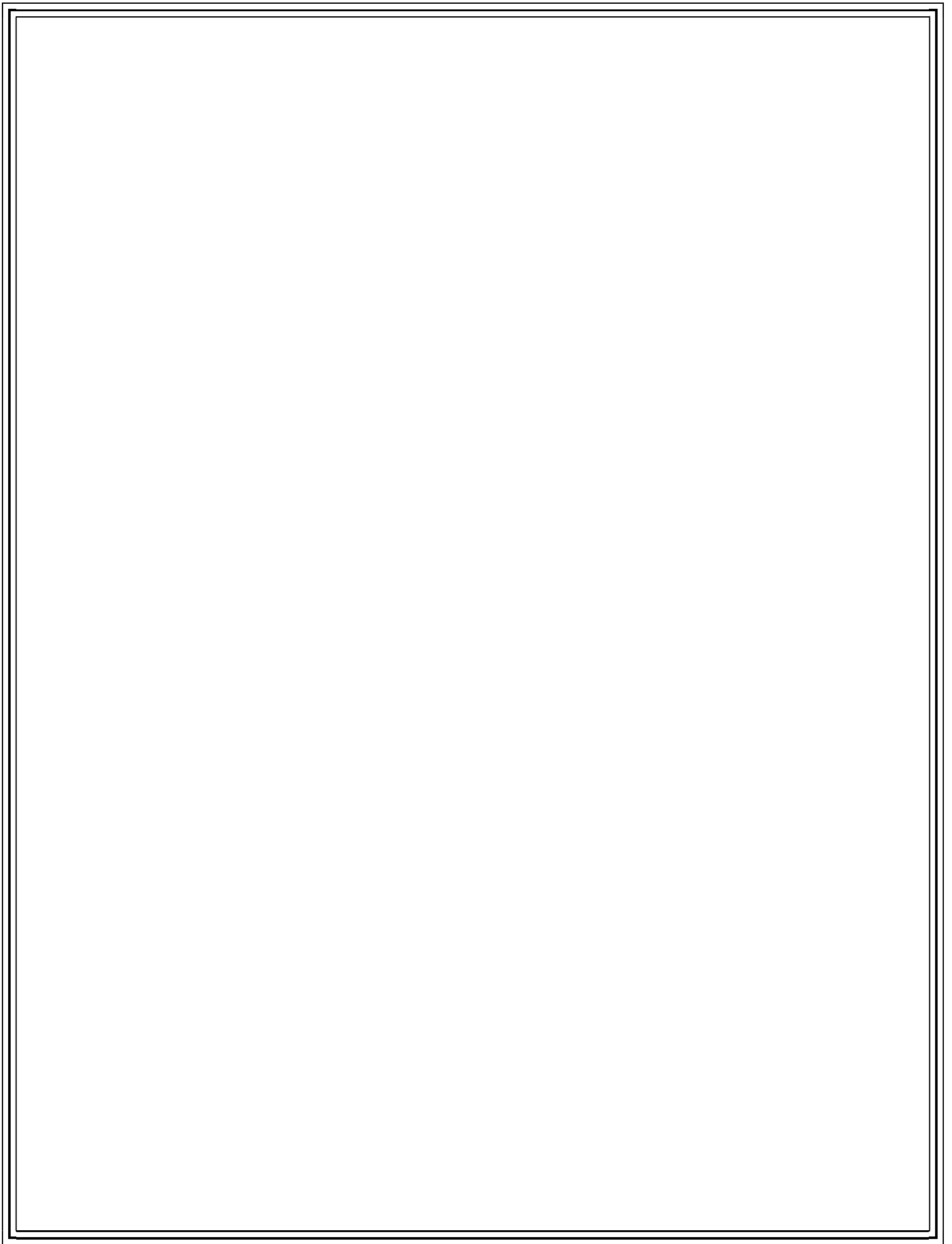


# Games & Activities



## Resource Guide

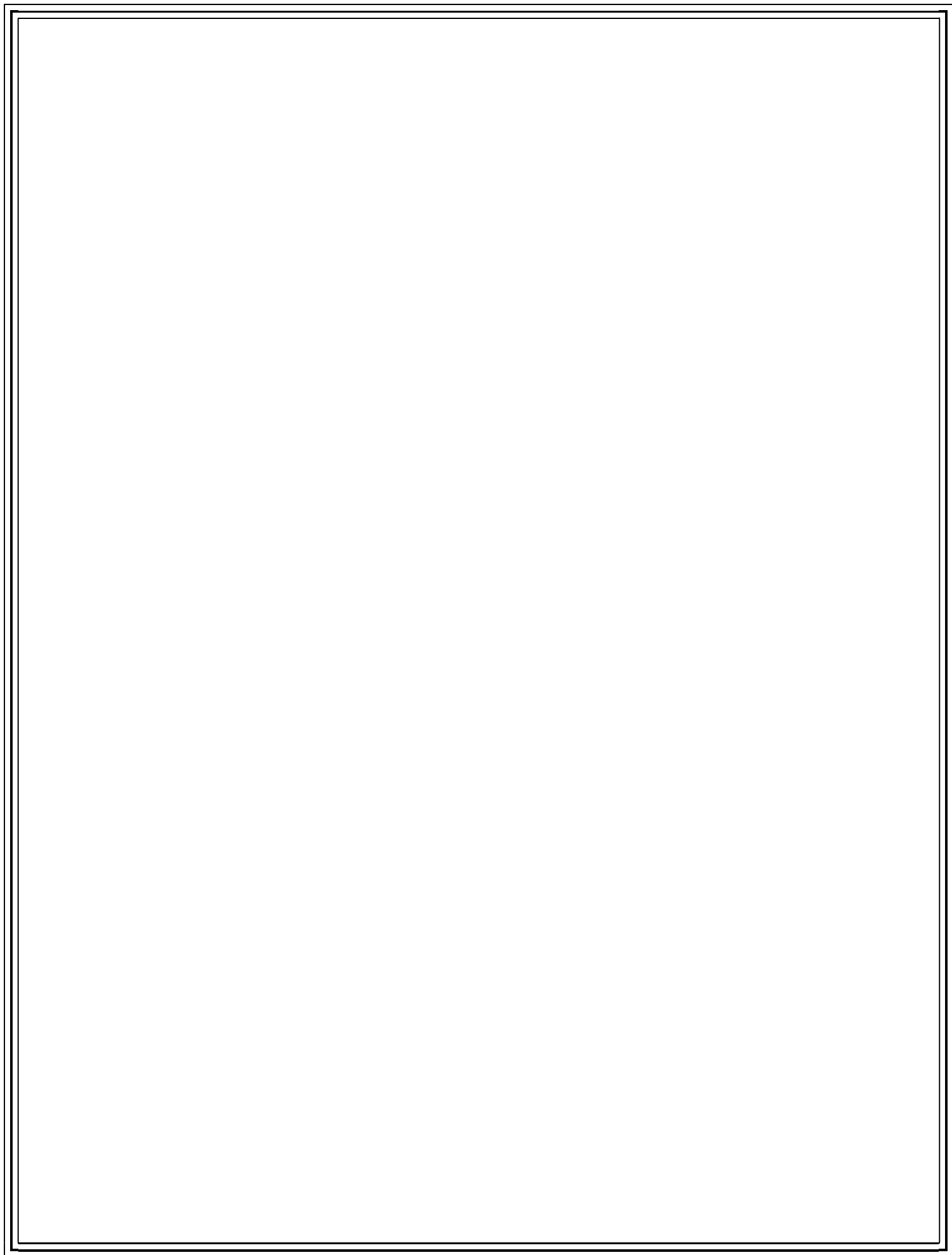




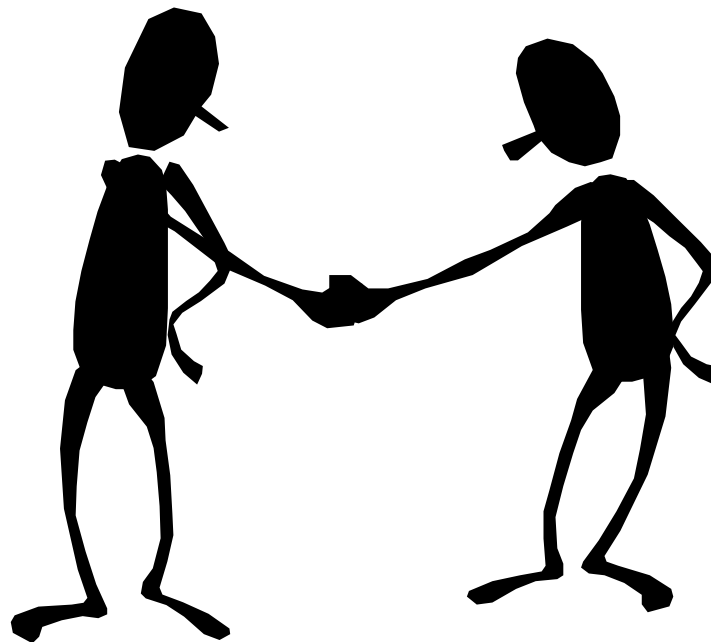


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# GETTING TO KNOW YOU & ICEBREAKER GAMES



*The majority of the children in the program may already know a few other participants. However, many of the participants do not know the names of the staff members or the names of the majority of the other participants. Some children who have special needs may need additional repetition to learn names: games that promote the learning of names are crucial during the first few days of your program. Encourage children to use names to get each other's attention whenever possible: this will help facilitate positive social interactions among the children.*

## PULSE

**Equipment:** None



**Description:** Pulse is an outstanding no-prop table game, and it can be played on the floor as well. Begin with a small group of players seated with one hand flat on the surface of a table. Imagine that there is a hinge at each player's wrist. The group leader begins the pulse by pointing out the direction the pulse will begin to travel (to the right or to the left) and then raising the fingers of his/her hand (while his wrist stays in contact with the table), and slapping the table once. The pulse moves in the direction stated, and the next person continues by slapping the table once, as the pulse continues to travel around the table.

At any point, a player can slap the table once or twice. If he/she slaps once, the pulse continues in the same direction. If he/she slaps twice, the pulse reverses direction and goes the other way. If anyone around the table lifts even a single finger when it is not his turn, he/she loses that hand for the duration of the round. Play continues until approximately half of the group has been eliminated, and then players move up to the next higher level of challenge.

**Variations:** Can play in rounds. **Round One** — players place just one hand on the table.

**Round Two** — players use both hands, side-by-side.

**Round Three** — players use both hands, but cross them (to form an X) so that their right hand is on the left, and their left hand is on the right.

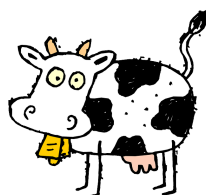
**Round Four** — players use both hands, but reach outward so that their right hand crosses over the left hand of the person on their right, and their left hand crosses over the right hand of the person on their left, forming Xs with the partner on each side.

**Round Five** — players revert back to the starting positions in Round Two (two hands, side-by-side) but an additional technique is allowed. If a player slaps the table with a fist, the pulse jumps over the next hand in that direction. If he makes a fist and double-slaps the table, the pulse reverses direction and skips a hand in the new direction.

## BLIND COW

**Equipment:** Blindfold, bell

**Description:** All players should sit in a circle facing the center. One person is blindfolded and is the "blind cow." The "blind cow" should be spun around and then brought to the center of the circle. A bell should then be passed around the circle and rung. The "blind cow" must follow the sound of the bell. The game leader should point at one player, who should stop and hold the bell. The "blind cow" will have to guess who is holding the bell (by pointing). If the "blind cow" is correct, the chosen person becomes the cow in the next round. If the "blind cow" is wrong, he/she will have to go again.



## ALIBI GAME

**Equipment:** None

**Description:** Players should sit in a circle. One player is chosen to be the detective, and leave the circle briefly. Another player is chosen to be the criminal, without the detective knowing who. Once the criminal is selected, the detective returns and stands in the center of the circle.

The detective should go around the circle one at a time, asking each person, "Where were you last night?" Each person has to respond to the question with their alibi (ex. I was walking my dog, I was at the grocery store, I was watching a movie, etc.). After each person has given their alibi, the detective will go around the circle a second time asking the same question. Everyone but the person who was chosen as the criminal gives the same answer as the first time, but the criminal gives a different alibi. The detective has to remember everyone's alibis from the first time around the circle in order to figure out who is the criminal. If they do not guess correctly, the criminal wins and becomes the next detective.



## FROGGER

**Equipment:** None

**Description:** All players should sit down and close their eyes. While players have their eyes closed, the leader will tap one person on the head - that person will be the frogger. The leader will do the same to select one person to be the detective. The frogger's role is to stick his/her tongue out at other players. When they do this it will "freeze" that person. When the frogger sticks his/her tongue out at other players, they should wait 10 seconds before they freeze. Players who are frozen should make a funny face and hold it. The detective's role is to guess who the frogger is. The detective should be given 3 guesses. The game continues until the frogger is discovered or the detective runs out of guesses.

## FRUIT REACTIONS

**Equipment:** None

**Description:** Players sit in a circle. Each player is given the name of a fruit. One person is chosen to stand in the center of the circle and repeats the name of one of the fruits three times (i.e. orange, orange, orange). The player who is that fruit (i.e. the orange) must interrupt by shouting the word orange, before the other person in the middle has managed to say it three times. If that person interrupts successfully the person in the middle chooses another fruit. If they are not quick enough they replace the person in the middle.





## I CAN PLAY THE PEN GAME

**Equipment:** Pen

**Description:** This is a group puzzle or riddle game and the goal is for each person to figure out the puzzle. The leader should take the pen and start by saying the phrase, "Okay, I can play the pen game, can you play the pen game?" While doing this, the leader should use the pen to point at people like you would for "eenie meenie miney mo." The leader then encourages the person pointed at last to try it. They will likely say the phrase without the word okay. When they say "I can play the pen game, can you play the pen game?" the leader will reply, "No, you can't. "

The key is that each person must figure out that they must say the word "okay" in order to be successful in playing the pen game. Once they figure it out, they should not reveal how they figured it out. The goal is for everyone to figure out how to play the game on their own.

## LITTLE SALLY WALKER

**Equipment:** None

**Description:** All players should be in a circle with one person selected to be in the middle. The person in the middle walks around inside the circle while everyone else sings, "Little Sally Walker walking down the street. She didn't know what to do so she stopped in front of me. (At this point, the person in the middle stands in front of someone and does a dance move.)

(Still singing....) Hey girl (boy), do that thing do that thing and switch! (the person that got picked does the dance move) (still singing) Hey girl (boy) do that thing do that thing and switch! The new person now walks on the inside of the circle and continues the game.



## DO YOU LOVE YOUR NEIGHBOR?

**Equipment:** Chairs

**Description:** Place chairs in a circle formation. There should be one less chair than there are players. Have players sit on a chair and select one player to stand in the middle of the circle. The person in the middle will select one seated player and ask them "Do you love your neighbor?" The person selected can give two answers:

"Yes, but I don't like people who..." and they will finish by saying something like "wear purple".

Everyone seated who fits that criteria (i.e. is wearing purple) must stand up and switch to another seat. At the same time, the person in the middle will also attempt to sit in one of the seats. One rule: no player can switch to the seat directly next to them. The player left standing will then become the one to stand in the middle and ask the question.

"No." When this answer is given, both people sitting next to the person who answered will have to switch seats while the person in the middle who asked the question tries to take one of those seats. The player left without a seat will become the one in the middle who asks the question.



## STICK NUMBERS OR ALIEN LANGUAGE

**Equipment:** Sticks

**Description:** The objective of this game is to figure out the language. The leader will have several sticks. He/she will make up a random combination with the sticks and say, "This is a secret language; the sticks spell out a number 1-10, and 1-10 only."

The leader can make as many stick figures and arrangements as he/she you wants, it doesn't matter as long as he/she is making numbers with his/her hands. For instance, if the number is a 5, the leader will put his/her hands on the ground with 5 fingers out. The fingers that the leader makes numbers with must be on the ground and be visible. Players will be looking at the sticks rather than the leader's hands. If players can't get it, the leaders should tell a few other staff members the secret and have them guess.



## THE LAUGHING GAME

**Equipment:** None

**Description:** The objective of this game is to get everyone to laugh while you cannot laugh yourself. Players should sit in a circle facing each other. When it is someone's turn, he/she should say or act something out to get everyone else to laugh. Anyone who laughs is out until the next round. The last person to not laugh wins the game.

## STELLA ELLA OLA

**Equipment:** None

**Description:** Players sit in a circle facing the middle, with hands facing up at their sides. Each player's hand should be on top of the person to their right's hand, and beneath the person's to their left. One person will be selected to start the game. That person will slap the hand of the person to his/her left, then that person slaps the next persons' etc. While going around, players sing:

Stella ella ola. Slap slap slap. Yes, chica chica. Chica chica slapjack. Go. Slow. Go slow go slow. One two three FOUR.

The player whose hand gets slapped on four is out. The game continues until there are two people left.





## THE LONELY GHOST

**Equipment:** Playing cards (you will need the same number as you have players: one card must be a joker)

**Description:** This game requires a minimum of five players. Each player should be dealt a card, face down. Players can look at their card, but should not show it to others. The player who has the joker is the lonely ghost. This player will try to make the other players into ghosts by winking at them. The trick is to wink so only that one person sees you winking. Once winked at, the player must count to five in their head and then say, "You Got Me". If the lonely ghost winks at a player and they see the wink, they are out of the game, but if they miss the wink, they are still alive.

If a player thinks he/she knows who the ghost is, he/she can ask "Are you the lonely ghost?" If the player guesses correctly, he/she wins. If the guess is incorrect the player is out of the game. If the ghost makes everyone else into ghosts without being caught, he/she wins the game. Only the ghost is allowed to wink.

## THE ELEPHANT GAME

**Equipment:** None

**Description:** Players should sit or stand in a circle so that players can see everyone else. All players need to pick an animal and a sign for their animal. For instance, if someone chooses a pig - that person's sign might be to put his/her fist on his/her nose to be a pig nose. Players can pick whatever animal they want as long as the sign is reasonably easy to do and easy to see from across the room. Something that might not be noticeable, such as flicking the tongue for a snake, should not be used. A better choice would be to slither an arm out from the body for a snake.

The only rule is that someone has to be an elephant. (It is the elephant game after all☺). Players should pay attention to the signs of others. Once everyone has their animal signs, the elephant will go first. To play, the person has to do their sign, then someone else's sign (making sure to look toward them so they see it). That person then does their sign and someone else's, continuing to pass the signs around the room until someone makes a mistake. Mistakes include forgetting to do one's sign first (to receive the pass), doing a sign wrong (like doing a snake when there is no snake), or not noticing someone did your sign for 5 seconds, causing a break in the sign passing. Players who make a mistake need to leave the circle. Play resumes with whoever was the last successful person to make a sign. Play continues until everyone gets out or until the leader opts to let all players back in. Players should select different animal signs for each round.





## DOTS

**Equipment:** Sticky dots in a range of colors

**Description:** This activity is great for dividing players into smaller groups. The leader should affix a small colored dot on the forehead of each participant. Once everyone has a dot, players stand up and move around the room in silence: their task is to find out what color their dot is without talking. Once players know what color their dot is, they should find others with the same color: that will be their group.

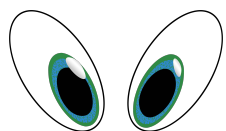


## SOMETHING TRUE

**Equipment:** Poly spots, a hoop

**Description:** Place poly spots in one big circle taking up most of the gym. One poly spot will have a hula hoop around it. Each player will start on a poly spot. When the player in the hoop says something they like, everyone that has the same opinion must, leave their poly spot and find another. Examples: I like ice cream, my favorite color is green, the Bears are my favorite football team etc.

**VARIATION:** Each round, take away poly spots, as in musical chairs.



## 1-2-3-LOOK

**Equipment:** None

**Description:** All players need to sit in a circle. Everyone closes their eyes and lowers their heads. The leader calls out 1-2-3-Look! As the leader calls "look," the players look up at one specific person. \*Players cannot change who they are looking at during each round. If that person is looking back at him/her, both players are out. If that person is looking at a different person, the players put their heads back down and wait for the next call of "1-2-3 Look.". Continue the game rapidly to close the circle. Eventually only two people will be left.

## CATCH THE BUNNY

**Equipment:** Small ball, large ball

**Description:** All players sit in a circle. The Bunny (a small ball) begins the game. The leader selects one person to begin the game by passing the Bunny to the person next to him/her in the circle. That person will pass the Bunny in the same direction to the next person and so on. When the Bunny is approximately halfway around the circle, the Farmer (a large ball) can be put into play by the player who started the game with the Bunny. The Farmer gets passed around the circle in an attempt to catch up to the bunny. The Farmer can change directions. The Bunny must continue to travel in the same direction around the circle unless the Farmer changes directions. When one player ends up with both the Farmer and the Bunny, the game is over.





## COBBLER, COBBLER

**Equipment:** Shoe or other object to pass

**Description:** Players sit in a circle and begin to sing this song:

Cobbler, Cobbler where's my shoe  
Have it ready by half past two  
If by half past two it can't be done  
Have it ready by half past one

The leader takes one of his/her own shoes (or something else) and passes it behind his/her back to the person sitting next to him/her. This continues around the circle. One player is selected to sit in the middle, eyes closed. When the song is sung through once, the person holding the shoe must keep it: it is not passed on to other players. All players should put their hands behind their back. The player in the middle is tasked with trying to guess where the shoe has stopped. Up to three guesses are allowed. A new guesser is selected for each round.

## CRAMBO

**Equipment:** None

**Description:** One player begins the game by saying, "I am thinking of something in the room that rhymes with 'fair'". The other players must ask questions to figure out what it might be. The player who guesses it correctly selects next. Expand the boundaries as needed.



## SMELLY ONIONS

**Equipment:** None

**Description:** Players sit in a circle. The leader names each player as ketchup, mustard, or relish. To play, the leader calls out one of those items: all players with that name stand up and run around the circle in a designated manner, trying to return to their spot as quickly as possible. The last 2 players back to their spot must go sit in the center of the circle- they become smelly onions. Play until there are more smelly onions than anyone else.



## STAND BY ME

**Equipment:** None

**Description:** The leader asks all players to create a ridiculous pose and then freeze. Group members must memorize exactly how they are standing. Players are informed that the game never ends, so every time the leader says "Stand by me" they must get in their exact pose.





### LAUGHING HANDKERCHIEF

**Equipment:** Handkerchief

**Description:** This is a good activity to quiet a group or get their attention. When the group sees a handkerchief thrown into the air, they laugh as loud as possible. When the handkerchief hits the ground, they go silent. Clapping is another alternative and a great way to get such uproarious applause that you need to bow in front of the group.

### COUNT DOWN

**Equipment:** None

**Description:** This is a great attention getting activity. The leader just starts loudly counting down, "10,9,...1,0, Blast off!" Everyone will join in by the last couple of numbers.



### MATCH IN GAS TANK!

**Equipment:** None

**Description:** This is a great activity to get the attention of the group. The leader shouts "Match in the Gas Tank". The response from the group is to shout as loudly as they can "BOOM, BOOM!"

### SHAVE AND A HAIRCUT, TWO BITS

**Equipment:** None

**Description:** This is an attention-getting activity. The leader loudly sings out this classic melody (famous as a rhythm for knocking on doors) "Bom-Da-Da-Da....", then lets the group finish it with two hand claps. Keep repeating until everyone is involved.



### HUSH

**Equipment:** None

**Description:** This is a great way to get the attention of the group: shout "And a hush fell over the crowd!" The group replies- "HUSH !"

[illegible]

**Description:** In this game, the leader has an object which he/she hides out of sight (in a box, bag, backpack, or closet, etc.). The group has to guess what the object is. They can only ask questions for which the answer is "Yes" or "No" (similar to "20 Questions"). It is best to have the group sit in a line or a circle, so that each can take a turn asking one question at a time, per person. Some questions could be - Is it something we eat? Is it something we play with? Does it have the color blue on it? Is it small enough to fit in your hand? Is it soft? Is it made of metal?

**Options/Variants:** 1) Set a limit to the number of questions asked, such as 20. Or leave it open, if the group wants to keep guessing. If there is a limit, once that number is reached - the group gets a final guess. If incorrect, the Leader is the winner for that round, because he/she "stumped" the group. 2) If the group is young or struggles in guessing, at the beginning the leader could tell them the object's category (such as food). The leader might also give hints along the way, some of which could be silly (like making sound effects or acting it out). Or, the leader could have players close their eyes and reach in the bag/box to feel the object. 3) Perhaps allow the person that eventually guesses correctly to be the leader for the next round. If the player is young, the leader might need to help them know if the answer is Yes or No (it might feel like a "maybe" or "sometimes") or check to make sure that the yes/no is accurate, so it doesn't mislead the group. 4) Children could take turns bringing a "show and tell" object from home each day. Their item could be used for this game. After the item is guessed (or not guessed), the child could then tell everyone about it (where they got it, why they like it). 5) If planned in advance, the objects could be prizes that the correct guesser gets to keep. (candy, small toys/trinkets, stickers). 6) As an added level, the item could be hidden in a manner that once guessed, the correct guesser has to then go find it. If hard to find, use "hot/cold" to lead them to it.

## MOON CAKE



**Equipment:** Chalk, blindfold

**Description:** This traditional Chinese playground game reinforces addition skills. It is good to play with a group of children, divided into teams, and can be adapted to suit different ages. It is best played with children ages 5 and over.

A large circle is drawn on the playground with chalk. The radius of the circle should be at least as long as 4 large child-sized steps. Divide the circle through the center into segments, according to the age and abilities of the players, and write a number in each segment. Younger children, for example could play with the circle divided into quarters, with the quarters marked 1, 2, 3 and 4. For older children you might want to divide the circle into 12 and number 1-12. You can also number the segments randomly if you wish.

Divide the children into teams. Take one child from each team and stand them in the center of the circle, blind fold them, and turn them around 3 times to disorient them a little. Now let the child take 4 steps in any direction, take off the blindfold, and discover the number of the segment he/she has landed in.

When one member of each team has had a turn, choose another player from each team. Continue until all children have had a turn, and add up the numbers. The winning team has the highest score.

### Notes:

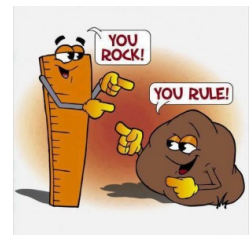
If you choose to use random numbers, make sure at least one is "0" and 1 or two are high enough to cause some excitement amongst the teams!

You can play this game with a whiteboard or large piece of paper for the children to record their numbers on, if you like. Appoint one child in each team to keep score, or ask each child, when they have finished their turn, to write their own number under their team's total.

## CARD NAME GAME

**Equipment:** Playing cards, writing utensil

**Description:** Write each player's name on a playing card. While seated on the floor, distribute one card to each player, making sure no one has their own name. When the name on the card is called, the person holding the card must say something positive about the person whose card they have. This is a great way to help youth to respect and treat others well.





## JOKE & PUNCHLINE

**Equipment:** Index cards

**Description:** Prior to playing, write a joke on one card and a punchline on another. Be sure to mix the cards up. The number of different jokes you use is up to you. Give each person a card. Explain that they may have a joke or a punchline on the card. On a given signal, they are to walk through the crowd trying to find the other part of their joke/punchline.

When they find their other half, you may ask them to get to know their new partner by asking things such as their favorite ice cream or dream vacation, etc. When this is done, everyone can return to a circle and, with their partner, tell their joke to the rest of the group.

## QUESTION GAME



**Equipment:** None

**Description:** Arrange the group in a circle. In order, each person asks an open-ended (can't be answered with yes or no) question to the person to their left. Instruct everyone to remember the question that they asked and the answer they gave to the question they were asked. Those are now the only 2 phrases each person is allowed to say.

Instruct everyone to get up and sit next to someone new in the circle. Then you will go around the circle and people will ask their original questions, and give their original answers, regardless of their question. It is really funny to listen to how it comes out in the end.

## CHOCOLATE FACE CHALLENGE

**Equipment:** Chocolate candy

**Description:** Have players place a piece of chocolate candy in their mouth and see how long it takes to melt! No sucking and chewing it! The one to keep the chocolate in his/her mouth the longest is the winner.





## WHAT DO WE HAVE IN COMMON? CARD TOWERS

**Equipment:** Index cards, pens/pencils

**Description:** Divide players randomly into groups of four. Give each group a stack of index cards and a challenge: build the tallest card tower! The catch? Before you can add a card to the tower, you must write something on it that every member of the team has in common. As more cards are added, the commonalities might stretch a bit (we've all had water to drink☺), but it will all be done in the name of teamwork.



## WHO STOLE THE COOKIES FROM THE COOKIE JAR?

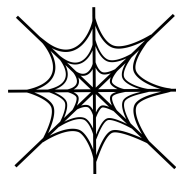
**Equipment:** Plastic cookie jar or container

**Description:** Gather everyone in a group close together. The leader should start by holding the cookie jar. The group starts singing "Who stole the cookies from the cookie jar?" The leader states (child's name) and hands the cookie jar to the person named while everyone chimes in singing "stole the cookies from the cookie jar." The child holding the cookie jar sings, "Who me?" The others sing, "Yes, you!" The child with the cookie jar says, "Couldn't be!" The others then sing, "Then who?" At that time the child holding the cookie jar passes it to another child and the song begins again with that child's name. The game continues until everyone's name is used. The kids love using the adult's names too, so be sure to participate in the game.

## CONNECTED WEB

**Equipment:** Ball of yarn or string

**Description:** Have players stand in a circle. Give one person a ball of yarn or string. That person tells something unique about him/herself. Everyone who has that in common then raises their hand and one-by-one the yarn ball is tossed to them (web begins to form). This continues until everyone in the group has shared and connected. You'll end up with quite a web, and this demonstrates everyone has more in common than they might have thought and that you can ALWAYS learn MORE about each other!











## D-ICEBREAKERS

**Equipment:** Dice, copies of questions

**Description:** Divide players into groups of 4-6 students and give each group one die and a copy of the D-icebreakers printable. (See below) Players take turns rolling the die and answering the question that match their roll. You may choose to set this up as a "speed round" with a three-minute timer running.

D-ICEBREAKERS	
	If you could go anywhere in the world, where would you go?
	If you were stranded on a desert island, what three things would you want to take with you?
	If you could eat only one food for the rest of your life, what would it be?
	If you won a million dollars, what is the first thing you would buy?
	If you could spend the day with one fictional character, who would it be?
	If you found a magic lantern and a genie gave you three wishes, what would you wish?

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## GUESS WHO- PAPER BALLS

**Equipment:** Paper, pens/pencils, bucket

**Description:** Have players write three clues about themselves on a piece of notebook paper and then toss it into a bucket. Players randomly choose a paper ball from the bucket, read the clues aloud, and then try to guess who wrote the clues. If players can't guess who their paper ball belongs to, they can ask a friend for help. This game provides an opportunity to learn some REALLY COOL facts about each other.







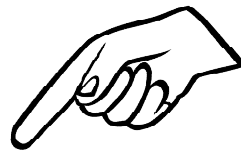
## SQUEEZE MURDER

**Equipment:** None

**Description:** Someone is named the "Murderer." Players are instructed to go around the room, shaking hands with others. Rather than shaking hands, the "Murderer," gives a squeeze. So while everyone else is giving handshakes, this person squeezes people's hands. Once someone's hand is squeezed, they "die." Eventually, someone can try to guess who the killer is. If they are right, they win. If they are wrong, then they die and the game goes on.

**Variation:** 1) Whenever someone gets their hand squeezed, they are now the murderer, and the previous one "dies." In this version, you can make it so that after a murderer squeezes 2 people's hands they die or they have to give a normal handshake after they squeeze someone's hand before dying. 2) You can also play this game where everyone is sitting in a circle and the murderer winks at people. This version is a little harder because you need to make sure that the person sees you before you wink at them, and in large circles this can be a little hard. 3) As the game continues, you can add more and more murderers. But always have less murderers than non-murderers.

## BIPPITY BOP BOP BOP



**Equipment:** None

**Description:** Have players stand in a circle with one person in the middle. This person is "IT." To begin, the person in the middle spins around in a circle, stops suddenly, points to someone, and says or shouts "Bippity Bop Bop Bop." Before "IT" finishes saying this phrase, the person to whom he/she is pointing tries to say or shout the name of someone else in the circle. If the person fails to say another name in time, says a made up name, or messes up in any way, then he/she is out and becomes "IT" in the center of the circle. The game continues like this for a little while. Then "Bippity Bop Bop Bop" becomes more of a challenge. The person in the middle still spins around quickly and points to someone, but now says "right - Bippity Bop Bop Bop" or "left - Bippity Bop Bop Bop". Right and left refer to the people to the right and left of the person to whom "IT" is pointing. The person that "IT" is pointing at must then say the correct name of either the person to the right or left, following "IT's" instructions, before "IT" finishes saying "Bippity Bop Bop Bop." Again, if the person messes up, he/she becomes "IT." • A final variation is for "IT" to add in the directions "Me - Bippity Bop Bop Bop" or "Across - Bippity Bop Bop Bop." Then the person to whom "IT" is pointing tries to say "IT's" name or the name of the person directly across the circle, respectively. HINT: The game should be fast paced and high energy. It is a great way to learn and practice names.

## GUESS THE NUMBER GAME

**Equipment:** None

**Description:** The leader picks a number within a range and players try to guess the number. Example: Leader says, "I'm thinking of a number between one and 50". Leader can say "higher" or "lower" as the players guess. The person who correctly guesses the number becomes the next leader.



## COIN ON THE NOSE CHALLENGE

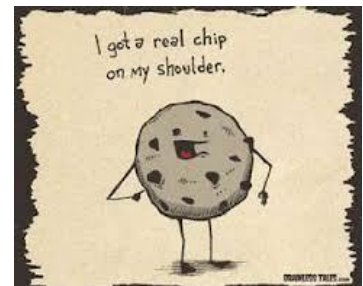
**Equipment:** Coins or cookies

**Description:** Have players lie on their backs on the floor. Place a coin on each person's nose. The challenge is to get the coin off by wiggling nose, but without moving the head. (Can be played with cookies or another food item as well)

## SHOULDER CHALLENGE

**Equipment:** Potato chips, crackers or cookies

**Description:** A potato chip, cracker or cookie is placed on each player's shoulder, while standing. The challenge is to remove it with their tongue!



## WORM HOLE

**Equipment:** None

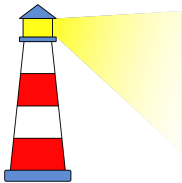
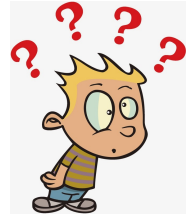
**Description:** The object of this game is to not let your worm get squished inside someone else's hole. Have all players form a circle. Each player will stick their right index finger out and make a hole with their left hand using their thumb and index finger. Everyone must look toward the center of the circle. Players will then slide their worm (index finger) into the circle on their right. When the leader says "Go", everyone tries to get their worm out of the hole on their right, while at the same time closing the hole on their left over the worm on their left. Players who have their worm squished in the hole are out. The last player with their worm still wiggling wins.



