

SUNSHINE DAY CAMP

February Indoor Activities

Conversation Heart Games

Age Range: Best for kids that can read, but can be adapted for all ages.

Supplies: Conversation Hearts

Set Up: None

Love Letters

Instructions: Give each player a cup filled with the same amount of conversation hearts. Players have to dump out their conversation hearts and create a sentence with the words on the hearts. The most creative sentence wins.

Heart Scramble

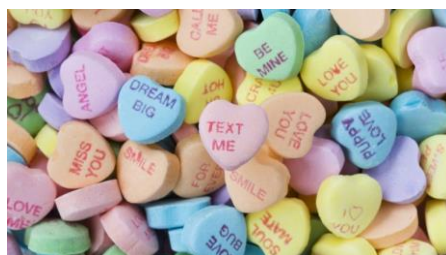
Instructions: Give each player a cup filled with the same amount of conversation hearts. Players have to dump out their conversation hearts and place them in alphabetical order by the first letter on the heart. The first player to complete first wins.

Heart Color Sort

Instructions: Give each player a cup filled with the same amount of conversation hearts. Players have to dump out their conversation hearts and quickly sort their hearts by color. The player to complete the sorting the quickest wins.

Stack of Love

Instructions: Give each player a cup filled with the same amount of conversation hearts. Players have to dump out their conversation hearts and quickly stack their hearts. See who can stack all their hearts the quickest or see who can stack the most hearts before their tower falls.





February Indoor Activities

Guess the Shadow

Age Range: All ages

Supplies: Butcher Paper, Flashlight or bright light, pens

Set Up: ***You will need to prep this activity beforehand. *** Cut pieces of butcher paper, about 1 per child and hang on the wall. Set up the bright light or flash light so it is shining at the butcher paper. Have the children stand in between the light and the paper so their silhouette is shown in shadow on the paper, only from shoulders and up. Trace the child's silhouette. Once you have all your children (or most of them) you can begin the game. If you do not want to trace the children, you can trace the counselors at your site!

Instructions: This game relates to Groundhog Day, have a brief discussion using the description below. Number each silhouette and hang the silhouettes around the room. Have the children walk around the room and look at each silhouette and try to pair the silhouette with the correct person, use the attached worksheet to help.

Groundhog Day Explained: The legend is simple: the groundhog's shadow on February 2, predicts the weather for the next six weeks, until the start of spring. A sunny day means the groundhog will see his shadow- this is taken as a sign that the next six weeks will bring wintry weather. A cloudy day means the opposite.



Guess the Shadow

Shadow Number

Child Name

1

2

3

4

5

6

7

8

9

10



February Indoor Activities

Kiss the Frog

Age Range: All Ages

Supplies: Blindfold, Hershey kisses, paper, pens, small bowl.

Set Up: Write the word frog on one slip of paper. Write the word animal of several slips of paper, enough so that each player will receive one. Fold each piece of paper and place in a small bowl. Pick one child to be the princess/ prince, have the rest of the players stand or sit in a circle around the child that is it. Blindfold the princess and give her a Hershey kiss. Have each of the other players draw a slip of paper from the bowl.

Instructions: To begin the game, the blindfolded princess will say “with this Hershey kiss, the frog becomes a prince(ss).” At this cue, all of the other players begin making some kind of animal noise, but ONLY the player who is the frog can ribbit. The princess must walk around the circle listening for the ribbit. When she thinks she finds the player, she will give the player the Hershey kiss. If the princess picks correctly, the frog gets to keep the Hershey kiss. Play continues by choosing a new prince(ss) each round.



February Indoor Activities

Balloon Buns

Age Range: All ages.

Supplies: Balloons, messages or tasks written on a small piece of paper; one message per balloon.

Set Up: Blow up balloons and insert the messages into each balloon.

Instructions: To begin the game, have all children sit in a circle. A balloon is passed around the circle one at a time. Each player has to sit on the balloon for 3 seconds. If someone pops the balloon, they must do what the message says!

Message Examples (messages can be modified per age):

Sing the ABCs backward.

Bark like a dog.

Do the chicken dance.

Moonwalk around the room.

Act like a cowboy and pretend to ride a horse.

Do a crazy dance to a song of your counselor's pick.

Balance a spoon on your nose for ten seconds.

Pretend you're a baby for one minute.



February Indoor Activities

Catch, Don't Catch

Age Range: 3rd-6th Grade

Supplies: Soft gator ball.

Set Up: N/A

Instructions: Have all players begin by standing in a circle with their arms crossed, with one person in the center. The person in the center will throw the ball to someone in the circle. They will either say, "catch" or "don't catch." If they say, "catch," the player should NOT catch the ball and cannot move. If they say "don't catch," the player should catch the ball. If a player does the wrong thing or misses the ball, they are out.



Indoor Activities

Cry Baby

Age Range: Kinder- 2nd Grade

Supplies: N/A

Set Up: N/A

Instructions: Have the children sit in a circle. Choose one child to go into the middle of the circle. This child crawls around on the ground and acts like they are crying and acting like a baby. The object is to make the other kids laugh. The first person to laugh has to go in the middle.



Indoor Activities

Hamburger Scramble

Age Range: All ages.

Supplies: Masking tape or chalk.

Set Up: Using the masking tape or chalk, make 4-5 circles on the floor in separate areas of the carpet. Label each circle: hamburger, ketchup, cheese, buns, lettuce, mustard.

Instructions: The children begin in the middle of the room and must run from one circle to the other as a counselor calls them out. Any child who messes up the order or is the last one inside the final circle is out. For example, a counselor will call out: buns and ketchup, the children must run from the bun circle to the ketchup circle, the last one in the ketchup circle is out. Keep building your "hamburger" in different orders to make it more challenging!



Indoor Activities

XOXO Tic Tac Toe

Age Range: All Ages

Supplies: Masking Tape, Construction Paper, Marker

Set Up: Place masking tape down to create a life size Tic Tac Toe grid on the carpet. A standard Tic Tac Toe grid has 3 rows and 3 columns, forming a 3x3 grid. Cut out or draw X and O markers on construction paper.

Instructions: Split up the children into two teams, the X team and the O team. The X team will have the X marker taped to their shirts and the O team will have the O marker taped to their shirts. Each child takes turns to move to an empty space on the grid. The goal is to get three of their markers in a row (horizontally, vertically, or diagonally). To make it more challenging, you can increase the size of the grid or allow for different winning patterns.