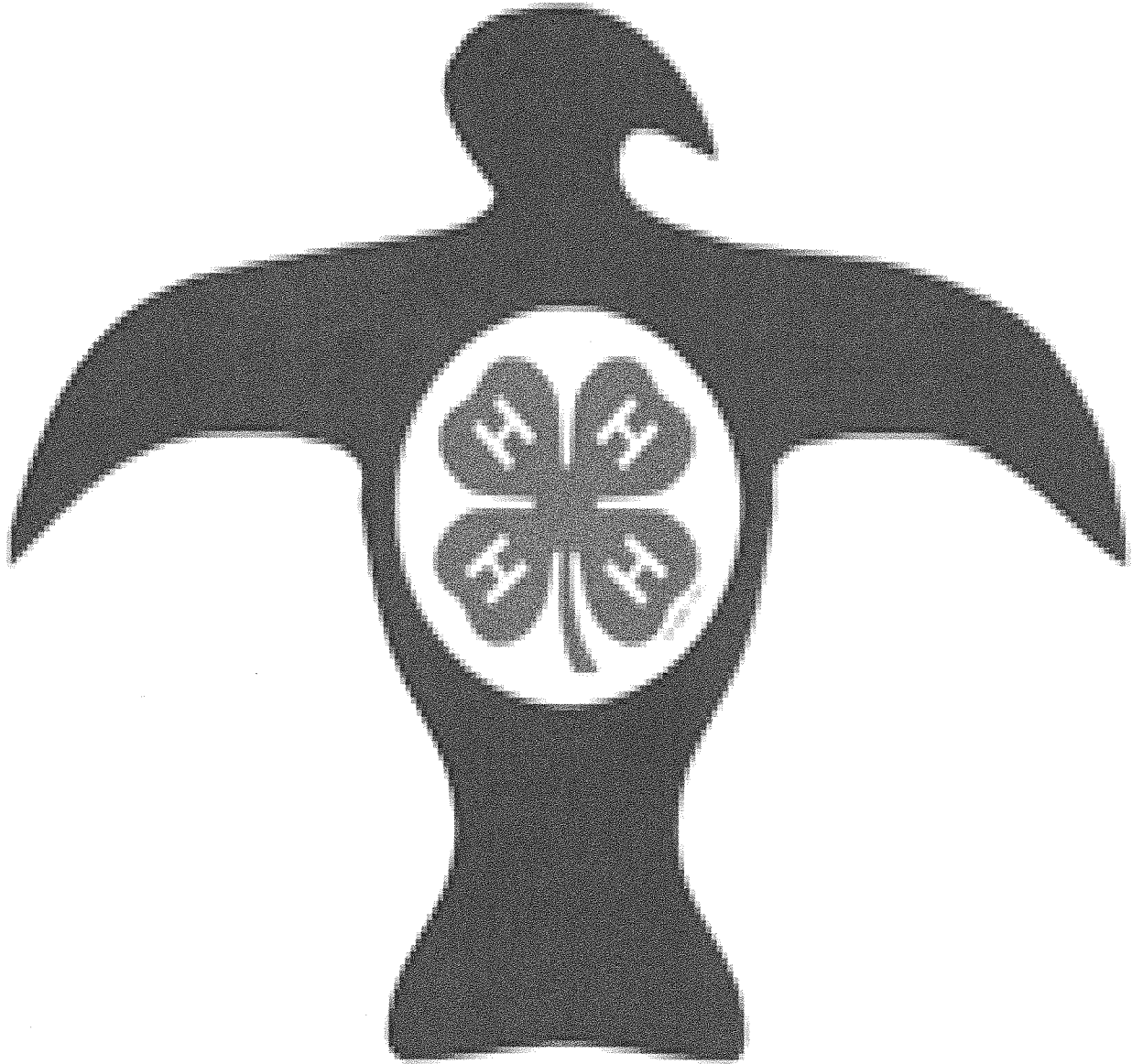


4-H Games



From Rock Eagle

I. Introduction/Philosophy

The challenge course at Rock Eagle is one of the highlights of our program for both students and teachers. The challenge course teaches students the importance of teamwork and problem solving. Each group varies on how they approach the course, the number of elements completed, and the lessons learned. We are **not** concerned with the number of elements a group completes, but rather what they have learned from completing each element. Some groups will struggle with the simplest of initiatives, while other groups find the challenge course itself quite easy. It is your role as a facilitator to keep safety the primary concern, while making sure the group is challenged to their full potential.

Your role as Facilitator

As the facilitator, you will present a series of challenges to your group, leaving them to work out a solution. There are several guidelines you must establish with your group. The first is safety. It is your job to make sure all participants are behaving in a safe manner, both physically and emotionally. If you see they are not being safe, it is your responsibility to stop the action and regroup. This may be as simple as interrupting the current action and asking them to look at what is going on. Once they see what needs to change and agree to change it, action can resume. A Work on giving control to the members, by taking all conflict and criticism to the team. Once the team recognizes that you will consistently wait for them to deal with matters, it may begin to take charge of itself@ (Wall and Tait, 1994 p.51). Other groups may need to leave the course and do more initiatives before resuming work on the elements.

Another guideline to establish is that answers will come from the students. This translates into virtual silence from the teachers and chaperones; they should not tell the students what to do or how to do it. This may prove to be quite a challenge for teachers and chaperones who are used to telling kids what to do and how to do it. Often, the answers the teachers have are not the best ones for the challenge at hand. Also, you as the facilitator should be patient with the group, giving them time to develop their ideas. Do not rush the process of the group. By letting the students come up with the answers, they will take ownership of their ideas and actions and can learn about consequences, both positive and negative.

Frequently, students will come up with surprising answers that fulfill all the requirements. As you are presenting challenges, it is important for you to live up to all the guidelines you have set. Once you set these guidelines, do not change them except in breaches of safety. Students often figure out a way around the rules, and even though it may not be what you meant to say, it is what you said, and you need to responsibly live up to that. It is unfair and a breach of trust to change the rules in the middle of the activity.

Once the activity has been presented and finished, it becomes your role to glean the lessons from the activity by debriefing. This often takes place in the form of a discussion that centers around the group, what happened, and why it happened. It is also a springboard for changes they need to make to work better as a team on the next event. This is also a time for the group to discover their learnings. Your role as a facilitator is NOT to tell them what they learned, but to guide the learning process.

Facilitation:

Facilitation is defined by Gass (1993, p.219) as those techniques that are used to augment the qualities of the adventure experience based on an accurate assessment of the clients' needs. The central purposes of facilitation are to enhance the quality of the learning experience, assist clients in finding directions and sources for functional change, and create changes that are lasting and transferable . . . People simply don't learn, grow, or change without reflection on their experiences; without analysis of their mistakes, failures, or successes; without considering the impact of actions or decisions; without anticipating consequences or committing to new behaviors; and without understanding how they can use new learning growth and change. You can facilitate these gains by escorting people through the process and by accelerating it (Priest and Gass 1997, p.174).

Experience on our course has shown us that students learn more when the adults step back and let them make the decisions and take responsibility for their actions. This principle holds true through the debrief of an experience too. The purpose of debriefing is to have the students reflect on what happened, their personal role in the event, what it meant for the group, how it made them feel, what they would like to change, and how they plan to go about changing it. When the students go through this process, they assume ownership of the lessons and are more likely to commit to and follow through on change. As a facilitator, your role in debriefing is usually to guide clients through reflective processes so they discover their own learning...you should guide clients in their learning by asking effective questions. In this way, you encourage clients to share their personal observations and their own behaviors, or the consequences of their actions (Priest and Gass, 1997 p.194).

How to facilitate

Facilitation is a process that takes place throughout the adventure experience. At the start of the course, define the goals of the class and establish guidelines.

The objectives of the challenge course as stated in the teacher's guide are:

1. To build and enhance teamwork.
2. To affirm the value of each individual.

If students are to build and enhance teamwork, they must first have a working definition of teamwork. A team is a group of people working together for a common goal. From this point, a short discussion of what it means to work together and what skills a team must possess will clarify the goals of the class. Three goals that are broad and easy to remember are: safety, fun, and learning. During this discussion, it is also important to have the students commit to a full value contract.

The concept of a full value contract was popularized by Project Adventure to encourage participants not to discount themselves or others during an adventure experience. Its three main guidelines as described by Schoel, Prouty and Radcliffe (1988, p. 95) are:

Participants agree to work together as a group toward individual and group goals.

Participants agree to adhere to certain safety and group behavior guidelines.

Participants agree to give and receive feedback, both positive and negative, and to work towards changing behavior when appropriate.

Once these principles have been introduced, it is important for all participants to verbally agree to uphold them. As a facilitator, you can refer back to this contract at any point during the course.

Challenge by choice is another concept that is central to the challenge course. This gives

the participant the choice of actively participating (direct involvement) or passively participating (spotting, encouraging others). According to Schoel, Prouty and Radcliffe (1988, p.131), Challenge By Choice offers a student:

A chance to try a potentially difficult and/or frightening challenge in a supportive and caring atmosphere.

The opportunity to Aback off@ when performance pressures or self doubt become too strong, knowing that an opportunity for future attempts will always be available.

A chance to try difficult tasks, recognizing that the attempt is more significant than performance results.

Respect for individual ideas and choices.

Even though discussions such as these are sometimes awkward and met with silence and stares, they are an important means to establish guidelines for the class. Doing this work up front will give you support in times of conflict and ultimately add to the success of the group.

How to debrief

There is no right or wrong method of debriefing, only varying styles. AA debrief without purpose is simply random discussion... a good debrief needs focus to ensure that the relevant learnings are brought to the surface and understood@ (Wall and Tait, 1994 p.32). The key is to be familiar with enough styles to be able to develop one which is complementary to your teaching style. There are a few general guidelines for debriefing taken from *Quicksilver* (p. 35) which are helpful in having a successful debrief:

Be non-judgmental

Be sincere and honest

Show compassion and understanding

Be willing to listen

Be open to the feelings of others

Pay attention to what is said and not said (*before, during, & after the activity*)

Be observant, watch for clues from body language (*before, during, & after the activity*)

Ask questions rather than make statements

Be aware of what is happening at all times. It is good to always have a small note pad with a writing utensil. During the activity write down things you see so you can bring it up after the activity. As you begin to debrief, start off short and general with the first few activities. As you progress through the activities, begin progressing with your debriefing. Become more specific and draw more from the activities.

Funneling model

The funneling model was developed by Priest and Naismith and is an expansion of the classic AWhat? So what? What now?@ model of processing developed by Borton. Funneling is a series of questions to filter out the lessons of the experience. A Each question filters out unwanted parts of the experience, narrowing clients= concentration toward discussing wanted changes@ (Priest and Gass 1997, p.197).

There are six steps to funneling:

Review: This filter serves to focus the group on a single issue. It is often helpful to have the students take some time to replay the event in their heads and reflect on it before speaking about it. Then have the students speak briefly and come to a consensus on what actually

happened, narrowing the focus to the topic at hand and to the exclusion of everything else. Using cooperation as an example, the facilitator could initiate a discussion of cooperation and what happened during the event. Ask students to rate the group on cooperation on a 1-10 scale by holding up fingers.

Recall and remember: This filter serves to specify events that occurred during the experience. Sample questions might include: Can you highlight a time when cooperation was good? Excellent? Needing improvement?

Affect and effect: This filter brings to light the emotions that members of the group experienced as a result of the events. It also highlights the effect these emotions had on the group as a whole. Sample questions might include: When you were cooperating well, how did you feel? Did you express these feelings? How did that affect the group and your success?

Summation: This filter draws out new lessons. The discussion this far has focused on what happened and how it affected the group. At this point they can begin to specify what they might have learned. Sample questions might include: What can we learn from this? Why is it important to cooperate? How can we cooperate better?

Application: Application consists of drawing parallels between what happened in the event and what happens in real life. Sample questions might include: When do you have to cooperate with others? At home? At school? When is it like what we just did?

Commitment: This final filter asks for a commitment to change behavior. Sample questions might include: What will you do to cooperate more with others next time? Can you finish the statement AI will...@?

One thing to keep in mind when asking questions is to ask open-ended questions. Try to stay away from Ayes@ or Ano@ answered questions. Ask questions that will stimulate thought and conversation. This will help the flow of the process.

Although this is an excellent model for debriefing an element, it may not work well for all groups all of the time. Sometimes it can be difficult for participants, especially children, to express the emotions they experienced in words. To help with this situation, it is important to be able to use alternative methods of debriefing.

Alternative debriefing techniques

These techniques are useful when you have a group that may be reluctant to discuss their experience. They can also be used as a springboard for discussion.

- Thumbs Up: Have all the students make a fist with their thumb sticking up and put it out in front of them. Then, pose to them a question to be answered on a scale of 1-10, 1 being low and demonstrated by the thumb pointing directly down and 10 being high shown by a thumb pointing directly up. It can be helpful to have the students close their eyes, so they express their own opinions at least long enough for you to see. When they open their eyes, they may very well adjust their thumbs to match their teammates. An alternative to the thumbs is to have students rank their performance on a scale of 1-10, holding out an appropriate number of fingers. The responses can be a springboard for discussion.

-The Whip: Simply ask participants to sum up their experience in a word or a phrase. Or you could ask them to complete a phrase such as, "The best part of today for me was..." or, "I think we need to work on..." This too can be a springboard for discussion.

