

Age Range:

Sloperians, Navigators, & Explorers

Builders & Bulldozers

Age range: slopes, navs

Game type: field game

Energy level: medium

Alternatives

- Wreck it Ralph → with wreck it Ralphs and fix it Felixes
- Can make it go with session theme

Equipment

- Tall cones that can be knocked down

Goal of the game

- Builders: job is to keep all the cones standing
- Bulldozers: job is to knock all the cones down

Instructions

1. Make sure all of the cones start standing up-right before starting the game
2. Split the campers into two teams: one team will be the builders and the other team will be the bulldozers
3. Set a timer for about two or three minutes and let the kids do their thing, builders spend the game resetting the cones that the bulldozers knocked down
4. After each round have the teams switch roles (builders become the new bulldozers and vice versa)

5. Can add on different twists to the game to keep it entertaining (i.e. have everyone hop on one foot, only touch the cones with their elbows, do bear crawls the entire time, etc.)

Caterpillar tag

Age range: slopes, navs, explorers

Game type: field game, tag

Energy level: medium

Equipment

- Cones to mark game area
- Don't really need any equipment though

Goal of the game

- Tagger: tag the person at the end of the caterpillar line
- Caterpillar: move to protect the person at the end of the line so they don't get tagged

Instructions

Have kids form groups of about 5ish and have each group get in a line. The person in front is going to start off as the tagger first. Tell that person to step away from their group.

Tell the rest of the group to form a conga line by holding onto the shoulders of the person in front of them. They are now the caterpillar. Their goal is to make sure the tagger cannot tag the person at the very back of the caterpillar.

If the tagger tags the person at the end of the line, have them switch spots and play again. If it is taking too long for a tagger to tag the end of the caterpillar, you can give them a time limit and tell them to switch if they don't tag in time.

You can also play around with the amount of people that make up a caterpillar.

Linked tag

Age range: slopes, navs, explorers

Game type: field game, tag

Energy level: high

Equipment

- Cones to mark game area
- Don't really need any equipment though

Goal of the game

- Tag with a twist!

Instructions

- Everyone gets a partner and links arms and spreads out in the playing area. (Can have them hold hands instead to make it easier to run)
- Two people are chosen to split up. One will be "it" and the other will be chased.
- Whenever the "it" links with a pair of players, the person on the opposite end must break off. They will now become chased by the "it." If the person gets tagged, they become it.
- Variation: When the person on the opposite end breaks away, they become it and must chase the person who was originally the chaser.

Amoeba tag

Age range: slopes, navs, explorers

Game type: field game, tag

Energy level: high

Equipment

- Cones to mark game area
- Don't really need any equipment though

Goal of the game

- Tag with a twist!

Instructions

Two people are it. They hold hands and chase people. Any person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2, but they must split even numbers and can link together at will. This game is played until nobody is left (or give them a set time to try and get everyone).

Bandaid tag

Age range: slopes, navs, explorers

Game type: field game, tag

Energy level: high

Equipment

- Cones to mark game area
- Don't really need any equipment though

Goal of the game

- Tag with a twist!

Instructions

One person is "it." Whenever someone is tagged by "it" they must hold a bandaid (their hand) on the spot where they were tagged. Then the game continues. When someone runs out of bandaids, (they get tagged three times), they are frozen until two other people come over to them and "operate." The two other people need to tag the frozen person at the same time and count to five. Let the game continue for as long as it remains exciting and fun. Switch the person who is "it" often.

Blob tag

Age range: slopes, navs, explorers

Game type: field game/filler, tag

Energy level: high

Equipment

- Cones to represent playing area, although no equipment is really necessary

Goal of the game

- Try not to get tagged!

Instructions

Start off with one kid as the tagger. Once that kid tags someone, they hold hands and become the tagger together. As they tag more campers, more and more people get added on to the chain. The game is played until time runs out or everyone becomes a part of the blob.

Halloween tag

Age range: slopes, navs, explorers

Game type: field game, tag

Energy level: high

Equipment

- Cones to represent playing area
- Pool noodle (x2 or x4, 2 different colors)
- Pinnies (x2 if playing with ghosts)
- A bunch of hula hoops (if playing with zombies)

Goal of the game

- Try not to get tagged!

Instructions

- One camper will be the witch and is given a pool noodle (their broom).
- Another camper will be the wizard and is given a noodle (their wand) that is a different color than the witch's broom.

On the counselor's signal, campers will begin to run around the playing area, attempting to avoid being tagged by the witch (who uses the broom to softly tag others). If a camper is tagged, they lose all of their bones and turn into a blob (they plop on the floor). The wizard turns blobs back into runners by tapping them three times with the wizard's wand. The witch cannot tag the wizard.

After a set amount of time, the counselor selects a new witch and wizard. Can play with two witches and two wizards depending on the amount of kids before adding in the other monsters (see below).

Other rules (optional):

can add in after the kids get used to playing with the witches and wizards

Ghosts

Two players are given pinnies and will play as the ghosts. If a player is tagged by a ghost, the tagged player must step out of bounds, dance for ten seconds, and then return to play. The ghosts cannot be tagged by the witch.

Zombies

One player is selected to be the zombie. The zombie must move around the playing area while dragging a hoop with one of their feet. If the zombie tags another player (they cannot tag ghosts, witches, or wizards), the tagged player gets a hoop and rejoins the game as a zombie. Therefore, there will be more and more zombies in the game. (if don't have enough hula hoops, have the kids pretend to limp around like zombies, zombies cannot run)

Age Range: East Coasters

Sloperians, Navigators, Explorers, & Pioneers

Superhero Battle

Age range: East Coasters

Game type: filler/field game, team vs

Energy level: medium

Equipment

- Cones or some kind of line markers (3 lines)

Goal of the game

- Choose a pose to do as a group
- Win the battle!

