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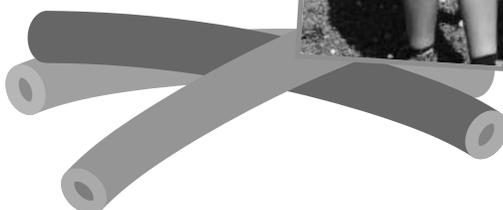
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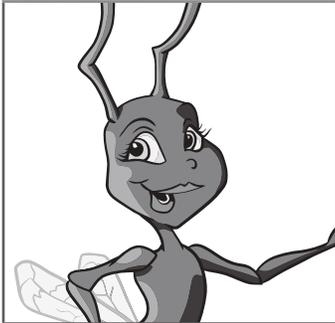


SCOPE AND SEQUENCE

ANIMAL PAL

JEZREEL VALLEY
OPENING AND CLOSING

PROPHET'S PEAK
BIBLE STORY



POWER POINT:
My God is real. That's rock solid!

BIBLE STORY
Facing Challenges
with God

KEY VERSE:
"I am with you, so do not be afraid"



POWER POINT:
My God provides. That's rock solid!

BIBLE STORY
Experiencing God's
Providing in Zarephath

KEY VERSE:
"I am with you, so do not be afraid.
I am your God, so do not be upset."



POWER POINT:
My God is powerful. That's rock solid!

BIBLE STORY
Battles of the Gods

KEY VERSE:
"I am with you, so do not be afraid. I am your God,
so do not be upset. I will make you strong..."



POWER POINT:
My God knows me. That's rock solid!

BIBLE STORY
Elijah Runs Away
from Everyone

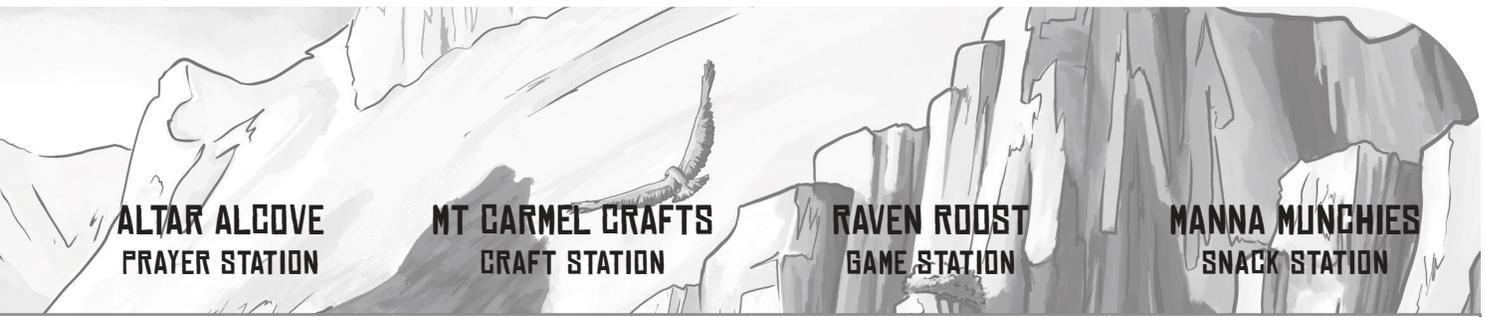
KEY VERSE:
"I am with you, so do not be afraid.
I am your God, so do not be upset.
I will make you strong and I will help you."



POWER POINT:
My God is preparing a place for me. That's rock solid!

BIBLE STORY
Elijah and Elisha
cross the Jordan
River Together

POWER POINT:
"I am with you, so do not be afraid. I am your God,
so do not be upset. I will make you strong and I will
help you. My powerful right hand will keep you safe."
Isaiah 41:30 (EasyEnglish Bible)



ALTAR ALCOVE
PRAYER STATION

MT CARMEL CRAFTS
CRAFT STATION

RAVEN ROOST
GAME STATION

MANNA MUNCHIES
SNACK STATION

AWE
TRAILBLAZING ACTIVITY
Wow, God!

ORIENTEERING ACTIVITY
I am thankful, God

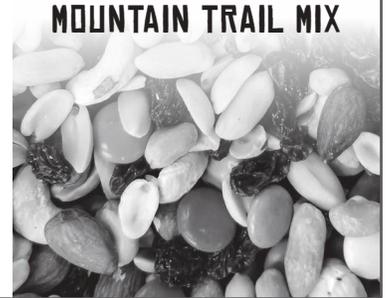
MAIN CRAFT
Hiking Lantern

GRAB + GO
Stained Glass
Window Craft Kit

PRE-GAME
Stop & Listen

MAIN GAME
Over Under Mountain
Hike

DEBRIEF



LISTENING
TRAILBLAZING ACTIVITY
I hear you, God!