- Line up: Have the students line up according to who listened the most or who was most supportive

-Bull's Eye: Set up an imaginary bull's-eye and have the students position themselves in response to various statements as to whether the statements are "Right on" or "Missed the mark."

-Solo Time: Give the students time to think about their experiences before a discussion. Writing about what happened can help students clarify and organize their thoughts, and may provide an outlet for the quieter and more reluctant student.

Closure

It is very important to do a closure activity at the end of the course to reinforce learning. There are several techniques for this:

String of pearls: Each person in the circle compliments the person to his or her right on something that was done well, a positive change in behavior, or for helping in a time of need, etc.

Two strokes and a wish: Each person states two positive things about themselves and their performance on the course, and one wish for the future.

Key Words: Students individually brainstorm a list of key words to describe their experience.

Web of Appreciation: The instructor starts with a ball of string, holds on to one end, and then tosses the ball to someone else in the group with a compliment. All others in the group follow suit until there exists a web of appreciation, which symbolizes all the support and learning that has taken place. Cutting the web can symbolize the departure of the group, but each person can take a piece of the adventure home.

When facilitating the challenge course, *your imagination is very valuable*. Try different things and make up new activities. Talk to other staff members and share ideas. Do not allow yourself to fall into the rut of always doing and saying the same thing with every group. There are various books and other resources available to you in the office. If you would like more information, check them out.

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Rock Eagle Team and Challenge Activities

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Name Games

Use these at the beginning of your classes to get to know each other and to learn the comfort level of this particular group. They may not know each other or they may have been together all their lives. This should help you better plan the sequence of your class!

BIPPITY BOPPITY BOO

Environment: Indoors or outside

Materials: None

Everyone stands in a circle with one person in the middle. The person in the middle turns round and round in the circle before finally pointing to someone with their elbow. When the person in the middle points to someone, he or she will say "Me Bippity Boppity Boo" or "You Bippity Boppity Boo." As soon as the person is pointed at, he or she must say either their name or the center person's name, depending on "Me" or "You." If the person pointed at cannot say the correct name before the center person finishes saying "Bippity Boppity Boo" he or she must switch places with the center person.

CHASING NAMES

Environment: Indoors or outside

Materials: None

Have everyone get into pairs and decide on a nice word that rhymes with the other person's name (Michelle Seashell, Frank Prank, etc.). One person chases the other until they tag them. Once the person is tagged, they stand still while the chaser skips around them singing their rhyming name three times. After the third time, the tagged person becomes the chaser.

PEEK A WHO?

Environment: Indoors or outside

Materials: Tarp or blanket

Divide group roughly in half. Have them sit on the ground. Hold up the blanket to separate them. Have each group pick a member to quietly come close to the divider. When the blanket drops the selected members try to say the others name first. The winner brings the loser to their side. Game is over when all are on one side.

SQUAT NAME GAME

Environment: Indoors or outside

Materials: None

Circle up. The instructor points to a random person and that person who was pointed too has to squat as fast as they can. The people to the left and the right of the squatting person have to say the name of the person next to the person who was picked.

TOSS A NAME

Environment: Indoors or outside

Materials: Lots of soft toys/balls

Get into a circle. While holding a ball, call another's name and make eye contact with them. Toss the ball or toy to them, after catching the ball, the person should say thank you and your name. As game progresses, add balls

ZIP ZAP

Environment: Indoors or outside

Materials: None

Everyone stands or sits in a circle with the "IT" person in the center. "IT" points to a player and says either "zip" or "zap." If "zip" is said, the player must give the name of the person to his/her immediate left. If "zap" is said, the player must give the name of the person to his/her immediate right. If "IT" counts to ten before the name is given (or if the wrong name is given), the player and "IT" change places. If the correct answer is given, "IT" must try again. Change people around in the circle to help learn everyone's name.

Warm-Ups and Ice Breakers/New Games

Use these activities to get the group limbered up for further physical activity. You can start slow and work your way into some more intense activity levels. Don't rush! Let them set the pace. Watch the energy level of the group if they seem slow throw in something sillier. The farther out of our comfort zone we go the more we close up; knowing this, walk that fine line between the groups' happy place and their hell on earth!

BEACH BALL

Environment: Indoors or outside

Materials: Beach ball, permanent marker

This can be used as an icebreaker or debrief. For an icebreaker, write lots of interesting questions (e.g. what's your favorite ice cream flavor?) on the ball and toss it to different people in the group to answer (read and answer the question that your right thumb lands on). For a debrief, write questions dealing with things you observe of the group (see What?, So What?, Now What?) on the ball, one per color. Toss the ball out and have participants read and answer the question that their right thumb lands on. FYI: You may find balls with questions already on them. If not, erase questions written with permanent marker with rubbing alcohol.

BIRD/BAST/FISH

Environment: Indoors or outside

Materials: None

Have the group form a circle facing inward. Place a person in the middle of the circle. The person in the middle stands with eyes closed, turns around four times, stops, points to someone in the circle, and calls out bird, beast or fish. The person who is pointed to has 5 seconds to name an animal that fits the category called. Once an answer has been given, it can never be given again. When someone cannot answer within five seconds or gives an incorrect answer, they change places with the person in the middle and a new round begins.

BOOM SHA BOOM

Environment: Indoors or outside

Materials: None

This is a repeating game. Everyone should stand in a circle and clap their hands together in front of them once, followed by clapping the left hand of the person to your right with your right hand and the right hand of the person to your left with your left hand. Have the participants practice this until they understand the rhythm (there are two beats). Each of the following should be recited first by the facilitator and then by the participants.

Czechoslovakia, boom sha boom

Yugoslavia, boom sha boom

We've got the rhythm of the hands (clap, clap, clap)

We've got the rhythm of the feet (stomp, stomp, stomp)

We've got the rhythm of the hips (hip to elbow 3 times)

We've got the rhythm of the bounce (jump up, "wee")

We've got the rhythm of the team ("Go team")

BRITISH BULLDOG

Environment: Indoors or outside

Materials: None

Begin the game with two people in the middle of the field, the rest of the group is divided evenly on the two end zones. When the people in the center cry out British Bulldog 1-2-3! everyone else must run towards the opposite end zone. The players in the center of the field try to capture them by catching them and lifting them up off the ground long enough to shout the victory cry British Bulldog 1-2-3! Once someone is caught they join the players in the middle. The center players may (and should) work together to capture people. The last two people caught are it for the next round. Remind students to be careful of injury.

CATERPILLAR

Environment: Indoors or outside

Materials: None

Have everyone lie on his or her stomachs, side by side close together. Any little people should squeeze between two larger ones. The person at the end of the line must roll onto and over a neighbor and keep rolling down the row of bodies. When at the end of the row, the next person does likewise. Try assembling two or three caterpillars and have them race between two points.

CENTIPEDE

Environment: Indoors or outside

Materials: None

Line the group up in a single file line. Have all members sit down and put their legs around the waist of the person in front of them. If the team lifts their hips and walks on their hands they can move. This is a centipede! Have two centipedes race. Give one centipede a goal (move around a point and back.)

CHAIR WAVE

Environment: Indoors or outside

Materials: 1 chair for every participant.

Arrange chairs in a circle. Pick one person to be in the center. Everyone else starts out by sitting in a chair, with one chair left empty. The object is for the person in the center to try and sit in the empty chair. The people in the circle must slide from chair to chair to keep the person from sitting down. When the person in the center is successful in getting a chair, the person that last sat in that chair must go to the center.

CROSS-TOWN CONNECTIONS

Environment: Indoors or outside

Materials: None

Have everyone stand in a circle and stare at the ground. On the count of 3, everyone must look up and try to make eye contact with someone (it is important that there be an even number of people). Once everyone has made eye contact with someone else who is making eye contact with them, they must treat this person as their partner and run to them. Each time this is done, the partnership takes on a different name. Happy salmon partners must place their right forearms together with elbows touching fingers and lightly pat forearms. Low five partners must hold one of their hands low to their sides and try to slap hands as they run by. Back pat partners must face each other and link both right arms and then pat each other on the back. Lumberjack partners must create a “saw” by placing one partner’s fist on top of the others until all four hands are involved and then pull the “saw” towards one partner with a “heave” and towards the other partner with a “ho.” Each partnership should be between different people so that no one has the same partner twice.

DIZZY IZZY

Environment: Indoors or outside

Materials: Two brooms or two noodles, more for larger groups.

Divide the group into two or more teams of about 10. Have the first person on each team run forward, pick up the broom, place the straw end on the ground, then proceed to run around it 10 times. Have the rest of his team count aloud. After completing the turns, they must set the broom down, step over it, and run back to their team to tag the next person. The first team to have all members successfully complete the task wins.

FLYING DUTCHMAN

Environment: Indoors or outside

Materials: None

Everyone but two players join hands in a circle. The two left out are the lost ship. They hold hands and walk around the circle until they find a place to enter the circle. When they decide, they break the hand hold of two players and enter the circle. The two players whose hands were un-joined now join hands again and run around the outside of the circle. The lost ship runs around the inside of the circle in the opposite direction. The couple who gets back to the port first joins the circle, while the other couple becomes the lost ship searching for port.

FRUIT BASKET TURNOVER

Environment: Indoors or outside

Materials: None

Have group sit in a circle on the ground, and tell everyone to pick a fruit name. (No two people can have the same fruit name). Then select one person to sit in the middle to be “it” and a second person in the circle to start the game off (we’ll dub this person “Kiwi” – they will stay seated in the circle) “Kiwi” will start the game by saying “Kiwi Loves Papaya” (or another fruit name in the circle). If the “it” person crawls over and tags “Kiwi” before “Kiwi” says “Kiwi loves Papaya”, then “Kiwi” is now “it.” Kiwi heads to the center, while the former “it” person now starts off the game in Kiwi’s place. If “Kiwi” says “Kiwi Loves Papaya” BEFORE “it” tags them, then “Papaya” now has to say “Papaya loves (insert another fruit name here)”. The “it” will now try to tag “Papaya” before he/she passes the phrase to another fruit name in the circle. If “Papaya”

passes it off, then the cycle starts again with the new fruit now trying to pass off to another fruit in the circle. This version of the game is a sitting game; make sure kids know that the people in the circle cannot get up and move to avoid getting tagged. The only way they can not get tagged is to pass the phrase on to another fruit in the circle. (Also, “it” cannot get up and run or chase.) Play until time runs out, everyone has a turn, kids get sick of it, etc. – no clear cut way to end the game. Use your own discretion!

GIANTS/ELVES/WIZARDS

Environment: Indoors or outside

Materials: None

There are three characters: Giants, Elves, and Wizards. Giants stand up straight with their hands high over their heads and shout “Giants!” at the top of their lungs. Elves squat down and lift their hands like claws, looking very fierce and hiss Elves! The wizards stand leaning slightly back on one foot with their hands extended forward as if spell casting and chant Wizards! Each character can defeat one of the other character types, but defenseless against the other. Giants can stomp on the small Elves. Wizards can fool the clumsy Giants. Elves are able to outmaneuver the Wizards. Now, divide the group into two teams. Each team goes to opposite end zones, huddles to decide on the character they want, and then a back up. Then both assemble at the middle. On the count of three, each team assumes the first role. The whole team is the same character. If the two teams have different characters, the loser of the outcome runs for dear life from the winners and tries not to get tagged before reaching their goal. Any player tagged by one team joins that team. If the two teams have the same character they must immediately switch to their back up role. If this is also the same, both teams return to try another round. The game continues until one team contains all players.

GIRAFFE/BUNNY

Environment: Indoors or outside

Materials: None

Have the group form a circle. Use three players as demonstrators to show the formation of the animals. An elephant is a person representing a trunk by placing both fists out from his nose. Two other players, one on each side of the first, then form ears by placing their hands on the center person's ears. A giraffe is made with a tall center neck (person with arms extended above head) and two long legs on each side (two neighbors extend their hands toward the ground). A bunny has a fluffy tail (fists form the centers tail) and two long ears (neighbors extend hands up from center person's head). The game begins when one player steps into the center of the circle to be the spinner. The person twirls around with a finger pointed. The spinner stops with finger pointed at one person, and she calls out an animal name. The person pointed to must assume the central part of the animal pose and the players on either side must complete the picture. All three have to be in position before the rest of the group can say An elephant, giraffe, bunny. Whoever gets most confused or makes a wrong move or late move becomes the next spinner. If the picture is finished in time, the original spinner spins again to a new group. After mastering these three, design other animals.

HONEY IF YOU LOVE ME, SMILE

Environment: Indoors or outside

Materials: None

While seated in a circle, the "it" person approaches someone and says, "Honey, I love you, but I just can't smile." If you smile, you become "it." "It" can do things, such as sit on a person's lap, to try get a player to smile, Tickling is not allowed.

HUMAN PINBALL

Environment: Indoors or outside

Materials: One or two Nerf or beach balls.

All players but one stand in a circle facing outward. They should spread their legs as wide as is comfortable until their feet touch their neighbor's feet. Everyone bends down and swings their arms between their legs. Their arms are now flippers they cannot hold the ball and they must stay in this position throughout the game. The individual who is not a flipper enters the center as a moving target. The flippers try to hit him with the balls by knocking it back and forth across the circle. Whoever hits the human target gets to be the new human pinball.

INTIMIDATION

Environment: Indoors or outside

Materials: An object to pass around the circle

Have students form a circle. The it person stands in the center. It goes up to a player, says a letter of the alphabet, and hands the object to the person on the right of the chosen player. The chosen player must then give five nouns that start with that letter before the object is passed around the circle and comes back to the person on their left. It should try to make it harder for the chosen player, through intimidation and distraction, to name the five nouns. If the object makes it back before the chosen player names the nouns, that player and it change places and a new round begins. If the chosen player names five nouns before the object returns, it remains in the middle and must try to intimidate another player.

