



18 KIDS-  
ACTIVITIES  
RAIN OR SHINE!

serioösfun<sup>SM</sup>  
children's network  
founded by paul newman

When the weather keeps us inside at camp, we have just the trick to keep the fun going strong: a little imagination, a bit of resourcefulness, and whole bunch of go-to activities just waiting in the wing.

Here are a 18 of our favorite games and crafts to keep your whole crew occupied, exploring, and laughing all day.

So, go ahead—choose your own indoor adventure!

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# 01

# RED LIGHT, GREEN LIGHT

3+ participants 

10+ minutes 

ages 6+ 

*Think stop and go traffic without any of the frustration—and all of the fun!*

## INSTRUCTIONS:

Use tape to mark a starting line and finish line in a safe, open area.

To play, ask all kids to line up at the starting line and choose one person to act as the traffic cop; have the traffic cop stand at the finish line with their back to the starting line.

When the traffic cop calls out light colors, players follow accordingly:



Green light means go! Players should try to run to the finish line.

Red light means stop. Players should freeze in their tracks.

The traffic cop can turn around when calling “red light!” If they spot anyone moving in traffic violation, they must be sent back to the starting line.

The first person to cross the finish line wins, and replaces the traffic cop!

## SUPPLIES:

-  Large open space
-  Masking, duct, or electrical tape, or rope


## ADAPTATIONS:

A variation of this game—simply calling out “red light” and “green light”—is a fun way to keep younger children engaged and moving when walking to or from a destination, or when in need of a quick energizer on-the-go. Other adaptations include having players walk, dance, or hop their way to the finish line. For participants with an assisted mobility device (such as a wheelchair), ensure they are able to join the fun independently or with the support of an adult helper.






# MAKE YOUR OWN MUSIC

1+ participants 

20-60 minutes 

ages 6+ 

*Want to join the neighborhood band? Make some noise—and learn about rhythm and sound while you're at it.*

## INSTRUCTIONS:

Use your imagination to decorate your container of choice (and soon-to-be shaker!) however you'd like.







Close one end of your container. If using a cardboard tube, staple one end together by flattening the edges together; then tape over to secure.

Put several handfuls of small materials into the container.

Seal the opposite end of the container by placing or screwing on the lid and covering with tape. For cardboard tubes, staple the other end by flattening in the opposite direction.

Shake! If a freestyle jam doesn't do it for your child's interests or age, try different games with the shakers. Games can include shaking them in different positions (i.e. up high, down low, in front, in back, side-to-side), in repeat-after-me rhythms, at different speeds, or to different parts of a song.

## SUPPLIES:

-  Cardboard tubes (toilet paper or paper towel), plastic bottle, snack container, or other materials to be used as shakers
-  Beads, rice, corn kernels, small stones or other small items
-  Washi tape, markers, or other décor
-  Duct tape
-  Scissors
-  Stapler

# 02

# SCI-FI ART: WATERCOLORS & OIL

*Arts and crafts meets science in one mesmerizing activity. Adults, beware! You'll want to make your very own modern art masterpiece.*

## SUPPLIES:

- ✓ Watercolor paper
- ✓ Liquid watercolor paints, and water as needed
- ✓ Cooking oil
- ✓ Eye droppers
- ✓ Containers to hold paint and oil (i.e. bowls, cups)
- ✓ Flat surface and trays or plates
- ✓ Newspaper or plastic tablecloth

## INSTRUCTIONS:


Lay newspaper or plastic table cloth over the surface you'll be working on (as this craft is apt to get messy!). Then lay out trays, put out oil, and mix watercolor paints with water as needed.


When ready, have kids place a sheet of watercolor paper in the tray in front of them. Using the dropper, apply watercolors to the paper.

Using a different eye dropper, apply oil to the paper. Watch it interact with the paint! It will sit atop the paint, push paint aside, or (if placed on an unpainted section of the paper) will not allow paint to stick to the paper. Depending on kids' ages and interests, this activity is ripe for art and science! It's an awesome moment to explore how and why oil and water don't mix.

Repeat this process as many times as you'd like on each sheet, or new sheets. Once done, place art in a safe place to dry overnight.



1+ participants 

30-90 minutes 


ages 6+ 


# 03

# 04 FREEZE DANCE

*This game isn't new, but it never gets old— thanks to the dancing, of course!*

4+ participants 

10+ minutes 



ages 6+ 

## INSTRUCTIONS:

Set the rules. Tell all participants to dance until the music stops. When the music stops all participants must freeze in place. If the facilitator spots any player moving when the music is paused, they're out. The more dramatic the facilitator, the better!

The facilitator plays music and pauses it as desired. The last person left is Freeze Dance Champ!

