

# Summer Games 2020



**Complete 1 requirement to earn this patch. Item: SUMMER-GAMES-20: \$1.50**

Celebrate the Summer Games in 2020 with this commemorative patch!

## COMPLETE ONE REQUIREMENT TO EARN THE PATCH

1. Learn more about the summer games and where they are located in 2020. Identify the country flag.
2. **Aquatics:** Learn more about one of the following water sports: Diving, canoeing, rowing, sailing, swimming, water polo or synchronized swimming. Watch the sport on TV or in person, read an article, learn more about a famous person that participates in this sport, learn about water safety, try out one of the sports or make a poster or craft related to the sport.
3. **Archery:** Learn more about the sport of Archery. Watch a movie or TV show with Archery, learn more about a famous person that participates in this sport, or try your hand at archery.
4. **Athletics:** Learn more about one of the following sports: Hockey, football, basketball, volleyball, badminton, handball, tennis, or field hockey. Watch the sport on TV or in person, read an article, learn more about a famous person that participates in this sport, or try out one of the sports, or make a collage or craft related to the sport.
5. **Specialized Sports:** Learn more about one of the following sports: Equestrian, judo, fencing, Taekwondo, and table tennis. Watch the sport on TV or in person, read an article, learn more about a famous person that participates in this sport, or try out one of the sports or make a collage, poster or craft related to the sport.
6. **Endurance:** Learn more about one of the following sports: Cycling, weight lifting, boxing, triathlon, or pentathlon. Watch the sport on TV or in person, read an article, learn more about a famous person that participates in this sport, or try out one of the sports or make a poster or craft related to the sport.
7. **Gymnastics and Trampoline:** Watch the sport on TV or in person, read an article, learn more about a famous person that participates in this sport, or try out one of the activities related to the sport, or make a scrunchie or craft related to the sport.
8. Participant in a short workout routine, dance class or sport. Make sure you warm up and cool down before and after exercising, drinking water before and after exercising, and use the proper equipment.



9. Each team or country has a different uniform that they wear when they are competing in the summer games. Choose one of the following: Learn more about a uniform from a country, such as colors or designs OR design your own uniform if you were in summer games.

10. Choose a recipe from the country that is hosting the summer games to try or have a tea party. Suggestions: Petite fours, Earl Grey tea, scones, shepherd's pie or tea sandwiches.

11. Play a game that helps you learn more about the summer games. Examples include a word search, sport matching cards, guess the summer game, or play charades and act out a sport or word affiliated with the summer games.

12. Create a craft that represents the summer games. Examples include: hair wreath, medal, decorate a t-shirt, create a paper flag, make a patriotic craft, or torch.
13. Create your own summer games with your group or have a field day. Examples include: relay races, water games, parachute, games with a ball, team tag games, tug-o-war, or other similar games.
14. Collect games for the less fortunate and donate them. Games can be card games, strategic games, or board games.
15. Create or enjoy foods are served in the summer. You can also have a picnic or a barbecue. Examples include: grilled food, ice cream, popsicles, lemonade, sandwiches, or watermelon.
16. Create your own special event or attend an event that represents the summer games.

MY  
SUMMER  
GAMES  
BOOKLET



# Where are the Summer Games this year?

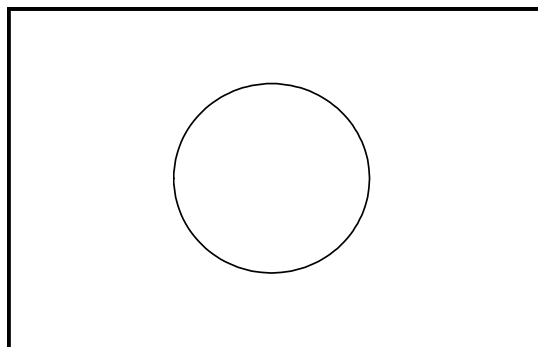
Japan is the place where the Summer Games take place this year. Color the map, paper doll, and flag below to learn more about them.

## Coloring Directions:

The star represents the capital of Japan.

Color the bodies of water **BLUE**.

Color land areas your choice of colors.



Japan's flag has a **white** background and the circle in the center is **red**.



I am wearing a kimono. It is made of red silk. They can be patterned with flowers, cranes, peacocks, and symbols.

The Obi, a belt around the kimono should always compliment the robe, but not be the same color.

Requirement #1

## Summer Games Activities

### Famous Athletes & My Inspirations Booklet

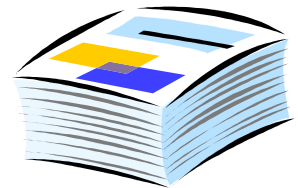
Learn more about the Summer Games athletes and complete fun extra pages inside to make a book.



Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures of your inspirations or cut out magazine pictures.

### Summer Games Poster Design

Using the template that we've already started, design the rest of your Summer Games poster! You can put sports, stickers, glitter, torches, medals, famous athletes, etc. to complete it. Hang it somewhere where you'll remember the Summer Games 2016.



### Design Your Own Summer Games Uniform

Using the template that we've already started, design your own team uniforms. Pretend you are going to the Summer Games and they are competing in the Summer Games! You can even add gold medals around their necks.



### Summer Games Word Search

Have some fun by trying to find the hidden words through the word search. When you're finished, circle the missing letters to find a secret message!

### Host Your Own Summer Games Party!

Have some fun while watching the Summer Games premiere on August 5- 21, 2016 by using our craft, games, and invitations! We have packed this kit full of ideas for hosting your own party this summer. You can have a Summer Games, Carnival Festival, or Patriotic themed party.



Covers requirements #2, 4, 6, 7, 9, 11, or 16

Learn more about the Summer Games athletes and complete fun extra pages inside to make a book.

## Famous Athletes and My Inspirations Booklet

### Aquatics



**Michael Phelps**—an **American** champion swimmer with 28 medals and has set a great standard for swimmers. He specialized in butterfly, medley, and freestyle. [77 medals for all his championships]



**Missy Franklin**—an **American** champion swimmer with the world record for eleven gold medals at the World Aquatics Championships for women. She won 4 gold and 1 bronze in the 2012 games. She also won World Swimmer and American Swimmer for women of the Year in 2012.

**Rebecca Adlington**—a **British** champion swimmer that won two gold medals for 400 and 800 meter free style in 2008. She is the first British gold medal swimmer since 1908. Retired in 2013.

### Gymnastics

**Shawn Johnson**—an **American** artistic gymnast. She won the **gold** medal for balance beam, and silver for all-around and floor exercise in 2008. She was 2007's World Champion and US World Champion of Gymnastics in 2008.



**Sandra Izbasa**—a **Romanian** artistic gymnast. Her best event is floor exercise, but she also is very good at balance beam, all-around, and team. She is a 3 time European World Champion. [2 gold and 2 bronze]

**He Kexin**—a **Chinese** artistic gymnast. Her specialty is uneven bars and has won two gold and 1 silver medal. She received very high scores in 2008 and 2012 games.

