

**WEP
AH!**



What is it?

Power Up issues a challenge meant to motivate you and your campers to integrate healthy lifestyle habits into your days at camp.

How does it work?

To help you, we've come up with a card game on the theme of healthy lifestyle habits. Each card features a different challenge to meet with your campers. The stars indicate the degree of difficulty. If you can't do it right now, pick a new card.



** A more difficult challenge can take longer or require more preparation time.*

Choose the best option for your group and be creative!

- A Pick one card per day. The challenge must be undertaken during the day.

- B Meet as many challenges as possible within a specific time frame.

- C Use the star system to hold a competition with other groups. Who will collect the most stars?

- D Whenever you have down time, pick a card and take up the challenge.

Psst! To add another layer of fun,

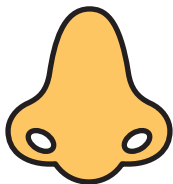
shout « WEPAH! »

to signal to your group that it's time to meet the challenge and that the campers should gather around you.

Get the campers involved in each challenge, because everyone can play!



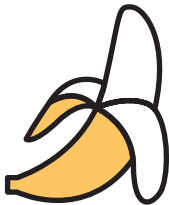
The great sensory discovery



Close your eyes and ask your campers to make you **guess the food item** that they put in your hand. Use your **four other senses** to help you guess! You can also challenge your campers to do the guessing.



Fruity mime



Mimic a fruit. Will they be able to guess right?

Increase the level of difficulty by adding other elements to mime, for example “a banana on a bicycle”; add a timer or form two teams to compete against each other.



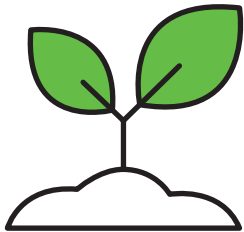
An almost perfect recipe



Perform a sketch featuring chefs on a mission to create the recipe of the year!



Sing a song



Invent a song on the
theme of the garden.



Who am I?



In less than a minute, use what you have on hand to make others guess what **your favourite food** is, without using any words.



Sweet and salty



Name a sweet food item.

The next camper repeats the name of the food item and **names a salty food item**, and so on.

Psst! Before starting the game, make sure the campers know the difference between sweet and salty foods.



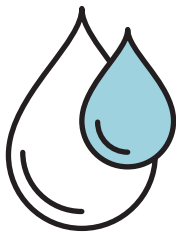
The chefs



Grab a ball, **name a food item**,
then throw the ball to a camper
who then has to **name a recipe**
that uses the food item.



All the water you can drink!



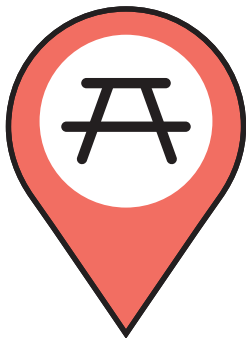
Invent a water dance.

Perform the dance each time you
switch to a different activity.

Those who want to can **take
a sip of water.**



Original picnic



Choose a **special place** to eat lunch and savour your snacks.



Air, earth, water

Form a circle with one camper in the centre. That camper **points to a player** around the circle and says “air”, “earth” or “water.”

Depending on which word is spoken, the player pointed to **must name a food item.**

AIR = food that grows on trees.
EARTH = food that grows in the ground.
WATER = food that lives in water.



Winning combo



**Name a combination of foods
that you enjoy.**

Be original and let your
teammates discover new
combinations.



Taste the rainbow



Draw a large rainbow.

For each colour in the rainbow,
draw a **food item that has the
same colour.**



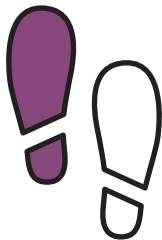
**Do something
different!**



Discover a **NEW sport** with
your campers today, one that will
make you move differently.



An unusual approach



Walking normally is no longer permitted each time you move from one place to another during the day. You and your campers must **find an original way to move between places.**



Jumbled race



All the campers stand on a line.
They must get to the finish line
by **running with both hands on
their calves.**



Force contest

Take **two different balls** and describe them with your campers (shape, texture, hard or soft, material → plastic, rubber, etc.).

Ask them to guess which ball will go higher or faster, or which will make more noise.

Test your hypotheses by throwing the balls as hard as possible into the ground.



Mirror-mirror



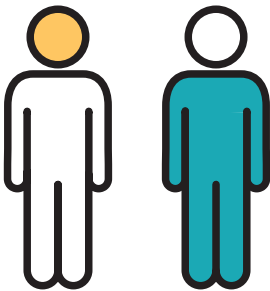
Face another person and **mirror each of their movements.**

The other person should make unusual movements!

Take turns mirroring each other's movements.



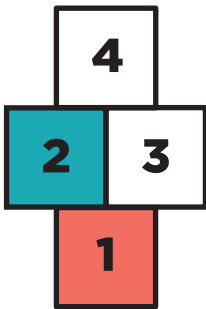
The “handshake”



In teams of two,
create a handshake that uses
the entire body.



Hopscotch



Trace the largest and most **original hopscotch grid** possible and try it with your group. Have other groups try it.



Take cover!



Associate a shirt colour with a challenge (e.g., *jumping, balancing on one leg, etc.*).

Take up the challenge each time you see a shirt in that colour.



American dubbing



Have the campers form teams of two. One camper plays the **narrator**, the other the **actor**.

