

MOVING TO THRIVE: ACTIVITIES FOR AGES 10 TO 18 YEARS

WHO AM I



Materials:

One pack of post it notes, a timer, and a pen to write.

Instructions:

Write down any famous characters or celebrities on a post it note. Stick the post it note on one person's forehead, making sure that everyone can see the name except for the person to whom the post it note is stuck. The group can either break into teams or play as individuals. Each group or individual must provide clues to the person with the sticky note on his or her head that will help him or her solve the character. He or She has 30 seconds to use the clues to determine who he character is before the group or individual takes a turn.

PICK A SILHOUETTE



Materials:

Used magazines, scissors, glue, black marker, stencil, flat side of a cardboard box.

Instructions:

Using a flat side of a cardboard box either draw a silhouette, with the black maker, of an animal or design you would like to decorate or use a stencil. Next, cut small strips of paper from the used magazines. You can cut small pieces or larger pieces and mix them up. When you have enough pieces to cover your silhouette, start gluing the strips down. You can glue the strips in whatever order or color you prefer. Once your silhouette is covered with all the strips, let it dry. When dry, you can cut out your silhouette from the box.

STACK ATTACK



Materials:

Timer, 21 plastic cups per person competing.

Instructions:

Players have to stack a pile of cups and then place them back into a single stack in under a minute. This can be played by timing kids one at a time or having them face each other in groups.

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PICTURE WALL ART



Materials:

Scissors, clothes pins, cardboard box, pen, hot glue gun, and pictures to hang.

Instructions:

On the flat side of the cardboard box, draw a circle big enough to fit the amount of clothes pins you have. Then draw another circle that is smaller inside of your bigger circle. Cut the biggest circle out of the box. Once that circle is free from the box, cut the smaller circle out leaving you with a wreath design. Place all the clothes pins around the wreath by using the hot glue gun to glue down the back of the pin on the cardboard. (You can paint or color the clothes pins if you desire before gluing them to the wreath). Once all pins are on and the glue is dried, you can now clip pictures around the wreath, leaving you with a photo collage that you can hang anywhere.

INDOOR HERB GARDEN



Materials:

(4) 2-pint plastic milk jugs, 3cm wide wooden baton long enough to fit your window, 4 different herbs (planted already in a plastic pot that can fit into 2 pint milk container, scissors, hole puncher, ruler, permanent marker, craft knife.

Instructions:

First, give your milk bottle a thorough clean with water and remove labels. Using the scissors, remove the top and handle of the plastic bottle. You can do this by following the marking on your bottle or by drawing beforehand where you will cut with a marker. Using the craft knife and ruler, cut at 2 centimeters (cm) from the longer side of the bottle top edge and then make two vertical cuts parallel from the center of the bottle. The cuts need to be approximately 4cm long and at 1.5cm from either side of the bottle center (but this depends on your baton size). Finish the slits by punching holes on the top end of the vertical cuts (this gives the bottles enough space to slide on). Next use the black permanent marker pen to decorate and label each bottle. To finish, slide the bottles through the wooden baton using your pre-cut slits and suspend it from the windowsill with your choice fixing. Place your herbs inside the bottles and place them where they can grow with plenty of sunlight and water.

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FITBALL



Materials:

Beach Ball, permanent marker

Instructions:

Inflate the beach ball. Using a permanent marker and the list of fitness activities below, write 3-4 fitness activities per color panel on a 12-inch beach ball. Arrange participants in a circle and start playing music. As music is playing toss the ball around the circle. Randomly stop the music. As the music stops, the person left holding the ball when the music stops will pick the fitness activity that is closest to their right thumb. Once the participant has completed the activity, start the music and continue playing

List of Fitness Activities

(Modify or change exercises as needed, but try including at least 3 exercises per panel.)

Yellow Panel

5 Squats, 10 Toes Touches, 10 Arm Circles (Backward)

Orange Panel

Run in Place for 10 counts, 5 push-ups, 5 Side to Side Jumps

Green Panel

5 jumping jacks, 10 sit-ups, Butterfly Sit (Hold for 10 counts)

White Panel

Straddle Sit (Left, right, center for 5 counts each), 10 Lunges, 10 Shoulder Rolls

Red Panel

10 Arm Circles, Side Arm Stretch (Hold each arm for 5 counts), 5 Forward and Backward Jumps

Blue Panel

5 Jumps to the Sky, Hop on 1 Foot (5 Hops per foot), Upward Arm Stretch (Hold for 10 counts)

Source: <https://makinghealthierdecisions.com>

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LAWN TWISTER

**Materials:**

4 colors of spray paint, lawn with grass, spinner board from twister

Instructions:

First, make sure it is okay with an adult for you to spray paint a portion of the lawn. Using four colors, color five circles in a row the same color and then repeat for the next colors. The lawn should look like a twister mat. Using the spinner board from twister, spin with each player moving a body part on a specific color. If you do not have a twister spinner, you can make one. If a player loses his or her balance and falls, he or she is out of the game. Play until the last player remains standing.