## SUPPLIES:

-  Music and speaker (or ability to play music out loud)
-  Enough space to move around

## ADAPTIONS:

If there are mobility limitations, all participants can play this game seated! Have players dance in their chair, or skip the dancing and opt for funny facial expressions to bring the silliness to a whole new level.

# 05 WHACKY SACKS

*When it comes to Play-Doh®, the possibilities are endless. This activity is one of our favorites.*

1+ participants 

15-30 minutes 

ages 6+ 




## INSTRUCTIONS:

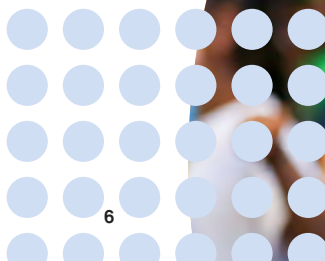
Draw fun faces or other art on a few balloons.

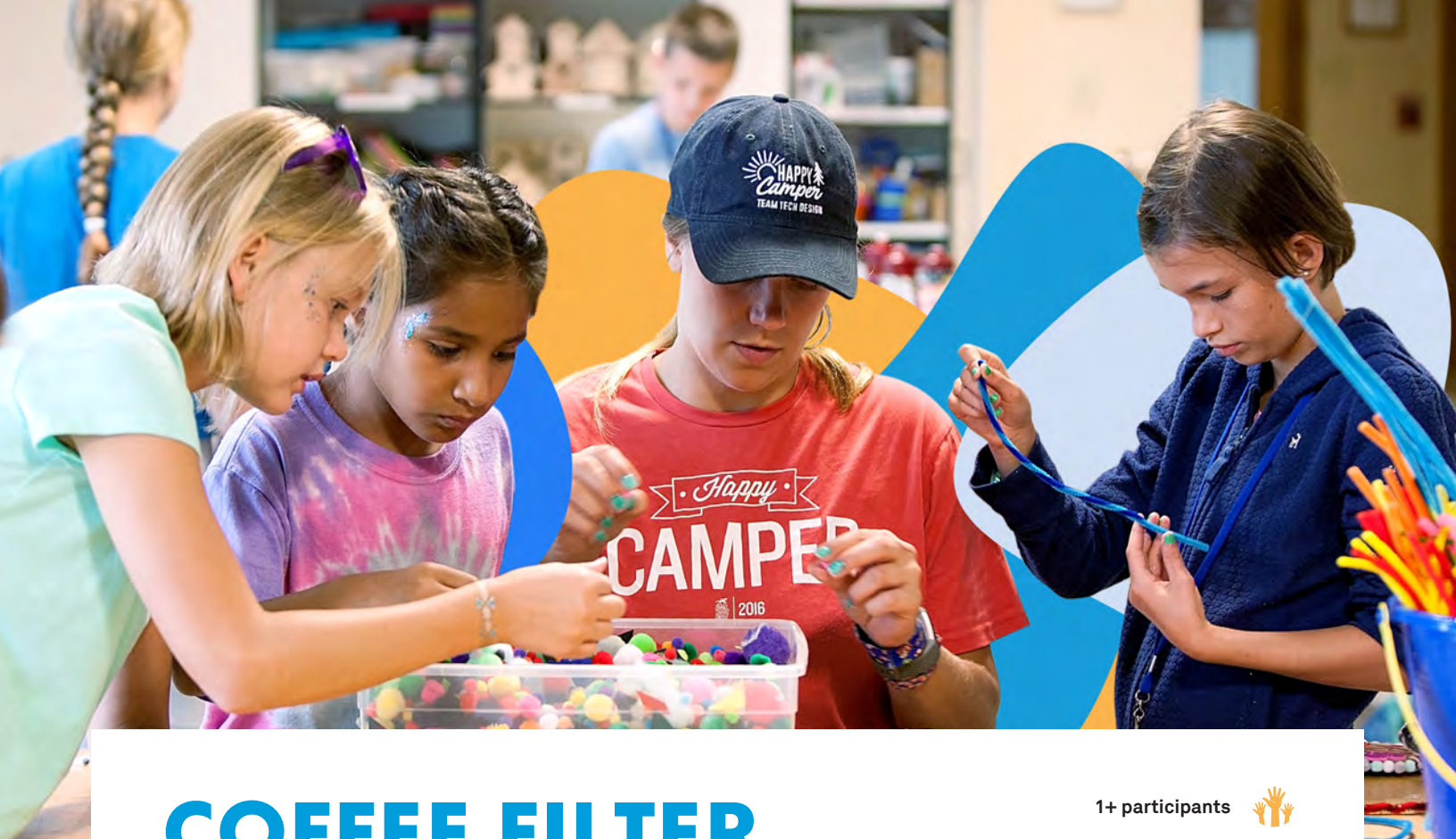
Fill each balloon with Play-Doh® until fairly full, and tie tightly.

