

# KIDS MINISTRY RECREATION IDEAS

*Equipment will be provided for the following games.*

## HEADS AND TAILS

Divide kids into pairs, and have them form a line in the center of the field. The pairs begin by choosing either heads (the top of a frisbee) or tails (the bottom of a frisbee). The leader flips the disc in the air like a coin. As soon as it lands, the player whose side is facing up must run to a predetermined spot. The other player must try to catch them before they reach it. If they are tagged before they cross the line, they are out. If they make it to safety without being tagged, they can continue playing the game. Players find a new partner to pair with, and you play the game again.

Supplies: Frisbee

## RIP TAG FLAG

Divide kids evenly between two teams and have a rip tag flag for that team's color on their arm. Players should have the flag on the outside of their arm just above their elbow. During play, make sure players do not guard their flag by tucking it under their armpit or on the inside of their arm. When a flag is pulled, they must go to their team's side and wait for a teammate to get them back in by pulling another player's flag and giving it to a teammate who is out. Once all of a team's players are out, the game is over and you reset the game.

Supplies: 2 rip tag flag sets

## ULTIMATE SCORE

Each team will try to move the ball down the field and into their opponent's "goal". The goal can be a bag, plastic bin, or coned area. Students can advance the ball by throwing it to another teammate. When students catch the ball, they are only allowed to take two steps in any direction. If your team drops the ball or throws an interception, the other team gains possession of the ball. Students are not allowed to rip the ball out of the other team's hands and must also give them a 2 feet buffer. Students must also keep a 5 feet distance from their own goal.

Supplies: Game ball (soccer ball, kick ball, etc.), goals.

## CRAB SOCCER

Divide the playing field into a large square. Divide into four teams and place the teams on the four sides of the square. Have everyone assume the "crab position." Number the students off on each side of the square, starting over with each new side. Place a beach ball in the middle of the playing field. Call out a number. The student with that number from each side of the square should crab-walk forward. The object of the game is for students to protect their side of the square and try to kick the ball over one of the other three sides.



Supplies: Beach ball

## **HUMAN FOOSBALL**

Set up the playing field into a large rectangle with two goals. Divide into two teams and place them in lines standing an arm's length apart across the rectangular field. Alternate the lines of teams (i.e. line 1 is team A, line 2 is team B, line 3 is team A, line 4 is team B, etc.). Place a beach ball or kickball in the middle of the field and start the game, playing like a foosball table where kids must work together to score goals and prevent the opposing team from scoring.

Supplies: Beach ball or kickball

## **KEEP IT UP**

Arrange the kids into lines similar to the lines in human foosball. Put the beach ball in the air. The object is for the kids to keep the ball in the air as long as possible. The team that drops the ball gets a point. First team to ten points loses.

Supplies: Beach ball

## **BEACH BALL RELAY**

Split a field into two sections about 30 feet apart. Divide into two equal teams. Then, separate each team into two groups. Have those groups stand opposite one another with the 30 foot space between them. Give each team one beach ball. On "Go," the first contestant from each team will make their way to their team's other group while hitting the ball in the air. They cannot catch the ball or hold the ball. They must keep tapping the ball in the air until they reach the opposite side. The relay continues until everyone on the team takes a turn. The first team to finish wins.

Supplies: 2 beach balls

## **OPERATION OBSTACLE**

Divide into two teams. One member of each team will be blindfolded and instructed to walk from the start to a designated end of the course. Lay found objects (balls, jump ropes, etc) out across the course. The objective is for teammates to talk the blindfolded team member through the obstacles without stepping on any of them or crossing over into the other teams' territory.

Supplies: 2 blindfolds, supplies from rec pack

## **DRAGON'S TAIL**

Form multiple teams, or "dragons." Groups form a dragon by standing in a line, facing forward and putting their hands on the shoulders of the person in front of them. The last person will be the tail by wearing a flag football belt dangling in the back. The dragon head will try to take other teams' tails, while protecting their own. When your tail is taken



or your dragon breaks apart, your team is out and sits down. NOTE: Curling the tail into the middle of the dragon is illegal. The last dragon standing wins.

Supplies: Rip tag flags

## **500**

Someone will be the thrower. The rest of the children will group together anywhere from 25-100 feet away (depending on how far the thrower can throw a football). To play the game, the thrower throws the ball high into the crowd. If someone catches the ball without it touching the ground, he or she gets 100 points. The object is for one of the catchers to get 500 or more points before anyone else. Once they do, they will become the thrower. This game is a lot of fun, but watch out for any rough play.

Supplies: Football, Jump Ropes, Wiffle ball sets

# **ADDITIONAL GAMES THAT REQUIRE NO SUPPLIES**

## **JUMP THE CREEK**

Mark two lines, using chalk, tape or tree sticks, and place them three feet apart. Line kids in a row 10 feet behind one of the lines. One at a time, they will run and jump over the space between the lines. The space is the “creek.” If someone lands in the middle and doesn’t make it across, they are out. Once everyone has taken a turn jumping across the creek, move the lines further apart and let the remaining kids go again. Repeat this process until one winner remains.

