



UPWARD BOUND

Recreation Manual

Contents

Introduction	3
Trail Recreation Schedule	4
Expedition D (4's–K)	
Bear Hunt.	5
Blister Blues	6
Climbing to the Mountaintop	6
Critter Cascade	6
Drop the Bandana	7
Duck-Duck Bear	8
Rock Hop	10
Treasure Hunt	11
Expedition C (Grades 1 & 2)	
Bear Hunt.	5
Blister Blues	6
Critter Cascade	6
Dizzy	7
Drop the Bandana	7
Plains Races	9
Rock Hop	10
Thi sty Hiker	11
Treasure Hunt	11

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“Therefore, God
has Highly
exalted Him ...”

Philippians 2:9

Expedition B (Grades 3 & 4)

Ant Camp.....	5
Bee Swat	5
Blister Blues.....	6
Boulder Ball.....	6
Dizzy.....	7
Hiker Hook-Up	8
Dig Mountain	8
Mountain Top Round-Up	9
Rocky Cliffs elay.....	10
Suspension Bridge Walk	10
Thi sty Hiker	11

Expedition A (Grades 5 & 6)

Ant Camp.....	5
Bee Swat	5
Blister Blues.....	6
Boulder Ball.....	6
Dizzy.....	7
Hiker Hook-Up	8
Dig Mountain	8
Mountain Top Round-Up	9
Rocky Cliffs elay.....	10
Suspension Bridge Walk	10
Thi sty Hiker	11
Water Balloon Toss	12

Rainy Day Games

Anatomy Shuffle	13
Balloon Bust	13
Bear's Got the Bacon	14
Mountaineer Swat.....	14
Tail Grab.....	15
Tail Guide Says	15

Bear Hunt Lyrics.....	16
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INTRODUCTION

An enjoyable, well-organized, and energy-releasing recreation program can contribute greatly to the purpose and daily flow of Upward Bound. As your church seeks to prepare young hearts and minds to respond to Gospel truths, we encourage you not to underestimate the importance of having this *Trail Recreation*. Backpackers need time to run and play, especially during a morning of concentrated, tightly-scheduled learning. As you direct this high-energy aspect of your ministry keep in mind that in addressing the physical needs of the children, you are ministering not only to their bodies at the moment but to their innermost beings eternally. The release of physical energy during your Trail Recreation period enables them to come more quietly before the Lord throughout the remainder of the day.

The games and activities that follow:

- have been adapted for the Upward Bound adventure theme.
- cover a wide range of activities from gentle games to those of a more “roughhousing” nature to accommodate the diversity of children as well as recreation philosophies of the churches using this Recreation Packet.
- can for the most part be played either outdoors or indoors, though some may require a little adaptation to be suitable for one or the other.

Preparing For Trail Recreation

- Read the “Bible Lessons At a Glance” to have a good understanding of the Scriptural truths the children will be learning throughout the week; then be attuned to opportunities to reinforce those truths during Trail Recreation.
- Choose the games you will use and gather/prepare supplies needed for each game prior to the start of your week.
- Recruit two or more assistants to help with game setup and “crowd control,” and to come alongside children with special needs or those needing extra encouragement to participate.
- Have a list of backup games and accompanying supplies available for quick access.
- Each day have game supplies ready and set up for use before the children arrive.
- Pray as you prepare yourself for your role in Trail Recreation, and enlist the prayer support of others throughout the week. You and your assistants’ attitudes, enthusiasm, and encouragement will significantly impact the lives of your Backpackers.

During Trail Recreation

- Cheerfully encourage full participation and *friendly* competition. Be especially sensitive to the noticeably shy, lone, or insecure child as well as those children with special needs. If there is a child with special needs, work with the parent to adjust a game for that child’s abilities. The goal is that every child be included and enjoy each game.
- Keep the more active games under control to avoid potential injuries.
- If a game is not working out, is too difficult, or is not keeping the interest of the children, change the game rules, or go to a game on your backup list.
- If a game is taking too long, shorten the length of the game, or if space and staffing allow, divide the group and have two games running simultaneously.