ORIENTEERING ACTIVITY
I can listen &
talk to God

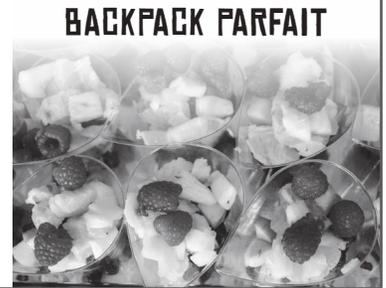
MAIN CRAFT
Butterfly
Suncatcher

GRAB + GO
Scratch Butterfly
Ornaments

PRE-GAME
Mountain Express

MAIN GAME
Rippling Water Relay

DEBRIEF



TRUSTING
TRAILBLAZING ACTIVITY
You've got this, God!

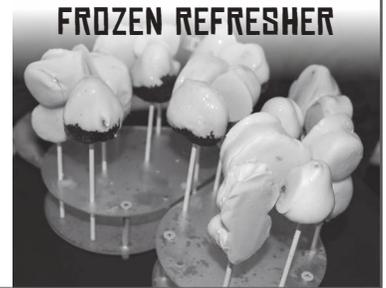
ORIENTEERING ACTIVITY
I can trust God to
handle my burdens

MAIN CRAFT
Mountain
Spinner

PRE-GAME
Gather Up

MAIN GAME
Jezreet Tree Relay

DEBRIEF



AFFIRMING
TRAILBLAZING ACTIVITY
You know me, God!

ORIENTEERING ACTIVITY
I am unique

MAIN CRAFT
Clothespin
Paper Puppets

PRE-GAME
Whistle Freeze

MAIN GAME
Beach Ball
Relay Race

DEBRIEF



REMEMBRANCE
TRAILBLAZING ACTIVITY
We remember God!

ORIENTEERING ACTIVITY
I will remember
how much God
cares for me

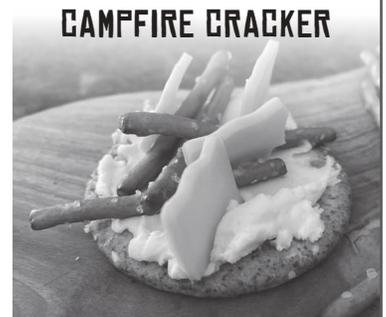
MAIN CRAFT
Pompom
Celebration Popper

GRAB + GO
Picture Frame
Magnets

PRE-GAME
Whistle Scramble

MAIN GAME
Mountain Top
Obstacle Course

DEBRIEF



STATION OVERVIEW



Each day at Raven Roost you will have 20 minutes of game activities that will reinforce the day's theme. The opening dialogue will set the scene to connect the game activities to the day's Power Point. The debrief at the end of the game time will help to reinforce this learning and give the kids an opportunity to respond in some way to what they did.

GAME LEADER TIPS

Space Requirements: These games can be played indoors or outdoors. You will need a large enough space for the starting and finish lines to be at least 30 ft [9 m] apart. A space of around 50 square feet [4.65 m²] would be ideal.

You will need a leader and an assistant leader for the games at Raven Roost. Crew leaders who bring the kids to your station each day will provide valuable assistance too!

Gather the supplies you will need for the week ahead of time. Most are commonly found items such as hula hoops, pool noodles, and cone markers. Some will take a bit of preparation beforehand. Become familiar with what is needed and prep or set up should be done early so that you are ready when the first group of kids come. Having a rope to mark a start and finish line will be helpful as well.

Familiarize yourself with the opening and closing remarks for each day's lesson. Practice them until they sound natural so that you can focus on the kids rather than the words in your script. Make as much eye contact as possible while speaking.

Debriefing at the end of games is a vital part of each day. Game time is a crazy fun time to get some wiggles out, get their circulation going, and to get to know their crews better... it is also a kinesthetic way to learn the message of the day and to apply the biblical points in a more concrete way. Be sure not to miss this important piece despite the busyness of the time at Raven Roost.

Gather the kids together 5 minutes before transition. Use this time to help them return to a quieter state (slowing their engines down) before transitioning to the next station. This is done by using a quieter voice, engaging

their brains, and intentionally bringing the focus onto what the biblical significance was for that day's game. Debriefing questions/activities are included at the end of each game.

