

# Bay Cliff Health Camp

## Population:

I worked with campers of various ages (7-17 years old) along with various ranges of abilities (mobility, vision, hearing, intellectual and developmental). There are three different cabins with which I worked with campers from: 1) the woods (aka boys cabins), 2) the hive (aka girls cabins), 3) the den (aka those in wheelchairs and powerchairs). Within those cabins there was a further breakdown of groups based on age. The age groups for the woods and the hive get split into three groups: 1) Little, 2) Middles, 3) Teens. Whereas the den has two age groups: 1) Little, 2) Teens.

Activity	Location	Date	Activity level	Additional notes
Workouts, Yoga, Meditation, Canadian dodgeball, basketball (horse/pig), bowling, parachute games, earth ball games, Garbage ball	Big Bay, MI	07/29/2024-08/05/2024	8 groups approximately 1 hour each	7th week of camp
Blindfold stroll, bowling, octopus tag, and fun facts about yourself	Big Bay, MI	07/22/2024-07/29/2024	7 groups approximately 1 hour each	6th week of camp
Taught about different types of recreation, played 4 corner, basketball (horse), canadian dodgeball, blindfold stroll, earth ball obstacle course	Big Bay, MI	07/15/2024-07/22/2024	7 groups approximately 1 hour each	5th week of camp
Lost in translation, canadian dodgeball, dice	Big Bay, MI	07/08/2024-07/15/2024	8 groups approximately 1 hour each	4th week of camp

tic tac toe, one on one, obstacle course				
Musical red light green light, and capture the flag	Big Bay, MI	07/01/2024-07/09/2024	6 groups approximately 1 hour each	3rd week of camp
Gathering nature materials, fun facts about nature seen	Big Bay, MI	06/24/2024-07/01/2024	8 groups approximately 1 hour each	2nd week of camp
Played a quick round of get to know you, Immunity, and 4 corners	Big Bay, MI	06/17/2024-06/24/2024	8 groups approximately 1 hour each	1st week of camp
Planning upcoming activities- Played Immunity with camp staff	Big Bay, MI	06/07/2024-06/17/2024	3 groups approximately 30 min each	Camp Staff Orientation

# Games

## Immunity

### Materials

Something to act as an immunity idol, one or two depending on group size.

Sponge/foam block.

### Preparation

None

### Action

Pick what the playing field is, we will be moving from one end to the other. This will ensure people do not run into each other. You can set a limit to how many people can be touching the immunity at once, usually one or two people. To get the immunity idol yell "immunity". Select one or two participants to be taggers.

### Variations

Add an action to get the immunity idol for those who have speech/hearing. For those who have mobility you can give them a pool noodle to create distance between equipment and participants. You can do three variations to the tagging, 1) outbreak: when you get tagged you also become a tagger, 2) freeze: you are frozen if you get tagged until someone unfreezes you, or 3) sit out: you sit out of the game if you get tagged until a new round starts.

## 4 corners

### Materials & Preparation

None

### Action

Ask participants to listen to the question and choices first, which you will repeat. Then have participants move towards the corner that they are most interested in. Questions can be as silly or serious as you want. Example: what is your favorite activity 1) Recreation 2) Arts and crafts 3) Nature 4) Performing arts. Once you have asked the question and designate each corner be sure to repeat so everyone knows.

## Red light Green Light

### Materials

Red and green paper/objects

### Preparation

Creating a light system, if needed

### Action

On red everyone stops moving, if they move they restart from the beginning. Everyone moves on green.

### Variation

You can add music to make it a dance party, this also helps those with visual impairments.

## Capture the Flag

### Materials

Something to act as the flag

### Preparation

None

### Action

Split your group into two groups. Decide where your jail is going to be located, ensure that there is a way for the taggers to reach the jail without leaving their side. Have them discuss as a group who their 1 tagger is and everyone else be seekers. Taggers are the only people able to tag anyone. Taggers had to stay arms length away from the flag. The taggers also have to stay on their half of the playing field. Seekers who get tagged go to jail. Taggers are the only people able to get their seekers out of jail.

For those with visual impairments, you can ask them which color was easier for them to see, to search for. For those with mobile impairments they had the option to use a scooter chair, a walker chair, or crutches.

