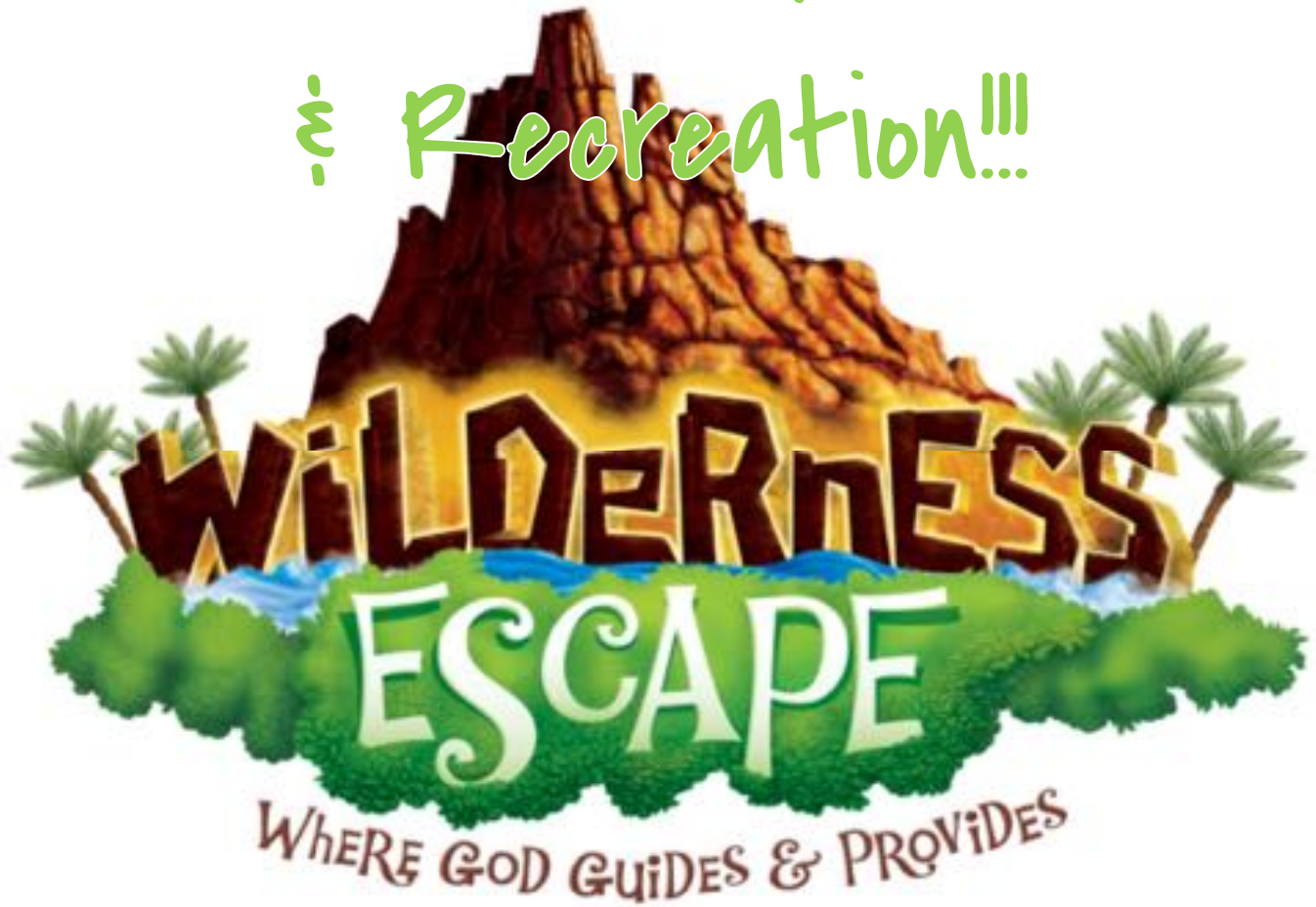


# Shape Adventure Week... 2020

Activities...Games...

& Recreation!!!



As part of your **virtual** experience, we are providing you the instructions for all of the games & activities for each day! You will see the Recreation Leaders go over the games each day on the video, but we wanted you to have a copy of the instructions for your reference.

For each day, you will find one game/activity that is geared toward **younger children** (PreK / K) and one geared toward **older children** (1<sup>st</sup>-5<sup>th</sup> grades)... then one **WATER GAME OPTION!** These are meant to provide you with some ideas... don't feel you need to do every game listed. And feel free to adapt any of the activities to fit the size and abilities of your particular group.

