

Moving: Week 5

Inside and Outside Game: HOME MEGA GAME!

Need:

A list of things and actions

Playdough

A house & Your stuff

Play: 2 to 100 players

The Home Mega Game is a combination of games that you play in your home. You can play it indoors or outdoors or both. It's great in the summer when you include your yard and would work at any grandparent's house as well.

Set Up: Make a list of things or download the list from the Camp/VBS webpage. Cut up the list into strips and fold and place them into a bucket or bowl to draw from. The game has as many parts to it as you want. [Remember, Cranium? It's like that a bit.] Everyone does something. Add your own. Watch for age level challenges and help all to succeed.

Here are possible categories of activities to have:

Move: do some physical activity you were asked to do for 10 seconds

Find: go find what you are asked to find

Pretend: pretend to do the something for 10 seconds

Shape: grab the play dough and make the thing you were asked to make

Run: run to the nearest thing you were asked to run to

Walk: walk like something you are asked to do

Sing: sing out a song with the word that you are asked to use

Freeze: Freeze and do nothing for 10 seconds

Ball: Play catch with the first thing you find.

The oldest player starts the game by drawing an activity out of the box and doing it with all. The game ends when the adults are too tired to play anymore. Often a time limit of 30 minutes or whatever you want is good. It's great to add things to the container at anytime for the next time you play the game. Start by using 7 moments in each category. Give random points for team work, funny things, and general craziness.

Everyone wins because it just about fun and being together.

List of Thing & Actions for Home Mega Game:

Making your own list a great way to start the game.

Move: Dance crazy for 10 seconds
Move: Fall on the ground and move like an upside-down bug
Move: Shake your body for 10 seconds
Move: Spin around in circles for 5 seconds
Move: Hop on your right foot 10 times

Find: Find a pillow
Find: Find a book
Find: Find a shoe.
Find: Find a spoon
Find: Find a blue sock

Pretend: to lift a car for 10 seconds
Pretend: to milk a cow for 10 seconds
Present: to ride a horse for 10 seconds
Pretend: to jump rope 10 times
Pretend: to shoot a basketball 10 times

Shape: Make a bug
Shape: Make a tree
Shape: Make a wheel
Shape: Make a snake
Shape: Make an elephant

Run: to the kitchen
Run: to a door of the house
Run: to a car or truck
Run: to the oldest person here
Run: to a tree

Walk: really fast for 10 seconds
Walk: like a zombie
Walk: around like a bear on all 4's
Walk: around like a crab
Walk: around like a limping rabbit

Sing: a song with the word PUPPY
Sing: a song with the word CHRISTMAS
Sing: a song with the word BIRTHDAY
Sing: a song with the word BOAT
Sing: a song with the word LOVE

Ball: Play catch with yourself for 10 seconds
Ball: Play catch with a person near you
Ball: Play catch by tossing something to the same spot
Ball: Play catch with your left vs your right hand
Ball: Play catch with everyone here

Make 5 FREEZE cards.
Use blank cards to skip a turn.