

OSC ACTIVITIES

GAP FILLERS

The difference between a "good" Counselor and a "great" one often revolves around the ability to make the best use of the available time. Why walk to the logs when you can dodge meteors, swim, or walk through Jell-o? Transition times can be the most creative times in camp!

Word Games: There are many word riddles and puzzles that you can use. Maybe your kids know some already.

Charades: A classic game. The kids may need help learning the signs, but it's still fun

Cloud Images: Have the group lie on their backs and identify the shapes in the clouds.

Inspect One Square Foot of Ground: Have each camper mark off one square foot of ground and count the number of different things he can find.

Clean Up Contest: Judge this in terms of the amount of material collected in a specified period of time, or challenge campers to find one piece of trash whose name begins with each of the first 5 letters of his name. Remember to wash hands after this activity!

Have a conversation in made up language or accent!

***These are just some ideas. Put on your thinking cap and come up with some creative ones of your own. We have a library at the office. You can check out books and ideas from us anytime.*

OSC SPECIAL ACTIVITIES

1. **Fort building.** There are a variety of places in the park for forts. Forts are to be constructed of inert natural materials. They must be dismantled and materials taken away at the end of each day. Do not paint, or otherwise mark on any natural materials including trees and rocks. Teach your campers to respect the preserve and to keep your fort looking "naturally camouflaged!"
2. **Watermelons.** These are the rewards for a found flag. Please make sure your flag is found once per session, and that you find one, and only one, flag every session. Feel free to make secret deals!
3. **New Games** - (Some of these were played at Staff Training.) Ask your directors for resources if you'd like to look through some of our books and ideas about new games. Try new games - you'll like them!
4. **Theme Days** - often you will find them on your schedule or on the Club House activity board. These days include Halloween, Red, White and Blue Day, and Olympic Day. The campers enjoy these days even more when their Counselors are really "in to it".
5. **Water fights.** Water fights are fun if everyone involved wants to be involved. During water fights, there is a permanently designated "dry" area on the logs, near the water fountain and around the clubhouses. Make sure the older groups don't pick on the younger campers (and vice versa). Check with a Director before planning this activity!
6. **Last day of camp** - for most campers, camp ends much too quickly. Their last day is a good time to invite them back next summer and commiserate with their feelings of sadness. Most campers have developed a deep bond with their Counselors. It is a good idea for each group to have some time to say its "Good-Byes" before the vans leave.

LUNCHTIME!

Lunchtime should be a period of rest and relaxation. It is also a time for your campers to get to know one another. At camp WE SIT IN CIRCLES SINCE IT INCLUDES EVERYONE! When everyone sits in a circle for lunch, it is easier to talk together and it makes it easier to serve drinks.

Please remember that the picnic tables at the ranch house and at Canyonside are off limits unless permission is given by a director. Make sure you're paying attention to campers who aren't eating their lunch or whose lunches seem inadequate. Let a director know in each of these cases right away.

A few tips/suggestions for Lunchtime:

- Sit in circles or have partner lunches
- Find a shady spot under a tree
- Be creative and eat lunch in different environments
- Trash: Pick it up—Make it fun!
- Be aware of what your campers are or are not eating
- Use this time to get to know special things about each camper!

The camp day is very active and campers (and counselors) need some time to re-energize at different points throughout the day. A "rest time" is terrific after lunch, which could include some of the following ideas:

- ◆ planning the afternoon or next day's activities
- ◆ quiet games
- ◆ songs and group cheers
- ◆ stories
- ◆ gap fillers / hip pocket games
- ◆ brain teasers/mind puzzles

FORTS

Forts are a fun part of camp. Please make sure you teach your campers to respect the Preserve. Remember – the forts that are most camouflaged are the one that look the most natural!

Why build forts?

1. Make it together – adds to group unity.
2. Location for group togetherness.
3. It's our group's secret.
4. Exploration and adventure.
5. It's ours!

What is a fort?

1. A place to be together.
2. A place to work.
3. A place to play.
4. A place to share and explore.
5. A place to eat lunch.
6. A place to build group unity.

What else is a fort?