Cut out the booklet on the solid lines, not the middle line. Stack them and fold in half and staple. Use the blank pages to draw pictures or cut out magazine pictures.

## Basketball

**Shaquille “Shaq” O’Neal**—a legendary **American** basketball player with two gold medals and played with 6 American teams and has won 48+ various awards.



**Yao Ming**—a legendary **Chinese** basketball player that was the tallest man in the NBA—7 feet and 6 inches! He won 3 gold medals in FIBA World Championship and 1 silver. He played for the Houston Rockets before retiring.

**LeBron James**—a legendary **American** basketball player that has 2 gold and 1 bronze medal, plus 1 more gold and bronze from FIBA. He plays with Cleveland Cavaliers currently.

## Running

**Usain “Lightning” Bolt**—an outstanding **Jamaican** runner that was the first runner to win 3 races at once. He is the current world holder for 100, 200, and 4 x 100 meter races. He has won 8 gold medals PLUS 32 other championship medals.



**Kenenisa Bekele**—an outstanding **Ethiopian** long distance runner that has won 3 gold and one silver medal, among his 23 other medals. He currently holds the world record for 5,000 and 10,000 meter races. He is considered one of the greatest runners of all time.

**Brimin Kipruto**—a **Kenyan** runner, who specializes in 3,000 meter steeplechase and holds the African Record with 1 gold and 1 silver medal.

## Tennis

**Roger Federer**—an amazing **Swiss** tennis player with 1 gold medal for doubles and a silver for singles. He was ranked #1 for 302 weeks and has won 17 Grand Slam titles, making it the record. He plays on clay, hard courts, and grass.



**Venus and Serena Williams**—an amazing sister duo from **America** who have played together and against each other. Venus has won 7 Grand Slams and Serena has won 21. They have won 3 gold medals for doubles.

**Andre Agassi**—an amazing **American** player who is considered to be the greatest tennis player of all time. He has 1 gold medal and is the only one to win all four Grand Slam tournaments.

## Boxing

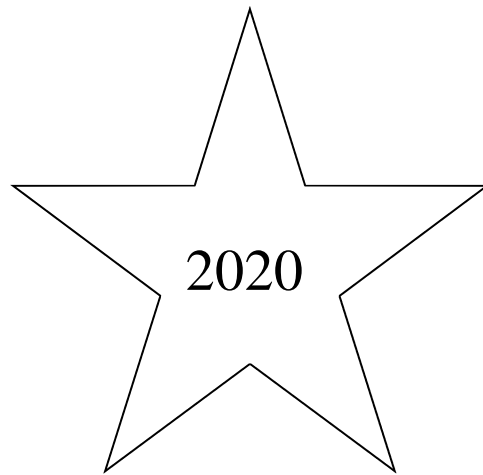
**Rocky “Balboa” Marciano**—a great **American** boxer who specializes in heavyweight. He has won 49 fights and is the only one that held it without being defeated during his career. He was inducted in the hall of fame.

**Muhammad Ali**—a great **American** boxer who specializes in light heavyweight. He has won 56 fights and has won 1 gold medal. He won the World Championship 3 times in a row and is in the hall of fame.

**George Foreman**—a great **American** boxer who specializes in heavyweight. He is a 2 time world champion, has won 1 gold medal, and has been inducted to the World Boxing Hall of Fame. He has 76 wins.

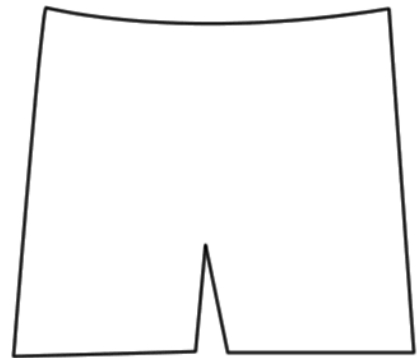
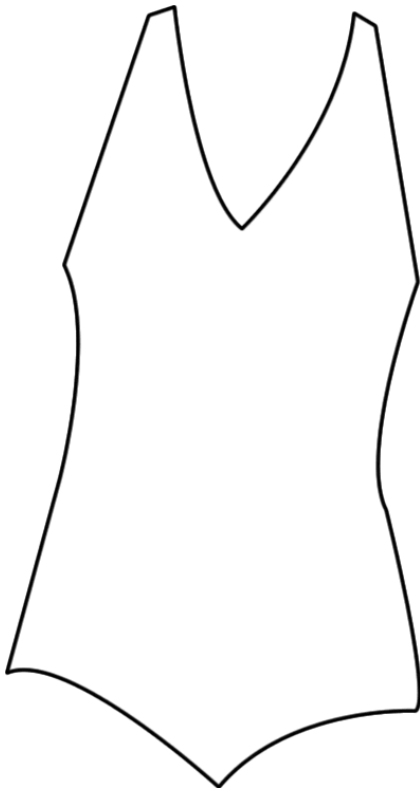
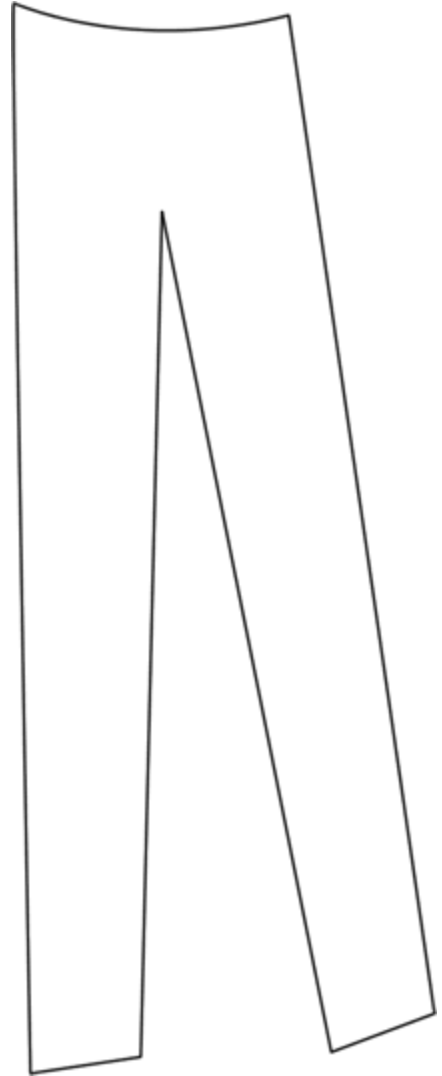
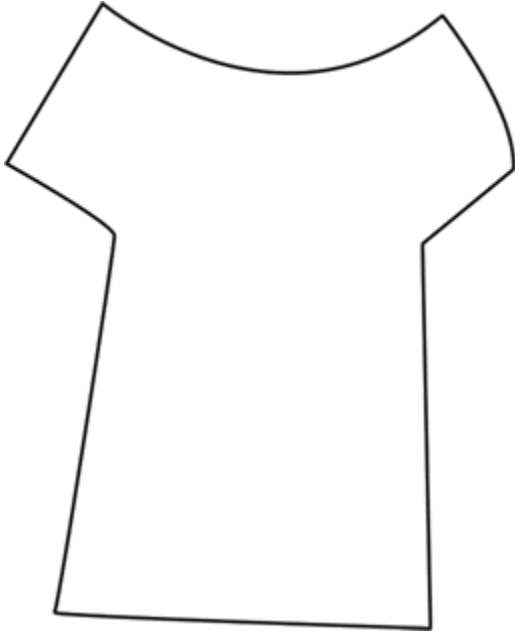


# Summer Games



# Design Your Own Summer Games Outfit

Decorate the clothing patriotic or according to your favorite colors.





