SOMETHING ACTIVE: SHOE GOLF

Here is one of my favorite active games to play at camp with no supplies! All you need is your shoes and some trees or targets! This is how to play:

Go to your backyard or the nearby park, pick out some trees or any other creative targets or “holes” and a starting point. With your parents or siblings or even by yourself kick your shoe towards the tree or target and see how many kicks it takes to get it to the hole! You can make obstacles like mini golf or decide how many kicks to stay under par, be as creative as you want, and have fun too.