

## Federation Olympic Games

February 2026

Note: These games can be played as challenges if doing an Olympic theme or individually when educating students about coastal stewardship and habitats. You can also adapt to add more sets of materials so more students can play at once.

### Optional Supplies for Olympic Games:

- Olympic Rings (can use hula hoops or colored paper plates, and attach with tape or fishing line), set up star shaped cutouts or displays around classroom
- Metals: Gold, Silver, Bronze
- Olympic Soundtrack - to play official Olympic music during challenges
- Awards Podium

### Salt Marsh Matching

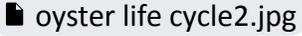
- **Supplies:**
  -  Salt Marsh Matching.pdf Game Cards
  - Sets of colored index cards
  - Scissors/Paper Cutter
  - Glue Stick
  - Laminator (Optional)
- **Challenge Objective:** Who can correctly match the most Marsh species the fastest?
- **Instructions:**
  - Print matching game cards:  
 Salt Marsh Matching.pdf
  - Cut and use a glue stick to attach to index cards.
  - Laminate.
  - Can print multiple sets on different colored index cards.



### Classic Memory Match Game Rules

- Objective: Collect the highest number of matching pairs.
- Setup: Shuffle all cards and arrange them face-down in a grid pattern.
  - The first player flips over two cards, ensuring all players can see them.
  - If the cards match, the player takes the pair and takes another turn.
  - If the cards do not match, they are turned face-down in their original spots, and the turn passes to the next player.
- Winning: The game ends when all pairs are found, and the player with the most pairs wins.
- *OR if using multiple sets, players can race to see who can match all of the species correctly the fastest.*

## Oyster Life Cycle Bean Bag Toss

- **Supplies:**
  - Small or regular size corn hole board/bean bag toss
  - Optional: Paint the board to showcase an oyster reef and surrounding estuary
  - Bean bags
  - Oyster Life Cycle Print Out: 
- **Challenge Objective:** Who can get the most oyster larvae (bean bags) to land on the oyster shells/in the hole so that they become spat and grow up to be adult oysters?
- **Instructions:**
  - Show students the Oyster Life Cycle.
  - Discuss that when oysters are born, they float around in the water for about 2 weeks before finding a hard surface to settle on and glue themselves to. Baby oysters, called Spat, love to attach to other oyster shells. Once they attach to another oyster shell they can grow up to become an adult.
  - Following the Oyster Life Cycle (  ), bean bags represent oyster larvae that are swimming through the water and need a hard surface to attach to. If they make it in the bean bag toss hole or on other oysters painted onto the board they get to grow up and become an adult.
    - If you have predators drawn on the board, make sure the students watch out for predators! Shrimp, crabs, fish etc.
  - The player who gets the most bean bags/larvae to land on the shells on the board or in the hole wins.



## Marine Debris

### Abandoned & Derelict Vessel Curling

- **Supplies:**
  - 2-3 yards or more of Clear Vinyl Plastic Covering (can purchase in the fabric section at Walmart )
  - Black, Blue, and Red Permanent Markers
  - Toy Boats (two different colors and 3-5 of each color)
- **Challenge Objective:** Who can get the Abandoned & Derelict Vessel (ADV boat) out from littering the waterway and closest to the scrap yard?



- **Instructions:**
- Create a Curling Court using the Vinyl Plastic covering to represent the ice.
  - Follow this pattern (  ) to make a bullseye at one end of the board. Add Blue and Red circles for bullseye along with a “hog line”.
- The boats represent Abandoned & Derelict Vessels that are littering the waterway/Sound after a large storm.
- Teams pick a boat color and take turns pushing their boats towards the bullseye which represents the scrapyard. They are not allowed to pass the Hog Line when sliding their boats along the ice. They are allowed to knock other team boats further away from the bullseye during their turn if their boat hits one from the other team.
- The team whose boat is closest to the center at the end wins.

### Cross-Country Box Ski Cleanup

- **Supplies:**
  - 4 empty boxes that could fit on students’ feet (could use tissue boxes or soda drink boxes if working with smaller students).
  - Duct tape to use so boxes resemble shoes
  - 4 Trash Pickers (2 per student)
  - Selected marine debris items (items you may find during a cleanup: plastic bags, plastic bottles, food containers etc.)
- **Challenge Objective:** Who can ski around a set course the fastest wearing boxes on feet (skis) and collect the most marine debris along the way?
- **Instructions:**
- Set desired course length (around a set of tables etc.)
- Place 3-5 debris items on each side of the course.
- Challengers take off shoes and put on boxes for skis, using two trash pickers each for ski poles.
- Place challengers on each side of the course and see who can make it around the space the fastest while collecting the designated debris items.
  - Each player must collect X number of debris items (identified by teacher/leader)



*Marine Debris Extensions:* Have students research Abandoned & Derelict Vessels in North Carolina and their impacts. Look up types of marine debris and review resources here: <https://www.nccoast.org/distance-learning-lab/marine-debris/>. Participate in shoreline cleanup and collect data on items found.

## Nature-Based Solution Shuffle

- **Supplies:**

- 4 aluminum food tins to catch any water drippings
- 4 clear containers to set in aluminum tins (tupperware or similar)
- \*Note: could use just 2 containers and 2 tins and use a stopwatch to time students, and fastest wins, vs. having 2 sets where they race.
- Photos of stormwater runoff on roadway
- Photos of rain gardens
- Food coloring or water mixed with cocoa powder to represent polluted stormwater runoff
- Two Sponges
- Water



- **Challenge Objective:** Who can move the dirty stormwater runoff to a Nature-Based Solution/rain garden the fastest using big sponges so it can filter it?

- **Instructions:**

- Fill two clear containers with water about half way (or to your preference)
- Add several drops of food coloring or water/cocoa powder mix into each of the tubs with water. This represents the dirty stormwater runoff along the roadway.
  - Show students pictures of stormwater runoff along the roadway and discuss.
- Have 2 empty containers to represent a Nature-Based Solution nearby such as a rain garden.
  - Show students photos of a rain garden and discuss its purpose.
- Have challengers see who can move the dirty stormwater runoff from the first tub to the rain garden tub the fastest using the sponges.
  - Explain that rain gardens and native plants act as natural sponges to help soak and absorb stormwater.

*Water Quality Extensions:* Have students review  Smart-Yard-2023-Edition (1).pdf to learn more about stormwater runoff and Nature-Based Solutions. Can also review resources on the Distance Learning Lab - Clean Water page:

<https://www.nccoast.org/distance-learning-lab/clean-water/>