

# Alpha 2015 Recreation Resources

## Montreat Photo Scavenger Hunt Clues

1. It's the home of the Galax Dining room and Taco Tuesday! Take a picture of your group in this newly renovated lobby.
2. Need a gift or snack? This place keeps us looking good in the latest Montreat gear. Take a photo here of your favorite Montreat swag.
3. You can come here if you need some time to reflect and pray. Bring your group here and take a picture of your best spiritual pose. If you want, your group can write your prayer and add to the prayers that have been written here for years.
4. If you need a band aid or bee sting relief, head to this location to get some TLC. Take a photo here acting out a rescue.
5. This place is home to items older than your grandmother and its walls have heard more sermons than we can count. Take a picture in front of this building doing your best impression of your conference leadership.
6. Table by table...at this "fair" you'll get info about higher education in the PCUSA. Take a photo of your group with your favorite recruiter.
7. This building holds many of the archives of the Presbyterian Church (USA). It's where we go to really learn the details of our story as Presbyterians. Take a photo of your group here in front of your most interesting find.
8. You can find shade under this place by the dam while you watch the boats pass by. Take a photo under this structure doing your best synchronized swimming pose
9. People can walk, drive, run, or skip to get places in Montreat, but you can also channel your inner frog and take this way instead of the road. Take a picture of your group here doing their best rock hop.
10. You may run into animals out in the wild, but you can also visit this building to hang out with and learn about some of the critters you can find in Montreat. Take a picture of your group in front of this building acting out your favorite animals.

## Monday Night Play Your Story

Giant Magnetic Poetry on automotive drip pans

Drip trays: [http://www.amazon.com/Lumax-LX-1715-Silver-Galvanized-Drip/dp/B000MCXOR2/ref=sr\\_1\\_2?s=automotive&ie=UTF8&qid=1423167014&sr=1-2&keywords=large+metal+oil+drip+tray#productDetails](http://www.amazon.com/Lumax-LX-1715-Silver-Galvanized-Drip/dp/B000MCXOR2/ref=sr_1_2?s=automotive&ie=UTF8&qid=1423167014&sr=1-2&keywords=large+metal+oil+drip+tray#productDetails)

Big words magnetic poetry:

[http://www.amazon.com/dp/B008JGOXGY/ref=wl\\_it\\_dp\\_o\\_pd\\_S\\_ttl?encoding=UTF8&colid=32T65KTJV2PTF&coliid=I1HRRKMAK9AOJ4](http://www.amazon.com/dp/B008JGOXGY/ref=wl_it_dp_o_pd_S_ttl?encoding=UTF8&colid=32T65KTJV2PTF&coliid=I1HRRKMAK9AOJ4)

Montreat Game Night based on the TV show Hollywood Game night on NBC.

Storytowers with jumbo legos

[http://www.amazon.com/96pc-Jumbo-Blocks-Standard-Made/dp/B004Z8S20S/ref=sr\\_1\\_3?s=toys-and-games&ie=UTF8&qid=1423170170&sr=1-3&keywords=giant+legos](http://www.amazon.com/96pc-Jumbo-Blocks-Standard-Made/dp/B004Z8S20S/ref=sr_1_3?s=toys-and-games&ie=UTF8&qid=1423170170&sr=1-3&keywords=giant+legos)

Giant Jenga

[http://www.amazon.com/Uber-Games-Giant-Tumble-Tower/dp/B008FLOS3Q/ref=sr\\_1\\_4?s=toys-and-games&ie=UTF8&qid=1423173820&sr=1-4&keywords=giant+jenga](http://www.amazon.com/Uber-Games-Giant-Tumble-Tower/dp/B008FLOS3Q/ref=sr_1_4?s=toys-and-games&ie=UTF8&qid=1423173820&sr=1-4&keywords=giant+jenga)

## Tuesday Afternoon Messtival

Finger painting

Water balloon painting: fill water balloons with food coloring and water, throw on to a white sheet.

Pool of Yuck: <http://buckets-o-fun.com/product/chunky-yuck-slime-5-pounds/>

Spin Art

Facepainting/Hair Don'ts

Splatter Canvas: use pool toys to spray watered down paint at a canvas

## Tuesday Night Trash to Treasure

Upcycle – use odds and ends of “trash” to create art pieces.

Newspaper Fashion

T-shirt Scarves: <http://www.nadyana.com/12-quick-easy-diy-ideas-make-fashionable-scarves/>

Prayer Weaving: [http://www.cutoutandkeep.net/projects/cardboard\\_weaving\\_loom](http://www.cutoutandkeep.net/projects/cardboard_weaving_loom))

## Thursday afternoon Prayer In Action

Connecting our Stories: Youth wrote part of their story on puzzle pieces and connected to one another.

Knot Prayers: As you hold your piece of twine, take a moment to pause and ask God to show you the unique storyline He is writing in your life. As you read The Knots Prayer tie a knot in your twine every time you say the word knot/not. Then go back to the first knot in your twine and begin a dialogue with God. Work your way down your row of knots pausing to talk with

God about what each knot represents. Tie your string around your wrist or to a belt loop as a reminder to continue this conversation with God throughout your day.

Baptism Duckies: <http://theresaecho.com/2015/01/11/interactive-prayer-stations-on-baptism-epiphany/>

Writing our Stories: Youth will write the answer to the following questions

My story is...

God is the author of...

The answers will be stuck to the back of the metal pans from earlier in the week.

**Energizers – Moves for many of the energizers done this week are also listed in resources from past years.**

Numa

Get ready for the day.

Wiggle Walk Right, clap, right leg and left arm up, repeat other direction.

Repeat.

Half Poses/Half takes photos. Switch.

Aisha 8x

Carlton 8x

Numa, Numa

Repeat

On top of the world

Stretch Down and Up 2x

Hike R and L

Half climb up rope, Half pull, switch

Rock Climb right, repel.

Look R and L

Shimmy right, clap, jump up, repeat left.

Dance in circle, dig down right and left. Repeat from shimmy.

Thunder.

Repeat Hike R and L, Climb up/pull rope. Look Right and Left.

Repeat shimmy

Wave

Repeat from shimmy.

Macklemore (radio edit)

Tango right and left

Bernie

Right arm up 2x, Left arm up 2x

Stank Face

Maestro little then big

Mackelmore (hands and legs)

Wax floor down and up

Shoulder dance  
Repeat Tango, Bernie, Arms  
Leader: NaNa, NaNa  
Group: Repeat  
Leader: Nanananananana  
Group: Repeat  
Baby Shark, Teenage Shark, Momma Shark, Daddy Shark, Rawr!  
Stank Face  
Mackelmore  
Wash Hair, Rinse it out 2x  
Repeat Tango sequence

The world is new

Hands up (Woo!), then 2x,  
Drum roll on own knees, Drum roll on neighbors, back to own.  
Own knees 2x, neighbor 2x, own 2x, neighbor 2x, own, cross, own  
clap.  
Sunshiney face.  
Lemur  
Roll down and up.  
Arms around neighbor and sway.

Coconut

Hula up and back 8x  
Peel banana in a circle right then left.  
Shake the tree  
Chop off top of coconut  
Put in the straw