## MYSTERY

**Equipment:** Soft balls

**Description:** The leader should select 2-5 players to be "IT" and give them each a ball. Players tagged by a ball must sit down on the ground, bring their knees up to their face, close their eyes and put their head into the palm of their hands. To be free, someone must come up behind that person and put their hands on the player's back. Then, they must say that person's name. (They can say it as many times as they want, but that is the only word they can say.) The frozen person has ONE GUESS to figure out whose hand is on their back. If the guess is right, they are back in the game. If they guess wrong, they need to wait for someone else to come and save them. To spice it up, the leader can have the players say silly or nonsense words instead of the frozen player's name. Switch "IT" players often.



## LIGHTHOUSE AND SHIPS

**Equipment:** None

**Description:** One player is designated to be the lighthouse. One quarter of the players assume the role of "rocks" and they scatter in a bounded area. All the other players become ships and boats of various sizes. The ships blindly navigate their way (eyes closed) their way about, attempting to reach the safety of the lighthouse. If a boat bumps into a rock, the boat becomes an extension of the existing rock and makes the noise "swish" (water lapping against the rocks). The lighthouse constantly goes "Beep! Beep! Beep!" to help the ships reach the safety of the lighthouse.

## PARACHUTE BEACH

**Equipment:** Parachute



**Description:** All but seven players grab the edge of the large parachute. The majority are the swimmers and spread out into a circle. While the parachute is elevated, five of the seven students go under the chute to be the sharks, and the two other students remain outside the chute to be lifeguards. (You can easily add more lifeguards and fewer sharks, depending on the size of the group). After the sharks are in place, swimmers sit down, still holding the parachute, and extend their legs under the elevated chute (they can tuck it under them to help keep the air pocket trapped inside). The "sharks" then try to gently tug the ankle of the "swimmers" (no jerking, kicking or hard pulling or that player becomes a permanent swimmer!) before a lifeguard can come and tag them to save them from being pulled under by the shark. Swimmers can even call out for a lifeguard if they sense a shark approaching! If the lifeguard doesn't get to them in time, swimmers go under the chute and become a shark.

## ODDBALL

**Equipment:** Soft ball or crumpled piece of paper

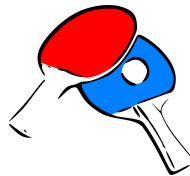
**Description:** This game is good for small groups. All you need is a soft ball- a crumpled piece of paper will also do. Gather in a circle and give one player the ball; call out an "oddball" number which is a single digit number such as '5.' Start passing the ball from student to student, counting up by ones. When a child gets the ball on an oddball number, they need to pass the ball in the OPPOSITE direction (The oddball number is one ending in your starting number. With the 5-the odd ball numbers would be 5, 15, 25, etc. Keep counting up and switching directions with the oddball number. Frequently call out a new oddball number and keep going.



## RYHME THAT WORD!

**Equipment:** None

**Description:** Think of words. Players will take turns seeing how many "real" rhyming words they can think of. When one word is worn out, choose another word. Remind the players to use "nice" words only! Example" Rhyme words with "time": chime, climb, crime, dime, grime, I'm, lime, mime, prime rhyme, thyme, slime, bedtime, centime, daytime, enzyme, lifetime, mealtime, meantime, nighttime, pastime, ragtime, sometime, springtime, sublime, maritime, overtime, pantomime, paradigm



## PING PONG

**Equipment:** Ping pong balls (paper works fine as well)

**Description:** Everyone writes an open ended question on a ping pong ball. (You could also have them write the question on a piece of paper and then crumple the paper into a ball.) Then the leader collects everyone's ball. The players are grouped together in two's and the leader picks a ball out. The leader will read off the question and the players would then answer it. This game can get very silly and fun depending on the questions!

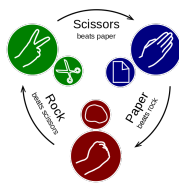
## BRIDGE BALL

**Equipment:** One bouncy ball



**Description:** This game is easy and fun to play both indoors and out. All you need is one ball and enough space for your group to form a circle. Have everyone stand in a circle, foot to foot. Their legs should be slightly more than shoulder width apart, forming a "bridge." Have everyone get into a ready position with their hands on their knees. Make sure all players know not to reach in front of others in order to get the ball. The object of the game is for players to try to hit the ball between other players' bridges (formed by their legs) and block balls from coming through their own bridges. Players get a letter in the word "bridge" each time the ball goes through their legs. Once a player has spelled bridge, the game restarts. Players may only hit the ball with an open palm. No throwing. They may catch the ball if it is head height. Then they must place the ball on the ground and hit it back into play. If a ball goes outside the circle, the player closest to it when it went out may go and get it. If the ball goes between a player's legs, he/she gets a letter toward the word bridge. That player may go get the ball and hit it back in play. Instead of spelling bridge, players can turn around and play backwards once the ball has gone through their legs 1x, 2x, or however many times you decide.

**Variations:** 1) Add a ball or two once players know how to play. 2) Put a player in the middle of the circle to keep the game moving faster.



## ROCK PAPER SCISSORS (WITH A TWIST)

**Equipment:** None (optional: blindfolds)

**Description:** The game is typically played with one other person, although a group of 3 can work. Both participants say the phrase "Rock, Paper, Scissors, Shoot". When shoot is said, the participants quickly use their hands and create a rock, paper, or scissors with their hand. Rock beats scissors, scissors beats paper, and paper beats rock. The winner then can ask the loser any questions which makes it a great ice breaker game! Keep track of scores and the winner could win a prize, like a piece of candy for example. To make the game even more interesting/fair, blindfolds can be used.



### ROLL THE BLOCK

**Equipment:** Paper, pen, tape

**Description:** Prior to playing the leader will cut out paper squares and tape them together to form a cube. The leader will then write an open ended question on each side of the block except one: write the word "prize" on the final side. Players will take turns rolling the block and answering the question on the side that lands up. If rolled on "prize", the player would receive a prize of some sort, possibly candy. Once the question is answered, the next player will have a chance to roll the block. This activity works best in groups with 4 or more players.



### SHOE TALK

**Equipment:** None

**Description:** Divide the players into two teams. Have players from the first team take off one shoe and put it in a pile. Have the one person from the other group pick a shoe and find who it belongs to. When the person is found, have a question ready to ask them. Once everyone has collected their shoes, do the same thing but have the other group put their shoes in a pile.



### CUP STACK RELAY

**Equipment:** Thirty cups (must stack inside each other): disposable plastic cups work well

**Description:** Line two teams up next to each other with a table a few yards away from the start of the line. Each team should have 15 cups stacked up like a pyramid on the table. The first player will run to the table, collapse the pyramid and stack the cups on top of each other. The player will then proceed to restack all the cups back into the pyramid formation before running back to his/her team for the next player to do the same. The first team to have all players finish wins.



### **SPEED DATING WITH A TWIST**

**Equipment:** Chairs

**Description:** Set up the chairs in two circles, a small circle and a larger circle outside of that. Make sure that the chairs are facing each other and there are an equal amount of chairs in the inside circle as well as the outside circle.

The format or idea of how the game is played is like speed dating. Every player will sit across from another player. (It doesn't matter if they are the same sex or a different sex.) The leader will ask a question or assign a simple task to complete. After approximately 30 seconds, the players will rotate to the next person. (Leader can decide if the inside circle will move or if the outside circle will move).

Following is a potential list of questions:

- What's your most embarrassing moment?
- What's your favorite food?
- What do you want to be when you grow up?
- Who's your favorite celebrity?
- Who do you look up to the most?
- What's your favorite childhood memory?

Some of tasks/questions may need a little longer than 30 seconds, others may need less. The leader can use a bell or whistle to signal that it is time to rotate.



### **FAMILIES**

**Equipment:** Slips of paper, writing utensils

**Description:** Have the players sit in a large circle so they can easily separate their "families" (more on that soon). Next, ask players to write down a favorite of theirs, (i.e. favorite band, food, sport: select only one category). When they are done, mix the pieces up and read each of them out loud only twice. Then, choose someone to be a "picker." The picker will choose a person and ask them if their favorite \_\_\_\_\_ was \_\_\_\_\_. If they get the answer right, the person they guessed will join the picker's family and the picker can keep guessing. If not, the picker will join the family of the person they guessed and the person who was wrongly guessed will become the picker. This process will continue until one big family is made from everyone.





## FOUR ON THE COUCH

**Equipment:** Chairs, slips of paper, pens/pencils, cup, couch (optional)

**Description:** The object of this game is to have only your gender sitting on the couch. If you don't have a couch large enough to fit four people, just designate four chairs as the "couch". Circle the rest of the chairs, with the couch included in the perimeter of the circle.

Divide the group into two teams, guys versus girls (if you have a larger number of one gender, someone will have to play for the other gender's team). Have them sit boy-girl-boy-girl in the chairs and on the couch, but leave the chair to the left of the couch empty.

Have everyone write their name on a slip of paper, fold it up, and put it in a cup. Shake the cup and have everyone draw a name from the cup without letting anyone else see what it is. The name they have drawn from the cup is their name for the game.

### To Play:

The person to the left of the empty chair calls out the name of someone sitting in the circle. The person who drew that name (NOT the person actually named that) gets up and sits in the empty chair. Now there is a new empty chair and the person to the left of the new empty chair calls out a different name. Play continues until only one gender (team) is sitting on the couch.

As the game goes on, more and more names will be called, and the players should start to remember who is who. It's helpful to remember players on their team and on the opposing team. So when it's their turn to call a name out (because the empty chair is to their right) they will be able to call specific people away from their chairs, or onto the couch (if that's where the empty seat is).

### Rules:

After a name has been called it cannot be called again until after a different name is called (e.g. if the person sitting next to the empty chair calls out "Tom", the next person to call out a name can't say "Tom" but the person after them can).





## MIX & MINGLE

**Equipment:** Can prepare choices or come up with them as you play the game

**Description:** The group will stand in the center of the room. The leader of the game will stand in front of the group. The game leader will call out a choice to the group, pointing to opposite sides of the room for each option. For example, the first choice could be "inside vs outside". When the game leader says "inside" he/she would point to the left side of the room, when he/she says "outside" the leader would point to the right side of the room.

Each of the players then runs or walks to the side of the room which they prefer. For example, if I like "outside" more than "inside" then I would go to the right. It's good to do a whole variety of choices: some will provide laughter and some might be more serious.

Here are some examples of choices:

Nature vs City  
Casual vs Dress-up  
Inside vs Outside  
Performing vs Watching  
Burger King vs McDonalds  
Mars vs Snickers  
Coke vs Pepsi  
Superman vs Batman  
Scrunch vs Fold  
Apple vs Banana  
Odds vs Evens  
Mac vs PC  
Milk Choc vs White Choc vs Dark choc  
Werewolves vs Vampires  
Facebook vs Twitter  
Marvel vs DC  
Surfing vs Skating  
Dancing vs Singing  
Cats vs Dogs  
Math vs English  
Burgers vs Pizza  
Cubs vs Sox



## OVER THE MOUNTAIN

**Equipment:** Chairs (one fewer than the total number of players)

**Description:** This game provides the leader with a great opportunity to get to know the players. Each player sits in a chair in a circle facing the center. One player stands in the center to start the game (it is probably the best for the leader to do this after explaining how to play the game).

Whoever is in the center makes a statement that applies to him/her and follows the format "Over the mountain if you have ever/never \_\_\_\_\_. " For instance, one might say "Over the mountain if you have ever eaten sushi." Anyone around the circle who can identify with the statement (anyone who has eaten sushi) gets up and moves to a new chair. The last one left standing makes the next statement.

This game can reveal some interesting information. Some groups might need to be encouraged to keep it appropriate, but it is typically fun and hilarious.

## FLAG OF ME

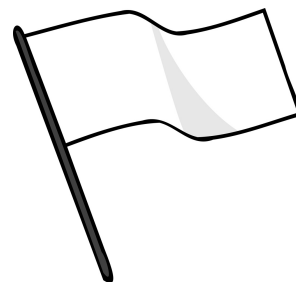
This is a useful "quiet" ice-breaking activity for groups of older children. The finished flags also make a fabulous early display for the room!

**Equipment:** Paper, colored pencils/markers

**Description:** Give each person a piece of paper. Provide them with markers/colored pencils. Ask them to design their own flag - something that suggests what their interests are, where they come from, what they believe in etc.

They might include:

Their favorite colors, animals, sport  
Their families or pets  
An outline of their country of origin, or their parents'  
Languages they speak  
Places they have visited or want to visit





## PAPER TELEPHONE

**Equipment:** Paper, writing utensils

**Description:** This is a version of the children's telephone game, where the person at the front of the line whispers in the ear of the person behind then and then they turn and do the same and eventually by the time you get to the end, the ending statement is nothing like the original.

First, the leader should pass out paper to each person playing. Each person should have as many squares of paper (whole sheets would be too big) as there are people playing. For example, if there are 12 kids playing, then each of them should have 12 squares of paper. Next, the leader should instruct each player to write down a crazy statement on top sheet of paper. Players must make sure they don't say it out loud or tell anyone what it is. The crazier the statement the better the game will be. An example would be "A clown riding a bicycle on a pepperoni moon" or something equally ridiculous.

Once they have each done this everyone passes their entire stack of paper to the right. Now each person should have their neighbor's stack of paper in their hands. Here's where it gets fun. Each person must now read quietly to themselves, their neighbor's statement that they now hold in their hands. Once they have read it (not out loud!) they put that piece of paper at the back of the stack and they have to draw whatever they have just read, to the best of their ability, on the next square of paper in the stack.

Once everyone has drawn, everyone passes the entire stack of paper to the right again. Everyone will now have the picture their neighbor has just drawn. They must look at it, move that piece of paper to the back and on the next sheet write down their best guess as to what that drawing is supposed to be. Then everyone passes the paper to the right again.

Now everyone is reading someone's interpretation of the picture they've just seen, and must now move that piece of paper to the back of the stack and now must draw that interpretation. Pass entire stack again, and interpret the picture.

Just keep repeating this process until all the squares of paper have been used. At this point the stack should make it all the back to the original creator. Then go around the room and let each player walk everyone through the now hilarious progression of statements and pictures.

Also, to keep the game moving or just to add a fun wrinkle, you can time each phase of the game. Watching children scramble to try and finish their drawing in time is pretty funny and usually makes the drawings that much more crazy.

Remember, players cannot ask to hear the favorites again and they may not take notes on their own paper. They must use their memory and their memory only. They may, however, discuss it with their "family members."



## CONTINUUM

**Equipment:** None

**Description:** The ideal group size is about 6-10 people. Pick a theme and have the group arrange themselves in order creating a continuum. Give them enough time to sort themselves out before moving to the next continuum. Always remember that the purpose is to get them talking and learning things about each other. The goal isn't to create as many continuums as possible. Start with something simple like age, hair color or height. Then move on to more interesting topics like east-west by location of birth. Or try some of these ideas:

- according the rainbow, by their favorite color
- months of the year by birthday
- time they woke up this morning
- the number of hours since they last watched TV
- the number of books they read this month



## THE BEST GAME

**Equipment:** None

**Description:** Arrange everyone into groups of 4 or 5. Everyone has to participate in at least one round. Explain the rules: You will be announcing a contest category for the group (for example, "The Tallest"). Each group needs to select one person who they think will win the category. There will be a category contest and if a person has "the best" within the category, his or her team gets a point.

Each group needs to select one person from their group who they think will win the category.

Reveal the specific action or measurement the selected people have to do to win the contest (example: Whoever has the "The Tallest" thumb). The person with the best action or measurement wins a point for their team. The team with the most points wins the game.

The Best Game List of Ideas: -The Tallest....Thumb -The Fastest....Crab Walker -The Highest....Jumper -The Longest....Stare in Staring Contest -The Fastest....Alphabet Song Singer -The Smallest....Shoe Size -The Farthest....Length to throw a paper airplane -The Largest....Bubble to blow with chewing gum -The Strongest....Thumb for a Thumb War -The Fastest....Paper Cup Stacker -The Longest....Thrower and Catcher (Two People) -The Longest....Hair - The Best....Coin Spinner -The Fastest....Word Looker in Dictionary



## DETECTIVE

**Equipment:** None

**Description:** Have players form a circle. (Can be seated on chairs as well.) One player leaves the room and becomes the detective. Choose one player to hide in a place in the room where they will not be visible. The rest of the circle changes places or changes seats. Call the detective back into the room. The detective then tries to guess who is hidden. If s/he guesses correctly, s/he is the detective again. If s/he is wrong, the hiding player is the new detective.



## NAME TAG MANIA

**Equipment:** Name tag and magic markers

**Description:** 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.)

## MOTION NAME GAME

**Equipment:** None



**Description:** 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 TOSS

**Equipment:** Pool noodle or pillow

**Description:** For this game, all you need is a pool noodle or a pillow... something that won't hurt if you got hit with it! Have your group sit in a circle on chairs. One person stands in the middle with the pillow or pool noodle and picks one person.

That person then says their name and the name of someone else in the circle. Then that person says their own name and the name of someone else. This continues, and while it's happening, the person in the middle is trying to hit the person whose name was said before *they* can say the name of *someone else*. If they hit the person before a new name is said the person who was hit becomes the person in the middle and the person who was in the middle takes that person's seat.

This is a great game to learn the names of people in your group!

## SNORT

**Equipment:** None



**Description:** Snort is a pretty simple game and loads of fun! Everyone starts in a circle facing inward. One player then "snorts" another by looking at them and making a snort sound. If the "receiver" of the snort smiles, laughs or speaks before passing the sort on, they are out and must leave the circle. Snorting twice (called a "double snort") reverses the direction of play.

Encourage people to come up with creative snorts.

## CHEF'S SALAD

**Equipment:** None



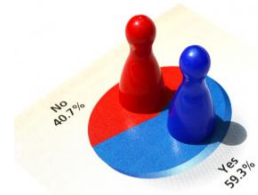
**Description:** Firstly select someone to be a Chef. Group everyone else into groups of two. Each pair should choose a vegetable, but make sure no two pairs choose the same vegetable. You can also choose to write the names of vegetables on pieces of paper in pairs and have each person draw a piece of paper. Then have everyone sit (on chairs) in a circle. People are not allowed to sit next to their pair. The Chef should stand in the middle of the circle.

The Chef then calls out the name of a vegetable. At their calling, the two people who are that vegetable need to quickly try and change seats, and the Chef needs to try and grab one of their spots while they are changing. If they do, they become that vegetable and the person who missed out becomes the Chef.

The Chef can also call out "Chef Salad" and everyone must change seats.

## TWO EXTREMES

**Equipment:** None



**Description:** A game of two extremes! This is a simple ice breaker to get people up and moving and sharing their preferences or views on topics.

Create an imaginary line from one end of the room to the other. Instruct people to move to a point on the line to indicate where they stand on a particular issue.

For example - move to the left hand side of the room if you like **chocolate**, the right hand side if you like **strawberry**.

If people don't have a strong opinion they stand in the middle.

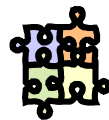
Continue with other examples / extremes:

- Fold toilet paper or scrunch
- Sleep in or get up early?
- Big party or intimate dinner?
- Dance or alternative music
- Would you rather go to a football game or a concert?
- Sweet or savory
- Do homework or do the dishes
- Facebook or Twitter
- Summer or Winter
- Surf or skate
- Would you rather be beautiful or smart?
- Be taller or shorter?

When everyone chooses a position, read out the next one and everyone moves again. Kids love to express themselves so this is a good game to get them to explore and express their opinions on some things.

## PUZZLE PIECE SEARCH

**Equipment:** Precut puzzle pieces



**Description:** You can do this with a pre-made puzzle or use a large unwanted poster and cut into several pieces, depending on the number of players. Hide pieces throughout play area while players are out of the room. Have a card table or work area where the puzzle can be reassembled. When a player finds a piece they are to bring it to the table to fit it together with the other pieces. Once they have found where that piece goes, they are off to search for another piece of the puzzle. At the end, have the players think about all those pieces, each one a different shape, size, and color, but they all come together to become one big picture.

## HONEY IF YOU LOVE ME



**Equipment:** None

**Description:** Players form a circle with one player in the middle "IT". The middle person must approach a player in the circle and say "Honey, do you love me?" The person being questioned must answer, "Honey, I love you but I just can't smile." If he/she does smile or laugh, he/she becomes "IT" and the previous middle person joins the circle. If he/she does not smile or laugh, the original "IT" continues on to another player in the circle. The person who is "IT" is not allowed to touch other players but may make funny faces, gestures, etc.

**Variation:** Quaker Meeting—One person is "IT." All others sit down as the audience. "IT" says "Quaker meeting has begun, no more laughing, no more fun. If you dare to crack a smile, you may have to walk a mile." Then, "IT" makes funny faces, or sounds, or tells jokes. "IT" may do anything except touch a member of the audience to get someone to laugh. The first person to laugh is at the mercy of "IT." "IT" can decide the "punishment" for laughing.



## TALKING BEHIND YOUR BACK

**Equipment:** Piece of paper, washable markers, tape, pencils

**Description:** Each person writes his/her name on a piece of paper lightly in pencil; then help one another tape the piece of paper on each person's back (NAME NOT SHOWING). Using markers, each person must go around the room and write something about that person on their back. Children need to be instructed that the comment be positive—funny is ok, too. Leader removes all the papers and lays them out for everyone to view. How well do you think you know yourself or what others think about you? What would they say behind your back? After reading them, participants may predict which one they think may have been the one on their back. Then, everyone can turn them over and find their own, feeling great about what everyone had to say about them "behind their back."



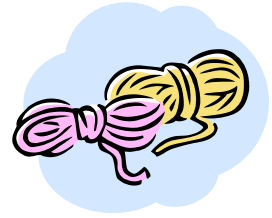
## SAUSAGE

**Equipment:** None

**Description:** Everyone sits in a circle. The person who is "IT" stands in the center of the circle. Each person asks the person who is "IT" an appropriate question. The only answer to every question can be sausage. The first person to make the center person laugh wins a try in the middle. Ex: What color is your hair? Sausage. What do you brush your teeth with? Sausage. (Obviously other words can be used for variety.)



## STRING TOSS



**Equipment:** Ball of string or yarn

**Description:** Set up small groups of 8-12 players and have them sit in a circle for this icebreaker. One person is given the ball of yarn and finds the end of it. They will toss the ball of yarn to anyone within the circle while they are still holding the end of the ball of yarn. Now ask the person that caught it one or two questions. If this is a new group that doesn't know everyone they are to introduce themselves first before answering the questions at the beginning of the game. Here are some ideas as to what questions to ask: What is your favorite color, music group, the person that has influenced you the most, what are you afraid of, your favorite food, time of the year, or any other question to might pertain to this event. That person then holds part of the yarn and then tosses the ball of yarn to anyone that hasn't received the ball yet. You repeat this until everyone has had the ball of yarn and you will notice that you have created a unique web that has connected all the players together in one way. You can pass the ball again to ask one or two more questions from each player.



## MESSY TWISTER

**Equipment:** Paper or plastic plates, oatmeal, whip cream, chocolate, vanilla and other flavored puddings, paper, pencil, two small containers and clothes to get dirty in

**Description:** What you need for this game is warm weather, so it can be played outside with no shoes on. It's a game mainly for children who like to get messy and enjoy having fun. (It is played like the game of Twister but with a BIG twist.) Fill up 6-10 plates with the same items like oatmeal and then 6-10 plates of another item, try to have at least 5 different items that would give you 30 to 50 plates. If you have a large crowd, have them play in shifts. On a sheet of paper make tags, which will be pulled out of two separate containers. One set of tags will name the items in the plates, like chocolate pudding, vanilla pudding, whip cream, applesauce, mashed bananas, oatmeal or other items possibly non-staining items. The other set of tags with will go into another container that will be what they will use, right hand, left hand, right or left foot, head or even bottom. Lay out the plates in rows and have one person draw out a tag from each container. Players are to do what the tags state, example is Vanilla Pudding, Right Foot. The players are to put their right foot in the vanilla pudding and then another tag is pulled. If any player falls or fails to get a plate before someone else gets it, they're out of the game. The last standing player is the winner and you can give him rights to hose off other players if necessary.

## NAME ROULETTE



**Equipment:** Two poly spots

**Description:** To play this game you need to form two equal circles, one inside the other. Set the circles up so one person from each circle is physically standing back to back to one member from the other circle. (You can use a spot on the ground to mark the spot for each circle.) These circles both start moving in clockwise motion, ensuring each member of the circle passes through the "spot". Someone who is not in either one of the circles and not facing them, will call stop. At that point the people on each spot must turn around and face each other. The person who names the other first wins that round and the "loser" joins the other circle. Continue play....

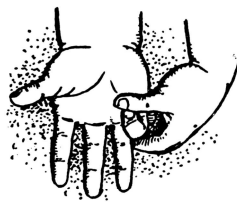
## CROSS IF YOU...



**Equipment:** Chairs (one less than number of players)

**Description:** Have everyone sit in a circle with you in the center. You can either sit in chairs, or have place markers (bookbags, etc) behind each person. Name off something you have, have done, or can do (i.e. "Cross if you have ever jumped out of a plane, if you own a dog, have blue eyes). Those people that can give a positive answer to the question will cross the circle and find an open seat of someone else that answered positively. Since you have one less chair than there are people in the group, and you found an opening quickly, there should be one person left in the center. This person then gets to pick the topic.

## 10 FINGERS



**Equipment:** None

**Description:** This activity is great for the first day or just when ever your group has free time. It works best with more people, and everyone should be honest when playing. Have everyone sit in a circle or close enough to be able to hear everyone. Tell them to hold up all 10 fingers. A leader can start off by stating one fact about themselves. For ex: "I have never been to Florida." or "I have blue eyes." Then the participants who have been to Florida, or don't have blue eyes, will put one finger down. This will continue around the circle, having each person share one fact about themselves until someone is all out of fingers.

\*Its better to try and use less obvious, unique facts about yourself because there is a chance that more people will have to put a finger down if they can't relate to your fact. This is a great way to pass the time and learn about each other while having simple fun.

## HUMAN TACO

**Equipment:** Note cards, tape



**Description:** Stick labeled note card (with taco ingredient) on the back of everyone's shirt. (i.e. the word meat printed on a note card) Have each player mingle around asking yes/no questions to find out the taco ingredient that is on their back. Explain the correct order of ingredients in a Human Taco: shell, meat, cheese, lettuce, tomato, salsa and then give the start command, "I'm hungry! Let's eat! Run for the Border!" Each individual must find out which ingredient they are and then find enough to form a complete Human Taco.

## LOLLIPOP



**Equipment:** Dum Dum Lollipops

**Description:** Pass out dum-dum lollipops to the group. For every letter that appears in the flavor, the participant has to share something about himself/herself with the group.

## MAKE A DATE



**Equipment:** Paper plates, writing instrument, time piece (watch, stop watch, etc)

**Description:** 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.

## MUMBLE JUMBLE



**Equipment:** Pictures cut into puzzle pieces, bag

**Description:** Before the activity begins, the leader will cut up a few pictures into puzzle pieces. Each group member will grab a piece of a puzzle from a bag. The group members will keep their puzzle piece to themselves until the leader says, "GO!" At this point, the group members will try to locate the other members of the group with the pieces to form the appropriate pictures. Whichever group does it first, wins. This is a good activity for breaking into activity groups.

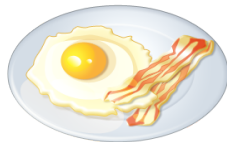
## SOLEMN AND SILENT



**Equipment:** None

**Description:** 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.

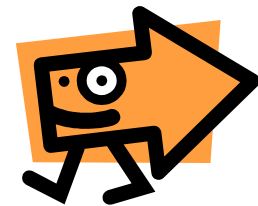
## BACON AND EGGS



**Equipment:** None

**Description:** 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.

## YOU, ME LEFT, RIGHT



**Equipment:** None required, swimming "noodles" can be used to point at participants

**Description:** Arrange participants in a circle with a small amount of space between one another. Ask for several volunteers to come to the middle. (This number will depend on the size of the group. Always have at least two participants in the middle.) These participants will be the callers. Each caller must approach a participant in the circle and say either "You", "Me", "Left" or "Right" and count to five. ("You" is the person being pointed at. "Me" is the caller. "Left" if the person to the left of the one being pointed at. "Right" is the person to the right of the one being pointed at.)

The participant in the circle must correctly name that person before the caller counts to five. If they are successful, the caller moves on. If they are unsuccessful, they become the new caller and the old caller takes their place in the circle.

**Safety:** If pointing objects are used, they should be soft. It should be made clear that the objects are only for pointing and not for hitting.

## HANDSHAKE/HI FIVE



**Equipment:** None

**Description:** Have participants find a partner. Give your partner a Hi Five and ask them where they are from. This pattern should be continued with a variety of Hi Fives / Handshakes and different questions. After several rounds have been completed, have participants introduce one of their Hi Five / Handshake partners to a different partner.

### *Hi Fives / Handshakes*

- Original Hi Five
- Low Five
- Lumber Jack - One participant sticks out his fist, thumb up. The other participant puts his hand on in the same style. This should be repeated with both hands and then moved back and forth as if sawing a tree.
- Happy Salmon - Participants reach forward and instead of grasping hands, slap each others' forearm
- Create your own

### *Questions*

- What is your favorite hobby?
- Tell me about your family.
- What is your favorite food? Why?
- What is your biggest pet peeve?
- Create your own

## BOFFER TAG

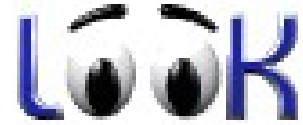


**Equipment:** 1 pool noodle

**Description:** Participants should sit in a circle, with their legs straight out, pointing towards the middle of the circle. One participant (the caller) should begin in the middle with the "boffer" (pool noodle). The caller's goal is to tag, with the boffer, the feet of the person whose name has been called before that person can say another person's name. Once the caller has been successful, they should join the circle and the participant who has been tagged becomes the new caller.

**Safety:** The boffer should be used only to tag the feet of participants. It should not be used to hit others in any other way.

## EYE TAG



**Equipment:** None

**Description:** Have participants sit or stand in a circle. Everyone should look down. On the count of three everyone should look up and directly at another person in the circle. If two participants are looking directly at one another, they are eliminated.

**Variation:** Have participants form two circles. Once eliminated from one circle, participants should join the other circle. This way the game is continuous and no one is ever eliminated.

## CANDY INTRODUCTIONS

**Equipment:** Candy with approximately five variations (color or candy type-examples M & M's, Skittles, gum drops, gummy bears, etc.), chalkboard/whiteboard optional

**Description:** Pass around the candy and tell each participant to choose anywhere from 1 to 5 pieces of anything that they want. Instruct them not to eat it yet, though. After they have chosen their candy, you will tell them what each candy type/color represents.

If there is a whiteboard or chalkboard present, write on the board the following:

- Red - Favorite hobbies
- Green - Favorite color
- Blue - Favorite subject in school
- Yellow -Favorite food
- Orange - Wildcard (tell us anything about yourself!)



If you don't have the above colors, change the above to match the candy types that you have. Each person takes turns introducing himself or herself, beginning with their name and then saying one fact for each candy type that they have. This easy introduction game should go relatively quickly (assuming they weren't greedy and that they didn't take too many pieces of candy!)

## THREE THINGS IN COMMON



**Equipment:** None

**Description:** Have the children pair up with someone that they don't know that well. Each pair must find three things that they have in common. After they're finished, have each pair tell the rest of the group what they found out.



## BUN SHUFFLE

**Description:** Arrange chairs in a big circle. Choose someone from the group to be "IT", and that person stands in the middle of the circle. Have the rest of the group sit on the chairs, and make sure you have one spare chair.

The aim of the game is for people sitting down to prevent the person that is "IT" to take a seat. They do this by shuffling their 'buns' left or right to occupy the empty chair before the person who is "IT" can sit down. Players are only allowed to move left or right (i.e. not run across the circle). Eventually once the person who is "IT" gets a seat, the person to their left or right (whoever was slowest) becomes "IT". For bigger groups, you may need to have two or three empty seats.

## COME TO ORDER



**Equipment:** None

**Description:** This game is good for all ages, if you give a little thought to the criteria you line up after. Preschoolers, for example, won't know the alphabet. A Captain calls out what the rule for the line up is, for instance by height, and people line up. When the line has been formed everybody introduces themselves and shakes hands with their neighbors in the line. Repeat four or five times with new rules.

Criteria for forming the line can be:

- Age, youngest first
- Height, smallest first
- Alphabetically by given name, family name
- Town you come from
- Street you live on
- Shoe size
- Length of hair
- Size of nose (great discussions arise :-)
- Height you can jump etc.



## BEACH BALL

**Equipment:** Beach ball



**Description:** Get a ball and use a permanent fine or medium point marker to write all of the following questions on it. This will take quite some time, but you can do it some night in front of the television. The resulting tool is an "icebreaker ball" that you can use for years to come. You can use it in a large group and throw it around. The person who catches it has to answer the question touching their left thumb. They then say their name, answer the question and throw it to someone else.

You may also choose to use these questions as conversation starters in other types of games.

**The following questions are simply suggestions. You can add more serious or in depth questions, depending upon the level of ice breaker you want this to be:**

1. What is the first thing you do when you get out of bed?
2. Approximately how many jokes do you know by heart? and tell us your favorite.
3. What do Martians do for fun on Mars?
4. If you were invisible where would you go?
5. What's your favorite flavor of Jelly Bellies?
6. If you could be a famous actor, writer, athlete, artist or musician, which would you choose and why?
7. What two television channels do you watch most frequently?
8. What is your greatest phobia?
9. If you were given a canvas and water colors, what would you paint?
10. If you could ask the president of the United States one question, what would it be?
11. If you could be a member of a tv sitcom family, which would it be?
12. If you were any animal, what would you be?
13. What three adjectives best describe you?
14. What is the most common compliment people give you?
15. If you could add any word to the dictionary what would it be?
16. What is your favorite pet name?
17. If you were flying in a plane that was about to crash, who would you want sitting next to you?
18. What is the longest period of time you have spent in a car?
19. What is the best costume you ever wore for Halloween?
20. If you were a teacher would subject would you teach?
21. What would you like your nickname to be?
22. What do you consider your nicest feature?
23. If you could bathe in a vat of any drink or food item, what would you choose?
24. What are you most proud of?