TRAIL RECREATION SCHEDULE

DAY	EXPEDITION D (4's-K)	EXPEDITION C (Grades 1 & 2)	EXPEDITION B (Grades 3 & 4)	EXPEDITION A (Grades 5 & 6)	
DAY 1	Critter Cascade (p. 6)	Critter Cascade (p. 6)	Bee Swat (p. 5)	Bee Swat (p. 5)	
	Bear Hunt (p. 5, 16)	Plains Races (p. 9)	Ant Camp (p. 5)	Ant Camp (p. 5)	
DAY 2	Blister Blues (p. 6)	Blister Blues (p. 6)	Blister Blues (p. 6)	Blister Blues (p. 6)	
	Rock Hop (p. 10)	Trail Mix-Up (p. 11)	Hiker Hook-Up (p. 8)	Hiker Hook-Up (p. 8)	
			Dig Mountain (p. 8)	Dig Mountain (p. 8)	
DAY 3	Drop the Bandana (p. 7)	Drop the Bandana (p. 7)	Suspension Bridge Walk (p. 10)	Suspension Bridge Walk (p. 10)	
		Rock Hop (p. 10)	Boulder Ball (p. 6)	Boulder Ball (p. 6)	
DAY 4	Climbing to the Mountain Top (p. 6)	Bear Hunt (p. 5, 16)	Rocky Cliffs Relay (p. 10)	Rocky Cliffs Relay (p. 10)	
	Duck-Duck Bear (p. 8)	Thirsty Hiker (p. 11)	Thirsty Hiker (p. 11)	Thirsty Hiker (p. 11)	
DAY 5	Treasure Hunt (p. 11)	Treasure Hunt (p. 11)	Mountain Top Round-Up (p. 9)	Mountain Top Round-Up (p. 9)	
		Dizzy (p. 7)	Dizzy (p. 7)	Water Balloon Toss (p. 12)	
RAINY DAY ACTIVITIES					
Anatomy Shuffle (p. 13)	Balloon Bust (p. 13)	Bear's Got the Bacon (p. 14)	Mountaineer Swat (p. 14)	Tail Grab (p. 14)	Trail Guide Says (p. 15)

GAME DESCRIPTIONS

Ant Camp

"You just set up camp—on an ant hill! Now you not only have to move your campsite but you need to stomp on all those ants!"

Needed in advance: balloons (1 per Backpacker)
15" pieces of string or rubber bands (1 per Backpacker; see sidebar)

Everyone receives a balloon and a piece of string or rubber band. Older Backpackers blow up the balloon and tie it to their ankles; younger children will need assistance. When the game begins, the children try to stomp and pop everyone else's balloon while trying to keep their's intact. The last person with a balloon wins. (see sidebar)

Bear Hunt

"While we are on our hike, stay alert! The path is narrow and tricky, and there can be dangers hiding around the corners, so follow your leader carefully."

Needed in advance: pop-up tent
stuffed toy bear

Set up the tent in advance and hide the toy bear in the tent. Backpackers form a single line behind the "Trail Leader." Leader recites intro line of lyrics (see page 16), and has the children repeat (or answer). Leader chants each verse and leads the children in acting out the activity as they progress closer and closer to the "cave" (tent). Leader and children chant the chorus together. Repeat for verses 1–5. On verse 6, the Leader "finds" the bear, and leads in racing back through each place they came through, doing the motions quickly as they are racing back to where they started, to get away from the bear!

Bee Swat

"You have just run into a beehive and you need to swat the bees off the heads of your friends."

Needed in advance: rolled newspapers (1 per child)
lunch-size paper bags or paper boat hats (1 per child)

Give all the Backpackers a paper bag/hat and a rolled piece of newspaper. Have them place the paper bags/hats loosely over their heads, pulling them down to their ears. The object is for each child to knock the other Backpackers' hats off without losing his own. It can be played boys vs. boys/girls vs. girls, or with all the children together. No one is allowed to hold his hat on. This game will require supervision by all Trail Recreation Guides and helpers. Backpackers are to hit only from the back side of the head—not from the front.

Day 1

Expeditions A & B
Grades 3–6



Use rubber bands in place of string for younger Backpackers. Affix rubber band to tie end of blown-up balloon by slipping it through itself, around the tie, and pulling securely. Child can then slip rubber band around ankle.

