

# CAMP RidgeKids

## Camp RidgeKids 2025 | Preschool Recreation (Day 1)



### Cone Challenge Course

#### Description:

Cone Challenge Course is an individual obstacle path designed to let each camper move, explore, and shine in their way. With colorful cones and fun physical challenges, kids crawl, jump, spin, and balance their way through the course—cheered on by their peers. It’s a playful way to help every child feel confident, celebrated, and proud to be God’s one-of-a-kind masterpiece.

#### Supplies

- 10–15 colorful cones or markers
- Optional extras: Hula hoops, pool noodles, bean bags, or balance beams (for added variety)

#### Setup

- Create a simple winding path using cones across the turf.
- Include fun “stations” or challenges along the way (e.g., jump over a noodle, spin in a hoop, crawl under a string, balance a bean bag on your head).
- Make sure it's spaced well and easy to follow visually.

#### How to Play

- Gather the group at the starting line and explain the course:
- “This is a challenge course just for YOU—and there’s no one right way to do it! Everyone’s body is different, and everyone shines in their way.”
- Demonstrate each obstacle or movement in a playful, encouraging way. Then invite kids to take turns running the course one at a time, while others cheer.
- After finishing, kids can get a high five, then sit in the “cheer zone” to encourage their friends.
- Once everyone has a turn, you can mix it up:
  - Go backward through the course.
  - Try it while walking like an animal.
  - Let kids make their silly versions of the course moves!

#### Variations

- Brilliant Move Station: Halfway through the course, have a cone where kids do a “freestyle” move of their choice—spin, jump, wiggle, superhero pose.
- Personal Shoutouts: As each child finishes, leaders call out something unique: “That was an amazing balance!” or “You’re so fast like a rocket!”

#### Wrap-Up Connection

You each moved through that course in your own way—some fast, some careful, some silly, some strong. That’s what makes it so fun to be together! God made each of you one-of-a-kind, like a masterpiece. You don’t have to be like anyone else to shine—you just have to be you!

- What part of the course was your favorite?
- What’s something you did today that made you feel proud?

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### Bubble Bonanza

#### Description:

Bubble Bonanza is a joyful, high-energy activity where kids chase, pop, and dance through a flurry of bubbles! With fun movement challenges and plenty of space to play, each camper gets to move in their unique way. It's a lighthearted celebration of creativity and confidence—perfect for helping kids feel like God's one-of-a-kind masterpiece.

#### Supplies

- Bubble solution (lots!)
- Bubble wands (variety of sizes/shapes)
- Bubble machines (if available)

#### Setup

- Set out a few stations with leaders blowing bubbles, or turn on bubble machines for a constant flow.
- Give leaders bubble wands to create bubbles at different heights and speeds.

#### How to Play

- Let kids run freely through the bubble zone, chasing, popping, and dancing with bubbles.
- Offer simple bubble “challenges” to encourage creative movement:
  - “Try to pop bubbles with your elbow!”
  - “Catch a bubble without popping it!”
  - “Spin three times, then pop five bubbles!”
- Celebrate each camper as they engage—shout out things like:
  - “Whoa, you’re a bubble-popping champion!”
  - “You move like a masterpiece!”
  - “Look at that joyful jump!”

#### Variations

- Bubble Freeze Game: When music plays, kids pop bubbles. When the music stops, they freeze in a silly pose.
- Bubble Catch Challenge: Who can catch a bubble on their finger, hand, or even their nose?

#### Wrap-Up Connection

Did you see how many different ways you could chase and pop bubbles? Some of you spun, some jumped, some tiptoed—and every single way was amazing. God made each of you to shine in your own special way, like little bubbles floating in the air—colorful, unique, and full of joy. That’s what it means to be His masterpiece!”

- What was your favorite way to pop a bubble?
- What makes you feel like a masterpiece?