ISLANDS

Environment: Preferably outside

Materials: Two or three Frisbees and one smaller object.

The object of this game is to avoid contact with other players. Scatter the Frisbees on the ground and have everyone move around them while clapping, singing, and/or talking. When the leader signals Islands, everyone runs to touch a Frisbee. The last person to get to a Frisbee is “out” and must sit on the sidelines or start another game off to the side. If two or more people touch in the process of scrambling desperately towards a Frisbee they are both out. As the group gets smaller reduce the number of Frisbees and/or use the smaller object. A variation is to see how many people they can get touching a Frisbee without touching each other.

JAMAQUACK

Environment: Indoors or outside

Materials: Two or four blindfolds.

Jamaquacks are rare birds from southern Australia. Being from down under, they're always bent over with their hands grasping their calves or ankles. They shuffle along backward when they walk. Jamaquacks are nocturnal by preference and when they are in daylight, they must be blindfolded to protect their eyes. They communicate by quacking constantly. Two to four of the group members will be Jamaquacks. Since Jamaquacks are always trying to wander off, we'll form a Jamaquack pen by holding hands in a circle. Two people form the door by dropping hands. The Jamaquacks gather in the middle of the pen and begin moving backwards trying to find their way out of the pen as they slowly quack. People forming the pen gently bump and push the Jamaquacks back into the circle, the door does not keep the Jamaquacks in. When the Jamaquacks find the exit, they can stand upright and remove their blindfolds. Now that they can see, the free Jamaquacks quack louder as the Jamaquacks in the circle get closer to the exit.

KNEE SQUEEZE

Environment: Indoors or outside

Materials: None

Arrange the group into a circle and have the entire group bend over and hold the knees of the person to the right and left. Start the squeezing with one hand. One squeeze means go on two squeezes you change directions. Send the “squeeze” around and around till someone hesitates or mistakenly squeezes. They step out and when three or more are out they can start another game of squeeze!

MARTIAN BASEBALL

Environment: Indoors or outside

Materials: One foam sword, one large plastic ball.

Divide the participants into two teams (one team will bat, the other team will pitch). The ball can be thrown or rolled. By giving each person a number, fighting over who is going to bat and pitch next will be eliminated. There are no fouls, strikes, or outs; wherever the ball goes, it is in play. To score, the person batting must run around their entire team, who huddles when the ball is hit. Count one point for each time the batter goes around their team. To stop the counting, the pitching team must get the ball, line up in a straight line (one behind the other), and pass the ball, alternating the ball over their heads and between their legs. The pitching team cannot line up until the ball is hit. When the last person in line on the pitching team receives the ball, he/she must run to the front of the line and yell stop. Let several students bat, then let the hitting team pitch and pitching team hit. The game goes on until everyone has batted and pitched.

MIME RHYME

Environment: Indoors or outside

Materials: None

One member of the group reveals that he/she is thinking of a word that rhymes with, for example, “deep.” The rest of the group tries to guess the word by pantomiming their guesses. For instance, one member may rest their head in their hands with their eyes closed to guess “sleep.” The round continues until the word is guessed.

MIRROR STRETCH

Environment: Indoors or outside

Materials: None

Have everyone find a partner. One person is the mirror and the other person performs different movements or stretches. The mirror follows their partner’s every move and mimics his or her movements like a mirror.

NEVER EVER HAVE I EVER

Environment: Indoors or outside

Materials: None

Place one spot less than the number of people into a circle. Person in the center says a “Never ever have I ever” statement. If the statement is something that you have done, move to another spot. You cannot move to the spots next to you. Person in the middle say something that they have never done.

OHH-AHH

Environment: Indoors or outside

Materials: None

Begin with everyone standing in a circle, holding hands. The leader squeezes the hand of the person to his left. That person then squeezes the next person's hand and the squeeze gets passed around the circle until the leader gets it back in his right hand. Keep passing the squeeze until it travels smoothly around the circle. Now speed up the action and add a sound. Squeeze and say, "oh" and watch that go around the circle. Next, add "Ah," but send it in the opposite direction. Someone is going to get confused between Oh and Ah, but with a deft exchange, both sounds will get sent on their respective ways. Experiment by sending both sounds in the same direction.

PASS THE PASTA

Environment: Indoors or outside

Materials: A collection of red and yellow noodles

Count off by apples and bananas. Apple noodle can only be passed to people who are apples and banana noodles can only be passed to people who are bananas. Pass only below the knee. Say "Watch out," with feeling when passing the noodles to your own kind and do not smack each other with the noodles. Pass apple noodle with the right hand only and to the right. Pass banana noodle with the left hand only and to the left. Pass apple and banana noodles at the same time. Add more noodles to surprise the students. This game is goofy, get people moving, and thinking. Go for speed or add parameters. This game was found in the book "50 Ways to Use Your Noodle."

PEOPLE TO PEOPLE

Environment: Indoors or outside

Materials: None

Use an odd number of people. First, group members find partners and form a circle around the leader. The leader then begins to call off the names of body parts <e.g.> Foot to foot!, Elbow to Shoulder!, etc... The partners must follow the directions of the leader. Positions are changed each time the leader calls out a new body part. (To make it more challenging you can force them to hold each old position when the new one is called.) When the leader calls out People to People! everyone must find a new partner. The person left out becomes the new leader and you start over again.

PRUI

Environment: Indoors or outside

Materials: Blindfolds for each participant

A Prui (PROO-EE) is a gentle, friendly creature. Everyone wants to find and become a part of the Prui. To do this, everyone stands in a group, is blindfolded, and walks around. When they bump into someone, they shake the person's hand and ask, Prui? If the other person asks, "Prui?" back, then they have not found the Prui. Keeping their eyes closed, have them find another person to ask. When everyone is bumping around shaking hands, whisper to one of the players that they are Prui. The Prui can open his eyes or keep them shut but does not speak. When someone bumps into Prui and asks Prui? Prui will not respond. They then join Prui by holding hands. Prui can only be joined at either end. The game ends when everyone is connected to Prui.

RED HANDED

Environment: Indoors or outside

Materials: Small object to pass.

Everyone forms a circle and the "it" person stands in the center. While "it's" eyes are closed, the other players pass a small object from person to person. "It" will then open his eyes and try to find the object as it is passed. If all members of the circle constantly pretend to be passing the object, it is more difficult for "it" to find the object-fake passes are integral parts of the game. The person "it" catches with the object is the new "it".

SAMURAI WARRIOR

Environment: Indoors or outside

Materials: One or two samurai swords, a Frisbee or blindfold.

Have the group form a circle with the warrior in the middle. The circle should be big enough so everyone is out of reach of the warrior's striking distance. When the samurai takes a swing at his targets, he must swing either high or low. If he swings high, all the targets have to duck, if he swings low, they have to jump. If the target jumps when he should duck or vice-versa, they become the new warrior. If they don't jump or duck when they are suppose to, again they become the new samurai warrior.

SCREAMING UP

Environment: Preferably outside

Materials: None

Circle up. Everyone stare at their toes. Have everyone look up quickly and if two people are looking at each other they must scream and back out of the circle.

SIGNS

Environment: Indoors or outside

Materials: None

Have everyone stands in a circle and one person walks away closing their eyes and ears. Each person in the circle has a different "sign" (i.e. a hand motion). Each person in the circle demonstrates their sign so everyone knows each other's sign. Once this is completed, choose a person to be "it." Then the other person comes back and stands in the middle of the circle. The "it" then begins by doing someone's sign. That person acknowledges "it" by doing their sign followed by another sign. The person in the middle tries to catch the "it" person while they are doing a sign. He/she has three tries to guess the "it." Then the game is repeated with a new person leaving and new signs chosen.

SOUTHERN HOSPITALITY

Environment: Preferably outside

Materials: None

Stand in a circle facing the center. One person is selected as the “host.” He/she walks around the outside of the circle and selects a player by tapping the player’s shoulder. The “host” shakes the hand of the selected guest, introducing himself/herself and inquiring, “How do you do?” The player responds with the host’s name and says, “Fine, thank you!” The host asks again, “How do you do?” The guest replies again, “Fine, thank you!” The host asks a third time, “How do you do?” and the guest replies a third time, “Fine, thank you!” After the third reply, the host and guest run around the circle in opposite directions, each trying to get to the open spot first. When their paths cross, they must stop, shake hands, and go through the formalities three more times. Then they continue back to the open spot. Whoever gets there first stands in the circle and the other person becomes the host.

SPY AND ANGEL

Environment: Indoors or outside

Materials: None

Have everyone stand in a circle. Each person should look around the circle and find one person to be his or her “spy.” Do not let the spy know who they are! Since the spy is out to find out everything about you, you should look around the circle and find one person to be your “angel.” Do not let the angel know who they are! When the call is given (Go!), everyone should move around and try to keep their angels in between them and their spies, so as to stay protected.

SWING/CLANG

Environment: Indoors or outside

Materials: None

Have everyone stand in a circle. Introduce the invisible “orb of disgust” by “holding it” in your hands. The group should pass the orb around the circle, not across, by saying “swish” when they pass it. Once the orb has made it around the circle once, anyone can reject the orb by holding up the arm closest to it and saying “clang.” It may be useful to limit the number of clangs each person can deliver. It is common for both people on either side of the person with the orb to clang, leaving the orb with no where to swish. Once the orb has made it around once more, introduce “swoosh.” The person with the orb looks across the circle, makes eye contact with someone, and says “swoosh.” The orb is “shot” like a basketball while the other person makes a round goal with their arms. The orb will always go into the goal and the goal says “ca-chin.” Once the orb makes another successful round, introduce “boot.” The person with the orb makes eye contact with someone, holds the orb in front of them, and kicks it like a soccer ball, saying “boot.” The receiver holds his or her arms in the air above them and yells “goal” as loud as they can.

TWO TRUTHS AND A LIE

Environment: Indoors or outside

Materials: None

Think of two true statements and one false statement for each person. Each person will then announce those statements to the group and the group will need to guess which statement is false.

TWIZZLE

Environment: Indoors or outside

Materials: None

Have the students get in a large circle, everyone facing clockwise with no holding of hands. This is a Simon Says type game. If anyone messes up, they join the instructor as a co-referee. The terminology to be explained is as follows:

GO- Walk in the direction you are facing.

STOP- Stop and freeze.

TURN- Make a half turn (180 degrees) and freeze.

JUMP- Jump in the air, make a half-turn, land, and freeze.

TWIZZLE- Jump, make a full turn (360 degrees), land, and freeze.

After explaining these commands, have the students practice by calling out a few of the words. The important thing is that the students freeze after each command (with the exception of GO). After the practice round, they are now ready to start.

VAMPIRES

Environment: Indoors or outside

Materials: None

Everyone is milling around with his or her eyes closed when the leader designates a vampire. When this is done, the leader tells everyone to open his or her eyes (if they wish). Everyone is to shake hands with each other. When the anonymous vampire shakes hands with someone, he/she may scratch the palms of the victim. If you feel a scratch on your palm while shaking hands, you must shake hands like that with two more people, then die with a blood-curdling scream. If a living person accuses someone of being a vampire, that person dies, and the leader says whether or not the guess was correct. If it was, then all the dead people return to play another round. If it was incorrect, you continue playing.

VEGETABLE GAME

Environment: Indoors or outside

Materials: None

Everyone stands in a circle. Go around the circle and have everyone pick a vegetable (everyone must have a different vegetable), saying it out loud. Once everyone has a vegetable, pick one person to be "IT," and have them stand in the middle of the circle. In order to get out of the center, "IT" must say another person's vegetable three times before the person responds once. If successful, there is a new "IT" and the old "IT" becomes that person's vegetable.

Tag Games

Every one loves to run around every once and a while. Use these as icebreakers, warm ups, get to know you, touchy feely, or just plain we have been talking to long and now we must do something fun! Check the area for hazards and be sure to keep it safe. Let it go on a minute or two and then bring it to a close or switch games. Boredom will set in fast!

ANT HOSPITAL

Environment: Indoors or outside

Materials: 3-4 hula-hoops

Set up a playing area that is large enough for students to move about freely. In this space, set out four bases (hula hoops are good). These are the hospitals. Designate one or two students as ant spray and all others as ants. The ant spray's task is to try to tag as many ants as possible. When ants are tagged, they die and lie on their backs with appendages in the air. Dead ants can be reincarnated by being carried to a hospital by four teammates, one on each appendage. Ants are safe as long as they are holding onto an ant's appendage. Once ants are taken to the hospital, they become alive again.

ASTEROIDS

Environment: Indoors or outside

Materials: Lots of soft balls/toys

Pile up all the soft toys in the center of the boundary. At go everyone tries to hit others with a ball.

First hit you have to stand in place and throw.

Second hit you have to sit and throw.

Third hit you have to give up all balls and stop throwing!

BLOB TAG

Environment: Preferably outdoors

Materials: None

After setting up boundaries, designate a volunteer to be the Blob. Whenever the Blob tags someone, that person must link arms/hands with the Blob. They must stay together to be able to tag more people. Each time someone is tagged they must join with the Blob. Only the ends of the Blob are able to tag anyone. Since there is no defense against the Blob, all players are eventually tagged.