Of course—if you have any questions, please contact us in the Children's Ministries at Covenant Church: [childrensministry@covenantdoylestown.org](mailto:childrensministry@covenantdoylestown.org)

# Day 1: Monday

**Theme:** Moses leading Israel across the Red Sea.

**Recommended Group Sizes:** 4 or more

**Supplies:**

- Sidewalk chalk (or rope, or lawn spray paint)
  - Water buckets
  - Plastic cups
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## Younger Child Game: “Land and Sea”

*Goal: Respond to the leader’s calls the fastest and be the last child remaining!*

- Using chalk, rope, or spray paint, make a line on the driveway/lawn.
- Designate one side of the line “Land” and the other “Sea”
- Kids jump to one side or remain where they are depending on what the leader calls out – “Land!” or “Sea!”
- Kids who jump to the wrong side of the line or remain for too long on the wrong side are “out”.

## Older Child Game: “Sharks and Minnows”

*Goal: Weave through a sea of sharks and be the last child remaining!*

- Designate a backyard area as the “sea” with two clear boundaries across.
  - Pick one child to be the “shark”, who stands in the middle.
  - The rest are “minnows” who line up on one side of the yard.
  - Leader whistles and minnows “swim” to the other side, trying to avoid the shark.
  - If tagged, those minnows become shark for the next round.
  - Leader whistles, minnows try to swim back across.
  - Repeat until only 1 minnow is left. This child is the winner, and becomes the shark for the new game.
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## Water Game: Cup Relay Race! (All ages)

*Goal: Fill your team’s bucket up the fastest! If just playing with family, race against your sibling or parent!*

- Divide into (2) teams
- Give each team (2) buckets and (1) cup. Cup can be perforated in the bottom to increase need for speedy running!
- Set up buckets some distance from each other, such as across the yard.
- Each time lines up behind one of their own buckets. The first player on each team will dunk the cup and race down to their far bucket, dumping in water, then race back.
- Next player on each team repeats. All members repeat until first bucket is empty.

*Adaptation: Substitute 2-liter soda jugs for buckets, increasing the difficulty of transferring water from cup to jug!*

## Day 2: Tuesday

**Theme:** God providing manna in the wilderness.

**Recommended Group Sizes:** 4 or more

**Supplies:**

- Cotton balls
- Plastic cups
- Water balloons
- Water buckets



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### All-Ages Game: "Gather the Manna"

*Goal: Be the child who has the most manna at the end of the round!*

- Leader spreads out cotton balls all over the yard.
- Each child chooses a designated "spot" where they place their cup on the ground.
- When the leader shouts "Gather!", children race to pick up (1) cotton ball, then sprint back to put it in their cup. Children may only grab (1) at a time!
- When all the cotton balls are gone, children then count how many they have. Whoever has the most is the winner!

### All-Ages Game: "Toss the Manna"

*Goal: Be the team that has the fewest pieces of manna on their side at the end!*

- Leader uses chalk, rope, or lawn spray paint to designate a dividing line.
- Children are put into (2) teams, and spread out along either side of the line.
- Leader spreads out cotton balls evenly to each team member on each team.
- When leader shouts "Toss the Manna!", members begin to throw - (1) at a time- their cotton balls across the line.
- After 30-60 seconds, leader shouts "Stop!" and counts cotton balls on both sides. Whichever side has the least amount is the winning team!

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### Water Game: Gather The Water Balloons! (All ages)

*Goal: Be the individual with the most water balloons at their spot!*

- Fill water balloons. Place in the center of yard (not in bucket)
- Children spread out in larger circle around the yard and designate their "spot."
- Leader shouts "Gather" and kids sprint to center balloon spot, take (1), and put back in their spot. Continue gathering until balloons are gone. Whoever has the most wins!
- Throw balloons at leader!!!!

*Adaptation: For older kids, allow them to "steal" from other piles during the game!*

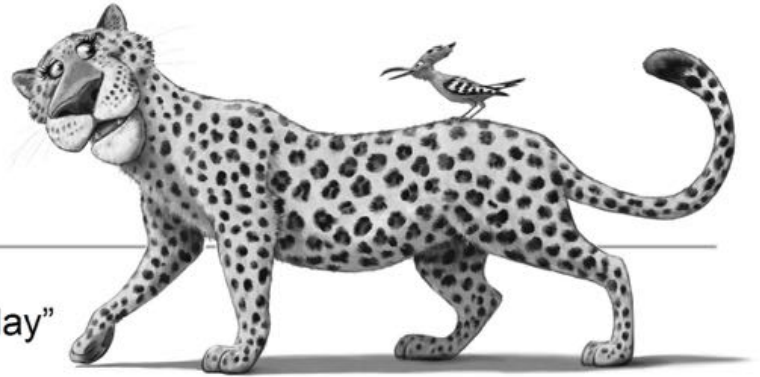
## Day 3: Wednesday

**Theme:** God provided water from the rock and power to win battles.

**Recommended Group Sizes:** 4 or more

**Supplies:**

- Air balloons
- Sidewalk chalk/rope/spray paint
- Plastic cups
- Water buckets



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### Younger Child Game: “Partner Balloon Relay”

*Goal: Be the fastest duo to race with a balloon between their back!*

- Children pair up.
- Leader designates a starting point and finish point in yard.
- Partners connect elbows, back to back. Leader places balloon between their backs and says “Go!”
- Partners race down to end point and back. Leader records time. Fastest partner wins!

