

REC MANUAL



GO TO:

ycmhome.org/camp-in-a-box

Camp in a Box REC Manual

We have included several options for you as you make plans for using this with your group.

1. If you are doing this through Zoom, check out the links in the Zoom Options section.
2. If you are doing this through Zoom, are practicing social distancing, or want to use “Minute-to-win-it”/Icebreaker type games, check out the videos to download that you can show to your group with instructions and demonstrations in a video.
3. If you want a rotation type experience or are practicing social distancing, check out the **Amazing Race** section.
4. If you want some typical TGE rec games, check out the “Best of the Best” section.

Each one will have explanations for how to use this with different size groups and will give a list of supplies. Feel free to pick and choose and rearrange based on your group and your situation.

As you are planning, please feel free to reach out to us if you need help or have questions or need some more ideas.

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Zoom options

Here are some links to options for groups who are on Zoom.

- <https://youthgroup.downloadyouthministry.com/zoom-youth-group-games/>
- http://ciy-downloads.s3.amazonaws.com/CIY_Zoom_Games.pdf?fbclid=IwAR3SXbRL_TpTQYf3enLuF3LiWkakvRSA2d-Sq-kLXUABFPCjxJ8sirUkH0E
- <https://thediscipleproject.net/10-entertaining-games-you-can-play-with-your-small-group-on-zoom/>

Minute-to-win-it Games/Icebreakers

Check out the videos that you can show your group with instructions and demonstrations. There is an intro video and then videos for the following games: Dice Stack Mayhem, Watermelon Slice, Partner Pickup, Cookie Challenge, Donut Use Your Hands, Over Under, Assorted Costumes, Stick It, Panty Hose Throwdown, and Dizzy Waiter.

The Amazing Race

If your group has enough participants, you can divide your group into teams. Have each team start at a different game and go through on the same rotation playing all the games. This was designed for teams of 10 but would work all the way down to teams as low as 6.

If monitored campers should be able to maintain 6 feet social distance for all these games. This means the games are set up in a circuit with teams never being at the same game at the same time. If you spend 8 minutes at each station and allow 2 minutes for rotating it will take you 80 minutes to run this large group rec.

You can keep score if you want to make it competitive. We call this the **Amazing Race**. There will be optional scoring for each game. Have an adult keep track of the points and at the end of the day you can declare a winner.

If you want this to last more than one day then only do 4 games on the first day and 4 the second. You could always allow for more time at stations or work in water breaks to make it last an hour per day.

Pac Man:

Equipment needed:

- Blue Painters Tape
- A number of small objects we use rubber ducks but anything small will work. (balls, rocks, even post it notes)

Set Up:

- Create a maze-like pattern similar to the pac man game with intersecting lines. You can use a gym floor or make it on asphalt.
- Place the small objects along the lines like the dots in pacman.

Rules:

- One camper at a time enters the maze staying on the lines. They must pick up the small objects as they move along the lines.
- One counselor or adult starts at the opposite side of the maze and moves along the lines trying to tag the camper in the maze.
- Once the camper is tagged, they move outside the maze and the next camper goes.
- Once the objects have been collected reset them and continue.

Scoring (optional):

- Play for 8 minutes and keep track of how many times each group clears the maze of objects. They get 1 point per cleared maze.

Slip 'n Slide Relay:

Equipment Needed:

- A Painters Tarp
- Red Solo Cup
- Soap or Detergent
- A Bucket

Set Up:

- Put the tarp down somewhere within reach of a hose. If you can place it on a slight hill that would make it a little more fun.
- Place the bucket at the bottom of the slip n slide.

Rules:

- One at a time the campers fill a solo cup with water and run and slide down the tarp. They try to keep the water in the cup as they slide.
- Once they are at the bottom, they empty their cup into the bucket. Then the next camper goes.
- If you want to make this a little more challenging, you could add an obstacle course before the tarp.

Scoring (optional):

- Play for 8 minutes. Each team gets one point for each time they fill the bucket.