Memorize the Power Point and actions for each day and be prepared to prompt the kids to respond according to the script. The children love repeating the Power Point! Be intentional about incorporating this into each day's game time.

A word regarding competition: An overly competitive environment can increase feelings of frustration for some. This should be a positive experience for everyone. With a bit of creativity, lots of words of encouragement and care to recognize specific efforts and teamwork it can be a favorite time for all. Game time at Raven Roost can be an excellent opportunity for every child to realize they are loved, accepted, valued, and forgiven ALWAYS! And that they have an important message to share with others.

Be aware of any children with special needs who may need additional assistance to participate successfully in the games or to be assigned specific roles within their skill set.

Keep track of the time so there is a smooth transition from one segment to the next. Know when each rotation needs to end and plan ahead of time how many minutes you will devote to each segment.

STATION STAFF ATTIRE

The suggested outfit for this station is a Mountain of Miracles t-shirt and khaki pants or shorts. It can be accessorized with a floppy hiker's hat, and sunglasses. You will need comfy shoes and a whistle or bell to signal the start and finish of each game.

The Whistle Alert is a pre-game activity designed to energize the kids, promote focus, and prepare them for the games ahead.



DAY 1 OVER UNDER MOUNTAIN HIKE

SUPPLIES

- Whistle
- Balloons or big ball
- Safety cones – 2 per group
- Water jug
- Mini cups
- Garbage can

AHEAD OF TIME

Place the two cones at least 10 feet apart. When the kids line up, adjust the distance to either shorten or extend the space as needed.

WELCOME [5 MINUTES]

SAY: *(Blow your whistle)* Hikers, welcome to Raven Roost Games! I can tell you are experienced hikers, tackling those mountain trails! This week you are going to be doing a lot of hiking! A LOT of hiking! And here at Raven Roost Games, you will be building up your strong muscles.

Hmmm ... talking about building up strong muscles. That even includes your shouting muscles! Let's say our Power Point for today!

My God is real. (Place pointer finger up against lips and move it forward.)

That's rock solid! (Fist bump others.)

Wowzers! You are an amazing group of hikers! With really good shouting muscles! Now it's time for our pre-game activity.

WHISTLE ALERT: STOP + LISTEN

SAY: When you hear the whistle that means to stop and listen to instructions. Let's practice. Start wiggling and running in place. Keep going! Keep going! *(blow whistle)*. Stop! Excellent! I saw you stop and look at me for instructions. Bravo! You are the best group! Now, let's get ready to play our game for today!

GAME INSTRUCTIONS + PLAYTIME [10-12 MINUTES]

SAY: Let's make two teams and line up in a row, with each player spaced about three paces apart. Listen carefully to the instructions I'm going to give you. And when I give the signal *(whistle or bell)* the game will start:

PHASE ONE INSTRUCTIONS

1. The first player in each row holds a balloon and starts by passing it over their head to the player behind them.
2. The next player receives the balloon, passes it under their legs to the next player in line, and says, "Over."
3. Each player alternates between passing the balloon overhead and between their legs, while calling out the opposite instructions – "Over" or "Under"- to the next player.
4. Players shout the instruction the *next* person needs to do, not what they just did. This will get confusing! And that's OK!
5. The first team to successfully pass the balloon from the front to the back of the line wins the round.

(Let the game run for about 5-6 minutes, ensuring the kids are having fun. But keep an eye on the time to stay on schedule.)

Alright, now we're moving to Phase Two! We are going to pick a Pass Caller, someone who will shout either "Over" or "Under". So, listen carefully to the following instructions:



PHASE TWO INSTRUCTIONS

1. The first player in line holds the balloon, waiting for the Pass Caller to shout either "Over" or "Under."
2. When the Pass Caller shouts "Over," the player passes the balloon over their head to the next person in line.
3. When the Pass Caller shouts "Under," the player with the balloon passes it under to the next player in line.
4. This pattern is repeated until the balloon reaches the end of the line or back to the starting player.

(Let the game run for about 5-6 minutes, ensuring the kids are having fun. But keep an eye on the time to stay on schedule.)

DEBRIEF + WRAP UP [3 MINUTES]

(Blow your whistle to get the children's attention. Have them stand in a circle and you at the center of it.)

SAY: Was it easier to remember the instructions on your own? Raise your hands if it was. *(Count the raised hands.)* Or was it easier to have someone help you by calling out the instructions for when to pass the balloon over or under? Raise your hand if that helped you. *(Count the raised hands.)*

This activity shows us how, just like we relied on instructions and guidance to better complete the game, we can rely on God's guidance in our lives because God is REAL. Let's say the Power Point together:

My God is real. (Place pointer finger up against lips and move it forward.)

