

Master List of Games, Initiatives, Ice Breakers, and Fun Stuff!

NAME GAMES

ADJECTIVE NAME GAME: The group is formed in a circle, and each group member is required to think of an adjective that describes him/her AND rhymes with the individual's first name. Each group member will amplify their new creative name, and the rest of the group will repeat that name and all the names of the previous people. You can also expand this to include an animal as well, for example, Sassy Salamander Sarah.

BLANKET NAME GAME: Have your group divide itself into two groups. Tell them to sit on the floor facing each other. Hold up a blanket between the groups so that each team can not see the other. A member of each team is quietly selected to move up to the blanket. On the count of three, drop the blanket so that each of the selected members are facing each other. Whoever says the other person's name first, wins. Whoever loses, goes to the other team..

CONCENTRATION: The rhythm for the game is slap, slap (on the knees), snap, snap (one on each hand (right, then left)). Group sits in a circle. One person is designated as the leader, and he/she sets the pace. The object of the game is to get to the leader's spot. The leader begins the rhythm, and on one set of snaps says his/her name on the first, and someone else's on the second (the names MUST always be said on the two snaps). The person who's name is said must respond on the next set of slaps and snaps by saying his/her own name and then someone else's. If the player does it correctly, the game continues. If the player does not do it quickly enough, that player must move to the seat to the right of the leader, and the rest of the group moves up a seat (toward the leader's spot) to fill in the seats. Game continues until group has learned names well. The pace can be as fast as desired.

GROUP JUGGLING: The group **starts** in a circle formation. The leader of the group will begin with one object in hand (i.e. a small ball). The leader will ask one group member to repeat their name, and then the leader will gently toss the object to that group member. The group member will reply "Thank you, (the leader's name)!" The leader will reply by saying, "Your welcome, (the individual's name)!" The object will continue around the circle in the same manner, making sure everyone has received the object, until the object ends up in the hands of the original leader. NOTE: During the first round, once a group member has tossed the object, have them cross their arms to prevent repetition. The same pattern will start again with the leader adding more objects. Once an object has been dropped, the pattern starts all over with the first object. NOTE: The leader should mix up sizes and shapes of objects (i.e. a rubber chicken, toilet paper, etc.)

LINE DANCE: This game is a variation of the Motion Name Game. Can be played with group of any size. Best if group has more than 10 members. Game begins with group lining up shoulder to shoulder. One member starts off the game by doing a motion across the line (to the other end of line) and saying his/her name at the same time. The group responds by saying, "Hi _____!" The game continues as each member goes across

to the other end of line. Once that is complete, the group pairs off with person next to them and they do a motion together (and say both of their names) to get to the other end. Group goes in twos until complete. Depending on size of group, individuals then group in fours, sixes, etc...then in half, and then whole. The group works together to pick out a motion and should say each name as they get to other end. Game continues until the whole group is working together. Good game to use to show the power of individuals coming together as a team.

MOTION NAME GAME: Have everyone stand in a circle. Anyone can begin the game by saying his/her name and demonstrating a [physical] motion to go with it. When the person is done, the entire group repeats the name and the motion. Then, the second person (on either side of the first) introduces him/herself and does a motion. The entire group repeats that name/motion and then the first name/motion. This will continue until each person has given their name and done their motion, and the entire group has repeated everyone's name and motions.

NAME TAG MANIA: Participants are given a name tag and a magic marker. They are asked to print their name on the upper portion of the name tag and then to draw three objects that represent who they are on the bottom portion of the tag. After completing the activity, participants are then asked to share their names and what they drew on the tags. (i.e. My name is Jess. I drew a sailboat, a dolphin, and a paint brush.)

NAME WAVE: Stand in a circle and make clockwise Team A and counter-clockwise Team B. See which way can say their names in consecutive order the fastest.

WHOMP 'EM: One person is the "Whomp 'Em Master." That individual stands in the middle of circle with the "Whomp 'Em Sword." (Could use Styrofoam tube or rolled up tube of newsprint, etc.) The rest of the group sits in a circle with legs out toward center of circle (leaving enough room for person standing in middle). The object of the game is for the "Whomp 'Em Master" to get stuck in the middle of circle. Someone starts off round by saying the name of a member of the group. The Master must "Whomp" (hit) the legs of that member, before that member says the name of another member. The game goes on until the Master hits an individual before that individual can say another person's name (can not repeat name that has been said in round already.) When the Master succeeds in "Whomping" an individual, that individual becomes the new Master. Quite crazy...but loads of fun! Best if played following another name game, so individuals have a sense of who each other is.

ICE BREAKERS

CATCH ME IF YOU CAN: Players should be paired up. All players divide into two lines (facing in) shoulder to shoulder, with partners facing each other. Participants should be given approximately 30 seconds to look at their partners, taking in all details about the individual. The leader then instructs the two lines to turn and face away from the center. One or both lines has 15-20 seconds to change something about their appearance (i.e. change a watch to different wrist, unbutton a button, remove a belt, etc.). The change

must be discrete, but visible to the partner. The players again turn in to face each other and have 30 seconds to discover the physical changes that have been made. Players get to interact with each other and have fun!

GEOGRAPHIC LOCATION: Each group member is from a different geographic location, but together they will form a map. Once a map has been established by the group, each group member will stand where he/she thinks they belong to make the map as close to scale as possible.

HOG CALL: Break the group into pairs. Each pair must choose two things; a machine and an animal. They then have to decide who is which. The pairs then divide up on opposite sides of the room. Everyone must close their eyes (if they feel comfortable), and by making only the noise that their character would make, they must find their partner. When they find their partner, they can open their eyes and wait until everyone else is done. Note: When conducting an activity with eyes closed, have the group raise their hands in front of their chests as "bumpers," and have at least one person (facilitator) acting as a spotter.

M & M GAME: This activity is very similar to the Toilet Paper Game, but instead of using a roll of toilet paper, you may use a bag of M & M's. Make sure the group members do not eat their M & M's until their turn has passed.