Charades:

Equipment:

- Note Cards
- Bag/Hat

Rules:

- Write the following words on note cards and place them in a bag or Hat.
- Campers take turns drawing cards from the hat. They must get their teammates to guess the word on the cards without making any noises.

Gold Fish

American Idol

Captain Hook

Swan

Bible

Cowboy

Gorilla

Shoveling Snow

Karate Kid

Sand Castle

Michael Jordan

Walking a dog

Baseball

Tic-Tok

Eiffel Tower

Beauty and the Beast

Captain America

Ordering a pizza

Scoring (optional):

- Each team gets one point for each correctly guessed card.

Paper Airplane Delivery:

Equipment:

- A ream of paper
- A box

Set Up:

- Place the box, (or target) 10-15 feet from a line.
- Campers must answer this riddle before they can start folding the planes.

Riddle: What has a flag that never waves? Answer Mailbox

Hint #1: The name of this game is Airplane Delivery. Give after 1 minute

Hint #2: The flag is only one color and is normally red. Give after 2 minutes

Hint #3: What gets delivered 6 days a week? Give after 3 minutes

Hint #4: Where does the mail get delivered too? Give after 4 minutes

Hint #5: It's a mailbox. Give after 5 minutes

- After they have figured out the riddle, they have the rest of the 8 minutes to make paper airplanes and throw them toward the basket from behind the line.

Scoring (optional):

- Each team gets one point for each paper airplane that lands in the box

Body Spelling Bee:

Equipment:

- List

Set Up:

- Write the following words on a list and give them to an adult.

Fox

Cup

Flag

Swimming

You

Book

Father

Bicycle

Cat

Love

Pillow

Popcorn

Rules:

- One person at a time is escorted a few yards away from the group where they can't hear. The rest of the group is given a word. (Start with the 3 letter words and work your way up.)
- The group silently spells out that word with their bodies. Either standing or laying down is acceptable. (Adults don't help them.) The one person must guess the words with no verbal or nonverbal clues, just the bodies lined up.

Scoring (optional):

- Each team gets 1 point for each correctly guessed word

Toe Painting Pictionary:

Equipment:

- Washable Paint
- Paper
- List

Rules:

- One by one the campers take turns being the painter. They must paint using only their toes.
- Once the rest of the group guesses it correctly, they switch painters.

| | | | |
|-----------------|-------------------|--------------------|---------------|
| <i>Cat</i> | <i>Camping</i> | <i>Soccer Ball</i> | <i>Chair</i> |
| <i>House</i> | <i>Bunny</i> | <i>Watermelon</i> | <i>Ocean</i> |
| <i>Family</i> | <i>Noah's Arc</i> | <i>Car</i> | <i>Dinner</i> |
| <i>Sun Rise</i> | <i>Fish</i> | <i>Baby</i> | <i>Candle</i> |

Scoring (optional):

- One point per correctly guessed word.

Dizzy Raceway:

Equipment:

- Baseball bat/ Wiffle ball bat (or some sort of rod)
- Cones

Set Up:

- Place cones around the "Race Course" in a circuit.

Rules:

- One by one campers will spin around the bat as many times as you decide will make them dizzy. Maybe 20?
- Immediately after, they start running around the track.
- Once they get back to the starting line the next camper starts spinning.

Scoring (optional):

- 1 point for each time the whole team finishes the course.

MineSweeper:

Equipment:

- Blue Tape
- A map

Set Up:

- Choose a large flat surface to make your grid, gym floors or parking lots work best. Lay out Blue tape in an 8x8 grid. Make the boxes large enough for one person to stand inside.

Here is a finished map

| | | | | | | | |
|--|-----|--|--|--|--|--|-------|
| | End | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | |
| | | | | | | | Start |

Rules:

- Choose one adult to hold the correct path through the minefield. Don't show the campers. The grid should be completely unmarked.
- Campers form a line behind the start box, you can tell them where the first safe box is.
- One person enters the minefield at a time. If they step off the correct path, they must leave the grid and go to the back of the line.
- They must work as a team to remember the correct path through the minefield.

Scoring (optional):

- Each team who successfully navigates the minefield gets 10 points.