Day 1

Expedition D
4's–K

Day 1

Expeditions A & B
Grades 3–6

Day 2
Expeditions A–D
4's–Grade 6

Blister Blues

"You have just walked six miles this morning and your feet hurt terribly! It feels so good to take your boots off and just sit down for a minute."

Divide the Backpackers into even relay teams and have them line up single file. Ask children to each take off one shoe and put it in one large pile at the designated finish line. On the signal "GO," the first person from each team runs to the pile and tries to retrieve the shoe of the next person in his line. The funny aspect of this game is that many of the children will have the same type, or look-alike shoes, and shoes will be brought back and forth until the right ones are located. When that person puts his own shoe on, the shoe locator in front of him is finished and goes to the end of the line. The person with the shoes on now goes down and finds a pair for the next person in line. The race continues until the last person has his shoes on and tied.

Day 3
Expeditions A & B
Grades 3–6

Boulder Ball

"Avalanche! Boulders are falling! Move quickly so you don't get hit!"

Needed in advance: 3 foam balls

Have the Backpackers form a wide circle. Choose three children to go into the center. Using three foam "boulders," the children in the circle try to hit those in the center. When someone gets hit, he exchanges places with the person who hit him, and the game continues. With three balls, the game can get pretty exciting. You may want to start with one "boulder" and add the others according to the age level of the participants.

Day 4
Expedition D
4's–K

Climbing to the Mountaintop

"Our destination is the Mountaintop, which is a long distance to travel, and it's all uphill. Let's see if we can get there!"

This game is played like "Ring Around the Rosy." Rather than the traditional poem, teach the children to recite:

Climbing to the Mountaintop,
Climb because you just can't stop,
Climbing, climb—oops! We all fall down!

Day 1
Expeditions C & D
4's–Grade 2

Critter Cascade

"Your hike over the next week will be very exciting and adventurous. But it will also be challenging and difficult at times, so we want to make sure you are in shape. We are going to do some exercises in the form of a relay to help you stretch out those muscles. Here we go!"

Needed in advance: stuffed forest animals (1 or 2 per team)

Divide the Backpackers into even teams of no more than 15. Direct each team to line up in a straight line; give each team a stuffed animal. When play begins, the first Backpacker in line passes the “critter” back over his head to the second Backpacker, who passes it through his legs to the third Backpacker who passes it back over his head, etc., down the line. When the last Backpacker gets the stuffed animal, he runs to the front of the line and passes it back over his head, and play continues in this manner until the first Backpacker is again at the head of the line. The first team to finish wins. *Note:* For more excitement with older children, add a second stuffed animal when the first one is halfway through the line.

Dizzy

“The high altitude has affected your balance and you are having trouble adjusting to the lack of oxygen on the Mountaintop. Will you ever be able to get back down?”

Needed in advance: baseball or softball bats (1 per team)

Divide the Backpackers into equal teams and have them line up in straight lines. Place a bat about 20 yards in front of each team. Each team member must run to the bat, put his forehead on it, and spin in a circle seven times (less for Expedition C) before running back to his line. The first team to finish wins.

Drop the Bandana

“As you hike along the mountain path, try not to lose anything along the way. If you drop anything you’ll have to go back for it, and then run hard to catch up to the rest of the group!”

Needed in advance: 1 large bright bandana or handkerchief

This game is an old favorite that is always fun. Have the Backpackers form a circle. Choose one child to be IT. IT carries the bandana around the outside of the circle, inconspicuously drops it behind a Backpacker, and continues walking around the circle. When the Backpacker discovers the bandana behind him, he starts chasing IT around the circle. If IT makes it back to the place vacated by the Backpacker without being tagged, the Backpacker must stand in the center of the circle. But if the Backpacker manages to tag IT, IT goes to the center of the circle and the Backpacker now becomes IT.

A child in the center may be rescued if IT tosses the bandana into the circle, at which point the child immediately starts in pursuit. IT tries to make one complete circle—returning to the place where he threw the bandana into the circle—without being tagged. If IT is tagged, he goes to the center of the circle; otherwise, the game continues. In either case, the chaser is the new IT.

