

Relay Race Activities

A relay race is an excellent group activity, and it's so versatile because you can put together any number of different types of challenges and activities to suit your group. Here's some ideas to get you started. Also, while I have called it a Relay 'Race', I'd actually recommend letting everyone finish each activity before anyone moves onto the next. It makes life easier for whoever is keeping score and means everyone gets to watch the fun.

Ring Toss

So, you know the drill here. You throw the rings onto the stick, you win points. The ideal way to do this is to have one person throwing the rings and the rest of their team picking them up if they miss, so they can hand them straight back. One minute is a good amount of time to give someone. Now, this is Bachelorette after all, so obviously there is a more X-rated version of this which you can purchase [here](#).



Crepe paper

maze

All you need is plenty of crepe paper and a reasonable sized hallway. Use double sided tape to stick lengths of the paper on either side of the hallway. The chosen representative for each time needs to weave their way through the maze while trying their best not to touch the paper. The quickest participant wins. You can judge yourself, but a good guide to time penalties is 10 seconds for contact, 30 seconds or even one minute for breakage. This is one that you should try out before the event to see the

best way to spread the paper without making it too easy or too difficult. You can also call it "Bondage escape" to make it feel more like a Hen do.

An easy way to make a family friendly game a little more "Bachelorette" is simply by renaming it something raunchy



How to HEN

Balloon Humping

This is what it sounds like. 2 people from each team have to work together to burst 3 balloons each, and they can only do this by getting into sexual positions and humping like their life depended on it. The team to burst all three in the fastest time wins! To make it more interesting, you can place the balloons in another room and make it so that someone from each pair has to run to the other run to get their balloon, and run back.

You can also upgrade this to a final group activity, with all members of the team having to participate at least once.



Take it off



Wrap up Victoria's Secret boxes (or any other coloured box) that has a cheap, brightly coloured thong inside. One player from each team must race to unwrap the box, open the box, and get the thong out, using only their mouth. Then put it on of course. OVER their clothes, come on now. First one to wear their thong wins.

Or, if you'd rather go one at a time, fastest time wins. If you're concerned about putting your mouth on wrapping paper, feel free to play with oven mitts instead. It's equally hilarious. If your contestants are going one at a time then you can up the ante by making each of them put the thong on the bride, using only their teeth/oven mitts.

Get up close and personal in these ones!



How to HEN

Ping pong Twerking

This one involves a little DIY but it's so worth it. Basically, you need to attach some form of belt to an empty tissue box, whether its ribbon threaded all the way through or just basic duct tape. Someone from each team will tie the rope/ribbon/belt around their waist until the box sits tightly at their lower back. The box is then filled with ping pong balls and, you guessed it, they have to twerk their little butts off until all the balls are out of the box! Whoever manages to get rid of all their balls the fastest is the winner.

Helpful hints

- Make sure the belt is strapped tight and the box doesn't slide down over the bum, because then the balls just fall out.
- Make sure if you are making these that the straps are extra-long, to be inclusive of all shapes and sizes.



Let your fruit hang low

The classics are often the best. You can use either just some string/ ribbon to tie a banana to you wait and let it hang down between your legs. Or if you are using a rounder fruit like an orange, stick it in the leg of a pair of tights (pantyhose) and let that leg hang down, tying the other one around your waist. The aim of the game is to swing your new appendage around and guide a ball on the floor to a designated finishing point.

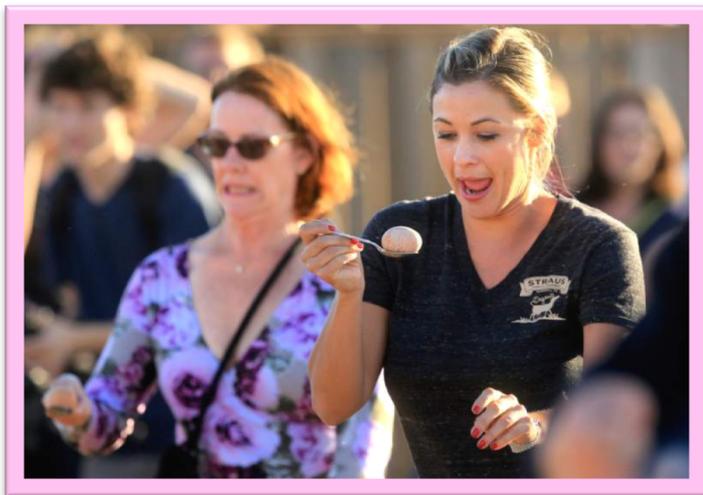
Remember, there are hundreds of games listed on the site under different categories and themes. You can put any one of those into your relay. The possibilities are endless!