## NAME CHASE

**Equipment:** None

**Description:** Children sit around in a circle, facing each other. One child is chosen to be "IT" first. That child who is "IT" stands up and walks around the outside of the circle tapping each child on the head and saying their name, with prompting if necessary. At some point when he taps a child on the head he will say the name of the group instead (the class name, camp name, etc) The chosen child must now jump up and chase the first child around the circle, trying to tag "IT" before he can sit down in their place. If he succeeds, "IT" has another go. If he fails, he takes over as "IT".



## MEETING NEW FRIENDS GAME

**Equipment:** Various construction paper shapes

**Description:** Children can meet more than one other child during this activity. You will need to prepare by cutting construction paper shapes, creating an assortment of colors and shapes. For up to twenty-four children, you'll want at least two of each shape (circle, square, rectangle, triangle, star, heart) each in two colors.

Give each participant one shape. Call out different directions to mix the group around into pairs or small groups. "Find someone with the same shape." "Find everyone with the same color."

Each time you create a new subset, ask a question for the children to discuss with their new partner(s). For example: What was the last movie you saw? What was the last vacation or day trip your family took? Do you have any pets?

## SNOWBALL FIGHT!



**Equipment:** Paper, pens/pencils

**Description:** To get to know each other and have a "ball" at the same time, incorporate a "Snowball Fight" into the first day. Give the campers a clean sheet of white unlined paper. Have them write 3-5 unique things about themselves. Tell them NOT to put their name on the paper. Next, have them crunch the paper into a ball. Have them stand in a large circle around the room. Then allow them one full minute to have an all-out snowball fight! When one minute is up, have them locate a "snowball" nearest to them, unfold it, and take turns trying to guess who it is.

## I LIKE TO...



**Equipment:** None

**Description:** A quick simple memory game that requires no preparation or equipment, perfect for all sorts of occasions when you need to keep the kids occupied - waiting rooms, bus journeys, etc. & also as a "getting to know you" game.

Have the group sit in a circle (adults and children). Ask everyone to think of something that they like to do. Then pick someone to start & have that person tell the group what they like to do. For example "I like to swim". The person to their right will then tell the group what the first person liked and adding what they like to do, for example "Fred likes to swim, I like to walk". This continues right around the circle until the last person has said what everyone likes to do. Other members of the group can prompt by miming the activity if anyone falls into difficulty.

## FAST NAME CIRCLE

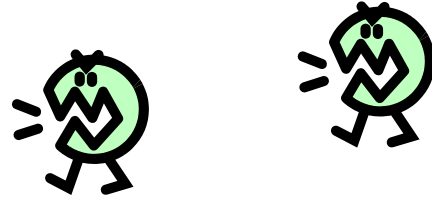


**Equipment:** None

**Description:** This is a simple one to end on. Have everyone sit in a circle. Go around the circle and have everyone say their name. Then, time this process of everyone saying their name in a circle to see how fast you can go. To add competition, you can split into two or more groups and make it a race. Competition is always great at uniting people.

## TEETH

**Equipment:** None



**Description:** Have everyone sit in a circle. Have each player choose a fruit or vegetable. Player A says their fruit/veggie, then the player's fruit/veggie that they want to pass it on to... i.e. Player A says "Strawberry, strawberry, broccoli, broccoli"; player B says "broccoli broccoli, carrot, carrot"... and so on.

What makes this game interesting is that you can't show your teeth at any point (which you do by pulling your lips over your teeth). If you do happen to show your teeth and get caught by anyone, they should alert the group by screaming "teeth teeth" and flapping their arms at the player like wings (making sure they don't show their teeth in the process!). Depending on how you want to play, you can eliminate players or lose points when teeth are shown. If this gets too easy, have campers grab their tongue or something else to make it harder. By substituting veggies with names, this could become a good ice breaker too.

## BLOW WIND BLOW

**Equipment:** None



**Description:** Set up your chairs in a circle facing inwards. Make sure there is one less chair than there are players. Select one player to start off in the middle. That person must begin by calling out "Blow wind blow". The rest of the group must respond "blow what?" Then the middle player can say some kind of conditional statement like "everyone with red hair" or "everyone not wearing shoes". All the players that fit into that category must get up and switch chairs with another player. This allows a chance for the middle player to steal a chair also. Once everyone has finished switching as quickly as possible, there will be one player left stuck in the middle. Then the process repeats!



## PASS THE STICK

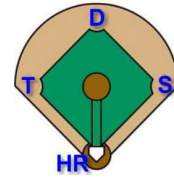
**Equipment:** Stick

**Description:** Where it stops, nobody knows! The group will need a stick & will also need to learn the following rhyme:

Pass the Stick is the name  
Now it's time to play the game  
Better go fast as you can  
So it touches everybody's hand  
S-T-I-C-K spells stick!

Players sit in a circle. Players pass the stick around the circle while saying the rhyme. The person left holding the stick at the end of the rhyme is out. Keep going until there is only one person left. That person is the winner!

## PERSONAL TRIVIA BASEBALL



**Equipment:** Paper and pens

**Description:** Personal trivia baseball is an icebreaker game that involves guessing facts of various difficulty levels to obtain singles, doubles, triples, and home runs. This game helps people discover facts about each other in a fun way. This get-to-know-you game is played with two teams of about six to eight people each.

This game should be played with two teams. Divide the players into two teams of about six to eight people — other team sizes are possible but less ideal, as the game may be too short or too long. To prepare for the game, pass out four sheets and a pen to each player. Instruct each person to write "S" on the first sheet, "D" on the second, "T" on the third, and "HR" on the fourth. These letters stand for single, double, triple, and home run, respectively. On each of these sheets, each person should write an interesting fact about him/herself. Ask campers to not write their names on the sheets as the goal of the game is to guess whose fact is written on each sheet. The fact written on the single ("S") sheet should be the easiest to guess; the double ("D") sheet should be a little harder to figure out; the triple ("T") even harder; and the home run ("HR") should be the hardest. Once everyone is finished writing their clues, collect them and sort them into four piles per team: singles, doubles, triples, home run. Shuffle all the papers and arrange the piles into four different corners of the room, in the shape of a baseball diamond (see image above).

The way personal trivia baseball is played is similar to normal baseball rules. Each team has three "outs" per inning and tries to score as many runs as they can. On a turn, a player chooses to go for a single (easiest), double, triple, or home run (most difficult). He or she picks a sheet from the other team's piles, reads it, and then guesses which of the people on the other team wrote the fact. Once he or she makes a guess, the guessed person on the other team simply says "yes" or "no". If the guess is correct, the person successfully gets on base with a single, double, triple, or home run and moves to that part of the room. If the guess is incorrect, then the team adds another "out". Move on to the next batter and repeat until there are three outs. Once there are three outs, change to the other team and repeat. Keep track of the number of runs each team has scored. Keep playing until all the clues are revealed, or for a shorter game, set a time limit or a set number of innings. The winner is the team with the higher score at the end.



## GETTING TO KNOW YOU

**Equipment:** Beanbag or ball

**Description:** Children stand in a circle. One person starts off the game by throwing a beanbag or ball at someone in the circle and asking a question at the same time - such as "What's your name?", "Do you have a brother or sister?", "What's your favorite color?" and so on. The person who catches the beanbag/ball must answer the question and then throw it on and ask their own question. The game works best if you keep it moving quite quickly, so you may have to step in to prod very young children.

## UNIQUE AND SHARED



**Equipment:** Paper and pens/pencils

**Description:** Unique and shared is a get-to-know-you game as well as a team-building activity. The game helps people see that they have more in common with their peers than they might initially realize, while highlighting their own individual strengths that they can contribute to the group. Participants will split into groups of about five people, so this activity works fine with medium, large, and even some extra large groups. Each group of five needs paper and a pen.

Ask participants to form groups of five people with the people around them. Pass out sheets of paper and writing utensils. The first half of the activity is the shared part: instruct a note taker for each group to create a list of many common traits or qualities that members of the group have in common. Ask them to avoid writing things that are immediately obvious (e.g. don't write down something like "everyone has hair" or "we are all wearing clothes"). The goal is for everyone to dig deeper than the superficial. Allow about five or six minutes and then have a spokesperson from each subgroup read their list. If there are too many groups, ask for a few volunteers to read their list.

The second half is the unique part. Keep the same groups or, optionally, you can ask everyone to rearrange themselves into new groups. On a second sheet of paper have them record unique traits and qualities; that is, items that only apply to one person in the group. Instruct the group to find at least two unique qualities and strengths per person. Again, strive for qualities and strengths beyond the superficial and past the obvious things anyone can readily see. Allow another five or six minutes. When time is up, share the unique qualities in one of the following ways: (1) each person can share one of their unique qualities themselves; (2) have each person read the qualities of the person to their right; or (3) have a spokesperson read a quality one at a time, and have the others guess who it was.



HA HA

**Equipment:** None

**Description:** This game is no laughing matter! To play this laugh-free game, you need at least 3 people, seriously. Players lie down on their backs so that each player's head rests on another player's stomach. One player begins by saying, "Ha." The next player says, "Ha, Ha." Each player adds another "Ha" when it's her turn. The object is to say as many "Ha's" as you can without anybody giggling. If someone giggles, you have to start back on one "Ha" again. How ha-high can you go?



## WHO DONE IT?

**Equipment:** Note cards, pens

**Description:** Who Done It? is an icebreaker that reveals interesting things people have done. It's a simple guessing game that is straightforward to play. This game is a get-to-know-you style icebreaker in which players try to guess which person corresponds to each item written on note cards. The recommended group size is a medium sized group of about eight to sixteen people, although the game can be adapted to accommodate other sized groups.

This game can be played individually or with two teams. For extremely large groups, choose ten volunteers and split them into two teams of five. To set up the game, pass out an index card and a pen for each participant. Ask each person to write down something interesting they have done. Examples include the following: went skydiving, starred in a class play, lived in seven different states, ate bugs. Instruct people to write a fact that most people don't already know - the sillier (or more unbelievable) the better. Collect all the cards (separate them into two piles if two teams are playing). Shuffle the cards and then pass them back out. Each person (or team) takes turns reading aloud their card and then the reader must guess whose fact he or she read. After he or she guesses, the guessed person simply says "yes" or "no". If the person guesses correctly, the guessed person can briefly explain what they wrote (if desired). The guessing continues until all cards are exhausted. Everyone reveals who wrote which card at the end.



## TRIVIA BALL

**Equipment:** Small, light ball

**Description:** Think fast! Players sit in a circle and decide on a category (for example: animals, movies, books, or colors). One person throws the ball to another player in the circle. Then, that person has to immediately name an item in the category and throw the ball to someone else.

If a player can't think of anything, or repeats something that's already been said, that player is out. The remaining players think of a new category and the game starts again. The last person left is the winner!

## THE NEWLYBUD GAME

**Equipment:** Paper, pens/pencils

**Description:** Play this game with your new buds. To play, you'll need at least 4 people. Divide into teams of two. Have one person from each team (player 1) leave the room so they can't hear their teammate's answers. The players who stay in the room (player 2 of each team) write down answers to five questions about their partners. Then player 1 from each team comes back to answer the same questions about themselves out loud. When player 1 answers, player 2 reads her answer aloud.

If teammates have the same answer, their team gets a point. When the first set of questions has been answered, it's time for player 2 from each team to leave the room. Player 1 now has to write down answers to five different questions about player 2. Player 2 from each team comes back and answers the second set of questions about themselves out loud. When player 2 answers, player 1 reads his answer aloud. If players 1 and 2 of a team have the same answer, their team gets a point.

When all of the questions have been answered, add up each team's points to find out the winner. If there's a tie, have the tied teams play each other by writing down their teammate's birthday, astrological sign, and mother's name (or different facts that would be hard to guess.)

Here are the questions you might choose to use (but you can come up with your own): favorite subject in school, favorite lunch, what he/she ate for breakfast, favorite color, favorite breakfast, favorite book, least favorite green veggie, what he/she got for his/her last birthday, which musician he/she would most like to see perform.



## THINGS I LOVE

**Equipment:** Paper heart for each person, pencils/markers/crayons

**Description:** You're gonna love this game! This game is for 3 players or more. Give each person a heart cut out of paper and have them write down their favorite color, movie, book, animal and food. Then put all of the hearts into a hat and have people take turns reading them. Try to guess who you think the author of each heart is.







## ONE FROG

**Equipment:** None

**Description:** Careful not to skip a beat! Players sit in a circle. The first person says, "One Frog." The next person says, "In the water." And the next person says, "Kerplunk." Now, increase everything by one.

So, the next person in the circle says, "Two Frogs." And the next person says, "Two Frogs." The person after that says, "In the water." And the next person says, "In the water." The person after that says, "Kerplunk." And the next person says, "Kerplunk."

Keep going around the circle increasing everything by one. But there's one catch -- all players have to slap their knees and clap, keeping the rhythm while the game goes around the circle. If a player is off the beat, hesitates, or says the wrong thing, she's out. The game continues until there is only one person left.



# TAG AND RUNNING GAMES



Tag is a great game that kids never tire of! Many of these are variations so kids have the chance to play a variety of different tag games to encourage continued enthusiasm and excitement!

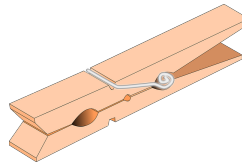
## PATELLA TAG

**Equipment:** Several multi-colored bean bags or yarn balls

**Description:** Have each player get a beanbag/yarn ball. The taggers change during each round depending on the color of the beanbag. For instance the leader can designate the players holding the red beanbags/yarn balls as the taggers and tell them to skip. The leader can then choose a different locomotor skill, such as galloping for the rest of the group. On the signal to start, the taggers tag the others on the patella (knee cap, easy). If tagged, the player goes down on one knee and raises his/her hand. Any player can give players on their knees a high five and they get to rejoin the game. When the leader senses that the group is tiring, he/she can choose a different color as the taggers and change the locomotor skills.

## CLOTHES PIN SEVEN-UPS

**Equipment:** Clothespins



**Description:** Each player should be given 7 clothespins. When the leader says "GO", each player must try to get rid of their clothespins by pinning them on someone else. Only one pin per person!! The game continues for about 5 mins, or more depending on how much fun you're having.



## LIZARD TAG

**Equipment:** Bandana or tail for each pair

**Description:** This game can be played with any sized group as long as there are an even number of players. Players are split up into pairs: each pair is a lizard. One person should be in front as the head and the other in back as the tail. You will need to give each pair a bandana or something that can be used as a tail. The player in the back (tail) will put the bandana in his/her back pocket or back of the pants they are wearing so it looks like a tail. When the leader calls out "GO", the pairs must stay connected and try to grab as many tails from other players as possible. If a lizard grabs a tail from another pair that pair is frozen. The last pair with a tail wins.

## PIZZA DELIVERY TAG

**Equipment:** Foam frisbee for each player

**Description:** Give each player a foam frisbee and have them spread out in the playing area. Players should hold their frisbee (pizza) in one hand with palm facing up, similar to a server at a restaurant. Players should try to keep their pizza from falling out of their hand or being knocked out by another player. They should move to open spaces to avoid getting too close to other players. If two players get near each other, they can attempt to knock each other's pizza off their hand and onto the floor. If a pizza falls to the ground, the leader can have them perform a few quick reps of an exercise (jumping jacks, squats, pushups) and then return to the game. The leader can choose to play music and have the players move about when the music is playing. Players should be reminded that they must keep their hand open (no holding the frisbee☺) and there should not be alliances.



## COUCH POTATO TAG

**Equipment:** Short pool noodles, plastic/rubber fruits or vegetables

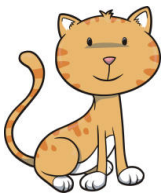
**Description:** This is a good game for younger players. Prior to playing, the leader should discuss healthy snacks and how sitting down for long periods of time watching TV or other screen time isn't good for us. A few players are selected to be "IT": each holds a short foam pool noodle to which a picture of a remote control has been taped. A few other players should be given rubber/plastic fruits or vegetables. Players who are touched by a "Couch Potato Tagger" must sit down and become a couch potato. Someone carrying a healthy snack must hand it to a couch potato in order to give them energy and get them back in the game.



## CAT CATCHING MICE

**Equipment:** None

**Description:** This game is appropriate for young children. One player is chosen to be the Cat (the chaser) and one player is chosen to become the Mouse. All the other players form a circle, holding hands, with the Mouse inside and the Cat outside.



The players in the circle move around while calling out the following rhyme:

"What time is it?"

"Just struck nine."

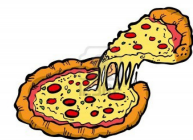
"Is the cat at home?"

"He's about to dine."

When the rhyme stops, the children stop moving and the Cat starts to chase the Mouse, weaving in and out of the ring of children to do so. However, the Cat **MUST** follow the mouse's path. When he catches the Mouse he can enjoy pretending to "eat" him, and then two more children take a turn.

## PIZZA PIZZA

**Equipment:** Balls, 3-6 hula hoops, red yellow and green pinnies



**Description:** Divide players into three teams and assign a pinnie color to each team. (Yellow-cheese, red-sauce, green-peppers) All players must have a pinnie. Scatter the hula hoops (pizza crust) around the playing area. Select 2-5 players to be "IT" and give them each a ball. Players who are tagged with a ball must stand inside the hula hoop (on the pizza crust). In order to be freed from the crust, you must have all three ingredients on your pizza (i.e. hula hoop must have a player with a yellow pinnie, a player with a green pinnie and a player with a red pinnie at the same time before any of them can leave the hula hoop.) Players who have not been tagged **CAN** step into the hula hoop to try to save their friends. Change "IT" players often.

## GRANNY's CANDY

**Equipment:** Large balloons (approx. 30 per candy maker, but have extra), garbage bag

**Description:** The object of this game is to transport the most candy. Players should be divided into teams. Prior to starting the leader explains that there is a special visitor at camp. Then leader introduces *Granny*, who owns *Granny's Candy Company*. As *Granny* walks in with a large bag full of candy (garbage bag full of balloons), some *Oompa Loompas* (staff members dressed up in funny outfits) come in and take her bag a run off. After the incident the leader and *Granny* ask players for their help. The leader then explains the game as follows:

Word has gotten out that *Granny's* candy has become very popular and *Willy Wonka* is trying to push her out of the business by getting his *Oompa Loompas* to take it. Each team will be sent on a mission for *Granny's Candy Company* to acquire candy from her candy makers and transport it to a safe location.

Several staff members should hide in easy to find locations- they are the candy makers. Each candy maker will have a bag of balloons. (Each staff will have a separate color.) When the teams come to them, candy makers will give teams a balloon. A team member must blow it up and take it to the team's safe location. Teams **MUST** stay together as a group and should be supervised by a staff member! They can choose which candy maker they visit and can visit any one as many times as they want. The balloons in the game represent the candy.

A few staff should be dressed up as *Oompa Loompas* and will roam about. Their job is to chase the teams, trying to break their balloons before they reach the safe location. Once a team reaches their safe location, the candy is safe. *Oompa Loompas* should remember to not get physical in attempting to burst balloons. Also, they can only use their hands and feet to burst balloons. The game can last as long is desired.

Once the game is called, teams gather in a central place and bring their balloons. The leader then shares the twist: some balloons or candy are worth more than others. The leader should read values. While doing so, the leader will reveal that one of the candy makers was actually an *Oompa Loompa* disguised as a candy maker: the candy color they gave out was bad and has a negative value. Teams should calculate their points.

**NOTE:** Candy makers don't have to have an exclusive color, they can have a mix. You can also have one color that's worth a lot more in value (but only have a few of those or even just one).



## PIRATES OF THE CARIBBEAN



**Equipment:** Box, beanbags, pinnies, shortened pool noodles

**Description:** Create a playing area with three zones: the main playing zone (Treasure Island), an end zone on one edge of the playing zone (the Beach), and a smaller, square-shaped zone within the playing zone (the Treasure Cave). Place a box somewhere on the Beach (the Booty Box) and beanbags inside the Treasure Cave (Treasure pieces). Have all players stand inside the Beach. These players are Adventurers. Select two players who will start off as Pirates. Each Pirate should be given a pinnie to wear and a shortened pool noodle (Sword) to tag Adventurers with. On the leader's signal, play begins.

Adventurers attempt to make their way to the Treasure Cave, take one piece of Treasure, bring it back to the Beach and place it in the Booty Box. They keep doing so until there is no more Treasure within the Treasure Cave. Meanwhile, Pirates attempt to tag any Adventurer who steps onto Treasure Island. Pirates cannot tag players who are on the Beach or in the Treasure Cave.

If an Adventurer is tagged, they must remain frozen on place. If they were holding onto a piece of Treasure when they were tagged, they must give it to the Pirate who tagged them (who will return it to the Treasure Cave). Frozen players become unfrozen if a fellow Adventurer takes them by the hand and brings them to the Beach. When an Adventurer is being brought to the Beach, both the rescuer and the rescuee cannot be tagged by Pirates.

Play continues until there is no Treasure left in the Treasure Cave or until all of the Adventurers are frozen.

### **Introduce by Levels**

#### **Level One: Treasure Island**

Introduce Treasure Island one element at a time. Start off by having all of the players stand on the Beach. On your signal, they move into the playing area to "explore" Treasure Island. When the teacher calls "BEACH!" the Adventurers must run back to the Beach as quickly as possible. After a few turns of this, add the Treasure Cave to the playing area. Have students move from the Beach to the Treasure Cave as quickly as possible and remind them that those two areas are safe zones.

#### **Level Two: Treasure Grab**

Now add beanbags to the Treasure Cave that will serve as pieces of Treasure and a box on the Beach that will serve as the Booty Box. Have Adventurers collect all of the Treasure from the Treasure Cave by running to the cave, taking one piece of Treasure, and then running back to the Beach and placing that Treasure in the Booty Box. Adventurers keep going until all of the Treasure has been collected. Time them as they do this once and then reset the game and have the Adventurers do it again while attempting to beat their previous time.

#### **Level Three: Pirates**

Select a few players to be Pirates and play the full version of the game as detailed above.

#### **Level Four: The Cursed Ship**

Add a new playing zone on Treasure Island to serve as the Cursed Ship. Place a foam die and hula hoops within the Cursed Ship. Now if an Adventurer is tagged, they must move to the Cursed Ship and roll the die. If they roll an even number, they are free to return to play. If they roll an odd number, they must take a hula hoop, stand inside of it and shuffle their way across Treasure Island because they are now a Zombie. Zombies attempt to tag Adventurers and must respect the same playing area as the Pirates. If an Adventurer is tagged by a Zombie, the two players exchange roles. Play continues until the Adventurers have collected all of the Treasure or until they have all been turned into Zombies!



#### **WHIZ TAG**

**Equipment:** None

**Description:** Each player is given a number between 1-10. This number is their secret to keep. Players get into a scattered formation. On the leader's signal, players run around the playing area while attempting to tag each other. If a player tags another, the two players reveal their numbers to each other (this is a "bout"). The player with the higher number wins the bout and earns points equal to the other player's number. The exception to this rule is if a "1" player tags a "10" player. In that case, the "1" player wins the bout. Players may not tag the same player twice in a row.

#### **Introduce by Levels**

##### **Level One: Playing Area**

The first level of the game is to help players understand the boundaries for play. Have players get into a scattered formation. On the leader's signal, students begin to move about the playing area while a) staying within the boundaries, and b) avoiding contact with other players.

##### **Level Two: Math Whiz Training**

Each player will now be given a number from 1-10. This number must remain the player's secret. On the leader's signal, players begin to move about the playing area. The leader will call out "Freeze" and then call out either "Odd" or "Even". If the leader calls out "Odd", players with an odd number must perform a physical exercise (e.g. jumping jacks) for an amount of repetitions that matches their number and vice-versa.

##### **Level Three: Math Whiz Tag**

Players now play the full version of Whiz Tag, attempting to collect as many points as they can.

##### **Level Four: Spelling Whiz Training**

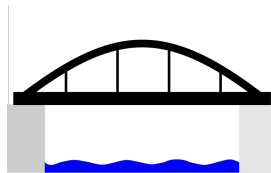
For this level, instead of numbers, the leader will give each player a letter of the alphabet. On the leader's signal, students begin to move about the playing area. The leader will call out "Freeze" and then call out either "Vowels" or "Consonant". If the leader calls out "Vowel", players with a vowel must attempt to position their body in a way that creates their letter and vice-versa.

### **Level Five: Spelling Whiz Tag**

Players now move about the playing area attempting to tag other players. If a player tags another, the tagging player earns the tagged player's letter (players may write down their collected letters on the board). Players may not tag the same player twice in a row. The goal of the game is to collect enough letters to spell the largest word possible.

### **BEACHES, BRIDGES AND BOATS**

**Equipment:** Cones, hula hoops



**Description:** Within a playing area, create a rectangular zone (Ocean). Outside the Ocean is now known as the Beach. Across the length of the Ocean, create two corridors with cones (Bridges). In the space between the Ocean and the Bridges, place some hoops on the ground (Boats). The leader should instruct the players to get into a scattered formation on the Beach. Designate 2-3 players as "IT". Players may run anywhere on the Beach and Bridges, but to cross the Ocean they must be in a Boat.

If a player is tagged, they must step outside the playing area and perform a pre-determined physically active movement for a certain number of repetitions or duration (e.g. dance for 10 seconds, do 5 jumping jacks). They may then return to the game.

After a pre-determined amount of time, the leader stops the game and new IT players are selected.

#### **Introduce by Levels**

##### **Level One: Avoiding Opponents**

Players get into a scattered formation. On the leader's signal, all players begin moving about the playing area while avoiding contact with other players. This level exists to help players understand the limits of the game while helping them develop dodging skills.

##### **Level Two: Avoiding Opponents (Beach)**

The leader now creates the Ocean and Beach areas by placing four cones to mark a large rectangular area (Ocean) in the middle of the gym. Players get into a scattered formation. On the leader's signal, all players begin moving about the Beach while avoiding contact with other players.

##### **Level Three: Avoiding Opponents (Boats)**

The leader now places hoops in the remaining Ocean areas (which will serve as Boats). Players get into a scattered formation. On the leader's signal, all players begin moving about the Beach, Bridges, and Boats while avoiding contact with other players.

##### **Level Four: Beaches, Bridges, and Boats**

Players now play the game with the full version of the rules.



## **FLAG TAG**

**Equipment:** Pinnies



**Description:** Players get into a scattered formation within the playing area. Each player is given a pinnie which they must wear as a "tail" on the side of their body (with at least 75% of the pinnie being visible). All players are "IT". On the leader's signal, players run around while simultaneously attempting to tag other players and avoid being tagged themselves. Players tag other players by removing their "tail". If a player successfully removes the "tail" of another player, they give the pinnie back to that player.

If a player's "tail" is removed, they must step outside the playing area and perform a pre-determined physically active movement for a certain number of repetitions or duration (e.g. dance for 10 seconds, do 5 jumping jacks). They may then return to the game.

### **Introduce by Levels**

#### **Level One: Avoiding Opponents**

Players get into a scattered formation. On the leader's signal, all players begin moving about the playing area while avoiding contact with other players. This level exists to help players understand the limits of the game while helping them develop dodging skills.

#### **Level Two: Flag Tag**

Players now play the game with the full version of the rules.

#### **Level Three: Tail Thieves**

In this level, if a player successfully removes another player's tail, the player who removed the "tail" now keeps it. If a player has no "tail" they must sit down. If a player has an extra pinnie in their hand and their "tail" is removed, they may replace their tail by the extra one they have. No player may have more than two extra pinnies at a time. To get a player who is sitting out back in the game, any player with an extra pinnie may give the player sitting out one of their extra pinnies.

#### **Level Four: Swarm Tag**

In this build, only one player starts as "IT". The "IT" player does not have a "tail". The "IT" player tries to turn other players into "Its" by removing their "tail". If a player's "tail" is removed, they return it to the leader and rejoin the game as an "IT" player. The goal of the game, if you are a runner, is to be the last player in the game who still has their "tail". The goal of the game, if you are "IT", is to turn all of the other players into "IT" players.



## EVERYONE'S IT FROZEN TAG

**Equipment:** None



**Description:** Players get into a scattered formation within the playing area. All players are "IT". On the leader's signal, players run around while simultaneously attempting to tag other players and avoid being tagged themselves. If a player is tagged, they become frozen (i.e. must remain where they are and keep their hands out in front of them). If two players tag each other at the same time, both players become frozen. To free a frozen player, any player may tap in that player's hands three times. While a player has their hands over a frozen player's hands, they cannot be tagged (this is a base).

### **Introduce by Levels**

#### **Level One: Avoiding Opponents**

Players get into a scattered formation. On the leader's signal, all players begin moving about the playing area while avoiding contact with other players. This level exists to help players understand the limits of the game while helping them develop dodging skills.

#### **Level Two: Everyone's IT Tag**

Players now play the game with the full version of the rules.

#### **Level Three: Auto-Defrost**

If a frozen player wishes to unfreeze themselves, they may do so by performing a pre-determined physically active movement for a certain number of repetitions or duration (e.g. dance for 10 seconds, do 5 jumping jacks)

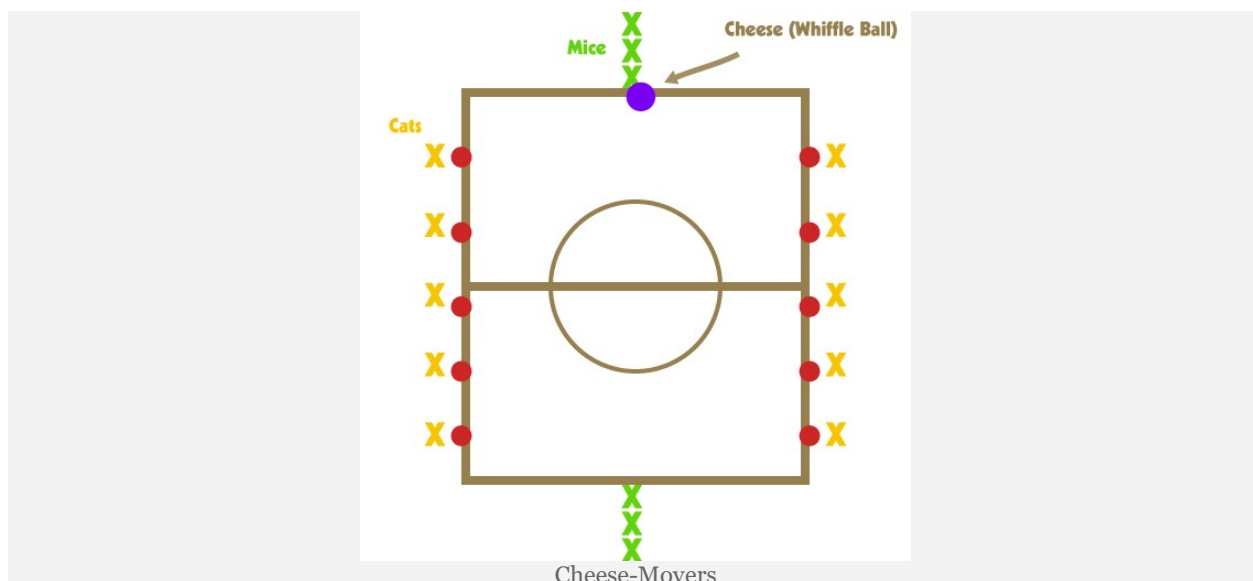
#### **Level Four: Nose/Toes Base**

If a player wishes to defend themselves against being tagged (i.e. be on base), they may do so by assuming a balance position known as Nose/Toes Base. The player must balance on one foot while simultaneously holding their opposite foot's toes and their nose. Players may be on base for no more than 10 seconds. Tags may not touch a player in Nose/Toes Base, nor may they wait for a player in Nose/Toes Base to lose balance or run out of time.

## CHEESE MOVERS

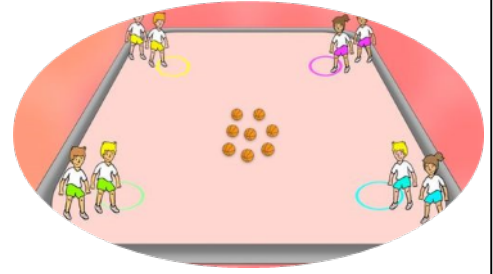
**Equipment:** Dodgeballs, 2 whiffle balls (or other item to serve as the cheese)

**Description:** This is a basic relay game with dodgeball mixed in. The leader should divide the players into 4 teams. Two teams will be lined up on the volleyball court baseline/service line (mice), one team on the left volleyball sideline facing in, and the other team on the right sideline facing in (cats). The two teams on the service line (mice) should line up single file in relay fashion. The first mouse in line should be given a whiffle ball (this is the "cheese"). Each cat on the sidelines should be given one dodgeball. To play, the mouse who has the whiffle ball tries to run to the far wall and back with the cheese. If the mouse gets hit with a ball thrown by a cat (must be shoulders or lower), that mouse must sit down and hold the cheese above his/her head. If the mouse is hit on the way to the opposite end, the next player should run out to get the cheese and carry on with the attempt to get to the far wall and back. Mice who are hit stay seated in the same spot for the remainder of the game. If a mouse is hit on the return trip, the next person only has to go out, get the cheese, and finish the return journey. Every time the cheese makes it back to the line, that team scores a point. Cats must stay on the sideline to throw their balls at the mice. Once a cat throws his/her ball, they can go out in the field to find a ball. However, when a cat picks up a ball, he/she must pass the ball picked up to a teammate on the line who does not have a ball: cats are not allowed to throw balls they have picked up. Once a cat hands a ball to another he/she can return to the line and wait to receive a ball from another cat. Cats are able to throw balls they receive from others once they have passed the ball they have picked up to someone else. Once all of the mice are hit and down in the field, the teams switch.

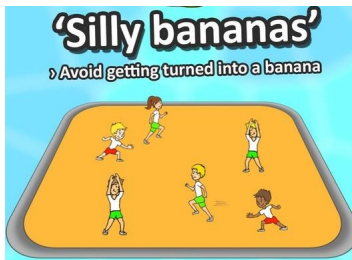


## ROB THE NEST

**Equipment:** Hula hoops, several basketballs



**Description:** Prior to playing the leader should make a large square with four hoops & assign one team to stand behind each of the four hoops. The leader should also place several basketballs in the center of the playing area. When the leader says "Go", the first player from each team runs to the balls, picks one up and then dribbles it back to his/her team's hoop and places it inside. When all of the balls are gone from the center, it will be time to rob the nests! Everyone will run around and try to steal the balls from the hoops of other teams. When time is up, the team with the most safe balls wins.



## SILLY BANANAS

**Equipment:** None

**Description:** Have the players spread out in the playing area. Select two players to be the monkeys ("IT"). Players will run around the playing area, trying to not be tagged by one of the monkeys. If a player is tagged, he/she will turn into a banana & must stand hands together, stretched out above their head. Players remain bananas until another player comes to "peel" them by pulling down one hand and then the other.