That's rock solid! (Fist bump others.)

Be sure to get a drink of water and then line up! *(Blow the whistle!)* Line up everyone it's time to get back to hiking the mountains!

Thank you for coming to Raven Roost Games! See you tomorrow! Remember God is with you! HE is real!

Instruct crews to follow their leaders to the next station.



DAY 2

RIPPLING WATER RELAY

SUPPLIES

- Whistle
- Styrofoam cups with holes punched in the bottom (10 per relay group)
- Safety cones (2 per group)
- Four 5-gallon buckets
- Water jug
- Mini cups
- Garbage can

AHEAD OF TIME

- Poke holes in 10 Styrofoam cups for each relay group.
- Place a bucket filled with water at the starting point of each relay line. At the opposite end of each line, place an empty bucket at the end point of each line. Ensure that the buckets are securely positioned to prevent tipping during the games.

WELCOME [5 MINUTES]

SAY: *(Blow your whistle)* Hikers, welcome to Raven Roost Games! Did you hike to a fun location today? Yesterday you were so good at following the instructions for the Whistle Alert! Bravo *(clap and point to the group)*, you are excellent listeners!

And today, we are going to do it again! But first, let's hear your 'shouting' muscles! Let's say our Power Point for today!

My God is my provider. (Put both hands up palms facing you and bring them down forward to lap/waist level.)

That's rock solid! (Fist bump others.)

Love it! You are an amazing group of hikers! It's time for our pre-game activity.

TIP

Anticipate that some children may not feel comfortable joining in the games right away. Be encouraging and welcoming! A child might be hesitant due to fear of the ball, for example, but could still enjoy running around. If a child doesn't want to participate, offer them a helpful role, such as assisting you, until they feel ready to join in.

WHISTLE ALERT: MOUNTAIN EXPRESS

SAY: Line up and form a "train" by placing your hands on the shoulders or waist of the person in front of you. When you hear one short whistle, freeze like a train stopping at a station. When you hear two short whistles, start moving forward slowly like a train pulling out of the station. If you hear three short whistles, carefully walk backward like a train reversing. And if you hear one long whistle, stop and turn all the way around to face a new direction. Let's see how well you can follow the signals!

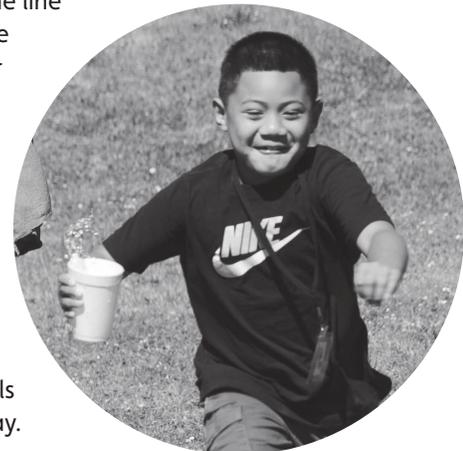
GAME INSTRUCTIONS + PLAYTIME [10-12 MINUTES]

SAY: Okay hikers, our game today is Rippling Water Relay. Hmmmm Rippling Water Relay? It must have water, and we will do a relay. What do you think? Yep!

RIPPLING WATER RELAY INSTRUCTIONS

This is what I need you to do:

1. Divide into two groups. Each relay line will stand in front of the bucket filled with water.
2. Each line leader will fill a Styrofoam cup with water and pass it down the line. Line leaders you will have to do this quickly, over and over again.
3. Each player will pass the cup to the next person until it reaches the end of the line, where the water is poured into the empty bucket.
4. After being emptied, the cup is passed back up the line to be refilled, while new cups of water continue moving down the line. The Styrofoam cups coming and going makes it a little frantic!
5. When I blow the whistle, that signals the end of the relay.



6. The group with the most water in their empty bucket at the end wins first place, and the other group takes second place. But since everyone gets wet and has fun, everyone is a winner.

(Let the game run for about 10-12 minutes, ensuring the kids are having fun. But keep an eye on the time to stay on schedule.)

DEBRIEF + WRAP UP [3 MINUTES]

(Blow your whistle to get the children's attention. Have them stand in a circle and you at the center of it.)