Outdoor

Pool Noodle Olympics

Ah the humble pool noodle. Has there ever been such a cheap but versatile working material? There are so many things you can do with these that you could make your entire relay just for pool noodle games, but personally I think that's a little too family BBQ. Still, [this list](#) has loads of pool noodle based games to choose from, and [here](#) you can find a full-on pool noodle obstacle course ready to go.



Obstacle course/Sports day

While we are on the subject, if you're a *little* more hardcore than pool noodles, then set up your own regular obstacle course. There are some suggested courses [here](#), and [here](#). Which, while obviously for children, you can adapt to suit your group. Obvious choices for sports day are favourites like three legged races, sac race, egg and spoon race, skipping races, space hopper

race... you get the idea. Basically, any activities in which team members physically have to race each other. Remember to test out each activity and then the course as whole to check whether it is actually doable for everyone in the group. If not, you can create easy, medium and hard options and assign each person an option depending on their fitness levels.

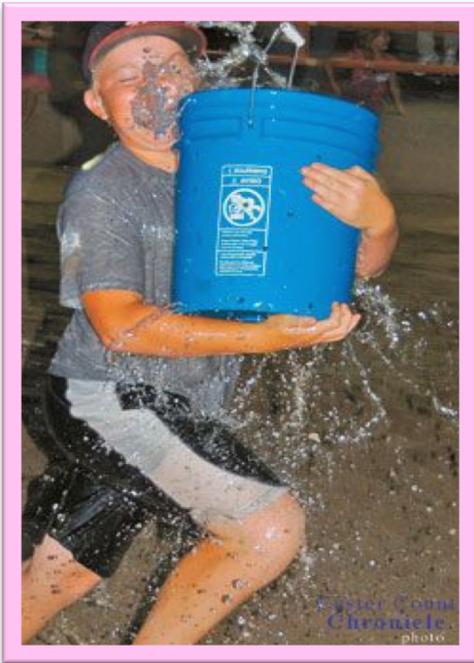
Most of the following images and links will relate to activities for 'Children' but let's face it, add some vodka! This is Active Hen Games 101.



How to HEN

Balance tug of war

The only reason I've listed this as an outdoor game is because of the likelihood of injury if you attempt it in the living room. The soft grass and lots of room to fall over is going to come in handy. You need to find a sturdy crate, block of wood, hover platform or whatever, that one person from each team can safely stand on. After that, it's just regular tug of war. The goal is to pull your opponent off of their platform. Depending on how many teams you have, the winners of each round will face off until one team is victorious. You could also turn this into proper "Gladiators" by heavily padding both ends of a broomstick and attempting to knock the other person off their podium.



Holy Bucket Race

Simple really, poke holes in plastic bucket, fill that bucket with water. Run from one marker to the other while spilling as little as possible. As soon as you reach the finish line get someone to mark the bucket with a permanent marker in the colours (or initials) that represent your team, to show the level of water you saved. Re-fill the bucket at the other end as someone from the next team goes. The team member who saved the most water wins the most points (or the only point, depending on how you are scoring)

I will add that all of these activities are made instantly more hilarious and Hen appropriate if the team members have to wear [big inflatable p*nises](#) while they do them.



Water Balloon Games

So long as you've a group that won't object to getting a little wet, any game that uses water balloons always goes down a treat. From water balloon piñata's to water balloon jousting, [this list](#) has some really excellent suggestions on the best way to include those little bubbles of anxiety.