BUFFALO BILL TAG

Environment: Preferably outdoors

Materials: None

Designate 4-5 people as "IT." Their job is to tag as many people as possible. If you get tagged by an "IT," you must assume the dead buffalo position (lie on you back with all four limbs sticking up in the air). You must remain in this position until a live buffalo runs around you, touches all four of your hooves, and shouts, "Buffalo Bill- 1,2,3, You're free!" Get up quickly and rejoin the game. Change "ITS" as needed.

CATCH THE DRAGON'S TAIL

Environment: Preferably outdoors

Materials: Handkerchief(s) or blindfold(s) and an open area.

Everyone lines up single file with hands on the hips of the person in front of them. This is the dragon. The last person in line tucks the handkerchief in his/her back pocket or belt. This is the dragon's tail. At the signal to start, the first person in line (the head) tries to snatch the handkerchief out of the last person's back pocket. When the dragon breaks, reassemble with new ends and try again. Variations can include having multiple dragons with individual tails.

CLOTHESPIN TAG

Environment: Preferably outdoors

Materials: Lots of clothes pins

Everybody has clothespins, which they are trying to get rid of by pinning them on to someone else.

Set boundaries - a square marked by four objects works well. Give 3 clothespins to each person, and tell them they must get rid of them by pinning them onto other people. Only official tags count, which consist of the following: 1. on the back, 2. above the waist, 3. below the neck. To stop people from throwing their pins on the ground, you can enter the game and put any dropped pins on the nearest person. When a person has no pins left, he/she must jump up and down with excitement, and then they may move to the outside of the square.

DRIP DRIP DROP

Environment: Outdoors

Materials: Bucket of water, sponge, a HOT day.

This game is very similar to "Duck Duck Goose." Have the students sit in a large circle. The person who is "IT" goes around the outside of the circle with a wet sponge, letting the sponge drip water on top of the heads of the seated students. "IT" should be saying "DRIP" as he/she does this. As "IT" goes around the circle, he/she will squeeze the sponge on top of someone's head. That is the "DROP." "IT" must run around the circle and sit down in the spot of the person who received the "DROP," who is chasing "IT" and trying to tag them before they can reach the open spot. The person who received the "DROP" then becomes "IT" if unable to tag "IT" before reaching the open spot.

ELBOW TAG

Environment: Preferably Outdoors

Materials: None

Have students find a partner and link elbows. Have partners stand in a circle with space in between. Ask one group of partners to volunteer to be the IT and ITEE. IT tries to catch ITEE as they both run around the other partners in the circle. When ITEE tires, he/she can link elbows with one of the other groups of partners. The person on the opposite end of that pair now becomes the new ITEE. If IT ever catches ITEE, they immediately change roles.

FINGER FENCING TAG

Environment: Indoors or outside

Materials: None

Have everyone find a partner. Partners should shake hands, both right or both left. Rotate hands so that each person's thumb is encircled in the other person's thumb and forefinger, with other fingers on top of the other person's hand. Each person should point their forefinger at the other person, to be used as their sword. The object is to tag the other person with your finger, without being tagged. Tags must be somewhere other than the forearm and in appropriate places. The person with the most tags wins.

FISHY-FISHY

Environment: Preferably outside

Materials: Something to mark boundaries with.

Mark off a large square or rectangular playing area. Start all participants at one end and between the sides of the boundary mark. Pick a couple of people to be sharks. Everyone else starts out as a fish. The sharks run and tag the fish. The object is for the fish to make it safely to the opposite end without being tagged. If tagged, the fish become poison seaweed and can also tag fish (the seaweed cannot move; it must stay where it was tagged and try to tag fish as they run by). The game cannot begin until the sharks sing "Fishy, fishy, one-two-three, swim across my deep blue sea." The fish must then run when they hear the song. When all the remaining fish are at the opposite end, the sharks sing again. The game continues until there are no more fish.

FOX AND SQUIRREL

Environment: Indoors or outside

Materials: Two like balls and one different ball (can be two large balls, one small one or two green balls, one red ball, etc...).

Everyone stands in a circle. Pass out the balls to the players. Two players receive the two like balls (the foxes), while another player receives the different ball (the squirrel). The object of the game is for the foxes to catch the squirrels by tagging them with one of the fox balls. The group begins passing the fox balls from player to player on each side of them. The squirrel ball may be tossed from person to person, but not necessarily the person next to them. The squirrel ball may be thrown completely across the circle (the fox balls cannot be thrown across the circle). To keep everyone alert, shout "fox" or "squirrel" each time you pass one of the balls."

FREEZE TAG

Environment: Preferably outdoors

Materials: None or BE CREATIVE

Place boundaries and start a game of tag. If tagged, you must freeze until someone unfreezes you. To unfreeze a person you may:

- Tell them something you like about them or
- Find out something you didn't know about them or
- Crawl under their legs or
- Shake their hands or
- Introduce yourself or
- Tell them your middle name or
- Use a clothespin, after game ends pins can be removed by telling the group something new
- BE CREATIVE :)

GO TAG

Environment: Preferably outside

Materials: None

Everyone squats in a line with alternate players facing opposite directions. Think of the line as being surrounded by an imaginary oval track. The person at the end of the line will be the first runner, and they may run around the track in either direction. The person at the other end of the line is the first chaser. He/she may run around the track in either direction, but may not change directions once begun. The object is to tag the runner. However, what makes this unique is that the chaser may tap the back of any squatter who's back is to him/her and shout Go! The tapped player steps forward and begins the chase as the new chaser. The old chaser squats down and takes the open place in line. This is called the Go-tag and makes the chaser a group entity, able to cross over the center line and change directions. When a runner is finally caught, he finds another place in line, and the chaser becomes the new runner.

GROUP TOE TAG

Environment: Indoors or outside

Materials: None

Have the group form a circle by locking arms and facing inward. The object is to try to tap the toes of the persons to the left and right of you without unlocking arms. When a person has been tapped on both feet, he/she must leave the circle. The players to either side of him/her then connect arms and continue play. The last person to have both feet wins.

HEADS AND TAILS TAG

Environment: Preferably outside

Materials: Large coin or coin like object

Have the students stand around the instructor. The instructor flips a large coin in the air. While the coin is in the air, the students must choose to be either heads (place a hand on head) or tails (place a hand on rear end). Students must choose while the coin is in the air. If the coin lands on heads, all the heads are "IT" and must chase the tails. If the coin lands on tails, all those who chose tails are "IT" and must chase the heads. People must keep their hands on either their head or their tail and not switch. When someone gets tagged by an "IT" person, they become a member of the other team and help chase the others who are not yet caught.

HELP ME TAG

Environment: Preferably outside

Materials: Something soft to be thrown person to person

Game of tag within a boundary is started. One base is allowed (the soft item) as play progresses the base can be thrown person to person to save them from the "IT". If base is dropped it can be picked up. It must be in hand to save you from the "IT".

Variation: add bases as the game moves on!

HOSPITAL (BAND-AID) TAG

Environment: Preferably outside

Materials: None

In this game, everyone is It, but no one wants to be tagged. Each time a person is tagged, the resulting wound where they were tagged must be covered with a band-aid (hand) for the rest of the game. When a player has been tagged twice they can no longer tag other players. Both hands must be kept on the wounds. When a player is tagged a third time he/she must sit down for the rest of the game. Feet may not be used for tagging.

MELTDOWN, MELTDOWN, 1-2-3

Environment: Preferably outside

Materials: None

This is a basic game of freeze tag. Frozen players are unfrozen only if two unfrozen players join hands around the frozen players and quickly say Meltdown, Meltdown, 1-2-3! without being tagged in the process.

PAIRS SQUARED TAG

Environment: Preferably outside

Materials: None

Set up boundaries and have participants Choose a partner. You are going to play tag with your partner and your partner only! Choose an it. At go it will turn around three times while saying Tag Takes Total Thought. Then run after their partner.

Variation: Make the sets join and begin again in progressively larger groups

RATTLERS

Environment: Indoors or outside

Materials: Two blindfolds and two objects that rattle.

Everyone forms a circle around two players. These two are blindfolded and have the rattles. One will be the pursuer snake, the other the quarry snake. The remaining people will join hands around them to form a snake pit. To get a fix on each other's location, either snake can shake their rattle, and the other must immediately respond. However, the pursuer snake can only shake its rattle five times. The quarry snake can shake its rattle as often as it likes. The people forming the snake pit can also participate by helping the pursuer snake keep count of its shakes. The object is for the pursuer snake to catch the quarry snake (similar to bat/moth).

READY AIM

Environment: Indoors or outside

Materials: lots of soft, throw able objects, large rope circle

Place the rope circle on the ground so that it creates a large boundary for the participants to stand inside. Ask each person to find a partner and decide who will be the veloptoraptor and who will be the caveperson. Veloptoraptors have short, spindly arms and are blind. They must hold their elbows to their sides and close their eyes at all times, requiring assistance from the cave people. The object is for the veloptoraptors to find the soft, throw able objects on the ground inside the rope boundary pick them up and throw them at other veloptoraptors. If a veloptoraptor is hit by an object thrown by another veloptoraptor, the hit veloptoraptor changes places with his or her partner and becomes the caveperson. The former caveperson becomes the new veloptoraptor. At no time should a caveperson touch a soft, throw able object or should either partner exit the rope boundary. The facilitator must be careful to toss objects back into the rope boundary. During the first round, cave people may touch their own veloptoraptors to help them find objects. During the second round, cave people may not touch the veloptoraptors, but may stand inside the rope boundary. During the third round, cave people may not touch the veloptoraptors and must stand outside the rope boundary.

SMAUG'S JEWELS

Environment: Indoors or outside

Materials: bandanna, tennis ball, Frisbee or other object(s).

One person is chosen as the mighty dragon Smaug and must stand guard over his treasure (the object). Everyone else stands in a circle around him/her and tries to steal the treasure without being tagged. Smaug can range as far from his treasure as he dares. If he touches you, you are frozen in place until the end of the game. Don't worry, it's rare that a dragon reigns more than thirty seconds, for whenever someone snatches the treasure without getting tagged, they become the new Smaug. If Smaug manages to freeze everyone before losing his treasure, he can choose to leave him or her frozen for the next 500 years.

SNAKE IN THE GRASS

Environment: Preferably outside

Materials: Boundary markers.

Establish a boundary where all players must stay within. Choose one participant as the snake. This snake starts out by lying on the ground on his/her stomach. Everyone else gathers around to touch the snake (one finger will suffice). The instructor shouts, "Snake in the grass!" and everybody runs away from the snake while remaining in the boundaries. At the same time, the snake, moving on its belly, tries to tag as many as participants as possible. Those touched become snakes. The rest run around in the snake-infested area, trying to avoid being caught. The last person caught is the first snake in the next game.

TOILET TAG

Environment: Preferably outside

Materials: None

Freeze tag with the frozen player squatting down to form a toilet with their arm forming the flush handle. Another player can unfreeze them by sitting on their lap and flushing them (include the noise)

TRIANGLE TAG

Environment: Indoors or Preferably outside

Materials: None

The game begins with groups of four. Three of the four hold hands, forming a triangle. The fourth person is outside of this triangle. The lone person outside of the triangle chooses one person as King/Queen of the triangle. The person outside the triangle must chase the King/Queen and tag him/her. The people in the triangle try to prevent the King/Queen from being tagged. The group cannot let go of hands. Usually, fast rotation of the triangle, along with a "boxing out" technique usually prevents the King/Queen from being tagged. If caught, the triangle King/Queen moves outside the triangle, while the person chasing becomes part of the triangle. A new triangle King/Queen is chosen and the game resumes.

WIZARDS AND GELFLINGS TAG

Environment: Preferably outside

Materials: magic wand for wizard.

Designate one person as a wizard. This person will try to tag all other players (gelflings) with a magic wand. Gelflings are frolicking creatures that when tagged, will freeze and respond with the international gelfling distress signal (hitting one fist against other palm and saying, "Help me! Help me!"). In order to be freed, two other gelflings must link hands around the frozen gelfling and say, "Be free little gelfling! Be free!" When two gelflings are linking hands around a frozen gelfling, they are can not be tagged. Play continues on, and the wizard can be switched.

Initiatives

The challenge is what it's all about. Try to open their minds, not frustrate your participants. Start out easy and work your way up. As you explain the goal of each activity be mindful of the group. Can all of them handle this? Also, leave them a way out. For Example leave a stepping stone that can only be used so many times, or a magic hat that will allow three people to cross without swinging on the rope. This will cover any physical limitations you don't know about (or didn't think about.) Nobody likes to fail constantly, but at the same time a little failure can be a strong lesson. Think about the perimeters you set and let them push them. If they go outside those perimeters have a consequence in mind. If they figure a way around your challenge let it go and move on. They win this time just remember that at the next challenge!

A WHAT?

Environment: Indoors or outside

Materials: Two or more objects to pass.

Have group members form a circle, facing the center. The leader passes an object to the person on his right, saying, "This is a banana." The person with the object asks, "A what?" The leader repeats, "A banana!" Person number two then hands the object to the third person and says "This is a banana." Person number three asks person number two, "A what?" "A banana," says the leader, and person number two relays that information on to number three. Now person number three passes the objects to the fourth person saying, "This is a banana." Number four asks, "A what?" The whole sequence gets played back to the leader. While this other object to the left saying, "This is an apple (any object can be passed)." Continue passing both objects around the circle. By the time the two objects meet in the circle, confusion will have ended the game.

