



Recreation Handbook



Recreation

Fun and games is the universal language of children! And, from the children's point of view, it is the single most important component of your Rock the Block event. This Recreation Handbook includes an application activity that reinforces the days main Bible Story, along with many different other games from which to choose for your group and your situation.

To ensure children have an excellent game experience each day of Rock the Block follow these basic steps:

- Choose a game leader who can have fun and reasonably command the children's attention.
- Read and understand the game well enough to lead the game and to give brief instructions.
- Be well prepared and be ready to modify the game, if necessary.
- Have fun!

LOAVES + FISH RELAY

Supplies Needed: Pre-cut pieces of paper that look like fish and bread, two buckets

Main Bible Passage: Matthew 14:13-21

Bottom Line: Jesus performed a miracle and fed the five thousand.

Instructions: Cut out papers to look like fish and bread. Put them in baskets or cardboard boxes. You can mix them with regular pieces of paper to make it harder. Teammates must run down one at a time to find a fish or bread and bring it back to the team.

The first team to find all of theirs is the winner.

Pro tip: Have students sit down once they have found all of their pieces. That will help you see who is finished first.



TOUCH THAT!

Supplies Needed: None

Goal: To keep the kids running and having fun

Instructions: Tell the kids to run and touch something – like something blue, a tree, someone’s elbow...Keep the “touch-ables” coming fast and see who can keep up.

TISSUE DANCE

Supplies Needed: a tissue for each child, music and a way to play it

Goal: To keep your tissue from hitting the ground while dancing.

Instructions: Give each child a tissue and have them put it on their head. Start the music and instruct the children to dance. If the tissue starts to fall, the children are allowed to catch it and put it back on their head. However, if the tissue touches the ground before they catch it, they are out. The last child with the tissue on his or her head is the winner!

SIMON SAYS

Supplies Needed: None

Goal: To be the last player following commands from the game leader (“Simon”)

Instructions: Line players up shoulder to shoulder about 10 feet in front of you. Instruct players to follow your lead when and

only when you preface commands with the phrase “Simon says.” Begin giving commands (i.e. “Simon says spin around 3 times”). Try giving a command without first saying the phrase “Simon says” (i.e. “Raise your hand if you’re still in the game”). If someone follows a command that was not prefaced with “Simon says,” they are out of the game and must take a seat.

Winner: Last player standing wins (Let the winner take the role of “Simon” for the next round).



DUCK, DUCK, GOOSE

Supplies Needed: None

Goal: To avoid being “it”

Instructions: Gather players, sit in a circle, and select one player to be “it.” Instruct the player who is “it” to begin walking around the group while tagging each player he/she passes on the shoulder and saying “duck.” The player will continue circling the group saying “duck, duck, duck...” until he or she decides to tap one person and say “Goose!!” instead. The “Goose” then jumps up and chases the player who is “it” around the circle. The player who is “it” attempts to run around the circle 1 time and sit in the Goose’s original seat before getting tagged. If the player who is “it” gets to the Goose’s spot, then the Goose becomes “it” and play continues. If the player fails to get the spot first but is tagged by the “Goose,” the player who is “it” must be “it” again.

RED LIGHT, GREEN LIGHT

Supplies Needed: None

Goal: Be the first player to cross the finish line by obeying the traffic signals

Instructions: Game leader stands at the finish line, players line up shoulder to shoulder at the starting line. Game leader calls out either “Red Light” (while facing the players) or “Green Light” (with their backs to the players).

When players hear “Green Light,” they move toward the finish line. When players hear “Red Light,” they must freeze in place. If the game leader catches a player moving after “Red Light” has been called, then that player must return to the starting line and restart.

Variation: Make up additional colors to make it harder. Examples: Blue = Skip; Yellow = Walk backwards; Purple = crab walk...

Winner: 1st player to cross the finish line. They then become the game leader for the next round.

ANIMAL CHARADES

Supplies Needed: A cup full of animals of some sort (small toys, cut out pictures from magazines, draw pictures on papers...)

Goal: Win more points than the other team by guessing which animals your teammates are acting out

Instructions: Divide players into 2 equal teams. On a team’s turn, one player will go to the front of the group, draw an animal, and attempt to act it out silently. While the player is acting, that player’s team will attempt to guess the animal. If the team does not guess the animal in 30 seconds, they will not be awarded a point. If the team guesses correctly, they will get 1 point.

Winner: The team with the most points after every animal has been acted out.



Games for Older Crowd

TOUCH THAT!

Supplies Needed: 2 colors of masking tape

Goal: To be the last team with team members with tape on their backs

Instructions: Split the kids into two separate teams. Place the teams respective tape color on their back. Set up a small boundary area. After the kids enter the play area they will try to pull off the tape from the backs of the other team. If the tape is pulled off your back you must leave the play area and cheer for your team. Once an entire team has lost all of their tape the other team has won. (Variations: This game can also be played as a free for all and there are no teams.)

CLOTHESPIN TAG

Supplies Needed: 3 clothespins per person

Goal: To steal and collect as many clothespins as you can from the other players in the allotted time.