Instructions

Divide campers into two teams. Before each round, campers huddle up with their teams to choose one of the three motions:

- Hulk (hulk smash action) → beats Ironman
- Ironman (fist up flying motion) → beats Captain America
- Captain America (shield motion) → beats Hulk

Campers then form two lines at opposite ends of the playing area, and march towards each other until they reach the middle line (encourage them to come up with a team chant). Once everyone is at the middle line, tell the campers to “GET READY!” Each player should be facing a player on the other team. On the count of three, the campers perform one of three motions (the whole team doing the SAME motion). The team that wins chases the losing team back to their starting position. If a losing team member is tagged, they join the other team and the whole process starts all over. The game ends

when one team has all of the players (or can stop the game early and the team with the most players wins).

Cat & Mouse

Age range: East Coasters

Game type: filler/field game, circle game, vs

Energy level: medium

Equipment

- Cones to mark game area (circle)

Goal of the game

- Cat tries to catch the mouse
- Mouse tries to outsmart and run away from the cat

Instructions

- Have everyone but two people form a circle standing far enough away from each other so players must comfortably stretch arms to hold hands with the players next to them. The two outside players will be running through these spaces
- One of the people outside of the circle is the cat and the other is the mouse. They will begin on opposite sides of the circle
- When the game starts, the cat tries to catch the mouse. If either the cat or the mouse runs through one of the spaces in the circle, the space gets closed by the players who the cat or mouse just ran through (players hold hands). As the game progresses, more and more spaces get closed
- The game goes on until all the spaces are closed. If one player gets trapped in the circle, the other player wins

If both players are trapped inside or outside the circle, the group counts to ten and the cat has that count to try to catch the mouse. If the cat catches the mouse, the cat wins, otherwise, the mouse wins.

Hop paper scissors

Age range: East Coasters

Game type: field game, team vs

Energy level: medium

(Probably goes by a different name)

Equipment

- Cones in a line, each cone a hoppable distance away
- Or alternatively can use hula hoops or other kind of marker

Goal of the game

- Get to the other team's side to win! (kind of like tug of war in a way)

Instructions

Teams start on opposite sides and form a line. The first person in line goes first, and hop by the cones to meet the other team's representative in the middle. Once they meet up with each other, they play a game of rock paper scissors. Whoever wins, gets to continue hopping forward, while the loser has to run back and high five the next person in line (and go to the end of their team's line). That next person must then hop until they reach their opponent. Their opponent stops moving forward once they meet up. The game keeps going until one person reaches the other team's starting side.

Some rounds can be short, so play the game multiple times so everyone has a chance to play the game.

Pizza Knockdown

Age range: East Coasters

Game type: field game, vs

Energy level: medium

Equipment

- Cones to mark game area
- A frisbee for each kid playing

Goal of the game

- Try to knock other people's frisbees down
- Try not to drop your own frisbee!

Instructions

Hold your frisbee (your pizza) with your fingertips, only using one hand. You cannot use your other hand or any other body part to hold up the pizza. Your goal is to knock other people's frisbees down while preventing your own from getting knocked down. Last person standing wins.

Butterflies & Bees

Age range: East Coasters

Game type: field game, tag

Energy level: medium

Equipment

- Cones to mark game area
- Pool noodles (x2)

Goal of the game

- Bees tag butterflies
- Butterflies try not to get stung by bees

Instructions

1. Give 2 people the stingers (pool noodles) and these people are bees
2. All the other people are butterflies
3. The bees must go around stinging the butterflies
4. A butterfly that has been stung must stop where it is and freeze
5. For a butterfly to heal, 2 untagged butterflies must link arms around the injured butterfly and escort them to a designated area in the middle where the bees cannot go. The injured butterfly will count out loud to 5 and then can get back into the game
6. Butterflies that are healing another butterfly cannot be tagged
7. Let the game run for about 2 minutes or earlier if all the butterflies get tagged
8. Let 2 new people be the bees and play again

Nascar Racing

Age range: East Coasters

Game type: field game, vs

Energy level: high

Equipment

- Cones to mark race track area
- Objects to mark a starting line

Goal of the game

- Drive your car (aka run) around the track the fastest!

Instructions

- Arrange the group in a line and assign players numbers 1-4.
- Give each number a name of a car. (ex. 1's are Porches, 2's are Ferrari's... etc)
- The game leader calls a car name and those cars have to get up and run around the circle. The first person back to their spot wins.
- There is a twist to this game. The cars can have things wrong with them as the leader chooses. Some ideas are;
- FLAT TIRE (Hop around on one foot), RUN OUT OF GAS (Crab Walk), TURBO BOOST (run around), NO MUFFLER (noisy!)...etc

Get that ball out of my yard

Age range: East Coasters

Game type: field game, vs

Energy level: medium

Equipment

- Cones to split the area in half (can pretend this is the fence between the neighboring yards)
- A bunch of balls that can be kicked

Goal of the game

- Get the balls out of your yard! You don't want them! They are stinky!!!