ALLIGATOR PASS

Environment: Indoors or outside

Materials: Small ball or stuffed animal (alligator)

Set up an area to be crossed. Give the group a toy alligator, ball or bandanna. Explain that the group needs to get to the other side, but that they cannot move without the alligator. Only one person can move with the alligator at a time. If the object touches the ground, the entire team starts again. The group will probably try to send one person across and have them throw the object back (make sure it is too far for throwing). In order to succeed, they usually form a caterpillar line where one person walks out a little bit and passes the object back. Then the next person walks out a little further and hands the object to the first person until a chain is formed.

ALPHABETS

Environment: Indoors or outside

Materials: None

Tell students they need to be completely silent. The facilitator then calls out a letter of the alphabet. The entire group uses their bodies, lying down, to create a capital version of the letter stated. Keep changing the letters until they get the hang of it. The letters A, C, E, or F may be simpler, while K, B, or Q might be more challenging. As a variation in cold or wet weather, have the students stand up. As a more challenging variation, have students spell words. All of this is done silently.

BLIND POLYGON

Environment: Indoors or outside

Materials: Long rope, blindfolds

Have participants hold onto a large circle of rope, while having their eyes blindfolded. Call out a shape. The group must then make the shape with the rope. Group members must at all times have a hand on the rope. Examples are a triangle or a square. More difficult shapes are pentagon, heptagon, equilateral triangle, or perfect circle. Once the entire group is satisfied with the shape, have them set the rope on the ground in that shape and take off their blindfolds. A variation would be to have one person in the group being able to see but not speak, without the group knowing it.

CENTIPEDE

Environment: Indoors or outside

Materials: None

Line the group up in a single file line. Have all members sit down and put their legs around the waist of the person in front of them. If the team lifts their hips and walks on their hands they can move. This is a centipede!

- Have two centipedes race.

- Give one centipede a goal (move around a point and back.)

CHOCOLATE RIVER

Environment: Indoors or outside

Materials: carpet squares or bandanas

Must have foot on carpet at all times or it gets taken away. You must follow the order of carpet squares and can not move the carpet squares. Objective: start in Candyland and get to Graham Cracker land. This is a great rainy day activity... make sure the bottom of the carpet squares will not slip out from under kids and then they fall on the floor. Give carpet squares to kids to start with and have them lay the carpet squares down. Instead of carpet squares, use orienteering squares or bandanas.

CIRCLE WITHIN A CIRCLE

Environment: Indoors or outside

Materials: Circle of rope

Form a circle. Place a circle of rope over someone's shoulder and have the group hold hands. The objective is for the group to pass the rope around the circle without letting go of each other's hands. The group also cannot use fingers or thumbs to pass the rope. If they let go of hands or use fingers, then the team starts again. Experiment with two ropes in opposite directions or not letting the rope touch the ground.

CLOCKS

Environment: Indoors or outside

Materials: None

Ask the group to form a large hand-in-hand circle. Tell the circle that you would like it to rotate 360 degrees clockwise, and then return 360 degrees back to where they started. The goal is to see how quickly the group can complete the double rotation. The attempt is stopped if anyone breaks the circle. Place markers at six and twelve o'clock inside the circle, so that the group has reference points for starting and stopping. If you want to increase the difficulty of this moving problem, ask the group to begin seated on the ground and finish in that position. The clock stops when the last person sits on the ground.

COUNT OFF

Environment: Indoors or outside

Materials: None

Group has to count without any two people speaking at the same time. The group must count from one to the number of people they have. No one may speak except to say his or her number. If two people try to say the same number together, the group must start again. You also may have them close their eyes to make it more challenging or have them sit in a circle facing outward. This is a good time filler, if you only have a few minutes.

EVERYBODY UP

Environment: Indoors or outside

Materials: None

Whole group must get off the floor while sitting in a circle, holding hands, and touching feet with the person next to them. Get the group to do a sitting down stretch with a partner (sit facing each other, touching feet, grabbing hands, and stretching the other person's legs and back.). Have two volunteers enter the middle of a circle. Have them sit down and face each other, feet touching, and hands joined. Have them get up so that they end up standing, touching hands and feet. If they let go, they must sit down and start again. Add another two people to make a circle of 4, and then have the whole group try it. Make the whole group sit back down when somebody lets go of feet or hands. The group must find a way to make it work (stepping on the feet of the person who is getting up, swapping people around, getting up in turn or order.).

GROUP JUGGLING

Environment: Indoors or outside

Materials: Lots of soft toys or balls

Have the group form a circle. Choose one person to start by giving them a ball. Explain that this person is going to throw the ball to another person, saying their name first. The object is to catch the ball. The second person will then call someone else's name and throw him or her the ball. Each person can only have the ball once. The last person catching the ball throws it back to the person who started. Now introduce another ball or object. Have the group repeat the sequence, but with the second object following randomly or at set intervals after the first. The goal is to have both balls passed around the group without any drops! Count the number of drops as they proceed. After each round, discuss how they can accomplish this goal. Once they do it with two balls, introduce a third and fourth.

HAND SQUEEZE

Environment: Indoors or outside

Materials: None

Have the group form a circle holding hands. Nominate a person to be the start and finish of the impulse. That person must tell you when to start and stop timing. He/she starts the impulse in one hand, passes it around the circle, and tell you to stop when they feel their other hand squeezed. Ask the group to decide upon a goal of a time, and try to achieve it. Other ways would be to experiment if the group is good in sending the impulse the other way around the circle, or even sending two impulses, one in each direction.

HELP ME OR ELSE

Environment: Indoors or outside

Materials: 6 throwing objects for each player, large bucket or clean garbage can

Have the group form a circle around a garbage can. Make them take four steps backwards away from the can. Each participant is given 6 objects to toss. At GO, each person tries to throw one of the objects into the can. If successful, the thrower takes one full steps backwards and gets ready to throw the second object. These steps continue until the thrower has taken 6 steps backwards and all objects are thrown in. If a miss occurs, the thrower must start over with all 6 objects, but cannot leave his/her space to retrieve the missed ball. The only way a ball can be retrieved is for another player to sacrifice his/her success and get the missed object. If a player is willing to sacrifice, they must start over again as well. Play continues until all players successfully complete all 6 throws.

HOG CALL

Environment: Indoors or outside

Materials: Blindfolds

Have students find a partner and come up with words or phrases that match. Examples are PEANUT/BUTTER, WALL /PAPER, MORK/MINDY, etc. Have them be creative. Before putting on blindfolds, make sure all students understand about slow, cautious movement. Also, have students keep their bumpers up while moving. Have all students put on blindfolds or close their eyes. Carefully move students apart and to new locations. At a predestinated signal, have students shout to their partner as they try to locate each other. Once students have found each other, they can remove their blindfolds, being quiet so that others may find each other.

HUMAN KNOT

Environment: Indoors or outside

Materials: None

Ask members to face each other in a tight circle. Each person holds out their right hand and grasps the right hand of someone else, as if they were shaking hands. Then each person extends their left hand and grasps the left hand of someone else, so that each person is holding the hand of two different people. With hands held tightly, arms intertwined, and bodies tangled, tell the participants to untangle the human knot without releasing hands. If hands are released the group must start again. A circle will eventually be formed (or two or three interlocking ones).

INCH WORM

Environment: Indoors or outside

Materials: None

Sit facing a partner. Inch toward your partner until you can sit on each other's feet. Grasp your partner's elbows or upper arms with each hand. Decide which direction you would like to travel and rock back and forth to inch along.

INVENTOR'S MACHINE

Environment: Indoors or outside

Materials: None

The group is organized into smaller groups of three people each. Each group must devise a machine to move a prescribed distance (15-20ft). The object is to accomplish this as quickly as possible. Only allow each group to have two legs and two arms touching the ground at any time. Once a machine has covered the whole course it is awarded a patent and no other machine may duplicate it!

JUMP ROPE

Environment: Indoors or outside

Materials: Long jump rope

Have the group line up in a single file line standing beside a jump rope. Have a twirler on each end. At the count of three, twirl the rope. Have the group attempt to jump over the rope at the same time. Keep trying until they complete one turn successfully. Try two jumps. For more advanced groups, have them set goals about their jumping. Caution students about the rope coming around. Caution the twirlers holding the rope to be careful and not trip the jumpers.

KAYPUNCH

Environment: Indoors or outside

Materials: About 30 or so square pieces numbered one through the total number of pieces you have.

Keypunch To set this activity up you need a start/finish line and a rope large enough to make a boxed area. Setup the boxed area so that it is large enough to place all of the numbered squares inside it. Make sure the numbers are randomly placed and they are not in numerical order. The start/finish line should be about 20- 25 ft away from the boxed area. The objective is for the group to touch every number in order. No one can go inside the boxed area and numbers cannot be touched out of order. The group is to try to do this as fast as possible. This is the same indoors as it is outdoors.

KNOT IN THE MIDDLE

Environment: Indoors or outside

Materials: Short piece of rope

Have participants hold hands in a straight line. Approximately halfway in the line, separate hands and rejoin them with a length of rope, having the participants on each side of the separation holding on to one end. Instruct the group to tie an overhand knot in the length of material without releasing hands or letting go of the material. Another way to do this would be have the knot already in the rope and the group has to remove it.

LINE UP

Environment: Indoors or outside

Materials: None

Instruct students to be silent. Have them line up in a straight line by a category: birthday, alphabetically, shoe size, height, etc. For extra fun limit the times they can touch each other or the places they can touch each other (heads only for example).

MAGIC HAT (OR SHOE, FRISBEE, ETC.)

Environment: Indoors or outside

Materials: Something for the group to carry (shoe, hat, etc.)

Designate an area for the group to cross. Be very clear when explaining the following directions:

-The group must cross to the other side. Everybody must end up on the other side.

-A person can only cross on foot using the magic object.

-A person can only cross on foot once, and in one direction.

-A person can only wear/carry the magic object once.

-The object cannot be thrown.

The primary way of solving this is to have one person carry two people. One can be on the back and the other can stand on the feet of the walker while hugging tightly. This is not easy.

MAP GRID ACTIVITY

Environment: Indoors or outside

Materials: Large tarp with grid drawn on or marked off with tape, laminated grid, erasable marker

Draw a path from square to square on the laminated grid with one way in and one way out. Do not show it to anyone! The group must find the way through the maze penalties for each mistake.

MINEFIELD

Environment: Indoors or outside

Materials: Many objects

Spread objects out inside a designated playing area (these will need to be rearranged once participants are blindfolded). Have students choose partners. One partner will be blindfolded and must navigate the playing area, taking vocal commands from their partner. The partner giving vocal commands will need to direct their partner, without physically touching them. They must maneuver the blindfolded person over or around the objects, taking care not to let them collide with objects (mines). As an extra challenge, another partner set can be "launched" (once again with directions being given) a minute or so later as a missile and attempt to catch the other blindfolded person. If a partner collides with an object, they start over. Have the partners switch roles.

MONSTER

Environment: Indoors or outside

Materials: None

The objective is for the team to cross a designated area as a monster. This monster has one less leg than the number of participants in the group (i.e. 10 legs for a group of 11 children). Everybody must be connected to form the monster. The most common way this is solved is by all the participants hopping except one who wheelbarrows while being held by a person hopping.

MOONBALL

Environment: Indoors or outside

Materials: Beach ball

The group objective is to hit the ball aloft for as long as possible before it strikes the ground. Each time the ball is hit up, it counts as one point. Counting must start over if the ball touches the ground. A player cannot touch the ball twice in succession. Set a goal for the team to reach (40-59 points, etc). Try variations where hitting the ball with different body parts might be worth more points.

NOT BY THE HAIR OF MY CHINNY CHIN CHIN

Environment: Preferably outside

Materials: stuffed animal

Great team initiative! Put stuffed animal on the ground next to the boundary line where the instructor will be standing. The group should start behind the boundary line which is at the opposite side of where the instructor is standing. The instructor should have their back towards the kids and the stuffed animal should be right behind the instructor. When the instructor has their back to the kids, the kids can run toward the instructor and the goal is to grab the stuffed animal and run back to their original boundary line without the instructor knowing who has the stuffed animal. Every time the instructor turns around and faces the kids (after saying "Not by the hairs of my chinny chin chin") the kids have to freeze and hide the stuffed animal from the instructor. The instructor then has the chance to guess who has the stuffed animal. Also, everyone has to touch the pig before the team crosses their original boundary line. This game is also called one fish, two fish, red fish, blue fish.

NUCLEAR WASTE

Environment: Indoors or outside

Materials: Blindfolds, hula hoop

Have four students who have been blindfolded stand as close to one another as possible. Tell the rest of the group the blindfolded people are nuclear waste, which they must move from one location to another. They move the waste by placing a hula hoop around the waste and walking it to the other location. The movers cannot touch the nuclear waste at any time.

PASS THE CAN

Environment: Indoors or outside

Materials: Large tin can

Have participants sit in a circle or standing in a line. Give them a large can with one end cut out of it. They must pass this can around the circle using only their feet and without letting the can touch the ground. If the can touches the ground or the group touches the can with their hands, they must start over. For extra difficulty, place a ball inside of the can. To give a little variation you can limit which parts of the body may or may not be used.

SAY WHAT?

Environment: Indoors or outside

Materials: Pencils, paper, instructions

Have students find a partner. One partner receives a set of instructions (a piece of paper with shapes and lines drawn on it), and the other partner is given a blank sheet of paper and a pencil. While students sit back to back, the partner with the instructions tells the other partner what to draw. The drawer can ask questions, but cannot look at the instructions. Have partners switch roles when done.