“Best of the Best” rec games

Hungry Hungry Hippo

Goal:

- Collect the most “food” as possible

How:

- Break team in half.
- Each student will have a turn collecting hippo food. When the student is the hippo, the student will lie on the raft and hold their laundry basket with both hands.
- The counselors will push the raft from the edge of the tarp so the student glides into the center of the tarp.

- The remaining team members will hold on to the rope and pull the hippo back after they have collected food.
- Once the student returns on the raft, the next student goes.

Supplies for each hippo “board”

- Rafts (4) - recommend finding some that have handles and a ring or grommet to tie rope to. Recommend something strong if going to be pulling hard.
 - [Example](#)
- Laundry baskets (4) - recommend getting a few extra for larger groups
 - [Example](#)
- Rope (4) - tie to each raft for team to pull back their hippo
 - [Example](#) (2 or 3 of this size)
- Dish soap to make the tarp slippery
- Hose - enough to run two sprinklers across the tarp
- Sprinklers (2) to keep the tarp wet
- Tarp with grommets approx. square, that is big enough for 4 hippos to slide from the corners into the middle (20x30 is example size)
 - [Example](#)
- Stakes to stake down tarp

Pool of yuck

Goal:

- Collect the most rings than the other team in the time allotted

How:

- Each team will begin on one side of the field behind their start line.
- At the other end of the field, there will be a yucky pool filled with a variety of rings (or alphabet letters or rubber duckies).
- One person from each team will run to the yuck-filled pool and find the type of ring called out for that round.

Supplies for each pool of yuck

- [Plastic baby pool](#)
- Water
- [Saucy Yuck](#)
 - When mixing the yuck with the water, it will thicken in the sun, so use less than you think at first. Fill the baby pools with water, then put in a cup of yuck. Will need to then mix the yuck with the water (work crew do this by walking around in the pool until it is dispersed through the water) and then let it sit in the sun for several hours. If you want the yuck to be thicker after a few hours in the sun, add another cup of yuck and once again mix.
- Cones to mark the start line (can also use field paint, or some other marker)
- Item to be found in yuck
 - Rings
 - [Spider rings](#)
 - [Jewel rings](#)
 - [Compass rings](#)
 - [Alphabet letters](#)
 - [Rubber duckies](#)

Trifecta

Goal:

- The winning team will be the team with the most points scored when time is up.

How:

- The two teams will be divided in half so that the playing area will have 4 different goals. Goals will be large trash cans. There will be 3 “phases” of the game.

- At the beginning, soccer balls will be thrown in. Normal soccer rules apply, no hands. Teams get a goal by hitting the trash can with the soccer ball. No goalies can use hands, but there can be defenders.
- The second phase will add frisbees and they will play using ultimate frisbee rules, like no running with the frisbee, only 3 steps. Change possession for every dropped or intercepted frisbee. Goal is scored by getting the frisbee IN the trash can. Defenders can knock down the frisbee around the trash can. Soccer and Ultimate take place simultaneously.
- For phase 3, footballs are thrown in. Rugby rules apply, like no forward passes, only lateral passes. Players may run with the ball. If the football is dropped, the possession changes. Opposing players can also intercept the ball and head the other way. Goal is scored by throwing the football in the trash can. When a team scores any item (soccer, frisbee or football) the defending team will take the ball out and head towards their goal.

Supplies

- [Frisbees](#) (2-3)
- [Junior size footballs](#) (2-3)
- Soccer balls (2-3)
- 4 trash cans (either 2 different colors or put duct tape on the trash cans to distinguish the team's goals)

Curling

Goal

- To score the most points

How

- Divide into 2-4 teams. The teams will be competing to see who can get the most points scored on the target. Each color on the target can be worth different points. Change the goal for each round. Maybe have the closest to the center wins, have all on one color for a round, change it up!
- Each of the teams will line up on a side of the square playing field.
- There will be two pushers, one person on a glider and two sweepers/sprayers. Once the pushers have pushed their teammate on the glider, the sweepers/sprayers will make the path as soapy or dry as needed so that their teammate on the glider can score the highest points on the target.
- Once the glider has stopped, the student on the glider will remain until the round is over. Since gliders will be coming from every side the person on the glider can push off or protect themselves with their noodle.
- The winning team will be the team with the most points when the game leader calls time. Play multiple rounds

Supplies

- Gliders (20, these can be inflatable tubes, round sledding saucers, etc.)
- Soap
- Brooms (4-8, 2 per team)
- Large Tarp
- Paint (to paint curling court on the tarp)
- Noodles (20, 1 for each glider)

Endless Bases

Goal:

- Earn as many runs as possible in the time allotted.

