



Recreation & *Culture* Game Guide





This guide was brought to you by

Summer in the City program!

Every year the City of Spruce Grove runs a variety of camps for children and youth to get active, creative and make friends!

We hope you enjoy these games as much as we do every summer.

For more information visit:
Sprucegrove.org/SITC



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Ice Breakers

Get To Know/Team Building Games

West Wind Blows

Participants stand (or sit in chairs) in a circle. One person is put in the middle, and they say, “The West Wind Blows...” they must finish that sentence with something about themselves (e.g.: for everyone who likes the colour blue). If anyone else likes the colour blue, they must find a new spot in the circle. The person in the middle wants to also find an empty spot so a new person is in the middle. If this needs to be a name game, have the middle participant introduce themselves before saying the West Wind Blows.

Human Knot

Group stands in tight circle. They reach across and hold hands of different people. They must untangle the group without letting go. If needed, the challenge can be reset.

1, 2, 3, Ups

Stand in a circle. The caller will explain the four different hand actions the participants can pick. Bread Box, Power Punch, Peace Sign and Cobra. The caller says “1, 2, 3, Ups” and they pick one of the actions. If anyone in the circle picked the same action, they sit down until the last person stands.

Sleeping Wink

Everyone sits in a circle. Send one person away to be the detective. While they are gone pick one person who will wink (or stick out their tongue) to make people fall asleep. Call the detective back. They have 3 guesses to figure out who is winking.

The Line Up Game

Separate everyone into teams. 5 or 6 per team is the ideal number, and if you have mixed ages, mix them up!

One person is the caller. He calls out "Everyone please now line up ..." and fills in the blank with a statement such as the suggestions below. All the players race to find the right order and shout when they are finished.

Ideas:

- Everyone please now lines up in order of age, oldest at the front, youngest at the back
- Everyone please now lines up in first name alphabet order
- Everyone please now lines up by height, shortest first
- Everyone please now lines up according to your birthdays - first in the year goes first
- Everyone please now lines up according to who served themselves dinner first
- How many cousins have you got? Line up with the least cousins in front
- What colour is your top? Line up in alphabetical order with the earliest letter first
- Most hair at the back, least hair at the front etc

Variations:

Make the odd round - or the whole game - a silent one! Players can only communicate with gestures!

Back Pocket Games (Quick Games)

Large Space Games

Red Light/Green Light

At the start, all the children form a line about 15 feet away from the stoplight. The stoplight faces away from the line of kids and say green light. At this point the kids are allowed to move toward the stoplight. At any point, the stoplight may say red light and turn around. If any of the kids are caught moving after this has happened, they are out.

Play resumes when the stoplight turns back around and says green light. The stoplight wins if all the kids are out before anyone is able to touch him or her. Otherwise, the first player to touch the stoplight wins the game and is stoplight for the next game.

Octopus

One person is the octopus and stands in the middle the other group has to get to the other side without getting tagged by the octopus. If you get tagged, you sit down where you got tagged and become seaweed! As seaweed you can reach out while sitting to tag others to be seaweed with you. The last person standing becomes the new octopus.

Evolution

This is a crazy game of rock paper scissors, everyone starts as a chicken, and has to walk around and act like a chicken when they find a partner, they play rock paper scissors the winner becomes a human and the loser stays a chicken. Chickens must play with chickens and so on. If you lose a game as a human, you go back to being a chicken and if you win you become a dinosaur. Chicken-> human-> dinosaur. Anytime you lose you go down a level

Telephone

The game starts with one player whispering in the ear of the person next to them. The next person then whispers what they heard to the next person and so on until you get to the end of the line. The last person left must stand up and recite what they heard. This can be a fun game to make them laugh on a rainy day and it's also a great ice breaker for the first day of youth camp.

Horses Knights and Cavaliers

Split into pairs. 3 commands: Horses – one person sits on another person who is on their knees. Knights – one person on one knee the other sits. Cavaliers – One partner either picks up their partner or just one leg up. Let the participants walk around in a blob but they must be away from their partner before you call the command.

Buggy's Up

Partners of about the same size and weight. One person is in an outer circle, the other on the inner circle. 4 commands: Buggy's Up – the person in the back jumps on the inner circles back for a piggyback. Buggy's Down – the person jumps down. Buggy's Switch the person on the outer circle is now in the inner circle. Buggy's All Around. The outer circle person must run around the entire circle then jump on their partner's back. This can be made elimination for the last partner to get around the circle or just keep everyone playing.