SHIPWRECK

Environment: Indoors or outside

Materials: 1 rope circle or 1-hula hoops per group

Divide the group in half and give each half a hula-hoop or rope circle (a ship). Each team on a ship will need to maintain contact with the ship at all times. To begin play, designate a channel (an area where ships can pass up and down). Each ship must move up and down the channel until you shout "SHARK!" At the shark command, all team members must place the ship on the ground and climb in. Once all participants are on the ship, play can continue.

SKIN THE SNAKE

Environment: Indoors or outside

Materials: None

Can be played as a group or by teams in a race. Have players, lined up one behind the other. Reach between your legs with your left hand and grab the right hand of the person behind you while reaching forward with your right hand. Once the chain is formed, you can begin - just don't let go of hands. At the starting signal the last person in the line lies down on their back. The rest of the line backs over the person, straddling the body. As each person reaches the end of the body, they turn and lie on their backs. This continues as the whole team moves backwards over the prone bodies. After the last person lies down he gets up and starts forward again, pulling everyone else up and along back over the bodies. The winner is the first team with everyone back on his or her feet. If anyone breaks hold during the process the group must stop, go back to that point, and reconnect before proceeding.

SNAIL WALK

Environment: Indoors or outside

Materials: None

Have the students stand in a straight line holding hands. Coil the group into a spiral and have the first person in the middle of the spiral hold the hand of the person at the end of the line-this will hold the spiral together. The Group must walk across the room without anyone fall or breaking free from the group. For an added challenge, add obstacles for the group to go around or over.

SPEED BALL

Environment: Indoors or outside

Materials: Small, throw able ball

Using the sequence from group juggling, return to just one ball. The group needs to have everyone touch the ball, in order, and as fast as possible. Time the first round and have the group use this as their base time. Have the students brainstorm as to how to make it go quicker and set a new goal. Allow them to set and accomplish a few different goals. They will probably come up with a number of solutions such as : rearranging the circle, passing the ball, having one person (starter) stand in the middle and spin around touching everybody's hand, or standing in order to make a line and have the first person run down touching everybody's hand.

STAR GATE

Environment: Indoors or outside

Materials: Hula hoop

Have students stand in a circle holding hands. Separate the circle at one point and add a hula hoop (the star gate) to the circle. The students are then instructed to move their entire group through the star gate without touching it at any point, except where the two students are already holding it. They also need to keep the circle connected at all time.

STRETCH

Environment: Indoors or outside

Materials: None

This is good activity to use while walking down to the challenge course. Students hold hands in a straight line. In order to move, one of the ends of the line must be holding onto a tree. Eventually, the group becomes stretched as far as they can reach from one tree. The other end must then move to a tree while the first end remains anchored. The group stretches from tree to tree until they reach their final destination. If at any point the line becomes unconnected or neither end is touching a tree, the group must go back.

TOUCH MY CAN

Environment: Indoors or outside

Materials: Clean, empty can

Take a clean can. Place two people so that they are facing each other. Have them hold the can with their foreheads. The rest of the group must now touch the can at the same time without touching each other. To make this more challenging limit what the group may use to touch the can.

TRAFFIC JAM

Environment: Indoors or outside

Materials: enough squares for the whole group plus one.

Have two groups of at least four exchange places on a line of squares. These squares can be made with cloth, cardboard, etc. Have one square more than the number of persons in both groups. All members to the left of center are to end up on the right and all members on the right of center are to end up on the left. To start have both groups face each other in a single file line with the empty square in the middle

Legal Moves:

- Any forward move into an empty space
- Any forward move around one person who is facing him into an empty space

Illegal Moves

- Any move backwards
- Any move around someone facing the same way the mover is facing
- Any move involving two people moving at once.

TUG OF PEACE

Environment: Indoors or outside

Materials: A rope long enough for whole group to hold onto and 2 boundary markers

Divide the group in two. Tell them the goal is for both groups to accomplish their objective. Individually explain to each group that their goal is to end up on the opposite side of the boundary line. Instead of tugging to reach their goal all they have to do is switch sides, do not tell them that of course!

TURN OVER A NEW LEAF

Environment: Indoors or outside

Materials: Tarp or blanket

Have everyone stand on the blanket or tarp. Now the group must end up standing on the other side without getting off! Fold the tarp/blanket to make it smaller for small groups.

TURN STYLE

Environment: Indoors or outside

Materials: None

This activity takes a long rope or a jump rope. Two facilitators stand in front of each other and turn the rope, much like jump rope. The group's objective is to get the whole group from one side of the rope to the other, without stopping the turning of the rope. The group may not go behind the two facilitators. They do not have to jump through unless stated. To add more challenges you may decide there must always be someone jumping or that no one may touch the rope.

UNDER COVER

Environment: Indoors or outside

Materials: Tarp big enough to cover whole group

Every one must get under the tarp with out using hands, or arms. They may be under in a sitting, standing, or lying down position. Props can be used to remind participants not to touch the tarp. For a variation, have them hold two glasses of water while participating.

Trust Activities

These are meant to build trust not destroy it. This should be the last item on your agenda. Think strongly about the safety of the group and make sure they are ready for this. More injuries occur on the field than any other place in challenge course work. Don't let it be on your field!

CATCH ME

Environment: Indoors or outside

Materials: None

A trust exercise that can be done with groups of three people. Have students get into groups of three; two are the spotters and one is the faller. This will establish trust in at least one another before the exercise starts. The spotters' stands behind the faller with hands outstretched to the faller's back. The spotters should have one foot slightly ahead of the other for support. The faller should have feet together and knees locked. When the faller is ready, the faller should ask: "Spotters ready?" The spotters respond, "ready." The faller will then say, "falling," but will not fall until the spotters respond with the command "fall on."

CIRCLE LAP SIT

Environment: Indoors or outside

Materials: None

Arrange your group in a circle, have all members turn to the left and step towards the middle of the circle slowly till they are very close back to chest. Very slowly sometimes to a count they sit down on the lap of the person behind them, if done properly all stay sitting. If not you end up with a pile and try again!

EVERYBODY UP

Environment: Indoors or outside

Materials: None

Whole group must get off the floor while sitting in a circle, holding hands, and touching feet with the person next to them. Get the group to do a sitting down stretch with a partner (sit facing each other, touching feet, grabbing hands, and stretching the other person's legs and back.). Have two volunteers enter the middle of a circle. Have them sit down and face each other, feet touching, and hands joined. Have them get up so that they end up standing, touching hands and feet. If they let go, they must sit down and start again. Add another two people to make a circle of 4, and then have the whole group try it. Make the whole group sit back down when somebody lets go of feet or hands. The group must find a way to make it work (stepping on the feet of the person who is getting up, swapping people around, getting up in turn or order.).

LEANING TOWER OF TRUST

Environment: Indoors or outside

Materials: None

Arrange your group in a circle and have everyone hold hands. Every other person leans out while every other person leans in. Alternate the leaners and the circle should balance out. Have the leaners switch direction of lean (from backwards to forwards and vice versa.) How low can they lean?

TIC TOC SPOT

Environment: Indoors or outside

Materials: None

Divide the group into groups of 3. Show everyone proper spotting and falling techniques, including whole body position and commands. One person per group should be the first faller, while the other two are spotters. Fallers should hold both hands in front of them, one hand crossed over the other, with palms facing. Fallers should interlock their fingers and pull their arms to their chest so that their interlocked hands are in the center of their chest. Fallers should also be careful to keep their feet together and their whole body in a straight line. Roles should switch so that each person has a chance to be a spotter and faller. Have the spotters stand facing each other. The faller should stand in between them, facing one or the other. Have spotters stand close to the faller with hands no more than 6 inches from the faller's back. The faller should fall back to one of the spotters, at which point that spotter gently guides the faller over the other spotter. The faller will be guided back and forth a few times, before returning to an upright position. Have each spotter tap the faller on the shoulder and look them in the eyes before taking their hands off him or her.

MOUSETRAPS

Environment: Indoors or outside

Materials: A collection of mousetraps and spoons

Pass bag of mousetraps around and let everyone take one, but stress that they shouldn't be set yet. "We are going to learn the basics of mousetraps, learn how to set them, find a partner, and then the partner will guide you through setting the mousetrap and setting it off with your bare hands, with your eyes closed. Who has used, set, played with a mousetrap before?"

- Fist to 5-Comfort level
- Basics of setting the trap
- Partners and go
- Fist to 5-Comfort level

Remember how your kids are feeling when they approach the elements. They do not feel like they are risking just their fingers, but their lives. Take them seriously. Begin by setting traps in partner groups with spoons and full eye-sight. Then add on harder tasks such as setting them with one partner blindfolded and the other guiding, setting a hand on a set trap, etc. This is a great activity for building trust, and it is especially great for older groups.

TRUST LEANS ACTIVITY

Environment: Indoors or outside

Materials: None

Have everyone find a partner of approximately equal size. If someone does not have a size match, either have the facilitator or an adult spot them, or have a back up spotter stand behind the primary spotter. Show everyone proper spotting and falling techniques, including whole body position and commands. One person should be the faller while the other person is the spotter. Fallers should hold both hands in front of them, one hand crossed over the other, with palms facing. Fallers should interlock their fingers and pull their arms to their chest so that their interlocked hands are in the center of their chest. Partners should change roles so that each person has a chance to be both the faller and spotter. Have spotters stand close to the faller with hands no more than 6 inches from the faller's back. Have the pair use spotting commands before the faller falls straight back into the spotters waiting hands. (Remember: the faller must keep his or her feet together and body in a straight line in order to be supportable.) The spotter should return the faller to an upright position and tap him or her on the shoulder and receive a response before taking hands off the faller. The spotter may take a half-step back and have faller fall again. Remember to use commands each time.

TRUST WALK

Environment: Preferably outside

Materials: None

Have your whole group line up in a single file line. Blindfold or other wise incapacitate the sight of your group. Have all members hold the shoulders of the person in front of them. The idea is trust so go over proper behavior, no running, and warnings when stepping up or down. Lead them through the trails or around the field and go over feelings at the end.

WILLOW IN THE WIND

Environment: Indoors or outside

Materials: None

Have participants (minimum of 6) stand in a circle with one faller in the middle. Show everyone proper spotting and falling technique, including whole body position and commands. The faller should hold both hands in front of them, one hand crossed over the other, with palms facing. Fallers should interlock their fingers and pull their arms to their chest so that their interlocked hands are in the center of their chest. Fallers should also be careful to keep both feet together and their whole body in a straight line. Change roles so that everyone who wants has a chance to be the faller. The faller stands in the middle and receives an answer to spotting commands from everyone at one time. Then the faller falls back onto one spotter and is passed clockwise around the circle until he or she is returned to the original spot. After the full turn, the faller may be passed slowly across the circle until he or she is returned to an upright position. Have every spotter tap the faller on the shoulder and get a response from the faller before taking hands off. During the passing, the faller must have at least three spotting hands on him or her at all times.

YURT CIRCLE

Environment: Indoors or outside

Materials: None

Make sure there is an even number of participants before starting this activity. Instruct the group to hold hands in a circle and count off by twos. On a signal, have the ones lean in and twos lean out. Switch roles after the group is successful with the first lean.

Debriefing Questions

To debrief an activity is to facilitate learning through simple discussion and or reflection. It is not always wise to spend tons of time on this. It should be brief and to the point, without creating more conflict.

- 1) What were the high/low points of the activity?
- 2) Did anyone help you?
- 3) Did you have a leader?
- 4) Did you have a plan?
- 5) Did everyone know the plan?
- 6) Did you get frustrated? If so, why and how did you deal with it?
- 7) What were things that the group did well?
- 8) What does the group need to improve on?
- 9) What was the hardest part of the activity?
- 10) Did you want to quit at any point? If so, why?
- 11) Why didn't you quit? If you did, why?
- 12) Who did you appreciate the most during the activity and why?
- 13) How would you relate the activity to your everyday life?
- 14) How were the group decisions made?
- 15) What is something you learned during the activity?
- 16) Give compliments/thanks to someone
- 17) What pushed you outside of your comfort zone?
- 18) How did you contribute to the activity
- 19) How has the team improved?
- 20) Did the group encourage/discourage each other? Give an example.

Debriefing Methods

3D OBJECT

Environment: Indoors or outside

Materials: Enough small objects for everyone to have one

Ask each person to choose an object that represents him or her right now, how he or she or the group did during the last activity, or the whole challenge course, etc. Have each person or volunteers from the group explain how that object relates to them.

BEACH BALLS

Environment: Indoors or outside

Materials: Beach ball, permanent marker

For a debrief, write questions dealing with things you observe of the group (see What?, So What?, Now What?) on the ball, one per color. Toss the ball out and have participants read and answer the question that their right thumb lands on. FYI: You may find balls with questions already on them. If not, erase questions written with permanent marker with rubbing alcohol.

CAPTAIN, CREW, OR CARGO?

Environment: Indoors or outside

Materials: None

After the activity is completed, ask each student or ask for volunteers to tell if they felt like they were the captain, crew, or cargo during the activity. Captains are in charge, see the big picture, and give orders. Crew follows orders and carries out the task. Cargo is carried along by the crew.

FINISH THE SENTENCE

Environment: Indoors or outside

Materials: None

Have everyone in the group or volunteers finish a sentence that the facilitator has started (i.e. During the last activity, I feel like I needed..., I would like to give a compliment to..., The last activity reminded me of...) and explain their statement.

