



HACKY SACK

AT A GLANCE

A circle of kids attempt to use their bodies (other than their hands / arms) to keep a small ball off the sand as long as possible.

BENEFITS

- Develops co-ordination
- Promotes flexibility and agility
- Highly interactive

WHAT YOU NEED

- 1 x hacky sack/ball
- Minimum of two participants

WHAT TO DO

- Demonstrate with a volunteer a series of 'legal' hits with your own limbs / body to keep the ball aloft for as long as possible.
- Explain that any part of the body maybe used to keep the ball off the sand, except for hands and arms.
- Explain that a 'play' is always initiated by one participant looping (not tossing or throwing) the ball to another's feet.
- Challenge the kids not to say "sorry" if they make a mistake by failing to keep the ball aloft.
- Ask the kids to form a circle, and begin by tossing the ball to one of them to start the first play.
- Challenge the group to score as many continuous hits of the ball as possible, before it hits the sand.

LEADERSHIP TIPS

- The instruction not to say "sorry" is a wonderful opportunity to help kids understand that it's okay to make 'mistakes,' because without failure it's impossible to succeed (at surfing, life, etc). The word 'sorry' should be reserved for times of regret, not when learning a new skill.
- Discuss that fine motor skills, like those involved in Hacky Sack, take time to develop, and the kids should be patient with their progress (as with learning to surf).

MINIGROMS

Can use their hands or arms to prevent the ball from hitting the sand.

VARIATION

Restrict which parts of the body are allowed to hit the ball, e.g. only legs and feet.



HIDE & SEEK

AT A GLANCE

Kids scour a designated area in an attempt to find as many hidden or buried objects as possible.

BENEFITS

- Simple & easy to set up
- Promotes curiosity

WHAT YOU NEED

- Several items which can be hidden or buried
- One or more participants

WHAT TO DO

- In advance, hide or bury one or more items such as a shell, coin, leg rope, surfboard fin, sun-screen bottle, a shoe, etc.
- Explain that you have misplaced one or more items, describing what they are.
- Clearly designate the area in which you lost the items, and ask the kids to find them all.

LEADERSHIP TIPS

- Use only items that will not cause harm. Avoid anything with points, sharp edges or metal that could rust if not found.
- To occupy kids even longer, hide less items than the number you ask them to find.
- For really early kids, invite them to hide or bury the items (instead of you).

VARIATION

Set up two or more teams, and ask team members to return all uncovered items into their team area / bucket for tallying.



LEANING TOWER OF FEETZA

AT A GLANCE

Groups of kids compete to build the tallest, free-standing structure they can, using only their shoes.

BENEFITS

- Highly interactive
- Promotes teamwork
- Inspires creativity

WHAT YOU NEED

Minimum of four kids who (initially, at least) are wearing shoes.

WHAT TO DO

- As kids arrive, divide them into two or three teams.
- Explain that each team is to build the tallest free-standing structure they can, using only their shoes / footwear, within five minutes.
- As more kids arrive, distribute them evenly among the teams.
- When the time has expired, everyone must stand / sit back from their tower.
- Tallest wins.

LEADERSHIP TIPS

- If time permits, and enthusiasm still exists, introduce a second round.
- Some kids will stretch the true meaning of what 'free-standing' means, but by definition, it means nothing – no hands, drift-wood, poles, etc – can be used to keep a tower upright.
- Relate the effort required to balance the shoes with the precision of balancing on a surfboard.

MINIGROMS

Allow them to use objects or themselves to help balance the tower as it gets higher.

VARIATION

Allow only the use of coastal items (sand, drift wood, shells, seaweed, etc).



WIPE OUT

AT A GLANCE

Calling out one number at a time, kids attempt to count from 1 to 20 in one go, without establishing a pattern or speaking over one another.

BENEFITS

Passive activity
Promotes teamwork & goal-setting
Fosters risk-taking

WHAT YOU NEED

Open area where your group can hear one another.
Minimum of four participants.

WHAT TO DO

- Invite your kids to sit, stand, or even lie down within a designated area, provided they are situated within ear-shot of all others in the group.
- Explain that you want the group to count from 1 to 20, adhering to three simple rules:
 1. *A kid can only call out one number at a time;*
 2. *The group is not permitted to establish a pattern (or gesture / motion) to indicate whose turn it is next; and*
 3. *Any time two or more kids call out the same number, the count goes back to zero to start a new round.*
- Encourage kids to seriously commit by calling their number loudly.
- You start the first round by calling out “One,” after which, the kids can initiate all subsequent rounds.
- Continue until interest or enthusiasm wanes. Celebrate each time a new ‘record’ (highest number) is achieved.

LEADERSHIP TIPS

- Discuss how persistence, patience and willingness to take a risk are critical to the success of this exercise – and these are all essential elements of learning to surf.
- Don’t be concerned if the group never gets to 20 – the thrill is in the chase!

VARIATION

Choose any list to recite, such as the alphabet, months of the year, the letters of a word, e.g. S U R F G R O M S.