Instructions

- Line up the balls on the center line
- Set a timer (or guesstimate/eyeball it) and have the kids go at it
- The goal is to kick the ball to the other team's yard and have the least amount of balls on your team's side when the game ends
- Discuss with the kids beforehand a code word to end the game (i.e. "STOP" or something silly) and have everyone sit down as fast as they can
 - Can give the team that sits down the fastest -1 ball point as a reward
 - This is recommended because some kids may continue to kick the balls even after you tell them to stop

Variations

- Can have them play the entire game walking like crabs on their hands and feet to make the game more challenging
- Can use different types of balls that must be thrown over different ways (i.e. soccer balls must be kicked over, footballs must get thrown over, etc.)

Hunter Hawk

Age range: East Coasters

Game type: field game

Energy level: high

Equipment

- Hula hoops (bird nests, enough for every kid to have one)

Goal of the game

- Robins: Switch nests with another robin without the hawks getting inside either nest
- Hawks: Fly to an empty robin nest (and turn into a new robin) while the robins are switching nests

Instructions

Part 1:

1. Ease the campers into the game first with everyone starting out as regular robins (no hawks yet). The goal for the robins is to keep swapping nests with other robins.
2. The hula hoops are their nests. The nests should be scattered all around the game area. (You can increase game difficulty by keeping a larger distance between each hula hoop)
3. Everyone starts the game off by standing inside a hula hoop nest. They must use communication (ideally non-verbal communication to make the next level of the game easier) to swap spots with another robin.
4. They need to swap spots with a different person each time (they can't keep swapping spots with their bestie).

Once the kids have a good grasp at swapping around with other players, you can introduce the hawks into the game.

1. Choose ~1-2 campers to be hawks, and take away their hula hoop nests from the game
2. The goal for the hawks is to intercept a swapping pair, and get inside one of their (empty) nests. Once a hawk gets inside a nest, they turn into a robin, and the robin that no longer has a nest becomes the new hawk (similar to monkey in the middle).
3. Play the game for a set amount of time. The game has no real way for anyone to win.

Additions

- Can add in a “monkey in the middle” ball (i.e. robin egg) into the mix to spice things up
 - If a hawk gets hold of the ball, they are able to choose any nest they want (and kick out whoever is inside it)

Pacman tag

Age range: East Coasters

Game type: field game, tag

Energy level: high

Equipment

- LOTS of hula hoops (spread around in a pacman-like course)
- If no hula hoops, use other objects to make a pacman-like course
- Cones to make ghost box
- Frisbees for the pacmans OR pinnies for the ghosts (optional)

Goal of the game

- Jump around in the hula hoops
- Pacmans: run away from the ghosts
- Ghosts: try to tag the pacmans

Instructions

Assign a few kids to be ghosts and the rest of the kids will be pacmans (pacmans hold onto frisbees to signify that they are a pacman, or give pinnies to the ghosts to wear). The ghosts will act as the taggers until the counselor shouts “PACMAN POWER UP!” When this happens, pacman powers up and is temporarily able to eat the ghosts. The pacmans then become the taggers and the ghosts have to run away. If the ghosts get tagged, they get sent to the ghost box to respawn.

If a kid gets tagged as pacman, there are a few options:

1. Can have the kid be out for the round and play until time runs out or until all of the ghosts tag everyone

2. Can play with zombie tag style rules, where pacmans become the zombies when tagged
3. Can create a pacman respawn point for when they get tagged, similar to the ghosts
4. Come up with your own secret 4th option for what to do if they get tagged

Spaceship tag

Age range: East Coasters

Game type: field game, tag

Energy level: high

Equipment

- Cones to mark playing area
- 1 hula hoop for each camper
- Some pool noodles (about 2 or 3, enough for each alien to get one)
- Pinnies (or something else) to identify the astronauts

Goal of the game

- Spaceships: kids run around while holding up their hula hoops and pretend to be spaceships. Try not to crash into other spaceships or get tagged by the aliens
- Aliens: Try to tag the spaceships
- Astronauts: Go around to help repair spaceships

Instructions

Start off by introducing the campers to the game by having everyone be spaceships (no taggers). Have the kids run around with the hula hoops for a few minutes. Their goal this round is to not crash into any other spaceships. (Can make this harder by not having that big of a game space)

- If two spaceships collide, the campers must sit down and wait for a counselor to come tag them back in
- Continue this round until campers get the hang of running around with their spaceships in the game area

Beginning tag:

Now add in the aliens and the astronauts. Pick 2 campers to be the aliens and 2 campers to be the astronauts. Everyone else stays as spaceships. Aliens are given pool noodles to help them tag the spaceships. (Can come up with some story about how the aliens are trying to break all the spaceships). The goal as spaceships is to fly away from the aliens. The astronauts are there to help tag spaceships back into the game. Astronauts cannot be tagged by aliens. The aliens are only interested in breaking the spaceships.

Have the kids play for a few minutes and then switch who the aliens and astronauts are. Try to give everyone a turn of being either an alien or an astronaut.

Age Range:

Sloperians, Navigators, Explorers,
Pioneers, & Rangers

Wolf's Den

Age range: slopes, navs, explorers, pioneers, rangers

Game type: field game, vs

Energy level: high

Equipment

- Cones to mark the game area
- Pinnies (optional)

Goal of the game

- Bunnies: Don't get tagged by the wolves!
- Wolves: Tag the bunnies and turn them into wolves with you!

Instructions

Setting up

To set up the game area, you just need two parallel lines for the wolf den.

This will be the area that the bunnies must run across without getting tagged by wolves. Make the space in between the lines shorter for the younger kids and longer for the older kids to change difficulty.