## VOLCANOES & ICE CREAM CONES

**Equipment:** Several disc cones (half cones), whistle

**Description:** Prior to playing the leader will spread out at least 15 disc cones around the playing area. Some should be set upright (volcanoes) and some should be upside down (ice cream cones). The leader should divide the group into two teams, the volcanoes and the ice cream cones. When the leader says, "Go", players run around to turn over as many cones as they can that are assigned to their team type. Players can only turn over one cone at a time, and they cannot block others from overturning a cone. After 2-3 minutes, the leader should blow a whistle. All players must put their hands on their head. The team with the most cones in the correct position wins.

## BODY PART FREEZE TAG

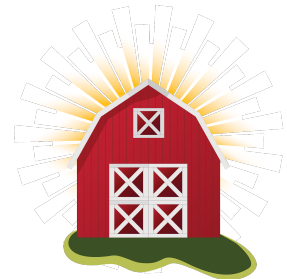
**Equipment:** None

**Description:** Body part freeze tag is just like regular freeze tag except once tagged, you are NOT completely frozen. Select one or two players to be "IT." These players run around tagging others. If a player is tagged on the arm, only the arm is frozen. If tagged on the leg, only the leg is frozen, so the player must hop on one leg. If both legs are tagged, the player can pull him/herself along the ground with arms (assuming they weren't already tagged). The object is to completely freeze as many as possible. If you want, you can have others unfreeze body parts as well.

## BARNYARD

**Equipment:** None

**Description:** Depending upon how many players there are, form teams. You can have anywhere from 3 Teams to ??????. Teams should be in their groups at one end of the gym. Each team will be given the name of an animal (Sheep, Cows, Horses, Pigs, etc.) Two or three players are selected to be "IT" and stand in the middle of the room. "IT" calls out the names of the animals (Example - Sheep) All sheep must run to the pen at the opposite end of the room without being caught. When "BARNYARD" is called, everyone must run to the opposite end. The penalty for being caught is to run all around the barnyard (A LAP OF THE GYM) once— and then they can then come back in the game! Change who is "IT" frequently so more players have the opportunity.



## MONKEY TAG

**Equipment:** None

**Description:** Have all players scatter about the playing area. Select 3-4 players who will be "IT". When players are tagged, they must lie on their backs, feet up in the air. They are free if another person can touch both feet with their elbow before being caught. Time the game so many get a turn at being "IT".

## TOILET TAG

**Equipment:** None

**Description:** What kid doesn't love a game with some bathroom humor? The twist on this tag game is that once you are tagged, you kneel down and hold out your arm like a toilet handle and must be "flushed" by another runner in order to become un-tagged (or unclogged, ha!).



## CATS IN THE CORNER

**Equipment:** Soft balls



**Description:** Mark off a square play area. Select a ball thrower and have the person stand in the center of the square. There are safe zones at each of the corners where all the players called 'Cats' will be. When the thrower calls "Cats In The Corner", the Cats have to run from one corner to another without getting hit by the ball. They can go any direction including diagonal as long as they do not get hit. Any player hit by the ball is out. If you have a large group you can have several balls and additional throwers.

## RUN RABBIT RUN

**Equipment:** None

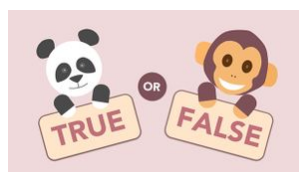


**Description:** Divide players into two groups: one will be the foxes and the other will be the rabbits. Rabbits should stand behind a line at one end of the play area. (home). Foxes are scattered all over the gym. The Captain Rabbit leads his/her brood for a walk. The leader of the foxes says: "Run Rabbit Run!" All rabbits run trying to return to their home. All tagged rabbits become foxes. Continue until there are no rabbits left.

## TRUE OR FALSE TAG

**Equipment:** None

**Description:** The players are divided into 2 equal teams standing on either side of a center line. One of these is the "True" team and the other is the "False" team. Each team has a goal on either side of the center line. When the leader gives a true statement, such as "Grass is Green", the true players run for their goal, chased by the false team. If tagged, the members of the true team become members of the false team. (and just the opposite if the question is false) The team that has the most players at the end of the playing time is the winner. The leader should remember to mix up the questions so that the players cannot anticipate the answer.



## MINI BASKETBALL TAG



**Equipment:** Soft balls to throw, one small ball for each player

**Description:** The leader selects 2-5 players to be "IT" and gives them each a soft ball to throw. All other players are given a small ball (ping pong ball, tennis ball, small foam ball). If a player is tagged by a ball thrown by "IT", he/she must put the ball under his/her armpit and make a circle using either one hand or both. They should put their "hoop" (the circle they made with their hands) into the air. To be free, someone must come and "slam dunk" their ball through that person's hoop.



## SCREAM TILL YOU DROP

**Equipment:** None

**Description:** Have all players stand in a line at the end of the play area. When the leader says "GOo", players run as fast as they can, screaming as loud as they can as far as they can. When they can scream no longer, they drop to the ground. (Dramatic falls are the best!) The person who gets the furthest wins.



## NEVER-ENDING CONE HUNT: A TWIST ON HIDE AND SEEK

**Equipment:** Cones (more than the number of players), tennis balls (enough to hide under half the cones)

**Description:** Never-ending cone hunt is simply a game of hide and seek with balls and cones. Prior to playing, set up cones on a field sporadically. Hide the balls underneath several of the cones. To play, players all start searching together to look under the cones to find a ball. They can only look under one cone at a time. If they find a ball they have to remove it and hide it under a different cone to hide it from their friends. So, they need to look under other ones to see if they are empty or they need to remember which ones they have recently checked that were empty in order to know where they can place the found ball.



## TRIVIA RACING RELAY

**Equipment:** Cones or place markers, pre-printed list of trivia questions

**Description:** Place cones or markers to set up running lines for each team. Divide the group into two or more teams. Each team will choose one player to ask questions, while the rest will line up at the starting line. The chosen player will take the trivia question list and take a position at the finishing cone. When the leader says "Go," the first player at the starting line for each team runs to the finish cone. The player with the trivia question list will ask a question off the list, and the running player must answer the question to return to the starting line. When the player answers the question correctly, he or she may run back to the starting line and tag the next person in line for that person's turn to run.

If the player is not able to answer the question correctly, then he/she must run back to the starting line and run back to the finish cone for a new question. If the player cannot answer the second question correctly, then he/she may run back to start and tag the next person in line. The team with all players back across the starting line first wins the round.

## SPEED STACKS RELAY

**Equipment:** 6 disposable stacking cups for each team, hula hoops

**Description:** Divide players into teams and line them up in relay fashion behind a starting line. Give the first player on each team 6 disposable stacking cups. Place a hula hoop at the opposite end of the playing area for each team. One-by-one, players will run to the hula hoop, arrange the cups as quickly as they can into a pyramid and then stack the cups one on top of the other so they can pick up the stack and return to the start. Once a player has reached the start he/she will hand the stack of cups to the next player.



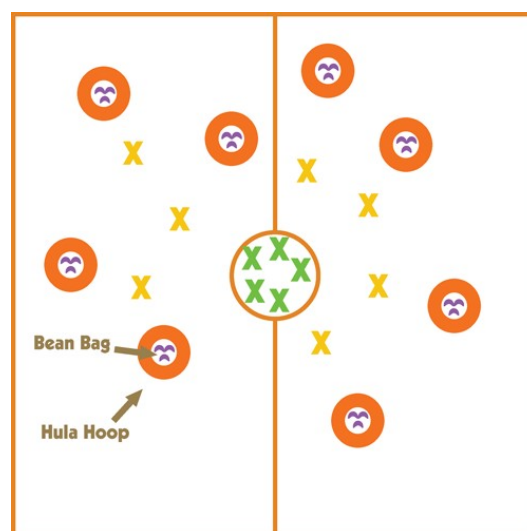


## COPS AND ROBBERS

**Equipment:** Hula hoops, several beanbags, cones (if playing outside)



**Description:** The leader should scatter hula hoops around the playing area and put as many beanbags into each hoop as possible. Divide players into two even teams, placing one team in the middle of the gym, inside the center circle. (This will be their safe zone.) If you play outside, use cones to mark the center circle safe zone. Have the other team scatter about the playing area. The players in the middle of the circle are the robbers. The players outside the circle (safe zone) are the cops. The object of the game is for the robbers to steal as many beanbags as they can and bring them back to their safe zone without being tagged by a cop. If a robber can make it to a hula hoop, he/she can stand and be safe in the hula hoop with the beanbags. Only one robber can be inside a hula hoop at one time. Robbers can only steal one bean bag at a time. If a robber makes it back to their safe zone without being tagged by a cop, he/she drops the beanbag in the middle of the safe zone and prepares to head out again. If a robber is tagged by a cop and does not have a beanbag, he/she must sit down wherever tagged. If a robber is tagged while holding a beanbag, he/she must first return the beanbag to the hula hoop and then go sit back in the spot where she/she was tagged. When a robber leaves the safe zone, they can either try to steal a beanbag OR save a robber who has been frozen. They CANNOT do both. To save a robber, they must make it to a frozen robber and touch them. Then, while still remaining in contact with the frozen robber, walk back to the safe zone together before rejoining the game. Play for a predetermined amount of time or until all of the robber have been caught or until all of the beanbags have been stolen. At the end of each round, have cops and robbers switch roles.







## DROP THE COOKIE!

**Equipment:** Round dome-shaped cones or poly spots

**Description:** Show players the "cookies" (dome-shaped cones or poly spots) and tell them "how delicious they are". Use a large play area with clear boundaries appropriate for the number of players. Hand out cones/spots to about one-third of the group. The players who do not have cones/spots chase those who do. When they tag them, they yell "Drop the cookie!" The player who is tagged must drop it and run away (becoming a tagger). The tagger picks up the cone and then is chased by the other players.

**Variations:** Exchange the cones for pool noodles. Players then yell "Drop the Linguine!" Replace the cones with other equipment. Have the cones represent another object, such as a ball or pizza. Have players yell other's names, such as "Hey (name), drop the cookie!", to reinforce learning names. If played indoors, emphasize safety and spatial awareness by alternating movement, such as hopping, walking or playing on knees.

## RAINBOW TAG

**Equipment:** Tongue depressors, water-based face paint crayons, pink or rainbow colored piece of clothing, wet wipes

**Description:** To play, you will need five tongue depressors, each one marked with a color of the rainbow and water-based face paint crayons in the same rainbow colors. To prepare, hide each tongue depressor along with the matching color of face paint in a different place around the yard. Next, choose someone to be Pinkie, the player who sneaks around trying to tag the other players and undo their progress. Give Pinkie something pink or rainbow-colored to wear. To play, set everyone but Pinkie out in search of the sticks. Each time a player finds one of the colored sticks he/she should:

- Not give away the location to others
- Paint a stripe on his/her face
- Leave the stick and paint in place
- Bluffing is encouraged to keep the locations secret

The catch: Pinkie will be lurking, trying to tag the players. Every time he/she does, she wipes off one of their stripes. The first player to get one stripe in each color wins.



## FROG CATCHER

**Equipment:** Beanbags, hula hoops



**Description:** First, tell a story about frogs. Describe how frogs like to hang out on their lily pads when they are not looking for insects to eat. Scatter the beanbags around the play space; place hula hoops at random intervals around the play area.

The objective of this game is to avoid being tagged by the frog catcher. The leader starts as the frog catcher, waiting for the frogs to get off their lily pads (hula hoops). At your signal, have children hop to gather insects (bean bags) and have them leap back to their lily pad. While kids are leaping around to catch insects, pretend to try and catch (tag) them. If a frog is tagged, the frog must drop the "insects", go to the shore banks (on the side of the play space) and perform a task (i.e. 5 jumping jacks, sit-ups, etc.) to get back into the game. The frogs are safe and cannot be tagged while on their lily pads. However a frog can only stay on their lily pads for 5 seconds before the lily pad gets too heavy and starts to sink.

### Variations:

Have kids share some of their insects with a sick neighbor frog by taking them to the other side of the pond (across the room). Have multiple frog catchers.

## GRUMPS ISLAND



**Equipment:** None

**Description:** You will need a playing area with a center circle. Explain the boundaries including the lines they run between and the center circle (island). Explain that the two end lines are the shores and the circle is an island: everything else is the ocean. This game is easiest played on a basketball court with end lines and a center circle. If playing outside, use chalk or cones to create boundaries. The players must attempt to go across the ocean, but it is "too far to swim without a break" so they must stop at the island on their way. The Island has a Grump on it that will try to tag the players as they step onto his/her island.

Players must put at least one foot onto the island before they can go across to the other side. If players get tagged, they become Grumps with her/him. Grumps must keep one foot on the island at all times because Grumps are too old to swim. If players successfully put one foot on the island and get to the other side, they should wait there until the next round when they will swim back. You may have to start counting down because players will take a long time trying to get onto the island.

**Variations:** Players must actually pretend like they are swimming by doing a swim stroke across the water.

## BAND-AID TAG



**Equipment:** None

**Description:** Designate a clear playing area using cones or sidewalk chalk to mark clear boundaries. Designate a "hospital area" outside the play area using visible boundaries. In this game, every player is "IT" and can both tag others and be tagged. If a player is tagged, that player must take one hand and put it directly on the place where they were tagged. The hand is a *band-aid*. After being tagged once, players continue to run around, avoid being tagged and attempt to tag others, but they must keep their *band-aid* on and therefore only has one free hand. If a player is tagged again, they must take the other hand and place it on the second spot where tagged. The player can still continue to run around with both *band-aids* on. If any player is tagged a third time, they have to go to the *hospital* and do five jumping jacks (or another pre-determined action) to get back in.

### **Variations:**

Players can be *treated* at the hospital by counting to 20 and then return to the game without any *band-aids*. Players can go to the hospital at any time to remove any *band-aids*. They do not have to wait until they are tagged the second or third time. Allow players to *heal* themselves by stepping anywhere outside the boundaries to do the jumping jacks or other action.

Vary the speed of the game by having all players use different footwork, such as *move like you are walking through glue, walk like your static electricity, hop like a bunny...*

## THE TAG ZONE

### SHRINK TAG

**Equipment:** Large play area with clear boundaries to separate the different zones. Zone 1: Giant square or rectangle. Zone 2: Large circle or oval area inside Zone 1. Zone 3: Small circle inside Zone 2.

**Description:** In the game everyone is it - you can tag anybody, but anybody can tag you. Everyone starts in Zone 1. The object of the game is to tag as many people as you can without getting tagged yourself in while you are in Zone 1. If you get tagged in Zone 1, you need to enter Zone 2.

Everyone in Zone 2 can tag each other and be tagged. If you get tagged in Zone 2, you need to enter Zone 3. If you tag someone in Zone 2, you get to go back to Zone 1. Zone 3 is not a tag zone, but a Rock Paper Scissors Zone. When in Zone 3 you will need to play Rock Paper Scissors with someone else in Zone 3 to get back in Zone 2.



### MAGIC TAG

**Equipment:** None

**Description:** Designate a large play area with clear boundaries and room to run. Designate 3 magicians to start the game. Review the boundaries and the consequence for going outside them, you automatically become a magic wand. The object of the game is to avoid being tagged by the magicians who are trying to turn everyone into magic wands. If you get tagged by the magician you turn into a magic wand and freeze. You stay a magic wand until two people join hands creating a circle around you and say "Abracadabra!" to undo the spell. If you are not tagged you are avoiding the magicians and undoing the spell for the magic wands.

**Variations:**

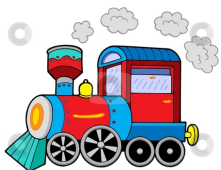
You can make undoing the magic wand sillier with a dance and a song.

### COOKIE JAR

**Equipment:** None



**Description:** Explain that the players are cookies and you (the leader) are the Cookie Monster. It is almost lunchtime for you and you may be hungry. The players must ask you, "Cookie Monster, Cookie Monster are you hungry?" If you say "yes" they must try to run across the play area without getting tagged by you. If you say "no" they must remain where they are and ask again until you say "yes." If someone gets tagged they become one of your helpers.



### ROCK PAPER SCISSORS TRAIN

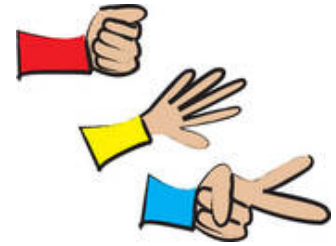
**Equipment:** None

**Description:** All of the players find a partner and play rock paper scissors. Whoever loses must put their hands on the shoulder of the winner, forming a train.

The front person of that train leads their train to another train and the front people of each train play against each other. The train that loses attaches to the back of the winning train.

This continues until only one train remains.

## EXTREME ROCK PAPER SCISSORS



**Equipment:** None

**Description:** On a large playing field, split the group into two teams. Make sure there is a halfway point that is recognizable. In the back of each team's side, make sure there is another "end zone" area that is recognizable.

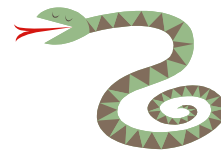
Teams will huddle up and decide which of the rock, paper scissors moves they will do. When both teams have decided, they approach the center line and with the help of the facilitator, they all say "Rock... Paper... Scissors... shoot" together and perform their action (it can be fun to have the actions much bigger than normal - such as their whole bodies turning into rocks, or giant scissors, or big pieces of paper).

Whatever team wins can immediately begin chasing the other team, attempting to tag them. The team that lost tries to run back to their "end zone" as quickly as possible. If they make it there without being tagged, they are safe. If they get tagged, they must join the other team.

The game usually does not end up with one team having everyone and so the facilitator must use his or her discretion of when to end the game.

Rock beats scissors. Scissors beats paper and paper beats rock.

## SNAKES TAIL



**Equipment:** None

**Description:** The group will line up single file and place their hands on the shoulders of the person in front of them. On the word "GO" the person in the front of the line tries to catch the person at the back of the line. The line cannot come apart. Rotate the group from front to back or back to front for each round of play. Once the group has caught their own tail once or twice, have them try to catch the tail of a different "snake".

## GROCERY STORE

**Equipment:** Cones



**Description:** Assign each set of cones a fruit or vegetable that corresponds to their color (e.g. purple cones = grapes, yellow cones = lemons, etc.) Make sure everyone can repeat each color of the cones and corresponding fruit. Set up 3-6 sets of cones around in a given area. Each set of 4 cones should make a square. (The bigger the area used the more fun.) The leader starts as the Shopper. The Shopper will yell out, "I am going to the store to buy some... grapes!" Everyone must then run over to the box of purple cones without being tagged by the shopper. If they do get tagged, that player becomes a shopper and a tagger as well.

### Variations:

Instead of starting everyone in one box and yelling out different fruits, start them out as workers in the grocery store and the leader as the manager. If you say I need the floors swept, all the players must walk around the play area pretending to sweep the floors until the leader yells, "One of the shoppers needs grapes!" They need to make it to the grape box without being tagged.



## WHO LET THE DOGS OUT

**Equipment:** An open space that is safe for running, cones

**Description:** Pick 4 players to be the "dogs". Give each dog a cone and ask them to spread them out. These will become their doghouse. Make sure all the players know which "doghouse" belongs to which dog. Each "dog" is a tagger. Everyone else is a "cat" and is trying to not get caught by a "dog". If a "cat" gets tagged, then that player must go to the doghouse belonging to the dog that tagged them. (A certain color cone) Each "dog" is trying to tag as many "cats" as he/she can. A round is over when all "cats" have been sent to a "doghouse".

**Variations:** The more children you have, the more "dogs" you can choose. Instead of running: walk, walk heel/toe, animal walk, etc.

## SLOW MOTION TAG



**Equipment:** None

**Description:** Ask each player in the group to find their own personal space within the boundary area. Make sure there is enough room so no one is able to take one step towards someone and tag them. Adjust the boundaries out a bit if needed. Explain the guidelines and then let players adjust themselves before you start. You, as the leader, will be calling out, "Step". At this time, each player can move one of their feet in any direction they want.

The objective here is to tag other players anywhere below the cranium. If a player is tagged, s/he will sit down right where they are - they become "ankle biters". The ankle biters, sitting on their bottoms at all times, can tag the players still standing if they get close enough. However, ankle biters can only tag below the knee. Every time the leader says, "Step" each player can take ONE step. If anyone moves both feet during a step, they sit down to become ankle biters. Play down to the last two players and call them co-slow-mo champs for the moment. Have everyone stand up and play again. It's fun to watch the different strategies emerge after a few rounds of play.

## LOOSE CABOOSE



**Equipment:** None

**Description:** Groups (trains of 3 or 4) depending upon the size of the group are made up with the individuals lining up behind each other forming a train. The game is a tag game. Two people are designated as "IT" and two are the "loose caboose." The object of the game is for those who are "IT" to tag the players who are the loose caboose. The loose caboose, however, can avoid being tagged by hooking on to the end of the train. Once a player hooks on to the end, the first player in the train then becomes the loose caboose. The train can also try to avoid being hooked onto. Once a player has been tagged, they then become the "IT," and the "IT" becomes the loose caboose.

## SPIDER AND FLIES

**Equipment:** None

**Description:** Choose one child to be the spider; the rest are flies. Tell the children that they are going to play tag, and that the spider is going to try to catch the flies. Every fly that the spider catches becomes part of its web, holding hands with the spider and trying to catch the remaining flies (which can take some coordination and concentration!) Each fly that is caught holds on to the chain and helps catch more flies. The last player to be caught becomes the new spider.





## FLOUR TAG

**Equipment:** Socks, flour



**Description:** Place about  $\frac{1}{2}$  cup of white flour in a clean sock, and tie a knot in the top. Each player receives a flour-filled sock. Children participating in this fun camp activity should wear dark T-shirts, and form two separate teams. The teams attempt to tag players on the opposite team. The last person to be tagged is the winner of this fast and furious camp activity that is sure to burn lots of summertime energy. The flour can easily be wiped off when the game is over.



## RAINBOW TAG

**Equipment:** None

**Description:** First choose a "rainbow catcher". They will stand in the middle of a large play area. Next assign all the remaining players different colors of the rainbow. Red, orange, yellow, green, blue and purple. (Don't let the rainbow catcher hear what colors each person is assigned.) The rainbow catcher then calls out a color. All the players that have been assigned that color try and run past the catcher to the other side of the play area. The rainbow catcher tries to tag as many of children as they can before they reach the other side. The kids who are tagged become rainbow catchers and stand in the middle to help tag other players on the next round. Sometimes the rainbow catcher can yell "Rainbow!!" and all the players must try and reach the other side. The last person caught becomes the new rainbow catcher.

## CROCODILE GAME

**Equipment:** Mark the two banks of a river on the floor.



**Description:** Split the group in half. One half goes to each side of the river. One player is the crocodile in the river. Number off all people on each team. The crocodile calls out a number and the player from each team with that number must run to the far bank without being tagged. If the crocodile tags someone, he switches places with him. If a player does not leave his bank before the other running player reaches his bank, then he switches places with the crocodile. This is to keep the game moving.





### CLOTHESPIN TAG

**Equipment:** Lots of clothespins

**Description:** Give every camper a handful of clothespins to pin anywhere on their clothes where they can be reached by other campers. On "Go" signal, everyone tries to pull a clothespin off someone else. As soon as a clothespin is snatched, the camper that stole it kneels down. He pins the clothespin to his clothes. While kneeling, a camper is safe from having a clothespin taken. Set a time limit and see who (or which team) has the most clothespins when time is called. You may need to set rules to prevent kneeling too long or kneeling without first snatching a clothespin.

### DITCH 'EM GAME



**Equipment:** None

**Description:** Identify a jail space for captured players. Divide the players into two teams. Team A has 1 minute for its players to hide anywhere in the designated play area while Team B has their eyes shut. A signal is given, and Team B spreads out, searching for hiding players. When someone is found, he must be tagged to be captured. Captured players are led to the jail space where they must stay. Once in jail, the player can be rescued by having another player on his team run to the jail area and tag him. The jail can have as many guards as the searching team wants. The round is over when all hiding players are in jail. Then, teams switch roles and try again.

### AVOID THE OCTOPUS

**Equipment:** None

**Description:** Don't let the hungry octopus get you. First, pick one person to be the octopus. Then, draw two lines that are at least 20 feet apart. The other players, the fish, then line up on either line. When the octopus shouts "hungry," everyone tries to cross to the other side while the octopus tries to tag them. When a fish is tagged, he becomes a tentacle and has to hold hands with the octopus, working with him to try to tag the other fish. The last fish left wins!



## DUNGEON BREAKOUT GAME



**Equipment:** Blindfolds

**Description:** Mark a starting line and a finish line about 25 feet away.

One team is blindfolded - they are the Dungeon Wall. They line up across the playfield at centerline with each player's feet spread apart and touching the foot of the player next to him/her. The other team is on the starting line and their job is to burrow under the dungeon wall and escape. The dungeon wall players have two booby traps that can spring and catch someone trying to escape - their hands which are held at shoulder height.

When a dungeon wall player believes someone is burrowing under him, he can reach down with one hand to tag him. If he touches the escapee, that player is captured and thrown in the castle tower and the booby trap can be reset. If there is no escapee there or he misses him, then that booby trap is no longer usable and must be held behind his back.

After a set time, about 3 minutes, tally the number of escapes and captures and switch sides.

Teams receive one point for each escape and one point for each capture. The team with the most points wins.

## FROG HUNT

**Equipment:** None



**Description:** The game is played in a gymnasium, with an area marked off to be the "pond". The objective of the game is to capture all players on the opposing team. One team becomes "frogs", and the other team, "fish". The game starts with the fish on one side of the gymnasium, and frogs on the other. When the instructor says *GO*, fish try to tag the frogs. When a frog is tagged, he/she is escorted to the pond. If the fish is tagged by a different frog before escorting the first frog to the pond, the first frog goes free, and the fish is sent to the pond. In order for the fish or frogs to be freed from the pond, they must trade places with a captured frog or fish, respectively. One team wins when all players of the opposite team are captured. This results in 1 point. Teams may play as many games as possible in a given time period. If at the end of a time period, no team has won, the team with more captured players wins the difference of points between the two teams up to a total of 9 points (for example, if the fish have 12 players and the frogs have 8, the fish win 4 points).

**Variations:** Frogs may only be allowed to frog jump, while the fish cannot talk. Any type limitation on the mobility or ability to communicate will make the game more challenging.

## BALLOON TAG



**Equipment:** Balloons, string

**Description:** Ready, set... stomp and pop! This is a game for 6 or more players and should be played outside or in an open area. There aren't any teams in this game. It's every player for him or herself. The object of the game is to pop the other players' balloons before they pop yours. Players run around and try to stomp other players' balloons while keeping other players from stomping on theirs. Last player left with their balloon wins. Start stomping!



## FRUIT TAG

**Equipment:** None

**Description:** A fruity, frantic frolic game! Everyone chooses the name of a fruit and says it out loud. One person starts off being "IT." "IT" runs toward a player. That player has to call out another player's fruit before "IT" has time to tag him/her. "IT" then runs to the new player and tries to tag him/her before he/she yells out another player's fruit. If "IT" tags someone before he/she yells out another player's fruit, he/she becomes "IT."



## REFRIGERATOR TAG

**Equipment:** Four objects to be bases

**Description:** TAG! What's your favorite food? This game is for 5 or more players and should be played outside or in an open area. To play, pick four objects to be bases and give each base a name: "Don't like it," "Love it," "It's OK," "Never tried it." You can make signs for each base if you like.

Pick someone to be "IT." "IT" stands in the middle and the players stand on any base they want. "IT" calls out the name of a food. Players then have to run to the base that describes how they feel about that food. "IT" tries to tag a player before he/she reaches the base. The player who is tagged then becomes "IT!"



### BACKPACK RELAY

**Equipment:** Two backpacks, 2 teddy bears, 2 maps, 2 of different camping items (soap, compasses, flashlights, bars of soap, etc.)

**Description:** Relay fun, backpack style! This game is for 4 or more players and should be played in an open area. Put one of each item into a backpack. Divide up into two teams.

On the word "go," the first player from each team puts on the backpack, runs to end of the playing field, empties the backpack, unfolds and refolds the map, kisses the bear, and re-packs the backpack. That person will then run back to the start and puts the backpack on the next player who does the same. The first team to finish wins.



### SOLVE THE PUZZLE

**Equipment:** One puzzle for each team, envelopes

**Description:** Players should be divided into evenly sized groups. Each group should have their own safe base. When the leader shouts "puzzle" everyone from the group runs toward the instructor. Then instructor gives each group an envelope with a puzzle piece inside. The players then run back to their safe base and wait for the leader to shout "puzzle" again. They do this until all puzzle pieces are collected and they compete the puzzle as a team. Whichever team finishes the puzzle first wins.



### T TAG

**Equipment:** None

**Description:** This is a variation of Freeze tag where the person frozen has to stand still with arms out, in a T shape. The person unfreezing has to run under one of the outstretched arms to unfreeze others.

### NEWSPAPER RACE



**Equipment:** Newspapers

**Description:** This is a race where everyone has a stack of newspapers. The goal of the race is to cross the finish line first. Players do this by dropping a newspaper sheet on the ground and then stepping on it. They then drop another and step on it. Players cannot step on the ground: only on their newspaper sheets. This can be done as a large group or in relay fashion.



### TOP & BOTTOM TAG

**Equipment:** None

**Description:** Gather players into two teams. Tell one team to put one of their hands on their head, and the other team to put one of their hands on their bottom. Players tagged by someone from the other team must switch (players with their hand on their heads who are tagged by players with their hand on their bottom switch to the hand-on-bottom team and vice-versa). The team that ends with all the players on it wins.

## RUNNING TWISTER



**Equipment:** Twister spinner, one piece paper in red, green, blue and yellow

**Description:** Prior to playing, tape one of the colored pieces of paper on each wall. Players should stand in the middle of the room. The leader spins the Twister spinner and shouts out what the spinner lands on (such as "right foot red"). Players must run to the red wall and put their right foot on it. Players then return to the middle of the room and the leader spins again. This can be played as an elimination game where the last one to reach the wall after a spin is out: the last one standing wins.



## TRUE FALSE RUN

**Equipment:** Prepared questions, cones or other markers if playing outdoors

**Description:** Prior to playing, the leader will prepare a list of true/false statements to ask the players. The group stands in the middle of a room (or if outside, between two markers e.g. cones). One wall/marker is selected to be "true" and the other "false". The leader reads a statement, e.g. "Bats aren't actually blind". On 'Run!' the players must run for whichever side they think is correct. The players who choose the wrong answer are eliminated, and only the correct side continues to the next round. Play continues until there is a winner.

# ATHLETIC & FITNESS ACTIVITIES





## DUMPING GROUND

**Equipment:** Several bean bags, large ropes or hoops to create circle boundaries.



**Description:** Make two equal size circles 50 feet apart. Divide the group into two equal teams and have them face each other behind their circles. Place an equal number of bean bags in each team's circle. On "GO" both teams run forward. Each player takes 1 bean bag from his/her team's circle and puts it in the opposing team's circle. Players run back and forth continuing to empty bean bags into the opponents' circle. On "STOP" the team having the least number of bean bags in its circle wins.



## TRAFFIC LIGHTS

**Equipment:** None

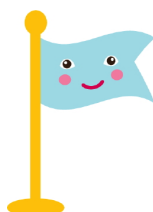
**Description:** This is a simpler, less competitive version of the classic "Red Light, Green Light." Have the party guests run freely, then call out "RED," "YELLOW," or "GREEN." Players must stop on red, sit on yellow, and go on green, but no one is called out if they forget. Mix things up by having them perform a different movement (dance, hop, crawl, etc.) for each round.

## FLAG CHASE

**Equipment:** Chairs, 4 flags (or beanbags), a marker of some sort for each team (such as a poly spot)

**Description:** To prepare, form a large square with the chairs. Be sure to leave room in the center. Each player will need a chair. A marker (such as a poly spot) should be centered 3 feet in front of each team. The leader should divide the group into 4 teams, facing center and seated on the sides of the square, with a marker in front of each team.

The player on the left end of his or her team should be given a flag/beanbag. On the leader's signal, this player runs to the marker, goes around it from the right (counter clock-wise), and then runs to the seat on the right of the team. In the meantime, all players have moved one place to the left, vacating the right seat. The runner sits in the vacant chair, and the flag is passed down the line to the left. The player now in the leftmost seat becomes the new runner. The race ends when the flag has been returned to the leadoff runner in the original position in the left seat.





### **CATCH, DON'T CATCH**

**Equipment:** Ball or other throwable object

**Description:** Have all players sit in a circle. One player goes into the middle of the circle- he/she will be given the ball or fun throwable object. The player in the middle will go around the circle saying "catch" or "don't catch" to the other players, and then gently tosses the object to them. If a player catches the object and the person in the middle said "don't catch," they are out and vice versa. As the players get better speed the game up. The last person standing becomes the new middle person.

### **BUMP, SET, SPIKE**

**Equipment:** Beach ball or other lightweight ball

**Description:** Players should form a circle and pass a beach ball or lightweight ball. Players can only touch the ball once. Players will be out if they 1) Touch the ball twice in a row, 2) Cannot keep the ball in play, 3) Touch the ball and then the ball hits the ground. When players are out, they sit in the middle of the circle. If a player spikes the ball, players in the middle of the circle can try to catch it. Players who spike and have their ball caught by someone in the middle are out as well and must sit in the middle of the circle. The object is to be the last person standing.



### **AEROBIC BOWLING**

**Equipment:** Bowling pins, dome cones, basketballs or kick balls

**Description:** The object of the game is to see which team can hit their pin down the most. The leader should divide the group into teams. Each team should form a straight line up behind their dome cone. One teammate should stand 15-30ft away behind the team's bowling pin. The first person in line on each team rolls the ball and attempts to knock the pin down. Once the ball is rolled, the player behind will take the ball back to his/her team and hand it to the next player in line. The player who rolled the ball becomes the next person to pick up the pin and return the ball to the next person in line.



### 3-BALL

**Equipment:** Kickball, football, frisbee, canister (trash can)

**Description:** This game is played on a softball diamond. Divide players into two even teams. If you do not have a softball diamond, you can use paper plates or poly spots to set up a field. Put a canister or trash can where the pitcher's mound would be. Separate teams and have one on offense, one on defense. Explain to the teams that the goal is to score as many runs as possible per inning. (You can cap it at a certain number, such as 7, for the first few innings and then make it unlimited for the final inning.)

To score, the individual on offense must kick the ball, throw the football and then throw the frisbee. They can do it in any order they wish. At this point, the offensive player must run to first base and then second base before the defensive team is able to throw the kickball, football and frisbee into the canister at pitcher's mound. If the defensive team is able to collect everything and put it in the canister before the runner reaches second base, the runner is out.