Day 5

Expeditions B & C
Grades 1–4

Day 3

Expeditions C & D
4’s–Grade 2

Day 4
Expedition D
4's–K

Duck-Duck Bear

"As we walk across the plains on the way to the mountain, we must always be on the lookout for food that we can take on the rest of our trip. Wouldn't a roast duck or goose taste great? Can you catch one?"

This is played with the Backpackers sitting in a circle. Select one Backpacker to be IT and instruct him to go around the outside of the circle gently tapping the head of each seated person, simultaneously saying "duck duck duck duck . ." When IT says "goose," the child whose head was just touched jumps up and chases IT around the circle and back to the spot where they started. If IT gets tagged before reaching the spot, he remains IT. But if IT is able to sit down in the spot first, then the new person becomes IT and goes around the circle repeating the game.

Day 2
Expeditions A & B
Grades 3–6

Hiker Hook-Up

"Sometimes while hiking you will cross rough or slippery paths which could cause you to fall and be in a very dangerous situation. That is when you need to hook up with a friend for safety."

Needed in advance: 1 whistle

Hiker Hook-Up is an active chase game that works best with 20 or more children. Divide into pairs and have the partners link elbows, forming a circle of pairs with at least four feet separating one pair from the next. If more Backpackers are playing, scatter the pairs over the area in random order to stand as obstacles. Choose one child to be the chaser, and another to be the "chasee." The chaser weaves through the hooked-up couples, attempting to tag the chasee. At any time, the chasee can "hook-up" by grabbing the free elbow of one of the pairs. Doing so makes the chasee safe, and takes him out of the chase; but the person on the other side of the one whose elbow he has grabbed must break free to become the new chasee. If the chasee is tagged, he becomes the chaser and the chaser becomes the chasee. Blow the whistle as needed to encourage frequent hook-ups, thus giving more children a chance to run.

Day 2
Expeditions A & B
Grades 3–6

Dig Mountain

"The Trail Guide has just signaled for a rest stop. You are really ready for a break, but there are not enough seats. You may just have to fight for one."

Have the backpacker sit close together in a circle. One person is left standing in the middle. The person in the middle asks a question (see list below). Whoever can answer "yes" has to get up and switch seats. The person in the middle has to go and find a seat, which in turn will leave somebody else in the middle without a chair to ask a question. The catch is that the people changing seats (this applies to each individual round) cannot move to the seat on either side of them, or if they get up and can't find a seat, they cannot return to the seat where they just sat. This is a great way to "dig" up some information on people.

- Did you like apples?
- Do you play baseball?
- Do you wear glasses?
- Have you ever gone on a long hike?

- Are you wearing blue?
- Do you have a younger brother?
- Have you ever ridden a train?
- Were you born in this state?
- Do you have a pet other than a dog or cat?
- Do you play a musical instrument?
- Are you sharing a bedroom with a brother or sister?

Be creative in writing your own questions!

Mountain Top Round-Up

“Congratulations! You made it to the top of the mountain with your team! Let’s play a game to help you quickly find your teammates!”

Needed in advance: 1 whistle

Instruct Backpackers to crowd into the center of the play area, and keep moving while holding arms at their sides. This forms the Jamboree Round-Up, in which everybody is bumping into each other at a very slow pace, mingling, mixing, and becoming increasingly more clumped together. The Trail Recreation Guide blows the whistle to stop all movement, and immediately yells out a specific number. If it is the number four, everyone must get into groups of four, lock arms, and sit down. The last group to do so is the loser of that round. You can eliminate groups until only one remains, or continue to play rounds with the entire group. Calling out higher numbers, like 13 or 17, is a lot of fun when there are many children involved.

Plains Races

“The Plains are long, flat stretches of land with not much to see. Why don’t we try some ways to make our journey to the Foothills more interesting?”

Needed in advance: traffic cones for start and finish lines
1 rope for midline marker

Before the Backpackers arrive, set up your relay course using the traffic cones and rope. Divide the children into teams of 7–8. Then have them line up and compete in the following relays.

- Spider Crawl: Backpackers race forward on their hands and feet, facing upwards.
- Deer Run: Players quietly run on tip toes.
- Leap Frog Hop: Players hop like frogs.
- Eagle Flight: Backpackers run with arms outstretched, dipping them side to side.
- Bear Walk: Players lumber forward, holding shoulders up, with arms bowed.
- Rabbit Run: A midline on the playfield is needed for this relay. The players begin by running to the midline and stopping long enough to hop five times in place. They then continue running to the end line, around the cone, and back to the midline to hop five more times before finishing their leg of the relay.