MAKE A DATE: Give each participant a paper plate. Have them draw the face of a clock on their plate with a line next to each number (no digitals!). Then have participants walk around and find a "date" for each hour, writing their name by the hour. The catch is, no one can make a "date" with more than one person per hour. After everyone has made their dates, speed up time and allow 1-3 minutes for each hour. The facilitator then asks a question for discussion on each date. The pairs will have a chance to get to know one another.

SHOE FACTORY: Have the group stand in a large circle shoulder to shoulder. Then have everyone remove their shoes and put them in the center. After the group has formed a pile with their shoes, the leader has everyone choose two different shoes other than their own. They should put them on their feet (halfway if they are too small). The group then needs to successfully match the shoes and put them in proper pairs by standing next to the individual wearing the other shoe. This will probably result in a tangled mess - and lots of giggles!

SHOE GAME: Have the group stand in a large circle shoulder to shoulder. Then have everyone remove their shoes, tie them together, and place in center. Have one volunteer choose a pair of shoes other than their own and make one statement about the owner of the shoes (i.e. "The owner of these shoes must be very thrifty and economical to wear shoes in this condition!"). The owner of the shoes then comes forward, introduces him/herself, and picks out another pair of shoes to introduce. Game continues until all participants have introduced themselves.

SOLEMN AND SILENT: The instructor explains that this exercise will take self control. Members pair back to back. On the count of three, everyone must face their partner, look each other in the eyes, and then try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (Second round of playing can involve two teams competing to outlast each other.) If you get a pair at the end who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.

STINGER: Have the group form a circle and close their eyes. Facilitator circles the group and selects a "stinger" by squeezing an individual's shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate everyone without getting caught. The stinger strikes by injecting poison with their index finger, while shaking hands. A person stung may not die until at least five seconds after they are stung. The more dramatic the death, the better! When someone thinks they have discovered who the stinger is, they may announce that they know. If they get a "second" from someone else in the group within 10 seconds, the two of them may make an accusation. If the person does not get a second, he/she must wait to challenge again, after another person dies. If another person does step forward to second the challenge, both point to who they think it is on a count to three. If they do not point to the same person, or they both point to the wrong person, they both are automatically dead. If they select the correct person, the stinger is dead and the game is over.

TOILET PAPER GAME: Get a roll of toilet paper and explain to your group that they are going camping and need to take as much toilet paper as they think they may need for a three day trip. Once everyone has an ample supply, explain to the group that for every square in their possession, they must share something about themselves. NOTE: If anyone knows the activity, ask them not to give away the secret under any circumstances.

TRUTH, TRUTH, LIE: Give the group some time to write down two things about themselves that are true, and one thing that is a "lie." Each group member will then share these facts about themselves and the rest of the group has to figure out which "fact" is actually a "lie."

UNCLE FRED'S SUITCASE: The group forms a circle. The first person states their name and the reason they picked this college, group, etc. You continue going around the group, repeating the names of the people preceding their name and why they chose to come to (Institution). You also can substitute the "why you came here" with other things. Another version of the game is to begin with, "I packed Uncle Fred's suitcase with....." and continue around like that. The real trick is the last person in the group who has to name all the people and why they came, what they like, etc.

PEOPLE TO PEOPLE: Another fun get-to-know-you game. Have people partner up and then call out various body parts that have to be "stuck together." For example, "knee to knee" would mean the two people would have to touch knees. Do this a couple of

times, and then say “people to people” which means they have to quickly switch partners. Repeat the activity with different body parts, always changing it up. You can throw in “twister style” in which they have to maintain the first connection when making another. Note: twister style is not appropriate for early on in the day when groups may not be as comfortable with each other. Remember to keep it appropriate!

ENERGIZERS

BACON AND EGGS: In a sitting position in a circle, designate one person to be “it.” Go around the circle and tap each person on the head and say “bacon” each time. When “it” says, “eggs,” that person that got tapped must run the opposite way. When they meet together, they must stop, shake hands and say, “Good morning. How are you?” Both continue around the circle and sit down in the empty spot before the other. The one that is left standing is “it” next.

CIRCLE CALL: Super Hero Circle, Velcro Circle, Airplane, Fighter Pilot

SUMO WAKE UP: Sumo Wrestlers had to wake up the elements. Earth, Wind, Water, Fire.

IF YOU LOVE ME BABY, PLEASE SMILE: In circle, middle person says to others “Honey I love you, please smile” Person tries to say “Baby I love you but I just can’t smile.” If they smile switch places

BALLOON TAG: Tie strings to balloons and then tie one balloon to each person’s ankle. It is every man/woman for him/herself in this one! The object of the game is to pop everyone else’s balloons while making sure that your’s does not get popped. Once your balloon is popped, you are out of the game.

BALLOONS OVER AND UNDER: A single line is formed with one person behind another. Four or five balloons filled with water are placed in front of the first person. One by one, the first person takes each balloon and passes it over their head to the person behind them. That individual passes it under their legs to the next person, the next passes it over their head, and so on. When the balloons get to the last person, they run to the front of the line and pass it over their head. Adventurous groups can choose to toss the balloon over their head and hike it (toss it) between their legs. Play continues until group reaches the destination line. Note: When playing water balloon games in hot places, balloons will burst all by themselves if left in the hot sun. Put them in a bucket of water to keep them in better shape.

BANANA RELAY: This activity is very similar to the “Neck Race.” However, in this game, a banana is placed between the knees of the first person, and it must be placed between the next person’s knees - without using any hands. If the banana drops, it starts with the first person in line. First team to finish successfully, wins.

BIRD HUNTER: One player is the “hunter” and the others are “birds.” The hunter throws a ball at the birds, who may run freely about within the boundaries determined by the players before the start of the game. When the birds are hit with the ball, they become dogs and help the hunter by recovering and throwing the ball to him. The hunter is the only one that may hit the birds. The last bird to be hit becomes the hunter for the next game. Hint: To distinguish between dogs and birds, have dogs get down on all fours and crawl; make birds flap wings.

