

REPLAY



**SAFE & FUN
ENVIRONMENTALLY-FRIENDLY
GAMES & ACTIVITIES**

CiRA
Ontario

INTRODUCTION

REPLAY! was written to assist schools and recreation facilities with safe games that can be used for environmental and ecology units and to promote the green movement. The games provided in this resource are easy to control and do not cost a lot of money as the items used are recycled and reused everyday materials. Along with a large selection of FUN games, the resource is spotted with fun environmental facts and quotes that will help to stimulate frank discussions about our environment and our role in it.

To ensure safe play, CIRA Ontario suggests that you observe the following safety guidelines:

- Ensure that garbage is thoroughly cleaned, and washed in a 10% bleach solution.
- Ensure that equipment is safe and used in a safe manner. Please consult the OPHEA Safety Guidelines if unsure.
- If plastics have been cut (for example; Javex bottles cut to make scoops), be sure that edges have been taped.
- Cover any sharp edges.

How will this happen:

- Teach classes in which children work in teams to invent and teach garbage games.
- Rubric for evaluation.

Where do you get garbage?

- Recycle bins in the school building.
- Annual city wide garbage/trash days are a great time to find more select items such as toilet seats.
- Schools can purchase special garbage pails specifically for discarding lids. These lids can be used as shields for specific activities.
- Consult waste/recycling plants.
- Suggest an "animal rescue" by using stuffed animals instead of beanbags.

The following are some examples of ways to replace everyday equipment with recycled items:

Pylons: Bleach containers (fill with water or sand), or old balls cut in half.

Old balls: Bladders.

Hacky sack: Trash balls, or old stuffed animals.

Takraw: Trash balls – see chapter 2.

Plastic bottles: Use different coloured water or sand to identify the different teams.

Waste, and how we choose to handle it, affects our world's environment – that's YOUR environment, everything that surrounds you including the air, water, land, plants, and man-made things. And since by now you probably know that you need a healthy environment for your own health and happiness, you can understand why effective waste management is so important to YOU and everyone else. The waste we create has to be carefully controlled to be sure that it does not harm your environment and your health.

nih.gov

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PLASTIC BOTTLE JUGGLING

Objective: Players learn to juggle using full plastic bottles.

Number of Players: Any number of players.

Materials: Enough plastic bottles for each player to have three.

Setup:

- Fill each plastic bottle with water, and give each player three.

Instructions:

1. Players start by learning to toss one bottle and catching it with their other hand.
2. Players progress to alternatively tossing two bottles from hand to hand.
3. Once players have mastered two bottles, add one more bottle.

Technique:

To learn how to juggle, start with two bottles in the right hand, and one in the left hand. Toss one up to the middle, then immediately throw the left bottle to the middle, catch the first bottle, toss the third, and then catch the second bottle, and so on.

Variation: Begin learning by using scrunched up paper balls; these are lighter and make tossing and throwing easier for the players.



Since 1977, the weight of 2-liter plastic soft drink bottles has been reduced from 68 grams each to 51 grams. That means that 250 million pounds (112.5 million kilograms) of plastic per year has been kept out of the waste stream. (EPA)

