



High Energy – Outdoor Activities

- **CLOTHES PIN TAG:**

Give each player four clothespins. Each player tries to get rid of their pins by attaching them to the other players' clothing. A player's four pins must end up on four separate players.

- **FROG RACES:**

Split the group into two teams. Each person should jump towards the finish line as a frog would and jump back. The next person does the same. First team done, wins.

- **LIFE SAVER RELAY:**

This activity is similar to the "Banana Relay" and the "Neck Race." In this game, each team member receives a tooth pick to place between their teeth. The first person in line is given a lifesaver by the leader. When the leader says, "GO!" the lifesaver must be passed to the next person without using any hands. If the lifesaver drops, a new lifesaver will be given to the first person in line.

- **SEWING UP THE GAP:**

The object of this game is to tag the chasee before he/she can "sew up the gap." (All of the gaps between players.) The group stands in circle leaving room in between each other. The chasee sews up the gaps by weaving in and out among players. When the chasee ("it") sews up a gap, those two players join hands and "it" no longer can run through it. The chasee wants to sew up all of the gaps, before getting tagged, with him/her on the inside of the circle, and the chaser on the outside. If the chaser tags the chasee, the roles are reversed.

- **PEOPLE TO PEOPLE:**

An odd number of people are necessary for the activity to work. To begin, everyone grabs a partner. The partners should stand side by side forming a circle with the other partners. The person without a partner stands in the middle and begins establishing rhythm by snapping their fingers, and chanting, "People to People, People to People, etc." The rest of the group follows the person in the middle. Once a rhythm has been established, the leader will shout out two body parts that must touch between partners (i.e. knee to ear). The leader will go through the chant twice and then shout, "People to People!" At this time, everyone runs into the middle of the circle, grabs a new partner, and runs to the outside of the circle. The last person without a partner is the new leader. Note: Try to keep it clean.

Source: www.residentassistant.com