BLOB TAG: This is a great game to play with other groups. First establish the boundaries and pick one person who wants to be “it.” This person is the beginning the “blob.” That person now chases people and everyone that he/she tags grabs onto the person that is “it” (grab their hand or shirt). As more and more people are tagged, the blob will get bigger and bigger as you can split it into smaller “blobs” if you wish. Obviously, the last person to be tagged is the winner.

CHICKEN BASEBALL: Use the rubber chicken. Divide the group up into 2 teams. Team 1 gets the chicken first (find some creative way to choose fairly), and their “at bat” is throwing the chicken as far as they can. The thrower scores runs by running around everyone else on their team. While the thrower is scoring, Team 2 is fielding. They must run to and retrieve the chicken, and then form a line passing the chicken over head then between legs until they reach the last person in their line (the last person on the Team—everyone on Team 2 will have touched the chicken at this point). At that point, Team 2 yells “Stop,” and Team 1 is done scoring runs. The person at the end of the Team 2 line is then at bat, and the same process repeats. This continues for as many rounds as you see fit. It’s a very fun game. Kids will want to play for a while. At the end, have the teams come together and compare scores.

CHALLENGE BY CHOICE KNEE TAG: Ground rules: When your knees are covered by your hands, then you’re “safe.” When your knees are exposed, then you can be tagged. You can only be tagged on your knees, and tagging is a gentle tap, nothing more intense. Participants can either sit with their knees covered and play it safe, or run around trying to tag other knees. It’s up to them to set their level of challenge. Follow this up with the thumb-in agreement (see below), or some other discussion along those lines.

TRIANGLE TAG: Divide the group up into smaller groups of 4 people each (if numbers are uneven, feel free to make groups of 5). Have 3 of the 4 people form a circle holding hands. The 4th person is the tagger. They vocalize which one of the 3 that they are trying to tag (For example, if John, Cristina, and Sarah are in the circle; and Marek is the tagger, Marek would say, “I want to try to tag John.” At that point, it would be Cristina and Sarah’s job to protect John from Marek’s tag.)

CAT AND MOUSE: Before the game begins, designate one player as the “cat” and another as a “mouse.” The rest of the players should join hands and form a circle around the mouse, while the cat remains outside the circle. The mouse starts the game by darting outside the circle and around the players. The cat must try to tag the mouse, while staying on the outside of the circle. The players may lift their arms over the mouse’s

head in order to help him/her, since they usually sympathize with the mouse. Likewise, they will try to block the cat. When the cat finally tags the mouse, the mouse becomes the new cat, the cat joins the circle, and another player becomes the mouse.

CATCHING THE SNAKE'S TAIL: A fish is formed with all of the students holding hands in a line. One end is the head and the other is the tail. The head tries to catch the tail while the tail tries to escape. Let participants know that they should not break their grip (if possible). Variations: Have more than one group and have the heads of the groups chasing the tails of the other groups.

CLAM FREE: Start by defining the boundaries of the playing field. One person volunteers to be the “nuclear reactor” and activates him/herself with a frisbee or nerf ball, preferably day-glo. The rest of the participants are clams and signify that by being as happy as possible. The object of the game is for the nuclear reactor to contaminate all of the clams by tagging them with the day-glo device. One contaminated, the clams become frozen in place. As the reactor chases and tags the clams, it would appear that doomsday is just around the corner - at least for the no-longer-so-very-happy clams that are getting zapped one after another. There is hope, however. A frozen clam can be defrosted if two mobile clams manage to link hands around him/her in a clamshell alliance and shout “Clam free!” Even better yet, if seven clams can manage to link up in a circle and count to ten, then the nuclear reactor is shut down forever.

ELBOW TAG: Everyone gets a partner and hooks elbows. The pairs spread out around the designated playing area. Two individuals are chosen to be it. One will be the chaser, the other being chased. The person being chased may hook elbows with any pair at any time. The member of the pair at the opposite end of where the chaser hooks, is now being chased. If the chaser catches the chatee, the chatee spins around three times and becomes the new chaser. The previous chaser now becomes the chatee. Note: A time restraint may be needed to prevent limited participation from the rest of the group.

EVERYBODY'S IT: Just as the name says...everybody's it! The object is to tag without being tagged. Once someone has been tagged, they squat down and they are temporarily out of the game. The “tagged” can resume play when the person that tagged them squats down from being tagged. Note: If two simultaneous tags occur between two players, both players squat and they count to 60 before they can continue to play. Honesty is key.

FREEZE TAG: This is played just like tag except that once you have been tagged, you are frozen. The only way to get unfrozen is to have someone go under your legs. To make the game harder, have more than one person be “it.”

LEFT/RIGHT TAG: With a partner, play tag. The catch is, one of them can only make 90 degree right hand turns and the other can only make 90 degree left hand turns.

FROG RACES: Split the group into two teams. Each person should jump towards the finish line as a frog would and jump back. The next person does the same. First team done, wins.

GIANTS, WIZARDS, AND ELVES: The group is split up into two equal groups. Each of the two groups will huddle up away from the other group. As a group, they will decide to be a giant, wizard, or elf. Once the groups have decided on a group identity, the two groups will line up parallel to one another in the middle of a squared off area. On the leader's count of three, the two groups will show the other group their chosen identity. A "giant" stands nice and tall with their arms over their heads and growls. A "wizard" slightly bends at the knees with their arms out in front saying, "ZAP, ZAP, ZAP!" An elf bends totally at the knees, and with their hands they make pointed ears and elf noises (your choice). A giant beats an elf; a wizard beats a giant; and an elf beats a wizard (similar to Rock, Paper, Scissors). The team with the more powerful identity will chase the other group. Anyone tagged before crossing the coned line will join the other team. Anyone not tagged will remain on the same side. In the event of a tie, the groups will decide on a new identity. Note: To save time in the event of a tie, it is a good idea to have the groups think of an alternative identity.

GUARD THE BONE: This game is played in groups of four. One person is the dog and sits on his/her hands and knees. The dog must protect a towel or shirt which is placed underneath him. The other people, also on their hands and knees, must try to get the towel. If they do, they become the dog. If the dog tags them before they get the towel, they are "out" until the next game.