How to play:

- Each team will be split into 2. Half will go to field A. The other half will go to field B. The fields can overlap by sharing a 2nd base, or a 1st and 3rd base. Have the outfields overlap.
- Field A will have the GE take on wiffle ball.
 - Instead of traditional Wiffle Balls and Gloves, we'll use velcro pitch and catch balls and mitts.
 - Instead of only one person per base, multiple people can be on the same base at the same time.
 - Each runner will have to run through various obstacles to reach the base.
 - Outfielders can get people out by catching the velcro ball with their velcro mitt OR can tag the person while running to the base if they have the velcro ball in their possession.
- Field B will have the GE take on kick ball.
 - Instead of the traditional running of the bases, students will have to "slide" to the next base on slip n' slides.
 - Instead of the traditional bases, baby pools filled with water will be the bases.
 - Multiple people will be allowed on the same base at the same time.
 - Outfielders can get people out by catching a kick ball OR by tagging the person while sliding to the base if they have the ball in their possession.
- Each team will play offense and defense on each field. Then the teams will switch fields and do the same.

Supplies:

- Wiffle ball and bat
- Slip-n-slides/tarps (8)
- Baby pools (8)
- Kick ball

Ninja Time

Goal:

- Capture as many of the Guard's "Ninja Ducks" as possible within the given time period.

How to play:

- The students are divided into two groups.
 - One team is the ninjas.
 - the other team is the guards.
- Ninjas have a place where captured items go; a rock, Ninja base, etc.
- Each guard places a "ninja duck" on the ground within the boundary created. They can hide it minimally, but like in capture the flag, it must be able to be seen from at least three directions. They can stand no closer than ten feet from the object they are guarding.
- The object for the Ninjas is to get all "ninja ducks" back to base without getting caught.
- The object for the Guards is to capture the Ninjas that are taking their ninja duck or Ninjas trying to get back to base.
- All the students stand still then the game leader says go. The Guards put on their masks and the Ninjas try to pick up as many ninja ducks as possible by stalking and creeping into the guarded territory.

- Periodically (every 10 to 45 seconds) the team leader yells “Alarm” and the guards take off their masks and try to tag the Ninjas with (water balloon OR nerf gun OR snowball yuck OR noodle) as they flee to the base.
- If the Ninjas get tagged, they go to the Guard Jail where they wait to be rescued in a pool of yuck (alternate: water or muddy water)

Additional Rules:

- A Ninja needs to get to the Guard Jail before the team leader says, “Alarm” in order to free the captured Ninjas.
- If the Ninja gets back to base before they are tagged, they are safe.
- When all Ninjas get back to base, the Guards put their masks back on.

Supplies:

- [Ninja ducks](#) (1-2 per guard)
- [Baby pool for jail](#) (can have multiple jails if large group or use a larger pool)
- Pool contents for jail
 - [Yuck for pool](#) (option 1)
 - Water (option 2)
 - Muddy water (option 3)
- Item used by guard to tag ninjas
 - [Snowball yuck](#) (option 1) - if use this, recommend forming the snowballs prior to the game and giving a set number of snowballs for each guard (and have extras on hand when you switch sides!)
 - Water balloons (option 2) - several per guard per round played
 - Nerf gun (option 3) - 1 per guard
 - Pool Noodle (option 4) - dollar tree, Walmart or target all have reasonable prices
- Masks for guards - one for each guard
 - [Long lasting masks](#)
 - Alternative: bandana
 - Alternative: [sleep masks](#)