# Summer Games Word Search

G E O L D M B E S C I T S A N M Y G E E  
 D A C L C R X B B D L V U T R Z W U T Z  
 P A T N A M S G O V D S N H K A Q F E N  
 A G H Z A S U M M E R C U L T A C M P O  
 F V I T O R C H Z D H I S E L G K E M R  
 Z L C O E E U I N N T T C T H M S I O B  
 E I K A Z A L D W K Q E I E A W X T C S  
 S S O R R A K W N R I L T R Y G W V P E  
 S T A D I U M J K E R H A F L A G M K O  
 L S F C E P M S B C Y T U S X R U Z R K  
 Y R E H C R A R P G H A Q S T J B Y V H  
 P P Y M O H C Z X O Z G A J H R J S O A  
 S P B L A T J G N E X O U T J O O N V T  
 A G W J W G N W M Z R L W K X B U P I J  
 F C O H P S F U D E M O V O E L A E S W  
 H P I L H T A E R W D Y C T W Q W W G O  
 F T G C D I I S G O W A V S A F J J O C  
 K I R D J L N F P M M K L C H N E G L M  
 I Z Y X O D H X R E V L I S V V R J S P  
 P N Y D M M K Y V I F Q M G E A A Z H Y  
 K H J A P A N T N T H T H B N W T K L Y

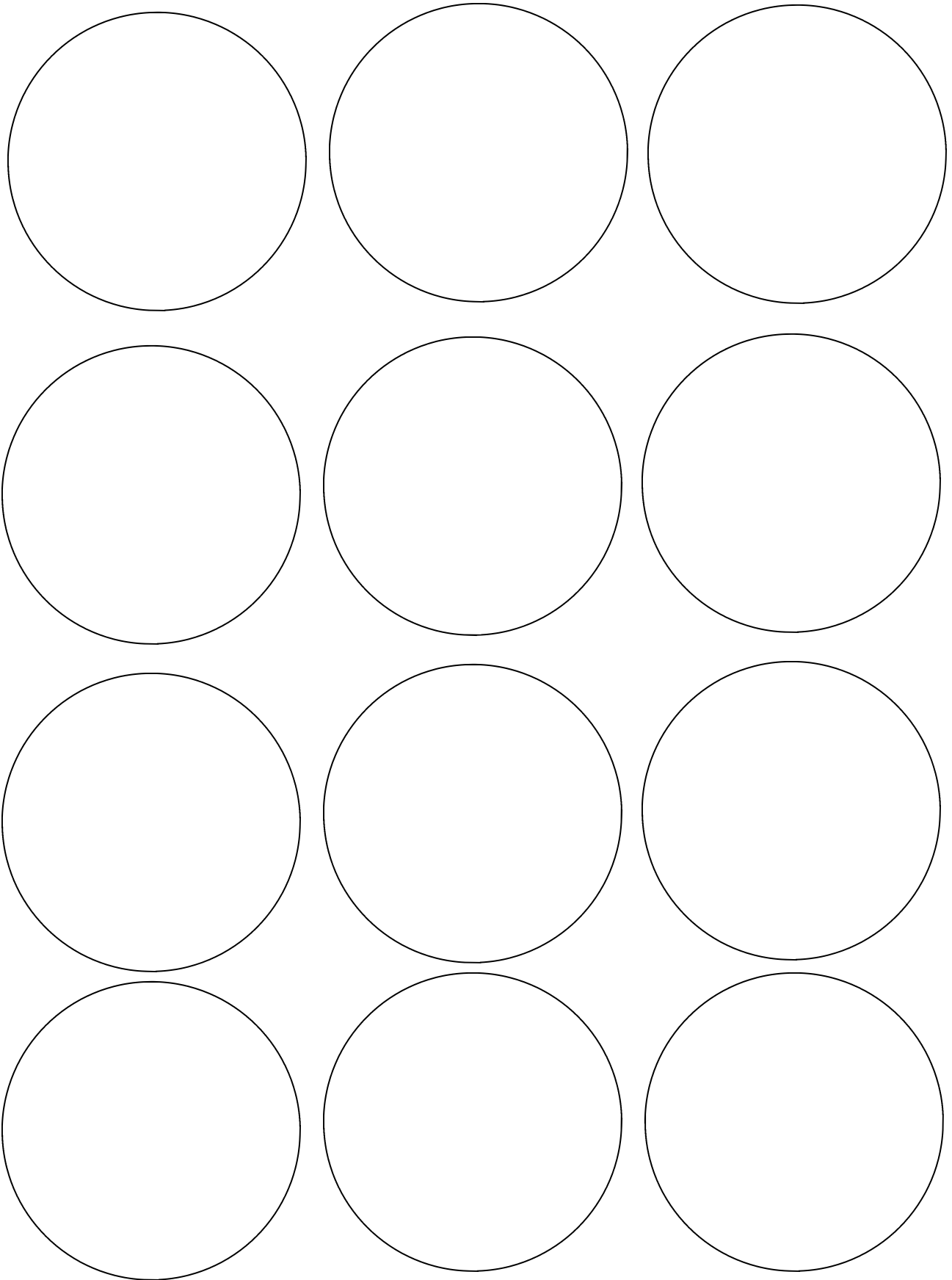
|           |            |             |         |
|-----------|------------|-------------|---------|
| AQUATICS  | JAPAN      | MEDAL       | STADIUM |
| ARCHERY   | FLAG       | RACE        | SUMMER  |
| ATHLETE   | GAMES      | RUN         | TORCH   |
| ATHLETICS | GOLD       | SCORE       | WIN     |
| BRONZE    | GYMNASTICS | SILVER      | WREATH  |
| COMPETE   | JUMP       | SPECIALIZED |         |
| ENDURANCE | MARATHON   | SPORTS      |         |

Circle the left-over letters on the first two rows and place them in the below blanks to see the secret message!