Camouflage

In the forest have one person stand in the middle. CLEARLY outline the boundaries before sending participants away. The person closes their eyes, and everyone hides. After 15- 20 seconds the person in the middle opens their eyes and without moving must try and spot people. They can say colours of clothing and point to where they see a person. A counsellor can help by calling out names or going to check if someone is there. If the person cannot see anyone else, they can close their eyes and yell "Camouflage". Everyone must carefully run and high five the person then re-hide. Encourage the campers to not hide far because they only have 20 seconds to high five and hide. The last person remaining wins and is in the middle. Shorten the time they have to hide if the person in the middle is having a hard time.

Small Space Games

Squirt

Stand in a circle with one caller in the middle. They will point at one person and say “SQUIRT”. That person must duck while the people on either side race to shoot each other. They can either say “SQUIRT” or they must yell out the name of the person if you want to make it a name game.

Mighty Machines

Either pre-set groups of approximately 4 or let the participants figure it out when you call the item. They must walk around away from their group until you call a machine (blender, washer, car, dinosaur, etc). They have 30 seconds to get into a group and make the machine. You can either present each one or just let them mingle again before calling the next machine. Larger groups give more time but more complex machines.

Option Tableau Wars: Call out different settings (ie: park, circus etc) and they must create a frozen picture or Tableau in the 30 seconds.

Beavers and Castles

Get participants in groups of 3. Two make a castle by joining hands over the person in the middle. The person in the middle is the beaver and needs to use their hands to show big teeth. The caller says 1 of 3 commands. 1 – “Castles” this means Castles must find a new partner and a new beaver to make a new castle 2 – “Beavers” this means beavers need to find a new castle. 3 – “Beavers and Castles” this means everyone needs to make a new group of 3 and can change what they were before. If odd numbers whoever is left out can be the next caller.

Pterodactyl

Have participants sit in a circle. They must say the word pterodactyl without showing their teeth. If at any point someone smiles or shows their teeth, they are out.

Keep going around the circle. If you want to change directions, you must squawk like a pterodactyl. Use your judgement to let the ones that are out rejoin.

21

As a team, you must count to 21. (Start with 10 if need be). Only 1 person can say a number. If more people say it, you start again. A different person must say each number. Limit the amount of communicating they can do. No calling the number before they say it.

Evolution

Everyone starts as an egg. They find another egg and play rock paper scissors. If they win, they become a chicken. If you lose you remain an egg and find someone else. After chicken is dinosaur then evolve into a Superhero. If at any point you lose the rock paper scissors game, you can either a) go one evolution down OR b) make your participants become an egg again.

Four Corners: One person is "it" and closes their eyes and stand in the middle of the room. The rest of the class goes to one of the 4 corners (or 4 designated spots) of the room. While the middle person counts to 15.

"It" calls a number (1-4) and children in that corner sit down. If they don't sit down, they are 'out'. Continue until there are 6 or 8 left, then you tell them there must be only 2 in each corner or, when 4 left, - one in each corner. The last person left - gets to be "it".

Dead Fish

Explain that the rules are to be the best Dead Fish by being as lifeless as they can. Give them a few seconds to get all the wiggles and laughs out. As soon as you start, walk around and tag people out that are moving or laughing. Allow those that are out to help you by trying to get people to laugh and respond. Younger ages better.

Screaming Toes

Form a circle shoulder to shoulder, one team leader to shout "Eyes Down" and everyone looks at their toes. On the count of three everyone will look up and look at someone, if the person you look at is looking back at you/making eye contact you are out and exit the circle shouting "Oh Man!" or another disappointed phrase. Discourage screaming on an activity site. Continue until only two participants are left if possible and finish with a bark off!

The Veterinarian Says (or any theme you want)

This is the same game as Simon says however you say the veterinarian says to incorporate animals.

Concentric Circles

Have the group split into pairs. One person stands on the outside of the circle and the other partner on the inside. They do one of the games listed below. Once complete the inner circle moves one partner to the left. Complete a different game. Continue with either repeating games or until the group has made a full circle.

Finger Fencing

Campers select a partner and are facing each other and holding one another's right hand and stick out index finger towards opponent. Campers will wrestle using only their right hand and by twisting to try to poke their opponent without unlocking hands. Objective: poke your partner as many times possible without being poked

High Five

Participants stand with their feet together and approximately arm's length away from their partners shoulders. Without moving their feet, they must attempt to knock their partner off balance by giving them double high fives until they fall.

Rock Paper Scissors Spilt

Partners face each other and touch their toes together and place their other foot touching the back of their own shoe so all four feet are in a row. They play rock paper scissors. If the person wins, they move their front foot behind their rear foot and the person who lost must slide their front foot forward so their toes are touching again. Keep going until a person loses balance.

