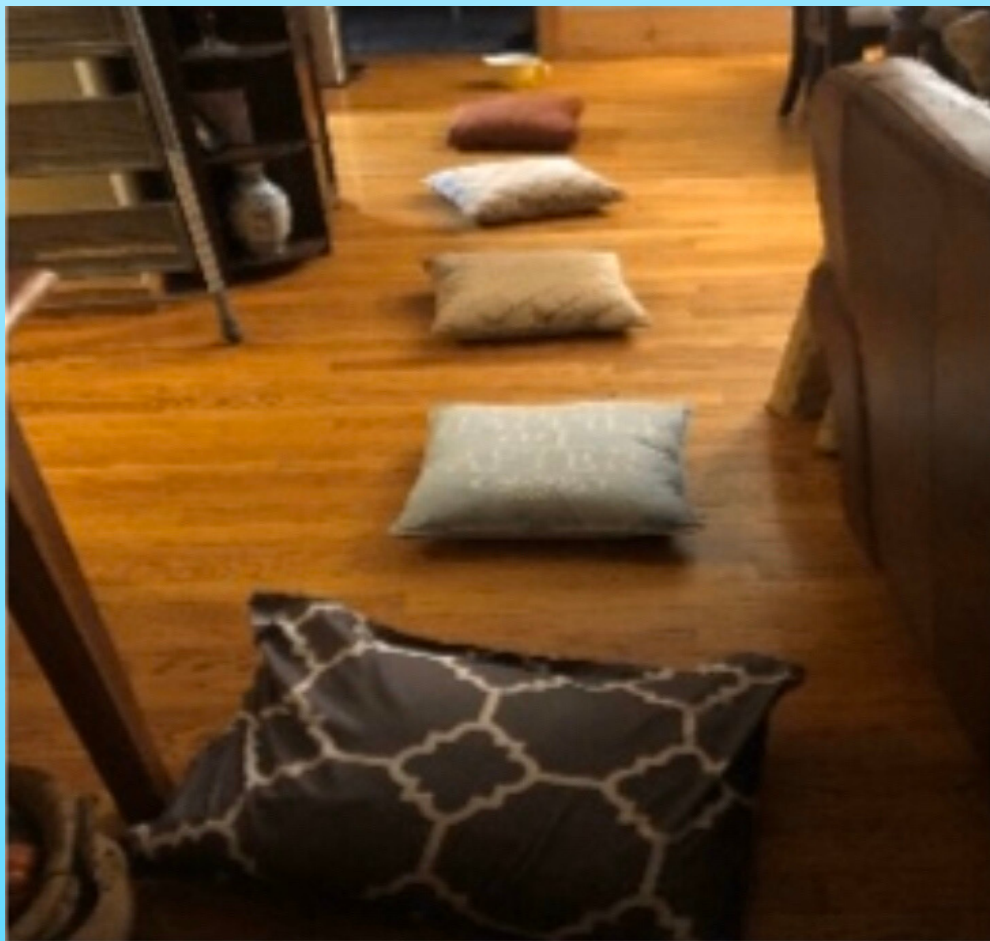




CBG 'n Me

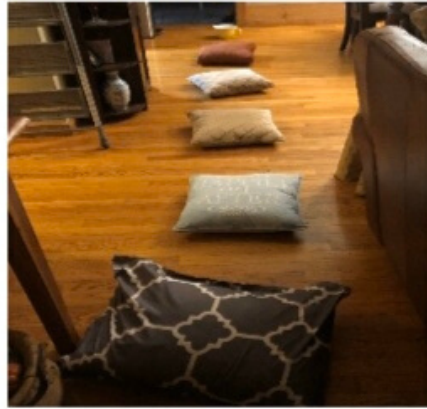
-Obstacle Course-



AT HOME OBSTACLE COURSE

WHAT YOU NEED:

- Pillows
- A coin or a ball
- A bin or a bowl



HOW TO PLAY:

1. Set up your pillow in a straight line with space in between each one. Look at the picture for an example.
2. Start off the race by singing your favorite song from Camp Burnt Gin.
3. Then you will walk around and through the pillows. Weave through them as if they were cones.
4. Next, take a coin or a ball and throw it into your bowl or bin.
5. Then, spin around 5 times with your eyes closed.
6. After spinning, say your 5 favorite things about camp.

OTHER WAYS TO PLAY:

1. Set up 2 lines and race against a sibling or parent.
2. Add more obstacles to make it longer – be creative.
3. Try doing it backwards.
4. Try doing it on one leg.
5. With a parents help, put on a blindfold and have your parent guide you through the obstacle course without seeing.