

Alligator Alley

Materials: 10-15 small mats (vinyl place mats or sit-upons work well); marked start and finish lines (at least 10m apart) – use 1 mat for every 2.5 players

The team has become lost in an alligator-infested swamp! In order to make it out safely, the players need to cross one final section of swamp. They must only touch the mats – not the grass – or the alligators will eat them. The entire team must cross together from one side of the swamp to the other. If anyone touches the grass, the entire team must go back to the start line and try again.

Back to Back

Players stand back to back with a partner with their elbows interlocked. Using each other's back for support, the partners must try to sit on the floor and stretch out their legs. Then, while keeping their elbows locked, the partners must now try to stand up without slipping or falling down! (Not as easy as it sounds!)

Barter

Everyone sits in a circle, preferably on chairs. One player begins the game standing in the middle of the circle. The goal of the game is for pairs of players seated in the circle to "barter" or trade their spots without the player in the middle noticing. All trades must be signaled silently. I tell my campers that they may not trade spaces with anyone sitting closer than three seats away from them (i.e., they are encouraged to trade with someone who is directly opposite from them in the circle). For safety's sake, I also instruct my campers that no more than two pairs of people may attempt to trade spaces at the same time, in order to avoid collisions and mass confusion. Every time someone gets out of their seats, of course, the player in the middle of the circle tries to take their place.

Human Alphabet Soup

This game can either be played using the whole group or with the group split into teams. The first thing to try is to get the group to make the letter "A" by laying on the ground, using their bodies as parts of the letter. Once this is figured out, see how fast you can go through the entire alphabet. If you are using teams, race the teams against each other to see which team can form a letter first. Once the group has become comfortable with the game, get the teams to spell whole words with each member of the team forming one letter.

Ice Floe Challenge

Materials: milk crate

Number of Players: at least 5 – but as many as you can get is better!

Your team is on an expedition to the arctic, when suddenly the ice floe you're on starts to break up! In order to save everyone from plunging into the icy waters, you need to find a way to get your entire team off the grass and onto the milk crate long enough to sing "Row, Row, Row Your Boat"!

Jelly Beans to Feed The World!

Materials Needed: A bag of jelly beans with enough for at least three per girl.

Goals:

- To show that there is enough food for everyone but food is not distributed evenly.
- To help girls understand how it feel not have enough food.

Directions:

1. Each girl picks a slip of paper from a can. Eighty per cent will say "poor" and twenty per cent will say "rich".
2. Divide the meeting space so that the rich girls have two-thirds of the space and the poor girls are crowded into a corner at the back of the room.
3. Give the "rich" group a bowl of jelly beans (more than three per person) and the "poor" group a small bowl with just a few jelly beans (not enough for each child).
4. Before the girls begin to eat they must decide how to divide the jelly beans. To take this exercise a step further, discuss the distribution of space during this exercise. Compare the population of Canada to other countries that are heavily populated.

Note: Before the end of the meeting, provide extra jelly beans for the girls in the "poor" group.

Discussion:

1. How did the two groups feel about the way the jelly beans were distributed?
2. Did the rich group share with the poor group? If they did share, how did they decide to share and how much to share?
3. Why is food important? Why is sharing important? What happens when you never have enough to eat and always feel hungry?
4. Should rich countries share with poor countries? How can we do this?