## Lost in Translation

### Materials

Paper and writing utensils

### Preparation

Images for the participants to describe and draw

### Action

You can do this in pairs or trios. In a pair you have one person describing the drawing and the other drawing. In trios you have one person describing to the “translator”, the translator can not use english and must convey to the drawer what they should draw. The instructor should have many drawings that vary in difficulty based on the participants ability. The instructor will show the drawing to the describer, who will then describe it to the drawer.

### Variations

For added difficulty you can make it where it also tries to match the colors used, so multicolor vs one color. The drawings could look like something or could be random shapes thrown together, make sure to match participants based on abilities.

## Canadian Dodgeball

### Materials

One soft throwing ball

### Preparation

None

### Action

Everyone starts by touching the border of the playing field, usually a wall. The instructor will throw the ball up in the air and say “canadian dodgeball”, that is the signal to the participants that they can move and the game has started. When holding the ball you MAY ONLY take THREE steps. If the ball hits you, you are out. If you catch the ball the thrower is out. Participants who are out should sit on the sidelines to avoid getting stepped or tripped over. If the person who got you out gets out you are back in.

### Variation

You can add a rule that if they make a basket everyone is back in, however if they miss the basket they are out. It is up to the instructor if they are going to allow a drop/roll and re pick up method. If the group is small, or if participants struggle to throw a distance, you can also try to make the playing field smaller.

## Dice Tic Tac Toe

### Materials

Six Bean bags (3 of each color), placemats or chalk

### Preparation

Create the board, you can do this with a 3 by 3 of carpet squares or using chalk.

### Action

Using a set of dice you roll three times attempting to get a double, if you get doubles before your three rolls are up you end when you get the doubles. Once you roll doubles you place a bean bag on the tic tac toe board, each team only gets three bean bags which can get moved once all three are in play. Play until there is a winner or time runs out.

### Variations

Create space between where the rolling and board are and have participants race in between. Have the participants show a dance move when they get doubles before they are allowed to place a beanbag.

## Obstacle Courses

These can be as simple or complicated as you choose. For children mark a line to follow or a roadway. Set up boxes and barricades for the ball to go around or over.

## Blindfold Stroll

### Materials

1+ blindfold(s), at most you want about half the number of participants

### Preparation

Setting up collection items/obstacle course

### Action

This can be done in pairs or as a full group. Have one person be blindfolded. The rest of the group or pair will be giving them directions, this can be done verbally or with noises (like clapping your hands). The goal is to get the blindfolded person to collect items (like water or cones) and bring it back to the designated location. Making sure that the entire group or pair knows what word/noise is used for each movement.

## Horse

### Materials

1+ basketball and a hoop

### Preparation

None

### Action

To begin the game, pick a player to go first. That player gets to do anything they want before shooting. If they want to spin around 5 times and then hop up and down before shooting, they can do it. They make the rules! If they hit their shot, the other players have to do the exact same thing. But if they miss, the next player gets to make up their own wacky shot for the others to try. Any player that can't make the first person's shot gets the letter H. Everyone keeps playing the game and making up crazy shots until someone misses enough times to spell out the word HORSE. The player who does not spell HORSE is the winner!

### Variation

Depending on the group you can change the word being spelled. The common words being spelt are HORSE, PIG, or LIGHTNING.

## Bowling

### Materials

Ball and pins

### Preparation

Setting up pins

### Action

Have participants roll a ball towards the pins. See how many pins the participants can knock over. This can be done as a group or individually.

### Variations

Allow the participants to do a "baker's". A baker is when every participant gets one frame and the scores are put together as one score rather than as individuals. See who can knock down the most pins in the least amount of rolls. Use different size balls based on abilities.

# Octopus Tag (aka Spider Tag)

## Materials

Hula hoop, zip ties, pool noodles

## Preparation

Zip tie pool noodles to hula hoop

## Action

Have one participant volunteer to be IT. IT will be the octopus who will have the pool noodle hula hoop. Everyone else will be fish. The goal is for the octopus to tag all the fish. When fish are tagged, have them wait outside the boundaries of play until a new round starts.

## Variations

Have the fish travel from one side to the other on cue, this will reduce the risk of running into one another. If you have enough of the supplies you can have multiple octopus taggers.