(You can play singles, but it is nearly impossible to collect everything and throw it back to the pitcher's mound and into the canister before someone reaches first base.) A runner can choose to advance further, but they are only safe if they are standing on a base (with the exception of first base) or have crossed home plate. All ties go to the runner.

If the first person successfully reaches second base, the next person will be up and will once again throw the football, frisbee & kick the ball. In this scenario, if there is a runner on second base, the runner must reach home plate (advance two bases) by the time the defense collects everything and puts it in the canister. If both the "hitter" and the "runner" fail to advance two bases, they are both out, resulting in a double play.

One final rule for participants: the kickball, football and frisbee must be in the field of play (between first and third base lines). If they are not, they are automatic outs, without the need to throw them in the canister.

**ALTERNATE IDEAS:** 1) You can use a tennis ball (have them hit with a racket), giant exercise ball or other items as well. Since teams will not have gloves, it is best to not use baseballs or other items that might cause injury. 2) Have teams rotate boy/girl if they are mixed teams. This allows everyone to play and prevents teams from stacking their lineup. 3) If possible, have someone "officiate" the game. 4) Have a scorekeeper who can remind teams of how many outs they have and the current score. 5) If no one is reaching second base, you can change the rule to allow for singles. Chances are, if there are several people on each team, it will be harder for teams to advance on the base path.



## RAT ATTACK

**Equipment:** Wrist bands or pinnies, bean bags, bin

**Description:** Break the group into 2 teams. One group should form a circle, joining hands or elbows. The other group is the rats. Rats roam free. Bean bags (cheese) are placed inside the circle. The rats will receive 1 point for every piece of cheese they steal and place in a bin. When the leader yells "MOUSE TRAP" the players in the circle will sit and attempt to trap as many rats as possible. The rats will lose 1 point for every rat that is caught. Keep switching roles of the rats, so both teams can keep earning points.



## DROP IT-CATCH IT

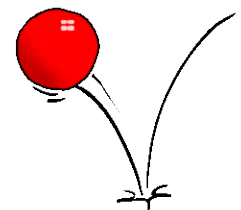
**Equipment:** Ball

**Description:** Players stand in a circle and be spread out so they are an arm's length from each other. The leader should select one person to stand in the middle of the circle. The person in the middle will pass the ball back and forth to the other players. Before tossing the ball, the player in the middle must say "DROP IT" or "CATCH IT". The player must do the opposite of what the player in the middle said. If the player in the center says "drop it", then the other player must catch it and vice versa. If a player does the wrong thing, he/she must switch places with the person in the middle.

## GOALIE BASKETBALL

**Equipment:** 1 kickball, 4 cones, wrist bands or pinnies

**Description:** The group should be divided into two teams. Each team lines up on one of the baselines in the gym. The leader should place a kickball in the center of gym and one cone on each corner of the basketball court. Each player should be given a number. Players whose numbers are called become players on the court: players remaining on the base line become the goalies. The first player to the ball, must trap it with his/her foot. This helps to avoid collisions. After the ball is trapped, it can be picked up. Players on the court then play with basketball rules such as dribbling and passing. The object for each team is to get the ball to the opposite baseline and then bounce pass the ball past the opposing team to score a goal.



## MASS KICKBALL



**Equipment:** Balls, bases, barrels or cans

**Description:** Players are divided into two teams. The team not kicking is in the field and will play defense. Each player on the team that is "up" must have a kickball. Three or more barrels/buckets should be placed in the outfield. Bases should be put in place (first, second, third and home plate).

This is similar to kickball: the only difference is that each player on the kicking team has a ball to kick. All the players kick at the same time. Instead of pitching, players line the balls up near home plate- they then run up and kick the balls.

All players run the bases. The team in the outfield must try to put the balls into one of the three barrels. Each person who runs the bases and crosses home plate before all the balls are collected scores a point. Once all of the balls are deposited into the barrels, it is considered an "out." Players can also be thrown out. After a team get three outs, teams will switch.



## INDOOR HOCKEY

**Equipment:** Chairs, cone, ball

**Description:** Set up 4 chairs, 2 on each side of the room and place each pair of chairs 4 feet apart from one another to serve as a goal. Set a cone (or similar object) in the center of the room. Divide the group into two teams. Choose 2 players and place each one in between each set of chairs. (The chairs are like the goal posts and the players are the "goalies").

Give the group a ball and tell them that they can only go up to the cone and no further. They have to ROLL the ball and try to get it past the other goalie. The goalie that the ball is being rolled at has to try to block the ball (guard their goal.)

## CANDY HUNT GAME



**Equipment:** Individually wrapped pieces of candy

**Description:** Sometimes it takes a bit of a bribe to get kids interested in running! This game is best for younger players. The game is played on a large open field. Prior to the activity, spread out a variety of individually wrapped pieces of candy on the ground. Each player is allowed to pick up one piece of candy before returning to the starting line. Once players have dropped the candy off at the starting point they can return to grab more candy. The player who has retrieved the most candy in the allotted time is the winner.

## SPOT ON

**Equipment:** Poly spots, balls



**Description:** This is a fun game ideal for children who have mastered the fundamentals of overarm throwing and have a good level of accuracy. The concept of *Spot On* is that two teams must compete to see who has the most accurate throwing skills. To play, form two teams. A thrower is nominated for each team. The rest of the team's players walk onto the playing court, where they can stand on pre-arranged poly spots (plastic markers). The two throwers will stand on the baseline of the court and attempt to throw the ball to the people on their team. If a player catches the ball, they take their poly spot and leave the court. The team earns one point for each player's poly spot. The winning team is the one that clears the court of their poly spots.

It's possible to have more poly spots than players on the court. Simply use a different color for each team. Once a player catches the ball, they move onto another spot of the same color. This will extend the time of each round and is a useful option if there aren't many players.

## BUCKET TOSS GOLF

**Equipment:** Beanbags, rolled up socks or soft foam balls, buckets or cardboard boxes, pieces of cardboard or string for golf tees

**Description:** This game combines underarm throwing with the rules of golf. Prior to playing the leader should set up a miniature golf course, with string for the tee and a bucket or cardboard box for the hole. Ideally, you should have at least 5 holes in your miniature golf course. Have the participants start at the first tee and attempt to throw their beanbag into the bucket with as few throws as possible. The children should throw one at a time until everyone has completed the hole. If it is a larger class, they can start at separate holes and rotate around.

You can keep track of the scores on a piece of paper. The player who is able to complete the course in the least number of throws is the winner. You can also vary the length of the holes to make the course more challenging if the players are accurate throwers.







## BALLOON BLITZ

**Equipment:** Foam pool noodle for each player, approximately 50 balloons

**Description:** Balloon blitz is an appropriate game for elementary-aged players. Cones can be used to set up a playing field and a trash can should be placed at each end of the playing field. The group should be divided into

two teams. Each team will need to select a goalie to defend its "goal" or trash can. The objective of the game is for players to hit the balloons using the noodles into the goal of the opposing team. The winning team is the team who has the most balloons in the goal at the end of the game.

## BIATHLON

**Equipment:** Cones, felt floor spots (or carpet squares), gym mat, foxtails, milk crates

**Description:** For the Biathlon event, participants will cross country ski around a track you set up with cones. Have players stand on something that glides across the floor, like felt floor spots (or carpet squares). (Carpet squares can be cut in half and then turned carpet side down.) Players stand on them and have "ski" around a track you designate. After making their way around the track, have them "remove their skis" and lay down a mat for the shooting part of the event. Set up targets with milk crates or other similar containers lined up against a wall. Players will throw foxtails at the targets trying to score points. After three throws, the players get up, put their skis back on and continue around the track.



## CURLING

**Equipment:** Recycled bottles, floor tape



**Description:** This activity works great in a gym with a center circle. Players stand behind different lines designated as the starting spots. You can use laundry detergent bottles with a handle, and you can fill them with water, sand, rice, or whatever works for you. Players take turns sliding them towards the center circle. You can tape point areas on the floor on the "target". Certain areas can be worth 1, 2 or 3 points. Each team takes turns sliding their bottle and keeps track of their points.



## GIANT SLALOM

**Equipment:** Cones or poly spots, pool noodles

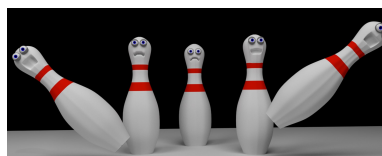
**Description:** Set up a course with cones, poly spots or some other type of markers. Participants will use "ski poles" (i.e. pool noodles) and must "ski" through the course.



## MONSTER BALL

**Equipment:** Baskets of balls, large exercise ball

**Description:** This is a chaotic game that is a lot of fun and gives players plenty of opportunities to practice throwing. It is generally played on a basketball court. The players are divided into two teams. They occupy opposite ends of the court and are each given a basket of balls of different sizes and weights. A very large "monster ball" is placed in the center of the court. The goal of the game is to throw balls at the monster ball, forcing it to move towards the other team's side of the court. If the ball goes out of bounds while on the other team's side of the court, your team gets a point. The smaller balls can be retrieved by players at any time, but players cannot block shots at the monster ball and cannot touch the monster ball.



## PIN BALL KNOCK OUT

**Equipment:** Plastic bowling pins (or 2 liter pop bottles), balls

**Description:** This game is similar to dodgeball, but players knock over pins instead of their friends! You will need plastic bowling pins (or empty 1 liter pop bottles) for this game. Line up the pins on the baselines of both ends of the gym and place a line of balls on the center line. Players can't cross the centerline, but must try to throw or roll the balls to knock over the pins. The first team to knock over all the pins of their opponents wins!

## CIRCLE SOCCER

**Equipment:** Soccer ball

**Description:** Players form a circle, with all the players facing the center of the circle. All players should have their feet spread so there is about 3 feet from leg to leg. Players feet should be right up against the feet of the person standing next to them.



One player starts by holding a soccer ball and throwing it across the circle, trying to get the ball through another person's legs. The person who the ball is thrown at is trying to block the ball from going in between his or her legs.

If the ball does go between a player's legs, that player then has to turn around so they are facing out from the center of the circle. That player then continues playing but has to play backwards. If a backwards player has the ball go between their legs, they are then eliminated from the circle.

If the ball goes in the opening between one person and the next, both of the people it went in between must go to the next step (either face backwards or out, depending on their current step). As a result players are trying to defend not only between their legs but also working with their neighbor to defend the space next to them.

Players may not throw the ball between the legs of the people standing directly beside them.

## HIDEOUT



**Equipment:** Mats, balls

**Description:** Start by creating a "throwing pit" using the middle circle of the gym. Stand tumbling mats upright on their sides to form barriers at four locations around the gym to form a "hideout" from incoming balls. Choose a player to be the "thrower" — that player must throw from the inside of the center circle (the throwing pit). The remaining players run in the same direction outside the perimeter of the mats, trying not to get hit. The catch is that they can only stay behind the mat for a count of three and then must make a run for the next "hideout." Whenever a player is hit below the waist, they become a thrower in the center. Play for a set time or until everyone is in the center and then you can start over!

## BALLOON HOLE IN ONE

**Equipment:** Helium balloons, golf tees, hula hoops, pool noodle or jump rope

**Description:** For a fun outdoor balloon game, fill balloons with helium and spread them out around your playing area, staked low to the ground outside with golf tees. Use a pool noodle or jump rope to designate the throwing line and write numbers on the balloon with point values (the further the throw, the more the points). Players toss hula hoops and try to make a loop over the balloon and then tally up their score. You can choose to play as individuals or as teams.



## PROTECT THE PENGUIN

**Equipment:** Foam balls, bowling pins (or empty 2 liter pop bottles)

**Description:** Place foam balls across the gym and give each child a bowling pin (or empty 2 liter pop bottle) to set up around the gym. Each person must protect their pin AND try and knock down other players' pins. If your pin gets knocked down, then you are out. As more people get out, players move their pins closer together until only one is left standing.

## OCTOPUS BALL



**Equipment:** Ball

**Description:** This game is a sit-down version of dodge ball. Players begin in a standing position, but sit down when they are tagged with the ball and become part of the octopus. Sitting players can touch any player who gets too close to them. Anyone touched must also sit down. The game ends when all players are seated.

## COIN HIT

**Equipment:** Quarter, playground ball

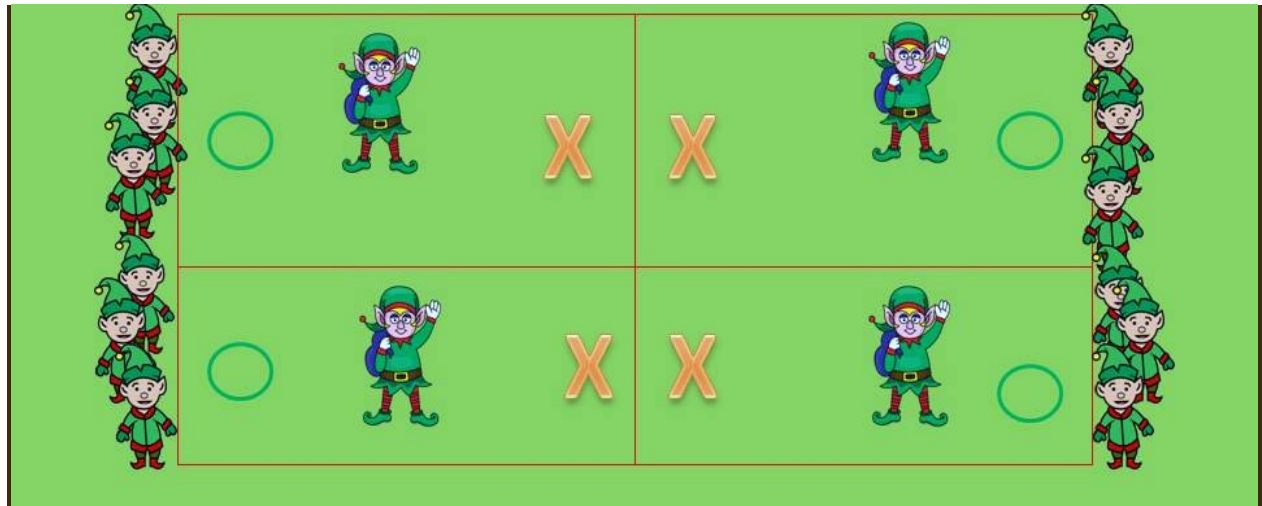
**Description:** This is played on a sidewalk that has sections by two players. Each player stands behind a sidewalk section 'facing each other'. They place a quarter standing upright in the sidewalk crack between them. The first player will stand behind the line of the next sidewalk section and try to hit the standing quarter by bouncing the ball at it. If they hit the quarter they get one point and if it is knocked out of the crack they get two points. The ball will bounce to the other player from across the crack. The second player will take a turn. The first person to get 21 points is the winner.



## DO YOU WANNA BUILD A SNOWMAN?

**Equipment:** For each snowman- 3 hula hoops (body), 3 beanbags (mouth), 1 orange cone (nose), 2 dome cones (eyes), 2 noodles (arms), poly spots (buttons) optional, scarf optional

**Description:** Split students into four groups. Using tape, make an X on the floor where each team's snowman will be built. (See diagram below.) Pile the equipment for each snowman into the hula hoops. One player from each group (head elf) will perform a locomotor skill to start building the snowman by taking one piece to the start. The others (working elves) will do a stationary exercise behind the line. Once the piece is set on the X, the head elf will return to his/her team and tag one of the working elves to switch. This will continue until the first team has formed their snowman.



## WALL TARGET

**Equipment:** Posterboard, marker, tape, soccer ball, paper, writing utensils

**Description:** Draw a circle on a large sheet of poster paper. Draw another, smaller circle inside the first one. Write "5 points" on the large circle and "10 points" on the small circle. Tape the paper on a wall in an outside area. Depending on the players' ability levels, designate a starting point. Each person should be given five turns to kick the ball - they will try to hit the 5 and 10 point targets. Keep track of each person's score for each round and add up at the end after each person has had five turns.



## CAPTURE THE TREASURE

**Equipment:** Tall cones, small balls, soft rubber playground balls, rewards of some sort



**Description:** This fun game is similar to capture the flag, but for students of all levels and abilities. There are two teams: one defends the treasure while the other tries to win it. As few as two people may play this game. Prior to playing the leader should set up cones around the room, each with a small ball placed on top. The defending team will be given playground balls for throwing: they will try to hit members of the other team. To play, the capturing team moves around the space trying to remove all the small balls from the cones without getting hit by a defensive team ball. Each time they are hit with the playground ball, one small ball must be replaced on a cone. When all small balls are off the cones, the capturing team is awarded the treasure (reward).

**Hint:** To prevent the throwing of the small balls, tell students to take the small balls and place them on the floor away from the playing area.

## BEAN DARTS

**Equipment:** Dried beans, bandanas or squares of cloth, string.



**Description:** Turn unused dried beans into "lawn darts" that players can use to test their throwing skills. Create the darts by placing a handful of beans in the center of a red or blue bandana, gathering up the sides of the cloth and tying it closed with a piece of string. Place targets, such as circles of rope or small hoops, on the ground. Assign a point value to each target based on its size or its distance from the throwing line. Give each player 10 tosses. The person with the highest score is the winner.

## SOCCKER BOWLING

**Equipment:** Cones, ball

**Description:** This is a variation on the game of bowling. Set up 10 cones to represent bowling pins. Designate a boundary line suitable for the ability level of the players. Players will kick the ball from the boundary line, trying to knock over the "pins." Each player gets three kicks and scores one point for each cone knocked down. Other players follow suit and take turns. After 10 rounds, the highest scorer wins.



## **CRAWL BALL**

**Equipment:** 2 Garbage Cans, pieces of paper, tape

**Description:** Crawl Ball is a fun take on basketball that anyone can play. The beauty is that it takes minimal effort to set up but still delivers on all the fun! Before you start, set up to garbage cans on the opposite ends of the "court." You will need to tape off a half circle or square in front of the garbage cans (baskets) that prevents people from being in front of it. If that line is crossed by a defender, the opposing team gets a free shot from wherever the closest ball is. One you do that, place a bunch of crumpled up pieces of paper that will act as balls (thicker paper, or printer paper works better) in the middle of the court. It is recommended that you use three to start, but you can throw in more as the game moves along to make it more interesting.



While Crawl Ball is really simple, it does have a couple of rules. First of all, everyone will be on their knees to play the game, which means they will have to crawl. They are allowed up to three steps/knees, but any more than that will result in a turnover. The key is to learn how to pass the paper ball and to keep moving when you don't have the ball. If the ball hits the ground, that is okay, it just becomes a mad dash to the ball. Defenders are allowed to block, but they cannot hit, or it is a foul and it allows in a free shot from the spot of the foul.

All shots are worth two points (if you want to add a three-point line or a half court bonus, feel free to do so). Whoever has the most time at the end of the game, wins.

**TIP:** Hand out colored wristbands to differentiate the teams.

## **PIZZA SHOP**



**Equipment:** None

**Description:** You will need a large open space such as a gym to play this game. Two people (pizza makers) stand in the middle of the gym and the rest of the players stand behind a line at one end of the gym. The coordinator goes down the line informing them what topping they are by saying pepperoni, mushroom, or ham. The pizza makers call out one topping and those toppings need to run across the gym past the safe line. If they're tagged they must stop where they are and sit down. They try to tag anyone that passes them during the game. Do this until there are only two people remain in the game. They are the new pizza makers.





### POOL NOODLE RING TOSS

**Equipment:** 2 pool noodles, 2 sharpened pencils, duct tape

**Description:** Prior to playing you will need to make the hoop and stands. Cut one noodle in half (easy to do with a bread knife) and tape the other together in a ring shape using the duct tape



Push the pencils into the grass (try  $\frac{1}{4}$  of the pencil) about a foot apart.



Push the pencils into the grass (try  $\frac{1}{4}$  of the pencil) about a foot apart (distance can be greater depending upon the age/skill level of the players) Then place the noodle hole over each pencil. Voila- a simple ring toss game.



UP, DOWN, STOP, GO!

**Equipment:** None

**Description:** Have players stand up either by their seats or spread around the room/play area. Demonstrate the appropriate actions for "up", "down", "stop", or "go". On "Up", players should squat down. On "Down", players should jump, or stretch up as high as they can. On "Stop", players should move around the play area in a specific movement (such as walking, jogging, running, skipping, hopping, etc.) or, if players cannot move around the play area, they should run in place. On "Go", players should freeze. Players not doing the correct movement can complete a task (such as jumping jacks, give the leader a high five, etc.) before returning to the game.



## JUMBO KERPLUNK

**Equipment:** Tall laundry basket/hamper, dowel rods, small plastic balls,

**Description:** It is easy to make a large version of a childhood favorite! To make the "game" purchase tall laundry basket/hamper that has holes in it and dowel rods (5/8" works best). Instead of allowing the balls to fall to the ground, you can use a smaller laundry basket to go underneath & cut a rectangular hole on one side of the basket to give players access to the balls as they fall.

You can choose to play the game in a similar fashion to the board game, where players take turns pulling out dowel rods one at a time hoping that no balls will drop. The player who has the least amount of balls at the end of the game is the winner.

**Variation:** To add activity, write an exercise on each ball with a wet erase marker. You can choose to put a question mark on some balls to allow the player to choose an exercise. When the balls fall, the players must complete the exercise on the balls that fell.

Players take turns taking out a dowel rod. If a dowel rod was taken out and none of the balls fall, then the group does not have to perform an exercise. If a dowel rod was taken out and one or more balls fall, then the player who removed the rod should reach into the hole on the side of the laundry basket and choose one ball. The entire group will then perform the exercise that was written on that ball. Once the exercise is completed, the next player will choose a dowel rod to remove. Players will love the anticipation of whether or not a ball will drop and whether they will have to complete an exercise or get a break.

**\*Setup Tip:** If playing in a gym, it may be a good idea to place the game inside of a baby pool to keep the balls from rolling around on the floor. You may also want to have a designated place for the dowels to go (large bucket) after they are pulled out to help eliminate the risk of injury if players begin to play with the dowels while waiting their turn.





## SCHOOL YARD GOLF

**Equipment:** Golf balls/ tennis balls, hockey sticks, chalk, cones

**Description:** Look around your yard and create a mini golf layout. Find hills, divots, ramps, stairs, planter boxes, tables etc. to utilize as obstacles. To create a course, mark each hole with a number, 1-18. A standard golf course has 18 holes so adapt to what your space permits. Each hole should have a tee box, a place to start, and a cup/cone where each hole ends. Each team will receive one ball and one hockey stick. The object of the game is to hit your ball into the cup in the fewest amount of tries.

Once all teams have teed off, the team furthest from the hole should be hitting. If the ball advances past another team, the team who is now furthest from the hole gets a turn.

If the ball fails to advance past another team, that team hits again until they are no longer the team furthest from the hole. Players should be taking turns hitting the ball for their team. Each team needs to count how many hits it takes to get the ball from the tee into the hole.

### Variations:

Use a Frisbee instead of a golf ball. Play a Scramble: All players get to hit every time it is the team's turn. Once all have hit the ball the team decides which ball it will use to take their next hit. All other players pick up their balls. Everyone gets to hit again from that spot when it is their team's turn. The team must use each person's hit at least once.

## ROLLER BASEBALL

**Equipment:** Bat, kickball, home plate

**Description:** Divide the group into two teams. Line up the outfield team as you would for a game of baseball. Line up the infield team in a straight line about 15 feet behind home plate or in a safe place near the batter but not in the playing field. Practice rolling the kickball between players legs as a group or as a short relay. The pitcher pitches the kickball to the first player who then hits it with the bat. As the ball rolls to the outfield, the batter runs around his or her team as many times as possible. Meanwhile, the players in the outfield line up behind the player who caught the ball. They all stand behind one another with their legs apart. The player who caught the ball rolls it between his or her legs and between the legs of the team. When the last player in line gets the ball, he/she runs to the front of the line and yells and the batter stops running. The hitting team keeps track of how many times the batter completely ran around them by counting aloud. After three batters the teams switch positions. Play continues until everyone has batted.

## SECRET AGENT



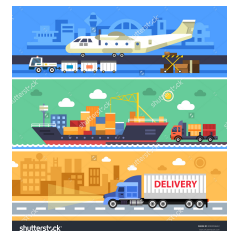
**Equipment:** Playing area and a starting line

**Description:** Have one player, the secret agent, stand 50 ft or more away from the other players, the spies. The secret agent has his/her back towards the spies, and to start each round the secret agent yells "Access Agent" and the spies advance toward the secret agent's cone to try and capture it. At any moment the secret agent can turn around and shout "Abort!" Then the spies must stop immediately and any spy caught moving must sit down where he/she is and wait till the next game. The first spy to reach the secret agent's cone becomes the new secret agent for the next game.

**Variations:** Instead of sitting down when caught moving, the spies have to go back to the starting line and can continue playing

**Indoor Modifications:** Adjust how the students move; skipping, hopping, backwards, heel-to-toe. Use hand signals instead of words, to keep the noise down. If there are too many students for the room, divide into groups and use multiple rounds.

## LAND, SEA, AIR



**Equipment:** A line on the ground

**Description:** One leader will call out commands--*land*, *sea*, or *air*. Players' feet should always remain together. When leader says *Air*, players must jump into the air and land in the same place he/she started. When the leader says *Land*, players must place their toes behind the line. If they are already behind the line, they must not move their feet. If they are in front of the line, they must jump backward with both feet landing behind the line. When the leader says *Sea*, players must place their feet entirely in front of the line. If they are already in front of the line, they must not move their feet. If they are behind the line, they must jump forward with both feet landing entirely in front of the line. Players should always remain facing forward. If players make a mistake, they must run to a pre-identified location--such as another line--and touch it before returning to the game.

## BLANKET VOLLEYBALL

**Equipment:** Blanket, volleyball or beach ball



**Description:** The team should stand around the edge of the blanket, stretching it out so it is tight. The 'serving' team should start by placing the ball on the blanket, loosening then bringing it tight so it 'throws' the ball over the net. The other team then uses their blanket to catch the ball then throw it back.

Variation: Can have teams throw and catch the ball if there is no net available. If a team does not catch the ball, the other team scores a point)

## M&M WARS



**Equipment:** Two buckets, string, facepaint, and a few bags of M&Ms

**Description:** Like in capture the flag, teams are divided into two groups on two sides of a playing area. Some sort of identifiable boundary is down the middle, separating the two sides. (It is often helpful to have face paint for the teams). In the back of each team's side there is a bucket with a string placed in a circle around it. The string should have a diameter of about 10 feet.

Each player is given an M&M at the start of the game. The goal for the player is to place their M&M in the opposing team's bucket. The string around the bucket marks the safe zone which if a player gets to, they are safe. The player must get to the opposing team's bucket without being tagged.

Players may only be tagged if they are on the opposing team's territory. If the player gets tagged by a member of the opposing team, they must give their M&M to the person who tagged them and that person must eat it. The player who was tagged and lost their M&M must return to the boundary line in the middle where there is a facilitator with the bag of M&Ms. The facilitator gives that player a new M&M and the player continues playing.

At the end of the game, whichever team managed to get more M&Ms into the opposing team's bucket wins!

## AWESOME BALL

**Equipment:** Ball, two large garbage cans, 10-20 chairs

**Description:** You will need at least a medium sized room, up to a basketball court. At each end of the room, about 6-8 feet from a wall, create a line of chairs facing outwards. Space out the chairs to spread the length of the ends of the room. This creates a sort of end zone area on each end of the room. For bigger rooms the end zone can be bigger. Then place a large empty garbage can in the middle of each end zone, it should be about 3-4 feet beyond the line of chairs. Then all you will need is two teams of 5-15 people and a ball. The ball can be a rubber kick ball or volley ball, nothing too small or too hard.

The goal of the game is simple: get more "baskets" than the other team. A basket is made by shooting, or bouncing the ball into the large garbage can, while staying behind the line of chairs. The teams are going opposite directions, shooting on one basket and defending the other. While moving up and down the court, the ball is always live, in the air or on the ground, and can be grabbed by either team. The player with the ball cannot run or walk, they must pass it or shoot it.

**Rules:** Neither team is allowed to shoot or guard inside the end zone line of chairs, the only time to go in the end zone is for the defensive team to retrieve a loose ball or ball that was scored in the basket.

If the player shooting the ball steps past the line of chairs it is an automatic turnover.

If a player is caught walking while holding the ball, it is a turnover on the spot.

A shot made in the garbage can that knocks over the garbage can and then rolls out is not a scored basket. Sometimes the ball will go in knocking over the garbage can but staying in, this is a scored basket.

Defenders must stay an arm-reach away from the opposing team member holding the ball.

If playing with a mix of boys and girls, sometimes the boys dominate the play, so you can add a variant scoring rule: girls who score a basket count for two points instead of one.

You can play to a certain number of points scored or a time limit.



## MY DVD PLAYER

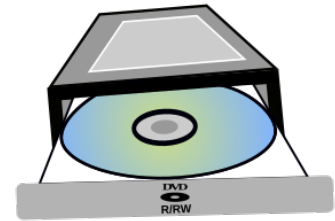
**Equipment:** A rectangle of boundaries

**Description:** The person calling the game may call any command found on a remote control

- Play - Students begin walking towards finish line.
- FF - Students run to finish line.
- Rewind - Students move backwards.
- Pause - Students freeze.
- Slow Motion - Students move super slowly.
- Power off - Students crouch down like an egg.
- Power on - Students stand up.

Students must react to the commands called. The goal is to make it all the way to the finish line. When a student makes a mistake s/he must do 10 jumping jacks, or another short activity, to re-enter the game.

**Variations:** For younger grades start with just two or three commands and add new ones as they master the original commands. If children make a mistake you can have them join the leader on the sideline as judges or remain in the game but must go back to the starting line.



## CATCH THE BALLOON



**Equipment:** Balloons

**Description:** Arrange the children in a circle on the floor and have them count up - i.e. the first child is one, the child next to them is two, and so on. Put the highest number in the center of the circle to act as "IT". "IT" holds a balloon and calls out one of the children's numbers while dropping the balloon to the floor.

The holder of that number then tries to catch the balloon before it touches the floor. If the player is successful, "IT" tries another number. If the balloon touches the floor then that player is "IT".

## TIDAL WAVE

**Equipment:** Open area, different colored socks for each player

**Description:** First, put all socks into the middle of the sheet. Now, grab the edge of the sheet and pull it tight so the sheet lifts up off the ground. Players then shake the sheet and try to knock everyone else's socks off. All should keep shaking the sheet, even if their socks get knocked off.

The last player with socks on the sheet is the winner!



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## BROOM SOCCER

**Equipment:** 4 brooms, two dustpans, a foam soccer ball, and two goals. Your goals can be made out of tape or two orange cones.

**Description:** Players should divide into two teams. Each player gets a broom. The object of the game is the same as soccer - score as many goals as possible against the other team. But, you don't kick the ball with your feet. Everyone uses brooms except for the goalkeepers who use dustpans.

The first team to score three goals wins.



## BALLOON BADMINTON

**Equipment:** Newspaper, scissors, yarn, 2 chairs, coffee can lids, Popsicle™ sticks, and duct tape.

**Description:** First you'll make the net. Take a sheet of newspaper and fold it up like an accordion or a fan. Then snip v's out of the folded edge. Then unfold the newspaper and weave yarn through the holes, making a net. Next you want to make your racquets. It's easy. Take a coffee can lid and tape on a Popsicle™ stick with duct tape. Now tie your nets to the backs of two chairs and then move them apart so the net stretches out. This is a game for two or more players. Players should divide into even teams.

The object of the game is just like tennis. Using your racquet, keep the balloon from hitting the ground as you hit it over the net to the other team. If the balloon hits the ground when it's on your side of the net, the other team gets a point.

Players can't hit the balloon two times in a row, just like in tennis and real badminton. If you do, the other team gets a point.

The first team to 11 or 15 points wins.



## BASEBALL WORDS

**Equipment:** None



**Description:** To play this game, you'll need index cards with a spelling word on one side, and how much the word is worth on the other (single, double, triple, home run).

For example, the word "spring" seems easy to spell, so it would be worth a single. But a word like "impatient" seems pretty hard, so it would be worth a home run. You'll also need base markers for 1st, 2nd, 3rd and Home. Put all the cards in a hat.

One player is the pitcher for both teams. The other players split into two teams. The pitcher chooses a word out of the hat and reads it to the first batter.

If the batter spells the word correctly, she advances to base. So, for example, if the word was worth a single, the batter would go to first base. If the next person up at bat gets a word worth a double and spells it correctly, then he would advance to second base, and the batter on first base would advance to third base. But, if the batter spells the word incorrectly, she's out and the other team gets a turn up at bat.

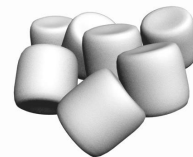
You can play as many innings as you'd like. The team with the most runs wins.

## MARSHMALLOW FLING

**Equipment:** Marshmallows, plastic spoons, small bags, masking tape

**Description:** Players split into teams of two. Each team has a marshmallow flinger and a marshmallow catcher. Your playing field should be about 15 feet wide. Tape a long strip of masking tape on the floor. This is the flinging line. Then, make two two-foot squares on the floor out of masking tape, each 10 feet from the flinging line. These are the boxes that the marshmallow catchers stand in. The marshmallow flinger has to use the plastic spoon to fling marshmallows to his/her teammate, the catcher. The catcher catches the marshmallows in his/her masking tape box. The flingers fling from 10 feet away.

The first team to catch 10 marshmallows in their bag wins.

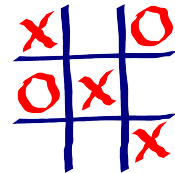


## TORNADO

**Equipment:** Ball that can easily be passed

**Description:** The object of the game is to **not** have the ball. Students make one big circle. A single student begins in the middle as the Tornado. The class passes the ball around the circle while the Tornado in the middle spins around 10 times. When the Tornado stops, whoever has the ball becomes the next Tornado.

**Variations:** Allow students to alter the direction of the ball, have more than one ball going at the same time, or alter the number of spins.



## TRIVIA TIC TAC TOE

**Equipment:** Tape, chalk, cones, or jump ropes to make a tic-tac-toe board

**Description:** Show players how to represent "X" (Standing with both arms and legs extended wide) and "O" (arms raised above your head in a full circle). Can be played inside or out. Make a tic-tac-toe board with tape, chalk, cones, or jump ropes. Divide players into two teams, Team "X" and Team "O". Take one volunteer from each team and ask a question related to something they are learning in class (camp rules, math problems, spelling words, etc.). Whichever student answers correctly first gets to choose a square to stand in for their team.

Choose a new volunteer for each team and repeat until one team has three in a row

**Variations:** Also can play this game with bean bags. If they get a question right, they win the chance to throw a bean bag into a square. (Adds an element of physical with mental skills).