## **RAINBOW TAG**

This game takes place on a basketball court or a rectangular field with boundaries. Kids line up shoulder to shoulder on one of the baselines facing the middle. Three selected “taggers” wait in the middle. When the taggers call out a color, kids wearing that color shirt try to run across to the other side without being tagged. Those who get tagged are out. Repeat this process until only three kids remain. They will become the new taggers and the game starts again.

## **QUICK LINEUP (OLDER KIDS)**

The object of this game is to line up a group in order of their birthday without speaking. Divide the children and students into groups of 10 to 12. Years do not matter; January 1st at the beginning of the line all the way back to December 31st. No one is able to speak throughout the activity. When groups feel they are in the correct order, everyone should raise his or hand.



## **ROCK, PAPER, SCISSORS WAR**

Divide into two teams. Each team lines up shoulder to shoulder with about 10 feet in between them. Ten feet behind each team is a line for their “safe zone.” Each child competes against the person facing them in the opposing line. Instead of using their hands, kids must use their entire body to be the paper, rock or scissors. The loser must run back across the “safety zone” line. If they are tagged before they cross the line, they are out. If they make it to safety without being tagged, they can continue playing the game.

## **ADD-ON-TAG**

Mark off a field to play tag (the larger the field, the longer the game will take). Divide everyone into pairs. The object of this game is for the “It” pair (hand-in-hand runners) to run together and tag other pairs. Once pairs are tagged by the group that is “It,” they join hands and the “It” becomes a quartet (hands joined to form a line). When they catch another pair, they become a sextet, etc. Only the two people at the end of the catching line are allowed to tag a fleeing pair. If the line breaks at any point and they touch a non-“It” pair, the catch does not count. This catching sequence continues until only one pair is left. That pair is declared the winner. If pairs break grip or run out of bounds while running away from “It,” they are automatically caught. (To prevent injury, do not allow pairs to run through or under the catching line.)

# **ADDITIONAL GAMES THAT NEED NO EXPLANATION**

**KICKBALL**

**MOTHER MAY I**

**FOLLOW THE  
LEADER**

**DUCK-DUCK GOOSE**

**ULTIMATE FRISBEE**

**RED LIGHT, GREEN  
LIGHT**

**WIFFLE BALL**

**RED ROVER**

**CAPTURE THE FLAG**

**SIMON SAYS**

**HOT POTATO**

**FREEZE TAG**



# WATER GAMES

If your site allows for Water Games, let Student Life Staff know in advance and they will provide supplies for the following games.

## **SPONGE TOSS RELAY**

Divide into teams. Each team forms a line with teammates spaced a short distance away (about six feet). At one end of the line is a large container of water with large sponges in it and the other end has a small bucket. When signaled to start, the person at the large container is to throw a sponge to next teammate, and that person to the next, etc. until it reaches the end of the line. The last person is to squeeze the sponge out and then run to the start of the line, dip the sponge in the large container and pass to the next person. If the sponge is dropped while being passed, it is to be thrown back to the start of the line to begin again. The team with the most collected water after everyone has taken the sponge out of large container wins.

Supplies: Buckets, sponges

## **DUCK, DUCK, SPLASH**

This game is just like “Duck, Duck, Goose,” except as the person who is “It” will have a cup of water, a soaked water bomb or a soaked foam ball. As they pass by each person in the circle, they say ‘dribble’ and dribble a few drops of water on their head. When they say “Splash!”, they will squeeze the water on somebody’s head. Then the wet player chases “It” and tries to tag he/she before they get back to the wet player’s spot and sit down.

Supplies: Water cup or soaked sponge

## **LORD OF THE RING**

Lay a large circle of cones or other markers down on the field. This acts as a boundary and needs to be modified according to the size of the group. Surrounding the perimeter are several buckets of water. Two to five kids start out as throwers, standing on the outside of the circle with soaked sponges. Everyone else is in the middle. The throwers simply throw their sponges at the kids in the middle. When hit, a kid automatically becomes a thrower and the last man standing in the center wins. Be careful of rough play.

Supplies: Sponges, cones

## **WET POTATO**

The group forms one giant circle. The leader takes a wet sponge out of the middle and says “go.” The group either sings the hot potato song or does a count down. The idea is for you to not have the potato at the end of the count down or song. Whoever is holding the wet potato gets the rest of the water squeezed out on top of their head and is eliminated. Add a new wet potato each round so that there are several going at a time.

Supplies: Sponge



## **STEAL THE SPLASH**

This is Steal the Bacon with a wet twist. Divide into two lines and have each team face each other. Give each kid a number. When you call out a number, the two team members with the same number race to tag the base, which is a dome cone or other marker in the middle. The first player to reach the middle gets splashed from a cup of water by the adult. Leaders may also play with two or three cups in the middle and call out multiple numbers. Each time a team player is splashed, they gain 10 points for their team. First team to 100 wins.

Supplies: 2 (or more) water cups

## **SUPPLIES PROVIDED**

Basketball  
Beachballs  
Blindfolds  
Chalk  
Cones  
Football  
Frisbee  
Jump Ropes  
Kickball  
Parachute  
Rip Tag Flags  
Soccerball  
Wiffle Ball Set