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# Gold Medal Template



## Summer Games Crafts

### Scrunchie

2 inches wide X 22 inches long of cotton or cotton blend fabric  
Sewing machine, with matching thread  
2 large safety pins  
Elastic 1/4 inch wide, about 6 inches long



Start by folding the fabric in half long way, so it looks like a long tube. Take the top part of the fabric and fold one edge over, to create a small hem, sewing it on the wrong side of the fabric. Repeat on the other end of the fabric. Trim the threads and fold it back together, with the outside of the fabric facing out. Sew down the side of the fabric, making sure each side is together as you sew down the side. Use the pressure foot as a guide for the width. Guide the pressure along the edge of the fabric.

Next place a large safety pin on the top of the fabric, only pinning one side of the fabric. Push the safety pin through the tube. Continue to push the tube through until the fabric is turned right side out. Unhook the safety pin.

Cut the elastic to go inside the scrunchie, about 6 inches. Attach the safety to one end of the elastic and another at the other end attaching it to the fabric. This way you will not lose the end of the elastic as you are pushing it through.

### Summer Games Torch

White construction paper or cardstock  
Packaging tape  
Red, yellow, and orange tissue paper  
White glue



Roll the white paper into a cone shape and tape closed. Cut the tissue paper into squares (about 12" x 12") or cut them into random shapes. Gather all the tissue paper in your hand and glue them in the center of the cone. Let dry completely before using to march at your own Summer Games.

### Gold Medal

Pattern, on the next page  
White or gold cardstock  
USA, gold, or black ribbon  
Hole punch  
Gold paint or permanent markers (if your paper is not gold)  
Glitter, sequins, rhinestones, permanent markers, etc. for decorating



Copy the pattern on the next page for the medal circle outline so everyone has one circle. Have them color or paint the circle gold if your paper is not gold. Let it dry and write or decorate with glitter, sequins, rhinestones, permanent markers, etc. Some examples are: #1, USA, winner! Hole punch the top when dry and thread the ribbon through and wear around your neck.

### Champion Wreath

Leaf and/or flower garland  
Silver or gold star confetti (optional)  
Hot glue gun with glue sticks  
Ribbon



Wrap the garland around your head to measure and cut. Hot glue silver stars in the garland, if using. Tie the ribbon to the ends of the wreath and tie around the head to secure. You can also make a bow and hot glue it to the wreath if you wish.

## Patriotic Crafts



### Decorate Your Own Totebag

Plain light colored canvas tote bag

Water bottle and small towel

Optional decorations: fabric markers, rubber stamps and fabric ink pads, stencils, iron decals or appliques.

Paper and pencil

Have the participants choose the items they wish to use on their totebag. Give them a piece of paper and pencil to draw out the design or create a unique design before they start drawing. Assist them in ironing items. You can make it patriotic if you wish by writing "USA" or "#1" on it. Place your water bottle and towel in the totebag.

### USA Pennant

Blue, red, or white felt

Puffy paint and fabric markers

Silver glitter glue

Permanent markers

Wooden dowel

Hot glue gun with hot glue sticks



Cut the felt into how big of a triangle you want for your pennant. Cut the flat edge a little bigger. Place a line of hot glue on the top of the dowel, measuring the length of the flat edge of the pennant. Wrap the edge around the dowel where you put the glue and press it down. Lay the pennant flat on the table and decorate with puffy paint, fabric markers, silver glitter glue, etc. Some suggestions are: GO TEAM!, I LOVE USA, GO PHELPS.

### Patriotic Tye-Dye Shirt

white 100% cotton t-shirts

rubber gloves

rubber bands

Plastic tablecloth or a large garbage bag per participant to place on your lawn

tie dye kit [found at your local craft store]

old clothes to wear while dyeing



There are several ways to tie-dye a piece of clothing. Start with a white piece of cotton clothing that has been washed at least once. **\*\*CAUTION: Don't work with dyes in or around where food is prepared, or mix dyes with a container or spoon used for eating.\*\***

#### Three different design ideas:

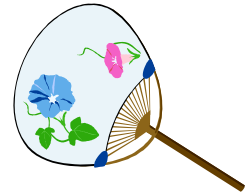
- 1) Take a dowel rod or stick and place it in the middle of a shirt. Twist the rod ever so slightly until the shirt is turned into a complete circle of swirls. Do the same to the sleeves or create another design. Rubber band the circle of the shirt and other areas you have swirled the shirt. Apply the dye as directed on the container.
- 2) Tie rubber bands in different areas of the shirt. Keep in mind the bands must be tight to ensure that the dye doesn't seep through to areas that you would like to stay white. Apply dye as directed.
- 3) Twist, turn and bind the shirt in different areas and designs. Secure the design with rubber bands. Apply dye as directed on the container.

For a variety of colors on your shirt, use the squeeze or spray bottle method. Mix your dye as directed. Saturate the area where you would like that color and continue this method with other colors. Place item in a gallon ziploc bag sealed tight for at least 24 hours. Wash garment in the washer alone in cold water until all colors run clear. Toss it in a dryer to set the colors. NOTE: Do not wash with other shirts due to the dye bleeding on other clothing.

## Japan Crafts

**Rigid Fan**- Fans are important symbols in Japanese culture.

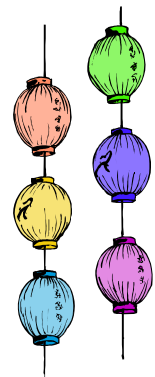
fan pattern (included in this manual)  
 glue  
 lightweight tag board or cardstock paper  
 markers & decoration supplies  
 Wooden ruler or paint stirring stick for handle  
 strong packing tape



Copy the pattern and Color it. Then, cut it out and glue the fan pattern to the cardstock/  
 cardstock for stability. Cut around the shape, and then, if you wish, decorate the fan with glitter,  
 feathers, sequins, and/or other supplies. Glue the ruler or stick about halfway up the back of the  
 fan and then wrap the handle with strong tape.

## **Japanese Lantern**

9" x 12" red construction paper  
 9" x 12" white construction paper  
 glue, stapler, sharp scissors, pencil, hole punch  
 red or white tissue paper  
 four 18" lengths of string

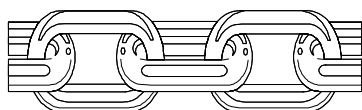


Draw some Japanese designs (kanji or rising sun) on one of the papers and cut out the designs,  
 keeping the paper intact. Glue the contrasting paper behind the paper behind piece you cut the  
 design from. Allow to dry, and then roll papers into a cylinder. Glue and staple it to hold the  
 shape securely. Then, cut a piece of crepe paper in place around the lantern. Fringe the crepe  
 paper within 1" of one end. Glue the crepe paper in place around the bottom of the lantern and  
 then punch holes in the top and hang from strings.