### Older Child Game: “Elbow Tag”

*Goal: Chase endlessly in this clever “tag” variation!*

- In back yard, have children pair up and spread out. Leave (2) children solo, designating one as the “chaser” and the other as “it.”
- Instruct pairs to link arms at the elbow.
- When leader says “go”, “chaser” tries to catch “it”.
- “It” child can “link” up with an existing pair, “releasing” the child on the far edge, who now comes the new “it” being chased.
- When someone is caught, consider designating new “chaser” and “it” kids so everyone gets a turn!

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### Water Game: “Rock, Rock, Splash!” (Duck Duck Goose parody)

*Goal: Tag and then splash the prey!*

- Children sit in a circle like Duck Duck Goose, leaving (1) child to be the “Ducker”.
- Tagger child has a cup of water.
- Instead of saying “Duck Duck”, the child walks around the circle saying “Rock Rock” tapping the water cup lightly to the sitting kids.
- When “Ducker” arrives at a “Goose” player, say “Splash” instead and dump water on their head! Wet child gets up and tries to tag “ducker”.
- Repeat!

## Day 4: Thursday

*Theme: God gave Israel Passover to remember how He saved them in Egypt.*

**Recommended Group Sizes:** 4 or more

**Supplies:**

- Bed sheet
- Beach Balls
- Water buckets
- Sponge



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### All-Ages Game: “Beach Ball Toss”

*Goal: Use teamwork to toss and catch a beach ball as many times as possible!*

- Adult divides children into (2) teams and gives each a bed sheet.
- Using chalk, rope, or spray paint, adult divides area in half, placing a team on each side.
- Children grab sheet by the ends, forming a canopy to “catch” or “launch” the beach ball.
- Adult puts beach ball on Team A’s sheet, and directs them to use teamwork to “launch” the ball over the divider to Team B.
- Team B moves as a team to “catch” the beach ball, then “launches” it back.
- Repeat, counting your record as you go!

#### **Adaptation for older kids**

- *Play this like volleyball or badminton, making the goal to “score” a point*
- *To score, launch the ball over the divider and have it land on the grass or driveway instead of “to” the other team. If the other team catches it in their sheet, no point is scored*
- *First to score 11 wins!*

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### Water Game: “Overhead Sponge or Cup Pass”

*Goal: In teams, pass a sponge or cup overhead to fill a bucket!*

- Adult leader divides children into (2) teams. Direct Team A to form a line.
- Leader fills bucket with water, and places sponge or cup in bucket at the front of Team A line. Leader places an empty bucket at the back of Team A.
- When leader says “GO!”, the child at the front of Team A line dips sponge or cup in bucket of water, and “passes” it over his or her head to the child behind, without looking. This continues until sponge or cup is at the last child in line, who wrings or dumps remaining water into bucket.
- Last child in line runs to the front of the line with the sponge or cup, and repeats the steps.
- When all water from the first bucket has been transferred to the last bucket, leader calls “Time!”
- Team B does same thing, trying to beat Team A’s time. Alternatively, both teams could go at the same time to “race.”

## Day 5: Friday

**Theme:** God gave the law to keep us safe in his Family Circle.

**Recommended Group Sizes:** 4 or more

**Supplies:**

- Any mid-size kickable or throwable ball (kickball, rubber bouncy ball)
  - Water balloons
  - Water bucket
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### All-Ages Game: “Spud!”

*Goal: Be the last child standing in this intricate dodgeball derivative.*

- In grassy area, leader gathers children and assigns each a number. Children must remember their number.
  - Leader selects a child to go first by giving them the ball.
  - Child tosses ball up in the air and shouts any of the numbers assigned. Other children as far away as they can from the ball.
  - The child whose number was called races to the ball.
  - When he or she grabs it, shout “SPUD!” All other children must FREEZE.
  - Child with ball may take (4) steps toward any other child (saying “S”, “P”, “U”, “D”) and then attempt to hit the child with the ball below the waist. If the other child catches it, the thrower gets an “S”; if they get hit, they receive an “S”.
  - Whoever gets the letter starts the round over by throwing the ball up in the air and shouting the new number.
  - When children get (4) letters (S, P, U, D) they are “out.”
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### Water Game: “Balloon Toss”

*Goal: Pass the balloon around the circle without breaking it!*

- Adult leader fills balloons prior to game and places in a water bucket
- Children form a circle of size based on age (older kids will want to spread out more for difficulty)
- Leader gives a balloon to a child, and asks them to “toss” the balloon to a child in the circle (not someone on either side of them)
- That child attempts to catch it, without breaking, and then repeats the toss.
- Increase speed, trying to “race” to see how long it takes to toss the balloon to every member.

#### **Adaptation for older kids**

- *Introduce more balloons in the round to increase difficulty.*
- *Make the goal to toss as many as possible in the given time.*
- *This will require more communication and attention to balloons*