



ENHANCING THE CLUB EXPERIENCE.....

RECREATION

Community Juggle

Equipment:

A variety of soft, colorful, diverse objects that can be tossed without hurting anyone. Useful objects include tennis balls, ping pong balls, beanbags, plastic fruit, flying disks, pieces of upholstery foam, stuffed animals, inflatable pool toys, rolled-up socks, pillows, and balloons.

Challenge:

To pass an increasing number of objects between group members using a somewhat random but established pattern.

Members must always call the person's name while passing the object to their person. Follow the same pattern until all of the objects have been passed. Complete the task as quickly as possible.

Refreshment:

Ants on a Log - (celery with peanut butter and raisins)



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Walk Across Texas

Equipment:

None

Challenge:

To encourage members to exercise. Walk around the block, school, track, etc.

Refreshment:

Ice cold water



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Magic Carpet

Equipment:

- Single piece of tarp
- plastic cloth, or sheet.
- Other options include a plastic shower curtain, plastic tablecloth or blanket. For groups of 8 to 12 participants, the “magic carpet” should be approximately 4 feet by 5 feet.

Challenge:

The group is on a magic carpet ride high above the country when someone realizes that the group is going the wrong direction. Then you notice that the carpet is upside-down. Since you are no longer touching the ground, you must turn the carpet over without stepping off the carpet.

In order to limit the risk in this activity, request that all participants must maintain contact with the carpet at all times. This eliminates the option of carrying participants on shoulders and other balance related concerns.

Refreshment:

Apple slices



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The Star

Equipment:

40 - 50 foot rope tied to itself forming a large circle

Challenge:

The whole group maintains contact with the rope while creating a five pointed star (the kind that crisscrosses in the middle) with the circle of rope.

Everyone must participate by holding onto the rope. They cannot let go of the rope or trade places with the people next to them to accomplish the task. (They can slide along the rope. Don't mention this unless you need too and the group is getting frustrated.) Once the group thinks that the task is complete, ask them to slowly lower the star to the ground and step back to admire their work.

Refreshment:

Christmas cookies



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Got It

Equipment:

- Stick-on name tags
- Writing utensil
- Sheet of paper

Challenge:

Individuals write their nick name on the name tag. If they do not have a nick name, they are to make something up that they may like to be called. Do not show anyone the name tag. Form a circle and have each person stick the name tag on their own back. Within a fun amount of time, the object is to list as many names on the paper as you can while not letting others get your name on their list. When time is called, find out how many names each person got on their list.

Could do this several times by listing nick names, dog's names, grandparent's name, etc. If the meeting room is large, play area may have to be designated.

Refreshment:

Pretzel sticks



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Balloon Bounce

Equipment:

- Round balloons
- Music

Challenge:

Divide the larger group into smaller groups of 4 or 5. Give each person in the smaller group a different color balloon and ask them to blow it up full but where it won't burst. Object is to bounce the balloons in the air as long as the music plays without letting any of them touch the ground. Participants may only tap their balloon once before another member taps it. (They cannot touch their balloon twice in a row.) Can play as a larger group without the balloon touch rule.

Refreshment:

Popcorn



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Plumber's Challenge

Equipment:

- 2 toilet plungers per group
- 1 medium size rubber ball per group
- 1 9 to 11 inch balloon per group

Challenge:

Form two groups from the membership for the relay. Distribute to each team 2 plungers and 1 ball or 1 balloon. Object is to pass the ball/balloon up and down the team using the plunger without handling the ball/balloon with hands.

Refreshment:

Grapes



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Stop The Music

Equipment:

- Chairs (1 less than the number in the group)
- Music

Challenge:

Set up the meeting room in your favorite style with extra space around each chair. Set the room with enough chairs for everyone less one. Have participants walk around the room while you play up-beat music. After some time, stop the music. Participants should now all scramble for chairs. The lucky person left standing moves to the side and takes a chair with him. Continue playing until there is only one person left.

Refreshment:

Lemonade



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Balloon Burst

Equipment:

- Balloons
- String/yarn (cut into yard lengths)

Challenge:

Distribute to each participant a balloon and a piece of string. Participants should fully blow up their balloon and tie it to the string and then tie the string around their ankle leaving some length of string so that the balloon trails behind them as they move. Participants gather in the play area and on “go” begin trying to pop everyone’s balloon while trying to keep theirs from being popped. The last person with an unpopped balloon wins.

Refreshment:

Ice cream/soda floats