HILL DILL: The person who is "it" stands in the center of the play area while the other players stand behind one of the goal lines marked across the ends of the play area. Half of the players stand on one side of the play area and the other half stands on the other side. The person who is "it" calls out "Hill Dill, come over the hill!" On this signal, the players run across the center to the opposite side. The person who is "it" tries to tag them. The players who are tagged go to the center and help tag the remaining players. The game is played until one person is left. Hint: Place the goal lines 40' apart.

ICE CUBES: Divide the players into two equal teams. At a starting signal, each team picks up an ice cube and tries to melt it as quickly as possible. Players can rub it between their hands or against their clothes, but they may NOT put it in their mouths. While they are trying to melt the ice cube, it should be passed around the team frequently - no player should keep it for more than a few seconds at a time. Players should keep it off the ground too. The first team to melt its ice cube, wins. On a really hot day, you may want to play more than one round of this one!

I'M SENDING A LETTER: The group starts by sitting in a large circle. There should be some room between each person, but not in abundance. One person will stand in the middle. The person in the middle will say, "I'm sending a letter to anyone....." The middle person will fill in the blank with any characteristic or trait they wish (i.e. anyone with blue eyes). If the trait or characteristic applies to any group member, that group member must get up and move to an open spot more than three spaces away from their original spot. If the trait does not apply to a group member, they stay where they are.

The last person to find a spot is the new middle person. Note: Remind the group to keep it clean!

JOLLY GREEN GIANT: This game is very similar to Sharks and Minnows. Two lines need to be established about forty yards apart. Everyone starts from behind one of the lines. Two groups members are chosen to be giants. The giants stand between the lines. When the giants say, “Jolly Green Giant,” the rest of the group runs to the other line trying to avoid being tagged. If a group member gets tagged, they become sprouts. Sprouts go down on their knees, and they can tag others with their **hands**, but they cannot move from their permanent position. The giants continue repeating “Jolly Green Giant,” when the remaining are at the appropriate end. The last two to avoid being tagged become the giants in the next game.

KABADDI: Any playing area can be used with boundaries set and a center line created. Two teams are created. Each team is on one half of the playing area. The game is started by one player from only one team running across the mid-court line trying to tag as many players on the opposite team as possible while yelling the word “kabaddi” (cubbedy) repeatedly in one breath. All those tagged now belong to the other team. Once the player loses his/her breath though, he may be tagged. If this happens, the player then is on the opposite team and all those tagged remain on the same team. Players take turns running to the other side.

LEMONADE: Divide the players into two teams. Have the teams line up at opposite sides of a playing area, which is clearly defined before play begins. One team is selected to go first. The members huddle and secretly choose two things: a place to be from (any city, state, or country) and some action to perform (washing dishes, playing basketball, painting a picture, etc.). The “acting” team moves to the center of the playing area, saying, “Here we come!” The other team asks, “Where from?” The first team replies with the place they have chosen. The second team then asks, “What’s your trade?” and the first team replies, “Lemonade!” After the first team says, “Lemonade,” they begin to perform the action chosen earlier. The other team tries to identify the activity, yelling out its guesses. When someone on the second team calls out a correct guess, a game of TAG begins, the first team turns and runs back to their starting line as the second team tries to catch them. After both sides have had the chance to act out their trade, the team that has tagged the most players can be declared the winning team.

LIFE SAVOR RELAY: This activity is similar to the “Banana Relay” and the “Neck Race.” In this game, each team member receives a tooth pick to place between their teeth. The first person in line is given a lifesaver by the leader. When the leader says, “GO!” the lifesaver must be passed to the next person without using any hands. If the lifesaver drops, a new lifesaver will be given to the first person in line.

LINE PUSH TAG: One person is “it” and one is “not it.” The rest of the group lines up in a straight line shoulder to shoulder. The chaser tries to tag the chasee. If the chasee does not want to be chased any longer, he/she can change places with a person in the line by coming from behind and GENTLY pushing that person forward out of the line. That

person becomes the new chaser. If the chaser tags the chaser, they switch roles. Participants may not cut through the line at any time during the game.

LINE RELAY: Divide the group into two equal teams. Designate a starting line and end line. On the signal, the first person in each line lays down (parallel to line) with arms spread out to side. The next person in line jumps over the first person and lays down, spreading their arms. Fingers must be touching. This continues until the whole team is over the end line. Once a team member is over the end line, they are allowed to stand up and cheer for the remaining teammates.

LOG ROLL: Have the entire group lie down on their stomachs, shoulder to shoulder, forming a straight line. Then the person on the end rolls over everyone's back until they reach the end. Everyone continues to do this until the entire group has rolled over. The team done first, wins.

PARTNER TAG: The game is started by each group member getting a partner. Between the two partners one will decide to be "IT." The leaders should establish boundaries (small ones may be better). The person who is "IT" will give his/her partner a five second head start before the chasing begins. The chasing is done in the form of walking. Once the partner has been tagged, they become the new "IT" among the pairs. Before the new "IT" can start chasing his/her partner, they must spin around three times. This pattern will continue until "peak fun" is reached. Note: Remember, NO RUNNING.

PEOPLE TO PEOPLE: An odd number of people is necessary for the activity to work. To begin, everyone grabs a partner. The partners should stand side by side forming a circle with the other partners. The person without a partner stands in the middle and begins establishing rhythm by snapping their fingers, and chanting, "People to People, People to People, etc." The rest of the group follows the person in the middle. Once a rhythm has been established, the leader will should out two body parts that must touch between partners (i.e. knee to ear). The leader will go through the chant twice and then shout, "People to People!" At this time, everyone runs into the middle of the circle, grabs a new partner, and runs to the outside of the circle. The last person without a partner is the new leader. Note: Try to keep it clean.

PIRATES' GOLD: Split the group in half and make one team the "Pirates" and the other "Coast Guards." One person within the Pirates has the jewelry, and the object is to get that Pirate across the floor to the other side without getting caught by the Coast Guard. The Coast Guard has to run into the oncoming Pirates and ask them to show what they have in their hands. The Pirates have to show the Coast Guard what they have in their hands. If the Pirate that has the jewelry gets across the floor without getting caught, the Pirate gets one point. If the Coast Guard finds the Pirate with the jewelry, then they get the point. After they go through the game once, both teams switch roles and continue the game.

