



## **Buddy Style Stations- everyone participates at same time**

1. **James River Clean-up** – One partner runs to the “River” (baby pool/large buckets), fishes out an item (litter) and brings it back to the recycling bin...tags partner...partner goes. The team stops when they retrieve 10 items.
2. **Butter Tub Lid Mix-up** - Station host (volunteer) mixes up the butter or margarine tub lids while the student is watching. Each lid has a different exercise taped on one side of it. For example, Do 10 jumping jacks. Which ever lid the student picks...that’s what exercise he/she does. Then the partner goes. Each partner does this two times.
3. **Paper Route** - One partner carries cloth bag with newspapers in it (rolled up). Run through the obstacle course (jumping over hurdles). Drop one newspaper in each box. Tag partner. Partner takes bag and runs through the course picking each newspaper up and puts it in the cloth bag.
4. **Bottle Knock Down** – Each partner throws 3 sock balls (made from clean, holey socks)...try to knock down as many plastic liter bottles as you can.
5. **Water Drop** – One partner lies on back. The other partner spoon-feeds that partner by dropping water into their mouth. Keep going until the water is gone. Switch.
6. **Carpet Square Race** – Partners each get 2 carpet squares. Partners race by moving from one carpet to the next...only stepping on the carpet squares. “Take a carpet and put it in front of you...move to the new carpet and take the old carpet and put that in front of you, etc.”
7. **Super Scooper** – Partners play catch with a sock ball and recycled milk bottle jug scoops. 5 groups can play at the same time. Only play catch with your partner. (Two minutes for each group).
8. **Totally Tubular** – Partners race tires by rolling them on the treads. “Roll your tire up and around the orange cone and back.”

9. **Two-Liter Bowling** – Each partner tries to knock down all of the pins (liter bottles) with a plastic bag (filled with squished newspapers) bowling ball. Two chances each.
10. **Coffee Can Putt Putt** (or cafeteria size vegetable can)- Each partner tries to putt 3 sock-balls into the coffee cans with plastic golf putters.
11. **Aluminum Can Race** – One partner runs down to the bucket (or green recycle bin), gets a can and brings it back to the closest bucket (bin). Repeat 3 times...tags partner...then partner goes 3 times.
12. **Sock-ball Throw** – Each partner tries to throw 3 sock-balls through the hula-hoop target.
13. **Milk Carton Punting** – Each partner tries to punt (kick) 3 small milk cartons (like you get a school lunch) over the designated line.
14. **Plastic Bottle Spray Down** – Partners may move around the area and spray themselves or others. If you don't want to be sprayed...go to the NO SPRAY ZONE. Up to 10 can be at this center at a time. Pairs may go at the same time.
15. **Foiled Again** – One partner moves swiftly (but carefully) while holding a plastic spoon with a tinfoil ball on top. Try not to drop the foil ball. "Go down to the cone and back...hand spoon and foil ball (without dropping) to your partner. Second partner goes.
16. **Bucket Relay**- One partner runs tot he bucket carrying a cup (recycled small size margarine tub). Fill up the cup...return and dump the water into the 2nd bucket. Give the cup to the second partner. Repeat until you fill up the 2nd bucket.
17. **Refrigerator Relay** – One partners runs through the box, touches the cone, and returns through the box...tags partner...partner goes.
18. **Stilted Performance** – Both partners walk around on can stilts. This is not a race!!!!!!!!!!!!!! Walk for one minute.
19. **Environmental Awareness** – Offer activity that teaches kids how to take care of the environment. We used DEQ's "Environmental Jeopardy" Game.

20. **Recycling Information** – Offer students activity from local litter control coordinator of authority. Our local regional waste management authority did papermaking with students.
21. **Keep (name of your locality) Beautiful** – Station host (volunteer) dumps recycled products all over the area. On the “go” signal, partners work together to pick up all of the recycled products and put them in the correct bins.
22. **Bottle Ball Throw-** Each partner throws 3 (football shaped) liter bottles. Try to throw the “ball” through the hoop all three times.
23. **Plastic Lid Toss-** Each partner tries to throw 3 lids (Frisbee style) through the target.
24. **Soccer Dribble** – One partner dribbles the ball weaving in and out of the cones. When the first partner returns, the second partner goes.
25. **Bottle Cap Toss** – Each partner flips 3 plastic bottle caps (larger size, like from Gatorade jug). Try to get as many as you can into the bucket.
26. **Soda Pop Relay** – (Shuttle run style)- Partners race each other down to the far line...pick up one bottle and bring it back to the first line (starting point) and put it down. Repeat a second time.
27. **Six- Pack Ring Race** – One partner runs to the line and takes a 6-pack ring, brings it back to the peg...tags the second partner...repeat until 10 rings have been retrieved.
28. **Reduce the Rays** – Put suntan lotion on to protect yourself from the rays. (Healthy booth)
29. **Tire Drag** – Partners race by dragging their own tire from the starting line cone and back.
30. **Hoop It Up** – Each partner shoots 3 plastic bag basketballs (bags are stuffed with crumpled up newspapers). Try to make as many baskets as you can.
31. **Hopscotch Squares**– using recycled signs (real estate, going out of business, etc.) as the squares. Mark them with the correct numbers. Each partner goes up and down the hopscotch squares in the typical hopscotch game format.