Playing the game

Start the game by choosing two wolves. Give the wolves pinnies to put on so everyone can clearly see who the wolves are. The rest of the campers will be bunnies (no pinnies). The goal for the bunnies is to run through the wolf's den as many times as possible without getting tagged. If they get tagged by a wolf, they must grab a pinnie and become a new wolf inside the wolf den. The game ends when there are two bunnies left – the last two bunnies get to start as the next game's wolves.

Age Range:

Explorers, Pioneers, Rangers, & Trailblazers

Barrel of Monkeys Soccer

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, teambuilding, team vs

Energy level: medium

Equipment

- Cones to mark the game area
- Jump ropes, different cones, or other object to mark the goals
- 2 Small balls (tinier balls make the game harder)
- 1 Soccer ball
- Long teambuilding ropes if kids don't want to physically hold hands

Goal of the game

- Teams try to get the most points to win the game
- Points are earned when one team gets their small ball and the soccer ball into the opposing goal
- Points are lost if anyone from their team lets go of their teammates hands
- **Emphasize working together**

Instructions

Divide the group into 2 teams. Use the jump ropes or cones to make goals at either end of the playing area. Each team is given a small ball. All team members must be connected by holding hands.

The soccer ball is placed in the center of the playing area. Each team in the game moves as a unit. If any member of the team lets go or in any way becomes separated from the rest of the group, the team loses a point.

On "GO", each team moves its small ball along the ground and into the goal of the opposing team. Any player may touch the ball- no player may keep possession of the ball for the entire time (can make a rule that a player can only have the ball for 5 seconds if kids are hogging the ball).

As soon as a team scores with their small ball, they race to the center to try to kick the soccer ball into the opposing goal, STAYING CONNECTED. The first team to do so scores a point and the game is repeated. The team scoring the most goals with the soccer ball is the winner.

War ball

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, teambuilding, team vs

Energy level: medium

Equipment

- Cones to separate the playing area into 4 quadrants
- Crates to make a tower, cones with a ball on top, or bowling pins to be knocked down (1 tower per team → 4 towers total)
- Bunch of dodgeballs (place in the middle or along the team lines)

Goal of the game

- Similar to tower of power but with four different teams
- Knock down the other team's towers/cones
- Alliances are allowed

Instructions

Rules

- Make sure kids aren't standing too close to the tower
- If a tower gets knocked down it stays knocked down
 - The team has the option to ally up with another team or be destructive and knock down the rest of the team's towers
- To win the game, the opposing team's towers must be knocked down
- Can also use a point system if playing multiple rounds

For the younger kids:

- Put the towers closer to the team lines (makes it easier to knock down)
- Regular dodgeball rules don't need to apply (campers don't aim at other campers, just the towers)

For the older kids:

- Put the towers farther away from the team lines (increases difficulty)
- Dodgeball rules apply
 - No headshots, only count hits below the neck
 - If a camper gets out have them sit down
- Can have each team have a healer. The healers get a healing stick and tag back in their team members who are sitting down. Different ways to play:
 1. If healer gets out someone new must grab the stick and become the new healer (better for pioneers)
 2. Healer gets 2 lives and can't come back when they get out (better for west coasters)
- If the entire team is sitting down they are out for the rest of the game

Chuck the chicken!

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, team vs

Energy level: high

Equipment

- Rubber chicken (or other throwable object)
- Cones to make sure teams have even circles when playing (optional)

Goal of the game

- Throw the chicken far and get more runs in than the other team!

Instructions

Divide into two groups:

One group has the task of throwing a ball as hard as they can in any direction. As soon as they throw it, that group will huddle as close as possible while one person from the group will run around the huddle counting the number of times they make a complete circle.

The second group will run after the ball that was thrown. They will get in a line and pass the ball under then over then under, etc. until the last person gets the ball. When that last person gets the ball, they will scream CHICKEN. The other group will then stop running, the number of circles will be tallied, and then the groups will switch roles.

Steal the bacon

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, vs, tag

Energy level: high

Equipment

- Cones to mark team lines
- A grabbable object (the bacon) to place in the middle

Goal of the game

- Steal the “bacon” before the person on the other team does
- If the other person steals the “bacon” before you, you must try to tag them before they make it back to their team

Instructions

Put the “bacon” in the middle, and set up team lines on opposite sides and equal distance away from the middle.

- Split the campers evenly into two groups and have them sit on their team line
- Assign numbers to each player on both sides from one to the final person. At the end, each team will have a number (1, 2, 3, 4, etc.)
- In the center place a ball. When you call out a number, the goal is to be the first to reach the ball, and bring it back to your side without being tagged by the other person. If you make it back safely, your team scores a point, if you are tagged, the ball goes back in the middle, and a new number is called.
- Make sure kids are being gentle when tagging

Capture the flag

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, team vs

Energy level: high

Equipment

- Cones to mark the middle line (or some other marker)
- Cones to mark playing area (optional)
- Flags to be captured (i.e. balls, frisbees, bean bags, etc.)
- Hula hoops to place the flags inside (optional)

Goal of the game

- Capture all of the other team's flags and stop them from taking yours!
- Tag the opposing team when they run onto your side
- Avoid getting tagged by the other team when trying to steal their flag

Instructions

Use cones to set up the middle line and boundaries. (If you want to make the game really big, you can set clear boundaries for the campers instead of using the cones)

Set the flags on both sides. To make the game harder for older campers, put the flags further away from the middle line, so they have to run farther. You can use hula hoops as markers for where the flags are supposed to be put back when it is time to return them to their original position. The hoop can also be used as a 5 second safe zone where campers are safe from being tagged.