RAID: The leader begins by choosing two "exterminators." Everyone else is an ant. The "exterminators" will be doing the chasing. Once an ant has been tagged by an

exterminator, the ant falls on their back and puts all four limbs facing upward. Four other ants may pick up their hurt buddy by their limbs, and place them on a designated hot spot (i.e. bases or rubber mats). The once dead ant has been resurrected and may continue playing. Note: Any time a live ant is helping a dead ant, they can not be tagged by the exterminators.

RED ROVER: Divide the participants into two equal teams. Team members hold hands and face each other with about twenty feet between them. The team that begins will yell, “Red Rover, Red Rover, send _____ (name of player) right over!” The person whose name has been called must leave his/her team and attempt to run THROUGH the other team by breaking through two peoples’ hands. If the person is successful, he/she is allowed to go back to join his/her team. If the person was not able to break through, then he/she becomes a member of the opposing team and joins hands with that side. The game ends when time is called. The team with the most players is the winner.

ROLLING DOWN THE HILL RACE: Split the group into two teams and have them stand at the top of the hill. When the game begins, the first person on each team begins rolling down the hill. When they reach the bottom, they must get up and run back up to the top of the hill.

SEWING UP THE GAP: The object of this game is to tag the chasee before he/she can “sew up the gap.” (All of the gaps between players.) The group stands in circle leaving room in between each other. The chasee sews up the gaps by weaving in and out among players. When the chasee (“it”) sews up a gap, those two players join hands and “it” no longer can run through it. The chasee wants to sew up all of the gaps, before getting tagged, with him/her on the inside of the circle, and the chaser on the outside. If the chaser tags the chasee, the roles are reversed.

SPEAR THE SWEETS: This is a relay activity. All players place a toothpick in their mouths and line up in a line (front to back). The object of this game is to get the lifesaver from the beginning of the line to the end of the line before the other team. However, there is a catch! No one may use their hands to move the lifesaver. The first person places the lifesaver on the toothpick on the “GO!” command. The first group to get the lifesaver to the end of the line and sit down, wins the game.

SPEED RABBIT: Group stands in a circle leaving room in the middle for a person to be the caller. (Best with groups of 20 or more.) One person starts as caller and teaches group a motion. For example, “speed rabbit,” “milking the cow,” “elephant,” “hear no evil, see no evil, speak no evil,” “amoeba,” “palm tree,” “fire hydrant,” etc. (All motions are done in groups of three.) The caller teaches one motion first, and adds more difficult ones as the group is ready. The caller spins around the circle and stops with finger pointing to one person, calling out a motion to that person. The person pointed at becomes the center person in the group of three. If any of the group of three is not quick in responding with the right motion, they become the caller. This is a fast paced, heart pumping game - and lots of fun!

SPOON GAME: Split the group into two teams. Have them line up and, at about 30-40 feet away, place a cup. The first person in each line should tie a string around their waist. This string has a spoon tied to one end. When the game begins, each person, with the string around their neck, runs down, squats over the cup, and tries to get the spoon into the cup without using his/her hands. Once they get it in, they run back to the line and help tie the string around the next person's waist. The game continues until you have a winner.

SPUD: One person is picked to be it. All of the other participants are given numbers. The person who is it will throw the ball into the air and call a number. The person whose number was just called scrambles to retrieve the ball, while the others scatter about. As soon as the person whose number was called retrieves the ball, he/she shouts, "Stop!" Everyone must freeze in their places while the person with the ball is allowed to take three steps and throw the ball at whomever they think they can hit. The person who is hit by the ball is then it, and gets a letter (S-P-U-D). The whole cycle starts over again. If one person gets all four letters (S-P-U-D), that person is eliminated from the game.

STEEL THE BACON: Divide the group into two teams. Everybody on Team 1 gets a number and everybody on team two gets a number. Both teams face each other about 15-20 yards apart. The leader calls the number and both of these people have to race out and grab the cone and run back past their line without getting tagged. If they get past the line, they are awarded a point.

TRIANGLE TAG: This is a tag game for four people. Three of the group members hold hands in a circle and one of them is designated to be caught. The chaser remains on the outside of the circle and tries to tag the designated person. There is no breaking through the triangle!

TUNNEL RELAY: Each team stands in a single line (players one yard behind each other with feet apart). At the signal, the first player of each team rolls the ball between their legs so that it passes through the legs of the other players on their team and is caught by the player at the end of the line. Player then runs with the ball to the front of the line, and repeats the procedure. The game ends when the first player of one team has again reached the top of the line. If the ball rolls out on one side of the tunnel, it must be brought back to the same place, and rolled to the end. NOTE: You can vary the game by having players run to front of line with ball between their legs, or by pushing the ball with their head, on their hands and knees.

ULTIMATE DECK TENNIS: Get players used to throwing and catching rings. Rings must be caught by letting it fall over their hand and onto their arm. Participants may not grasp the ring. Split groups up into two teams. To score a goal, the ring must be passed to another player who is behind the end-of-the-field goal line. The ring must be "speared" correctly, or there is no goal. To qualify for a goal attempt, the team must have completed seven passes - NOT back and forth between two people. If the ring is missed or dropped, it automatically goes to the other team. A player can run as far as they want

with the ring, but once they stop, they must remain stopped until they have passed the ring.

ULTIMATE FRISBEE: Divide the group into two teams. Now set up two areas where points can be scored. Usually this is endzones, but to make it interesting, set up circle goals or use a number of different goals. The object of the game is for the team to pass their frisbee into their goal area. Stress the more passes, the better. If the frisbee hits the ground, possession switches to the other team. When it hits the ground, it stays right where it is and the other team starts there.