Voilà! Use the completed whacky sacks for a game of catch or squeeze to help relieve stress. Alternatively, turn them into characters to act out a fun skit in lieu of dolls or figurines.

## SUPPLIES:

-  Balloons
-  Permanent markers
-  Hasbro Play-Doh®





# COFFEE FILTER WINDOW ART

1+ participants 

30-90 minutes 

ages 6+ 

*It's arts and crafts with household supplies, but sure to wow any crowd.*

## INSTRUCTIONS:

Lay out the coffee filter on a tray or plate, and let the kids' imaginations run wild with the markers. Color to go along with a theme (i.e. the earth, flowers, space), or do your own thing entirely. Just know that detail doesn't matter much here, because of what's coming next!

Spray or dab the coffee filter with water (less is more) and watch as the colors blend and spread. Let dry. Repeat as desired.

Once dry, use scissors to cut out specific shapes, designs, or leave as is.

Then tape to the window and let the light shine through! If you wish to, create a scene around the coffee filters with washable paint. Alternatively, you can make your finished product portable by creating a popsicle stick frame and hanging by your window with string.


## SUPPLIES:


- Coffee filters
- Washable markers
- Squirt bottle or small glass with water
- Tape
- Baking tray and flat surface for art
- Window to display art in
- Washable paint and paint brushes (optional)
- Popsicle sticks, glue, and string (optional)

# 06

# 07 HOMEMADE BINGO

2+ participants 

60-120 minutes 

ages 6+ 

*It's BINGO re-imagined, however you'd like it to be! This version combines arts and crafts with the classic game for a fun twist.*

## SET-UP:

Pick a category, be it animals, numbers, places, etc. and design homemade BINGO cards, like the examples shown here! If you're feeling extra adventurous, feel free to swap "BINGO" out for another five letter word.

Create multiple variations of your card. If you choose to make traditional, numbered BINGO cards, then make cards with varying numbers. If you choose a category of your own, ensure that the cards are each unique.

Write all the numbers on small pieces of paper, being sure to include every number or thing written on the BINGO cards. It can help to set a range, such as numbers 1-50 or a complete list of the barnyard animals you will use, before creating your cards.

Gather or make small game chips to cover the numbers/markers that are called on the BINGO cards.

## GAME INSTRUCTIONS:

Have all players sit with their BINGO cards and game pieces ready.





Choose a design that needs to be achieved to win for the round! This might be one vertical, horizontal, or diagonal line, a full sheet, an L-shape, a T-shape, four corners, a postage stamp border, or other design.

As the facilitator picks numbers from the bowl, they read them to the group one-by-one. If players have the matching number on their card, they cover it with a game piece. To win, players need to cover the squares that create the selected design on their card. When a player achieves this design, they yell out "BINGO" and win the game!

## ADAPTIONS:

Depending on the kids' ages, you might choose to call out animal noises, or use a theme that the kids are interested in learning about. For children with specific sensory preferences and/or abilities, or a fun way to explore texture, try creating BINGO cards using textures from nature (i.e. pebbles, moss, twigs, leaves, dirt, sand, and so on) or household items (i.e. paper towels, toilet paper, tape, sticky notes, candy wrappers, and so on). Although this variation takes more time and thoughtful planning (and requires a bit of glue), it can make for a really neat experience.

## SUPPLIES:

-  Homemade BINGO boards made of paper and pen (or typed)
-  Game chips to cover the numbers (can include small household items such as coins, small shapes cut from paper, or other)
-  All numbers/markers on small pieces of paper, folded up
-  A bucket or bowl for the numbers to be pulled from



# INDOOR OBSTACLE COURSE

*Are you up for the challenge? Prepare to get creative, make a bit of mess, and enjoy the fun.*

## SUPPLIES:

- ✔ Duct or electrical tape
- ✔ Floor space
- ✔ Obstacles (i.e. household items like chairs, jump rope, crate)
- ✔ Dice (optional)

## INSTRUCTIONS:

Set-up your course! This will vary greatly depending on kids' ages, space, and time allowed. Think about the course as a life-size board game and indoor obstacle course combined—with varying components that need to be completed to get from start to finish.

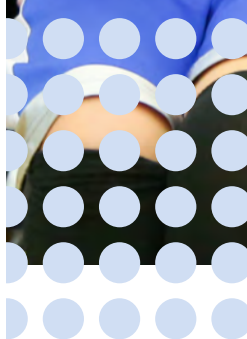
For younger children, it might consist of a variety of tape lines, and the opportunity to understand directional and spatial cues (i.e. long, short, right, left, straight, curvy). For older kids, the game might include more “obstacles”—such as jump rope for 30 seconds, hop on one foot, step over the crate, slip between the chairs, and so on, or even a relay challenge of sorts.