1. A central gathering area ... shade, seats, secret codes, etc.
2. For judging – prizes and recognition.
3. Keep your fort really hidden (aka NATURAL) so that people when they walk by wouldn't even know it's there!

What about a FLAG?

1. Have the group make it together! (remember Tu/Th and MWF all make one)
2. Hide it anywhere around camp.
3. Find other flags ... get a watermelon. (Each group gets to find 1 flag TOTAL each session)
4. Show it at Campfire ... and brag about it!

Challenges and Problems ...

1. Search & destroy techniques ruin other groups' forts ... Instead, try "Don't let them know we were here!"
2. Flag hidden too well ... or no flag at all. (Contact the SC to find the flag)
3. Not enough forts – share one with fort allies!
4. Make sure your MWF and TTH campers ALL get to experience the forts!
5. Campers destroyed if their flag is found ... don't set them up! Tell them how proud you'd be see show off your flag at Campfire!
6. Make sure every group finds a flag during the summer (secret deals with other counselors).
7. Hide it early – by the end of the first week.

HIKING TIPS & SAFETY

BEFORE LEAVING

- Tell a director where you're going, when you'll return, and what groups are going
- Have your campers use the restroom before leaving
- Have campers drink water before leaving camp
- Ensure two forms of communication, such a cell phone *and* walkie-talkie
- Take extra water with you
- Take your first aid kit with you. Carry your emergency information in your backpack
- Make sure none of your campers are arriving or leaving in the time you plan on being gone.
- Make sure to orient your campers to hiking rules, including staying quiet and on one side of the road for horses to pass.
- Discuss with campers steps to take if they ever become separate from the group
- While in the Preserve, teach your campers how to respect nature (ie. stay on the trail)

WHILE HIKING

- Make sure you know where your campers are at all times.
- Do headcounts often and use a buddy system with your campers.
- Have a trail sweep (counselor) who rounds up the stragglers. Have a trail leader (counselor) who no one passes. No one should fall behind the trail sweep. Have the whole group stop if the trail leader can't see the trail sweep.
- Don't litter. Pick up trash.
- Stay on established trails; short cutting causes erosion.
- Watch out for poison oak and rattlesnakes.
- Watch out for kids throwing rocks and playing with sticks.
- Close-toed shoes must be worn at all times (including while at creek)
- Most areas around camp aren't deep enough for swimming—and we do not swim in the creeks. Wading is allowed with staff supervision—knee deep limit.
- Hikes may vary from short hikes to your fort or the creek to longer adventures to the water fall.
- Be courteous to other people, horses, and remember to always count your kids!

HIKING GAMES AND TRAIL ACTIVITIES

People learn best in an atmosphere of enjoyment and adventure. Hiking games and trail activities can serve to break the monotony of long hiking sections, and encourage a general atmosphere of joy and relaxation. Hiking and exploring are a big part of a camper's experience at Outpost Summer Camp. These can be times of absolute excitement and they can also turn out to be long, hot and boring. The choice is yours! We have put together some ideas to help you design your own exciting hikes.

These are just some suggestions. --> Go for it; share your successful hikes with other counselors. Have fun and be safe.

Pebble or Stick Cribbage. Each participant selects 10 small pebbles or broken twigs. As the group hikes along the trail, the Leader or selected members of the group ask questions related to objects sighted along the trail. When the correct answer is given, all those who had the correct answer discard a pebble or twig. The object of the game is for the entire group to get rid of their pebbles or twigs.

Observation Bingo. A bingo card is divided into four lines with four squares. Each square has the name of some item likely to be observed along the trail. The object is for all individuals to observe all items in a line—diagonal, horizontal or vertical.

Nature Near and Far. A list of 15 to 25 items are established, each with a point value. Participants search for the items on the list. Points reflect degree of difficulty in finding the items. Items should be observed, not collected.

Sardines. Hide and seek in reverse. One person hides while the others search. When searchers find the hider, they hide with him/her until everyone is hiding. Remember to establish good boundaries!

Flash Flood. When the leader yells "Flash flood", all hikers must get off the ground within 10 seconds. Hikers can hang from limbs or jump on logs and rocks. Each succeeding time the group has less time. Watch for poison oak, and unstable rocks or logs!