Instructions: Give each player three clothespins and instruct them to clip them to their sleeves or shirttails. On “Go” the players will run around the designated playing area and attempt to steal clothespins from other players and clip them to their shirt. When the leader yells, “Stop” the player with the most clothespins wins.

SHIPS AND SAILORS

Supplies Needed: None

Goal: Listen to the orders and be last crewman standing.

Instructions: An adult leader will play as the “captain” and give the crew orders that they must follow. Some commands are listed below. The child who completes the task last is out of the game. They must step out of the play area and watch their friends continue. The student that is last in the play area wins the game.

- Captain’s coming, stand up straight and salute. Don’t move until the captain says, “At ease!”
- Sail west: everyone runs to the right side of the play area.
- Sail east: everyone runs to the left side of the play area.
- Pirates: everyone move to the front of the play area.
- No pirates: everyone move to the back of the play area.
- Seasick: pretend to throw up.
- Hit the deck: everyone lies down on their stomach.
- Beached whale: sailors lie down on their backs.
- Man overboard: everyone finds a partner. One kneels down. The other stands behind, put’s a hand on their partner’s shoulder. Both put their hands above their eyes and “search” the “ocean” for the man.
- Three hands rowing: three sailors line up in a group and pretend to row.
- Four hands playing cards: four sailors get in a group and pretend to play a card game.



- Five hands eating: five sailors get in a circle and pretend to eat.
- Walk the plank: six sailors line up, with their hands on the shoulders of the person in front of them.

LOOK DOWN, LOOK UP

Supplies Needed: None

Goal: To be the last player standing by looking up at people who are not looking back at you.

Instructions: Players stand in a circle. The game leader says “Look down.” Players look down. When the game leader says “Look up,” each player immediately looks up and stares at another player. Players must pick one person in the circle to stare at and cannot look away from his or her eyes until the game leader says “Look down” again. If a player looks up at the same person who is looking back at them, both players are eliminated. Play continues until only one or two winners are left standing.

ROCK, PAPER, SCISSORS, RUN!

Supplies Needed: None

Goal: To get as many players on your side as possible before the game ends.

Instructions: Divide the playing field in half and designate an end-zone on each end of the field. Divide players into two even teams and designate a captain for each team. The teams must go to their end-zones and listen for their captain to decide whether their team will be rock, paper, or scissors. Teams will then come to the middle of the field and meet. Players will stand shoulder to shoulder with their teammates and toe to toe across from their opponents. The game leader will then shout “Rock, Paper, Scissors, Shoot! On “Shoot,” the teams will show their symbol together (Rock beats scissors, scissors beats paper, and paper beats rock. If the groups tie, return to step three.) The members of the losing team will immediately attempt to run back to their end-zone before getting tagged by the members of the winning team. Tagged members of the losing team have to join the winning team for the next round of play.

3-LEGGED RELAY RACE

Supplies Needed: Strips of material, rope, or bandana

Instructions: Divide the children into pairs. Divide the pairs of children into 2 teams. Designate a starting line and a finish line about 40 feet apart. Have the pairs on each team tie their inner legs/ankles together. On “GO” the first pair from each team should race to the finish line, come back and tag the next pair in line. The next pair in line then goes to finish line and back.

Winner: The first team to have everyone race to the finish line and back wins.

FREEZE TAG

Supplies Needed: None

Instructions: Designate one player to be “it,” and instruct the player who is “it” to begin trying to tag all the other players. When a player gets tagged they must “freeze” where they are and stand with their legs spread. Players can be “unfrozen” if another player crawls between their legs. The person who is “it” tries to freeze everyone, while other players try to remain unfrozen.



LIMBO

Supplies Needed: Rope or long stick

Goal: To walk under the rope without falling

Instructions: Line players up in single file line. Pull a rope tight between two leaders so that the kids have something to walk under. Every time the first player in line get back to the front of the line, lower the rope. If a player falls while going under, they are out. Repeat until there is one player left standing.

Winner: The last player standing wins.

BLOB TAG

Supplies Needed: None

Goal: To be the last player tagged

Instructions: Designate a player to be “it.” The player who is “it” chases the other players and attempts to tag them. If a player is tagged, that player has to join hands with the player who is “it.” Each time a player is tagged, he joins the “blob” until there is only one who has not been tagged.



Extra Games

DONUTS ON A STRING

Supplies Needed: 1 donut per child, string or yarn long enough to “string” all the donuts

Goal: To enjoy your donut along with all of your friends. This is not really a game as much as it is a fun way to eat snacks.

Instructions: String one donut per child on a piece of string, yarn, or ribbon long enough to hold all the donuts leaving room for each child to stand under his or her donut. Have two adults hold each end of the string. On the count of three the children run to a donut and eat it off the string without using their hands. They are allowed to use their hands when the donut is about to fall. After all, one would not want to waste any of that donut deliciousness.

DUMPING GROUND

Supplies Needed: large quantity of small Dixie cups, two ropes or spray paint, or anything you have around the house to make two medium sized circles.