**Paper Chain [Tanabata Matsuri Chain]**- Tanabata means "weaving loom."

vibrant colored construction paper (strips 1 1/2 inch wide X 11 inches long)  
 scissors  
 glue stick  
 sturdy tape

Cut construction paper strips all the same size. ( 1 1/2 inch wide X 11 inches long)  
 Roll a strip into a ring and glue stick it closed. Slip a strip into the ring and gluing it closed. Al-  
 ternating the colors to make the chain a beautiful display. Continue to make the paper chain un-  
 til it is the desired length for your display. Hang your creation, securing as you go with sturdy



# Summer Games Recipes

## Around the World Cupcakes

1 box of cupcake mix, any kind, and the ingredients to complete  
 Cupcake liners  
 Toothpicks  
 World flags and tape  
 White frosting  
 Green and blue food coloring



Prepare the cupcakes according to the package and let cool completely. Divide the white frosting in half and drop a couple drops of green food coloring in one side and blue in the other side. Frost all the cupcakes blue except 7 (unless you want to do more than one for each continent). Frost the remaining 6 green. Place a country flag from each continent that participates in the Summer Games in each of the 6. For example: USA, Kenya, England, Bolivia, Japan, Australia. For extra, you can top the cupcakes with something that represents the country—like a tea cookie for Brazil.

## Summer Games Pool Cake—Dive in!

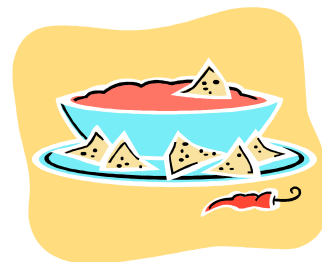
1 box of yellow cake mix, and ingredients to complete  
 White frosting  
 Blue food coloring  
 Teddy Grahams®  
 Gummy lifesavers®  
 Graham cracker crumbs  
 Umbrellas for drinks



Make the cake mix in a rectangle or oval cake pan according to the package and let cool completely. Mix the blue food coloring into the icing completely. Spread out over the cake evenly and sprinkle the graham cracker crumbs around the pool shape for sand. Place the umbrellas sprattically around the sandy area and place some Teddy Grahams® underneath them for them tanning. Place some Gummy lifesavers® in the blue area for inside the pool and place some Teddy Grahams® inside for them floating. You can cut some in half and have them diving in or out of the pool as well. For extra, you can put blue swimsuits on them with the extra icing with toothpicks.

## Seven Layer Dip—to represent the 7 continents!

1-16 oz. can of refried beans  
 1 oz. container of sour cream  
 Guacamole (sold in grocery stores)  
 Salsa  
 Shredded cheese  
 1 can of black olives  
 Green onions (optional)  
 A deep bowl or casserole dish  
 Tortilla chips

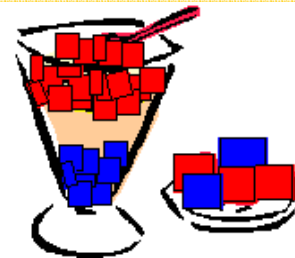


Empty the can of refried beans into the bottom of the bowl or casserole dish and mix slightly. You can warm them up if you want. Place the whole container of sour cream for the next layer. Place 1 cup of the guacamole next, then 1 cup of salsa. Place 1 cup of shredded cheese next and however many black olives you wish on top. If you're using the green onions, chop them up and place on top. Serve with tortilla chips!

## Patriotic Recipes

### JELL-O® FUN

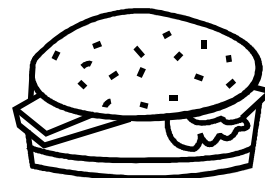
- 4- 4 oz packages of Jell-O® gelatin (red)
- 4 -4 oz packages Jell-O® gelatin (blue)
- 5 cups water; boiling
- large tub of Cool Whip®, plastic clear cups or dessert cups



Stir boiling water into gelatin, dissolve completely. Pour each color mixture slowly into 13 x 9 inch pan. Chill at least 3 hours. Jell-O® will be firm after 1 hour, but may be difficult to remove from pan. Cutting Jell-O®: Dip bottom of pan in warm water for 15 seconds to loosen gelatin. Cut Jell-O® into small cubes, thumb print sizes, all the way through gelatin. Lift out with spoon or spatula. Makes about 10-12 cups of dessert (depending on the size of the cup) Dish out blue Jell-O®, add a layer of cool whip, now finish off with a layer of red Jell-O® The clear cup should look like red, white and blue layers.

### Red, White, and Blue Cheeseburger

- 1/2-1 pound of lean ground beef
- Tomatoes or ketchup
- Mayonnaise, onions, or Swiss cheese
- Blue cheese
- Salt and pepper
- Hamburger buns



Form the meat into patties and sprinkle salt and pepper on them. Place onto a ready grill and grill them until desired temperature. Place tomatoes or ketchup, mayonnaise, onions, or Swiss cheese, and blue cheese onto your patriotic cheeseburger and enjoy!

### All American Apple Pie

- 1 1/2 cups all-purpose flour
- 1/2 cup vegetable oil
- 2 tablespoons cold milk
- 1 1/2 teaspoons white sugar
- 1 teaspoon salt
- 6 apples, cored and sliced
- 3/4 cup white sugar
- 3 tablespoons all-purpose flour
- 3/4 teaspoon ground cinnamon
- 1/2 teaspoon ground nutmeg
- 1/2 cup all-purpose flour
- 1/2 cup white sugar
- 1/2 cup butter



Preheat oven to 350° F. **Crust:** In a large bowl, mix together 1 1/2 cups flour, oil, milk, 1 1/2 teaspoons sugar and salt until evenly blended. Pat mixture into a 9 inch pie pan, spreading the dough evenly over the bottom and up sides. Crimp edges of the dough around the edge of the pie pan. **Filling:** Mix together 3/4 cup sugar, 3 tablespoons flour, cinnamon, and nutmeg. Sprinkle over apples and toss to coat. Spread evenly in unbaked pie shell. **Topping:** Using a pastry cutter, mix together 1/2 cup flour, 1/2 cup sugar and butter until evenly distributed and crumbly in texture. Sprinkle over apples. Put pie in the oven on a cookie sheet to catch the juices that may spill over. Bake 45 minutes.

## Japan Food

**Kakigori (Shaved Ice)** There are a variety of kakigori flavors, and a traditional kind is Uji- kintoki kakigori which is flavored with green tea syrup and anko (sweet azuki beans). Sweetened condensed milk is often poured over the ice.



- 1 tsp green tea powder
- 2 tsp granulated sugar
- 2 Tbsp sweetened condensed milk
- 2 Tbsp anko (sweet azuki beans) found at local Asian Markets
- 1 cup of Shaved ice

Dissolve green tea powder and granulated sugar in 2 tablespoons of hot water. Set aside and place in a small serving bowl to cool. Shave ice using an ice shaver or you can use crushed ice from your refrigerator. Pour over the green tea mixture. Top with anko (sweet azuki beans) found at local Asian Markets. Pour sweetened condensed milk over the ice.