Camouflage Game. Leader hikes at the head of the group, and when he/she raises one arm, the group has a number of seconds to become motionless and camouflaged within their surroundings. Each succeeding time, the group has less time to hide.

For Younger Campers:

Rainbow Hike. Find as many colors in nature as possible.

Incher Hike. Collect and measure as many objects as possible that are one inch high, wide, around, long, etc. Or see how many items you can find in a square yard, square foot, square inch. This helps campers notice the interesting things often overlooked.

Color Hike. Choose one or two colors before starting; then list all the things in this color.

Sketch Hike. Take several sheets of paper and crayons for each camper. Do crayon rubbings of tree bark, rocks, etc., on the way. Collect leaves to do more rubbings back at camp. Have an art exhibit and let campers guess what the rubbings are from.

ABC Hike. Each camper tries to find natural objects beginning with each letter of the alphabet.

Stop, Look and Listen Hike. Hike for a designated time or distance. Stop and name off all the things you see and sounds you hear. Five stops are enough. Try to stop in varied habitats.

Monogram Hike Each camper tries to find natural objects beginning with his initials.

House Hunting Hike. Go on a nature snoop for homes of creatures such as spiders, mice, birds, moles, caterpillars, insects, frogs, etc.

Ghost Hunt. Look for as many “ghosts” as you can find: old bird’s nests, dead leaves, fallen seeds, empty cocoons, feathers, etc. Discuss their “lives”.

Nature Surprises Hike. Look for strange or unnatural things in nature. (If trash, pick it up.)

For Older Campers:

Tracking and Trailing. A variety of trail signs can be used by one group to indicate a trail another group can follow. You could leave secret clues to lead to your fort.

Stalking the Deer. Choose two “deer” to lay a trail and hide 15 yards from the end. Remainder of the group hunts for them in pairs. First pair to find them are the deer next time.

Roadside Cribbage. Group agrees on certain kinds of birds, trees, animals, etc. The first to spot one of these cries “peg” and drops one of 21 pebbles he carries. The one with the least pebbles left wins.

Five Senses Hike. Plan a hike that uses all the senses - listen to sounds, see views, touch textures and smell aromas.

Bird Hike. Identify the characteristics of each bird seen at camp. Sit quietly and see and hear far more birds.

Trust Hike. Campers choose partners. Blindfold one of them. The other leads them slowly and safely over the trail, gives them things to feel. Trade blindfolds at the halfway point.

Sketch Hike. Hike to a comfy, tranquil place and give campers time to sketch a natural find. Emphasize sketching one thing small and close.

Flip the Penny Hike. Flip a penny to start. If it is “heads” go right, if it is “tails” go left. At each stopping point in the path, flip the penny again to get direction.

Hunt the Trees Hike. Show the group a leaf, and then they have to hunt for the tree from which it comes.

Scavenger Hunt Hike. Give the group a list of items and throughout the hike, look for them. Either collect or identify them depending upon the item. Leave flowers, collect trash.

Compass Hike. Use a compass to follow a set-up trail.

Get-Together Hike. Join another group and hike somewhere to have lunch or ??

Sneaky Hunt. Sneak and follow another group to their fort.

SINGING SONGS AT CAMP!



Singing camp songs creates a unique and special atmosphere for our campers while at OSC. When someone is leading/teaching a song, it is important for all staff to participate and encourage their campers to as well. Even if it's not your favorite song, join in and have fun with it! You are a role model and your campers look up to you.

WE SING while at camp for many reasons:

- To have fun
- To express feelings
- To create spirit
- For fun and friendship
- Because children want to and like to sing
- To help campers overcome self consciousness
- To help build campers character
- To provide camp memories to last a lifetime!

Song books will be available for you to assist in your learning of songs. Please do not hesitate to let us know if you would like to teach a song from this book or a new song to Camp. Just be sure that all the song materials are appropriate and in no way hurtful or degrading to any person.