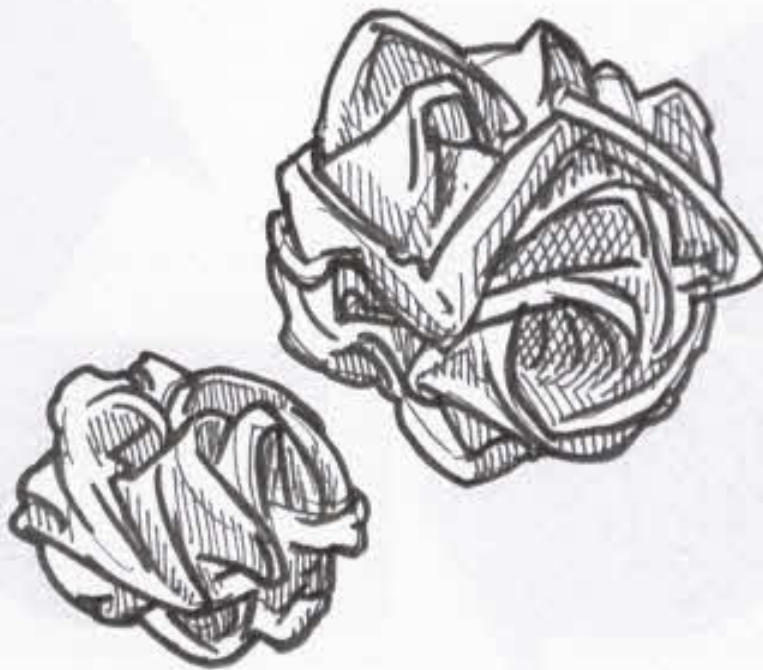
CHAPTER 2

TRASH BALLS

TRASH BALLS are created by crumpling up a sheet of newspaper into a ball.

- Single sheets of newspaper are repeatedly crumpled around the existing ball until it is the desired size.
- The newspaper ball is placed in a plastic grocery bag or a four litre milk bag.
- The bag is twisted close to the ball, and then wrapped around the ball again.
- Masking tape is wrapped several times around the ball in different directions to secure the bag.

"The nation that destroys its soil destroys itself."
FRANKLIN ROOSEVELT 1937



Protects natural resources: Recycled paper saves forests, uses 55 percent less water, reduces water pollution by 35 percent and air pollution by 74 percent, and eliminates many toxic pollutants
startribune.com

HACKEY TRASH

Objective: To continuously juggle the trash ball with all body parts except your hands.

Number of Players: Any number of players.

Materials: One trash ball for each player.

Instructions:

1. Each player tosses the ball up and keeps it going for as long as possible.
2. Hands are not allowed, but any other body part is acceptable.

Variations:

- Make a circle of partners, or play in partners.
- Alternate body parts in order (i.e. head, knee, foot).



Newspaper has been collected for recycling for decades, especially during World War II in government-sponsored scrap drives. Scout groups, churches and other organizations also have conducted paper drives.
startribune.com

ROLLING THUNDER

Objective: To roll the inner tube across the playing area and try to guard anyone from throwing a ball through it.

Number of Players: Enough players to make two equal groups.

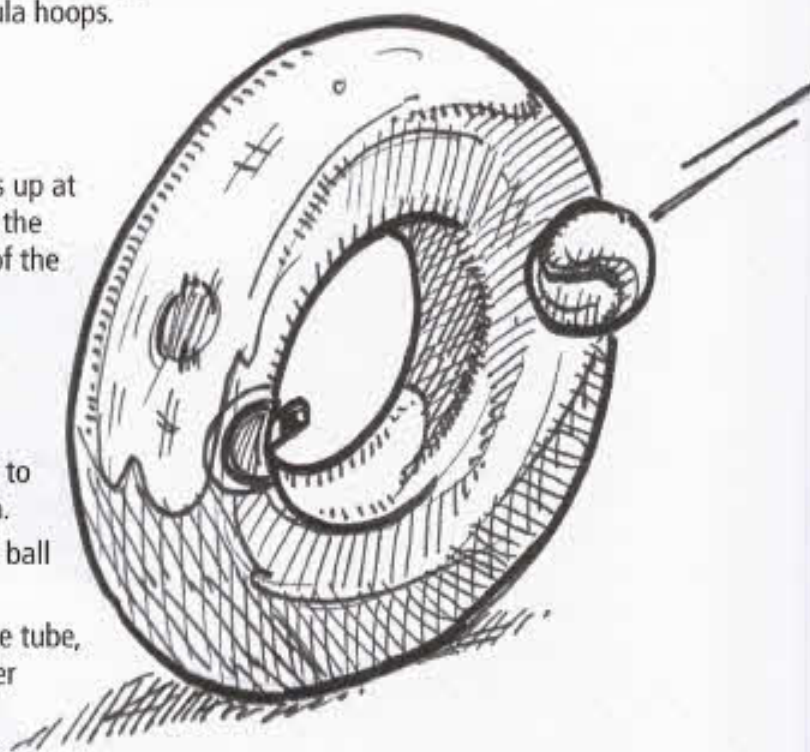
Materials: Dodgeballs, gator balls, assorted toss balls, and large tire inner tubes (can be obtain from truck repair shops), or hula hoops.

Setup:

- Split players into two groups.
- Have players with the inner tubes line themselves up at one end of the playing area, and have the rest of the player's position themselves along the sidelines of the playing area.