Day 5

Expeditions A & B
Grades 3–6



This is an excellent game to play in preparation for a game where teams are needed. If four teams are needed and you have 36 Backpackers, make the last number you call out nine.

Day 1

Expedition C
Grades 1–2

Day 2
Expedition D
4's–K

Rock Hop

"We are nearly trained for our hike; there is only one more thing that we have to prepare for. There will be many creeks to cross during our hike, so we want you to learn how to cross them without getting your feet wet. This game will teach you how to Rock Hop."

Needed in advance: sheets of paper (2 pieces per team)

Divide the Backpackers into even teams of no more than five and give each team two pieces of paper. Place markers at starting and ending points and have each team line up single file behind the starting line. Each Backpacker must get to the finish line, stepping only on the paper "rocks" (being careful not to step in the "creek") by moving the rocks forward as he progresses toward the finish. If he does step in the creek, he must return to the starting point and begin again. When he reaches the finish line, he runs to the next person in line and hands him the rocks. The game continues until all the players in a team have crossed the creek.

Day 4
Expeditions A & B
Grades 3–6

Rocky Cliffs Relay

"You've just made it to the top of a huge rocky cliff only to discover that there's a huge crevasse between you and the next cliff you have to scale. It's going to take some creative strategy and a lot of endurance. See if you can get your team there first!"

Needed in advance: 4 ties for three-legged race (optional)

Divide the Backpackers into four equal teams and have each team line up in a different corner of the recreation area. Explain that the object of the game is to be the first team to get all of its members to the opposite corner of the area, doing what you direct them to do. They must go one at a time (unless otherwise instructed) but will win only as a team. (The most fun aspect to this game is the mass confusion that occurs in the center of the playfield as teams pass each other on their way to their respective corners.) The following are suggested commands to give:

- Skip
- Wlimb walking (making high steps)
- Walking sideways
- Walking backwards
- Three-person chain
- Shuffle walk - each person's legs tied together, so they have to take tiny steps
- Wheel barrow

Day 3
Expeditions B & C
Grades 3–6

Suspension Bridge Walk

"You have come to a mountain pass covered in deep snow. The only way to cross safely is on skis. Time to strap up!"

Needed in advance: Eight 1" x 8" x 5' boards (with holes drilled one inch from each side at 1', 2', 3', and 4' intervals)
Sixteen 18" pieces of rope

Make rope loops at each interval, allowing room for a shoe to fit. Use one piece of rope for each loop; put the ends through the holes and knot under the boards on either side.

Divide the Backpackers into four equal teams and have a pair of planks for each team. Four players at a time from each team put on the planks (ski-fashion) and walk around a designated area or cone and back to their line. Then the next four players take over. It sounds easy, but team work is essential!

Thirsty Hiker

“Oh, no—your water supply has run out! Fortunately, your wonderful Trail Guide is willing to share some of his. But are you sure you really want it?”

Needed in advance: very small cup or 2-liter bottle cap
jar of water

Fill a pop bottle cap or similar-sized container (thimble, small paper cup) with water. Organize the Backpackers in a circle. Pick a theme-related category (backpacking gear, mountain peak, animal, tree, etc.) and announce it to the group. Think of a particular item within this category and keep it in mind, but do not announce it to the children. Take the small amount of water and go around the circle, having each child name a particular item in the category you selected. If a child chooses one that is not the one you thought of, he's safe. The child who chooses the exact one you did, or who repeats one that has already been said, gets the cup of water on the head, and is the next one with the bottle cap. He then announces a different category and continues as described above. This is particularly fun on a hot day.

Trail Mix-Up

“You have been walking up and down the foothills all morning and you are really getting hungry! Finally your Trail Guide says, ‘Fruit Break!’ What interesting fruit he's brought!”

