

CAMP RidgeKids

Camp RidgeKids 2025 | Elementary Recreation (Day 2)



Exercise: Brick Maze + The Wall

Description:

A scattered series of bricks used as stepping stones to reach a final platform or wall. Teams must strategize how to move across while following evolving rules that increase difficulty.

Activity Ideas:

- Start with a simple “brick-to-brick” crossing.
- Add a rule: once a brick is stepped on and vacated, it’s eliminated.
- Allow only one or two people per brick.
- Introduce team challenges like carrying a teammate across or staying connected.
- Use a shared trekking pole to assist with balance—only one per team.
- Final challenge: everyone ends by scaling the wall or tagging it.



Description:

A vertical element that can be climbed over or interacted with as part of a course challenge.

Activity Ideas:

- Pair with Brick Maze as a final “over-the-wall” moment.
- Restrict who can assist (e.g., only certain teammates can help).
- Create silent/frozen/blindfolded challenges during the approach or climb.
- Emphasize team strategy: lifting, supporting, and communicating.



Exercise: Roppy Rope & Ladder Path

Description:

A tightrope-style rope strung between trees with a nearby low ladder. Used for balance and coordination with optional team relay components.

Activity Ideas:

- Time-based races (individual or team relays).
- Use the rope as a solo crossing or team-assisted challenge.
- Carry an awkward object (e.g., stick or rubber chicken) across.
- Add layers: one person frozen, others must pass the object.
- Turn the ladder into a vertical relay or passing line.
- Encourage creative movement rules: only one hand, backward steps, etc.

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Exercise: ZigZag

Description:

A series of connected wooden beams arranged in a zigzag pattern. Campers must carefully walk across the entire beam path without touching the ground. Ideal for group coordination, balance, and communication.

Activity Ideas:

- Cross the full zigzag without stepping off.
- Order Shuffle: Campers line up on the beams and must rearrange into a different order without touching the ground.
- Silent Challenge: Campers must complete the reordering without speaking.
- Teams race to get from start to finish with each camper crossing in sequence.
- Everyone must be on the beams at once; if one falls off, the team has to restart.
- Pass a stick or “torch” down the line while balanced.
- Wildcards (Optional): Pull a challenge card before crossing: “Hop across one leg,” “Eyes closed,” or “Freeze halfway and count to ten.”



Exercise: Stump Jumper

Description:

A series of short tree stumps arranged to test balance and agility.

Activity Ideas:

- Straightforward jump/stomp sequence from stump to stump.
- Mark one stump as off-limits (red dot = lava!).
- Have campers line up on stumps and then change order without stepping off.
- Use a trekking pole as a shared balancing tool (only one per team).
- Add between-activity movement rules like buddy piggyback rides.