

# GET MOVING GUIDE



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## MISSION IMPOSSIBLE

**Object:** Cross the grassy area without touching the grass

Standing only on nature items, other than grass, participants determine how to get to the other side of a designated area. Show kids their “collection area” where they can gather sticks, logs and leaves to stand on as they cross. Great for creativity and teamwork skills! Before leaving, remember to return the sticks, logs and leaves to where you found them.

## BOCCE BALL

*No fancy equipment needed for this version!*

**Materials:** Assorted balls such as golf balls, baseballs, kickballs, wiffle balls, etc.

**Object:** Throw your ball closest to the pallina, or target.

Choose a small ball as the pallina, or target. One player gently throws the pallina. Each player takes a turn throwing a ball. The winner is the person whose ball lands closest to the pallina. They get to throw the pallina to start the next round.

## MINI OLYMPICS

Players create events for the Mini Olympics. A few ideas to spark creativity include a Frisbee Toss, Long Jump, Jump Rope Contest, One-Legged Balance Contest, Beach Blanket Volleyball, Ribbon Dancing, Pool Noodle Javelin, etc.

## BUILD SHELTERS

Create shelters by leaning large sticks against a fallen tree or large rock. Weave grasses between sticks. Provide rope and an old sheet or tablecloth to add complexity. A grassy field alternate: Challenge children to build a nest using fresh cut grass.



## ORIENTEERING

**Materials:** Compass with degree markings or compass app

**Step 1:** In a large grassy field, choose a starting point next to a landmark like a picnic shelter or tree. Set the compass north (360 degrees). Hold the compass at chest level parallel to the ground with the arrow pointing away from you. Look in the direction the arrow is pointing and select a landmark far in the distance – a tree, basketball hoop, etc. Walk 100 paces toward the landmark. Remember a pace is a step with your left foot and right foot; in other words, count each time your right foot hits the ground.

**Step 2:** Set your compass at 120 degrees. Hold the compass at chest level with the arrow pointing away from you. Select a landmark in the direction the arrow is pointing. Walk 100 paces.

**Step 3:** Set your compass at 240 degrees. Walk 100 paces.

**Object:** You should be back where you started. You made an orienteering triangle!

## MAPPING WITH TREASURES

**Materials:** Paper, pencils, glue or tape

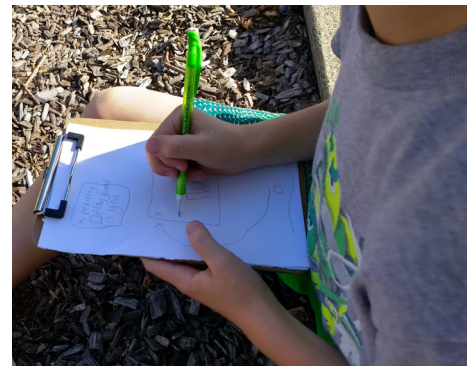
Draw maps of the park. Add labels for key landmarks. Glue or tape “treasures” to the various locations. For example, pick up a leaf from the ground and glue it at the map location of a large oak tree. Brush the sticky side of a two-inch piece of tape in the sand and attach it to the map to show the location of a swimming beach.

## HIDE A PENNY

**Materials:** Paper, pencils, pennies

**Object:** Find the penny hidden by another group member.

Each “hider” receives a penny. On a piece of paper, write down the year of your penny. Hide the penny, for example, on a picnic table, under the slide, next to the maple tree, etc. Draw a map showing the penny’s hiding spot - X marks the spot. Exchange maps and become a “finder.” Use the map to find the hidden penny.



## YOGA

Keep it simple and fun - no mats necessary! Allow each child to choose three poses to teach the group. Learn about yoga-for-kids poses at [www.kidsyogastories.com/kids-yoga-poses](http://www.kidsyogastories.com/kids-yoga-poses)

In a grassy, shady area, spread out to create personal space. Sit still for a moment. Observe your breathing and how your body feels. Then, practice poses with kids providing instructions. End with a moment of quiet observation of breathing and listening to nature.

## SKIP ROCKS

Read the tips below. What would you add?

1. Carefully select a stone - about the size of your hand and about the weight of a tennis ball. Triangular stones skip best.
2. Hold the stone between your thumb and middle finger, with your thumb on top.
3. Face the water at a slight angle. Throw out and down at the same time. The rock should bounce across the surface of the water. Throw faster rather than harder. Snap your wrist to create as much as spin as possible.

## WATER RELAYS

**Materials:** Bucket of water, empty bucket, plastic cups

**Object:** Complete the challenge in as little time as possible.

Players stand in a line with a full bucket of water at the beginning and empty bucket at the end of the line. Give each player a plastic cup. Start the timer. The first player scoops up some water and pours it in the cup of the next person in line. Continue pouring water until the last person pours it in the bucket.

**Variations:** Try a relay of passing the cup “over / under” each player. Or, move the buckets a distance apart and have players transport the water one cup at a time.

## DRIP, DRIP, SPLASH

**Materials:** Plastic cup full of water

In this variation of Duck, Duck, Goose, one player stands holding the water cup while the other players sit in a circle. The standing player walks around the circle dripping water on players' heads. They will dump the water cup (splash!) on one player's head and start running around the circle, like saying "Goose."

## PICK UP LITTER

*Leave the park looking better than you found it!*



## SO FUN YOU'LL FORGET YOU'RE MOVING

- Swim
- Hike
- Bike
- Canoe
- Geocache
- Rollerblade
- Fish
- Frisbee golf
- Climb trees
- Play kickball
- Throw a frisbee
- Jump in puddles
- Shoot a basketball

## VINTAGE OUTDOOR GAMES

Enjoy these “classics” with the next generation.

**Red Light, Green Light** - One person is the stoplight. When the stoplight says “Green Light,” players run toward them. “Red light” means the players stop. Whoever touches the stoplight first becomes the next stoplight.

**Capture the Flag** - Hide your team’s flag. Then, try to find the other team’s flag without being tagged.

**Flashlight Tag** - In a nighttime version of hide-and-seek, the “finder” counts to 30 while the others hide. The finder shines a flashlight around. When they spot someone, the finder says the player’s name and that person comes out of hiding.

In another version, each player shines a flashlight on the walls or ceiling of a dark tent. Try to move your beam of light so no other players touch it with their light.

**What Time is it, Mr. Wolf?** - Players ask, “What time is it, Mr. Wolf?” Mr. Wolf says a time and players take that many steps toward the Wolf. Eventually the Wolf says, “Lunchtime,” turns, and tags players so they become wolves, too.

For more ideas, visit [www.iowahealthieststate.com/resources/individuals/5210](http://www.iowahealthieststate.com/resources/individuals/5210)

## 99 PARKS

#THISISIOWA

Explore more of Iowa’s county parks! Get ideas at [www.traveliowa.com/99parks](http://www.traveliowa.com/99parks)

Activities provided in partnership with Travel Iowa, Iowa’s County Conservation System, Iowa Healthiest State Initiative and Next Step Adventure.

