right hand, then take them off of the right hand of the person next to them. This will continue until the starting person has all 5 clothespins on their right hand. The first team to finish is the winner.

**\*\*Please make sure the children are having self-control and not aggressively putting the clothespins on another child.\*\***



## Indoor Activities

### Dodo the Bird

Age Range: All Ages

Supplies: Balloons

Set Up: Blow up several balloons (about 2-3 per child). Make sure they are inflated a lot.

Instructions: Split your children into two or three teams. At the word “go,” the first team member will run across the room and pick up a balloon, put it between their legs. The balloon represents the dodo bird’s egg. Putting their thumbs under their armpits, they will begin to hop back to the other side while flapping their arms up and down and making bird-squawking sounds. If their balloon pops on the way, they must run back for another balloon.

Upon reaching their starting point, they will take their egg and place them on the floor. They must turn around and sit down on their egg and pop them. Only when the balloon pops can the next team member go and get another egg. First team to pop all their eggs and sit quietly, wins!



## Indoor Activities

Hi-Ya!

Age Range: 3<sup>rd</sup>-6<sup>th</sup> Grade

Supplies: N/A

Set Up: Have all participants stand in a shoulder-to-shoulder circle and take one step back. Have one person be in the middle of the circle.

Instructions:

1. Begin by having all participants say the word HIYA! As loud as possible on the count of 3. Participants putting their hand up in a ninja pose should accompany this.
2. Begin the game by having the person in the center step towards one of the participants and pointing with one hand say the word Hi Ya as loud as possible. The participant that gets pointed at must immediately duck. If they do not duck, they are out of the game and must stand behind one of the people on either side of them.
3. If the participant ducks, the two people on each side of the ducking participant are in a Hi Ya duel. The first person to raise their hands like a ninja and say the word Hi Ya, gets the other person on the "force."
4. A counselor must always make the call on who won the duel.
5. When the winner of the duel is established, invite the losing participant to walk over to the winner, congratulate them with a high five and stand behind them joining their force to encourage them.
6. Have the person in the center continue walking around and pointing at participants until there is a final two. With two remaining, you can crown them both the champions or take it one step further if you would like to crown only one winner.
7. The final duel is done by having participants stand back-to-back. On the count of three have the participants turn and face each other saying the word Hi Ya for as long as they can. The participant who can say it the longest without taking a breath wins the game.



## Indoor Activities

Pepsi- Cola

Age Range: All Grades

Supplies: N/A

Set Up: N/A

Instructions: Everyone has a partner and they stand across from each other. One side is Pepsi and the other side is Cola. The counselor is the “commander,” and give the commands below:

1. Pepsi: the partner on the Pepsi side will run over to their partner on the cola side and gives them a high five, then runs back.
2. Cola: the partner on the Cola side will run over to their partner on the Pepsi side and gives them a high five, then runs back.
3. 7 Up: Both partners run to the middle, high five and run back to their side.
4. Mountain Dew: partners run to the opposite side and switch places, now they have switched places and are the opposite soda.

As the campers run back, whoever is the last to get back to their side is out.