Dice can be rolled to step “x” number of spots forward or backward throughout the whole game, during sections of the game, or not at all. It's your call.

After completing the course set-up, communicate the rules to all players—and, go!

## ADAPTIONS:

For children with mobility limitations or assisted mobility devices, be sure the course designed in a way that is fully-accessible for everyone involved! The level of difficulty can be adapted to suite the age, health, and needs of the participants as needed.



2+ participants 

90+ minutes 

ages 6+ 

# 09



# THING-A-MA-JIG INVENTOR

3+ participants



30-90 minutes



ages 8+



*Calling all inventors! Get ready for a fun, creative adventure that can be had in the comfort of your pajamas.*

## SUPPLIES:

Miscellaneous supplies around you (i.e. magazines, paper towels, blankets, string, tape, scissors)

## PREMISE:

A world renowned thing-a-ma-jig inventor is visiting town and needs your help to get back home! Each player or team has 10-20 minutes to accomplish the challenge (see options below) using supplies around them. The goal is to be as creative as possible. After participants have accomplished their goal, they must “sell” the invention to the thing-a-ma-jig inventor!

## INSTRUCTIONS:

For groups of four or more, divide the players into teams. If playing with three people, each individual will play independently.

Set safe boundaries for your game. If playing in a public space (i.e. hospital, waiting room, school) set boundaries on what supplies are OKAY and NOT OKAY to use.


Challenges might include inventing 1) a time machine 2) a boat that flies 3) a space ship called “Terducken” 4) a flying cat that can transport humans 5) the world’s largest teleporter, and 5) the world’s tiniest teleporter. Pick as many as you have time for!



# 11 SEVEN UP

6+ participants 

30 minutes 

ages 8+ 

*It's the mess-free activity you've been looking for: an old school guessing game that will keep players on their toes*

## INSTRUCTIONS:

Set-up the table and chairs, if needed, and gather around them.

Pick 3 or more leaders, based on the group size. Direct them to stand in front of the room.

The facilitator counts to three and has the rest of the participants close their eyes and put their heads down on the table with one thumb up (think of a thumbs up sign!).



Each leader then goes around and taps one person's thumb and returns to the front of the room as quietly as possible. When a person's thumb is touched, they put their thumb down.

When the facilitator says heads up, everyone picks their head up. The players who had their thumb tapped stand up and each take one guess at which of the leaders tapped their thumb! If they guess right, they swap places with the leader for the next round. If they guess incorrectly, they sit down. If a leader is not correctly identified by one of the players, they continue as leader.

The facilitator can place a limit on the number of rounds a single leader can serve in a row. For example, if the leader hasn't been called out after three rounds, another player can take their place.

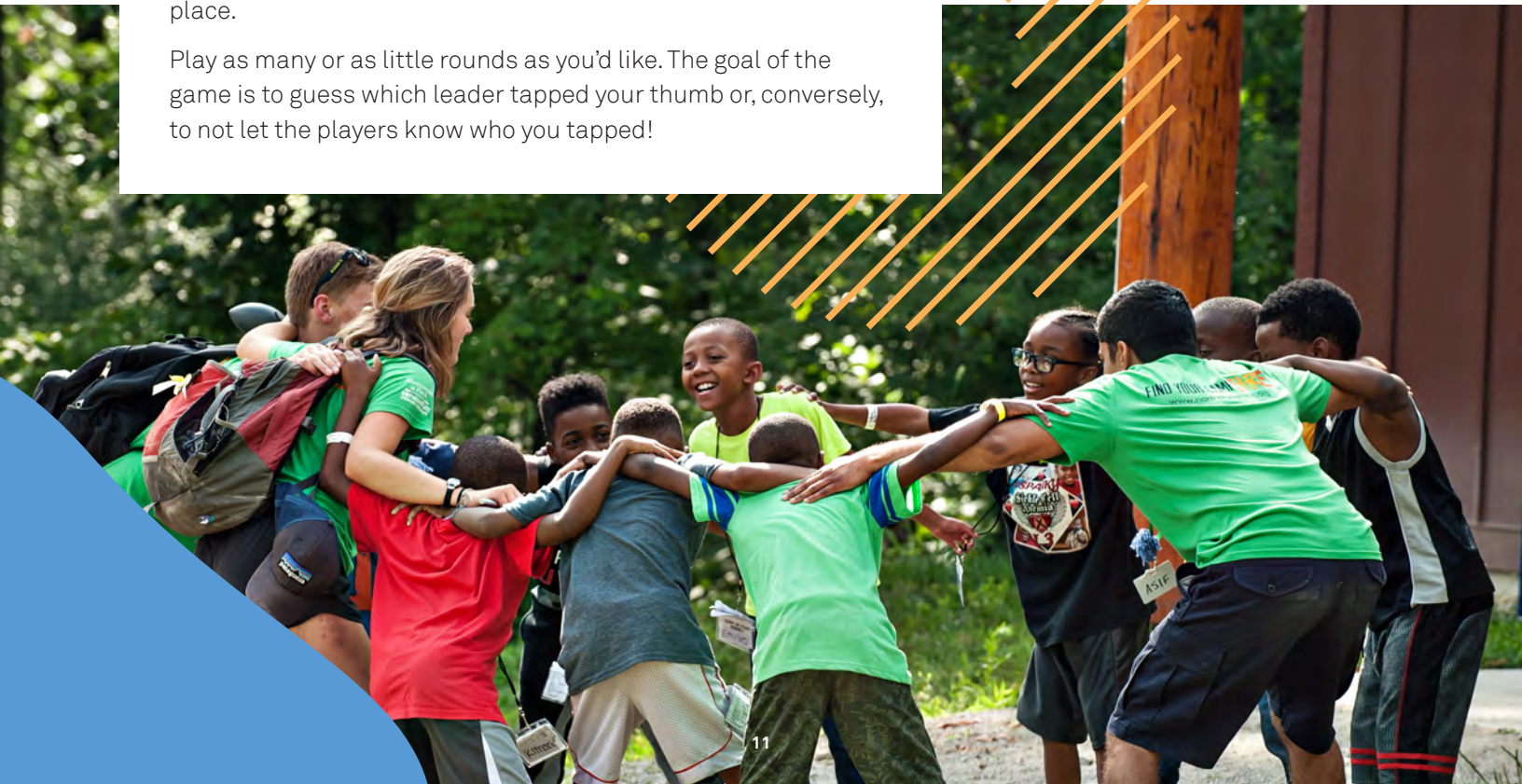
Play as many or as little rounds as you'd like. The goal of the game is to guess which leader tapped your thumb or, conversely, to not let the players know who you tapped!

