

# Wednesday, August 14th, 2019: Bake Sale Day

730-900: SRT

900-930 Icebreaker & Fitness Activity

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## Memory Circle

**Materials:** none

**Instructions:**

1. The first person states their name and a favourite of theirs (ex, colour, sports team)
2. The person to the right of them has to state the previous person's name and favourite, plus their own.
3. Then next person has to state the name and the favourite of the first two people, plus their own.
4. Repeat this clockwise down the circle.

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## Amoeba Tag

**Materials:** none

**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.

930-1000: Rules, Songs

1000-1030: Snack

1030-1115: Rotation 1 (Craft)

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## Ball & A Cup Game

**Materials:** Red solo cups, string or yarn, wooden beads (with holes), scissors, washi tape

**Instructions:** 1) Have kids (or a counsellor assists) poke a small (enough for the yarn or string to fit through) hole in the bottom of the cup.  
2) Pull the string through the hole and knot the end that sits within the cup. Make sure there is one foot of yarn or string left over/hangs from the cup.  
3) On the end of the string that hangs outside the cup, tie a wooden bead to the end.  
4) Allow kids to colour, tape, and decorate their cups.  
5) Explain the game to the kids: the goal of the game is to balance the bead on the bottom of their cup. Once they have balanced their bead, they must flip their cup and throw the bead into the cup simultaneously.



## 1115-1200: Rotation 2 (Game/Activity) (Guess the Leader, Ships & Sailors)

### Guess the Leader

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**Materials:** None

**Instructions:** A detective is chosen and leaves the group. A leader is chosen among the group. The leader then begins a pattern (i.e. stomping their feet) and keeps changing the pattern while everyone follows. The detective has 3 tries to guess who the leader is, if they cannot by their third try then the leader wins.

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### Ships & Sailors

**Instructions:**

Have campers circulate the room, leader will call out orders & if they aren't done properly they're out.

***Captain's Coming:*** Everyone stands at "attention" (in a salute), and they can't move from this position until the caller says, "At Ease!"

***Walk the Plank:*** Five people stand in a single file row hands on the shoulders of person in front of them

***Hit the Deck:*** fall to the floor on your stomach

***3 Men Rowing:*** 3 players. Get in a line and pretend to row a boat while singing "row row row your boat".

***Man Overboard:*** 2 players. One person gets down on one knee and the other puts a hand on their shoulder and pretends to search for someone.

***To Ship:*** Campers run to the right.

***To Shore:*** Campers run to the left.

Play until last person standing.

**1200-1230: Lunch/Bake Sale (Play music low for campers)**

**1230-100: Prep for swimming**

**100-330: Swimming**

**330-400: Post Swim**

**400-430: Snack**

**430-530: SRT**