

# CAMP RidgeKids

## Camp RidgeKids 2025 | Preschool Recreation (Day 2)



### Buddy Balance Walk

#### Description:

This is a silly and cooperative partner game where kids walk side by side while balancing a ball or object between them, without using their hands! It's all about moving carefully, communicating effectively, and encouraging one another.

#### Supplies

- Soft objects to balance between buddies (choose one or mix):
  - Balloons (easiest)
  - Playground balls or beachballs
- Optional: music for transitions



#### Setup

- Create 2–4 short walking lanes on the turf using cones (about 10–15 feet long).
- Have extra adults or youth helpers available to support pairs that need help staying on track or understanding the challenge.

#### How to Play

- Pair kids up (mixing ages if needed; ensure everyone has a buddy).
- Give each pair a soft item to hold between them, such as:
  - Back-to-back with a balloon between their backs
  - Belly-to-belly with a ball between their stomachs
  - Shoulder-to-shoulder with a bean bag balanced on their joined arms (Adjust the difficulty based on your campers' age and ability.)
- Challenge them to walk together from start to finish without letting the object drop—and without using their hands!
- If the item falls, they simply pick it up and try again.
- Once they reach the end, they can switch partners or try again with a new item or a different walk style (such as sideways, slow motion, or skipping).
- Encourage cheering for other pairs from the sidelines!

#### Variations

- Silly Walks: Call out, “Try it backward!” or “Walk like a crab!” for added fun.
- Cheer Squad: Designate a cheering zone where finished pairs can clap and shout encouragement for others walking by.
- Obstacle Add-On: Add a small cone to step over or a hoop to pass through during the walk for an extra challenge.

#### Wrap-Up Connection

You had to trust each other, listen to each other, and work together, not just think about yourself. That's exactly what it means to treat others like they matter! God loves it when we help someone else succeed, and this game showed us how much fun it is to try something brave side by side.”

- What did your buddy do that helped you?
- How did it feel when you worked together to finish the walk?



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### Pass the Hoop

#### Description:

This is a fun, full-group game where kids hold hands in a circle and work together to pass a hula hoop all the way around, without letting go! It takes patience, teamwork, and a little boldness as each child steps through and helps the next person succeed.

#### Supplies

- 1-2 hula hoops (depending on group size)
- A whistle or music for optional transitions
- Optional: small cones to mark a circle area if needed

#### Setup

- Have the kids form a large circle, holding hands with the person on either side of them.
- Make sure the circle is spaced comfortably—not too tight.
- Place one hula hoop over one child's arm before they join hands.

#### How to Play

- The goal is to pass the hula hoop around the circle without letting go of each other's hands.
- When the game starts, the child with the hoop lifts it over their body and passes it to the next person by stepping through or over it—while everyone else stays connected.
- Continue passing the hoop around the circle, encouraging kids to cheer for one another and offer help to anyone who gets stuck.
- Once it returns to the starting point, celebrate! You can reverse direction, add a second hoop for the challenge, or time how fast they can go as a group.

#### Variations

- Partner Circle: Pair up kids and have each pair act as one “link” in the circle, taking turns stepping through together.
- Cheer Circle: Kids who finish can kneel and become a “cheerleader circle” for those still going.
- Giggle Hoop: Add a silly rule—every time you pass the hoop, you have to make a funny sound or say something encouraging to the next person.

#### Wrap-Up Connection

Was it easy to get the hoop around the whole circle? Sometimes, it took patience, and sometimes, it took helping a friend who was stuck, but you all did it together. You treated your friends like they mattered by not rushing, cheering them on, and not giving up. That's boldness! When we take the time to help others instead of only thinking about ourselves, we're showing how much God values every person.

- Who helped someone today during the game?
- What does it mean to slow down and help someone else?