## SUPPLIES:

-  One chair per person
-  Table space (enough for all players to rest their heads)

## ADAPTATIONS:

If you don't have a table and chairs, you can simply gather in a circle and ask players to close their eyes, cover their eyes with a hand, or put on blindfolds during rounds.



# WHO ARE YOU?

*This guessing game is a great energizer—simple to set-up, quick to play, and sure to make you laugh.*

## SUPPLIES:

- ✓ Sticky notes
- ✓ Writing utensils

## INSTRUCTIONS:

Based on the age and common knowledge of the group, write down television and movie characters, celebrities, historical figures, and artists on sticky notes, one per note. Keep these hidden from players.

The first player is given a sticky note to place on their forehead and begins to guess “who” they are by asking “yes” or “no” questions. The group can respond with “yes” or “no” answers. Alternatively, the group can provide more direct clues. Encourage use of respectful language as questions are asked and clues are given.

Players then take turns. Repeat as many rounds as desired!

## ADAPTIONS:

If there are enough people playing, try forming teams, setting a time limit for each round, and keeping score. If the group is made up of older participants, each player can hold a sticky note on their forehead at the same time and the player can ask a yes or no question such as “Am I a fictional character?” and the group will say yes or no. Go around in a circle until a person guesses who is on their sticky note.

2+ participants



10+ minutes




ages 8+





# 12

# 13

# CAPTAIN RED BEANS & THE CRUSTY BEARD PIRATES

2+ participants 

45-90 minutes 





ages 8+ 

*Full of imagination, teamwork, and resourcefulness, this game isn't speedy but it's an absolute blast.*

## PREMISE:

Captain Red Beans, the big and burly leader of The Crusty Beard pirate ship, was spotted en route to your house! Red Beans is known for turning homes into giant storage closets for his endless supply of red beans. To fight Red Beans and his crew, you must build your own pirate ship! Use the supplies at hand to transform your space (the bigger, the better!) into a pirate ship that can protect your home. All players must be able to fit inside the ship.

## SUPPLIES:

-  Miscellaneous building supplies around the house (blankets, cardboard boxes, string, tape, twinkle lights)
-  Socks and/or stuffed animals
-  Water
-  Fan

## GAME INSTRUCTIONS:

Set the parameters for playing and set out all supplies. If there are “off limit” supplies, be sure to communicate that early in the game.

Set a time limit for playing. Even if you don't follow this time limit, creating a sense of urgency will add to the excitement!