Have the Backpackers sit in a circle. One child is selected to be IT. Each Backpacker seated in the circle is given the name of a fruit (orange, grape, banana, etc.). There should be several Backpackers for each kind of fruit. The game begins as the leader calls out a fruit, such as “plum.” All who are plums must get up and exchange positions in the circle. As they are scrambling to do this, IT tries to steal a spot. If he is successful, the person without a place in the circle becomes IT. The leader should call out names quickly, and add excitement to the game by calling out often, “Upset the Fruit Basket,” at which time all the Backpackers must exchange places.

Treasure Hunt

“You have finally reached the summit! You've made it to the Mountaintop! Let's go hunt for all the treasures waiting to be discovered here!”

Needed in advance: colored wooden blocks, approximately 1" x 2" x 5" (4 blocks per child)

Day 4

Expeditions A–C
Grades 1–6

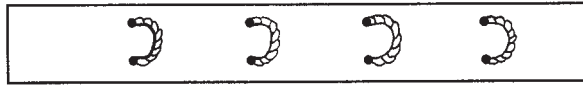
Day 2

Expedition C
Grades 1 & 2

Day 5

Expeditions C & D
4's–Grade 2

Hide the blocks throughout your recreation area, keeping them more visible for the younger children. After dividing the Backpackers into teams, give the teams a certain time limit to find as many blocks as they can. After all blocks are found, total the points, awarding different points for different colors of blocks. The team with the most points wins.



Day 5
Expedition A
Grades 5 & 6

Water Balloon Toss

"It's been a long hot hike and you are ready to cool off. Wouldn't a sudden 'cloud burst' feel great?!"

Needed in advance: water balloons (1 for every 2 children)

Have the Backpackers line up in pairs approximately six feet apart. Give each pair one water balloon to toss back and forth. Each time a balloon is thrown and caught without breaking, the one who threw it steps back one big step. When a pair's balloon breaks, they are out of the game. This continues until only one pair is left.



RAINY DAY ACTIVITIES

Anatomy Shuffle

Have the Backpackers pair off and form two circles, one inside the other. One member of each pair will be on the inside circle and one on the outside. Have the circles start traveling in opposite directions. The first time the whistle blows they are to listen for a pair of anatomy commands. The first anatomy command is for the inside circle; the second command is for the outside circle. After the command is given, they continue moving in the circles. When a second whistle is blown, the Backpackers are to quickly find their partner and use the anatomy parts given in the commands to “link up.” Below is a partial list of commands.

Inside Circle		Outside Circle
elbow	to	knee
ear	to	toe
finger	to	nose
knee	to	neck
toe	to	head
shoulder	to	ankle
thumb	to	pinky finger
ankle	to	forehead

Balloon Bust

Needed in advance: balloons (1 per child)
printed or clearly written activity messages (see below;
insert messages into balloons before inflating and tying
them)

Divide the Backpackers into two to four teams and line them up at one end of the room. Place the assembled balloons at the opposite end. On command, the first child in each line runs to the balloons, sits on one and breaks it. Then he reads the note in the balloon to his team, and carries out the activity described (which involves his entire team). When a team finishes its activity, their runner goes to the end of their line and the next runner repeats the game, until all balloons are burst.

Type or write the following and/or similar activities on slips of paper and insert one into each balloon:

- Do 5 push-ups, 5 sit-ups, and 5 jumping jacks in front of your team. Have your team count out loud together as you “perform.”
- Walk backward 4 laps around the room while teammates run in place.
- Have your team build a six-man pyramid.

- Run around the gym or field 1 time backward, and then give each member of your team a “high five.”
- Do 3 forward rolls and then have your team sing one of your songs.
- Do a 5-second headstand; then have your team say in unison 3 times: “The rain in Spain falls mainly on the plain.”
- Get a basketball and pass to each team member without dropping the ball. If the ball is dropped, you must start the passes over.

Bear’s Got the Bacon

Needed in advance: the “bacon” (a stuffed knee-length crew sock, tied at the open end; or a handkerchief)

This is a good game for camps or outdoor events, and is most successful with older Backpackers. Establish two goal lines, 20–30 feet apart. Divide the group into two teams of “bears,” and have each team line up abreast behind its goal, facing the opposite team. The “bacon” is placed at a point halfway between goal lines. Each “bear” is given a number, with the two teams being numbered from opposite ends of the line.