**Ramen Noodle Soup** (Found in any local grocery store (It comes in a variety of broth bases, chicken, beef, etc)

To make the soup have a more hearty base you may add fresh carrots, onion (scallion), or mushrooms.

### Other Japanese foods found at your local Asian Supermarket



**Pocky** (Stick-like cookies dipped in a variety of flavors) Marble Tea Pocky, chocolate, strawberry, almond, milk, coconut and almond crunch etc.



**Pretz** (Stick-like Pretzels) ~Butter or cocoa flavored Pretz, chocolate pretz, or tomato flavored Pretz.



**Hard and Soft candies (Gummies)** Grape Gummy®, soft drink flavored hard candies, Cafe au Lait hard candy, Cracker Nuts, Strawberry Milk Candy, Milk Candy, Pucca Choco®, Koala bears, Yan Yan®, Hello Panda® or Hi Chew® candy.



**Drinks (soft drink)** Ramune® comes in a variety of flavors such as melon, orange, regular and strawberry. The unique thing about the Ramune drink is the way you open the bottle.



Remove protective seal from the top. Pop out center of cap. Use the center of cap to press firmly down on the top of the bottle. What you are actually pushing on is a marble. The marble falls into a secure chamber and makes the drink fizz. You can actually see the fizzing action collecting around the marble once you push it down in the bottle. You drink the soft drink out of the bottle and the marble is always captured in the glass bottle in the protected chamber.





# Host Your Own Summer Games Party!

Setting up for your Summer Games Party {Summer Games parties are nice for indoors or outdoors}

- **Table Decor:** Patriotic star centerpieces, mini American flags, or festive cupcakes.
- **Place cards** can be star garland woven into a star with their name attached to it or a wooden star with their name on it. View our **invitation** template on the next page.
- **Serving Trays or Dessert Tiered Tray:** Purchase plastic star plates to place small treats on the table. Pitcher of lemonade—strawberry or cherry would fit the theme. Larger red, white, or blue bowls and containers can be on the serving table with cupcakes, chips, and sandwiches. You can sometimes find nice trays on clearance after Fourth of July at craft stores. If you have dessert tiered tray that holds plates, you can switch out the plates for red, white or blue.
- **Favors or Gifts to Guests:** These could be crafts they complete or items to compliment the theme. Examples: make your own patriotic shirt, design your own medal, make your own scrunchie, mini American flags, make a patriotic barrette, or play jewelry.
- **Decorations:** Paper lanterns, tissue paper flowers, vibrant banners, star garland, bunting, twinkling lights, summer themed items, etc.
- **Crafts or Activities After the Food:** Choose a separate area to conduct crafts and games. Examples are: score cards, hot gluing ribbon to a dowel to wave, make a USA pennant, design your own uniform, and play our games in this kit. View our Summer Games, USA or Washington, DC patch program for more information on crafts and activities. Available free online.
- **Community Service:** Have guests bring a game to donate for community service in spirit of the teams coming together for Summer Games. Donate them to a local organization, Ronald McDonald House, nursing home, or hospital. See our website for more.



Suggestions of Activities to Do While Watching the Summer Games:

- **Score the Athletes:** Make your own score cards from 0-10 to rate the athletes after they have performed. See how close you were!
- **Do the Summer Games Word Search** during commercial breaks.
- **Try different foods** from around the world to experience new cultures.
- **Root for your team** with waving your USA pennant or ribbon stick.
- **Walk with the athletes** while the Torch Ceremony is going on with your own torch.
- **Play Charades** of different summer games featured on commercial breaks or after the events.
- **Participate in a short workout** including some summer games moves! Some examples are: moving your arms like a swimmer, stretching like you're shooting a hoop, kicking a soccer ball, and more.
- **Have a Carnival celebration** like you're in Brazil!
- **Make mini snacks** to eat while watching the game. Some examples are: mini sandwiches cut into stars, mini pancakes or cupcakes, fruit and yogurt parfait, a milkshake, or an ice cream sundae.
- **Take the "What Sport Would You Be Good At?" questionnaire** in this kit for yourself to find out what your Summer Games calling is!
- **Play team games** with your family and friends in the spirits of the game.
- **Make everyone a winner** by making them a wreath and medal for them to wear during the games.



## Summer Games Party Invitations

Copy the below invitations out on cardstock paper in patriotic colors.


You can also write the items to bring for a potluck or BBQ or additional information about the event. Example: "Wear Red, White, and Blue" or "Bring a game to donate to charity."



 **Summer Games Party!** 

**Who:** \_\_\_\_\_

**When:** \_\_\_\_\_

**Where:** \_\_\_\_\_


**RSVP:** \_\_\_\_\_ 

 **Summer Games Party!** 

**Who:** \_\_\_\_\_

**When:** \_\_\_\_\_

**Where:** \_\_\_\_\_

**RSVP:** \_\_\_\_\_ 

## Summer Games Themed Games

### Summer Games Memory Cards

Located on page 20 and 21 of this activity booklet are memory cards to **color** and **cut out and glue on index cards**.

**Color the cards according to the name of the color on the card.**  
**Color** and **cut out and glue on index cards**.



The game is best played two players so they can take turns finding the matches. If you have a large group, you can make several copies of the cards so you can create more than one game. Gluing them on index cards prevents them from seeing through the paper.

### Go for the Gold Card Game

Cards located on page 20 and 21 of this activity booklet are Summer Games Cards

**Make two copies of the cards so there are 4 of each kind.**

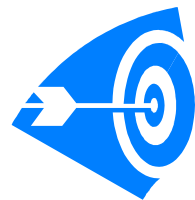
**Color the cards according to the name of the color on the card.**  
**Color** and **cut out and glue on index cards**.



The game is best played with 3-4 players. Each person is given five cards, the remainder is placed in a deck face down. The first player begins by asking for a match to anyone playing. If they do not have a match then they say "go for the gold!" The player draws a card from the deck. If they receive a match from a player or the deck then they lay it down in front of them. The first person that goes out with no cards in their hand wins.

### Guess the Summer Game!

Cut out the cards located on page 22 and 23 along the lines. Fold on the center line to hide the answer. See how many sports you can guess. Can you think of any other sports that are featured in the Summer Games?



### What Sport Would You Be Good At?

Cut out the cards located on page 24 along the lines. Have someone tell you the clues and have you guess the sport. If it describes you, you might be good at that sport!