## HOOP SCOOT TAG

**Equipment:** Tennis balls, hula hoops

**Description:** Players with the tennis ball are taggers. Taggers must carry the tennis ball and may not throw or tag others with the ball. Players standing in a hula hoop are safe from being tagged, but players cannot be in a hula hoop for more than five seconds and no more than three players can be in a hoop at a time. Scatter the hoops in the play area several feet apart. Select players to be "IT" and give them a tennis ball to carry for identification. The object is for players to run from one hoop to another without being tagged by an "IT". Only three players can stand in a hoop at a time, and for no longer than five seconds. If a player stands too long in a hoop an "IT" can count the seconds and if after five seconds the player hasn't left the hoop s/he is automatically caught. The person who was caught switches role with the "IT" person who was waiting. When an "IT" tags a player the two switch roles and the tennis ball gets passed to the new "IT" and the game continues.





## HEADS OR TAILS

**Equipment Needed:** A coin, an area with two far boundaries and a dividing line directly in the middle.

**Description:** Divide the group so that everyone has a partner. Line all of the players up on the middle line, so that they are back to back with their partner. Designate one side as "Heads" and the other as "Tails." Flip a coin, and announce to the players what side came up. If it comes up heads, all of the "Heads" players have to run back to their side before they are tagged by their "Tails" partner. If "Tails" is called, the reverse happens. After each round, reset with partners back in the middle.

**Variations:** The adult can announce "Heads" or "Tails" without a coin flip. To make the game more difficult, make the players run to the opposite side. Could also play where a player has to switch teams if s/he is tagged.



## BOWLING PIN DERBY

**Equipment:** Modeling clay, disposable plastic cups, duct tape, small ball (i.e. tennis, foam, or rubber)

**Description:** First, make the bowling pins. To make each pin (for the derby below), stick a small lump of modeling clay (about 1 inch thick) to the inner bottom of a disposable plastic cup. Invert a second cup and set it atop the first. Then tape together the rims with colored duct tape. (Can also use 2-liter soda bottles- fill each bottle with about 2 inches of water). Set up the pins in triangular formation. Make a row of four pins and then make a row of three pins in front of the first row of four. Then make a row of two in front of the row of three. Finally place the head pin in front of the row of two. Each player gets three consecutive rolls of a ball to knock down as many pins as possible. If all the pins fall before the third roll, reset them and continue. You get one point for each fallen pin. The person who knocks down the most pins wins.

## BOWLING DODGEBALL



**Equipment:** Two or more dodgeballs and four or more cones.

**Description:** Place players in two (or more) lines, depending on the number of players. Place two lines of cones on either side of the playing field. Players take turns throwing/rolling a dodgeball at cones attempting to knock them over. Encourage each player to run after her/his dodgeball after it is thrown. As students advance have them back up and attempt longer throws. As students advance form more lines and add more dodgeballs.

**Variations:** Make lines of cones two feet behind both end lines of a rectangle. Allow two teams to compete to knock-over each other's cones and protect their own cones.

## MARBLE GAME

**Equipment:** 3 or 4 beach balls or other very lightweight balls, several soft throwable balls, poly spots

**Description:** Create a large circle for the marble ring (size will depend on the age and skill of the children). Inside the circle, place 3 or 4 poly spots and the 3 or 4 beach balls. The soft throwables will be distributed on the outside of the ring. On the signal, the team will try to hit the partially deflated beach balls with their soft throwable. The object is to get the beach balls onto the poly spot on carpet square in as short of time as possible. Players may not enter the ring area for any reason. If a throwable gets stuck in the ring, players may leave it, or try to knock it out with another throwable.



## BIRD'S NEST

**Equipment:** Five hula hoops (birds' nests), beanbags (the eggs)

**Description:** Place the hula hoops about 25 feet apart in a square with one hoop in the center. Place the beanbags (the eggs) in the center hoop. Divide players into four teams and have each team line up behind their assigned a hoop/birds' nest. Each team's goal is to get six bean bags in their hoops. When told to start, the first person on each team runs to the center to grab a bean bag (one per turn). Player returns to his or her line and places it in their hula hoop; then the next player goes. Players keep taking bean bags from the center hoop until it is empty, at which point players can take bean bags from each other's hula hoops. Players cannot defend their own hula hoop. Game ends when one team has six bean bags.

**Variations:** Rename the eggs and bird's nest, such as trees and acorns or cookies and cookie jars. Allow players to defend their hula hoop by tagging opponents. Once tagged, the player must return to his or her line and the next player may go.

## BOTTLE-BASH SOCCER

**Equipment:** Soccer ball, 10 clean 2-liter plastic bottles filled with water to weigh them down



**Description:** Divide your players into two teams. (four or more is best) Have each team make a line of five bottles each, with the two lines of bottles at least 30 feet apart. The bottles in each line should be about two feet from one another. Teams dribble and pass the ball, trying to knock down their opponents' bottles, while guarding their own. There are no boundaries, so players can attack the bottles from any direction. Every time a bottle gets knocked down, the ball changes possession (stealing is also permitted). The first team to knock down all of the other team's bottles wins.

## BOTTLE BALL GAME

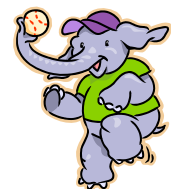


**Equipment:** Playground ball, plastic bottles, chalk

**Description:** Set up the bottles (one per dodger) randomly but at least 15 feet apart. Draw a 4-foot chalk circle around each one. While one child (the kicker) boots an inflated ball at the plastic bottle targets, the other players (the dodgers) put their best feet forward defending these targets. Dodgers must keep one foot inside their circle while using their other foot to deflect the ball. The kicker stands at least 6 feet from the closest player and can aim at any bottle. Once the kicker succeeds in knocking a bottle over, he gets to change places with whomever was guarding that circle.

## BASELESS BASEBALL GAME

**Equipment:** Rubber or tennis ball



**Description:** First, players need to decide upon a throwing line and targets. Rocks can be targets. So can boxes, toy cars, piles of leaves and old sweatshirts. Make the scoring system equal to the task. Each target is worth a certain kind of hit. Easy targets are singles, harder ones are doubles and so on. Players take turns throwing at the targets. If the target is hit, the player's team gets the corresponding award. If the target is missed, that player's team is given one out. When the thrower has three outs, the next thrower comes to bat. Play as many innings as you like, keeping score. The player with the most hits gets to pick the next targets.

## SOCCER DODGEBALL



**Equipment:** Soccer ball

**Description:** Have the children form a ring with one player in the center. The outside players take turns shooting at the player on the inside, who's scrambling to avoid the ball. Whoever hits the target player gets to take his or her place. Watch to make sure players keep their kicks low.



## FIVE PIN SOCCER

**Equipment:** Soccer balls, volleyballs, and/or rubber balls

**Description:** A really fun, all-involved game that builds soccer skills. Place teams at opposite ends of a gym or field. Place five 2-liter plastic soda bottles in the center of the field. A little gravel in the bottle helps it to stand up and creates more noise and excitement when hit. At the start signal, players kick balls from behind their line trying to knock down a pin. The player who knocks down a pin must run down and set the pin back up. Score 1 point for each pin knocked down. First to five wins. Note: It can also be played with four teams arranged in a square around the pins.



## ONE-EYED CAT

**Equipment:** Bat, ball, two bases

**Description:** Start out with a batter, a pitcher, a catcher, fielders, home plate and one base. Batting order will be batter, catcher, pitcher, and then fielders. The batter tries to hit the ball and run to the base and back to home without getting out. Once he is out he rotates into next position which would be fielder. For each successful run he scores one point. The person with the most points is the winner.

## OSCAR'S TRASH CAN



**Equipment:** Floor mats and soft balls

**Description:** Set up floor mats so that they are on their sides, somewhat bent in the middle to stay up right. Place the mats so that they form a circle and have two players go into the circle (Oscar's Trashcan). The mats will create a wall that the players outside and inside cannot see past. The outside players will throw balls into the circle (Oscar's Trashcan). The players inside the circle will throw the balls back outside of the circle. Make sure that the balls are soft so that none of the players are hurt when getting hit by a ball. You can rotate new players into the circle after several minutes have passed.

## BOX BALL



**Equipment:** Four balls (basketballs work well)

**Description:** Form a square that is composed of four teams, each team representing a side of the square. Assign numbers to each player of all the teams. Numbers should be the same for each team. In other words all teams will have a number 1, all teams will have a number 2, etc. Place four balls in the center of the square, one ball belonging to each team. The instructor will then call a number. The players whose number is called will run around the outside of the square (all go the same direction) until they get back to their space. At this point, the player will now enter the square, get his ball, and make the designated type of pass to each of his players. The first player to finish scores a point for his team. After a short time, you can reverse the direction around the box and have students use the opposite hand.



## SQUIRRELS IN TREES

**Equipment:** Hula hoops, 1 soccer ball per person

**Description:** This is a soccer adaptation of the squirrel in the trees tag game. It can be used as a game to practice dribbling and to create teams. Place hula hoops randomly around the playing area. There should be about 1 hoop per 4 students. The hoops represent the trees. Each player is given a soccer ball, the soccer ball represents the acorn and the students represent the squirrels. The object of the game is for each squirrel to find a tree in which to store his/her acorn. However, only 3 squirrels and acorns are allowed in one tree. Since there are not enough trees for all of the squirrels, some squirrels will be left without a tree for the winter. Here is how the game works. On the signal to begin, students must dribble their soccer ball to a hula hoop and using only their feet, keep the ball inside the hoop. Once there are 3 players in the hoop, the players will sit down so everyone knows that hoop is full. Players may not use their hands and players may not touch another player's soccer ball or person.





## ACE BASEBALL

**Equipment:** Baseball bat and nerf ball (or larger ball).

**Description:** Baseball...without any of the rules of baseball! You can implement any rules you like....Divide into two teams. Tell the teams your rules. For instance, the way you score points is to run around your teammates. You have two chances to hit the ball. If you do not hit the ball the second time, the ball is still in play. The "fielding team" needs to get the ball. Once a team member has gotten the ball, the team needs to run toward each other so they can pass the ball between their legs. The ball must pass through each person's legs (and back to the front if the teams are small). Once they are finished, they must shout, "Done!" The person who hit (or did not hit) the ball runs around teammates until the other team completes the ball passing and shouts. Play continues for as many rounds as you like. Hint: The name of the game is "Ace Baseball".....the group probably will not catch on, and do not tell them until the end, but the object of the game is to get the lowest amount of runs - closest the ACE (like a deck of cards).

## CROSSOVER DODGEBALL



**Equipment:** Playground ball

**Description:** Instead of having to sit out when hit, you cross sides when you get hit. The side that ends with everyone on that side wins.

## FRISBEE BOWLING

**Equipment:** Frisbee

**Description:** Use a few soda bottles, or plastic water bottles. You may want to put a little water in the bottom to weigh down the bottles. Line them up as bowling pins, use the Frisbee to knock them down and score like regular bowling rules.



## ZIG-ZAG BASEBALL/KICKBALL



**Equipment:** 5 cones, one base, a hoop or a plastic container located at the pitcher's mound (or closer); for baseball, - a bat, an oversized baseball, batting tee (optional). For kickball - larger rubber playground ball.

**Description:** Children pick partners; pick a pairing description (reds and blues, apples and oranges, Cubs and Sox...be creative!) The "Reds" become a team and the "Blues" team up with each other. This is an effective way to split teams because typically kids on the same level partner with each other, and then when you split them up, teams even up.

Even though they split on different teams, they must remember who their partner is. Number off the first team in a batting order. Number one's partner on the other team pitches to him. You may have an unlimited number of pitches, use a batting tee or decide a standard number of pitches depending upon the ability level of the player.

When the player hits/kicks the ball into the field, he/she takes off and runs in a zigzag pattern around the 5 cones placed evenly apart down first base line and back to home plate. As the player is running the team in the outfield is trying to get the ball to the person who pitched the ball. Only the pitcher can place the ball in the container to stop play.

The game is scored by how many cones a batter can run by before the pitcher puts the ball in the container. A home run earns 10 points. If the pitcher gets the ball in the container and the runner only passes 2 cones, she earns 2 points.

Rotate through until everyone on the first team to bat gets a chance to hit. Then switch sides and repeat. The scores will likely be very high. Emphasis should be put on reaching a goal as a team or a whole group instead of one group versus another.



## FRISBEE FOOTBALL

**Equipment:** Goal markers, Frisbee

**Description:** Teams should be of equal number; each team has a goalie, as well as offensive and defensive players. Goal markers are set up at each end of the playing area. The object of the game is to pass the Frisbee past the goal line to another teammate. No player may hold his Frisbee for more than four seconds, without losing possession. Three steps may be taken before the Frisbee is passed. If offensive and defensive players catch a pass at the same time, defensive players take possession. Offensive players are allowed only 5 seconds at a time in the defensive red zone (15 yards from the red zone).



## NOODLE HOCKEY

**Equipment:** One pool noodle per person, one playground ball (slightly deflated), 2 hula hoops, 2 empty gallon water jugs

**Description:** Put the two hoops about 50 feet apart and place a plastic jug upright in the center of the hoop. Divide the group in half. For simplicity, try to give each team the same color of pool noodles. Teams line up on sides and the leader/referee starts the game with a face off in the center of the play area. Each team will start out on one side of the designated center line. Two players will face each other for the "roll in" start. The leader stands away to the side of the two center players. Use a whistle to stop and start play. (A train whistle is fun and unusual to use☺)

A point is scored when the ball hits the bottle, inside the hoop area. Scores can happen from any area around the hoop. Players are not allowed inside the hoop area. If a defending team player moves the hoop and causes the bottle to tip over, it is two points for the opposing team. Don't make a big deal out of points.

All swings must stay below the waist. All swings that occur above the waist are first pointed out and then a quick 60-second or so penalty is assessed. Assign a designated area for players to go to during this time.

There are really no goalies in this game but you could let one person stand around the hoop.

## SCRAMBLED EGGS



**Equipment:** As many balls of different types as you would like, as well as bean bags or other such items, played in a gymnasium

**Description:** The objective of the game is to get all the balls over to the other end of the gymnasium. The team that succeeds in this task wins the points (1 point per ball). If this does not occur, then the team is scored according to how many balls they have placed on the other side of the gymnasium. Players stand on their respective sides, with all the balls placed in the middle of the court. On GO, the players try to kick or push the balls to the other end of the gymnasium. Different balls are more or less difficult to push to the other side. A heavy medicine ball may need to be pushed, whereas a soccer ball can be kicked. Each team is both offense and defense, trying to score and prevent the other team from scoring. When a ball has reached the opponent's zone, it cannot be removed, however, defensive players must prevent the ball from entering their zone. At the end of a given time period, the team with the least balls on their side wins.

## FLICKER BALL



**Equipment:** 1 football, 2 goals (basketball nets make great goals)

**Description:** The game is played in a gymnasium court. The objective of the game is to get as many points as possible by shooting the football into the basket. Points are awarded as follows: 1 point for hitting the backboard, 2 points for hitting the rim, and 3 points for getting the ball through the net. Any combination of the above are possible (ex: off the backboard, off the rim and into the net is 6 points). The ball begins in the middle of the court with a jump-ball. The offensive team who wins the jump shot advances the ball by passing forward *only*. No body contact is allowed. The defensive team may attempt to block or intercept a pass. When a team scores, or when a team attempts to score but doesn't, the ball is turned over to the defensive team.

**Variations:** Older players may play on scooter boards, or with a second ball (football or other type) to make the game more challenging. Dangle a hula hoop from each basket, to make it easier to score. (1 point for going through the hoop, points for going through the net).

## KNIGHTS, PRINCESSES, DRAGONS



**Equipment:** None

**Description:** To play this game, divide the players into 2 teams. Each team will decide amongst themselves whether they wish to be knights, princesses, or dragons. Ask both teams to go to either ends of the playing space. The instructor stands in the middle of the playing area. When the teams decide who they wish to become, the instructor will blow the whistle: all will run toward the instructor in one line. The instructor will say, "show yourselves" and the players need to 1) raise their arms to pretend as if they are holding a sword (for knights), 2) keep their arms on the side to twirl their skirts (for princesses), or 3) growl loudly with hands over their heads (for dragons). Similar to rock, paper, scissors, knights beat dragons, dragons beat princesses, and princesses beat knights. Whichever team loses will get chased towards their side by the winning team. Whoever gets tagged will join the other team.

## BEANBAG CROSS CHALLENGE



**Equipment:** Chalk, tape, poly spots or other means to mark "course"

**Description:** This is a great game for a large gathering of children - you need at least one team of 8 (but of course two will make the challenge more fun), a fairly large space and a means of marking the ground.

Start by marking the "course" on the ground with 8 crosses as shown below. (You will not need to mark the numbers, which are just to make the instructions clearer) If you are playing on concrete or tarmac, you can use chalk. On wooden floors or carpet you could use masking tape or poly spots; the latter could also be used outside on grass.

You will need a "course" for each team, with plenty of space around each course for the children to run.

1x	3x	5x	7x
2x	4x	6x	8x

To play, give 3 beanbags to the child in position 1. At your signal, child 1 throws the first beanbag to child 2, who throws it to child 3, and so on down the line. As soon as possible, child 1 throws the second beanbag, and then the third beanbag, in the same way. When child 8 has all three beanbags, he/she runs around the back (behind 7, 5 and 3) and takes child 1's position. Child 1 moves to child 2's position, child 2 moves to position 3, and so on.

If any beanbag is dropped, it should be picked up and passed along by the child who dropped it. When child 1 is back in position 1, the game is over. If you are playing as a competition with more than 1 team, the first team to complete the challenge wins.



## WHISTLE MIXER

**Equipment:** Cones to mark off a safe playing area, whistle

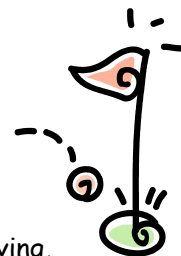
**Description:** Have players scatter around the playing area. The leader blows a whistle a certain number of times. The players must get into groups that match the number of times the whistle was blown. Anyone not in a group of the correct number within fifteen seconds must stand out one turn before they return to the game. You can also use this game anytime you need to get players into groups for other games.

Variations: 1) Have players hop, skip, jump in between whistles. 2) Tell players they must be with a completely different group the next time.

## BASKETBALL GOLF

**Equipment:** One basketball per foursome

**Description:** Players should be divided into groups of 4; give each a basketball. Prior to playing, place "hole" numbers on the floor at each basket so that there are 9 holes in all (using all baskets). Each basket will have a few different holes with each hole marker indicating a different place for taking the shot. Each foursome starts at a different basket and/or a different spot at the basket (each basket will have 2-3 starting points depending on the number of baskets your gymnasium contains). Players move from hole to hole recording their accumulated score as they go: this is done on a golf score card similar to the one pictured below. Par is determined by the distance and the angle for each hole (starting point).



### Basketball Golf Tee Card

Name: \_\_\_\_\_

Hole	Par (Goal)	Combined Score)
1		
2		
3		
4		
5		
6		
7		
8		
9		
Total		



## AIRBALLS!

**Equipment:** 2 large boxes or trashcans and enough balls to fill up the containers. (Use any combination of balls you can find - nerf, tennis, soccer, playground, paper wads...)

**Description:** Prior to playing, split the playing area in half so that each team plays on their own side. Place one container in the middle of each team's side. Players are positioned around the boundary lines surrounding their can. Three players are selected as "ball chasers" for each team - they stand inside the playing area and retrieve missed throws. Each team is given enough balls to fill their container. (The more players, the more balls you need.)

On a signal, both groups start to throw their balls into their container. Any ball that misses is retrieved by the ball chaser and thrown back out to a teammate outside the boundary line. Players throw balls as quickly as they can to try to fill their container. The game is played for a pre-determined amount of time (i.e. 90 seconds) or until one team gets all of their balls in the container. The team with the most balls in their container at the end of the time period is the winner. After each game, players rotate sides and ball chasers.

Note: 1) Don't worry if balls get mixed up and go over to the other side. Players can throw whatever ball they have into their can. Depending on your space, it might work better to have the throwers surround the can on all 4 sides. 2) For younger children, make sure the playing area is very small so they have success getting the ball in the can. 3) Don't stress which team gets the most balls in, but make a big deal of how many balls each team got in. Have teams compete against themselves to beat their previous score. 4) For fewer players, have both teams play together in half the playing area. Put 2 containers in the center and both teams line up around all 4 sides. Teams can pick a side to line up on, alternate around the sides with players from the other team, or scatter at random. Players throw the balls into their respective containers. Have one ball chaser from each team in the middle returning balls to their teammates.



## SPAGHETTI AND MEATBALLS

**Equipment:** Yellow pool noodles (any color can be used: yellow suggested to simulate spaghetti noodles), a variety of red balls (again, any color can be used: red suggested to simulate "meatballs"), hula hoops

**Description:** Leader can ask players, "Who likes spaghetti and meatballs?" Then explain to them that the hula hoops laying on the floor around the gym are the plates that you eat your spaghetti and meatballs off of. Tell them that the yellow noodles are the "spaghetti" and the red balls are the "meatballs." Assign half the group to be "spaghetti" and give them a noodle: the other half is a "meatball." The meatballs can pick up any red ball and put it ON any plate. They're trying to get all the meatballs on a plate. The noodles don't like meatballs on their spaghetti, so they're running around trying to get all the meatballs OFF of the plates (using their noodle...no hands or feet). After a couple minutes, let them switch roles so they get a chance to be a noodle and meatball.



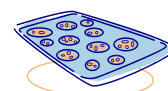


### CANDY DICE GAME

**Equipment:** Lots of M & M's or other small candies one dice

**Description:** Break into groups of 4 to 8 players, sitting in a circle. In the center of the circle put a pile of candies. One player rolls the dice. If it is a 6, he/she gets a candy. The dice passes to his/her right. As each player rolls, if it is not a 6, the last player that rolled a 6 gets another piece of candy. If it IS a 6, he gets a candy and becomes the 'candy collector' until someone else gets a 6.

**\*\*** This is a simple filler game with no skill required



### DECORATE A COOKIE

**Equipment:** Gymnasium with a half court line, 7 Hula hoops, 7 cones, 21 beanbags (or yarn balls)

**Description:** Place cones equally apart from each other at one end of the gymnasium to designate seven starting lines. Place three beanbags in front of each cone and a hula hoop one foot from the half court line (on the other side) in the gym. The leader will ask one player to volunteer, demonstrating how he/she would underhand throw a beanbag. The leader should then demonstrate the proper way to underhand throw.

The leader will reveal the purpose of the game. "I need your help! I have started to bake cookies in an oven, but forgot to put toppings on them. If you look at the other end, you will see the cookies baking in the oven (hula hoops) and see there are no toppings! What kind of toppings do you like? (pause for answers such as oatmeal, chocolate chips, raisins, frosting, etc.) They all sound yummy! There are toppings in front of each cone (beanbags). Will you please help me decorate the cookies by underhand throwing the toppings on top of the cookie (beanbags that land inside the hoop)?"

"Here's the plan: I will be asking three of you to stand behind one cone in a line. On a signal, the first person in line grabs one topping (beanbag) that is in front of the cone, runs up to the opening of the oven (half court line), stops, and underhand throws the topping toward the cookie (hoping to land the beanbag inside the hoop). The first person then will run back, high five the next person in line who repeats the same activity. The first person will go to the back of the line. When each person in the group has thrown a topping at the cookie, run in place behind your cone so I know. I will check to see if all toppings made it on top of the cookie. If they did, I will move the cookie (hula hoop) a little farther into the oven (2 feet past half court line) and you will try again. If the toppings did not all make it on top of the cookie, I will return your toppings and you can try again from the same distance. Each time all the toppings make it on top of the cookie, I will move the hoop farther back."



## WALL GOLF

**Equipment:** Up to 9 hula hoops, same amount of poly spots as hula hoops, 1 racket per player, 1 shuttlecock per player, some type of numbers to mark the holes with (such as paper and markers), and tape to tape them on the wall or ground

**Description:** The game is simple and very similar to golf. Tape hula hoops around the area of play on the walls varying in different locations. You can have as many as you want depending on space. Have both a hula hoop and a poly spot with a number 1 on them so the children know that poly spot 1 corresponds with hula hoop 1 and etc. The player must stand on the poly spot for the first hit and then where ever the shuttlecock lands is where they take the next hit. The object is to hit it in the hula hoop in as few times as possible. Have the players keep up with their own score. Ex) If it takes you two times to hit hole 1, your score is two. Then it takes you three times to hit hole 2, your score is now five. The holes can vary in distances. Anywhere from 3 ft. away to the whole size of area. Divide the class into as many groups as you have holes.

**Variations:** 1) Have partners share a shuttlecock and take turns hitting it toward the target. 2) Have them keep up with their score the whole time and write it down. The lower the score the better. You can set goals depending how difficult you make the game. Ex) If you are playing 9 holes and it is somewhat easy, you could tell them the object is to not get over 20 strokes 3) Adaptations for those who have special needs: A few ways to make this easier are to use a larger racket or one with a shorter handle, to make the holes on the wall larger or to make the distance of the holes shorter.



## ROCK TOSS GAME

**Equipment:** 2 to 3 medium-size stones per player. To avoid confusion, assign each person a different shade (gray, white, orange, black, and so on), 1 large rock (8 to 12 inches across), heavy enough not to budge when the smaller ones hit it, or a sturdy stick or piece of driftwood staked in the sand as a target

**Description:** Place the target rock or stick in an open area of sand away from others. Scratch a line in the sand 8 to 12 feet away from it. Players take turns standing behind the line and trying to toss a stone as close to the target as possible. Once all the stones are tossed, check to see which came closest. (Bouncing off the target doesn't matter; what matters is where your stone lands.) You can play as individuals or teams and score the rounds separately or accumulate points toward a set goal. After several rounds, try moving the line farther from the target.



## HOCKEY MANIA

**Equipment:** Hockey stick and ball for each student or every 2 students, lots of plastic cups

**Description:** Divide the group into 2 teams (you can divide them into more, smaller teams if you want). One team lines up on one side of the gym with their stick and ball, the other team lines up across the gym with a stick and ball. (If you don't have enough sticks and balls for everyone to play at once, you could have the teams take turns.) Scatter lots of plastic cups in an upright position all around the middle of the floor. On the whistle, the first team hits their balls toward the cups, trying to knock over as many as possible. They must stay behind a line when they shoot. Once it is safe, count how many cups they hit down, the students retrieve their balls, and pick up the cups. Then it is the other team's turn.

Cooperative Cups - Another way to play is to have both teams trying to knock down cups at the same time and see how many the group can knock down each time. They can play several times and try to beat their previous score (this works well if you want to talk about teamwork and not make it a competition).

**Variations:** 1) Could use different colored cups and tell players at which color to aim. 2) Could use different colored cups for each team to aim at. 3) Could divide class into small groups of 4-6. Have 2-3 players stand on each side of several cups. Play the game the same way. 4) Could do same game using partners instead of groups. 5) Adaptations for players who have special needs: can use shorter sticks or larger balls to make it easier for them to hit the ball with the stick.

## INVADE AND CONQUER

**Equipment:** Cones or lines to separate sides, 3-5 footballs per team (a different color for each team if possible), 3-5 hula hoops per team, a homemade field goal (can use noodles and cones), pinnies

**Description:** This game is very similar to capture the flag, except that you are trying to bring a football to the other team's side instead of taking their flag.

The group is divided into two different teams, each with their own side of the court/field. The purpose of this game is to cross into your opponent's territory and put a football in their hoop. Players may run with the ball or pass the ball to another teammate. Once the hoop has a ball in it that spot is conquered and it can't be removed (each hoop is worth 7 points). You will likely want to have 3-5 hoops on each side. If one gets tagged while on the other team's side he/she is frozen and must pass their football back to their side. Someone on that person's team must cross to the other team's side and tag him/her to unfreeze.

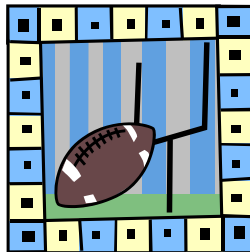
Leaders may wish to allow the students to pass the ball when they are on the other team's side. However, if the other team gets control of the ball they must all go back to their original side where they will receive the ball back.

For safety, leaders may want to set up a small safe zone on the other team's side. If a player gets there successfully they can try for a field goal by punting or using a kicking tee. (the field goal post is made using cones and noodles). Field goals are 3 points and that particular ball always stays in that area (each side has one ball already on their side for the field goal zone). It is best to locate this area away from the main playing area for safety reasons.

It is a fun skills game for football that gets everyone involved. It requires a lot of running and teamwork. It teaches students offense and defense.

You can modify the activity and give each hoop a set place value. So by conquering that hoop they received that point value. If you have a lot of footballs teams can put more than one football in each hoop.

Adaptations for participants who have special needs: Leaders can use soft or nerf footballs instead of the standard footballs, place some hula hoops closer to each side, and add a few special pinnies that means that player can't be tagged (this can be passed around between all players).



## CATCH THE THIEF GAME

**Equipment:** None

**Description:** Group sits in a circle facing inward toward the leader - the leader is the victim. One child is chosen to be the policeman first. The leader says "Someone stole my wallet!" The policeman asks "What did he look like?" The leader gives a clue about the thief that identifies someone else in the ring. The policeman guesses the identity of the thief. If he is incorrect, another clue is given until he successfully guesses the thief. Once the policeman guesses the thief, both the thief and policeman run around the outside of the circle in the same direction back to their original positions. The first one back is the policeman for the next turn.



## GOOD MORNING CAPTAIN!

**Equipment:** None

**Description:** The group sits all facing the front. One child stands in front of the group, facing the group - he is the Chooser. Another child stands next to the Chooser and he is the Captain, but facing away from the group.

To play, the Chooser points to a child who is the Speaker. The Speaker says, "Good Morning, Captain!" in a disguised voice. The Captain guesses who said it. If he is right, he continues as Captain. If he is incorrect, the child repeats, "I said, Good Morning, Captain!". If the Captain fails a second time, he returns to the group, the Chooser is the new Captain, and the Speaker is the new Chooser.

You may prefer to only give a Captain one chance, especially if you have a smaller group.





## GIFT GIVERS CAMPING GAME

**Equipment:** 1 beanbag per child, 4 cardboard boxes

**Description:** Set up the boxes in a square pattern in the play area about 20 feet apart. Put an even number of beanbags in each box.

Before playing talk about how giving to others that have very little is being charitable and is a good, helpful thing to do.

Children are divided into four equal teams. Each team has a box with beanbags representing their wealth. On the signal to begin, each child attempts to take their treasure to one of the other teams. Players will continue placing their treasure in another team's box for a specified amount of time (2 minutes). Players may carry only one bean bag at a time.

Bean bags must be placed, not thrown into boxes. The team with the fewest bean bags will be declared the most Charitable.

## SOCK STEAL



**Equipment:** Socks

**Description:** This game will knock your socks off! This game is for 5 or more players, and should be played in an open area. Players take off their shoes. They then pull their socks down so they are flopping and hanging off their toes.

Then, crawling on their hands and knees, players try to steal the others' socks. When both of a player's socks have been taken, he/she is out. The last one left with a sock is the winner.



## PANCAKE FLIP RELAY

**Equipment:** Lightweight frying pans, plastic container lids (or something similar)

**Description:** Race to flip pancakes, only minus the pancakes! Each team will need a light weight frying pan for flipping and something to be the pancake, like a plastic container lid. Divide into two teams. To play, participants walk as quickly they can to a marked line and back. With each step, they must flip the lid and catch it in the frying pan. They will then pass the frying pan and lid to the next person on their team so that he/she can do the same thing. The first team to finish wins.

## SHIP, SHORE, DECK

**Equipment:** None



**Description:** Ahoy Mateys!! This game is for 4 or more players and should be played in an open area. One player is the captain of the ship, and the rest of the players have to follow the captain's orders. The captain gives four commands.

When he/she says "ship," players have to run to the right.

When he/she says "deck," players have to run to the middle.

When he/she says "shore," players have to run to the left.

And when he/she says "hit the deck," players have to run to the middle and lie down on their stomachs.

If a player makes a mistake, he/she is out. The last player left at the end is the winner. Ready, set... bon voyage!

## Scoop.

### THE SCOOP GAME

**Equipment:** Two plastic one gallon milk jugs, beanbag or small ball

**Description:** Get the scoop! This game is for 2 or more players and should be played outside or in an open area. To make the scoops, carefully cut the bottoms off the milk jugs. (Adults may be needed to help you with this part.)

Using scoops and the beanbag, players begin to play catch with their partner. Each time they catch the beanbag, players should take one step backward. Teams should see how far apart they can go and still catch the beanbag.

### DOG BALL



**Equipment:** Two rubber playground balls

**Description:** Use your head and follow your nose to win. This game is for 4 or more players and should be played in an open area on a soft surface. First, mark the end of the course, which should be about 15 feet long. (Could use empty soda bottles.) Split into two even teams.

On the word "go," the first player of each team has to bark, get on his/her hands and knees and use his/her nose or forehead to roll the ball to the end of the course, around the marker and back. When players get back to their team, they tag the next person in line. Every player must bark before they set off. The first team to finish wins.



## GOLDFISH SWITCH



**Equipment:** Two bowls filled with paper goldfish, two empty bowls, straw for each player

**Description:** Fetch fish then fly to the finish. This is a game for 6 or more players and should be played outside or in an open area. The object of the game is for players to transfer goldfish from their team's full bowl to their team's empty bowl. Players split into 2 teams of 3. Each team has a bowl of paper goldfish.

Players take turns running down the field and transferring their fish to an empty bowl using their straw. Remember, players should not run with straws in their mouth! The first team to move all of their fish from one bowl to the other and then run back to the starting line wins.

## AIRPORT



**Equipment:** Several paper airplanes, tape

**Description:** A plane-old good game of the airport sort. This is a game for 2 or more players and should be played outside or in an open area. Tape a 5' X 4' rectangle on the floor. Divide the stack of paper airplanes in half and give one to each team.

Players divide up into equal teams and line up by their stack of paper airplanes. Each team should be 10 feet away from the "runway." The object of the game is to be the first team to land three paper airplanes into the box. On your mark, get set, throw!

## KEEP 'EM UP!

**Equipment:** 1-3 Balls (Beach Balls)

**Description:** Players scatter over the playing area and a ball is tossed into the air. The objective is to keep the ball in the air using any part of the body. Once one ball is up, get two or three balls going at the same time. Keep count of the number of times the ball (or balls) is kept up in the air before it hits the ground. Try to improve the number the next time around.



## ON A ROLL



**Equipment:** Set of dice, paper, writing utensil

**Description:** It's all decided by a roll of the dice. This game is a relay race for 7 or more players and should be played in an open area. To set up the game, mark off a playing field with a starting line and a finish line.