After building the pirate ship, the facilitator should check to see if it can withstand pirate “attacks” while players stand inside. “Attacks” could include:


- *Launched socks or stuffed animals*
- *A “wind storm” (facilitator uses fan or shakes the ship)*
- *Rain (if appropriate, facilitator can sprinkle water on top of the ship)*


To end the activity, announce that the crew has successfully scared Captain Red Beans and his crew away from the house! If there's time and appetite for it, try facilitating a brief reflection with the following questions:

- *Why did you build the ship the way you did?*
- *How did you make decisions together to create a ship within the time limit?*
- *Is there anything you would do differently?*
- *What did you learn from this activity? Communication or team work skills?*

# 14 ROBOT

4+ participants 

10-30 minutes 

ages 8+ 

*This fan favorite is portable teambuilder that requires little time, space, or materials.*

## INSTRUCTIONS:

Gather all participants to form a tight circle, standing shoulder-to-shoulder with their hands in the middle. On the count of three, have everyone jump back and land in a their “robot” pose.

Then take turns, counterclockwise. Each turn involves one move (i.e. swing your right arm forward, step your left leg back, and so on).

The goal of the game is to try to tap others’ arms (below the elbow) and get them out. While participants to your right and left might be the easiest to tap, all participants in the circle are fair game. The faster you play, the trickier it gets!

You can make one move in defense if someone tries to tap your arm during their turn (i.e. step back, move arm). If your arm is tapped by someone else, you put that arm behind your back and are only left with one arm in the game.

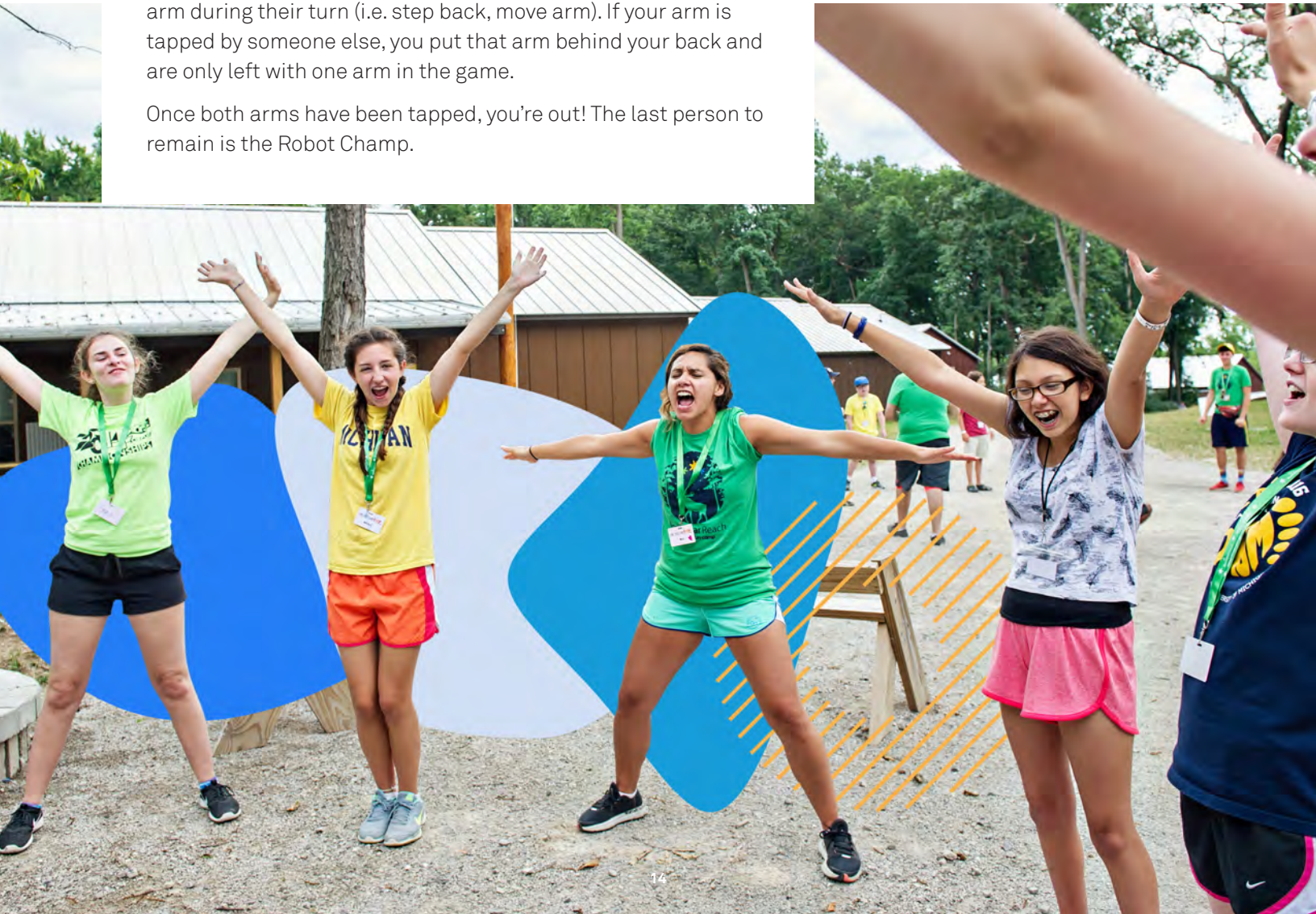
Once both arms have been tapped, you’re out! The last person to remain is the Robot Champ.