Rules & Variations

1. Campers can only carry one flag at a time (if playing with more than one flag per side)
2. Decide whether or not throwing/passing the flag is allowed (if throwing is allowed, someone MUST catch it, otherwise the flag gets put back)
3. Decide how the flag must be brought over (only really necessary when using frisbees or if throwing is allowed)
4. Decide what happens if campers are tagged
 - a. Can set up a jail and have them go there until a team member reaches the jail and sets them free
 - b. Can have them sit in the spot they got tagged and wait to get tagged back in by a team member
 - c. Decide whether campers get free walk backs (if playing with free walk backs, the campers that got out must walk back to their side before trying to capture the flag again)
5. Any other rules you want to play with

SPUD

Age range: explorers, pioneers, rangers, trailblazers

Game type: field game, name game, dodgeball

Energy level: high

Equipment

- One dodgeball

Goal of the game

- Be prepared to run away and don't get hit by the dodgeball!

Instructions

One player tosses a ball straight up while calling out another player's name. The named player runs to catch the ball while everyone else runs away from the ball. Once the ball is caught, the named player yells "SPUD!" and everyone must freeze. The player with the ball then tries to tag someone below the waist. They can take up to three steps toward their target to make the throw easier. The player who gets tagged becomes the one who throws the ball next.

Age Range:

Pioneers, Rangers, & Trailblazers

Human Foosball

Age range: pioneers, rangers, trailblazers

Game type: field game, teambuilding, team vs

Energy level: medium

Equipment

- The long team building ropes (optional)
- Cones to mark lines where the kids should stand
- Goals or something to mark the goals
- Soccer ball (x1)

Goal of the game

- Just like regular foosball
- Work together as a team to score points in the goal!

Instructions

- Regular foosball rules
- The kids can only move side to side and must stay within the two cones next to them
- They must work together to pass the ball to their teammates to try and score points

If the ball goes out of bounds, can have a counselor kick it back in (as if the ball had bounced off the wall like in foosball) or can reset it in the middle

Monarch Dodgeball

Age range: pioneers, rangers, trailblazers

Game type: field game, vs, dodgeball

Energy level: high

Equipment

- One dodgeball
- Cones to mark playing area (optional)

Goal of the game

- Monarch: try to get everyone out with the dodgeball
- Everyone else: be the last one standing and don't get hit!

Instructions

The game begins with one Monarch. This person starts with the ball and is "it". As the only Monarch, this person can run with the ball and try to hit another player with it. As soon as another player has been hit with the ball, they become a Monarch as well and game play changes slightly.

With more than one Monarch, whoever is holding the ball can NO LONGER MOVE WITH IT. All the other Monarchs can move without the ball but the person with the ball must stand still until they pass the ball. The ball can be passed from Monarch to Monarch in an attempt to hit other players with it and create more Monarchs. Play the game until there is one person left.

Make sure kids are aiming shoulders and below when throwing the dodgeball. No headshots.

Steal it Kickball

Age range: pioneers, rangers, trailblazers

Game type: field game, vs, dodgeball

Energy level: high

Equipment

- A kickball
- Hula hoops (x6)
- Cones to mark starting kick line and pitcher's mound

Can also be played in the actual kickball field (your choice if you want to add the extra bases)

Goal of the game

- Just like kickball, except stealing is allowed and there are 6 bases instead of 4

Instructions

The game is set up with a pitcher's mound and a marker for where the kids kick from. There is no "home base" because in this version of kickball, the kids don't run home. Instead, they keep running around the bases until they get out. The hula hoops are placed around the field, but don't necessarily need to be in any particular set up. As long as you demonstrate to the kids what order and where all the bases are run in, then you should be all set.

Some basic rules to play with:

1. Kids can steal bases at any time in the game (which is the whole point), EXCEPT in areas where base lines cross in front of where the ball is kicked (i.e. this will likely be in between bases 6 and 1).
2. Choose beforehand whether you want the groups to switch after 2 or 3 outs
3. Multiple kids can be on the same base (as long as they all are able to fit at least one foot inside of the hula hoop)
 - a. Caution kids to step OVER the hula hoops and not on them (tripping hazard)
4. Kids must run to the correct base, or they are at risk of getting tagged out
5. **Points are scored when a runner makes it all the way around and lands back on 1st base again.** You can have kids raise their hands/have them shout/do something silly when they get back to 1st base to make it easier for you to keep score
6. Feel free to play with your own rules/add on others

Age Range: West Coasters

Rangers & Trailblazers

Battle Zone

Age range: West Coasters

Game type: field game, team vs

Energy level: high

Equipment

- Cones to split up the sides & make playing area
- Objects that will act as the flags (i.e. bean bags, balls, frisbees, etc.)
- Bunch of dodgeballs
- Hula hoops (optional)
- Healing stick (i.e. pool noodle or foam stick, optional)

Goal of the game

- Get the other team out dodgeball style to win the game
- OR capture all of the other teams flags to win the game
- Basically dodgeball and capture the flag combined

Instructions

Setting up

Use cones to make bounds and a line in the middle to split apart the teams. Put dodgeballs along the middle line. On either side, set up the team's "flags" for capture the flag. You can use hula hoops as the flag area so the kids can easily put the flags back in a fair spot. You can also make it so the hula hoops are a safe zone where they cannot get tagged by the other team (for no more than 5 seconds).

