



Proactive activities to help include all children

Get Your Trash Out of My Backyard

Objective: Teamwork, physical movement

Organization: General space that can be divided in half

Equipment: Cones if there is not a line in your space, soft balls

Description: Divide the number of balls in half and spread them around each side. On your signal, the children should begin throwing the balls on the other team's side. The object is to have the least number of balls on your team's side. No one gets out of the game. They should throw the balls up or roll them so that they do not hit anybody. On your signal to stop, the children should freeze while you or a designated child counts the balls on each side. Announce the total, and then quickly begin again. Change the amount of time each time that the kids have to throw.

Elbow Tag

Objective: running and dodging, fitness

Organization: Divide the group into smaller groups of three players. In each group players stand elbow linking elbow. To start the game, pick two players—one as the chaser and the other as the chasee.

Equipment: none

Description: Runners run in and out of the three linked-elbow players. The chaser tries to tag the chasee. If this happens, the person who gets tagged immediately becomes the chaser and the rolls are reversed. This is done to level the playing field for all types of players. When the chaser or chasee gets tired, he can hook up with a free elbow. That means four players are hooked up, and the player on the opposite end now takes on the roll of the person who just joined. Once in a while a player will go just too long and the counselor must say "Johnny/Jenny Hook up with someone in 5 seconds." Then the game can be fair and all can have a turn. After playing for a while the counselor can stop the game and have those players who have not had a turn raise their hand. Have everyone look to see who needs a turn. This game is good on a hot tired day because you get a chance to rest in-between running and can judge for yourself how long to say into the game.



Clothes Pin Tag

Objective: Try and capture clothespins from someone else's back without losing yours.

Organization: Make a boundary with cones, lines, or jump ropes. Each player is given 5 clothespins hooked to the back of their t-shirt. Have everyone spread out before starting.

Equipment: three to five clothes pins per player

Description: If you capture a clothespin you must go down on one knee while pinning it on your back or have a friend pin it to your shoulder, back of wheelchair, etc. While you are on one knee, no one can take a clothespin from you. If you go out of bounds you must give up a clothespin. There is no pushing, and you can only touch a clothespin. No touching or pulling clothes or the body. Any violators will lose one clothespin to the victim. You can play this game as teams if you wish.

Parachute Games

Objective: Movement exploration

Organization: Have all children around the parachute grabbing onto the chute itself if there are not enough rings for everyone.

Equipment: Extra balls that can be stored in a mesh bag, puffballs, rubber chickens, and various rubber or bean bag animals

Description:

- Ripples—have the kids make small and big waves by shaking soft and hard.
- Giant Mushroom—take three steps in and lift the parachute up high in the air. Let go and let it glide down around everyone.
- Circle Moving—have the kids move around in a circle by walking, skipping, hopping, galloping, etc.
- Popcorn—have the kids make waves and pop balls in the air like popcorn.
- Merry-Go-Round—use a larger ball and have the kids cooperate to get it to move around the parachute.
- Parachute Volleyball—divide into two teams and try to pop balls off the other team's side.
- Jell-O—do Giant Mushroom again, but instead of letting it go have the kids pull it down behind their backs, sit down underneath, and tuck the parachute under their rears. Then have them rock back and forth to jiggle like Jell-O.
- Switch—pick child characteristics, and if they fit the category, they run under the parachute as the rest of the group does Giant Mushroom and switch places.
- Underwater—have several children at a time lay under the parachute as the rest of the groups make waves over them.
- Cat and Mouse—have a child crawl underneath as the mouse. Have another crawl on the top as the cat trying to chase the mouse. They have 60 seconds to catch the mouse. Rotate the children quickly so those that want to get the opportunity to chase or be chased.



General tips

- Vary the program offerings to give all campers a chance to use their strengths. Some campers are good at sports and others are better at arts and crafts etc.... Use that to your advantage and create opportunities for peer interaction. Vary the roles within each of those activities to suit the needs of the camper
- Create an atmosphere where the whole camp is working toward a common goal for example: some camps use a golden rule of the week. I.E. Do Your Best, Show Respect, Be Responsible and Be a Good Friend.
 - At the beginning of camp we talk about all 4 then we choose one to work on for the first week..... “Do Your Best”
 - Talk about and give examples of what it means to do your best.
 - The reward for the team that exhibited the most at the rule will get to have the trophy on their team table for the entire next week. Make sure the trophy is very visual so that everyone can see it and everyone knows what they are working for.
 - Make an announcement on Friday each week to the whole camp about which team is the Behavior Champion of the week. They get the trophy placed on their table for the entire next week for everyone to see.
 - Create a visual reminder, giving a verbal reminder and give the counselors a tool to use to help all campers work together toward the same goal.
 - You could even set it up so the every team will be the “Champion of the Week” so every team will have the trophy on their table for a week during the summer.