Instructions:

1. Players with the inner tubes begin their attempt to roll the inner tube the length of the playing area.
2. Players on the side lines will attempt to throw a ball through the centre of the inner tube.
3. If a player successfully throws a ball through the tube, they trade places with the player rolling the inner tube.
4. Each time a player makes it to the end line without someone throwing a ball through their inner tube, they get a point.



Variations:

- Use trash balls or frisbees instead of dodgeballs.
- Roll in pairs, with one person as a guard.
- Have two teams, one rolling the inner tubes, and the other trying to throw the balls into them. If they succeed, the person with the inner tube has to start at the beginning. Switch team roles after a certain amount of time.

TOWER STACK

Objective: Players should try to build a tower out of cardboard boxes.

Number of Players: Any number of players.

Materials: A number of cardboard boxes.

Setup:

- Split the players into groups.
- Give each group a number of cardboard boxes.

Instructions:

1. Players take turns placing one box on top of another.
2. Players continue until the tower falls.
3. At the end, the winner is determined by the height of the tower.

Variation: Instruct players to build different shapes (pyramids, turrets, etc.).



BEAN BAG TOSS

Objective: Players will take turns trying to throw a bean bag or trash ball through holes that are cut into the cardboard box.

Number of Players: Any number of players.

Materials: One large cardboard box (more depending on the number of players), and a large number of beanbags or trash balls.

Setup: Cut out a variety of holes from the side of the cardboard box.

Instructions:

1. Have players take turns trying to throw bean bags or trash balls into holes in the side of the box.
2. Give each player three tosses.
3. At the end of the game, the winner is determined by how many times each player shoots bean bags or trash ball into the hole.

Variation: Using a felt marker, write numerical values beside each hole. Assign higher values for smaller holes, and lower values for bigger holes.

SLIP AND SLIDE HOCKEY

Objective: To play hockey using only recycled materials.

Number of Players: Any number of players.

Materials: Carpet squares (or sheets of paper), trash balls, plastic caps, rolled up paper for hockey sticks, bleach, vinegar, two litre bottles or detergent jugs for goal posts, and styrofoam plates for pads or blockers.

Setup:

- Setup the two nets at both ends of the playing area, and ensure that there is enough equipment for each of the players.
- Divide the players into two or more equal teams.
- Instruct players to put on their skates by placing their feet on the carpet squares or paper.
- Prepare sticks using rolled up pieces of paper.

Instructions:

1. Drop the trash ball at the centre of the playing area to begin play and instruct players to try and score on the opposing teams net.
2. If a player scores a goal, they become the goalie (for their team).
3. The team with the most goals wins the game.

Variations:

- Play hockey with caps as hockey pucks, or caps and trash balls.
- Use several trash balls at once to maximize play.



J.J. SCOOP BALL

Objective: To be the first team to hit all of the numbered objects of the other team in order at the opposite end of the gym or specific boundaries; being able to reuse and fix equipment when the other equipment falls apart.

Number of Players: Enough to make two equal teams.

Materials: One empty bleach container for each player, and trash balls.

Setup:

- Cut the bleach containers into scoops.
- Take the leftover pieces, divide them in half and number them in order (Ex: if you made 12 scoops, number the pieces in two piles from one to six).
- Divide the players into two teams, and let them practice using their scoops to toss trash balls around.
- Split the playing area in half and place the numbered pieces at each end of the playing area.

Instructions:

1. One trash ball is used for each game.
2. The team which starts with the ball is determined by the toss of a coin or "rock, paper, scissors".
3. Players move the trash ball ahead by passing to one another and an individual player cannot hold the ball for longer than five seconds.
4. Players want to try to hit the numbered pieces on the ends of the playing field.
5. The other team gets possession of the ball if the other team:
 - a. Hits a numbered piece of plastic which are behind the line.
 - b. A player holds the ball in their scoop for longer than five seconds.
 - c. A player makes body contact or equipment contact with another player.
 - d. A player is offside.
6. The game continues until one team hits all the other teams' numbers, or the time limit runs out.

Variations:

- Players can help form their own rules to ensure that each player has a safe, equal opportunity to play.
- It can be played outdoors depending on the players' ages and playing level.