SAY: Wow! Did you get wet? Was it hard to pass the cups of water when the cups were full of holes? *(Pause to listen to the kids' responses.)*

Great answers everyone! You know God is an amazing provider! He provides us water for all kinds of things! Playing games, drinking refreshing water, cleaning, ... Oh my! I know there is more but it's time to hike on outta here. Let's say our Power Point one more time.

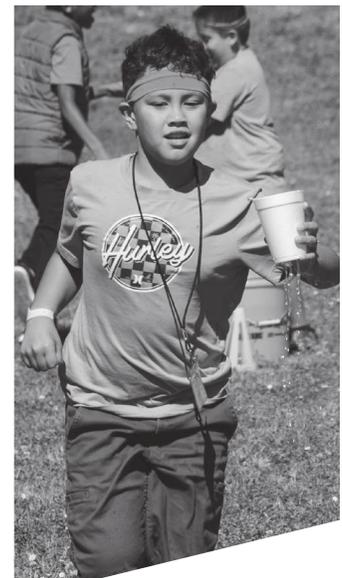
My God is my provider. (Put both hands up palms facing you and bring them down forward to lap/waist level.)

That's rock solid! (Fist bump others.)

Now, everyone get a drink of water and then line up! It's time to get back to hiking the mountains!

Thank you for coming to Raven Roost Games! See you tomorrow! Remember God is with you! He is our provider!

Instruct crews to follow their leaders to the next station.



DAY 3 JEZREET TREE RELAY

SUPPLIES

- Whistle
- Pool noodles (1 for each team)
- Frisbees (1 for each team)
- 4 safety cones
- Water jug
- Mini cups
- Garbage can

AHEAD OF TIME

Set up the safety cones for the relay race as follows:

- Collect two cones for each team. One cone marks the starting line, and the other cone serves as the turnaround point for the kids to circle before returning to the starting cone
- Practice blowing the whistle in a way that ensures each child will be in a group. Avoid leaving anyone out.

WELCOME [5 MINUTES]

SAY: *(Blow your whistle)* Hikers, welcome to Raven Roost Games! Did you hike to a fun location today? Yesterday you were so good at following the instructions for the Whistle Alert! Bravo *(clap and point to the group)*, you are excellent listeners!

And today, we are going to do it again! But first, let's hear your 'shouting' muscles! Let's say our Power Point for today!

God is powerful. *(Put both arms up and flex muscles.)*
That's rock solid! *(Fist bump others.)*

Wonderful! You are an amazing group of hikers!

WHISTLE ALERT: GATHER UP

SAY: I need you to listen to the instructions very carefully because they are very different today. When I blow the

TIP

Anticipate that some children may not feel comfortable joining in the games right away. Be encouraging and welcoming! A child might be hesitant due to fear of the ball, for example, but could still enjoy running around. If a child doesn't want to participate, offer them a helpful role, such as assisting you, until they feel ready to join in.

whistle a specific number of times, quickly form groups with the same number of people as the whistle blows. For example, if I blow the whistle four times, you should form groups of four; if I blow it five times, form groups of five, and so on.

Excellent listeners! You have strong ear muscles! Now, let's get ready to play our game!

GAME INSTRUCTIONS + PLAYTIME [10-12 MINUTES]

SAY: We are going to play Jezreet Tree Relay! It's going to be fun and require you to concentrate with balance!

JEZREET RELAY INSTRUCTIONS:

Divide into two relay teams.

1. The first person in line will balance a frisbee on top of a pool noodle.
2. You will race around the safety cone and return to the starting line.
3. Hand off the pool noodle and frisbee to the next player.
4. If the frisbee falls off, stop, pick it up, and place it back on the pool noodle. Continue racing from where you left off.
5. Remember to cheer for your teammates with phrases like "You've got this!" or "Great Job!"
6. Have fun and do your best!
7. Hikers let's play!

(Let the game run for 10-12 minutes, ensuring the kids are having fun. But keep an eye on the time to stay on schedule.)



DEBRIEF + WRAP UP [3 MINUTES]

(Blow your whistle to get the children's attention. Have them stand in a circle and you at the center of it.)

SAY: Wow! That was a lot of fun! Was it hard to balance the frisbee on the pool noodle and pass it to the next player? *(Pause to listen to the kids' responses.)*

Great answers everyone! Our God is powerful!! He is the master balancer and keeps our earth balanced with water, green trees, and fresh air! Hooray for God! Give a loud cheer for God! Let's say our Power Point one more time.