**RED**



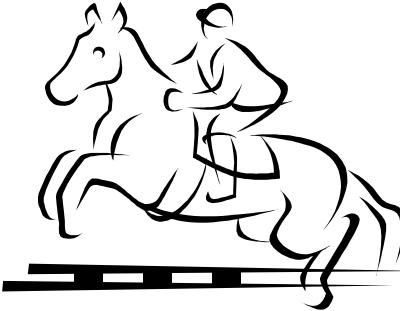
**RUNNING**

**BLUE**



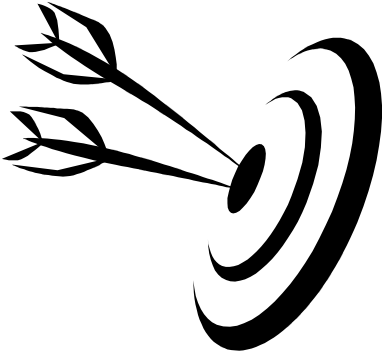
**BOXING**

**PINK**



**HORSEBACK RIDING  
(EQUESTRIAN)**

**PURPLE**



**ARCHERY**

**RED**



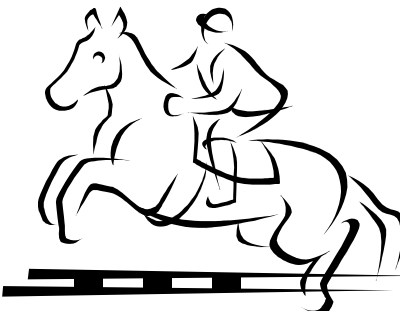
**RUNNING**

**BLUE**



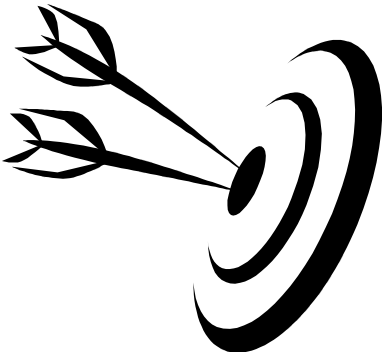
**BOXING**

**PINK**



**HORSEBACK RIDING  
(EQUESTRIAN)**

**PURPLE**



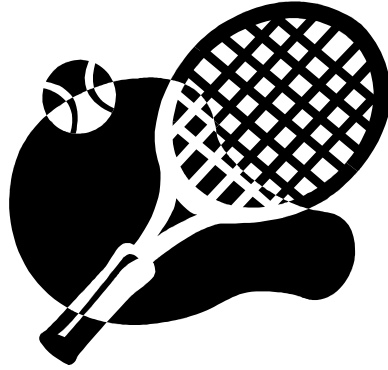
**ARCHERY**

**GREEN**



**GYMNASTICS**

**YELLOW**



**TENNIS (ATHLETICS)**

**ORANGE**



**AQUATICS**

**TEAL**



**TAE KWON DO**

**GREEN**



**GYMNASTICS**

**YELLOW**



**TENNIS (ATHLETICS)**

**ORANGE**



**AQUATICS**

**TEAL**

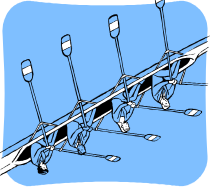


**TAE KWON DO**

# Guess the Summer Game

Cut out the cards along the lines. Fold on the center line to hide the answer. See how many sports you can guess. Can you think of any other sports that are featured in the Summer Games?


Fold on the line  
To create hide  
the answer.



Answer: Rowing

---

I am a sport that involves long wooden sticks that steer and make you go faster.



Answer: Baseball

---

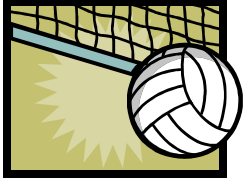
I am a sport that involves three objects to play—a ball, glove, and stick.



Answer: Wrestling

---

I am a sport that involves only using your body muscles against one other person's to win the round.



Answer: Volleyball

---

I am a sport that can be played on the sand or inside that uses a net and a white ball.

# Guess the Summer Game

Cut out the cards along the lines. Fold on the center line to hide the answer. See how many sports you can guess. Can you think of any other sports that are featured in the Summer Games?

Fold on the line  
To create hide  
the answer.



Answer: Hockey

---


I am a sport that uses a big black thing that moves around using an angled stick.



Answer: Weightlifting

---

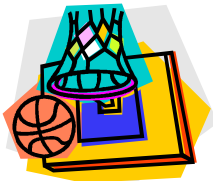
I am a sport that you only use your arms to lift heavy items.



Answer: Cycling

---

I am a sport that you use your feet to make you go faster to pass other riders.



Answer: Basketball

---

I am a sport that involves a round ball and a circular net that is very high to shoot in.

I like water  
I am a good swimmer  
I am a team player  
I am coordinated  
I can tread water

**You may like to play  
Water Polo or  
Synchronized  
Swimming**



I can ride horses

I like taking care of horses

I can trot on horses

I want to learn how to  
gallop on horses

**You may to explore  
being an Equestrian**



I can bike

I am a good runner

I am a good swimmer

**You may good at a  
Triathlon**



I am tall

I can jump high

I can dribble

I can shoot baskets

**You may like to play  
Basketball**



I know how to keep  
score

I can use a racquet

I am have good hand eye  
coordination

I can serve a small ball

**You might like to  
play Tennis**



I like tumbling

I am flexible

I have good balance

I have strong legs

**You may like  
Gymnastics**



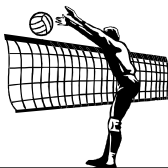
I can serve

I can set the ball

I can spike or bump the  
ball over the net

I can run

**You may like to  
play to Volleyball**



I like martial arts

I enjoy action movies

I can kick high

I have good balance

**You may like Judo,  
Tae Kwon Do, or  
Karate**



I enjoy running

I can do fast sprints

I want to build my  
endurance to run longer  
distances

**You may enjoy  
Running (Track and  
Field)**





## Relay or Field Games



### Cup Relay

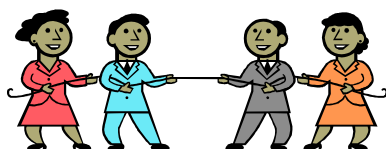
- (4) plastic cups (all the same size)
- (4) buckets or plastic containers

To start the relay race. Divide each team into two groups. The first person needs to dip their cup in the water bucket and place it on their head, race to the other end where there is a bucket or person with a cup on their head. No matter what they can not take the cup off their head. The person at the other end can squat down, but can not remove the cup from their head. After the team mate has left, they then can dump the contents in a bucket or plastic container. After the team has went through one cycle of transporting the water. The water should be measured. The team with the most water wins. As another twist of this game is to play it in the pool.

### Ring Toss

Purchase a ring toss game at the local store

Line the participants up at the starting at least two feet from the ring toss holder. Let them toss three rings on the post. If they toss the ring on the post they receive 3 points, touching the post 2 points, and touching the bottom edge of the post 1 point.