TIPS FOR SUCCESSFUL SONG LEADING:

1. Carefully choose a song appropriate for your group and setting.
2. Speak clearly, distinctly and loud to entire group.
3. Secure attention of entire group before beginning a song and build up group's enthusiasm.
4. BE enthusiastic yourself--this will spread.
5. Sing yourself. Use facial expressions.
6. While singing, address the entire group surrounding you.
1. Laugh off any of your mistakes. (We're at camp and anything goes!)
2. For more complicated songs, demonstrate and go slowly.
3. Never let the singing drag on - change songs often and quickly.
4. End singing with strong finale.
5. If participation is lacking, try creating a competition between two halves of the group.
6. When teaching or introducing a NEW song, sing one line and have the group repeat it. Ask those that know the song to bear with you.

HAVE FUN & SING YOUR HEART OUT! (As if you're in your car alone! It's camp!)

GAMES AND FREE TIME

WHY DO WE PLAY?

1. To have Fun!
2. To Create Laughter
3. To Build Trust
4. To Encourage Communication
5. To Promote Team Building & Group Unity

TIPS FOR PLAYING:

1. Create a safe environment for everybody to play (physically and emotionally). Set boundaries
2. Empower participants - Each person has the option to Play or Pass.
3. Lead by playing...Participate with your campers as much as possible
4. Play different types of games for different types of campers in each group.
5. End your game early...Stop before the game gets old so that you can play it again!
6. Ties are great!
7. Encourage participation and variations by your group members. The fun never stops this way!
8. As the Leader, do not aim to win and prove your own merit. Play with the campers!
9. When group building with games, end with a closing (ie. group hug, discussion, etc.) to include all participants.

ZEN CLAP

Game begins when someone gives the command "On" and the group follows the hand directions as indicated by the commands. Commands:

On (under chin, point either direction, and say "on")

Pawn (on top of head, point either direction, and say "pawn")

Zen Clap (point w/arm and do not say anything)

Keep going and eliminate those who do not follow the pattern.....those eliminated become the "hecklers"

PERSONAL SCAVENGER HUNT

Play with two, three or four teams.

Have a center circle where the groups bring the "called upon" item

The Leader calls out an object (hat, watch, shoelace string not in shoe, etc.) and the first group to have their "assigned runner" bring the object to the center of the circle gets a point.

MOONBALL

The players need to keep the beach ball up in the air without it touching the ground

Give the group a set of simple rules:

No player can hit the ball two times in a row

Set a goal for the team to hit the ball ____ times. Develop records for your group.

The Leader is the official counter

Challenge the group to problem solve and create solutions if at first the play is chaos!

MINUTE MYSTERIES

These are for fun times with your campers. You may use these "riddles" while hiking, while resting in the shade or while riding in the van! Use your creativity. Make up your own! There are lots...but don't use them all in one day! Use your discretion on age appropriateness and make sure to always include all of your campers. Watch for campers who become easily frustrated and try to make them your partner in the riddles. Remind your campers "if you know it, don't blow it".

Henry was out walking one day. He met his father-in-law's only daughter's mother-in-law. What did Henry call her?
He called her Mom!

Alice, Ben, Charlie, David, and Ed entered a contest to guess how many jelly beans are in a jar. Alice guessed 30, Ben guessed 28, Charlie guessed 29, David guessed 25, and Ed guessed 26. Two were off the mark by 1, one was wrong by 4, and one by 3. But one was correct. How many jelly beans are in the jar at the store?
There are 29 jelly beans in the jar.

Dead on the field lie ten soldiers in white, felled by three eyes, black as night. What's going on here?
A strike was thrown in 10 pin bowling.

How do you make "one" disappear? *Add a "g" to make it "gone" or an "n" to make it "none"!*

If a farmer met a farmer in a farmer's field, how many F's are in that?
None...there are no F's in the word "that".

Farmer Brown came to town with some watermelons. He sold half of them plus half a melon, and found that he had one whole melon left. How many melons did he take to town?
He took 3 melons to town.

A "Wise King" devised a contest to see who would receive the Princess hand in marriage. The Princess was put in a 50x50 foot carpeted room. Each of her four suitors was put in one corner of the room with a small box to stand on. The first one to touch the Princess hand would be the winner and become the new King. The rules of the test were that the contestants could not walk over the carpet, cross the plane of the carpet, or hang from anything; nor could they use anything but their body and wits (i.e. no magic or telepathy, nor any items such as ladders, block and tackles etc). One suitor figured out a way and married the Princess and became the new King. How did he figure it out?
The successful suitor simply asked the Princess to walk over to where he stood and touch "his hand!"