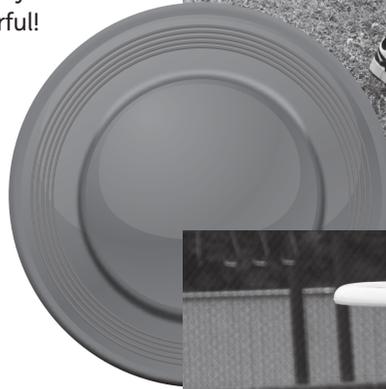
God is powerful. *(Put both arms up and flex muscles.)*

That's rock solid! *(Fist bump others.)*

It's time to hike on outta here! Get a drink of water and then line up! It's time to get back to the mountains!

Thank you for coming to Raven Roost Games! See you tomorrow! Remember God is with you! He is powerful!

Instruct crews to follow their leaders to the next station.



DAY 4 BEACH BALL RELAY RACE

SUPPLIES

- Whistle
- Beach Balls (1 per team)
- 4 safety cones
- Water jug
- Mini cups
- Garbage can

AHEAD OF TIME

- Set up the safety cones for the relay race.
- Have the beach balls ready for the game.

WELCOME [5 MINUTES]

SAY: *(Blow your whistle)* Hikers, welcome to Raven Roost Games! Did you hike to a fun location today? Yesterday you were so good at following the instructions for the Whistle Alert! Bravo *(clap and point to the group)*, you are excellent listeners!

And today, we are going to do it again! But first, let's hear your 'shouting' muscles! Let's say our Power Point for today!

My God knows me! (Touch both pointer fingers to temples, either side of the forehead.)

That's rock solid! (Fist bump others.)

Love it! You are an amazing group of hikers! It's time for our pre-game activity.

WHISTLE ALERT: WHISTLE FREEZE

SAY: I want you to wiggle, giggle, run in place, swing your arms ... When I blow the whistle you freeze immediately even if your leg is kicking up! *(Blow your whistle. Watch as the children freeze in position. Have fun!)*

Excellent listeners! You are so creative! I had fun watching you! Come gather around me! I have something to tell you! Today you will discover something very important! Something that will stay with you forever! Wow!

TIP

Anticipate that some children may not feel comfortable joining in the games right away. Be encouraging and welcoming! A child might be hesitant due to fear of the ball, for example, but could still enjoy running around. If a child doesn't want to participate, offer them a helpful role, such as assisting you, until they feel ready to join in.

(Lean in) You are learning that GOD knows you and loves you! Give each other a fist bump and shout, "That's rock solid!"

GAME INSTRUCTIONS + PLAYTIME [10-12 MINUTES]

SAY: We are going to play another relay! This time we can help each other! Cool!

BEACH BALL RELAY INSTRUCTIONS

This is what I need you to do:

1. Divide into two teams, then divide into pairs.
2. I need the crew leaders to assist the first pair on each team. Have the pairs line up back-to-back with a beach ball between them.
3. When I blow the whistle, each pair runs to the safety cone without dropping the beach ball, then returns to the starting point.
4. If the beach ball drops, stop, place it back between you, and continue running.
5. Ready, set, go! *(Blow whistle.)*

(Be mindful of the time. You may have time to play twice!)

DEBRIEF + WRAP UP [3 MINUTES]

(Blow your whistle to get the children's attention. Have them stand in a circle and you at the center of it.)

SAY: Wow! That was a lot of fun! How did you feel about having a beach ball between you and your partner? Was it hard? *(Pause to listen to kids' responses.)*



Interesting indeed! God knows you and understands all your feelings!! God is amazing! Turn to the person next to you and say, "My God knows me!" And let's say our Power Point one more time.