To play, you need a set of dice. You will also need to make a chart that shows what kind of steps players will take, like this:

- 1 = giant step
- 2 = leap
- 3 = twirl
- 4 = hop
- 5 = jumping jack steps
- 6 = steps back

Players make two teams. One player is in charge of rolling the dice. The player rolling the dice must roll each die once. The first die determines the number of steps players must take. The second die determines the kind of steps they must take. So, if a 3 and a 2 are rolled, players must leap 3 times.

The player rolling the dice continues to roll to determine the number and type of steps the racing players must take next. When players get back to the starting line, the next players in line start. The first team to cross the finish line, wins.

## POPCORN RACE



**Equipment:** Paper cups, rubber bands, paper clips, popped popcorn

**Description:** Slick scoopers needed for corny racing. This game is for 6 or more players and should be played outside or in an open area. Form two teams. To set up the game, put two buckets on one side of the playing field and have the teams line up on the other side.

All the players should attach a cup to their foot. To do this, poke a hole in the bottom of the cup and push a rubber band through the hole. Now put a paper clip through the rubber band on the inside of the cup. This will keep the rubber band from slipping out.

Players should put the rubber band around their foot and fill it with popcorn. To play, players have to race to the bucket and try to dump the popcorn into the bucket without using their hands. Then, they race back to their team and tag the next person in line. The team with the most popcorn in their bucket in one minute, wins.

## TOOTHBRUSH BALLOON

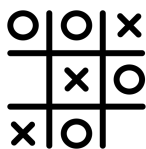


**Equipment:** Toothbrush for each player, balloon, something to serve as a net

**Description:** Play toothbrush balloon twice a day for a healthier, shinier smile! This game is for 4 or more players and should be played outside or in an open area. To play, you need old toothbrushes (one for each player,) a balloon, and something to use as a net (a volleyball net works well). Form two even teams and give each player a toothbrush.

This game is played like volleyball, but instead of using your hands to hit a volleyball over the net, you use a toothbrush to hit a balloon. Players can hit the balloon as many times as they want to get it over the net. But, if they hit the balloon and it falls on the ground before going over the net, or it goes out-of-bounds, the other team gets a point. The first team to get three points wins.

## BEAN BAG TIC-TAC-TOE



**Equipment:** Tape, bean bags

**Description:** A larger-than-life tic-tac-toe game. Instead of with pencil and paper, this game is played with tape and bean bags. The bean bags should be in two different colors or labeled with x's and o's. First, ask a grown-up for permission to make a big tic-tac-toe board on the floor using masking tape.

To play, two people or two teams decide whether they are x's or o's. Then, they take turns throwing a bean bag into a square. They can move all around the sides of the board; they just need to make sure that they stand back about two feet from the sides. If a bean bag lands in the same square as the other person's or on a line, it doesn't count. Just like in regular tic-tac-toe, the first person or team to get three in a row wins.

## KNOCKOUT RUN



**Equipment:** Basketball with basketball hoop

**Description:** Players stand in a single file line and typically in a group of 3-6. Each player will shoot a basketball into the net. If successful, the player will go to the back of the line. If unsuccessful, the player would have to run one lap around the court/field and then wait until game is over. This game could also be played by tossing bags into a hole or even paper into a recycling can.

**Variations:** When player misses the goal, the player will have to run around the court/field and return to the back of the line. Players will have 3 lives and every time the player runs the court/field, a life is lost. This will make the games longer and more competitive.

## PEBBLE CHASE



**Equipment:** Pebble, marble or very small ball

**Description:** Players stand in line facing a designated safe area some distance away. The leader takes a pebble, presses it between his/her palms and moves from player to player pretending to drop it into the outstretched hands of each. When the leader actually does drop the pebble into a person's hand, the receiver, Pebble, runs to the safe area and returns to the leader, chased by all the others. The one who tags Pebble before he or she returns gets the pebble and becomes the leader. If Pebble returns safely, he or she becomes the leader.

## SIMON SAYS (NON-ELIMINATION)



**Equipment:** None

**Description:** Two games begin simultaneously, each with a leader, who performs various movements which the children mimic when given the command, "Simon says do \_\_\_\_." However, when the leader says, "Do \_\_\_\_." Without having said "Simon says," any child who follows, instead of being eliminated, transfers to the second game, joining in on the next "Simon says" command. In this way there is no exclusion, only movement between the two groups.

## POOL NOODLE BALL

**Equipment:** Pool noodle, soft and light ball, such as a sponge ball



**Description:** Split the group into two or more teams. Leaders should serve as the pitcher, catcher and umpire. Each member of each team will be pitched 1 to 3 balls. The team gets a point for each hit - ball touching the "bat". The team with the most points win.

## CHAIRBALL

**Equipment:** Chairs, beach ball or balloon

**Description:** Prior to playing, set up chairs like a foosball table. (With chairs as the black and white team.) The 'black' chairs face to the right goal and the 'white' chairs face to the left goal. The goal could be a bucket, 2 chairs or maybe someone sitting on a chair.



The 2 teams have to sit in the chairs and hit the ball (or balloon) with their hands and try to get a goal at their end.

## CROQUET RELAY



**Equipment:** Two balls, six wacky obstacles for the croquet course, mallet for each team (umbrellas, hockey sticks or anything else you can hit a ball with)

**Description:** Sir and Madam... let's do play. This is a game for 6 or more players. Split up into 2 teams of 3. Set up the course with the six wacky obstacles, three on one side, and three on the other side, and something to mark the turnaround point.

The object of the game is to weave back and forth around the obstacles while hitting a plastic ball with the mallet. When a player gets to the end of the course, he/she turns around, and then weaves around the obstacles on the other side of the course. The first team to finish the course WINS!

## FLY SWATTER HOCKEY

**Equipment:** Fly swatters, large cardboard boxes, ball

**Description:** Put a cardboard box on each side of the "playing field" for goals. To play, use a fly swatter as a hockey stick to swat the ball into your goal.





## EXTREME BUCKET BALL

**Equipment:** Two large buckets, basketball (can use beach ball or sponge ball as well)

**Description:** Set up 2 chairs on each end of the room (or whatever playing area is being used). If playing outside, make sure there is a good sized gap between the two chairs. The leader will pick 2 players to sit on the chairs: they are going to hold the buckets. Everybody else will be divided into 2 teams. The more even the teams are, the better! The catch is that players cannot move with the ball! Once a player catches the ball, he/she must freeze and throw it to another member of their team. That person must then freeze and throw the ball. This play continues until the team gets the ball into their basket. The other team has the chance to steal the ball as well! The person on the chair can move the bucket around to catch it, but cannot come off of the chair.

## MILK JUG LACROSSE

**Equipment:** Milk jugs, tennis balls

**Description:** To prepare for play, the bottom will need to be cut off each milk jug, keeping the small end intact as well as the handle. (There is typically a line at the bottom of each milk jug: cut right under that line.) Each player will need a cut milk jug. There are no boundaries set. Each team has a goal they must have one person defend. By running up and down the field the tennis ball is passed from teammate to teammate. Each player can only take 3 steps when they possess the ball. Everyone else can take as many steps as possible. Tackling is not allowed. Knocking the ball out of the receiver or jug is allowable. Once a goal is scored the goalie picks the ball up and the play continues.



## SITTING SOCCER

**Equipment:** Chairs, one or two soccer balls



**Description:** The objective of this game is to have the ball cross the end line without letting one's back side leave the chair. Divide players into two teams. Have players line up their chairs in two rows facing each other, allowing 2-3 feet between the two rows.

Game play is easy: one row tries to score by pushing the ball to one side, while the other side tries to push the ball in the opposite direction. Teams score by pushing the ball past the end of the row. Players are not allowed to let their back sides leave their chairs. To start drop the ball in the middle of the rows and allow the students to go at it in an attempt to score.

To make the game more challenging use two (2) soccer balls. All the same rules and objectives apply



## BALLOON FRENZY



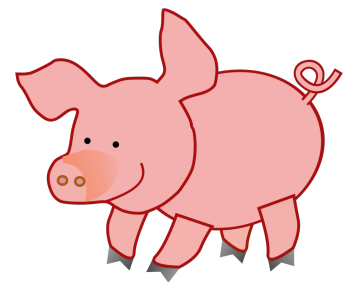
**Equipment:** 20-30 balloons of two different colors (one color for each team)

**Description:** The aim of this balloon game is to knock the opposing team's balloons to the floor while keeping your own in the air. Each team blows up their balloons and then stands on opposite ends of the room. To start, the leader blows a whistle. When the whistle blows, all balloons must be launched into the air. Players cannot hold balloons: they are only allowed to hit them (like a volleyball). As soon as a balloon hits the ground that balloon is eliminated (it is good to have runners to collect the sunken balloons). The first team to sink all their opponents' balloons to the ground is the winner. This game can be played in rounds, such as the best of three.

## PIGGY WANTS A SIGNAL

**Equipment:** None

**Description:** To begin the game you choose the person who is called "IT". A circle is drawn on the ground. While "IT" counts to ten everyone runs and hides. When caught (or seen) you must go stand in the circle. As "IT" begins searching for others you call out to the ones still hiding "Piggy wants a Signal". Someone acknowledges you with the sound a pig would make. When "IT" isn't looking you run and hide again. Of course the game isn't over until all players are caught and in the circle.



## CATEGORIES

**Equipment:** Playground ball

**Description:** Players stand in a circle, with one player holding a playground ball. The player holding the ball names a specific category, such as animals or TV shows. He/She bounces the ball to another player in the circle. The player catching the ball names something that fits within the category, such as penguin for the animal category. He/She then bounces the ball to another person who names something else that fits the category. A player is out if he/she can't think of something new that falls under the category or if he takes too long to answer. A new category is selected to start the next round.





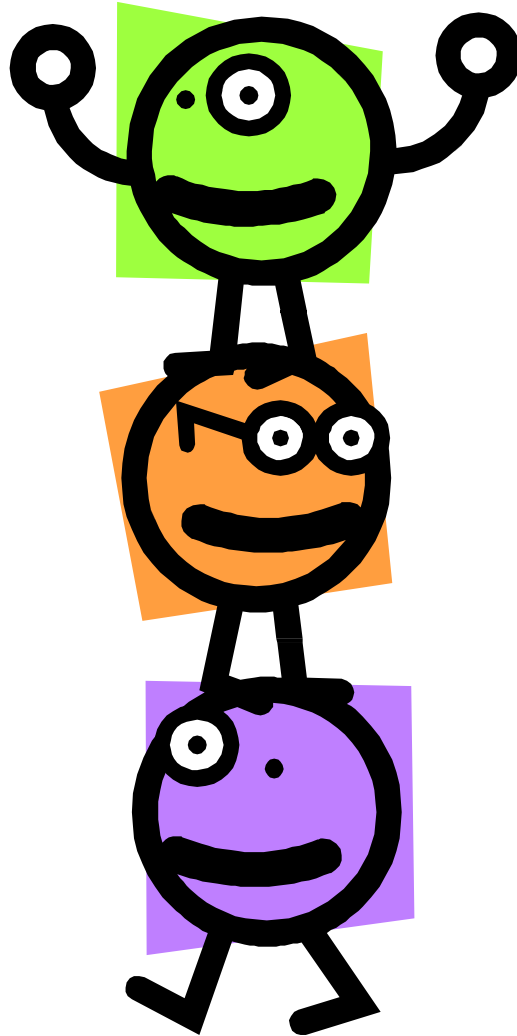
## LAUNDRY BASKET SKEE BALL

**Equipment:** Large box (paper box), empty cereal boxes, duct tape, small balls (ball pit balls), laundry baskets

**Description:** This game is simple to set up and is active to play indoors. To make the ramp, Jordan cut off the top and one end from the box. Then he used a couple of cereal boxes to create a curved ramp and taped it in place with duct tape. To play the game, simply roll the balls up the ramp and launch them into the laundry baskets. It works best if you kneel to roll the balls. We have been using two baskets, with the closer one labeled 50 points and the farther one labeled 100 points.



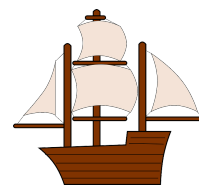
# COOPERATIVE GAMES



*Games that are competitive in nature or rely heavily upon athletic skill or ability may sometimes be difficult for some participants. Try some of these non-competitive games to offer a diverse recreational experience for all!*

## SHIPWRECKED

**Equipment:** Hula hoops, whistle



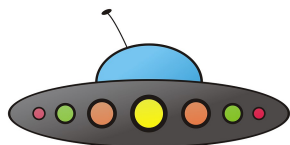
**Description:** Divide players into teams of 8-10 players each and assign a large hoop to each team. This hoop will act as their "Ship." Blow a whistle to signify the beginning of play, at which time the players will begin racing with their ship toward the finish line. Note that all team members must be touching the ship at all times during this portion of play. When the leader calls out "Shipwrecked," players all must set their ship down and attempt to get within the circle. The first team to get every player on board earns one point, and the first team to cross the finish line earns two points. The team with the most points is the winner of that particular "voyage."



## PERIMETER PASS

**Equipment:** Large exercise ball

**Description:** Players lay on their backs with their feet against the wall. The first player holds a large exercise ball against the wall with his/her feet, then passes the ball to the person next to him/her. After passing the ball, players can run to the end of the line to continue the game. Keep passing the ball as long as you can. For an extra challenge try going around some corners!



## SPACE RACE

**Equipment:** Bean bags, poly spots, hula hoops

**Description:** The objective of this game is to collect enough "fuel sources" (bean bags) and return them to the "fuel tanks" (poly spots) without touching the area outside the "spaceships" (hula hoops). Divide players up into teams of four to six, depending on group size. Scatter a total of five bean bags for each team across the playing surface. Assign each team a "home base" with five fuel tanks apiece.

Players can begin in either the center of the playing surface, or at their team's home base. To move across the playing surface, players must formulate a path using the hula hoops (three per team works well), gathering all team members within these safe spaces. A hoop can be moved only when there are no players currently inside it. Once the fuel sources have been collected, they must be placed on the tanks. Tossing the bean bags is not allowed—the players must physically return to their home base.

## THE GREAT BALLOON RACE

**Equipment:** Balloons or playground balls

**Description:** Each player needs one balloon or playground ball. Players should place the balloon on their belly and then line up directly behind one another, pinning the ball/balloon between the player and the person in front of him/her. Continue forming a line: player, balloon, player, balloon, player, balloon.... Once everyone is lined up, have the group try to walk without touching the ball/balloons or letting them drop. This activity is guaranteed to have the group giggling!



## CIRCLE OF SILENCE

**Equipment:** A container - metal or plastic, marbles, blindfold

**Description:** This game is intended for a group of 8-10 players. Pick one person from the group to be "IT". The other players form a circle facing each other and "IT" stands in the center. The players in the circle should slowly pass a tin container around the circle, without letting the marbles make any noise. If the object being passed around makes a noise and "IT" can point out where the noise is coming from, then he/she points in that direction. If "IT" gets the answer right, the person who held the tin when it made noise becomes "IT".

**Tips to the facilitator:** The best materials for this activity would be a tin cup/can and a few marbles - enough so they can move freely inside.

## CHOPSTICK CHALLENGE

**Equipment:** Pool noodles, balloons or beach balls, large basket or box

**Description:** At least two players are needed. Each player should be given a noodle and a balloon/beach ball. Players should be instructed to get their balloon/beach ball into a large basket or box. The trick is that it only works if they cooperate, using the noodles like a giant pair of chopsticks to pick up the ball and move it into the basket.





## WORLD CUP

**Equipment:** Pool noodles, volleyballs or foam balls

**Description:** The goal is to carry a ball as far as possible as a team using pool noodles. Divide players into teams of 4-6 people. Each player should be given a large pool noodle. Each team will need a large ball (volleyball or foam ball). The leader should set a starting line and a turnaround point for each team. The teams stand on the starting line and work together to lift the ball with the noodles - no one may touch the ball with their hands. Once the ball is over their heads the team must move as a group to the turnaround point and back to the starting line without dropping the ball. If the ball falls, the entire team returns to the beginning and starts over. The first team to make it to the turnaround point and back wins.

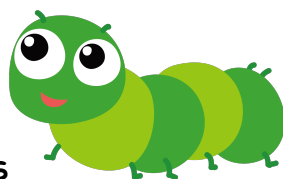
## BUILDS

### Build One: Making Progress

Rather than having teams start by playing with the full version of the rules, give each team a beanbag and have them see how far they can go without dropping the ball. If they do drop the ball, the team puts down their beanbag at that location, moves back to the start, and their challenge is now to move past the beanbag.

### Build Two: Modifying Equipment

Use a lighter beach ball if teams are having trouble carrying a volleyball or foam ball



## HUNGRY CATERPILLARS

**Equipment:** Hula hoops and cones, poly spots or foam balls

**Description:** Prior to playing, the leader places cones, poly spots or foam balls on the ground. Players are divided into teams of five to six. Each player gets a hula hoop. Teams must put their hula hoops on the floor in a line and stand inside the hoop (hoops should be touching). This line is the team's caterpillar. The goal is to collect the objects placed around the gym by cooperatively moving the caterpillar around the playing area. For a caterpillar to move, the last person steps into the hoop in front of him/her and passes the one he/she just stepped out of to the front, where the front person lays it down and steps into it. Everyone shifts forward and that is how the caterpillars move! Only the front of the caterpillar may pick up items. That player may then pass them back to be carried by other team members. The game ends when all the items have been collected.

## AIRPLANE GAME

**Equipment:** Blindfold

**Description:** The objective of this game is to for players to learn to clearly give directions. To play, one player is selected to be the airplane, one the navigator and the remaining players are the trees. In a small designated area (the runway) trees spread out and take root (i.e. they cannot move). The airplane is blindfolded: the navigator must give clear step-by-step directions to get the airplane across the runway without crashing into a tree. Rule: the navigator can give only one direction at a time.



## MAN THE LIFEBOATS

**Equipment:** None

**Description:** This is a fun and energetic game for younger children. The leader shouts commands and players must act as quickly as possible. The last person to complete the action is out of the game. To play the game, the leader names four sides of the room bow (front of the room), stern (back of the room), starboard (right side) and port (left side). The leader shouts these commands out in any order and the group must run to the side called out. If the leader says, "man the lifeboats", everyone must sit on the floor. Other commands that can be used include:



- "Boom coming over" - Players lie flat on the floor, hand clasping their heads.
- "Captain coming" - Stand to attention and salute.
- "Climb the rigging" - Mime climbing ropes.
- "Man overboard" - Grab a partner.
- "2, 3 or 4 in a boat" - In groups of 2, 3 or 4 the participants sit down and mime rowing a boat.



## SHARKS

**Equipment:** Hoops (or chalk)

**Description:** To prepare for play the leader should lay out a few hoops or draw chalk circles which will be the islands. The area around the hoop/chalk circles is known as the shark-infested sea. Players must walk around the hoops: they cannot stand still or hang around a hoop. To begin the leader shouts "SHARK" and gives chase. Players must take refuge in a hoop, with as many as possible in each hoop. Anyone caught by the shark (the leader) is out of the game. Once the leader shouts "ALL CLEAR", players start to walk around again. Repeat, and remove hoops each time around so that the players have to crowd into fewer and fewer hoops. The goal of the game to have players help each other to stay in the hoops.





## BODY PART TWISTER

**Equipment:** None

**Description:** The leader should divide the group into teams of 6-10. Groups must work together to find a solution to the challenge given by the leader. Group members can help each other balance as needed. The leader will call out different body parts: these are the only parts of the body the group can have touch the floor. For example, to a group of nine people the leader could call out four bums, two feet, one head, two hands, four knees. The leader will call out the next set of instructions as soon as everyone is in position. Leaders must remember to think before calling out combinations so they do not call out something that is physically or numerically impossible.

## MOVE TENNIS BALLS

**Equipment:** 1 roll of masking tape (or use cones), yardstick, bucket of tennis balls, empty bucket

**Description:** This is a team race against the clock to retrieve and move as many tennis balls from one bucket to another, without using their hands or arms. Prior to playing, the leader tapes a start line on the floor and a finish line which is approximately 10 feet away. The bucket of tennis balls should be placed at the start line and the empty bucket across the finish line.

Teams will take turns completing the challenge. They have five minutes to move as many of the balls as possible from the bucket into the empty bucket across the finish line. Teams must designate one person who can touch the tennis balls. The chosen person may not cross the start line at any time during the challenge. The remaining team members must move the tennis balls to the finish line without touching the balls with their hands or arms at any time. Team members - other than the person assigned the job - who touch a tennis ball with their hands or arms once you have started the challenge must leave the game and watch from the side. One point is awarded for each tennis ball moved and placed in the empty bucket. If all balls are moved from the start bucket to the finish bucket in the allotted time, the team earns 10 bonus points.

Questions for Review/Processing the Activity:

- Why was it important you planned before attempting the challenge?
- How did you discuss different ideas? Did everyone have opportunity to share their ideas?
- How difficult did you find it without using your hands and arms? Did this obstacle force you to think differently?
- Did you support each other during the challenge?
- How well do you feel you worked as a team? What could you improve?
- Did you designate a leader for the challenge? What determines a good leader?
- Did you plan work? If not, why not? How did you respond to this?
- How do you ensure that everyone understands the team strategy?
- What would you do differently next time?
- Looking back on the challenge, what is the one thing you can take away from it?







## HELP YOUR NEIGHBOR

**Equipment:** Beanbags

**Description:** In this version of tag, there is no "IT." Each player gets a beanbag and must walk around the playing area balancing the bag on his/her head. If it falls off, he/she freezes—until a friend comes along to replace the dropped beanbag.

## BED SHEET PING PONG



**Equipment:** Sheet or parachute, ping pong ball

**Description:** Players stand and hold a bed sheet on opposite ends. A ping pong ball is placed onto the sheet. The sheet is then raised or lowered. The object of the game is to get the ping pong ball to fall off the other team's side of the sheet.



## SNAKES AND WORMS

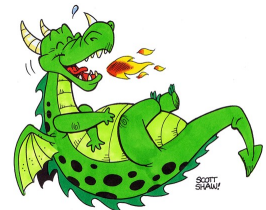
**Equipment:** Pre-cut yarn pieces

**Description:** You can call this game anything you want. An idea is to use brown and green yarn and call it snakes and worms. Cut two colors of yarn, each about 20 feet long. (If you have a large group playing at the same time—you may need 3 colors of yarn and cut the pieces longer.) Next cut the long length into many pieces. Hide the pieces of yarn outside. When time to play, carefully explain rules and regulations to players. Form two teams with one or two players on each side as captains. Captains will tie each yarn piece that is brought to them, to the next yarn piece. The team with the longest finished yarn string wins!

## DON'T WAKE THE DRAGON

**Equipment:** None

**Description:** This game has a fun element of pretend for young children. The premise is that the children are villagers in a town under siege by a fire-breathing dragon. The only way to save their village is to line up in order of height. But, they can't talk to each other, or they'll wake the dragon! Once the children feel they have lined up correctly, they should simultaneously say "BOO!" to scare away the dragon.





## WRIGHT FAMILY VACATION

**Equipment:** Each participant will need an object (tennis ball, etc, eraser, small toy/item that can easily be held in their hand).

**Description:** Have the class stand in a circle (within arm's reach of the person next to them). The facilitator should stand on a chair, desk, and be loud. Instruct the players that you will read a story. Whenever they hear the word "left", everyone must pass their object left. Whenever they hear "right", pass their object to the person to their right. To see if they are alert you can start by saying something like "Let's get right down to it," or "Oops, I left my glasses at home." If the students do not pass their object when you say right and left, remind them they have to do it anytime they hear one of the words.

### The story goes:

One day the **Wright** family decided to take a vacation. The first thing they had to decide was who would be **left** at home since there was not enough room in the **Wright** family car for all of them. Mr. **Wright** decided Aunt Linda **Wright** would be the one **left** at home. Of course, this made Aunt Linda **Wright** so mad that she left the house immediately yelling, "It will be a **Wright** cold day before I return."

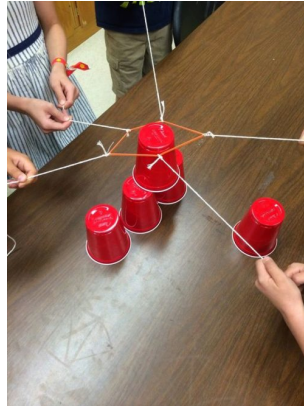
The **Wright** family now bundled up the children, Tommy **Wright**, Susan **Wright**, Timmy **Wright** and Shelly **Wright** and got into the car and **left**. Unfortunately, as they turned out of the driveway someone had **left** a trashcan in the street so they had to turn **right** around and stop the car. He told Tommy **Wright** to get out of the car and move the trashcan so they could get going. Tommy took so long they almost **left** him in the street. Once the **Wright** family got on the road, Mother **Wright** wondered if she had **left** the stove on. Father **Wright** told her not to worry he had checked the stove and she had not **left** it on. As they turned **right** at the corner, everyone started to think about other things that they might have **left** undone.

No need to worry now, they were off on a **right** fine vacation. When they arrived at the gas station, Father **Wright** put gas in the car and then discovered that he had **left** his wallet at home. So Timmy **Wright** ran home to get the money that was **left** behind. After Timmy had **left**, Susan **Wright** started to feel sick. She **left** the car saying she had to throw up. This of course got Mother **Wright's** attention and she **left** the car in a hurry. Shelly **Wright** wanted to watch Susan get sick, so she **left** the car too. Father **Wright** was **left** with Tommy **Wright** who was playing a game in the back seat.

With all this going on Father **Wright** decided that this was not the **right** time to take a vacation, so he gathered up all of the family and **left** the gas station as quickly as he could. When he arrived home, he turned **left** into the driveway and said "I wish the **Wright** family had never **left** the house today!"

(You can vary your speed with how fast you read it and it's a great way to get everyone involved and it really doesn't get old)

## COOPERATIVE STACK THE CUPS



**Equipment:** Disposable cups, rubber band, string

**Description:** In this activity, team members must work cooperatively to: pull their strings to expand the rubber band, lower the rubber band around a cup, release the string so that the rubber band grabs the cup, pick up the cup to stack it. Teams will have two timed rounds to stack their cups, once without talking to each other and once with the ability to communicate. The participants should find the second round is easier because they can talk to each other. The leader should start off by saying something like: "You are all going to become problem solvers and we are going to start by asking you to solve a problem by working in a team to stack cups into a pyramid shape. Does it sound easy? The trick is that you cannot touch the cups with your hands once the competition begins." The leader will then invite participants to move into teams of equal sizes and stand around a table. Each team should have 4-6 members, depending on the size of your group. At each table, put a rubber band and 6 plastic cups, and one piece of string for each team member. Explain the goal of the activity is to make a tool with the strings and the rubber band to stack the cups into a pyramid shape. You could ask a team to build a pyramid with the cups so they know what the finished product should look like. Explain that all team members have to help in stacking the cups so they must create a tool that involves all team members. The leader should then allow about 10 minutes for teams to make their tool and practice stacking cups. At first players might not know what to do, but eventually someone will figure out that you can stretch the rubber band to pick up a cup. The leader might have to ask questions to encourage their thinking like, "Since you cannot touch the cup, how can the strings help with the task?" If one group figures out that you have to tie the strings to the rubber band, the leader can call attention to this design and say that the other groups might want to learn from this design.

## ALL IN ONE GAME

**Equipment:** None



**Description:** Stand in a circle holding hands. One person is selected to stand in the middle. The person in the middle calls in some one-one at a time. The goal is to see how many people you can fit in the middle—without breaking hands.

## BUFFALO BILL TAG



**Equipment:** None

**Description:** Spread out in a designated area of the gym. Two to four people are Buffalo Bills. Everyone else is a Buffalo and is trying not to be tagged by the Buffalo Bills. When a Buffalo is tagged, they lay down on their backs with their arms and legs sticking straight up in the air (dead/frozen buffalo). To become unfrozen, another buffalo must touch the dead buffalo's hands and feet while saying "1,2,3 you're free." The game ends when all the buffalo are dead, or the Buffalo Bills become tired.

## KEY PUNCH

**Equipment:** 25 sequentially numbered paper plates (or other number markers) and chalk or tape to mark off the playing area.

**Description:** Make a 4x6 (approx.) rectangle with tape or chalk. Place the 25 numbered plates randomly inside. Divide group into teams (groups of 5-7 work best). Each group has to touch the plates in order from 1-25 as fast as they can. The coach will keep track of the total time of each attempt. Five second penalties are given each time two people are inside of the rectangle at the same time and when a plate is touched out of order. Have each team set a goal time. Time each attempt, alternating between teams, but allow time to give each team 2-3 attempts. Allow shorter times to strategize between each attempt.



## ODDS AND EVEN TAG

**Equipment:** This game is most easily played in a gym or a square space, or outside with two lines of cones on the far ends of the playing area.

**Description:** The game is played by both teams walking into the middle of the playing area in a side by side line, facing the opposite team. The leader calls out a math problem. If the answer is odd, then the odd team chases the even team back to their side, and vice versa. If members from the even team can reach their side or safe area without being tagged by a member of the odd team, they are safe. However, if you get tagged before you reach the safe area then you become a member of the other team. The game concludes when all players are on one team.

**Variations:** The math problems can change based on the age of players. If playing with younger students, call out a single number, and players run or chase based on whether it's odd or even. For older players, use more challenging math problems.



## HOUSE, TREE, NEIGHBOR

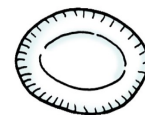
**Equipment:** A space where the players can easily form a large circle and put cones, polypots, or chalk, where they are to stand, or use already-painted circles on the floor.

**Description:** The leader of the game will stand in the middle of the circle. At each round of play, the leader will point toward one player who is in the circle, and say either "House," "Tree," or "Neighbor." If the leader says "House," the person who he/she points to has to crouch down, and the player on either side of him/her has to turn toward each other and form a "roof" over the frame of the house (the middle player) by giving each other a high-ten over the player's head. If the leader says "Tree," that player must stand like a tree trunk, straight and with his/her arms to his/her side. The two players on either side then form branches by facing away from each other and form arches with their arms away from the trunk. If the leader says "Neighbor" to a player, that player must cross their arms and hands in front of his/her body, reaching out their hands to the players on either side of them. The players on the sides then quickly shake the middle player's hands. The speed of the game can get faster as it goes on and players get better. If a player makes a mistake, they can do jumping jacks and get back into the circle, distract or cheer for the remaining players in the circle, or if it is played at the end of a game time, be eliminated and go back to their seats/classroom.

### Variations:

Be creative and think of other items you can form using 3 players!

## PAPER PLATES

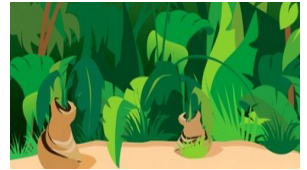


**Equipment:** Paper plates and markers.

**Description:** Sit comfortably in a circle and relax in a room. Each person is given a paper plate and some markers. That person then writes their name on the paper plate. After everyone has their name written, everyone passes their paper plate one person to the left. Each person writes a note (or one positive adjective) on that person's paper plate that they think describes the owner of the plate. Then then pass the plate to the left again and the process continues. This continues until everyone receives their own paper plate back, filled with encouraging messages and words about the strengths their peers see in them.

## JUNGLE RACE

**Equipment:** Large space, poly spots, hula hoop, small plastic figures



**Description:** Lay out two separate paths using poly spots. Put one hula hoop at the beginning of each path. Put a box of small plastic figures at the end of each path. You can make the course more difficult by creating larger gaps between spots or adding cones and jump ropes as additional obstacles.

**How to Play:** This is NOT an actual race. Every player will have one chance to go through the obstacle course by only stepping on the poly spots. The player will begin at the first poly spot with or without a puppet on one hand. They will walk towards the box of small plastic figures, and grab as many figures as possible by using the mouth of the puppet (they cannot use 2 hands to collect the figures). After grabbing the figures the player must go back using the poly spots to walk (or jump, leap, etc.) on, and drop the figures into the hula hoop. Once the player has let go of their figures, they hand their puppet to the next player and walk to the back of the line. Only the figures that land in the hula hoop will be counted. After everyone has had a turn, do a final count of figures that landed in the hoops. The team with the most figures in their respective hula hoop wins.

**Variations:** Add cones or wiggle jump ropes to jump over to increase the difficulty.

## LOTS OF AIR

**Equipment:** Table - any size, at least one ping pong ball

**Description:** This game can be played with 2 people or 20 people (if your table is big enough!). Spread the players around the table. With four players, assign each person one side of the table. Otherwise, decide what space around the table is each person's territory. Put a ping pong ball in the center of the table. No one is allowed to touch the ball. They have to move it by blowing on it. A point is scored when the ball falls off the side of the table. The point goes to the person whose territory is where the ball fell off. The winner is the person with the fewest number of points when a set amount of time is up.



**Variations:** If you are using this game with a large number of kids, don't try to keep score, but do add more ping pong balls to the table. Add an extra ball for every 4-5 players.



## RIVER BALL



**Equipment:** 1 ball and wide open space

**Description:** Divide yourself into two teams. One team is at one end of the court, the other team is at the other end. The middle third of the court is the river. One person from the team throws the ball and the other team has to catch it. If they catch it you continue with the game. If they drop it, then the person who dropped it or is the closest to the ball is out. The only way the person can get back in is if one of their team members catches the ball or one member of the other team drops the ball. If the ball goes in the river you are out.



## SKITTLE GAME

**Equipment:** Container, 2-3 pkgs. of Skittle candies, score sheet, paper and pencil

**Description:** Find a deep, clean, non-see-through container to pour in several bags of skittles. Make a point chart on paper or blackboard for the different colored Skittles. An example is purple 5pts, green 10pts, yellow 20pts, orange 25pts, and red 30pts. Divide into teams and have one person at a time from each team, draw out a Skittle. The team is awarded the points for the color that is pulled out. The drawer gets to eat the Skittle. The first team to reach 500pts is the winner.

## BALLOON SANDWICH



**Equipment:** Balloons

**Description:** Begin by choosing partners and lining them up back to back at a starting line. Place a balloon (not a helium one) between their backs so that they must hold it there and not let it fall to the ground (emphasize no hands!). At the sound of a whistle, the pairs must take off in this position, shuffling their way toward a finish line. If the balloon pops or drops, they must return to the starting line for a replacement. The first sandwich to cross the line wins.





## GIANTS, ELFS AND WIZARDS

**Equipment:** None

**Description:** This is a team version of Rock, Paper, Scissors. Set up a playing area with safe zones marked at each end, about 60 feet apart.

Teach everyone the following three characters:

- **Giant** - Tip-toes, raise hands above head, curl fingers, growling sounds
- **Wizard** - Crouch slightly, wave and point a magic wand, shouting "kazaam!"
- **Elf** - On haunches, hands cupped for big ears, shrill screeching noises

Give children practice by calling out the characters and having them do the actions. Split the group into two teams. Each team huddles to decide on character.

Teams line up facing each other at midfield with about 5 feet between teams.