Water Passing Games

Since we're already damp, let's continue with the water theme. There are a few great variations of games where two team members are required pass water to each other in some shape or form. Firstly, you can get person one to lie on the ground with a decent sized plastic cup on their stomach, person 2 must then pick up a cup of water from a table across the garden, walk with the

water on their head to their partner, and then pour as much of that water into their partners cup as they can, keeping the cup on their head. The first pair with a full cup wins!

Alternatively, you can put two bowls/buckets on opposite ends of the garden, one filled with water and one empty. Mark out spots on the ground where your pairs are allowed to stand and give them each a bucket. The object is that the pair must fill the empty vessel. However, the only way they can transport the water is by throwing it from one person's bucket to another. The further apart they are standing, the more water will end up on each other and the longer it will take to fill the empty bucket. The team who fill the empty bucket the fastest wins!



How to HEN

Dizzy Bat

One of my personal favourites. There are **3 ways** to play this game. The **first** is to buy the actual [official bat](#), which you fill with your chosen alcohol (low % is advisable, don't fill it with gin!) You then must chug the full bat, put the bat on the ground and put your head on the handle. You then must spin around the bat for the number of seconds it took you to drink, and when you stop, another team member throws you either the empty can or a ball, and you must take a swing and try your best to hit it. The **second** method is just to chug out of a can or bottle and use a regular bat. The **third**, which is my favourite, is to ditch the chugging of booze, and instead opt for a dizzy bat race. You don't even need a bat for this, just anything you can spin around. Get all participants lined up, make sure there is PLENTY of space and a very clear finish line. Everyone spins around the bat as fast as they can for 10 seconds, drops the bat and makes a mad dash to the finish line. I can personally vouch for how totally hilarious it is watching a group of heavily dizzy people try and reach a finish line. Good luck!



Frozen T - shirt race

Again, I have only made this an outside option because I feel like as the t-shirts melt there's going to be high risk of slippery floors. But keep some towels handy and have someone on hand to mop up (usually the Mum/s) and hey presto you can do this indoors too! Get some cheap or donated T-shirts for each competitor (bonus points if they are in the team colours), soak them in water and ring them out as much as you can. Fold each t-shirt to fit neatly inside a plastic bag. Then stick them in the freezer. Do this as far in advance of the game as you can. The players from each team must race each other to see who can be the fastest to thaw and put on their t-shirt.



How to HEN

Finale games

Here are some games that everyone can take part in, which is always a good way to finish the relay so that no one feels like they were left out or unable to take part.

Tug of war

Is what it says on the tin. Get however many teams you have to face off, in rounds if required, until a winner is left standing. Literally. Make sure you have plenty of space and everyone is wearing appropriate footwear.



Balloon Stamp

Make sure you have a balloon or ribbon for each person in their team colour (plus a few spares). Teams attach their balloon to their ankle and then run around the room (make sure you have space), desperately trying to pop the balloons of the other teams by stamping on them. If someone pops your balloon, you are out. The team with the last person standing wins!

Mind your toes and ankles in this one!



How to HEN

Lava River Crossing

Think of it as a group version of “The floor is lava”. This one can be done in or outdoors. As long as you have space, and some items that players will be able to stand on. You need to have one block, brick, or even piece of paper for each participant. You'll need a start and finish line marked out, and teams will have to place their blocks down one at a time on the floor in order to cross the “lava”. Since each team member only gets one block, people will need to share blocks so that the spare block can be passed from the back of the line to the front. The team that gets from start to finish in the quickest time wins!



Human caterpillar

CATERPILLAR. Not centipede. Important. So, remember the “Oops upside your head” dance that people do at weddings? The one where everyone sits in front of one another and moves as whole? Well this is like that, only crossed with that thing your dog does when it drags its butt along the carpet. The team will sit together on the ground, wearing appropriate clothing (wouldn't advise hot pants or a mini skirt here) and hold on to the

ankles of the person behind them. You then have to work together to “shuffle” forward as fast as you can until your whole team is across the finish line.



These are just a few suggestions but hopefully they've got the creative juices flowing and you'll be able to put together a great relay race.