WIZARDS AND GELFLINGS: The leader will begin by choosing two “Wizards.” The wizards will be doing the chasing. The gelflings will be running from the wizards. Once a gelfling has been tagged by a wizard, the gelfling must freeze, and begin sending out a distress signal. The distress signal is performed by making a fist with the thumb sticking up and pounding on the palm of the other hand. At the same, the frozen gelflings will yell in a high pitch voice, “HELP ME! HELP ME!....” At this time, two unfrozen gelflings will run to their frozen buddy’s side and make a bridge with their hands. Once their hands are locked, they will keep their hands locked and bring their locked hands from above the frozen gelfling’s head to the side of the frozen gelfling. At the same time, they will say, “Go free little gelfling, go free little gelfling, go free little gelfling (say three times).” The once frozen gelfling can continue playing. Note: When any gelfling is helping free another, they cannot be tagged.

TEAM BUILDERS

BACK TO BACK: Every group member must find a partner of approximately equal height and weight, if possible. The partners will lock arms with their backs to one another. With arms remaining locked at all times, the partners will sit down on the ground, kick their legs out straight, and try to stand back up. Then groups of four will try the same thing. Then groups of eight, sixteen, and eventually, the entire group together. This is the perfect activity to begin a trust sequence.

HUMAN KNOT: The group starts out in one or two tight circles. Everyone in the group reaches across the circle with their right hand to grab another group member’s right hand. The group then reaches in with their left hand to grab a different group member’s left hand. The object is to untangle the group without letting go of hands until a circle is formed. If the group is having extreme difficulty, you can administer “knot first-aid” and break one set of tangled hands (with group consensus), otherwise group members may not let go at any time. You may have to decide as a group that the knot is not solvable, after prolonged attempt. NOTE: Can have group do without talking if they are advanced enough.

KEEP IT UP: The players form two or more teams with 10-12 players on a team. Each team gets into a circle. Each team is given a volleyball (or similar type ball of any size). The players attempt to keep their ball in the air the longest. When a team wins, they get a

point. The team with the most points, wins. Do not allow players to catch the ball during play. NOTE: To vary, change the way of scoring...say the all must be hit in the order of the participants in the circle.

LAP SIT: The group will start in a circle. Every group member will turn placing their left leg towards the inside of the circle. Everyone will take one giant step into the middle of the circle. With hands on the person's shoulders in front of you, the group will sit on each other. The group will need to work together to communicate. Once this has been completed, the group may wish to try to walk in this formation. This is a dynamic activity - and one that will make the group feel a great sense of accomplishment when successfully completed!

LEVITATION: One person will lie on the ground on his/her back, with eyes closed (if they feel comfortable). The rest of the group will place their hands underneath the person lying down. One person will be designated to be the captain, and therefore should place him/herself at the person's head. Once everyone is ready, the captain will softly count to three. At this time, the group will pick the person up to their waist. The captain will again softly count to three, and the group will bring the person to shoulder height. The captain will softly count to three, and the group will bring the person overhead. Finally, the captain will count to three, and the group will gently rock the person (forward and backward) down to the ground. It is the volunteer's responsibility to stay stiff as a board. It is the rest of the groups' responsibility to take this activity very seriously, not to talk, and to keep the head higher than the feet at all times.

MACHINE GAME: The object of this game is to create a machine out of a group of people (i.e. ceiling fan, hot air balloon, watch, etc.). You might want to split your group into two or three smaller groups. Each person is required to be accountable for one noise and one motion of the machine. The group members should then put their motions and sounds together to create the machine. Give each group about 5 minutes to work together and prepare, and then have the groups present to everyone. Ask the other groups to guess what machine the group is.

PEOPLE PASS: Have the group split into two smaller groups, if necessary. Have the groups lie down on their backs, in a straight line, ear to ear, alternating guy-gal-guy-gal, etc. Have the first person in line stand at the end of the line and lay down (on their back) on the hands of the first person. Have the group pass the individual from one end to the other. NOTE: Each group MUST have a spotter and the group should be VERY aware and serious.

PRUI: The purpose of this game is to integrate group members and build trust and communication. Have each player take a blindfold and spread out on the floor. Ask those who feel comfortable to put their blindfolds on. Explain that you will tap someone on the shoulder; that person will be the "Prui" and will take off his/her blindfold. (None of the other players will know who the Prui is. Everyone will mingle around slowly (with bumpers up). Each time a player bumps into someone, they should shake his/her hand and ask, "Prui?" If the person says "Prui," they are NOT the Prui. If the person

does not answer you back, they ARE the Prui. Once a player finds the Prui, he/she should join hands with him/her and take off his/her blindfold. That person is now part of the Prui, so if someone bumps into him/her, they should NOT respond, so that person knows to join the Prui as well. Everyone will continue mingling around until they find the Prui chain. When everyone is part of the chain, the game is over. NOTE: This is a high trust activity, and should be done at an appropriate time.

TEAM VS. THE WALL: Divide the group into two teams. Two members of the team hold the rope at about four to five feet above the ground. The object of the game is to get everyone over the rope. No one can go under the rope. Before you start transferring people over the wall, you meet as a team and decide how to get everyone over. HINT: If group is small, just have them attempt as one big group.

THREE PERSON TRUST FALL: This trust activity should not be done without doing a “two person trust fall” first. The responsibilities and commands are the same as the two person trust fall. This time there will be two catchers, one in front of the faller, and one in back of the faller. Both catchers will go through the commands, and the faller may fall either way (forwards or backwards). The faller’s feet are STATIONARY, and the catchers gently push the faller back and forth like a windshield wiper. NOTE: The faller should not be on fast speed!

TRUST WALK: This is an incredible trust activity! Every group member is either blind-folded, not blind-folded, but promises not to peek, or wishing not to participate. The leaders of the group will organize the group in a straight line or in pairs, singles, etc. The leader will make sure the group begins by holding one another’s hands in a circle to help make them feel comfortable. The leader will lead the blinded group members around, periodically leaving them by themselves (but always holding on to something like a tree, fence, sign, etc. - and NEVER for any great length of time), or with new people to hold on to. THE KEY TO THIS ACTIVITY IS NO TALKING. If there is an object that needs to be stepped over, the leader should raise the hand of the group member, the next person will do the same to warn the next person, and so on. If there is an object that is low, the leader will lower the arm of the blinded group member, indicating they should duck down, and the chain will continue in the same manner as for a raised object. (The leader can pretend as well.) The leader can organize this activity according to their group. HINT: This activity is best down in the dark, but the leader should make sure everyone feels comfortable participating. If someone is nervous, they could become the leader’s partner or just watch. Squeezing the hand of a participant is very encouraging and helpful in making them feel safe.