Playing the game & Rules

1. Separate the kids out into two teams and put them on either side.
2. Set particular dodgeball rules for the kids to follow
 - o i.e. no headshots, only below the neck, sit down if you get out, etc.
3. Have a way for the kids to get back in the game
 - o i.e. tagged by a teammate, tagged by a designated healer, get back in if a teammate catches the ball, etc.
4. Set particular capture the flag rules
 - o i.e. sit down if tagged, free walk backs, designated jail area, can tag only with dodgeballs or with hands or both, etc.
5. Make sure kids aren't guarding too close to the flags

Hot Potato

Age range: West Coasters

Game type: field game, team building, relay race

Energy level: low

Equipment

- Field hockey sticks
- Balls of some sort
- Objects to create some sort of course for the campers to maneuver through

Goal of the game

- Work together in pairs to move the “hot potato” (the ball) through the course without dropping it

Instructions

Not many set instructions. Can be more creative with this game.

Some ideas:

- Turn the game into a relay race
- See which team/pair can bring back the most amount of balls
- If the ball drops, restart

Snake

Age range: West Coasters

Game type: field game, team building, relay race

Energy level: low

Equipment

- Blindfolds (optional but recommended)
- Random objects to pick up
- bucket/hula hoop for collected objects

Goal of the game

- Pick up objects on the ground
- Put the objects in their group's bucket/hoop
- Must work together with their group
- The team that collects the most objects in the time limit wins

Instructions

- Lay a bunch of random objects around on the ground
- Split kids up into groups (4 or more kids per group)
- Have each group get into a line and start by their bucket/hoop
- Give the kid in the front a blindfold (or tell them to keep their eyes closed) so they cannot see
 - Optional: can also give the other kids blindfolds (if enough) or tell them to close their eyes as well
 - **The kid at the very end of the line should be able to see**
- Tell the kids to place their hands on the shoulders of the person in front of them

In order to move, the person at the back of the line must help guide their teammates around the area. This can be done in one of two ways: with talking (self explanatory) or without talking.

Snake without talking: the person at the end of the line must tap the shoulder on the side of the person in front of them in which direction to move. In turn, the tap will be passed up to the front of the line, telephone style. Once the tap reaches the person in the front, they will turn in the direction of the tap. To pick up/drop objects, the person in the back will signal by tapping their corresponding foot to the person's leg in front of them. This tap will also get passed up the line until it reaches the first person, letting them know to feel around on the ground for their object or bucket/hoop.

Age Range: All ages

Sloperians, Navigators, Explorers, Pioneers,
Rangers, & Trailblazers

Don't wake cranky granny

Age range: all ages

Game type: field game, team building, dodgeball (or tag for the littles)

Energy level: medium

Alternatives

- **Don't wake the wicked witch (S3 2025)**
- Or something involving current session theme

Equipment

- Cones to mark game area & safe zone
- SOFT throwable object (i.e. a dodgeball)
- Other objects required to complete task (optional)

Goal of the game

- Complete a task without waking up the cranky granny
- If cranky granny wakes up, run away!

Instructions

To play, one person starts out as a sleepy and cranky granny. The granny stands on the other side of the playing area and faces away from the campers and pretends to sleep (feel free to encourage loud & obnoxious snoring to make the game funnier). On the other side of the playing area, the campers must perform a task silently, so granny stays asleep. This task can be to line up in a particular order, like from oldest to youngest, tallest to shortest, group by birth month, or some other task that requires teamwork.

They must complete the task silently so they do not wake up cranky granny. If the campers wake up granny with noise (can be accidental or intentional), granny gets mad, and the campers must run away to the safe zone. Granny is equipped with 2 dodgeballs (aka her granny slippers/witch potions) and has a chance to throw it at another camper. If you get hit by the granny slipper, you are out til the round ends (headshots do NOT count, the granny slipper **MUST HIT BELOW THE NECK**). Once you reach the safe zone, you are safe from granny's wrath. Once everyone reaches the safe zone/gets out, granny resumes her original position and falls back asleep. The campers then resume their task.

Once the campers complete their task, they can yell to wake up granny and begin a new round with a new granny.

Game options

- **For slopes/navs/explorers, can have the granny TAG kids instead of using dodgeballs**
- Can change around how far away granny sits to make it easier or harder
- Can have teams compete against each other to complete a task quietly
- Can turn it into a quiet relay race

Bean Bag Basketball

Age range: all ages

Game type: field game, team vs

Energy level: medium

Equipment

- Cones to mark game area
- One bean bag or ball
- bucket/hula hoop for goal

Goal of the game

- Pass the bean bag/ball to your teammates
- Score points in your team's goal
- The game is like basketball

Instructions

- Set buckets/hula hoops on opposite ends of the game area
- Players with the bean bag cannot move/walk/run with the bag. They can either pass the bag to another player on their team or shoot for the bucket/hoop
- If the bean bag falls on the floor, it goes to the opposing team. For example, if a player passes the bag to another player, and it is dropped. A player on the other team picks it up. This is also true for missed shots
- Defenders can block or intercept the bag. However, defenders can not touch the person with the bag, or the bag while in possession.

- Stealing is allowed for west coast campers, but not for east coast campers

King Pin

Age range: all ages

Game type: field game, team vs, dodgeball

Energy level: medium

Equipment

- Bowling pins, tall cones with a ball on top, or something that can get knocked down by a ball
- Cones to mark the game area, or play the game on a basketball court
- A good amount of dodgeballs

Goal of the game

- Knock down all the other team's pins to win

Instructions

Set up the game area. Use cones to make bounds and a line in the middle to split apart the teams. If playing on a basketball court, use the middle line and split the teams on either side. Set up the bowling pins close to each team's back line. (Make sure they are able to stand up on their own and can be knocked down.) Place the dodgeballs along the middle line.