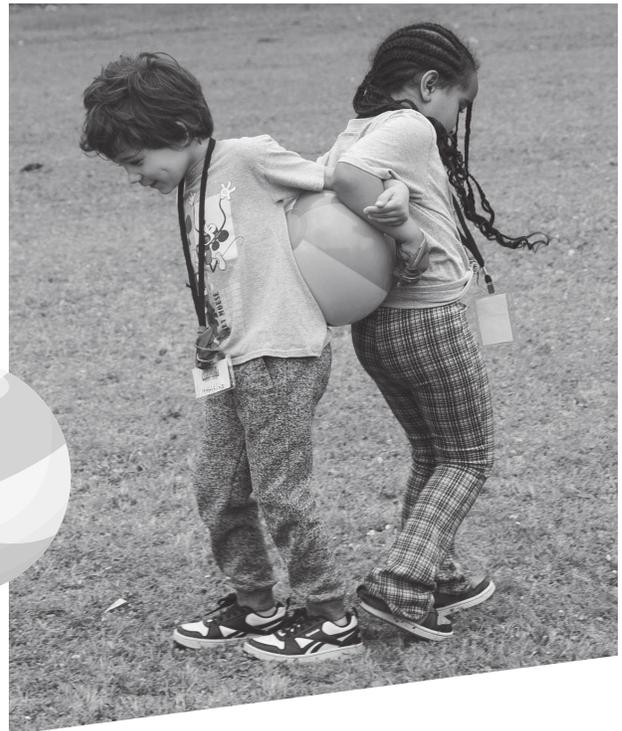
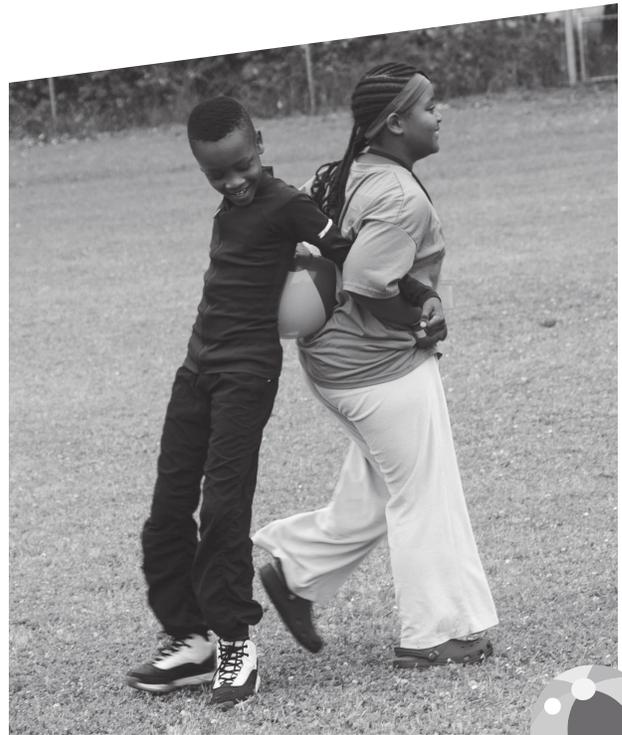
My God knows me! (Touch both pointer fingers to temples, either side of the forehead.)

That's rock solid! (Fist bump others.)

It's time to hike on outta here! Get a drink of water and then line up! It's time to get back to the mountains!

Thank you for coming to Raven Roost Games! See you tomorrow! Remember God knows you and loves you! AND that is rock solid!

Instruct crews to follow their leaders to the next station.



DAY 5 MOUNTAIN TOP OBSTACLE COURSE



SUPPLIES

- Whistle
- Stopwatch
- Beach balls
- 4 safety cones
- Pool noodles
- Frisbees
- 5-gallon buckets
- Water jug
- Mini cups
- Garbage can
- Supplies for additional stations
- Tomato cage
- Small laundry basket
- Plastic swimming pool
- Tent stakes
- Duct tape
- Clear crawl through
- 4-6 hula-hoops

TIP

Our field test showed that the obstacle course for larger groups should consist of only 3 of the 4 stations listed here. However, smaller groups can include all four stations.

WELCOME [5 MINUTES]

This is the last day for games! When VBS comes to an end the children will miss you and the fun they had at your station.

Today's game is a combination of all the days' games. It is going to be fun and full of energy!

Using your supplies from the other days create an obstacle course. You can be creative and design your course to challenge the children. But don't forget to have fun and give each child lots of affirmation.

Assign a crew leader to demonstrate how to go through each obstacle. Also, assign your helper or one of the crew leaders to record the finish time of each child at the finish line. You can also assign your helper or a crew leader to cheer for each child at the finish line. Below is a recommended course.

AHEAD OF TIME

Obstacle Course Set Up: Some games have been modified to allow the kids to move smoothly through the obstacle course. Clearly mark the Start and Finish lines to guide the kids in the correct direction.

OVER UNDER MOUNTAIN HIKE:

- Whistle
- Beach balls

RIPPLING WATER RELAY:

- Poke holes in 10 Styrofoam cups for each relay group.
- Place a bucket filled with water at the starting point of each relay line. At the opposite end of each line, place an empty bucket at the end point of each line. Ensure that the buckets are securely positioned to prevent tipping during the games.

JEZREET TREE RELAY:

Set up the safety cones for this relay race as follows:

- Place two cones for each team. One cone marks the starting line for this game.
- The other cone serves as the turnaround point for the kids to circle before returning to the starting cone.