TWO PERSON TRUST FALL: Every group member needs to find a partner of approximately equal height and weight. One partner will designate themselves as the faller, and one will be the catcher. Both partners will get the chance to act in both roles. The faller’s responsibilities are to stay as straight as possible, not bend at the waist, keep their arms across their chest, and communicate with the catcher. The catcher’s responsibilities are to get in a sturdy stance (usually one leg in front of the other in a lunge position), be aware, keep their hands right below the faller’s shoulder blades, use

the arms as shock absorbers, not underestimate the force being generated by the faller, and constantly communicate with and reassure the faller. The faller will have his/her back to the catcher. The commands are performed, and the faller falls straight back. After three tries, the partners should switch roles. NOTE: Give the group members the opportunity to say “no” to this exercise. This and all other trust activities are very serious activities.

WEB WE WEAVE: The group stands in one large circle. The facilitator begins the game by asking a question such as, “What is your favorite place to be when you are happy?” The facilitator answers the question and then tosses a yarnball across to another person, while holding onto the end of the yarn. The person answers the question, holds a piece of the yarn, and then tosses it to someone else. Game continues in same fashion, until everyone has shared. By tossing the yarn (or twine) around the group, participants weave a web that connects all of the members of the team in some manner. The facilitator can ask as many questions as appropriate. The facilitator then asks two or three of the team members to “drop” their string. The web begins to sag and appears to be very weak and vulnerable. The facilitator then can discuss how important each participant is to the team and the effect that low levels of involvement and commitment has on the entire team. At the end, the group can kneel down and place the web on the ground. Works well to have a discussion on teamwork. Group members can cut a piece of the string from the web to keep as a reminder of the exercise and the thoughts the group shared. Works well for groups of any size!

WILLOW IN THE WIND: Should follow after a “two or three person trust fall” has been completed. This activity can be performed in one large group or in smaller groups with a minimum of seven people. Have the group stand in circle with their shoulders touching. One person stands in the middle, with his/her eyes closed, body stiff, and feet planted. The rest of the group should be in a tight circle, in a sturdy stance. The outside circle group members have both of their hands up and ready at chest level. The commands are performed, and the faller may fall any way he/she likes. The rest of the group will gently change the faller’s direction by easing their “fall” and sending them in another direction. The middle person will change after a few minutes. NOTE: Address the fact that the more hands on someone, the safer they will feel. The leader also should ask group members to remain quiet during the activity - or even to make the sound of a gentle breeze.

INITIATIVES

ALL ABOARD: The object of the game is to get all of the people in the group onto the board. (Can either use a poster board or a wood board, etc.) Everyone must have at least one foot on the board. HINT: Try not to give solutions, but tell them to listen to other’s ideas. You may enlarge or decrease the size of the board, depending on degree of challenge you would like.

BANG! BANG!: This game is similar to “Scissors.” One person starts by saying (in a rather dramatic way and in any version of these words he/she would like), “Bang, click,

click, click, bang, click, bang! Who's dead?" (The person can pretend to shoot an individual or individuals if they would like.) The group must figure out who is dead. The person who is dead is the FIRST person who speaks following the "dramatic" act. It may take the group some time to figure out how the game works....be patient and encouraging. Game continues until everyone figures it out.

BIRTHDAY LINE: Explain to the group that this is a nonverbal exercise. The group is to form a single straight line, according to birthdays. For example, persons with January birthdays will be at the beginning of the line, earliest January dates first followed in order by later dates. The line progresses by months and days with December birthdays at the end. Persons with the same birthday share the same place in line. You must communicate nonverbally (no lip-reading or spelling in the dirt allowed). When the line is completed, each person will shout out his/her birthday, beginning in January.

BLINDFOLD LINE-UP: Ask the group to close their eyes and keep them closed for the remainder of the game (if they feel comfortable). You may also use blindfolds. In the bumpers position for protection, ask the group to mill around without talking. After 10-15 seconds, ask them to put stop and put their hands down. Assign each person a number by tapping them on the shoulder and saying the number at the same time. Then tell them to line themselves up by number without talking or opening their eyes.

BLIND POLYGON: The object of the game is for the group to form a perfect square and a triangle (and other shapes if desired) using the given length of rope. Ask participants to put on blindfolds. All participants must have at least one hand on the rope at all times. All participants must remain blindfolded until the task is completed. When the group believes the task is finished, ask them to remain their blindfolds, without moving from their current places. Using the same procedure, ask them to form any geometric shape you think is possible for the group.

BODY ENGLISH: Split the group into two groups. Each group must plan and spell out the words by using their bodies only (no hand signals or signs). The other group must figure out what they are spelling. Start with single words and move onto phrases as the groups get better at spelling in this fashion.

BRAIN BENDERS: Creatively divide the group into the desired number of small groups. Explain to the group that they will be asked to think creatively while encouraging full participation to accomplish the group challenge. Pass out one copy of the brain benders (face down) to each group. Give the groups 4-5 minutes to complete the brain benders to the best of their ability. After the allotted time is up, the groups can share their answers. A sample of brainbenders is in the back of this section.

CHICKEN, CHICKEN: This game is very similar to "Bang! Bang!" One person starts by saying (dramatically), "(Clear throat) Chicken, chicken, who's got the chicken?" Players must guess who has "got" the chicken. In order to have the chicken, player must say phrase STARTING WITH A CLEAR OF THE THROAT. This can be done rather inconspicuously at first and much more dramatic as people begin to get frustrated from

not being able to figure out the game. Players can make whatever motions they want and say the phrase however they want.

COUNT OFF: Ask the group to count to 20 without pre-planning who is going to say each number. There is a catch....there are no verbals or signals allowed, and the group must do it without any two people saying the number simultaneously. See how fast they can do it!