KNOCK IT OUT

**Materials:**

Orange (or tennis ball or an apple), nylons, full water bottles and a timer.

Instructions:

Put the orange or other object into the nylons and put the nylon on the top of your head. Place water bottles throughout the patio or on the sidewalk. You can play in groups or individually. Players must knock as many water bottles as possible down with the nylons within a minute.

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CANVAS STRING ART GRAFFITI



Materials:

Canvas, spray paint, yarn/string, masking tape, scissors, cardboard, and a mask.

Instructions:

Flip the canvas over, and tape one end of the yarn onto the back using the masking tape. Turn the canvas back over, and tightly wrap the yarn around the canvas in a random pattern. At times, you may need to tape the yarn in place on the back. For example, near the corners. Once you are satisfied with the way your canvas is wrapped, outdoors or in a well-ventilated area, place the canvas front side up on a piece of plastic or cardboard. Wear a mask, and spray the canvas with different color spray paints. Allow the canvas to dry completely, preferably 3 hours. Cut the string off and remove the tape from the back.



Photo credit:
www.jugglingactmama.com

GET TO KNOW BEACH BALL



Materials:

Inflatable beach ball and sharpie.

Instructions:

Inflate the beach ball. Next, write multiple questions on the beach ball. For example, what is your favorite book? How many countries have you visited? What is your favorite food? What is the most embarrassing moment you've experienced? After you list your questions, gather friends and family around the circle, and throw the ball to the other players. When the person catches the ball, he or she must answer the question that is in front of them.

TIE BLANKET



Materials:

Sharp scissors, 2 ½ Yards of two fleece materials (Can be two different colors or same colors), ruler, piece of paper.

Instructions:

Place your two pieces of fleece on a large surface, and match them up evenly. Cut off any excess, such as if one fleece is really hanging over the edge or below another. Cut off any writing that may be on the material. Begin at one corner. Measure 3 inches up and 3 inches across, and cut out the corner. Begin cutting approximately 1 inch strips down the blanket. It is helpful to take a piece of paper and mark it every 1 inch; then you can place this on your blanket, and it gives you a better idea of where to cut each strip. Use a sharp scissors to cut through both layers of fleece. After you have cut several strips, go back and begin tying them together. You want to double knot the fleece together and try to make sure that the opposite pattern shows when the knot is done. Keep cutting and tying all around the blanket until you have finished. Remember when you get close to a corner, if you have not already done so, you need to cut the 3 inch by 3 inch corner out so that the corners will flow together.



Tied Fleece Blanket: A Tutorial

afreshsqueezedlife.com



PIN BALL



Materials:

12 volley or soccer balls, 8 cones, a strap or something to make a line across the lawn.

Instructions:

Make the court on the lawn with a middle and two ends. On the two ends, line up four cones on each side. Place one ball on each cone. Divide players into teams and, each player will try to knock down the balls on the cones. They may not pass the line on the other team. The team to knock all four balls off the cones wins.

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HULA-HOOP DANCING

**Materials:**

Hula-Hoops

Instructions:

Turn up the music and get the Hula-Hoops Moving! Dance around, sing, and build your core strength while working on coordination and rhythm.

RUNNING TIC-TAC-TOE

**Materials:**

Hula-Hoops, string to make circle, or tape to mark off a tic-tac-toe board, two different colored bean bags, starting line, at least 2 people to play.

Instructions:

Build your tic-tac-toe board. Set a starting line about 10 feet away from the board. Flip a coin to see who goes first. The first person will run to the tic-tac-toe board and place their bean bag on the board. Once a person places his or her bag on the board, he or she must run back and cross the starting line. When a person crosses the starting line the other team member may go. The first person with three in a row wins the game!

PASS THE HOOP!

**Materials:**

Hula-hoops and music

Instructions:

Like musical chairs, only hoopier. This is a game for 6 or more players. One player is the referee. Players stand in a circle holding hands with a hula-hoop hanging on one person's arm. The referee starts the music and players pass the hoop to the next person by wiggling through it. Players must keep holding hands. The player stuck with the hoop when the music stops is out. To make the game more difficult, try playing with two hoops.