## SUPPLIES:

Just the players and enough space to make a circle!

## ADAPPTIONS:

If there are mobility limitations, try this game sitting in a tight, stationary circle. As participants drop out, have the remaining players move closer together to close the gaps in the circle between turns.





# MUSICAL CHAIRS

6+ participants



10+ minutes



ages 8+



*Add some dance music and movement to your day with this camp classic.*

## INSTRUCTIONS:

Place chairs in a circle. There should be one less chair than the number of players.

The facilitator then plays the music while players walk and dance in a circle around the chairs. When the facilitator cuts the music, players scramble to find a seat! The player who doesn't have a seat is out.

Remove one chair before restarting the music, so that the number of chairs always corresponds to one less than the number of players left in the game.

The player who snags the last remaining chair is the winner.

## ADAPTIONS:


If there are mobility limitations, play without chairs! Instead, designate each spot with an "x" made out of tape. To snag the spot, players must reach the "x" first when the music stops. As the number of players change, remove an "x" and rearrange the spots as needed.


## SUPPLIES:


- ✓ Music and speaker (or ability to play music out loud)
- ✓ Chairs (one less chair than the number of players)

# 15

# 16 HOMEMADE MARBLE MAZE

1+ participants 

30-90 minutes 

ages 8+ 

*Young creators will construct their very own cardboard maze to race marbles through.*

## INSTRUCTIONS:

Close the box's top flap and secure with duct tape.

Cut out the large front panel of the box, leaving the sides, top, bottom, and back of the box intact.








Cover the remaining external and internal sides, top, and bottom panels in duct tape. This is strictly for decoration, so the more colorful, wacky, or matching the better—it's your call!

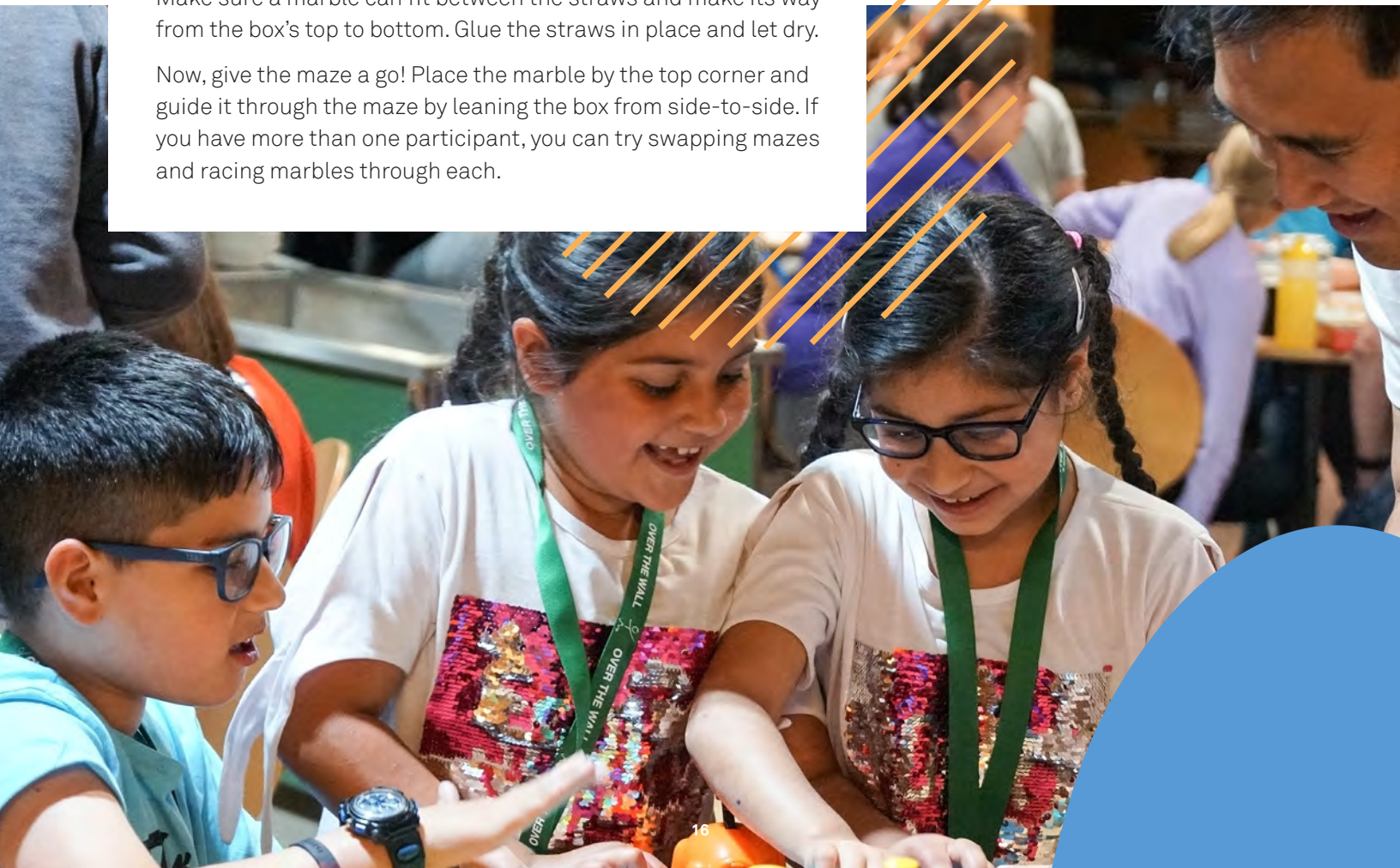
Trace the large back panel onto your construction paper and cut out a piece in the shape and size of the box; glue this onto the background. Again, this is strictly for decoration, so feel free to draw or embellish.

