

WATERMARK KIDS SUMMER ACTIVITIES

PLAY TOGETHER. PRAY TOGETHER.

Discipleship does not have to be complicated. It can be as simple as playing together and praying together. We have created this summer sports-themed resource for you to use with your family, community group, or neighbors. These games and activities can either be used all in one week or spread out over four weeks. We hope this resource helps you take advantage of the time you have together, make memories, and learn what God is doing around the world.

Each page includes five sections to help foster fun and laughter for the day or week. All of the activities have suggested materials and instructions, but feel free to make it your own.

You will also memorize part of Hebrews 12:1b-2a (NLT) that we have divided into sections for you to learn as you make your way through the activities.

After you have played together, do not forget to pray together. Each day/week prompts you to choose a new country to learn about and pray for as a group. Pray for the people of that country who are already a part of the Church and also for those who have not yet heard about Jesus.

Have fun!

WEEK 1: TRACK AND FIELD

On your mark, get set, go! Kick off Week 1 with your very own opening ceremony. Then get ready for a little relay competition through an obstacle course of your making as part of this week's Track and Field-themed activities.

MEMORY VERSE:
HEBREWS 12:1b-2a

"...let us strip off every weight that slows us down, especially the sin that so easily trips us up"

GAME TIME

RELAY RACE:

Set up an obstacle course using the objects you gathered. When it is someone's turn to go, come up with a way to "slow them down" as they race to the finish line. You could tie their knees together or have them carry something heavy. Then, let them try it again without whatever slowed them down. Give everyone a turn to race both ways. Afterwards, talk about how much faster everyone ran when they threw off what "tripped them up" to help connect the activity to our memory verse.

MATERIALS:

- Outdoor objects you can use to set up an obstacle course, like patio chairs, garden pots, toys, etc.

SNACK TIME

EDIBLE TORCH:

Give everyone an ice cream cone of your choice (will it be sugar or waffle or something else altogether?!) and let them fill it with either Cheetos or popcorn to make their own edible torch. Yum!

MATERIALS:

- Ice cream cone
- Cheetos/popcorn

CRAFT TIME

OPENING CEREMONY TORCH:

Before your opening ceremony, create a torch by first decorating a cardboard tube from a toilet paper or paper towel roll. Then cut orange, red, and/or yellow paper into flame-like shapes. Tape or glue the flames to the inside of the cardboard tube to create a torch. Have each kid pick a country from the website listed under "Prayer Time" and have them represent that country during your ceremony. While the music is playing, have the kids march in and say which country they are representing and one fact about that country.

MATERIALS:

- Toilet paper roll
- Markers or crayons
- Orange/red/yellow Paper
- Tape or Glue
- Scissors
- Opening ceremony music of your choosing

PRAYER TIME

Look at the list of countries found here: olympic.org/national-olympic-committees

Choose one country you have never heard of before and find out more info about them, including how you can pray for them this week here: operationworld.org/countries-alphabetically

WEEK 2: WATER SPORTS

Marco? Polo! That's right, this week you are diving into water-themed games and activities. Get ready to make a splash together with everything from water balloons to popsicles.

MEMORY VERSE:
HEBREWS 12:1b-2a

"...let us strip off every weight that slows us down, especially the sin that so easily trips us up. **And let us run with endurance the race God has set before us.**"

GAME TIME

WATER GAMES:

Have fun outside with a variety of water sports. You can try running through or hurdling over sprinklers. Toss a water balloon back and forth, taking a step back each time, to see how far apart you can get before the balloon drops or breaks. You can also set up a water relay by placing two buckets, one with water and one without, a certain distance apart. Mark a line on the bucket without water and tell everyone the goal is to fill it up to that line with water from the other bucket using sponges or ladles. Afterwards, talk about how we are to run with perseverance in everything we do to help connect the activity to our memory verse.

MATERIALS:

- Water hose/sprinkler
- Water balloons
- Buckets
- Sponges/ladles

SNACK TIME

POPSICLE TREATS:

Popsicles can come in all sorts of shapes and sizes. You can simply stick a popsicle stick into a pudding cup and freeze until snack time. You can also pour fruit juice into an ice cube tray. When the cubes are partially frozen, stick in the popsicle sticks so they will stand up straight and continue to freeze until solid.

MATERIALS:

- Make a homemade popsicle together or grab some from the store
- For homemade popsicles you will need an ice cube tray, popsicle sticks, fruit juice, Kool-Aid, or pudding cups

CRAFT TIME

SHAVING CREAM SCAVENGER HUNT:

Place small objects on the baking sheet. Then cover the objects with shaving cream. Have your child look for all the objects. For an extra challenge, have them only use their toes or do it blindfolded.