FIST TO 5

Environment: Indoors or outside

Materials: None

Have each person hold up a fist. Tell them to rate themselves, the group, the activity, etc. on some aspect on a scale of “needs improvement” (fist) to “super awesome fabulous” (five fingers). It may be helpful with younger children to ask everyone to keep their eyes closed while they are rating so that people do not change their ratings to match others. Ask individuals or volunteers to explain their ratings.

HIGH/LOW POINT

Environment: Indoors or outside

Materials: None

What was the high/low point in this activity for you/group? Ask this question to every child going around in a circle or popcorn method, taking turns and listening to everyone.

KNOT CIRCLE

Environment: Indoors or outside

Materials: Large rope circle with knot at some point

Each participant should hold a piece of the rope and stretch it out into a circle with the participants standing outside. Everyone should slide the rope through their hands in the same direction, thereby passing the knot around the circle. The facilitator may start by stopping the rope at any time. The person holding the knot must answer a question asked by the facilitator. The rope is passed again until someone else stops it and asks a question of the person holding the knot.

ON TARGET

Environment: Indoors or outside

Materials: An object on the ground

Place an object on the ground. This object represents the center of a target/bulls-eye. Have participants stand the distance away from the object that represents how they feel. The closer they are to the object, the better they feel.

ONE WORD WHIP

Environment: Indoors or outside

Materials: None

Have everyone stand in a line or circle. Ask a question with a one word answer, such as “When you think of the last activity, what is the first word that comes to mind?” Have everyone go around the circle or down the line and give their one word answer. After everyone has given an answer, you may have volunteers explain their answers, ask certain people to explain, or have everyone elaborate.

PERSON TO THE LEFT/RIGHT

Environment: Indoors or outside

Materials: None

Have everyone circle up and go around giving a compliment to the person on their left (or right).

PICTURE CARDS

Environment: Indoors or outside

Materials: Cards with pictures

Lay cards on the ground, enough for everyone. Have each person pick the card that they think best describes them during the last activity, at this moment, during the whole course, etc. Have volunteers, people you call on, or everyone explain why they chose their card.

PLAY DOH SCULPTURES

Environment: Indoors or outside

Materials: Play Dough

Either split participants into small groups or have them act individually. Give each group or participant several pieces of play dough in several colors. Ask each to produce something with the dough that represents how they are feeling or how they perceive themselves at the moment.

PURPLE LYCRA

Environment: Indoors or outside

Materials: Purple Lycra sewn into a circle

Put the Lycra on the ground in a circle. Have everyone step into the circle and pull the Lycra up over their heads. Make sure the Lycra stretches a little below each person's bottom and above their heads. Have everyone take a few steps back to stretch out the Lycra. On a count, have everyone lean back and sit in the air, as if sitting on a chair. Count again and have everyone sit on the ground. Count again and have everyone stand up. Make sure that everyone goes at the same time for each count. Lycra may be used during debriefing to keep everyone's attention focused into the circle.

REFLEXIVE FINGERS

Environment: Indoors or outside

Materials: None

Ask participants to show you their best "jazz hands" (hands up and shaking like spirit fingers). Ask students to clasp their hands with their fingers interlocking. Repeat several times. Directly after students have clasped their hands, ask everyone to look at their thumbs, one of which should be over the other. The thumb on top is considered the "familiar thumb," while the thumb on bottom is the "unfamiliar thumb." Ask participants to show their jazz hands again and try to clasp with their unfamiliar thumb on top. Repeat several times. Ask students to show their jazz hands and clasp with either thumb on top. Afterwards, ask participants to volunteer their reasons for putting either their familiar or unfamiliar thumb on top. Discuss how unfamiliar situations often cause people to feel uncomfortable, while familiar situations are easier and come more natural. People learn more when in unfamiliar situations because there is more unknown. However, it is important not to go from the unfamiliar zone to the panic zone (jazz hands), because people do not learn much when they panic.

REVERSE CIRCLE

Environment: Indoors or outside

Materials: None

Have everyone stand in a circle and hold hands. Ask someone to start. This person should use his or her right hand to shake the left hand of the person to his or her left while giving him or her a compliment. The next person should do the same, all the way around the circle (not across!). Make sure that no one lets go of hands except to shake. Once you shake hands, you hold onto that hand. When finished, everyone should have their arms crossed in front of them. Ask everyone to turn around, facing the outside of the circle and untangle themselves. Everyone should be facing outside the circle, holding hands with the person on their left and right, with uncrossed arms. Explain that the group has learned some valuable lessons during the program or activity, and that they should take these with them out into the world.

SHUFFLE

Environment: Indoors or outside

Materials: None

Have the group get in a circle. The entire circle shuffles/moves to the right until someone yells “stop.” The person who yells this needs to give a group member (or the entire group) a compliment or thank you. Then the group starts to shuffle again, but this time to the left, until someone yells “stop.” Switch the direction of the shuffle each time. This can also be used as a reflection, similar to knot circle. Whoever yells “stop” gets to ask a question. Then start to shuffle again for someone to answer. Keep shuffling and answering that same question until someone asks a new one.

SNAP SHOT

Environment: Indoors or outside

Materials: None

Have everyone turn around three times in one place. While they are turning, they should be thinking of one picture, or snapshot, of something that happened in the previous activity or day that was important to them. Ask for volunteers, call on certain people, or have everyone tell what their snapshot looks like and why they chose that moment as the most important.

STOP LIGHT

Environment: Indoors or outside

Materials: None

After the activity is completed, ask each student or ask for volunteers to tell what they think should be red, yellow, or green lighted. Red lights are things the group needs to stop doing right away or be careful not to start doing. Yellow lights are things the group needs to be cautious about. Green lights are things the group needs to continue or start doing.

SWEET TREAT

Environment: Indoors or outside

Materials: Enough candy pieces for everyone to have one

Ask adult participants if there are any dietary restrictions that will prevent them from eating the particular type of candy. Pass the candy around so that everyone picks one. Then have one person in the circle deliver a compliment to someone in the group, along with his or her chosen piece of candy. The person who received the compliment should now have two candies. He or she should give a compliment to someone else who has their original piece of candy, along with his or her candy. The next person does the same until everyone has received and delivered a compliment and candy. In the end, everyone may switch candies to get what they would like, but the exercise requires that people give away something that they picked just for themselves.

TALKING ANIMALS

Environment: Indoors or outside

Materials: Stuffed animal or puppet

Participants can only talk if they have the animal/puppet. This can be used to settle arguing or for debriefing. When used for debriefing, whoever has the animal tells an observation they made during the activity. Works well if the facilitator starts with the observation that they made first.

THUMB – A – METER

Environment: Indoors or outside

Materials: None

Ask participants to show on a scale of “not so great” (thumbs down) to “super awesome fabulous” (thumbs up), how they feel right now, how they feel about how they did in the last activity, the challenge course as a whole, some aspect of the team that they have experienced, etc. It may be useful to have younger children close their eyes while rating, so that they do not change their ratings to match others. Ask individuals or volunteers to explain their ratings.

WHAT? SO WHAT? NOW WHAT?

Environment: Indoors or outside

Materials: None

This is a style of debriefing that asks questions falling into three different categories. What? questions revolve around what happened during the activity. These are very concrete observations, such as what was seen, heard, felt, etc. So What? questions ask why this information is important. These are generalizations about the group or individuals (e.g. why was the group more successful when only one person could speak?) Now What? questions ask what should be done with this information. This requires participants to apply lessons from one activity to another or to life (e.g. should a leader be elected for each activity or projects outside the course?) You may ask each type of question after each activity or space them out. You may start by asking What? questions after early activities. Advance to So What? questions as activities get more difficult, and save So What? questions for the last activities.

Strange and Magical Things

Strange and magical things are great ways that you can add extra parameters to any activity. They can be applied to one person, or the entire group, depending on the situation. They are especially useful for limiting leaders and getting others in the group to step up and take the lead.

Limit Talking:

- You can only talk in animal voices.
- You can only talk in opera voices.
- You have to say "Please and Thank you" after every statement you make.
- Every time some one says the word "_____" you need to quack like ducks.
- Every other person is mute.
- You can not continue until you answer the following question...
- Only one person can talk.
- You can only talk if you are spoken to by _____ (facilitator, teacher, or student)
- You've been turned into songbirds. The only way to communicate is by singing to each other.
- When talking, act out what you are saying.
- Say a favorite line from a movie whenever a certain word is used.
- Talk in Loud voice.
- Talk in Mini voice.
- Talk in Operator voice.
- Talk in Whale (Dory from "Finding Nemo")
- Talk in British voice.
- If you want to say something, you have to make it rhyme
- Pictionary! You can only communicate by drawing symbols on a white board.
- Everyone must talk in Countula Voice (the funny guy from Sesame Street).
- Say "Go Dawgs!" every time a certain word ('pass,' 'rope,' 'step,' etc.) is used.
- Bust out a favorite dance move
- The only words you have left in your vocabulary are "yes," "no," and names of people here.
- You can no longer give your opinion and can only say factual statements.
- Say things only in the form of a question.
- From now on, you must say "banana" in-between every word like "banana" this "banana."
- You can speak, but only 5 words at a time
- Spelling bee! From now on, every statement must be s-p-e-l-l-e-d o-u-t.

Build Up The Team:

- Before you can continue someone needs to spell _____ (pick a word! Examples: LEISURE, BELIEVE, TEAMWORK, COMMUNICATION)
- Before you can continue, tell the person to your right why you're glad they're on your team.
- Every time someone in the group gives an idea, you must compliment them.

Limit Movement:

- Every other person can only use one arm for the next minute.
- Every other person has to stand on one foot for 30 seconds.
- Some one has become blindfolded.
- Everyone needs to be connected.
- Some one is in a catatonic state and can only move if some one moves them.
- Half the team has been turned into robots for "X" minutes. The only way they can move is if their robot master tells them what to do. They can only reply "Yes Master" (get them into partners, have one person be the robot the other the master. Have them switch roles after a few minutes or the next time a rule is broken).

Just Plain Silly:

- The entire group has to sing 2 rounds "Row, Row, Row Your Boat"
- The entire group has to talk like they have no teeth for the next minute.
- Everyone moves back 2 spots.
- Every other person has to put their right finger on their nose and stick their tongue out for 1 minute.
- Bust out a favorite dance move

Redirect/Change the Activity:

- The entire group needs to sit down for 1 minute.
- Start over.
- Reverse the goal (have to start from opposite end, go in opposite direction, people in front to back, etc.)
- The world is coming to an end; you only have 15 minutes to finish the activity.
- Remove or change a parameter to make the challenge easier.

Games:

- **Pass the Can**
 - **Materials:** Can and ball
 - **Play:** Pass the can with differing rules. No arms, no upper body, no talking
 - **Rule:** Everyone has to touch the can
- **Elbow Tag**
 - **No materials**
 - **Play:** Link arms with a partner. There should be two people not linked at the beginning of the game. One person will be it and the other will be being chased. The person it wants to tag the other person before the person links with another group. However, once a group of three is formed the person on the end must run before they are it.
 - **Rule:** when a group of three is formed they cannot join the group to their left or right (groups closest to them)
- **Ship Island**
 - **2 people:** sea sick
 - **3 people:** crow's nest (spin around, hooked by elbows)
 - **4 people:** Moping the deck
 - **5 people:** Mess People (act out eating)
 - **Captains Coming:** Salute and can't move until person says at ease
- **Alligator Tag**
 - **1 or 2 alligators (Its):** they crawl on the ground and try to tag people
 - **Fish:** The people running around
 - **Rule:** If you are tagged by an alligator then you are now an alligator and start tagging. Make sure to make reasonable boundaries.
- **Toilet Tag**
 - **Just like freeze tag** but if you get tagged you have to freeze into a toilet. The way you become unfrozen is by someone flushing you. That person must make a flushing noise.
- **Toe Fencing**
 - **Get in partners of 2**
 - **Each pair will then try to step on the other person's toes**
 - **First one to do so wins**
- **Rock Paper Scissors and CHEER**
 - **Get in pairs**
 - **The winner of each pair faces the other winners**
 - **The losers go around cheering on each winner they lost to. You can add in symbols if you like**
- **Chair Sit**
 - **Get in a tight circle**
 - **Have everyone facing back to back**
 - **Then tell them to sit**
 - **They should stay sitting in a chair position as long as they are able**
 - **The last team sitting wins**

- **Giants, Wizards, and Elves**
 - **Signs:**
 - **Giants= Hands in the Air**
 - **Wizards= Hands out in front**
 - **Elves= Quotation marks by your head**
 - **Rules:**
 - **Have children facing away from each other in 2 teams**
 - **When they have their symbol tell them to face each other**
 - **The winning group tries catching the losing people before they get to winning peoples side**
 - **Who beats who:**
 - **Giants beats Wizards**
 - **Elves beat Giants**
 - **Wizards beat elves**
- **Martian Baseball**
 - **2 teams**
 - **One team throws a ball**
 - **The other team runs and get this ball. Once they have the ball they do over under (1 or 2 times depending on group size)**
 - **The team that threw the ball will be running “running bases,” which means a player in the front of the line will be running around their team until the opposite team is done doing over under. Every time the runner makes it around their team line they score a run.**
 - **Game ends when they reach the designated score amount.**
- **The Wink Murder Game**
 - **Youth sit in a circle with one youth in the middle**
 - **One member within the circle is a murder! If the player winks at you (within the circle of youth) that player dies.**
 - **The goal of the game is for the person to find out who is winking.**
 - **Of course the murder tries to be sneaky with their winks.**
 - **Game is over when there are 2 people left in circle or when the person in the middle discovers who is winking.**
 - **The person in the middle can guess after each death**
- **Ninja**
 - **Stand in a circle**
 - **Goal is to get the people out**
 - **People have two moves: Defense or offence**
 - **Defense: players choose to protect themselves by stepping away or adjusting bodies**
 - **Offence: players try to quacking hit (nicely) from the elbow down another opponent.**
 - **Plays: if you are hit once you lose an arm. If you are hit twice you are out. Play is continuous and moves around the circle in a clockwise motion. It should be quick to make the game run smoothly.**

