Indoor games & Quiet Activities - RCSC

1. **NAME THAT TUNE** –Soundtrack edition – play short clips of iconic movie or TV show theme songs or soundtracks and have players guess the title. You can make it more challenging by mixing in sound effects or dialogue clips. Be mindful of the music that you are playing – must be appropriate for all age groups participating. Suggest using a Kids Bop playlist.

2. **CHARADES** – Write down names of movies and/or TV shows on pieces of paper and have campers act them out while the other campers' guess. You can also include specific scenes or characters for added difficulty.

3. **CHARACTER DRAWING CONTEST** – Give each camper a piece of paper and some drawing materials, challenge them to draw their favourite movie or TV show characters. Set a time limit and have a mini art show at the end where everyone can display their creations.

4. **3-MARKER CHALLENGE** – Have campers select the 3 markers and/or crayons from the box and challenge them to draw a specific item using only those 3 colours. Can create a tournament for each age group out of the challenge.

5. **MUSICAL CHAIRS** – Play popular theme songs from TV shows, once the music stops, campers must sit in chairs. Players without a chair to sit in are out. Each round, one chair is removed until only 1 chair remains! You can use pinnies in place of chairs if necessary.

6. **BALLOON RACES** – Blow up some of your water balloons (do not put water in them!), enough for one balloon per camper. Set up a course on the floor or on a table, where the campers must blow air on their balloons to make them move across the floor/table. The first camper to get their balloon across the finish line wins!

7. **MIRROR MIRROR** – Have 2 campers stand face to face, about a foot apart, and have them attempt to copy one another's movements. Some examples: Reach up and stretch to the sky. Do 10 jumping jacks. Run in place. Act like a monkey or an elephant.

8. **AIRPLANE LANDING** – Make paper airplanes (have the campers colour them so that they can be easily distinguished from one another). Line up the campers on one side of the room and have them race their airplanes to see which flies the farthest.

9. **TENNIS BALL & SPOON RACE** – Grab a spoon and any small round object that will fit on top. Create a course for the campers to navigate through and see if they can do it without dropping it off the spoon. Once the campers have the hang of it, have them speed up a bit! Don't have a spoon? Be creative, find something else.

10. **DICE GAMES** – Come up with various lists (animals, actions, exercises) so that when the camper(s) roll the dice the number on the dice corresponds a number on a list and the camper must complete the action accordingly. Make them active yet silly for best results!

11. **UNO MOVEMENT GAME** – Grab a deck of UNO cards and assign actions to each number. Flip a card over and everyone gets up and completes the task.

IF you have a larger space (ie. Gym or Community Room free of desks/obstacles):

1. **LINE GAME** – Using a skipping rope, discs, and/or cones, space the items out evenly on the ground (approximately one foot apart). Challenge the campers to the following:
   a. Long Jump – see how many lines/spaces they can jump over. Have them try and beat their best score each time. Experiment with arm swinging vs. arms behind their backs.
   b. Run 'n' Jump – Now let them take a running start and see I they can jump even further
   c. Hop – How far can they jump on one leg?
   d. Reach 'n' Stretch – How far can their leg reach with one foot on the start line?

2. **PING PONG BALL CATCH** – Using cones/pilons (turn them upside down) and ping pong balls (tennis balls, dice, any small objects), have the campers toss the object to a partner and try to catch it in their upside-down cone. Have the campers start out close together and then keep taking a step backwards to increase the difficulty.

3. **CRAB WALK** – teach the campers how to do the crab walk, then see how fast they can scurry across the room. Have individual and team races and then increase the level of difficulty by having them balance a light item on their stomach. If the item falls, they must scramble back to the beginning and start again.

4. **MOVEMENT CHAIN** – You need at least 2 campers for this interactive game where the first camper starts by performing a certain movement – could be something like jumping 2 times, or more complex like holding a plank for 30 seconds. The next person must perform the first movement, and then add on another, forming a chain. The following person does the previous 2 movements, plus adds their own. You continue in this fashion until the chain sequence is broken (usually forgotten!) and then that person is out. The last one standing is the winner.

5. **BOWLING** – Set up a bowling lane: use a cones as your bowling pins (can also plastic bottles – make sure that the caps are on tight so that we do not spill water in the indoor facility). Use a soccer ball or tennis ball to bowl, attempting to knock down as many pins as possible. Want to mix it up? Create a small tower with the cones/pilons and see who can knock down the tower with the soccer ball. NOTE – soccer balls can only be rolled on the ground, not thrown at, the pins.

6. **RED LIGHT GREEN LIGHT** – Standard game of Red Light/Green Light but with a twist:
   - Yellow Light – slow crawl on the ground
   - Green Light – jump like a frog
   - Blue Light – try and touch the sky
   - Red Light – STOP!
   - Purple Light – do a silly dance

7. **CHOREOGRAPH A ROUTINE** – campers love to get up and move, dance, sing and act! Encourage the campers to choreograph a one-minute dance routine or plan a one-minute play. They can do so in partners or a larger group. Once everyone has their performance ready, they can present to the group!

YouTube Channels to Check out:

1. **GO NOODLE** – This YouTube channel provides the greatest variety of get-you-moving videos.
2. **WHIP/NAE NAE ELEMENTARY CARDIO WORKOUT** – This cardio version of the popular Whip/Na Nae moves performed by elementary school kids incorporates jumping jacks, lunges and push ups in a workout that's so fun, kids won't even realize they are working out.
3. **JUST DANCE KIDS** – Simply search "Just Dance Kids" on YouTube and it will pull up a whole selection of video routines pulled from the Wii U games. They feature great music that will make you want to jump in there and try to perform all the moved alongside the campers!