BEACH BALL RELAY RACE:

- Safety cones
- Whistle
- Beach balls

Note: Assign volunteers or crew leaders to help at different points along the obstacle course.



WELCOME [5 MINUTES]

SAY: *(Blow your whistle)* Welcome to Raven Roost Games! Did you hike to a fun location today? Yesterday you were so good at following the instructions for the Whistle Alert! Bravo *(clap and point to the group)*, you are excellent listeners!

And today, we are going to do it one last time! But first, let's hear your 'shouting' muscles! Let's say our Power Point for today!

My God is preparing a place *(shape hands in the shape of the roof of a house)* for me.

That's rock solid! *(Fist bump others.)*

Love it! You are an amazing group of hikers!!

WHISTLE ALERT: WHISTLE SCRAMBLE

SAY: I need you to listen to the instructions! Ready? Form two straight lines, just like arrows! When I say "GO!", each line will follow their leader. Here is the fun part, when you hear the whistle, stop quickly. When I shout "Change leaders" the person at the back of the line will run to the front and become the new leader.

Got it? Let's play! *(Shout "GO!" Watch as the children follow their leader, then blow the whistle loudly and shout, "Change leaders!")*

Excellent listeners! Wow! That was a bit of a scramble! I had fun watching you!

Come gather around me! I have something to tell you! Today is our last day at Raven Roost Games! I know! I know! I will miss each one of you!

But boy, do we have a doozy of a game today! Can you guess? *(Let children guess the game.)* You're right! We are going to do an obstacle course! But it isn't any ole' obstacle course! It is made from the games that we have already played this week. Your crew leader will demonstrate how to do each obstacle. Watch closely.

GAME INSTRUCTIONS AND PLAYTIME [10-12 MINUTES]

MOUNTAIN TOP OBSTACLE COURSE INSTRUCTIONS

Create an obstacle course using the provided instructions or design your own course by combining different stations or incorporating a few of the additional suggested stations. Make sure the course is fun, accessible, and safe so that all of the kids, regardless of ability, can successfully complete it with plenty of cheering and encouragement.

DEBRIEF + WRAP UP [3 MINUTES]

(Blow your whistle to get the children's attention. Have them stand in a circle and you at the center of it.)

SAY: Wow! That was a lot of fun! Was it hard? What did you like the best? *(Pause to listen to the kids' responses.)*

Interesting indeed! God knows you and understands all your feelings!! God is amazing! Turn to the person next to you and say, "My God is preparing a place for me!"

Well, my friends, it's time to hike on outta here! Get a drink of water and then line up! It's time to get back to hiking the mountains!

Thank you for coming to Raven Roost Games! Remember God is preparing a place for you and loves you! AND that is rock solid!

ADDITIONAL OBSTACLE COURSE STATIONS

BALANCE BEAM

All obstacle courses need a simple balance beam!

SUPPLY LIST

- One noodle
- 2 tent stakes
- Hammer

INSTRUCTIONS

To create a balance beam, place a noodle flat on the grass and secure it into the ground on each end with a tent stake

Note: Hammer the stake in so that nothing is sticking out that can trip or hurt someone.

MOUNTAIN HIKE

SUPPLY LIST

- 5 pool noodles
- 10 tent stakes or wooden dowels
- Duct tape

INSTRUCTIONS

Over Under Hurdles

1. To create the Over Under, place two tent stakes about 2-3 feet apart
2. Place each end of the pool noodle over the tent stake to create an arch. Repeat this step five more times to make five over under to crawl under and jump over.
3. You may want to create the 'under' noodles higher and the 'over' noodles lower.

RIPLING WATER RELAY [ALTERNATE VERSION]

SUPPLY LIST

- Large kiddie pool
- 3 extra long dowels

INSTRUCTIONS

1. Fill Kiddie pool clear to the top with water.
2. Balance the dowel rods on the top of the pool creating a grid. Kids will skip over the dowel rods one at a time. (You may want to place a towel at the edge of the pool where the kids will emerge so that their feet can get a little dried off before running to the next obstacle.)

JAZREEL SPELUNKING!

SUPPLIES

- 5 hula-hoops
(more or less hula-hoops is up to you!)
- 1 clear crawl through tube or box.
(If using a box cut window holes along the sides)

INSTRUCTIONS

1. Place the hula-hoops leading to the spelunking crawl through. (You can arrange the hula-hoops about 12" from each other in a curvy line.)
2. Kids will skip place one foot in the hula-hoop and the next until they get to the spelunking crawl through.
3. Quickly crawl through the spelunking cave.

