

## Week 1: Water Fun

Splash your way through these water games and then dry off under the hot summer sun! Items required include water, a large size sponge, two pails, water balloons and a beach towel or blanket.

- **Water Relay Race**
  - **Items Required:** sponge, one pail with water, one empty pail
  - **Instructions:** Line up single file facing the same direction at the start line. Place the pail of water at the front of the line and the empty pail opposite your line-up at the finish line. The first person in line fills the sponge with water and runs to the empty pail. Squeeze out as much water as possible into the second pail. Then run back and pass the sponge to the next player. Continue the game for as long as you wish and remember to cheer your family on!
  - **Challenge:** Try to beat your families' personal best time!
- **Water Balloon Catch**
  - **Items Required:** water balloons, water, two pails
  - Instructions:** Fill up the balloons with water, tie them and divide them between the two pails. Have your family stand in a circle with the two pails in the middle. Have fun playing catch with one balloon at a time until it breaks. Afterwards, have a race to see who can pick up the most balloon pieces on the ground and place them in the garbage.
  - Challenge:** Try throwing and catching two or more balloons at the same time!
- **Over and Under Race**
  - **Items Required:** sponge, one pail with water, one empty pail
  - **Instructions:** Line up single file, smallest (front of the line) to tallest (end of the line), facing the same direction. The pail of water with the sponge is at the beginning of the line and the empty pail is at the back of the line. The first player in line picks up the wet sponge from the pail of water and passes it over their head to the next player. The second player passes it under their legs and so forth. The last player squeezes the sponge into the pail and races to the front of the line taking the sponge with them. The game continues until everyone has had a chance at being the first player.
  - Challenge:** How much water can you get into the second pail?
- **I Spy**
  - **Items Required:** beach towel or blanket
  - **Instructions:** To dry off and relax in the sun, lay on a beach towel or blanket on the grass. Taking turns, look around and play "I Spy." The first player spies a mystery object and says, "I spy with my little eye, something that is..." Then the other players guess what the mystery object is by giving clues. Continue the game for as long as you wish!