HEIGHT LINE: Ask participants to close their eyes (if they feel comfortable). Without opening their eyes, the group is asked to arrange themselves by height in a straight line. They may choose to arrange by feeling height or some say their height out loud. The only restriction is that they may not open their eyes.

HOW'RE YA DOIN'? JUST FINE, THANKS: Ask the group to close their eyes and get into a circle (shoulder to shoulder). Have them count off and remember their numbers. Ask each person to shake hands with the person to their immediate left and ask them, "How're ya doin'?" The person should answer, "Just fine, thanks." Continue to do this between each pair three or four times. Then ask the group (eyes still closed) to mill around in the "bumpers up" position until they are thoroughly scrambled. Ask them to stop and return to their sequential order - with their eyes still closed. The only thing they can say is, "How're ya doin'? Just fine, thanks."

LISTENING SKILLS DRAWINGS: You will need a piece of paper and a writing utensil for each participant. You also will need two different diagrams for each pair. Have partners sit back to back and decide who will be the "listener" and who will be the "talker" first. Each will eventually have a chance to play both roles. Give each "talker" a copy of a diagram. The Listener must sketch what they hear described, and in this round 1, is not allowed to speak or ask questions. This pair is using "one-way communication." There will be 1-2 minutes allotted for this round, or longer if time permits. Partners compare drawings when finished to see how close they came to the original. The second round can begin and partners switch roles, still sitting back to back. The dyad **together** must try to improve results. In this round 2, the talker gets different diagram, and the listener can speak and ask questions. After the allotted time has passed, partners should compare results again. Then bring the two groups together to talk about the benefits of both types of communication.

PASS THE PEBBLE: All players stand about while one goes around pretending to drop a pebble into the hands of each of the players, who hold their palms together. When the pebble has been completely around the group and has been left in one player's hands, the one who has it slyly slips away and runs for the goal previously determined by the group, and all try to catch him/her. The one who succeeds passes the pebble in the next round. If no one succeeds in catching the player, that player passes the pebble in the next round. HINT: Ask players to spread out so no one knows who holds the pebble.

SCISSORS: Split the group into small groups of any number you would like and have each group sit in a circle. The first person starts by turning to the person to his/her right

and saying, "I am passing these scissors to you..." (And they fall in either "crossed" or "open." The phrase they choose to end with depends on whether their legs are crossed or open. They can do whatever they want with the scissors in terms of how they pass them to the person next to them. The person who is receiving the scissors must say, "I am receiving these scissors..." (The ending should reflect how the person before had his/her legs positioned - NOT how they passed the scissors.) Game continues around circle...play until everyone has figured out the game. NOTE: Participants can get easily frustrated if they can not figure out the game...be patient and encouraging.

SHOE SORT: Creatively divide the groups into two smaller groups. Then tell a story while handing out the blindfolds. They then need to describe that everyone has been left speechless from some sort of space disaster. The leader continues to tell the group that they need to be fitted for space boots before they can go on their voyage to return to earth. The group must line up in order of shoe size from smallest to largest - without the use of sight or sound! Have group use bumpers. Once the group has completed the task, process what happened.

TRAFFIC JAM: Divide the group depending on how many people there are. The groups need to be of even numbers of six, eight, etc. If there is an odd number of people have them help facilitate the activity and then switch off. To set up the game, place marked squares (one more than the number of people in the group) on the floor. The boxes need to be placed in a straight line. Have each person stand on a marked box, leaving the center open. The challenge is for the groups on either side of the center unmarked box to completely change to the other side, by moving one at a time, like in a game of Checkers. Players may move into the vacant spot next to them, or they may jump another player on the opposite side, but they can NOT jump a player from their own side. Players may not move backwards, and two people can not move at once. After the group has figured out a solution to the traffic jam, have them show the leader.

WARP SPEED: The group **starts** in a circle formation Warp Speed has the same beginning as Group Juggling. Instead of adding objects, the group must comprise a way of moving the object in the same name pattern under time constraints. Let the group come up with the time constraint. The object is to move the ball (or whatever) through EVERYONE'S hands as fast as possible. One person can not hold onto the object at all times.

HELIUM HOOP: Circle up. Everyone must extend their pointer finger straight out like a gun. Place a hula hoop on top of their fingers. They need to lower the hula hoop to the ground without any of them breaking finger contact with the hoop at all. No holding of the hoop or cheating of any kind is allowed...just one stretched out pointer finger.

HUMAN KNOT: Stand shoulder to shoulder in a circle and grab hands with two different people in the group. Untangle the knot without letting go of hands.

BODY JUMP RELAY: Each team will have players lie on the ground face up fanned out into a circle with their heads in the middle of the circle. On "Go!" the first person

from the circle gets up and runs around the circle, jumping over the other team members. Once around, he will lie back down and the number 2 person will do the same. Keep playing until all the players have completed the task. You can divide the group into teams and have the teams compete to complete it the fastest, or do it as a whole group and challenge them to beat their time. Other variations: use a blindfold and make them walk/crawl around the circle with members telling them where to go. Also could have them go backwards around the circle.

CROSSING STICKS: Good for killing time. The facilitator sits with 2 sticks from the ground or wherever. If their legs are crossed “their sticks” are crossed. If their legs are uncrossed, “their sticks are uncrossed.” The position of the actual 2 sticks picked up doesn’t matter. The facilitator will start by making the statement “My sticks are crossed, “ or “My sticks are uncrossed” depending on the position of their legs, and then pass the 2 sticks around the circle. Eventually the group should figure out that the accuracy of the statements depends on their leg position and not the actual sticks. A lot like Johnny Whoop. Good for teaching paying attention to detail.

MAGIC BOOTS: (Also called “Two Islands”) The group is left on one side of a gap (b.ball court/or a distance of at least 6 feet). The objective is to get all members of the team to the other side. One pair of magic boots is given. Only one person at a time can wear the boots and each person can only wear them once. The group must come up with a strategy of how to get all the members across with the limitations placed on the boots. (Note: members will be carrying each other in some fashion. Be aware of spotting and safety because of the distance people will be carried.)