Rules: kids cannot cross the middle line and their aim is to try and knock down the other team's pins. Once a pin gets knocked down, it cannot be picked back up (even if you accidentally knocked down your own team's pin), with an exception. If playing on a basketball court, you can try to score a basket with the ball. If you score a basket, your team can reset all of the pins that have been knocked down (unless you have already lost the game). If playing in the field, you can come up with another way for the kids to

reset their cones (i.e. making a far goal in the back), or simply play the game without pin resets.

The game also follows dodgeball rules. If a player gets hit with the ball below the neck, they are out. That being said, if someone hits another player in the head with a dodgeball, the person that threw the ball is out (no head shots), and the person that got hit is still in.

There are different ways this game can be played with outs. If all team members are out, the other team wins; even if all the pins haven't been knocked down yet.

1. **Nuke em' style outs:** If a kid gets out, they go off to the side. To get back in, a team member that is still in needs to catch a dodgeball (with one hand to make it harder, with two hands to make it easier). The player that has been out the longest comes back in
2. **Healer style outs:** One person is the team's healer and is given a healing stick (i.e. pool noodle or a foam stick). For the littles, the healer cannot get out (or if they get out, someone else needs to take the healing stick and become the healer). For the older kids, you can give the healers 2 lives to make it harder: once they are out for good, there is no more healer for that team.
3. **Stuck in jail:** If a camper gets out, they get sent to the jail behind the other team's area (would need to mark this area with cones). To get back in, the people in jail need to catch a ball thrown to them from their teammates that are still in (without the ball bouncing/touching the ground). If someone in jail makes a catch, everyone in that jail is freed and can return back to their side.

Game Modifications

- Move the pins farther away from center to increase difficulty
- Keep the pins closer to center for the younger kids

Tower of Power

Age range: all ages

Game type: field game, team vs, dodgeball

Energy level: medium

Equipment

- Grab about 6 to 8 crates per team
- Cones to mark the game area
- A good amount of dodgeballs
- Pool noodles or foam sticks (x2)

Goal of the game

- Knock down all the other team's towers to win
- Similar to kingpin

Instructions

Set up the game area. Use cones to make bounds and a line in the middle to split apart the teams. Put dodgeballs along the middle line and set up two (or three) towers on each side (either 3 or 4 crates tall). If the kids are younger, put the towers closer to the middle line and further if the campers are older.

- Dodgeball rules apply
 - No headshots, only count hits below the neck
 - If a camper gets out have them sit down

- Each team has a healer. The healers get the healing stick and tag back in their team members who are sitting down. There are 3 different ways to play:
 1. Healers can't get out (better for the younger kids, slopes/navs/explorers)
 2. If healer gets out someone new must grab the stick and become the new healer (better for explorers/pioneers)
 3. Healer gets 2 lives and can't come back when they get out (better for pioneers/west coasters)
- First team to knock down the other team's towers (or get everyone on the other team out) wins
 - Towers must be fully knocked down
 - crates = no longer stacked

Head, shoulders, knees, and cones

Age range: all ages

Game type: field game, vs

Energy level: medium

Equipment

- cones (enough for each pair to have one)
- Other objects (optional)

Goal of the game

- Get more points than your partner

Instructions

Have campers stand across from a partner with a cone directly in between them. Campers put their hands on their head, shoulders or knees when called. If they hear “cone”, they need to be the first one to grab it.

Variations

- Can have them start further away from the objects in the middle (may also prevent any potential head bonking)
- When one of the campers grabs the cone, they must run to a designated spot before their partner tags them
- Have other objects (other than a cone) for them to grab

Crazy Kickball

Age range: all ages

Game type: field game, kickball, vs

Energy level: high

Equipment

- Bases (or play in kickball field)
- A couple different types of balls
- A bucket or someplace to put the balls (i.e. hula hoop, cone, etc.)

Goal of the game

- Score the most amount of home runs!

Instructions

Divide the campers into two equal teams: one team will start in the outfield and the other up to kick. The field should be set up similar to kickball with 3 bases and a home base.

The kicking team:

The kicking team starts with four players up at "bat"

- 1st player kicks a rolled kickball
- 2nd player then throws or punts a football
- 3rd player throws a frisbee
- 4th player kicks a soccer ball

This should happen quickly, one right after the other. (Can change around the type of balls that are kicked/thrown)

Once a player has thrown/kicked their ball, they begin running bases:

- Players do not stop running
- Each time a player passes home plate, a point is scored
- The 4 players continue running until all 4 balls/frisbee are returned to the bucket (kept at the pitcher's mound)
- At that point, 4 new players come up and repeat
- There are no outs
- The kicking team plays until each player has had a turn to throw/kick

Outfield

The outfield team cannot walk or run once they have a ball in their hand.

- They must use teamwork to throw and catch and get all items back in the bucket
- One player will serve as pitcher
- The pitcher will roll the kickball, and serve as the final catcher placing the items in the bucket
- Players yell "stop" once all items are in the bucket
- Then the runners stop running and scoring stops
- Once all of the kicking players have had a turn at bat, the teams switch places

Feel free to change around the rules or play with outs for older campers.

Tic Tac Toe Relay

Age range: all ages

Game type: field game, team relay

Energy level: high

Equipment

- 9 hula hoops (tic tac toe board)
- 6 markers (i.e. bean bags, 3 per team)
- 2 cones to designate starting points

Goal of the game

- Win at tic tac toe!

