

Olympic Day Activity Plan

8 Winning Activities · Materials & Instructions

1 Sharpie Tie-Dye Trucker Hats

MATERIALS

Trucker hats, Sharpies, rubbing alcohol, mist spray bottle, hot glue gun (adult use), sticky patches

STEPS

1. Color designs onto the hat's fabric panel with Sharpies — dots, swirls & stripes work best.
2. Lightly mist with rubbing alcohol and watch colors bloom into tie-dye.
3. Let hats dry completely.
4. Adult glues on patches or appliqués to finish.

2 Fruit Loop Necklace Medals

MATERIALS

Fruit Loops cereal, ribbon (necklace length), paper medal cutouts

STEPS

1. Give each camper ribbon and a small bowl of Fruit Loops.
2. String Fruit Loops onto the ribbon to make a necklace.
3. Tie ends together and attach a paper medal cutout to the front.
4. Wear proudly and snack on extras along the way!

3 Drip Drip Splash

MATERIALS

Sponges, bucket of water

STEPS

1. Campers sit in a circle; one camper is "it" with a wet sponge.
2. "It" walks the circle, lightly dripping water on heads while saying "drip, drip..."
3. On "splash," squeeze the sponge on that camper's head.
4. That camper chases "it" around to the open spot — last one standing is the new "it."

4 Cup Relay

MATERIALS

Small cups (2 per team), large bucket per team, water source

STEPS

1. Split into two teams, paired into partners down the line.
2. First camper pours their cup over their head into a partner's cup.
3. Partner runs to pour it into the team bucket, then refills and passes it on.
4. Continue relay-style — first team to fill the line wins!

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5 Water Balloon Catch

MATERIALS

Beach towels (1 per buddy pair), water balloons

STEPS

1. Pair campers up; each pair holds a beach towel by the corners.
2. A leader tosses a water balloon onto the towel.
3. Buddies work together to catch it without popping, then launch it back or onward.
4. For a challenge, step back after every successful catch.

6 Build-a-Boat Challenge

MATERIALS

Pool noodles, duct tape, small toys (cargo), kiddie pool

STEPS

1. Give teams pool noodles and duct tape.
2. Teams have 10–15 minutes to design and build a floating boat.
3. Launch boats across the kiddie pool to test them.
4. Add cargo — the boat that crosses with the most cargo without sinking wins!

7 Popsicle Party

MATERIALS

Popsicles (plus extras), napkins or wet wipes

STEPS

1. Gather campers in a shaded spot.
2. Hand out popsicles to everyone.
3. Use this as a built-in rest break to recharge and cool off.
4. Keep napkins or wipes handy for sticky fingers!

8 Kiddie Pool Playtime

MATERIALS

Kiddie pool(s), sponges, reusable water balloons

STEPS

1. Set up kiddie pools scattered with sponges and reusable balloons.
2. Let campers enjoy open, unstructured water play.
3. Great wind-down activity to close out the Games before pickup.

Way to go, Champions! 🏆



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