

## CHANNELS

**Items Needed:** A PVC pipe cut in half for each member (it works best if it is 1 – 2 inches in diameter and about 12 inches long), a few golf balls or marbles, a bucket

Have each person grab one pipe and line up. Place the bucket about twice the length of the group away. When the group is ready, drop the ball onto the first PVC pipe and let it roll. The goal is to get the ball or marble from the starting point to the bucket. Once they have passed the ball onto the next person they must run to the end and be ready to receive it. If the ball drops they must start over at the beginning. (It sometimes helps to have them alternate on which side they are on so they aren't squished together.)

Variations: 1) Have two groups going at the same time and have them race against each other. 2) Take away some of the pipes so that they have to pass it on to the next ones standing in line. 3) Prohibit talking. 4) As they get better, add more balls to create more of a challenge.