- **Centipede Race**
 - Line kids into a single file line (2)
 - Have kids sitting very close to each other
 - With legs wrapped around the person in of them waists
 - To move they must use their hand
- **Screaming Toes**
 - Stand in a circle
 - Look at the ground
 - Find someone's feet without letting anyone know where you are looking
 - On the count of 3 make eye contact with the person whose feet you were looking at
 - If they make eye contact with you you are out of the game
 - This continues
- **Mafia**
 - Nurse
 - Mafia
 - Detective
 - Towns people
- **Ant Hospital**
 - Four hula-hoops= hospital
 - 2 kids are ant spray
 - All other kids are ants
 - The ant spray job is to spray the ants!
 - If the ant is sprayed they die and lay on the ground with legs and arms in the air
 - To be reincarnated they must be carried by other ants to the hospital.
- **Blob Tag**
 - The more people you tag the bigger the blob
 - Get all people tagged to win the game
- **Finger fencing**
 - Pair up kids
 - Pairs will shake hands
 - Use pointer fingers as weapons
 - Opposing players should encircle their thumbs and forefinger, with other fingers on top of the others hand
 - Object of the game is to not the other person touches you with their pointer finger
- **Smaug's Jewels**
 - Materials: Water noddle and random objects
 - Smaug stands over his treasure, which everyone is trying to get. Smaug can leave his treasure to tag Townspeople... BUT watch out anyone could steal it!
 - If the townspeople are able to get smaug's objects without being tagged, which causes them to be frozen they reign over the treasure. If they are tagged they will stay frozen until the end of the Smaug's reign/ end of the game

- **Alligator Pass**
 - Material: stuff animal or some object
 - Set up two lines far apart from each other
 - The group of kids must figure out how to get all people the alligator across without the alligator touching the ground
 - Everyone must touch the alligator

Quick Game Ideas Most People Know:

- Four Corners
- I Spy
- Host a talent Show
- Red Light Green List
- Telephone
- Sharks and Minos
- Hide and Seek
- Hop Scotch
- Doge Ball
- Screaming Toes
- Four Square
- Human Knot

Introduction Games:

Toss Name

- Each player says name once
- Include ball
- Toss ball after saying person's name
- Add in more balls to make it more difficult

Two Truths and a Lie

- Think of two true statements and one false statement for each person
- Each person will then announce those statements to the group and the group will need to guess which statement is false

Team Building:

Lava

- Try to get across without stepping onto anything but the cardboard

Pipe game

- Golf ball
- Styrofoam half pipes
- Be the first team to get the ball to designated location

Skits:

- Making gravy Skit
 - You will need actors for this
 - Materials: (can do without, but more fun with props) Bowl, spoon, and food
 - Roles:
 - Cook- making the gravy
 - Taste Taster: tries the gravy at the completion (can be imaginary or real)
 - Ambulance: person that tries but never is able to save the taste taster
 - Director: this is the person who decides the theme of each movie and cuts it after the ambulance comes in the scene. Usually this person is angry and keeps trying new themes to get the movie just right
 - Theme Ideas: Barbie, Valley girl, 4-H Style, Lumber Jack, Star Wars, Harry Potter, Sports theme, Camp theme...
- Electricity Game
 - Get into 2 lines facing each other. Sit down in the lines holding hands. The leader is at the end of the lines and have their eyes open. All other people in the line have their eyes closed. The chicken is at the opposite end of the lines of the leader. The adult supervising has a coin and flips the coin when the coin is heads up the lines start the squeeze silently. The team member at the end who gets the squeeze and touches the chicken/ object first wins that round and moves to become that team's line leader. The game continues till one team completes the team rotation once or until game becomes boring.
- Sled Game
 - Get in groups of 4. Following people with hands on the shoulder around room. Each youth get a number. When adult says change team members 1 and 3 switch places. When adult says switch 2 and 4 change places. Then adult can say reverse and all members switch directions. Loose caboose is when the number 4 person has to go find another sled to be the caboose of.
- Simon Says
 - This is normal Simon Says with a twist. Put youth into two lines. When a member messes up they do not get out, but join the other team. Team that has most members at the end the most of the time allotted wins.
- Circles in Common
 - Make multiple circles. Adult leader or Teen Leader gives out things that people have done. This could be something unique or common. If members have done that thing you go find a new group. The play continues in this format. Give a set number for each circle depending on group size, so that groups beg for people to join their group.

New party Games

Balloon train race

What you'll need:

- 1 blown up balloon per player
- 6 or more teens
- A large area

How to play:

Divide the teens evenly. Define the starting and finishing lines. Each team must place a balloon between each player and hold it there while the team races to the finish line. So it's person, balloon, person, balloon, etc. to form a train. The first team to the finish line wins.

Barnyard Antics (would be great way to make groups for other activities)

What you'll need:

- A large group of people
- List of barnyard animals: Chickens, Roosters, Pigs, Cows, Sheep, Horses, etc.

How to play:

Divide the group by 4 or five by using four or five different types of barnyard animals. Tell each person what animal they have but do not share who has who. At a signal that the host gives, each person acts and sounds out their animal, looking for others who are acting out and sounding out the same animal. When the first entire group finds all of its members, they win.

Cheeto Head

What you'll need:

- Plastic shower caps or rain ponchos with hoods
- Shaving cream
- Cheetos
- Pairs of teens

How to play:

One of the pair puts on the protective garb and gets shaving cream piled on their head. The second of the pair steps back 4 feet and throws Cheetos at the shaving cream for 2 minutes. The pair that has the most Cheetos on the shaving creamed head wins.

Duct Tape and Newspaper Fashion Show

What you'll need:

- at least 4 people
- Plenty of duct tape and newspapers

How to play:

Split into teams of 2-4 teens. Each team creates fashions out of the duct tape and newspapers to fit one of their teammates within a certain time, 30 minutes is usually good. Then have a fashion show of the creations.

Fill My Bowl Relay Race

What you'll need:

- Large dish(semi-flat) of M&Ms or similar candies
- One straw per teen
- One small bowl per relay team
- Fun loving teens; at least 2
- Clock or timer

How to play:

Divide teens into relay teams of no more than 4 people per team. Set the clock for 2 full minutes. When the time begins, the first person of each team takes their straw and sucks up a candy from the big dish of candy and brings it to their small bowl, dropping it in. Each player on the relay team repeats the process - the first player goes again after the last player - until the time is up. The team with the most candy in their bowl is the winner.

Introduction: Toss Name

- Each player says name once
- Include ball
- Toss ball after saying person's name
- Add in more balls to make it more difficult

Centipede Race

- Line kids into a single file line (2)
- Have kids sitting very close to each other
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Lava

- Try to get across without stepping onto anything but the cardboard

Pipe game

- Golf ball
- Styrofoam half pipes
- Be the first team to get the ball to designated location

Screaming Toes

- Stand in a circle
- Look at the ground
- Find someone's feet without letting anyone know where you are looking
- On the count of 3 make eye contact with the person whose feet you were looking at
- If they make eye contact with you you are out of the game
- This continues

Martian Baseball

- Two teams
- Offense team throws ball anywhere
- To score runs the offense team must run around their team, which is huddled in a circle as many times as they can
- The defense team retrieves the offenses ball
- They then do over under twice
- Once the defense has completed over under the offense team stops scoring
- It then switches sides

Mafia

- Nurse
- Mafia
- Detective
- Towns people

Duck Duck goose or Drip Drip Drop

Two Truths and a Lie

- Think of two true statements and one false statement for each person
- Each person will then announce those statements to the group and the group will need to guess which statement is false

Tag Games

Elbow tag

- Yay!

Toilet Tag

- Like freeze tag just be a toilet and to be unfrozen you must be flushed

Ant Hospital

- Four hula-hoops= hospital
- 2 kids are ant spray
- All other kids are ants
- The ant spray job is to spray the ants!
- If the ant is sprayed they die and lay on the ground with legs and arms in the air
- To be reincarnated they must be carried by other ants to the hospital.

Blob Tag

- The more people you tag the bigger the blob
- Get all people tagged to win the game

Finger fencing

- Pair up kids
- Pairs will shake hands
- Use pointer fingers as weapons
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- Materials: Water noodle and random objects
- Smaug stands over his treasure, which everyone is trying to get. Smaug can leave his treasure to tag Townspeople... BUT watch out anyone could steal it!
- If the townspeople are able to get Smaug's objects without being tagged, which causes them to be frozen they reign over the treasure. If they are tagged they will stay frozen until the end of the Smaug's reign/ end of the game

Initiatives

Alligator Pass

- Material: stuffed animal or some object
- Set up two lines far apart from each other
- The group of kids must figure out how to get all people the alligator across without the alligator touching the ground
- Everyone must touch the alligator

Games:

Clapping Game:

Have everyone get in a circle. Place your right hand down. Then place your left over the hand of your neighbor to your left. One slap continues the pattern. Two slaps changes the direction.

The Screaming Game:

Everyone gets in a circle. Everyone looks at the floor. Count to three and they have to look at someone in the circle. If two people make eye contact, they scream, and drop to the floor and they are out. If they don't make eye contact, then they are still in.

Ninja:

Stand in a circle. Players can either play defense or offense. Defense is taking a step in either direction to protect them. Offence is taking a step/ swing at someone else. Object of the game is ninja chop someone else arms off. The person with one arm or two arms still attached is the winner.

Human Tic-tac-toe

Electricity Game

Get into 2 lines facing each other. Sit down in the lines holding hands. The leader is at the end of the lines and have their eyes open. All other people in the line have their eyes closed. The chicken is at the opposite end of the lines of the leader. The adult supervising has a coin and flips the coin when the coin is heads up the lines start the squeeze silently. The team member at the end who gets the squeeze and touches the chicken/ object first wins that rounds and moves to become that teams line leader. The game continues till one team completes the team rotation once or until game becomes boring.

Sled Game

Get in groups of 4. Following people with hands on the shoulder around room. Each youth get a number. When adult says change team members 1 and 3 switch places. When adult says switch 2 and 4 change places. Then adult can say reverse and all members switch directions. Loose caboose is when the number 4 person has to go find another sled to be the caboose of.

Simon Says

This is normal Simon Says with a twist. Put youth into two lines. When a member messes up they do not get out, but join the other team. Team that has most members at the end the most of the time allotted wins.

Circles in Common

Make multiple circles. Adult leader or Teen Leader gives out things that people have done. This could be something unique or common. If members have done that thing you go find a new group. The play continues in this format. Give a set number for each circle depending on group size, so that groups beg for people to join their group.

Paper Rock Scissors Cheer

Normal Paper Scissors; however, play never stops. When a player loses they join the person's team who they competed against. Each player has a symbol this could be moose ears, jazz hands, clapping... they choose. So, when new members join they can cheer and do the team symbol.

Portfolio Lock In Games

Deer Nose Dive



Required items:

Vaseline (Petroleum jelly)

Ribbon cut to length approx 7-8 inches. Red craft pom pom (medium size) stuck on end of ribbon.

Each contestant applies a dab of Vaseline to their [nose](#).

Contestant must swing the ribbon/red nose and successfully land “stick” the red nose on his/her nose.

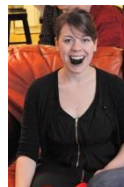
Contestant must land the red pom pom onto the nose without coming into contact with any other body part or object.

If a player touches the red pom pom with the hands they will be disqualified.

Contestants may not touch their face with their hands or any other body part.

To complete the game, contestant must successfully land five red nose pom pom onto their nose as described above, within the 60-second time limit.

Face the Cookie



Required Items:

Cookie for each contestant. Round cookies work best.

When the clock starts, player may grab the first cookie and place it on the forehead.

The cookie must remain in contact with the face (i.e. player may not toss the cookie

from the forehead and catch it in the mouth).

If a cookie falls, player may reset an intact cookie on the forehead for the next attempt. To complete the game, the player must hold an intact cookie 3 times with his or her mouth within the 60-second time limit.

Holiday Sticker Stalker

A great game to keep everyone on their toes, but not for the paranoid party-goer. Everyone at the party has 10 holiday stickers and must get rid of the whole sheet by sticking them to the other guests without them noticing. If someone catches you, they can stick one of his/her stickers on you. First one to empty their sticker sheet wins

*** Could give as they arrive that night

Santa Hat

At the start announce the simple objective, which is to **remove your hat**, and **not** to be the last. The only rule is that no one can take their hat off until you have.

Who am I?

Pick one name for each person playing and stick that name on each persons back or forehead. Each person gets 20 "yes or no" questions to find out who they are. This game is really funny as each person starts recounting what they know about themselves before asking their next question.

*** Prep work Required

Panty Hose Take Down



Ping Pong Throw Out:

Goal is to shake/jump/ bounce the ping ball out of a box that is attached to the person.



Cupcake Decorations

- Bake and decorate cupcakes and then eat them!