Large Space Games

Tag Games

- Cow Tipping Tag – When caught get down and moo like a cow. A friend must gently roll you over for you to be back in the game.
- Toilet Tag – squat with one arm up. A friend must ‘flush’ you so you must spin to get back in the game
- Hot Dog Tag – when caught lay down on the ground. 2 friends must be buns on either side of you to unfreeze you.
- Regular Freeze tag – so uncreative……. Just freeze if caught. The ones above are way better.

Mirror, Mirror

Two lines face away from the leader except for the first person in the line. They watch the leader do 3 dance moves then pass it on to the next person in the line, like broken telephone.

Atoms

Participants run all around the room until the caller yells “Atoms (insert number here)” Participants then need to link arms on a group to the number called. Whoever does not find a group fast enough joins the caller.

Huckle Buckle

Pair off the group. Make two lines facing their partner about 20 paces apart. Caller calls “Huckle, Buckle (insert two body parts here)”. (Ex: foot to hand). The pairs must run towards each other and connect the body parts. Last pair can be eliminated. If the caller cause “Huckle Buckle, Huckle Buckle” one variation is to run together go back-to-back sit down and stand back up without letting go of each other. OR they can run link arms and while hopping on one foot they spin around and run back to their spot.

Great Divide

Participants stand in a line with the sides of their feet touching. They must walk without letting their feet release from each other. If too difficult they can split into two or three teams to compete.

Ladders

Pair off the participants. Have them sit across from their partner with their legs stretched out and the bottom of their feet touching. Basically, make a ladder with the participants but their partner must be across from them. Give each pair a number. When their number is called, they need to get up. Run up through the ladder, around the outside and back up through the ladder and sit in their spot. Each side of the ladder is a team. Make sure they are sitting far enough apart that people can easily step between legs. Remind them to keep their legs straight and watch their hands.

Cops and Robbers

A couple participants are named cops and the rest are robbers. If the robbers are caught, they are put into jail. They can either wait till a jail break or sing a song/dance for freedom. Played similarly to tag however an added element, the undercover cop. Secretly one person is chosen to be an undercover cop. They pretend to be a robber but quietly go up to robbers and touch them saying they are the undercover cop. The robber must go to jail.

Ninja

Everyone stands in a tight circle. Everyone counts to three and jumps backwards as big as they can to expand the circle. One at a time a player can only make one move toward a person. They are trying to touch arms or legs. The person can move away as their move in the circle. Keep going around the circle until only two remain and they both win.

Streets and Alleys

Select 2 campers to be cats and another 2 campers to be mice. The rest of the campers are lined up in even rows, arm's length apart from each other in both directions. When everyone is facing the front of the room, the lines are called "streets". When the campers turn to the right, the lines are called "alleys". The game starts with campers in the street formation. The mice are given a head start to run away from the cats. The cat then tries to catch the mouse. The counsellor (or another camper) will have their back facing the game and randomly call out streets and alleys. The campers will need to switch accordingly. Alternative: increase difficulty by calling out streets and alleys faster.

Giants, Wizards and Elves

Rock paper scissors but as a team you decide Giant Wizard or Elf and one the count of three both teams do their action. The team that wins chases the other team to catch people. If caught you join the other side. Can also just use basic rock paper scissors for this.

Canadian Caribou/Octopus

Caller in the middle is trying to catch the participants as they run from one line to another on the field. If caught they can either sit where they are or join the person in the middle. For Canadian Caribou try and trick the participants by saying things that rhyme. Like Canadian Carilou.

Spruce Grove Trivia

Top Trivia Questions

1. What year did Spruce Grove become a city?
 - a. 1986
2. Why is the arena in Spruce Grove called the Agrena?
 - a. The City of Spruce Grove partnered with the Agriculture Society when the building was being constructed so the name reflected that partnership. The space was also intended to be used for agricultural events.
3. Who are the two hockey players the rinks in the Agrena are named after?
 - a. Stu Barnes and Grant Fuhr
4. What is the main historical landmark in Spruce Grove?
 - a. The Spruce Grove Grain elevator found off 16-A.
5. How many murals can you find in Spruce Grove?
 - a. 5 murals (as of April 2023)
6. Name one of the two summer camp programs in Summer in the City.
 - a. Adventure Camp or Art Explorer Camp
7. What was the second tree that Spruce Grove could have been named after?
 - a. Poplar Tree
8. What is Spruce Grove's biggest event?
 - a. Canada Day held in Jubilee Park
9. What two organizations can be found in our Culture Centre?
 - a. Spruce Grove Public Library and Allied Arts Council
10. What is Spruce Grove largest park – Bonus point if you can name 3 features in the park for things to do.
 - a. Jubilee – Spray Park, picnic shelter, playground, disc golf, skating