**Challenge Retreat**

Each student signs up for a challenge that they will compete at during the day

**Ice Breaker Challenge**

You have 30 seconds each round-try to find someone who fits the description said aloud and get their signature. Every one you find equals one point. Person with the most points wins!

* 1. Someone who is older than you
  2. Someone who plays football
  3. Someone who is an only child
  4. Someone who lives on a farm
  5. Someone who works at a restaurant
  6. Someone who is left handed
  7. Someone who has been to Florida
  8. Someone who goes to a different school than you
  9. Someone who has brunette hair
  10. Someone who plays an instrument
  11. Someone who is taller than you
  12. Someone who is wearing sandals
  13. Someone who has flown on an airplane
  14. Someone you’ve never spoken to before today
  15. Someone who is an altar server
  16. Someone who has a pet dog
  17. Someone whose birthday is the same month as yours
  18. Someone who drives a black vehicle
  19. Someone who has been in the ocean
  20. Someone who knows Spanish

**Disney Challenge (BIBLE)**

4 students- 2 teams of 2

Play 10 different Disney songs, the first team to buzz in and answer correctly gets a point

Talk on how the bible should be as familiar to us as the songs we listen to. We should be able to recite verses of the bible or at least know how to look them up. We need to listen what Jesus is saying to us.

Some ideas for activites

* Bible Scavenger Hunt
* Bible Math
* Bible Search
* Lectio Divina

**Noodle Challenge-(KINGDOM OF GOD)**

20 spaghetti noodles, 1 yard of tape, 1 yard of string, 1 large marshmallow

In groups of 5, you have 18 minutes to create a tower, the marshmallow must be on top of tower and tower must stand on its own when measured. Do not need to use all the supplies and do not get any additional supplies.

Talk on how we all bring our own thoughts and creativity to the church. We are not a church of just a building but a human living group of people. We all need to contribute to our parish in order to help it to continue to grow and flourish.

**Water bottle challenge-(DISCIPLE OF JESUS)**

4 students-2 teams of 2 students

Teams race to see who can “flip” their bottles first.

Talk how sometimes we feel like we are getting tossed around with all the things going on in our life. But if we commit to following Jesus we can be sure to “land” on solid ground and live a good life.

Teams race to see if they can “cap” it.

Besides feeling tossed around in life, we may also fee that what we’re called to do might be the unpopular view, we might feel like we’re standing on our heads (capped) but just like the water bottle, being different isn’t always bad but often times seen as being harder to do and more rewarding when we do it.

**7 second challenge-(SACRAMENTS)**

4 students

One student will be given a task at a time, they must complete it in 7 seconds to receive a point. Student with the most points after 3 rounds wins.

\*Say the alphabet

\*Drink a cup of water

\*Sing happy birthday

\*Create the letters of “CAT”

with your body

\*Do 5 jumping jacks

\*Say 5 books of the bible

\*Give 15 high fives

\*Eat 10 Cheetos

\*Do a cartwheel

\*Make up a word and it’s

definition

\*Say a Glory Be

\*Gargle Listerine

\*Name and demonstrate a

new dance move

\*Show the emotions of fear,

sadness and love

\*Touch your nose and say

boop 5 times without

laughing

\*Name the 7 Sacraments

Talk about what the 7 Sacraments are and how we never “complete” the sacraments, but can participate for our entire life.

**Smoothie Challenge-(LUNCH)**

4 students

20 ingredients-10 good, 10 bad- Each pick 5 numbers, must try their smoothie with their chosen ingredients without gagging

**Try not to laugh challenge (GAME)**

Create bracket and show youtube clips to eliminate people

Partner up, show youtube clip, once someone smiles or laughs the other person stands, once all partners are done, pause and find new partner (according to bracket) and begin 2nd round, continue until a winner is declared.

**Whisper challenge-(PRAYER)**

4 students

Each student takes a turn with headphones on and without headphones one. Put headphones on, must try to determine what the other person is saying

*Sayings- I can’t wait to get confirmed, I love going to church, Why is this retreat so long, I hope they give us some more food*

Talk on how we need to listen to Jesus among the noise of the world and hear what he has to say to us. Spend time in silence in church

**Love challenge-(PARENT LETTERS)**

Talk about how we are all called to love as Jesus does and that Jesus gave us parents to help us and show us how to live a good life.

Give each student a letter from their parents and paper and an envelope to write back to their parents.

Time to read and write

**Plank challenge- (ROSARY)**

4 students

Each student will attempt to plank for 15 seconds, 30 seconds and then a minute, whoever can plank the longest wins

Talk about how if they want to be able to plank or do any workout they have to build up their endurance to do so. The Rosary can be thought about the same way. It may seem daunting to think about praying a whole Rosary every day. But if they start by doing a decade they can build up to the whole Rosary

Explain how to pray the Rosary and then pray the Rosary as a group.

**Fruit by the Foot challenge- (FRUITS OF THE SPIRIT**

4 students

Each student gets an unwrapped fruit by the foot (but still on the paper) without using their hands they race to see who can eat their Fruit by the Foot first.

Talk about what the Fruits of the Spirit are and how we experience them in our daily lives.

**Chubby Bunny challenge- (SUPPER)**

Everyone chooses a partner-put a marshmallow in their mouth and say “Chubby Bunny” continue adding marshmallows until you can’t understand them. Find a new partner and repeat. Students who can fit the most in their mouth will go up for supper first.

**Gratitude challenge (JOURNAL & RECONCILIATION)**

Begin with a prayer service in church for Reconciliation. 6 students at a time will be in church to go to Reconciliation. The students who are not in church will be creating a gratitude journal. After they create their journal they will receive 3 questions to journal about. Journaling can be done in the hall or in church.

**Me challenge-(CRAFT)**

Talk about how we are all unique and different. If we were all the same it would be boring!! God gave us different gifts to create the Body of Christ. What are some talents that they have? How can they use these gifts to help spread the love of Christ to others?

Each student will receive a large letter (their first initial) to decorate with images that show who they are.

**Cleaning challenge- (CLEAN UP)**Each student will be given a job to help clean up the facilities

**Go out challenge**

Talk about what they thought of today? Hopefully they learned or experienced something that touched their heart, and now with the retreat coming to a close, they need to take what they learned/experienced out into the world with them.

Closing Prayer-Music playing while leaders go around and place their hand on each student, one at a time and say a silent prayer over each of them.

Close with upbeat song

GOODBYE

9:00 Welcome and overview

9:15 Ice breaker challenge

9:40 Disney Challenge 4 students (BIBLE)

10:15 Noodle Challenge (KINGDOM OF GOD)

11:00 Water bottle Challenge 4 students (LIFE AS A DISCIPLE)

11:20 7 second Challenge 4 students (SACRAMENTS)

11:50 Prepare for Mass

12:05 Mass

12:45 Smoothie Challenge 4 students (LUNCH)

1:30 Try not to laugh Challenge (GAME)

2:00 Whisper Challenge 4 students (PRAYER)

2:40 Love Challenge (PARENT LETTERS)

3:45 Plank Challenge 5 students (ROSARY)

4:15 Fruit by the Foot Challenge 4 students (FRUITS OF THE SPIRIT)

5:30 Break

6:00 Chubby Bunny Challenge (SUPPER)

7:00 Reconciliation-Gratitude challenge (JOURNAL)

7:45 Me Challenge (CRAFT)

8:20 Cleaning Challenge

8:40 Go out challenge

9:00 GOOD BYE