Next, cut the straws into different lengths and let the kids use their imagination to lay out their maze. The only parameters? Make sure a marble can fit between the straws and make its way from the box's top to bottom. Glue the straws in place and let dry.

Now, give the maze a go! Place the marble by the top corner and guide it through the maze by leaning the box from side-to-side. If you have more than one participant, you can try swapping mazes and racing marbles through each.

## SUPPLIES:

-  Old cardboard/paper boxes (one per person)
-  Marbles (one per person)
-  Construction paper
-  Duct tape
-  Straws
-  Scissors
-  Glue (wet craft glue works best)





# STORY SPIRAL

*Create a silly story together, no supplies needed—you never know where it'll go!*

## SUPPLIES:

Just the participants and their imagination!

## PREMISE:

As a group, the participants will come up with an original short story—the sillier the better! Each participant takes turns adding just one line to the story at a time.

## INSTRUCTIONS:

Explain the premise to the group. A facilitator can help frame the activity by reviewing the structure and elements of any good story: an introduction, main event or climax, and resolution, complete with characters and detail.

Have participants get started and work counterclockwise. If needed, the facilitator can provide verbal markers and encouragement along the way, such as “How does this resolve?” to keep participants moving along the story line.

That's it—see what wild adventure you can create together!

## ADAPTIONS:

Any doodlers or aspiring artists in the group? We all learn differently so, for some visual learners, it may be helpful (and fun!) to see the main story elements sketched out as you go along. If the group is comfortable with recording their story, recording the story on a phone or other audio device can provide another fun way to listen back after the game is done.



2+ participants



15-30 minutes




ages 8+





# CELEBRITIES

4+ participants 

10+ minutes 

ages 8+ 

*This is like a verbal charades. Of course, the more silly acting involved, the better!*

## SET-UP:

Each participant writes the names of five celebrities, people, or characters well known to the group, one name per piece of paper.

The names of the celebrities should be kept secret. All pieces of paper with names are then folded and tossed into a bowl.

Split the group into multiple teams! A general rule of thumb is 2-4 players per team, but this will vary by group size.




## ADAPTIONS:

Choose one team to start and set a time limit for each round, such as one to two minutes. Then, one player from the starting team acts as the “clue giver” and the remaining team players act as “guessers.” These roles can rotate each time the team has a turn.

Once the clock is running, the clue giver picks a name out of the bucket and offers clues to the team (without saying the actual name). When the team guesses correctly, the clue giver pulls another name and this continues until time is up. Tally the number of names guessed correctly at the end of each round.

The next team then does the same during their round. Repeat as desired. The goal of the game is to have guessed the most correct names, as quickly as possible, when all rounds are complete!

## SUPPLIES:

-  Small pieces of paper or sticky notes
-  Writing utensils
-  Hat or bowl to pull names from

# 18



**seriousfun**<sup>SM</sup>  
**children's network**  
 founded by paul newman

SeriousFun Children's Network is a global community of 30 camps and programs offering children and their families the life-changing experience of camp – **always free of charge.**

**More than ONE MILLION children and family members from over 50 countries have been served by SeriousFun camps and programs since Paul Newman opened the very first camp in 1988. Each member camp is an independent, not-for-profit organization dependent upon fundraising to serve all children at no cost to their families.**

**Every day, we strive to honor the legacy of Paul Newman by helping children reach beyond their illness to discover joy, confidence and a new world of possibilities.**



**Learn more at [www.seriousfunnetwork.org](http://www.seriousfunnetwork.org)**

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