MATERIALS:

- Shaving cream
- Baking sheet
- Small objects (Legos, Little People toys, coins, plastic animals, etc.)

PRAYER TIME

Look at the list of countries found here: olympic.org/national-olympic-committees

Choose one country that has at least four colors on their flag and find out more info about them including how you can pray for them this week here: operationworld.org/countries-alphabetically

WEEK 3: TEAM SPORTS

Teamwork makes the dream work. Up this week? Team sports! Get ready for the winning combo of a sweet and salty treat plus a friendly scrimmage chosen to help teach a new section of the memory verse. What a dream (team).

MEMORY VERSE:
HEBREWS 12:1b-2a

"...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. **We do this by keeping our eyes on Jesus...**"

GAME TIME

SOCCER/BASKETBALL SCRIMMAGE:

Set up and play a family scrimmage of soccer or basketball. Designate your playing field or court. If you do not have a typical goal, create a goal line or use a laundry basket. After the game, talk about how in order to play well, your eyes needed to be fixed on the ball. Help connect the activity to the memory verse by talking about how we need to fix our eyes on Jesus every day.

MATERIALS:

- Laundry basket/net
- Ball

SNACK TIME

SOCCER POPCORN:

For this sweet and salty treat, mix the popcorn and crushed Oreos together in a bowl and melt the white chocolate or almond bark. Pour the chocolate into the mix and stir. You could quickly form the mixture into balls or simply spread it out onto a cookie sheet to cool.

MATERIALS:

- Popcorn
- Melted white chocolate or almond bark
- Crushed Oreos

CRAFT TIME

HOMEMADE BOUNCY BALL:

Have an adult dissolve Borax in warm water. Make sure the Borax is completely dissolved before moving on to the next step. Squeeze Elmer's glue (2 TBSP per ball) into the bowl with the Borax solution and add optional glitter or food coloring. (Note: food coloring will color your hands) Using your fingers or a spoon, quickly shape the glue into a ball in the bowl. Once it is no longer sticky, pick it up and roll it into a ball shape with your hands. Be sure to wash your hands afterwards.

MATERIALS:

- ½ Cup warm water
- 1 TBSP Borax
- 2 TBSP clear Elmer's glue
- Optional: glitter
- Optional: food coloring

PRAYER TIME

Look at the list of countries found here: olympic.org/national-olympic-committees

Choose one country you have don't know how to pronounce and find out more info about them including how you can pray for them this week here: operationworld.org/countries-alphabetically

WEEK 4: GYMNASTICS

We hope you and your family have had an "all around" good time playing and praying together. Finish strong with this week's gymnastics-themed activities and "stick the landing" with an edible medal ceremony.

MEMORY VERSE:
HEBREWS 12:1b-2a

"...let us strip off every weight that slows us down, especially the sin that so easily trips us up. And let us run with endurance the race God has set before us. We do this by keeping our eyes on Jesus, **the champion who initiates and perfects our faith**"

GAME TIME

BALANCE BEAM:

Choose one person to be blindfolded and walk across the pool noodle or tape balance beam. Have another person be a guide, giving directions or a helping hand. For an extra challenge, create a routine on the beam. Afterwards, help connect the activity to the memory verse by talking about how the person on the balance beam had to trust their guide. Similarly, Jesus wants us to have faith and follow Him, our perfect guide.

MATERIALS:

- Pool noodle or tape
- Blindfold

SNACK TIME

EDIBLE MEDAL:

Open the Fruit by the Foot, take off the wax paper and connect the two ends to make a necklace. Carefully open the Oreo and place the Fruit by the Foot ends inside. Finally, stick the Oreo back together. Ta da!

MATERIALS:

- Fruit by the Foot
- Vanilla Oreo

CRAFT TIME

STREAMER LASER MAZE:

Create a crisscross "laser maze" to climb through by taping streamers or string in a doorway or hallway. The goal is to make it through the maze without touching any of the streamers or strings. Try adding in style points or a bonus for the shortest time.

MATERIALS:

- Streamers or string
- Tape (preferably painter's tape)

PRAYER TIME

Look at the list of countries found here: olympic.org/national-olympic-committees

Choose one country that has at least four colors on their flag and find out more info about them including how you can pray for them this week here: operationworld.org/countries-alphabetically