To begin the game, the leader calls out a number. The bear on each team having that number runs to the center and tries to grab the bacon and return to his goal without being tagged by his opponent. (The more skilled player will run into the center and hover over the bacon until such a time when he can snatch it and run when his opponent is off guard.) Each successful return gains two points for that team. Tagging the snatcher gains one point for the tagger’s team. After each successful tag or score, the bacon is returned to the center and another number is called.

Additional Suggestions:

- Play for a designated number of points.
- Call numbers in a manner that will create suspense.
- Include all numbers.
- Repeat numbers periodically to keep all players alert.
- Maintain interest by calling two or more numbers simultaneously, thereby involving four or more players.
- Use math equations for older Backpackers—“12 minus 7!”

Mountaineer Swat

Needed in advance: 1 rolled-up newspaper
1 empty wastebasket

Ask the Backpackers to sit in a circle centered around an upside-down wastebasket. One person is IT and stands inside the circle with a rolled-up newspaper. IT walks around the inside of the circle and gently swats one person’s knee. IT must then put the newspaper back on the wastebasket and return to the swatted person’s seat before

that person is able to grab the newspaper and hit him back. If he is successful, the swatted person becomes IT. If not, he repeats the game. If the newspaper falls off the wastebasket, it must be put back by IT.

Tail Grab

Needed in advance: handkerchiefs (1 per team)

Divide the Backpackers into any number of equal “chains” (a line of people in which each person grips the wrist of the one in front of him). The last person in the chain has a handkerchief “tail” dangling behind. The object is for each front person to snatch the tail from another line. The fun is trying to maneuver together to get someone else’s tail while trying to keep your own.

Trail Guide Says

“You have just been selected to go on a search and rescue mission! It will be very exciting and filled with adventure, but it requires obeying your Trail Guide precisely! He is experienced and knows exactly how to lead you. Are you ready?”

This is the very familiar “Simon Says” game, which is played by having one leader call out the instructions for the rest of the group to follow. Backpackers are only to do the instructions that are preceded by the phrase, “Trail Guide Says.” After a few practice rounds, Backpackers will be eliminated when they do something that is not preceded by “Trail Guide Says,” until eventually a winner is determined. That winner then takes the place of the leader, and gives the instructions.

BEAR HUNT LYRICS

Intro

Leader: We're goin' on a bear hunt

Kids: (goin' on a bear hunt)

Leader: Gonna catch a big one

Kids: (gonna catch a big one)

Leader: Are you scared?

Kids: (I'm not scared.)

Leader: Here we go.

Kids: (Here we go.)

Verse 1 (Leader)

Oh no!

Here's some tall grass.

We can't go over it.

We can't go under it.

We'll have to walk through it.

Swish, swish, swish, swish (*with motions*)

Chorus (Leader & Kids)

[Slap legs alternately to the beat]

Goin' on a Bear Hunt,

Gonna catch a big one.

Are you scared?

I'm not scared!

Verse 2 (Leader)

Oh no!

There's a big, wide river.

We can't go... (etc.)

We'll have to swim through it.

Swim stroke, swim stroke (*with motions*)

(Chorus)

Verse 3 (Leader)

Oh no!

A tree is down!

We can't go... (etc.)

We'll have to crawl under it!

Kneel, crawl, kneel, crawl (*with motions*)

(Chorus)

Verse 4 (Leader)

There's ooey-goopy mud!

We can't go... (etc.)

We'll have to walk through it.

Squish, squash, squish, squash (*with motions*)

(Chorus)

Verse 5 (Leader)

There's huge mountain!

We can't go... (etc.)

We'll have to go OVER it.

Hike, climb, hike, climb (*with motions*)

(Chorus)

Verse 6 (Leader)

Look! There's a big, dark cave!

We can't go... (etc.)

We'll have to go IN it! Shhh...

Tiptoe, tiptoe (*with motions*)

What's is that?!

A wet shiny nose

2 furry ears

2 googly eyes

It's a BEAR!!

QUICK!!

Back through the cave!

Tiptoe, tiptoe

Down the mountain

Hike, climb, hike, climb

Through the gooey mud!

Squish, squash, squish, squash

Under the tree!

Kneel, crawl, kneel, crawl

Swim through the river

Swim stroke, swim stroke

Run through the tall grass

Swish, swish, swish, swish

Whew! We made it!