### Tug-Of-War– game of strength and endurance.

- 100 foot rope, marked in the middle with a piece of masking tape
- Field or flat area to play
- Duct tape
- Judge and two teams of players

Form two teams of at least 5-6 players. They should have equal number of people on each team. Make a line on the ground with a long pool floating device or any other soft object. This will be the center line. The judge is not allowed to play the game but has to determine a winner and watch for people breaking the rules.

The marked area in the center of the rope is the center mark for the starting point. Measure 15 feet from the center in each direction and tape the rope at those points. When this line crosses the line on the ground, the team on that end has lost. Make one more set of tape marks 2 feet further from the ones you just made. This is where the participants are allowed to place their hands and they are not allowed to move their hand over the tape.

Line both teams up on their sides of the rope. Stagger each person on the rope on each end. Have everyone pick up the rope and hold it tight. The judge lines up the tape over the center line. Judge yells, "Ready Set, Pull"! Each team pulls until one side's tape crosses the line. The group that wins each receives 5 points for their total.

### Gold Medal Hunt

- 2 buckets
- About 100 gold coins (can be plastic—found at dollar and craft stores)
- Water



You will need two buckets and about 50 gold coins for each *group*. Divide your group into teams and place them into lines. Fill the first bucket up with water and dump the gold coins in it. Have the participants take their shoes off so that they are barefoot. At the "start" signal, the first player sticks their foot into the bucket with the gold coins and tries to pick them up with their toes. They have three tries to transfer as many gold coins as they can into the empty bucket. The team that has the most gold coins by the time everyone goes is the winner.

# Patriotic Games

## Patriotic Relay

For each team:

Large white, red, or blue t-shirt

Cheap/costume/plastic jewelry (ex. Clip-on earrings, bangles, headbands, large necklaces, etc.)

USA pennant, tie-dye shirt, star wand, ball cap—anything else you can think of

Red, white, or blue flip flops

Denim elastic shorts

Plastic bin to fit all of the items in



Divide your group into even teams. Have a leader oversee them and say when to go. On the start of go, the first team member has to place all of the items in the bin on and walk or run as quickly as possible (be very careful of tripping!) to the other side and the person has to take all of the items off when they get there and place them in the bin. Make sure to tell them to go to the other side with the bin! They walk or run quickly back and hand it off to the next person in line and they repeat the process until all of the people have gone. Whoever is the fastest team, wins.

## USA Scavenger Hunt—this works great outside too!



*Equipment:* pictures of various USA items (The White House, USA flag, Statue of Liberty, etc.)

Hide the pictures of USA in various places around the room. Write clues to guide the players to the clues. Example: this building is near something blue (ex. a chair) or this is not near the Statue of Liberty. You can also split up into teams and see who finds the most.

## American Flag Relay

Two buckets filled with sand

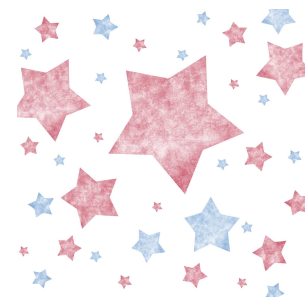
Mini American flags (about 20), depending on how many people you have



Mark a line with a beginning area and have the participants line up in a line. Place the buckets at the ending point and stick the American flags inside the buckets, one for each player. Have the first one in line race toward the bucket at the end and grab a flag out of the bucket. They race back to the line and go to the end. The first team that collects all their flags win. For their prize, they can keep their flags.

## Red, White, and Blue

Have all the participants sit in a circle and pick someone to go first. They say something that is red (ex. Cherries) and have the next person say something white (ex. Cotton balls), then blue (blueberries). Have this continue around the circle with different items. No one can repeat items or take too long or they're out. The last person standing wins.



## Token Tag



Even number of red, white, and blue tokens

Give each player a red, white, **OR** blue token and have someone begin the game. The players try to tag someone, and when they do, they get their token. If they have more than one, then they get to choose or the tagged player does. Whoever gets a red, white, and blue token first wins.

# SUMMER GAMES Word Search [Answers]

G E O L D M B E S C I T S A N M Y G E E  
 D A C L C R X B B D L V U T R Z W U T Z  
 P A T N A M S G O V D S N H K A Q F E N  
 A G H Z A S U M M E R C U L T A C M P O  
 F V I T O R C H Z D H I S E L G K E M R  
 Z L C O E E U I N N T T C T H M S I O B  
 E I K A Z A L D W K Q E I E A W X T C S  
 S S O R R A K W N R I L T R Y G W V P E  
 S T A D I U M J K E R H A F L A G M K O  
 L S F C E P M S B C Y T U S X R U Z R K  
 Y R E H C R A R P G H A Q S T J B Y V H  
 P P Y M O H C Z X O Z G A J H R J S O A  
 S P B L A T J G N E X O U T J O Q N V T  
 A G W J W G N W M Z R L W K X B U P I J  
 F C O H P S F U D E M Q V O E L A E S W  
 H P I L H T A E R W D Y C T W Q W W G O  
 F T G C D I I S G O W A V S A F J J O C  
 K I R D J L N F P M M K L C H N E G L M  
 I Z Y X O D H X R E V L I S V V R J S P  
 P N Y D M M K Y V I F Q M G E A A Z H Y

- |           |            |             |         |
|-----------|------------|-------------|---------|
| AQUATICS  | BRAZIL     | MEDAL       | STADIUM |
| ARCHERY   | FLAG       | RACE        | SUMMER  |
| ATHLETE   | GAMES      | RUN         | TORCH   |
| ATHLETICS | GOLD       | SCORE       | WIN     |
| BRONZE    | GYMNASTICS | SILVER      | WREATH  |
| COMPETE   | JUMP       | SPECIALIZED |         |
| ENDURANCE | MARATHON   | SPORTS      |         |

Circle the left-over letters on the first two rows and place them in the below blanks to see the secret message!

GOLD MEDAL

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**Patchwork Designs, Inc.**

8421 Churchside Drive  
Gainesville, VA 20155

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Email Address: \_\_\_\_\_

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| Item #                                      | Description                                 | Quantity | Unit Price | Total Price |
|---|---|----------|------------|-------------|
| SUMMER-GAMES-20                             | Summer Games 2020                           |          | \$1.50     | \$          |
| Game-kit-20                                 | Summer Games Kit (bracelet pencil, sticker) |          | \$3.50     | \$          |
|   |   |          |            | \$          |
|   |   |          |            | \$          |
|   |   |          |            | \$          |
|   |   |          | \$         | \$          |
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## Bibliography:

[http://en.wikipedia.org/wiki/List\\_of\\_Olympic\\_medalists\\_in\\_swimming\\_\(women\)](http://en.wikipedia.org/wiki/List_of_Olympic_medalists_in_swimming_(women))  
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<http://www.independencedayfun.com/241/4th-of-july-party-games/>

All other resources are from our imagination or other kits we have written.

Written by: Ariel Oandasan



**Patch and Program**  
**Created By:**  
**Cheryle Oandasan**