

WELCOME TO NERF NIGHT FAMILY STYLE

SAFETY FIRST:

- Make sure you have eye wear to protect your eyes.
- No shooting from the shoulders up.
- No close-range shots.
- No shooting when reloading.
- You must share ammo.

BOOTCAMP:

- Make your own obstacle course.
- Rummage through your garage and get creative.
- Some ideas: hula hoops, cones and jump rope.
- No equipment: have them do laps, push-ups, sit-ups, high knees and jumping jacks.
- Make your obstacle course in your backyard or in your living room.

TARGET PRACTICE:

- Make your own shooting range inside or out.
- Print out the circle targets from the printable pages. Glue them to paper plates. Tape them up on trees or furniture.
- Grab some toy army men or plastic cups.
- Place them around the house or outside.
- When placing the target/army men, place them away from anything breakable.

GAME TIME:

Freeze Tag: select one person to be the saver. If you are hit shoulders and down, you have to freeze until the saver shoots you or tags you with his hand.

War: You can put up or make barriers. Make two teams. Each team makes their own team name. You can't shoot close range. If you are shot in the shoulders and down, you're out. Whichever team has the most players still in wins. The team with all the players out loses.

Capture the Flag: Steal the other team's flag from their base and take it to yours. Bases can be hula hoops. If the other team has your flag and you shoot them, they have to give it back to you. When you get hit, you have to sit on the ground until your teammate tags you. If everyone on your team is down, you lose. If you are out of ammo, raise your hand and say loudly, "recharge" and start picking up ammo. You only have 10 seconds of invincibility.

SNACK ATTACK IDEAS:

Hydration Station: Water, Gatorade

Berry Bombs: Any and all berries

Rapid Fire Fruit: Any fruit

Carrot Cartridges: Carrots

Battle Chips: Chips

Cheese Bombs: Cheese balls

Brownie Bombs: Brownies

Refuel Fluid Printable: Cut out and put on your water bottles or Gatorade.

VICTORY MARCH:

Cut out and award everyone with a general, sergeant, lieutenant, etc. badge of honor.