

## RAINY DAY ACTIVITIES

As we all know, camp will not be the same this year. It is our job to figure out how to make it work for the children and their parents. Below are some ideas for rainy day activities that involve little to no materials.

### 1. Charades- FFEACH

Everyone knows charades; no talking, but you have to get your team to guess your word or phrase. FFEACH is a categorical version of this classic game. Split the campers into teams and have one person from each group come up for the first word. All of the words fall into categories. In order, the list will consist of Fast Food, Electronic Appliances, and Cartoon Heroes. For example, the first word could be McDonalds, followed by toaster and Patrick Star (yes, he is a cartoon hero). After a group guesses a word, they send up a different team member to get the next word and act that out. Every team is working on the same words, and it's a race to see who can get all of the words first.

This is a great no material and no contact game that is fun for all ages!

### 2. Balance beam-

This can either be a fun activity or an interesting competition. All you need is some painter's tape and enough room to walk. You put the painter's tape on the ground in a line to make a balance beam. Make it more challenging by making zig zags or circles and get creative with how the children complete the walk. You can have them run, skip, hop, walk backwards, or possibly walk while tossing a ball to themselves. For a competition you could use a stopwatch and record times, record the number of step offs, or make 2 balance beams and make it a team race where if anyone steps off, you start at the beginning.

Another no contact activity that can be modified in so many ways and enjoyed by all.

### 3. Sock Basketball-

To avoid touching the same materials, have each child bring a pair of clean socks from home. Have some sort of basket or bucket to use as the basketball hoop and put down tape lines or markers to show where to shoot from. Have one child at a time stand at the shooting line and try to make it in. If they succeed, they move on to round 2 which is a farther line. This continues until there is one person left standing. If there is a tie and they already made it from the back line get creative for a tie breaker. You could move the bucket around while they're trying to shoot or have them do trick shots. If it has been a while, just declare them both winners or do rock paper scissors.

Great game to play inside or outside with all ages.

One of the most important things when having camp indoors is keeping the children engaged. This can be difficult at times, but as camp staff we have to do all we can to engage the kids in any activity we do. Some of the best ways to do this is through motivation/ encouragement and getting involved in the game yourself. Campers look up to us, so it is important to be good role models for them.