

Water Day Activities for Day Camp
****Churches will provide all supplies****

Water balloon games

- Tosses
- Fights

Body paint and goop (Work well together as one station)

Body paint:

- Materials needed:
 - Cups (one/color of body paint) and spoons to mix
 - Cornstarch
 - Baby shampoo
 - Food coloring
- To make:
 - Mix one part cornstarch to one part baby shampoo and mix. Drop food coloring in and mix in.
 - Pro tip: Put the baby shampoo in the cup first, then the cornstarch.

Goop:

- Materials needed for goop:
 - Container to hold the goop (like a tub that you would soak your feet in)
 - Cornstarch
 - Water
 - Food coloring
- To make:
 - Mix (with your hands) one part water to two parts cornstarch. Add food coloring. (This will stain your hands, but who doesn't want to look like a Smurf?!)
 - Pro tip: The water will dissolve the cornstarch if you put in too much water, so be careful.
 - Pro tip: Make sure the campers keep their hands over the bowl!

Water relay A

- Materials needed:
 - Large buckets (2/team)
 - Small bucket or large cup
- Objective: To fill the empty bucket across the field with water first.
- Instructions:
 - Line up the buckets on opposite sides of the playing area, so that they run, in a straight line, to their paired bucket across the field.
 - Have the campers line up behind their bucket that is filled with water.
 - Give the first person in each line the cup.
 - They must fill their cup with water, run it across the field, and pour it in to fill their team's empty bucket.
 - After pouring the water from their cup into the bucket, they must run across the field, back to their lined-up team and give the cup to the next person.
 - The team that fills their originally-empty bucket first wins.

Water relay B

- Materials needed:
 - Large buckets (2/team)
 - Cup
- Objective: To fill the empty bucket at the end of the line with water first.
- Instructions:
 - Line up the campers in a straight line. Put the bucket filled with water in the front and the empty bucket at the back of the line.
 - The first person in line fills the cup with water and passes it to the person behind them by holding the cup over their head. The second person in line passes it to the person behind them by handing it through their legs. The third person passes the cup over the head, and so on.
 - At the end of the line, they pour the water into the empty bucket and must pass the empty cup back to the front to do it all over again.

Drip, drip, drop

- Materials needed:
 - Cup
- Instructions:
 - Have the campers sit in a circle.
 - This is just like Duck, Duck, Goose, but they say “Drip, Drip, Drop”. When they say “Drip,” they pour only a little bit of the water in their cup on the person. When they say “Drop”, they pour the entire cup on their head and get chased around the circle.

Slip’n’slide

- Materials needed:
 - Tarp or slip’n’slide
 - Baby shampoo is a no-tears way to get really good slides!