Instructions

Separate the campers into 2 groups and give each group 3 markers. On go, one person from each group will run to the tic tac toe board and place down the marker in one of the hula hoops. Afterwards, they will run back to their team and high five the next camper in line. The next camper will follow suit and place their marker in an open hoop. Keep going until all the markers are used up. Once all three markers are placed down, the campers can then move their own markers if no tic tac toe has been scored.

This version of the game is ideally played 3 vs 3 (if there are more kids on the teams, it's possible not everyone will get a chance to do the relay). To combat this, you can have teams wait in line to play against each other or have multiple games going on at once. Or you can play the same game multiple times so everyone gets a chance to have a turn.

Cross the river

Age range: all ages

Game type: field game, team building

Energy level: low

Equipment

- Cones to make the river
- Hula hoops (rafts)
- Pool noodles
- Other objects

Goal of the game

- Get to the other side of the river without touching the water

Instructions

Campers must work together to get across a pretend river using only the supplies given by the counselor. To win, each kid must get across the river in a set amount of time.

To set up this game:

1. Use cones to create two parallel lines for the edges of the river. The larger you make the river, the harder the game will be.
2. Give kids hula hoops to use as rafts (more kids than rafts = better)
3. You can place rules on raft use, as well. For example, an unattended raft will float away, or a raft with more than two players will sink.
4. Set a timer for the group to get all campers across the river.

To create a challenge, divide kids into groups and see who can get their team across first.

Rob the Nest

Age range: all ages

Game type: field game, team vs

Energy level: high

Equipment

- Hula hoops (1 for each team, and 1 extra)
- The plastic eggs or other small objects that can be carried (~7-12 eggs)

Goal of the game

- Get 3 eggs in your nest to win the game!

Instructions

Setting up

- Put the extra hula hoop in the center, and put the rest of the hula hoops an equal distance away
- Put all of the eggs into the middle hula hoop
- Separate the kids out into teams (4-5ish people per team) and give each team a nest (hula hoop)
- Assign each group member a different number

Playing the game

- Call out a number and all players with this number run to the central nest and take one egg at a time back to their nests
- When all objects from the central nest have gone, runners may "rob" the nests of other groups
- The first team with 3 eggs calls "Stop" and wins the round

- Changes of number can be called at any time – if a new number is called during the middle of play, runners must place the eggs they are holding on the ground and return to their nests so the new player can take over
- Team members are not allowed to protect their eggs by hovering over them or hiding them
- All eggs are returned to the central nest following a win and the game begins again

Variations

- Start with 12-15 eggs and run the game for a set time – on “Stop”, see which team has the most eggs.
- Have the team members line up and first in the line goes, gets one egg and then tags the next team member who goes and does the same and continue with this

Gotta catch 'em all!

Age range: all ages

Game type: field game, team vs

Energy level: medium

Equipment

- Hula hoops (1 for each team, and 1 extra)
- A bunch of balls
- 1 cone for each team

Goal of the game

- Work together as a team to bring back the most amount of balls to your home base

Instructions

Setting up

- Put the extra hula hoop in the middle and place all the balls inside it
- Separate the kids into different teams and give each team their own hula hoop (3-5 kids per team)
- Put a cone down for each team (where they start from) equal distances away from the center hoop

Playing the game

- Each team member must be holding onto the hula hoop at all times
- Have each group start at their starting cones (home base)
- Their goal is to get as many balls as possible from the middle back to their home base
- They can only bring one ball at a time

- They can only use their feet to move the ball
- They must try to keep the ball “inside” their hoop when bringing it to their home base
 - The hoop can be up in the air, this is just to keep them from kicking the ball far away
- If their ball goes too far “outside” their hoop, have them bring the ball back to the center and try again
- The game ends when all the balls are gone from the center and at a team’s home base
 - Once a team has a ball, there is no stealing it
- The team with the most amount of balls at the end of the game wins

Cops and Robbers

Age range: all ages

Game type: field game, team vs

Energy level: high

Equipment

- Hula hoops (optional)
- Items for the robbers to steal (i.e. bean bags, aka money bags)
- Cones to designate game area

Goal of the game

- Robbers: steal money bags and bring them back to their safe zone
- Cops: prevent robbers from stealing money by tagging them and keeping them in jail

Instructions

Setting up

- Set up one bank (or multiple banks) where the robbers can steal from using a hula hoop and placing bean bags inside.
- Set up a jail zone for the robbers to go to if they get caught
- Set up a safe zone for the robbers to run to to stash away their stolen goods

Directions & rules

- Split up the campers into two teams. Have one team be the cops and the other team be the robbers
- The robbers must start from inside their safe zone, and cannot be tagged by the cops when in this area.

- Similar rules as capture the flag. Cops must try to tag robbers once they are outside their safe zone
- If a robber gets tagged, they must go to the jail
 - a. Optional: have the cop walk the robber to jail. Robber MUST walk with cop if they are tagged and cannot run away. Campers DO NOT need to be touching each other or doing anything forceful to bring the robber to jail
- A robber can free everyone from jail if they make it safely all the way to the jail without being tagged
- Jail break options:
 - a. Everyone that was in jail gets a free walk back to the safe zone (good for the younger kids). Emphasize that they must go back to the safe zone once freed
 - b. No free walkbacks, the robbers are free to steal money and bring it back to the safe zone. But they must avoid getting tagged. (A bit more chaotic, better for the older kids)
- The game ends when you decide its gone on for long enough (can put a timer going), or if the robbers are able to steal all the money