A man falls overboard and gets washed ashore an island with nothing but sand. The island is 50 miles from the nearest land. He can't swim, the water's 100 feet deep, and the island has nothing to make a floatation device with. With no help from people, animals, fish, or machines he finds a way off the island. How does he do it?
He waits for the lake to freeze, then he simply walks across!

Bruce, the head dog at the north pole, had three sons. One was named mo, the other curly. What is the third dogs name?
WHAT "is" the third dogs name.

You are driving a car. On your right is a steep cliff. Right in front of you there is a horse and right behind an elephant, both of which travel at your own speed. On your left there is a fire truck blocking you. How do you stop your car?
Simple...just ask the merry-go-round operator to stop! (official answer)

A horse is tied to a five meter rope, six meters away from it was a bail of hay. Without breaking the rope, the horse was able to get to the bail of hay. How is this possible?
The other end of the rope is tied to nothing!

A man drove to the store. He got out, and accidentally locked his keys in the car. He went in the store, and bought some milk. He came back out and unlocked the door without touching "anything" on the outside of the car. How did he do it?
The car was a convertible and he reached inside to open the door.

There are 50 horses and 50 kings riding along an old dirt road. They came to a peach tree with 50 peaches. Each took one, yet there were still 49 left. How is this possible?

Each is the name of one of the kings and he's the only one that took one!

Sam and Sally were sitting in their family room one night. While Sam was watching T.V his wife Sally was reading. All of a sudden the power went out and Sam decided to go to bed, but Sally kept on reading. With no use of artificial light, Sally kept on reading. How?

Sally was blind... she was reading a book by Braille.

A man has a goat, a wolf, and a head of cabbage. He comes to a river that has no bridge, but a small boat to cross the river. The boat can hold only one of the three things he has. If he takes over the wolf first, the goat will eat the cabbage. If he take over the cabbage first, the wolf will eat the goat. How does he solve the problem?

First, he takes over the goat. Then, he takes over the cabbage, but takes the goat back. Then, he takes over the wolf. Finally, he takes over the goat again.

A cop was walking past a restaurant when he heard someone scream - "No John, not the gun!" He ran inside and saw a doctor, a lawyer, a milkman, and a dead body on the floor. He promptly walked over to the milkman and arrested him. He didn't witness the shooting and there was no apparent evidence to prove who shot the person and no one told him who the killer was. How did the policeman instantly know it was the milkman?

The milkman was the only male. The doctor and lawyer were females, so the cop knew that "John" was the milkman.

A guy bet his neighbor \$100 dollars that his dog could jump higher than a house. Thinking this not possible, the neighbor took the bet and lost. Why did he lose the bet?

Simple...a house cannot jump!

There are 2 cops parked along a one-way street looking for traffic violations. They spot a taxi driver going in the wrong direction, yet they do nothing. Why?

He was "walking" and not driving his cab.

MORE MINUTE MYSTERIES!

A farmer has a chicken, a fox, and a sack of grain. He needs to get all three across a river. The rowboat he has will hold himself and one other thing. How will he get all three across? *Take the chicken over, go back and bring the grain, take the chicken back across, leave it and bring the fox. Go back and get the chicken*

Spell "roast." Now spell "boast." What goes into a toaster? *Bread*

10 crows are sitting on a fence-the farmer shoots 1. How many are left. *None – they'd fly away!*

You have six tea cups and take away three. How many are left? *Three*

There are three books on a shelf, stacked in a normal manner, in order. The volumes are each 1 inch thick. A bookworm eats his way in a straight line from the front cover of volume I to the back cover of volume III. How far does he eat?

1 inch

There is a ship in a bay with a ladder over the side. The rungs of the ladder are 6" apart. The tide comes in rising 6" per hour. How many rungs are covered after 3 hours?

