

Ghoul Relay Race

THE SWINGING BRIDGE Active & Healthy Living



The Adventure:

Share some spooky Halloween fun with a ghoulish relay race! In your Lairs, race back and forth across a field or play area. The catch? Each Cub has to race in the style of a ghoulish.

For example, the first Cub from each Lair might have to race back and forth across the field in the style of a zombie, dragging one leg and holding their arms out in front of them, moaning "Braaains...." as they go.

The second Cub from each Lair would then have to race in the style of a werewolf, running on all fours and snarling as they go.

Others in the Lair might race stiff-limbed like Frankenstein's monster, slither back and forth like a snake or ride a pool noodle while cackling like a witch flying on a broom. What other ghouls can you think of, and how would they race?

Safety Note:

- What should everyone wear on their feet for this race?
- How else can you make sure everyone stays safe for this race?

Online Resources:

8 spooky things you might know about vampires



Plan:

- Where will you share this relay race?
- What materials will you need?
- What ghouls will race, and what rules will apply to each?
- How can you ensure teams are evenly matched for the race?

Do:

- Race a spooky ghoulish relay!

Review:

- What do you know now that you did not know before?
- What was your favourite part of this race?
- What ghouls did you include? How did each race?
- What ghouls might you add for next time?
- What other games and adventures could you share for a fun Halloween-themed meeting?

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