Goal: To have the least number of Dixie cups in your team’s circle

Instructions: Make two equal size circles 50 feet apart. Divide the group into two equal teams, and have them face each other behind their circles. Place an equal number of Dixie cups, anything you can get a lot of, cheap, in each teams circle. On “GO” both teams run forward. Each player takes 1 Dixie cup from his circle and puts it in the opposing team’s circle. Players run back and forth continuing to empty Dixie cups into the opponents’ circle. On “STOP” the team having the least number of Dixie cups in its circle wins.

HELP TAG

Supplies Needed: Three small objects that can easily be carried by a child.

Goal: To not be tagged and to help those who have been

Instructions: Pick two people to be “It”. The rest of the group has three small objects that are considered to be “base”. Choose three children to carry the objects at the beginning of the game. If someone is tagged they go down to both knees and cannot talk or move at all. They can become “unfrozen” when one of the other children gives him or her given one of the base objects.

3-LEGGED RELAY RACE

Supplies Needed: Strips of material, rope, or bandana

Instructions: Divide the children into pairs. Divide the pairs of children into 2 teams. Designate a starting line and a finish line about 40 feet apart. Have the pairs on each team tie their inner legs/ankles together. On “GO” the first pair from each team should race to the finish line, come back and tag the next pair in line. The next pair in line then goes to finish line and back.

Winner: The first team to have everyone race to the finish line and back wins.



SACK RACES

Supplies Needed: 2 or 3 pillowcases (sacks) and 2 or 3 cones

Instructions: Place the children into teams (you can have as many as 3 teams). Designate the starting line and the finish line about 40 feet apart. Have the first person on each team get into a “sack,” hop to the finish line, spin once, and come back. The first player then tags the next person in line and the relay race continues.

Winner: The first team to have everyone go wins.

BEACH BALL RELAY

Supplies Needed: 2 beach balls

Instructions: Designate the starting line and the finish line about 40 feet apart. Place the children into teams (you can have as many as 3 teams). Give each team a beach ball. On “GO” the first player on each team dribbles the beach ball down and back. The first player then tags the next person in their line and the relay race continues. (Variation: Have the kids kick the beach ball down and back or have them try to bounce it in the air without letting it touch the ground (they would have to start over if they let the ball drop).

Winner: The first team to have everyone go wins.

FREEZE TAG

Supplies Needed: None

Instructions: Designate one player to be “it,” and instruct the player who is “it” to begin trying to tag all the other players. When a player gets tagged they must “freeze” where they are and stand with their legs spread. Players can be “unfrozen” if another player crawls between their legs. The person who is “it” tries to freeze everyone, while other players try to remain unfrozen.

LIMBO

Supplies Needed: Rope or long stick

Goal: To walk under the rope without falling.

Instructions: Line players up in single file line. Pull a rope tight between two leaders so that the kids have something to walk under. Every time the first player in line get back to the front of the line, lower the rope. If a player falls while going under, they are out. Repeat until there is one player left standing.

Winner: The last player standing wins.



AMOEBA RACE

Supplies Needed: A piece of rope for each team (rope needs to be big enough to make a circle around all team members)

Goal: To complete an obstacle course or race with all team members inside a circle of rope.

Instructions: Divide players into 2 equal teams. Designate a start line and finish line (set up a simple obstacle course for each team for increased difficulty). Give each team a long rope. Team members must tie the rope in a circle around their entire team (all players must be inside the circle of rope during the entire race). On “GO” teams will race through the course.

(Variation: If a rope is not available, have half of the team hold hands in a circle with the other half inside that circle.)

Winner: The team that completes the race or obstacle course the fastest wins.

BLOB TAG

Supplies Needed: None

Goal: To be the last player tagged

Instructions: Designate a player to be “it.” The player who is “it” chases the other players and attempts to tag them. If a player is tagged, that player has to join hands with the player who is “it.” Each time a player is tagged, he joins the “blob” until there is only one who has not been tagged.

TAILS

Supplies Needed: A tail for each player (i.e. a long piece of cloth or bandana)

Instructions: Choose one player to be “it.” That person stands in the middle of the playing area. Everyone else lines up on one side of the yard and tucks their “tail” into the side of their shorts/pants. On “GO” the players with the “tails” try to run to the opposite end of the yard without the player who is “it” capturing their tail. Once a player’s “tail” gets taken, they join the player who is “it” for the next round and try to capture tails. Everyone who still has a “tail” then lines up and play continues. When there is only one player left standing with their “tail,” that person wins and gets to be “it” for the next game. (Variation: This game can also be played with clothespins rather than a piece of cloth or bandana).

CAPTAIN MIDNIGHT

Supplies Needed: None

Instructions: Instruct kids to make a shoulder-to-shoulder line about 30 feet in front of you. Turn your back to them and have them scream “Captain Midnight, what time is it?!” Tell them a time. They will move forward according to your response (If you say, “3 o’clock,” then all children take three steps toward you. If you say “10 o’clock” they take 10 steps). At some point, you should scream, “Midnight!!” After you scream “midnight,” turn around and chase the players back to the starting line. As you run, tag as many players as you can. If a player gets tagged, they are out of the game. Keep playing until there is one player left. That player wins and gets to be “Captain Midnight” for the next round.