The narrator **describes their favourite way to stay active** at camp, while the actor **improvises the narrator's gestures**.



Wrong answers only!

As fast as possible, **the campers take turns asking the group to perform an action.**

Any action will do, **except the one requested** (e.g., if the action requested is “Jump on one foot”, the campers can respond by rolling on the ground, jumping with both feet, etc.).



Comic improv

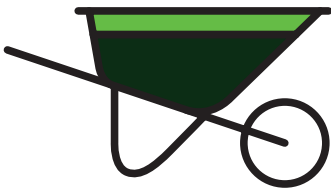


Have the campers form a circle. Individual campers take turns going into the centre and **improvising the most unusual movement.**

Add music to make the challenge more interesting.



Wheelbarrow race



Form a starting line. Have the campers line up in **teams of two** and start the **wheelbarrow race**.



The statue

Hold a **statue contest** with strange positions (*e.g., on all fours, in bridge position*).

You can also increase the level of complexity or difficulty with every turn, for example by forming a two-person statue, an upside-down statue, etc.



Give to the next person



Issue a “**good deed**” challenge to your campers. Each camper must **perform a good deed** by the end of the day.



Yogis frozen in time



Ask each camper to invent a **yoga posture** and hold it for a few seconds while **taking deep breaths.**

You can suggest that they close their eyes. Repeat with other postures during the day.



Your body is a temple



Name a **part of your body** that you particularly enjoy because of what it lets you do (e.g., *"I love my legs because they allow me to run!"*).



Pause!

Close your eyes, **take 10 deep breaths**, and think about something that makes you **happy**.

Repeat the exercise as many times as necessary during the day.

Invite your campers to tell the others what makes them happy.



My role model

Ask the campers to **present their role model.**

Emphasize the idea that a person should serve as a role model through their **actions** and **achievements**, and not because of their body or physical beauty.



I am... you are!

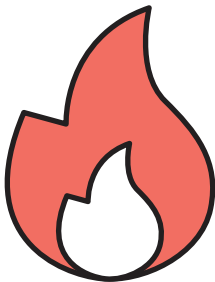


Have your campers sit in a circle.
Ask each camper to **name one of their qualities.**

Then have each camper name one quality that they see in the person seated to their left.



Ball of energy!



Name one thing you **enjoy doing**
to **energize yourself**.

Try it as a group!



Favourite



At the end of the day,
tell the others about at least
**one thing that put you in
a good mood** or gave you
joy today.



Relaxing moment

Before today's snacks and lunch, take a moment with your campers to **think about the activities** they just completed.

Ask them to reflect on what they liked or didn't like about the activities.

Invite them to share their reflections with the others.



Blind dance



Play some music, and give yourselves some space to move freely.

Have the campers **close their eyes** and **dance in place** without looking.



Hidden talents

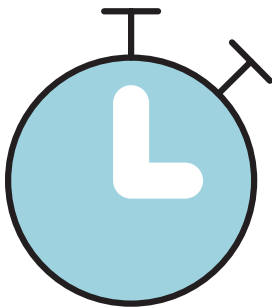


Name something that you're
capable of doing.

Be as original as possible!



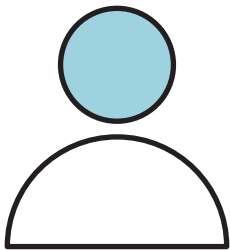
Slow-motion



Move in **slow motion**
for one minute.



My person



Name someone, present or not, who makes you **feel good**, and **explain why** (e.g., *“My best friend, because we always have fun together.”*).



Dream catchers



Talk about your **dreams** or something you would like to do this week.



The great discovery



Create an **artistic reproduction** of a food item you would like to taste.

Use recycled materials.



Singer-songwriter



Create a **camp song** using the names of 10 fruits or vegetables and five different sports.



Follow the rhythm!



Invent a dance set to your group's favourite camp song.



Relaxation challenge

Today, take a **moment to relax**
as a group.

Have your campers close your
eyes for 10 minutes and ask them
to take deep breaths.

You can play some relaxing music
and do a guided meditation.



Human writing



In under two minutes, the campers must use their bodies to **form the word** "health."



Time to get creative!

Take a moment to
create abstract artworks
connected to your favourite
physical activity.

Will you be able to make
them guess what it is?



String of funny words

Name a **fruit or a vegetable**.

Then have the campers name a fruit or a vegetable that starts with the **last letter** in the food item named

→ carrot, tomato, orange, etc.



Showtime!

Prepare three **small shows**.

Be original, you can present any kind of variety number on the following themes:

I like to move!
Salty or sweet?
Relax to the max!



Quiz time!

Create a 15-question **questionnaire game** with your group, with five questions on **nutrition**, five on **physical activity**, and five on **well-being**.

Test your game with another group.



Budding comedian!

Have your campers form a circle.

One camper, the comedian,
stands in the centre and tries to
**make the others in the
circle laugh.**

If one of them laughs,
they must replace the comedian
in the centre, and so on.



Seek and find in nature



Together with your campers,
create a list of things that are
found outdoors.

At your signal, the campers
must find as many of the items
on the list as possible, as fast
as they can.



Human chain



Create the largest **human chain** possible in order to **move the ball** from point A to point B.

The camper who is last to receive the ball must **throw it at a target of their choice.**