

## WHAT TO DO IF IT RAINS

Some days you may find yourself staring in the face of a large dark cloud or standing in water up to your toenails. Fortunately, you will still be able to have fun with the girls. The first thing to do is arrange for a “rain-room” at the facility you are holding *Girls on the Run*. This can be either a classroom, an auditorium, an indoor track, an outdoor shelter, etc. Let the girls know in the first or second meeting where they should go if it is raining. If you are lucky enough to have access to an indoor track, then you will not need to drastically alter the day’s activities. You just might need to be more creative in finding space for relays and discussions.

If you will not be able to perform the activities as planned, try to adapt the lesson in such a way that the activities might be appropriate for indoors. After you have exhausted those resources, call upon the girls to share with you some of their favorite indoor games. More than likely, they will have a list of ideas, and you can just go from there.

You could also try some of the activities we have found to be successful, such as:

- Making collages out of magazines, etc.
- Turning off all the lights and telling ghost stories.
- Playing games like 7-up, Operator, Murder, Hide & Seek, Duck–Duck–Goose, etc.
- Singing and teaching favorite camp songs.
- Having the girls write down on paper two true statements about themselves and one false statement. This game is called Two Truths and a Lie. Collect all the papers and read each one aloud. After you finish reading one, have the girls try to guess who wrote the three statements and which one is the lie.
- Playing the game Change-Up. Put the girls in pairs. They will both look at one another for a minute or so, and then one of the girls will shut her eyes. While her partner’s eyes are shut, the other girl will change 3-5 things about her appearance (i.e. putting her watch on the other wrist). When she is finished her partner will open her eyes and try to guess what is different. Next, the other partner gets to do the change-up.
- Writing down a Love List. A love list is where each girl will write down a list of 20 activities that they enjoy. Next to each activity they will note four things:
  - 1.) if they do it alone (A) or with other people (P)
  - 2.) if it requires money (\$) or not
  - 3.) if it is done indoors (I) or outdoors (O)
  - 4.) and when they do it

Writing down this list should help the girls to understand a little bit more about themselves and the kinds of things that they enjoy doing. After everyone has finished, have the girls go around a circle and say which five are their favorites.

## PICTIONARY

Indoor Pictionary – this is adapted from the Girls on Track curriculum. The girls seem to love this game and it transfers well for indoor on rainy days.

Before class make up two grab bags. One grab bag is full of pieces of paper with a word that each team will have to draw (i.e. healthy food items, a girl running, swimming pool, swing, etc.) The other is full of pieces of paper with the workout each girl will have to do

(i.e. run two laps, walk one lap, do 15 jumping jacks, do 25 swats, hop a lap, free turn – no laps,) Make up your own. If you don't have a lap or there and back place to run, add more jumping jack or sit-up options.

Divide the girls into two teams. Instruct them to decide in what order they will go. You can have them line up by height, birthday. The first girl from each team picks a piece of paper from the workout grab bag. They then go do the workout – run two laps. They come back and pick a piece of paper from the word grab bag and go back and draw it for their team. When the team guesses the correct word, the next team member comes and picks a piece from the workout grab bag. Does the workout and then draws for her team. Continue until each team member has gone at least once.

Variations: Have the teams come up with the drawing words for the other team. Play charades instead of pictionary. Adapt the words the girls have to draw to the day's lesson (i.e. if you are doing the lesson on healthy eating habits, all the words could be healthy or unhealthy foods.)