None, the ship floats

The man who makes it doesn't need it. Neither does the man who buys it. The man who needs it doesn't know it. What is it?

A coffin

What can you put into a barrel that will make it lighter? *A hole*

Ted and Alice are on the floor dead. Nearby is a puddle of water and broken glass. George is asleep on the couch. What happened?

Ted and Alice are fish. George the cat knocked the fish bowl over.

There is a lady whose favorite color is purple. Her clothes are purple, her single story house is purple, her car is purple, her furniture is purple. What color are the stairs?

There are no stairs in a single story house

ALTERNATIVE & RAINY DAY IDEAS

The first thing to remember about a rainy day in camp is "don't panic"! It's not a complete disaster. In fact, this kind of a day may prove to be just the kind of diversion from a normal day at camp that your group needs. Here are a few suggestions of things to do....let these get your mind thinking and be creative! Have fun!!!

- * If you are a good story teller, here's your chance! Have your campers make a list of things they want in a story (horse, broken chair, kite, etc.) and weave them into your plot. At one camp this was a regular weekly event, a continued story. Campers sometimes stayed longer just to hear the next episode told by an excellent storyteller. If the rain continues, so can the story.
- * Or, act out a story with a couple of other counselors, only use no words and have the campers narrate.
- * Practicing camp songs is always an easy pastime. If your group hasn't brought a song to Campfire that they've made up yet, now's a good time to catch up.
- * Hold a mock TV show complete with soap opera take-off, newscast, athletic event and a few commercials.
- * Situation charades. Each group draws a slip of paper from a bag. Each paper describes a situation that group must act out.
- * Drama in a bag. Each group is given a paper bag with a dozen or so props. They must make up a skit, using all the props in the bag.
- * Let counselors put on a show. Imitate some of your campers and let them guess who it is. (Be careful not to hurt feelings!!!!) When the tables are turned, you'll be surprised at how good campers are at taking off on counselor's idiosyncrasies!
- * Pantomimes. Stories can be read by one person and acted out by others.
- * Girls might enjoy trying different hair styles and fixing each other's hair, or conducting a good grooming class.
- * Have campers illustrate a good book they've read. Others guess what book it is.
- * Write up poems or songs your group to share at Campfire!
- * Find the camper with the widest smile, loudest voice, biggest feet, lightest in weight, and the girl with the longest hair. Who can sing the highest note and who can reach the lowest? Who has the shortest name? The longest?
- * Start a barbershop quartet.
- * With water colors, paint faces on knees. Dress up lower part of legs as clowns, ballerinas, etc. Participants stand behind a sheet with legs from knees down showing. Have them put on an act.
- * Make stone animals or figures. Paint smooth round stones. Glue stones together with a strong glue. Pieces of felt or cloth may be used to dress your figures.
- * After lunch, try making puppets out of lunch bags. Or, hand puppets, where you draw faces on your hand and move your thumb up and down for the mouth.

- * Draw pictures of impressionistic art: how I feel when I am lonely; how I feel when I am happy; how I feel when my counselor starts acting silly.....
- * Build a temporary fort, or seek “shelter” in your real fort
- * Try building rivers, dams, or lakes. Oak leaves make great miniature boats or try anything else imaginative.
- * Play "toss the salad".
- * Human charades--can you write the alphabet?
- * Try composite art on folded paper. Here the first person draws the head. Folding his drawing over so the next artist can't see the head. Others draw the neck, chest, and so on. In each instance drawings are folded over so no one will know what the end result looks like. The last person puts a name on it. When the folded paper is opened, roars of laughter follow.
- * Try analyzing handwriting of the camp staff.
- * Practice physical fitness skills.
- * The campers may enjoy playing indoor games...charades, 20 questions, mental games, magic games.
- * Exchange experiences: my most embarrassing moment, my happiest experience, the funniest thing that ever happened to me.
- * Make funny hats from newspaper or construction paper to wear to the dining hall.
- * Learn types of lashing and uses of each – square knot, diagonal, sheer, continuous.
- * Try a lip-sync contest. (Complete with air instruments.)
- * If the rain is not too heavy, try water-proofing your fort.
- * Formations: building a machine of any type only it's made out of campers.