

CAMP RidgeKids

Camp RidgeKids 2025 | Preschool Recreation (Day 3)

Parachute Play

Description:

Parachute Play is a high-energy, low-pressure activity that brings kids together for colorful, cooperative fun. Using a large parachute, campers will lift, wave, and wiggle their way through a series of playful group games.

Supplies

- 1-2 large parachutes (the kind with handles or edge grips)
- 4-6 soft balls (playground balls or lightweight beach balls)
- Optional: music player for transitions or rhythm-based games

Setup

- Spread out the parachute on the turf.
- Have children gather evenly around the parachute's edge, holding on with both hands.
- If your group is large, we can utilize a second parachute.

Mushroom Lift

What to Do: Everyone lifts the parachute high into the air and takes one step in as it floats down, creating a colorful "mushroom" canopy overhead.

Why It Works: It introduces the parachute gently and gives the group a collective moment of wonder.

“Look what we can do together! We made a mushroom!”

Color Call

What to Do: Call out a color and have only kids holding that color on the parachute run underneath to the other side.

Why It Works: Encourages courage, inclusion, and joyful interaction.

“Look at how we make room for each other!”

Wrap-Up Connection

Today, we played games where everyone had a place and everyone mattered. When we lifted the parachute, we needed everyone's hands to make it work. And when we played games underneath, we made room for friends to join in. That's what belonging feels like—no one is left out. There's always room in God's big, colorful family.

- “What part did you like best?”
- “How did it feel to let someone new under the parachute?”



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Color Corner Dash

Description:

Color Corner Dash is a fast-paced movement game that gets kids running, laughing, and connecting with new friends. Campers race to different corners of the field based on color cues, with fun twists that encourage mixing it up and including others.

Supplies

- 4 large cones, each marked with a color
- Optional: music speaker or whistle for added energy

Setup

- Set up the four cones in a large square or rectangle - each becomes a “corner.”
- Explain the names of each corner to the kids and conduct a quick walk-around so they are familiar with their locations.

How to Play

- Start with everyone in the middle of the field or space.
- When you shout out a corner name (e.g., “Blue corner!”), all the kids run or skip to that corner.
- Continue calling out different corners - keep it fun, fast-paced, and lighthearted. Let kids get their wiggles out!
- Occasionally, say “FREEZE!”, then call out a new direction:
 - “Find 2-3 new friends to stand with!”
 - “Wave to someone new in your corner!”
 - “Give someone a high five and say ‘You belong with me!’”

Variations

- Color Call & Dance: After kids reach their corner, give them a silly task - “Everyone in Red Corner do five jumping jacks!” or “Yellow Corner, spin in a circle like a helicopter!”

Wrap-Up Connection

Wasn't it fun when we ran to new corners and found new friends each time? Sometimes we stay with the same people all the time, but today we practiced making room for someone new. That's what belonging means - there's always space for everyone in God's family. Just like we had room in every corner, we can always make space in our hearts, our games, and our tables too.”

- Did anyone meet someone new today?
- What does it feel like when someone makes room for you?

