

Freaky Friday Swap

Age range: All ages

Game type: field game

Energy level: high

Equipment

- Hula hoops (enough for every kid to have one)
- An object for the ghosts to hold (identifier: i.e. pinnies)

Goal of the game

- Campers: Swap bodies with other campers, but don't let the ghosts possess you!!
- Ghosts: Try to take over a camper's body (the hula hoops) and possess them while they are mid swap

If ghosts are too scary for some of the younger kids (i.e. slopes/navs), you can tell them that they are little "zaps of energy" instead of ghosts.

Instructions

Part 1:

1. Ease the campers into the game first by having them **practice the "body swap" without the ghosts**. The goal for the campers is to keep swapping bodies with other campers. (Can make up a story about how they are in the wrong body and need to get back to their own)
2. **The hula hoops are their bodies.** The hula hoops 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. They must use communication (ideally non-verbal communication to make the next level of the game easier) to **swap spots with another camper.**
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 ghosts into the game.

1. Choose ~2 campers to be the ghosts, and take away their hula hoops from the game
2. **The goal for the ghosts is to get inside one of the hula hoops while a pair is mid swap.** Once a ghost gets inside a hula hoop, they are now a regular camper, and the camper that no longer has a hula hoop is now a ghost (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.

For the rangers and trailblazers, SPREAD THE HULA HOOPS OUT REAL FAR to give them a challenge

- Feel free to add your own extra element to the game or something to spice it up for the older kids if you'd like