On signal, each team strikes pose for their character. Whichever team "wins" chases the other team back to their safe zone. Those that are tagged join the chasing team.

- Giant squishes Elf
- Wizard zaps Giant
- Elf shoots Wizard with a bow

Each team huddles to determine new character and repeat until all children are on the same team.

## GRAB BAG



**Equipment:** Two brown paper bags, slips of paper, pencil

**Description: Setup:** You'll need a starting line, a designated turnaround point, and two teams (with at least two players per team) as well as two brown bags, slips of paper and a pencil. On the slips, write instructions: "Hop to the tree and back," "Run to the slide, go down, and run back," "Do 25 jumping jacks." Make two of each instruction (so that the teams will have identical sets). Put one in each bag. Each bag should have one slip per player. **To play:** The first player on each team pulls a slip from the bag, performs the action, and tags the next player, who does the same. The first team to finish all the actions wins.

## HUMAN FOOSBALL GAME

**Equipment:** Balloon



### Instructions:

```
+ - - - +  
| X O X O |  
| O X O X |  
| X O X O |  
| O X O X |  
| X O X O |  
| O X O X |  
| X O X O |
```

Divide the group in half.

Sit the campers down in a pattern as below, placing them very close together.

Make the pattern as large as needed for group.

The 'X's try to move the balloon to the 'O's endzone by batting it in the air. The 'O's try to move it the other direction.

2 points are scored if the balloon hits the floor past the end zone.

1 point is scored if a camper on opposing team catches or grabs the balloon - only hitting is allowed.

Players must remain seated.



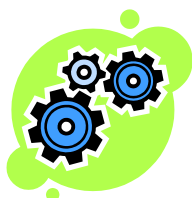
## BOSSY BALL

**Equipment:** Masking tape, playground ball, permanent marker

**Description:** First, randomly stick 7 to 12 strips of masking tape on a playground ball. On each strip, use a permanent marker to write a different rule for throwing and catching the ball: "Overhead and backward," "Underhand between the legs," "Sitting down," "Standing on one leg," "Eyes closed," "In mid-jump," "While singing," and any others you can think of. The game is played like regular catch, but once the first player grabs the ball, he/she must look at the words under or closest to the palm of his/her right hand. He/she has to throw the ball as directed by these words -- and the second player has to try to catch it in the same manner. The second player then looks at the words under his/her right hand, and play continues. To make the game more challenging, see how many successful catches you can make, then try to beat your record.

## PEOPLE MACHINE

**Equipment:** None



**Description:** This is a whole group activity. Members make themselves into a machine, with as many parts (gears, levers, etc.) as they can devise. One member starts by repeatedly doing a movement, like shaking a leg and making a sound; another member joins in, with his own motion, etc.

## AUTO TRIP



**Equipment:** Chairs set up in a circle, one less than the number of players

**Description:** Players sit in a circle and are assigned the names of auto parts. (ie. hood, wheel, door, etc.) The storyteller tells a story of an auto trip. As the player tells the story, the parts mentioned get up and follow him/her. When the storyteller yells "Blowout," each player scramblers for a seat. The one left out becomes the next storyteller.

## DEAD FISH



**Equipment:** None

**Description:** What do dead fish do? Exactly... nothing! Explain that the rules are to be the best dead fish by being as "lifeless" as they can. Give them a few seconds to get all the wiggles and laughs out. As soon as you start, walk around and tag people 'out' that are moving or laughing. Allow those that are out to help you by trying to get people to laugh and respond.

## AMAZING SHRINKING BLANKET



**Equipment:** Blanket

**Description:** Explain to the group that because the ground is so cold, you've provided a nice cozy blanket for them to stand on. Spread the blanket on the ground or floor. Ask the whole group to get on it so that no appendages are touching the ground off the blanket. Once the group successfully completes standing on the blanket, advise them that you've received a report that another group needs half of their blanket to keep their feet warm, too. Ask them get off and fold blanket in half. Repeat the above process as many times as possible. Each time you fold the blanket, the group will need to be more creative (and cozy) to successfully stand on the blank.

## FAST PASS PICTURE



**Equipment:** Sheets of paper and writing utensils

**Description:** The players must transmit a drawn picture to the last player in the row. The first player in the row draws a simple picture and shows the picture to the next person for 10 seconds. The person second in line then attempts to copy the picture from memory. When the second person completes the drawing they show it to the third person and so on. Then the players compare the first drawing with the last.

**Variations:** - (1) Split the players into two teams and have the leader create a drawing to pass down each row; (2) Have the first person create a simple picture and each player after them add something to the picture. See what is drawn at the end.

**Adaptation:** - (1) Allow extra time for processing if the group is having a difficult time remembering what the image looks like. (2) Provide a visual model for individuals with cognitive delays or visual motor issues to copy (keep it hidden from the next player in the row).

## HULA HOOP PASS



**Equipment:** Hula hoop

**Description:** Have the group form a standing circle holding hands. The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point. Each player can only let go of their peer's hands once. The group decides how each player is going to climb through the hula hoop and pass it to the next player.

## SURVIVAL PLAN



**Equipment:** Writing utensils and paper, list of equipment ideas

**Description:** There has been a plane crash and each group needs to choose the 12 most useful items to survive. Choose / rank equipment items in terms of their relative survival value. Participants first choose/rank the items individually. Discuss choices/rankings in small group and come to a group consensus. Score answers against "expert" opinion. Possible scenarios:

- Lost at sea or island survival (shipwreck)
- Desert (plane crash)
- Space or Moon

## MINE FIELD



**Equipment:** Balls or other objects such as bowling pins, cones, foam noodles, etc. for the "mines"

**Description:** Distribute "mines" and help develop a genuine sense of trust and safety. Participants operate in pairs. Consider how the pairs are formed to enhance player relationships. One person is blindfolded (or keeps eyes closed) and cannot talk (optional). The other person can see and talk, but cannot enter the field or touch the person. The challenge is for each blindfolded person to walk from one side of the field to the other, avoiding the "mines" by listening to the verbal instructions of their partners. Allow participants a short period (e.g., 3 minutes) of planning time to decide on their communication commands, and then begin the activity. The instructor should suggest that each pair develop a unique communication system and provide younger players with command ideas. The instructor(s) can float around the playing area to help prevent collisions. Decide on the penalty for hitting a "mine". It could be a restart (serious consequence) or time penalty or simply a count of hits, but without penalty. When participants swap roles, give participants some review and planning time to refine their communication method. The facilitator plays an important role in creating an optimal level of challenge, e.g., consider introducing more items or removing items if it seems too easy or too hard.

## POSITIVE BOMBARDMENT



**Equipment:** None

**Description:** One member is selected to be the recipient of positive feedback from the rest of the group. Once everyone has had a chance to give that member the "gift" of feedback, another person is chosen and the process is repeated. This can be done in writing with members writing a positive comment to each member and putting them all in an envelope with the person's name on it or verbally. This also can be adapted so the members first give some constructive criticism and then some positive feedback.

## GROUP COUNT OFF



**Equipment:** None

**Description:** Have the group sit down with their eyes closed. The group should try to count as high as they can without having two people speak at the same time. If two people speak at the same time or there is a long pause, the group must go back to one. Everyone must speak once before a person can speak twice.

**Variation:** Give participants a goal number to reach such as the number of people in the group.



## PENNY FOR YOUR THOUGHTS

**Equipment:** Bag of pennies or gold coins for each participant

**Description:** All participants are given a bag with pennies (each participant should have one penny for each member in the group - if there are 20 people, players each should have 20 pennies). Participants go around the room to each other and trade "a penny for a thought." Participants trade pennies - and positive thoughts about what they think of one another. What an incredible activity and a wonderful way to end an experience! Activity continues until all participants have shared with every member of the group and have a new bag of "pennies for thoughts."



## A WHAT?

**Equipment:** Two small objects

**Description:** Participants should sit in a circle. One person, typically the facilitator, should start with both objects. They pass one object to the right and say, "This is a rosy, red, rotund rhinoceros." The receiving person asks, "A what?" The facilitator repeats, "A rosy, red, rotund rhinoceros." The receiver says, "Thank you" and turns to the next person saying "This is a ..." The new receiver must ask, "A what?" This question must go all the way back to the starting person (facilitator). Then the message, "A rosy, red, rotund rhinoceros" is passed all the way back to the receiver. The other object is passed to the left and is called a gorgeous green grapple grinder. Both objects must travel all the way around the circle. If someone says the wrong phrase and mixes up the words, the object must go all the way back to the beginning.

## WILLIAM TELL



**Equipment:** None

**Description:** Have participants form a line facing forward. The last person is shown a series of specific actions. (ex: Catching a prize fish, kissing it, and throwing it back.) They then tap the shoulder of the next person in line and show them the exact same actions. This pattern is followed through the line to the front. The first person must show the entire group the actions. The facilitator will show the group what the original actions were.



## JUNK YARD

**Equipment:** Multiple hula hoops, many small objects (50 or more)

**Description:** Place one hula hoop in the middle of the playing area. Fill that hula hoop with all of the small objects. Have several hula hoops around the outside of the playing area (one for each team.) Inform groups that the only goal is to get every object in their hula hoop. Participants can only have one object at a time and they may not throw or hand off the objects. Participants are allowed to steal objects from other teams' hula hoops. The facilitator should assign a point value on specific objects to distract participants from the real goal of getting every object in their hoop. The group should be given 1 minute the first round. The time should be decreased each round, and point values should increase. This continues to distract participants for the real goal. The only way to win is for the teams to work together and place all of their hula hoops over the hoop in the middle.

## RUNNING THE NUMBERS

**Equipment:** Paper plates, marker



**Description:** Number paper plates to fifty. Not all numbers need to be used. Some numbers can be repeated. Spread the numbered plates out in a defined playing area. The numbers should be in no particular order. Divide participants into two teams. Teams need to touch every plate in numerical order as fast as possible. Only one participant is allowed in the playing area at a time. Penalties of five seconds will be given for touching numbers out of order or having multiple participants in the playing area at a time. The opposing team should monitor for penalties.

**GO!**



**Equipment:** None

**Description:** Choose a volunteer from the group. Have this person step aside while the other children stand in a circle, about two feet apart from one another. The extra person is the starting player; she will choose a space in between two other players. Tell players they are not allowed to say anything except the word "Go." Blow a whistle or clap your hands to start the game. The starting player will make eye contact with someone in the circle with the intent of getting that person to say "Go." Once she receives the command, she will walk slowly toward the child who said it. The child who uttered the command will then make eye contact with another person in the circle with the intent of getting that person to say "Go." Once this second person receives the command, he will start walking toward the person who said it. The idea is this: Each person who gives a command should receive a command quickly enough to vacate his position and give it over to the player who is approaching him. Once the group is able to successfully complete the task, challenge them to change spots while dribbling a ball.

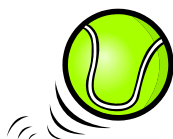


## ANTIQUE CAN



**Equipment:** Large can and an object to place inside of it, blindfolds

**Description:** Direct the group to stand in a circle. Assign limitations to each player or to the entire group. You could, for example, blindfold one or more participants while asking others to use only their feet. Show the children the can. Make up a story about how ancient, powerful or valuable it is and that it must not be dropped on the ground. Challenge the group to pass the can around to each member without dropping it or spilling its contents. If the can--or the object in the can--drops to the ground, the group must start over. After explaining the task to the group, ask them to set a time goal for completing the task. Discuss with participants their tactics, methods of communication and performance. Ask them how they felt about or dealt with the limitations placed on them. Invite them to connect the limitations imposed on them in the game to the obstacles they sometimes face in life.



## BALLS GALORE

**Equipment:** Tennis balls

**Description:** Divide students into groups of two or three. Designate one student from each group as the ball holder. This person should try to hold as many tennis balls as possible. He cannot use his clothing or pockets, only his hands and arms. All of the balls can only be touching him in order to be counted. After a designated time, count the balls to see which group was able to get its holder to hold the most tennis balls.

## UNCOMMON COMMONALITIES

**Equipment:** None



**Description:** Unify teams with an uncommon commonality activity. When children are in groups of four or five, have them figure out what they all have in common with each other that might be unique to their group. For instance, they might discover that they've all visited the ocean. They should call themselves the ocean group. This activity helps children see how they're alike, as opposed to how they're different. To make it competitive for older children, try to see which group comes up with an uncommon commonality the fastest. You could also have children vote on which commonality is the most creative.



## HOT AND COLD

**Equipment:** Objects to hide

**Description:** Divide the children into teams of two or three. Give each team an object to hide. Send all but one player from each team out of the room or use the honor system and have the other players cover their eyes. The selected players will hide their items and then call for their team to return or uncover their eyes. As teammates move around, the child who hid the object will call "hot" if teammates are really close, "warm" if teammates are getting close or "cold" if teammates are not anywhere near the item. The team that finds the object hidden by their teammate first wins.

## HUNTER AND GATHER

**Equipment:** None

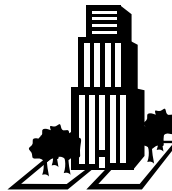


**Description:** One (fast) player is chosen to be the hunter. Another (patient) player is chosen to be the guard. The rest of the children become animals. Mark out a circle about 10 feet in diameter on the ground to be the "pen", in the middle of the playing area, using chalk, stones, sticks or whatever else you have on hand. The guard stands in the pen and must stay in it for the duration of the game, although he may patrol the perimeter and try to catch any stray animals that come too close!

The animals scatter, and start to run around the play area, trying to escape the hunter. If the hunter catches an animal, he leads him over to the pen. Once in the pen you cannot escape, but you can be rescued on the way to the pen if one of the other animals touches you. However, your rescuer must avoid being touched by the hunter or the guard when he is trying to rescue you, or he too will be caught and put in the pen. You can stop the game at any time, but you might want to set a time limit in advance or declare an end when a certain number of animals have been caught.

## SKYSCRAPERS

**Equipment:** Pool noodles (or index cards), masking tape



**Description:** Divide children into groups of four or five, and give each group a minimum of eight pool noodles and a roll of masking tape. Give the groups a certain amount of time to create a free-standing tower with only the noodles and tape. At the end of the time, the team with the tower that can stand on its own is the winner. If you'd rather not purchase noodles, you can also play the skyscraper game with note cards and masking tape. Groups can use the tape to attach index cards to each other and try to get the tallest tower. To make it harder, give groups a limit of how many note cards they can use.

## SARDINES



**Equipment:** None

**Description:** Choose one child as the first "sardine" and send him/her to go and hide while the other children count to 100, or an appropriate number. They then split up and set off to find the sardine individually. When a child finds the sardine, he/she joins the sardine in the hiding place and tries not to giggle! The last child to find the hiding place becomes the first sardine for the next game.

**Hints:** Depending on the age of the players, you may want to darken the rooms you will be using. It makes a better game if an adult ensures that the seekers fan out and go seeking in different directions. Tell the children that if they do spot the hiding place while other seekers are about, they shouldn't give it away immediately but instead come back and hide as soon as they can do so quietly!

Establish a particular word or phrase (such as "Silly Sausages") which you can call if you need all the children to abandon the game and return to you, or a child can call if he needs help. Sometimes children get frightened to be alone in a strange house, or claustrophobic.



## THROW A BALL OR QUESTION



**Equipment:** Paper, writing utensil

**Description:** When children need to get acquainted, have them "throw" a question. Each person should write a question on a piece of paper and crumple it into a ball. They can take turns throwing the ball to other players. The player who catches the ball can unfold the paper and answer the question. He can then throw his question. Those who can't read yet can throw a ball and ask the question as the other person catches it.

## SPAGHETTI AND MARSHMALLOWS

**Equipment:** Spaghetti, marshmallows

**Description:** Give each team a packet of spaghetti and a packet of marshmallows. The team that builds the tallest spaghetti and marshmallow tower wins!



## **CAPTAIN'S ORDERS**

**Equipment:** None

**Description:** This game is excellent for a competitive group. It tires everyone out really quickly and can provide a good opportunity to award a prize to the winner.

One person needs to be selected to serve as the leader or "Captain". The leader must call out different actions but is limited to some (or all) of the following actions to call out. Pick and choose the best actions for your group. Feel free to make up your own as well.

### **Man Overboard**

Players have to drop to the floor into planking position.

### **Captain's Coming**

Players must stand at attention and salute the 'captain'.

### **Starboard / Port**

Players must run to the designated side of the room.

### **Scrub The Deck**

Players must squat on the ground and scrub the deck.

### **Climb The Rigging**

Players must stand up and pretend to climb the rigging.

### **Man The Lifeboats**

Three players have to pair up. They must sit in a row with the two on the end holding their hands out to make a boat shape and the person in the middle rows the boat.

### **Find North**

The players have to pair up into groups of three and point in one direction.

### **Titanic**

A boy and girl pair up. The guy gets on one knee and holds the girl by her waist while the girl sticks her arms out imitating the scene from the movie "Titanic".





## COOPERATION DOTS

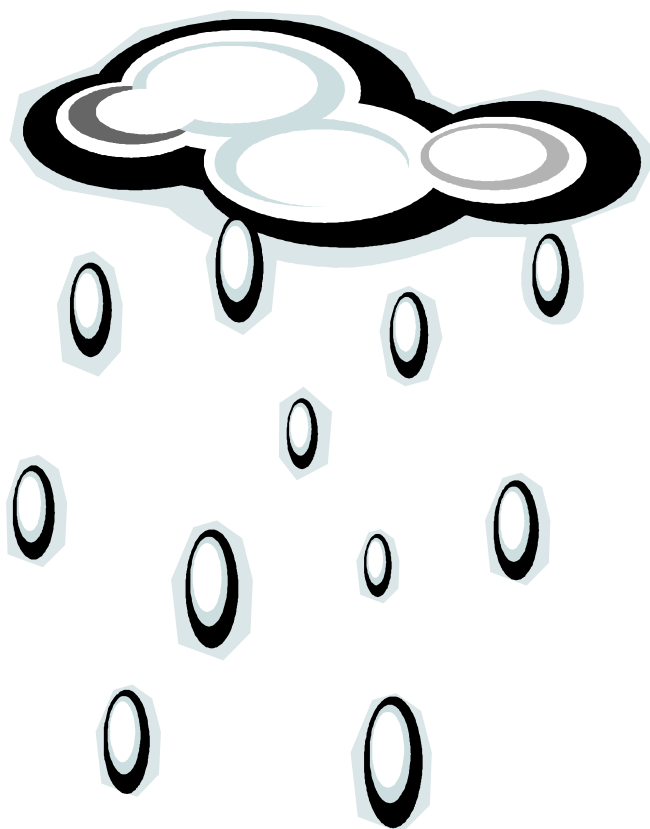
**Equipment:** Construction paper dots

**Description:** Cooperate your way to victory! This is a game for 6 or more players. First mark the course with a starting line and a finish line. (Course should be about 20 feet long.)

Next, players split up into two teams of three. Each team gets a stack of large circles or "dots" made out of construction paper. There should be one more circle than there are players on the team. If a team has three people, they will get four construction paper dots.

The object of the game is to race the other team to the finish line and back; players can only step on the dots. If somebody steps on the floor, their whole team has to start over. Players must have their whole foot on the dot, and dots can't be dragged on the floor. Teams need to try to figure out the fastest way to get their whole team across the course and back.

# Indoor/Rainy Day/Quiet Activities



## STRAW MAZE

**Equipment:** Straws, craft fluff or pom poms, blue painter's tape

**Directions:** Place tape down onto the floor, designing the maze formation. Place pom pom/ craft fluff on the floor at the start of your maze. Have players blow through their straws, blowing their pom pom through the maze.

**Variation:** Time each player to see who can make it through the maze fastest.



## POM POM POPPER

**Equipment:** Plastic cups, balloons, mini pom-poms or mini marshmallows, rubber bands

**Description:** Use a cup and a balloon to create a launcher for pom-poms or mini marshmallows. Cut the bottom off a plastic cup so you have a tube. Replace the bottom with a balloon: Tie the balloon closed, then snip off about a half-inch from the end. Stretch the balloon over one open end of your cup (add a rubber band for extra security).

To launch, place a mini pom-pom inside the cup, in the center of the launching pad you created with the balloon. Then pull back on the knot and release. Pow! See how far it flies.





## CAT & THE MOUSE

**Equipment:** Tissues, string, colored tape, tokens - pennies, water balls, something small (5 for each player), large kitchen pan lid, 2 dice

**Description:** To prepare, first get a tissue for each player and fold and roll it up. Then get a 2 foot string and tie it around the tissue. This tissue is now called "the mouse".



With colored tape, create a circle on the floor. It needs to be bigger than a large kitchen pan lid. Each player needs 5 pieces of something. (pennies, legos, pretend money, etc.) Two dice and a large pot lid (i.e. "the cat") are also needed.



To play, each player places his/her "mouse" inside of the circle, holding the opposite end of the string outside the circle. Start with one person holding the "cat" in one hand and 2 dice in the other. The person with the "cat" and 2 dice begins rolling. Once the person shaking gets doubles on the dice, he/she tried to catch as many mice as he/she can by slamming down the lid of the pan ("cat"). Other players must pull out their mice as fast as they can to prevent being caught under the lid. Players whose mouse gets caught under the lid must "pay" the "cat" with one token. After doubles are rolled, the 2 dice and lid are passed to the person on the left of the "cat". Repeat until doubles are rolled. Players who run out of tokens are out of the game.

**Variations:** 1) The "cat" can fake attacking the mice. If the mice pull out of the circle, they owe the "cat" a token; 2) If the "cat" touches the floor on attack when doubles were not rolled, the "cat" owes a token to all of the mice.

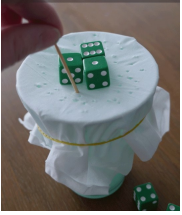
## ROCK

**Equipment:** None

**Description:** For some reason, children love playing this repeatedly and never realize you're getting a few minutes of peace and quiet. Basically, they have to be as still and quiet as a rock. If they move, they're out. Keep going until you have a winner or have passed a time limit. As players get eliminated from the competition, let them help you watch the others for signs of movement. They can't touch or disturb the "rocks," and movement due to normal breathing is acceptable.



## BREAK THE ICE



### BREAK THE ICE

**Equipment:** Cups, tissues, rubber bands, toothpicks, dice

**Description:** The tension of seeing your luck dangle on the sturdiness of a paper-thin tissue is what makes this game so suspenseful and fun. The objective is to be the last player with dice on the tissue. Each player needs a cup, tissue, rubber band, 5 dice and a toothpick. Players need to create the "ice" by unfolding their tissue and laying it across the top of their cup. The rubber band should be used to secure the tissue to the cup and create a flat surface. Roll one die to determine the starting player. The highest roll begins by rolling two dice. The total of the dots determines the number of holes that player must poke into his/her tissue. When poking holes, at least half of the toothpick must go below the surface of the tissue. Also, players cannot poke in the same spot more than one time. If a 1 is rolled, a player must add that die to the top of the cup (players can never have more than 4 dice on their cup). Once a die is placed on the tissue, it cannot be moved. Play continues in a counter-clockwise rotation. If any dice fall into the base of the cup, that player is out. The winner is the last player with dice on top of the ice.

### ALPHABET RACE

**Equipment:** White board/poster board or paper, two markers

**Description:** Prior to playing participants are divided into two teams. The leader will write the letters of the alphabet on either two sides of the white board, poster boards or pieces of paper. Each team will need a marker. The leader selects a category: teams one at a time must come up with a word corresponding with a letter of the alphabet. The first team to complete the full alphabet with words wins! **VARIATION:** 1) Words must be more than 3 letters, 4 letters, etc. 2) Words need to be spelled correctly

### SMELLY SOCKS GAME

**Equipment:** Socks, scented cotton balls

**Description:** Use old socks or buy some from a charity shop. Scent some cotton balls with different smells like tea, coffee, lemon, apple or tomato ketchup etc. When the cotton balls are dry, put them in the socks, tie them up with a ribbon, and play a game of "guess the smell".



## THE DICE GAME



**Equipment:** Dice

**Description:** The object of this game is to be the first player to complete all of the rounds. Each player gets 10 dice. Everybody rolls all of their ten dice at once. Each player pulls out the appropriate dice that they need to complete the round that they are on (see below for round information). Then, players pick up the remaining dice and roll all of them again. Speed is of the utmost importance. The faster one rolls the dice, the quicker they will get what they need to win the round! When an individual gets all of the correct dice for the round, they should call out "winner." At that point, everyone should stop rolling their dice. The person who won the round then moves on to the next round. The other players who did not finish their round must work on that same round until they complete it. Once a round is completed, a player will pick up all 10 dice and begin the next round. The winner is the first person to finish all of the rounds.

### **Round One**

Goal: 10 dice that are all of the same number.

### **Round Two**

Goal: 5 dice all of one number and 5 dice all of a different number.

### **Round Three**

Goal: 5 pairs. Each pair must be of 5 different numbers.

### **Round Four**

Goal: 3 sets of 3 of the same number. Each set must be of a different number (e.g. a set of ones, a set of fours, and a set of sixes).

### **Round Five**

Goal: 2 sets of 4 dice of the same number. Each set must be of different numbers (e.g. 4 dice of the number two and 4 dice of the number five).

### **Round Six**

Goal: 2 sets of three of a kind and two sets of pairs. Each set must be of different numbers (e.g. three dice of the number two, three dice of the number four, a pair of the number one, a pair of the number six).

### **Round 7**

Goal: ten dice of the number 6.

### **Round 8**

Goal: Roll one dice. Continue rolling the rest of the dice until you get all ten dice of that number.

### **Alternate Rounds:**

Round 1: 2 sets of three of the same number

Round 2: 1 set of three of the same number and 1 run of 4

Round 3: 1 set of 4 of the same number and one run of 4

Round 4: a run of 7 dice that are in consecutive order

Round 5: a run of 8 dice that are in consecutive order

Round 6: a run of 9 dice that are in consecutive order

Round 7: 2 sets of 4 of the same number (can be of the same number)

Round 8: 7 dice of one number

Round 9: 1 set of 5 of the same number and 1 set of 2 of the same number

Round 10: 1 set of 5 of the same number and 1 set of 3 of one number



## WHO'LL GO BOOM?

**Equipment:** 1 ball (the bomb), sheet of paper, markers, bag

**Description:** Players should sit in a circle. The leader tells them someone hid a bomb in his/her bag. Oh no! The leader then pulls out a small, foam or dodgeball type ball. (For best results, use a black ball and doodle on it with white marker so it looks like a real bomb.) The leader then shares with the group that he/she needs a password to disarm the bomb. The leader will need to think of a 6-9 letter word, as if playing hangman. Players will call out letters, then pass the bomb to someone. After a number of tries, the leader will either blow up the bomb or give them the word. This is a great cooldown activity after a heavy sport or right before lunch. If older children are playing, the leader can have them start singing "tick...tick...tick..." between the rounds to pump them up. Then, the leader can surprise them by going BOOM!

## WINK 'EM

**Equipment:** None

**Description:** The objective of this game is to get away without being tapped. Divide the group evenly into two groups. Have one group form a circle and sit on the ground or in a chair. These are the "Winkers". Have the other group sit or stand (if in a chair) behind the first group. These are the "Tappers." They stand ready to tap the shoulders of the person in front of them. Tappers only move to tap shoulders, not to chase or run.



One "Winker" is chosen to start the game. This person begins the game by winking at any other "Winker" in the circle. The person who is winked at must try to switch spots with the 1st Winker without being tapped by their "Tapper".

If the person winked at successfully gets up without being tapped, they switch places with the winker and start the next round. If they are tapped by their Tapper, they switch places with their Tapper. To make it more fair for winkers, the leader can ask Tappers to stand with their hands behind their back or over their heads.

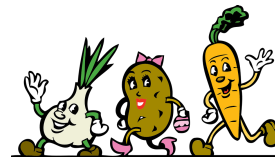
## GRAPES GAME

**Equipment:** Paper plates, grapes, whipped cream

**Description:** Provide a paper plate for each player. The leader should put five grapes on each plate and bury them in whipped cream. Players should lock their hands behind their backs and attempt to eat all of the grapes on their plates. If the group size is large, leaders might choose to have six to eight play at once and then have winners compete in a playoff.



## VEGETABLE GARDEN



**Equipment:** None

**Description:** The objective of this game is to not smile! Be the sun and stay away from the compost. Players should be divided into groups of 6-10. Each group should sit in a circle. Each player needs to choose a vegetable. (Or the leader can assign them by having pre-made vegetable cards.) The main rule of the game is that from the start, no one can show their teeth! Players must speak with their lips over their teeth. The goal is to get others to smile and show their teeth.

The leader will select one player to be the sun: that player will be the one to start. The sun will say his/her vegetable twice and then say another vegetable. (For example: ", Tomato, Tomato-Cucumber!"). Cucumber will then do the same. Every circle should have a sun and a compost pile. Every time someone shows his/her teeth they go to the compost pile. Other players will move closer to the sun.



## PENNY RUGBY

**Equipment:** Quarter (or other coin)

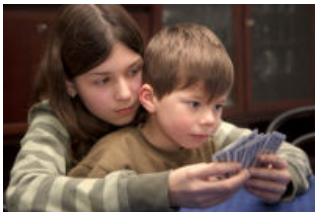
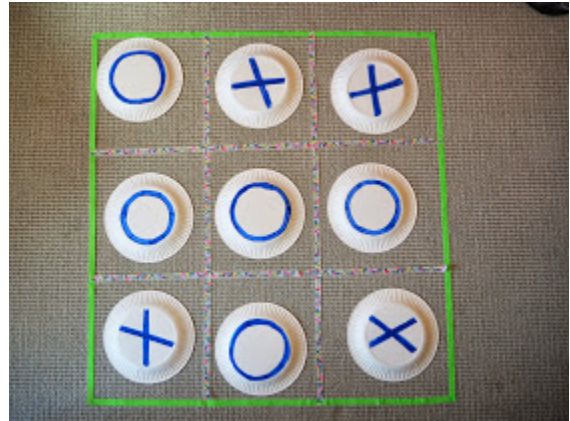
**Description:** Two players sit across from each other at a small table. One person goes first. That player starts with the quarter overhanging (balanced half on and half off the edge of the table) on their side of the table. He/she flicks the quarter with his/her fingers or bump it with their hand. The goal is to try to get the quarter to stop just as it overhangs the edge of the other end of the table where the other player is sitting. The player (whose turn it is) can bump or flick the quarter up to 3 times to get it across the table. If the quarter goes off the table or doesn't overhang, no points are awarded and the turn goes to the other player. If the quarter overhangs the other end of the table at any point in their turn, the flicking player gets 5 points and a chance to go to goal.

To go to goal, the player spins the quarter on the table and catches it between his/her thumbs while it is spinning. (If it is not caught between the thumbs, the turn ends). If it is caught, the other player makes a goalpost by placing his/her two thumbs together and spreading his/her hands out, fingers up. The player with the quarter keeps the quarter between his/her thumbs and 'throws' the quarter through the goal (2 more points). Whether it goes in or not, it is the end of this player's turn.

## PAPER PLATE TIC-TAC-TOE

**Equipment:** Paper plates, colored tape, marker

**Description:** Lay down a tic-tac-toe grid using colored tape. Make a large "X" on the back of five paper plates and a large "O" on the back of five (use markers or tape for this). Players take turns putting their plates in the grid in an attempt to get 3 of their plates (either X or O) in a row.



## BEGGAR MY NEIGHBOR

**Equipment:** Cards (For two or three players, one standard deck of cards can be used. Any more than three players will require two decks.)

**Description:** All the cards are dealt, one by one, around the group, until there are none left. It does not matter if some players have more cards than others. Each player collects his cards in a face-down pile and does not look at them.

To start, the person to the left of the dealer places his top card face-up in the center. Then the game moves around clockwise, with each player adding one card to the central pile until someone turns up an Ace, Jack, Queen or King. The player who turns up one of these cards can then demand payment from the next player:

An ace earns four cards

A King earns three cards

A Queen earns two cards

A Jack earns one card

These payment cards are each placed on the central pile. If an Ace, King, Queen or Jack is turned up, then the next player to the left has to pay the required amount of cards, and so on. This continues until a payment is complete without Aces or Court Cards. Then, the last player who turned up an Ace or Court Card takes the whole central pile and puts it at the bottom of his own. He starts the next round, and the game begins again.

The winner is the player who first goes out by using up all his cards. If playing to a time limit, then the winner is the player with the least remaining cards when the time runs out.



## BACK WORDS

**Equipment:** Paper, pencils



**Description:** Divide the group into teams of 5 people each with pencil and paper. Call out a word which has four or more letters. Each team writes the word vertically down the left side of the paper, and on the right side write the word vertically backwards. Then they have to fill in between the letters to form new words.



## CHOPSTICKS GAME

**Equipment:** None

**Description:** You need at least 2 players, but you can play with more if your adding skills are up to it! The object of the game is to be the last player left with a hand in the game. A hand is "dead" and has to be hidden behind the back when all 5 fingers (or chopsticks) are extended. Play as follows:

Players each put one finger out and hold their hands in front of them. One person starts by using one of his hands to touch any other person's hand. The person he touches adds up the number of fingers involved (on this first go it would be two - one on each of the children's hands) and holds that number of fingers out. Play then passes to the next child (move clockwise around the group, if there are more than two children).

When it is your turn, if you have more than 1 finger extended on each hand, you can choose to touch your own hands together rather than touch someone else's hand. If you do this, you add together the number of fingers on both hands, then split that number between your two hands in a different way. So, for example, if you had 4 fingers extended on your right hand and 2 on your left hand, you might tap them together then split them so that you have 3 extended on each hand. Obviously it is a good idea to do this if you have 4 fingers extended on one hand, because with one more touch that hand could become "dead" and have to go out of the game. You can't do this if you 4 fingers extended on each hand, or 4 on one hand and 3 on the other, as you would just be swapping your fingers around indefinitely.

**Variations:** 1) **Roll over**-Some people play that you need to have exactly 5 to make your hand "dead". So, if you have 4 fingers on your hand and are touched by a hand with 2 fingers, you roll the total over and subtract 5 - leaving 1 finger extended. 2) **Game of five** - In this variation, your hand isn't "dead" until the next touch after 5. So if you have 5 fingers extended, the next time you are touched your hand becomes "dead."



## HOW'S THAT AGAIN?



**Equipment:** None

**Description:** Divide the group into three teams, and line them up into three parallel lines. The object of the game is for the team on one side to try to get a message to the team on the other side by shouting out the message, while the third team, in the middle, tries to drown out the message by making distracting noises. Teams can be given a few minutes to devise strategies, and to make up messages, each time the game is played teams can switch places.

## GHOST



**Equipment:** None

**Description:** Three or four players are chosen to be the ghosts. The rest of the group needs to scatter across the playing space and choose a spot to stand in. All players need to close their eyes.

The ghosts will roam about the playing space. They will try to eliminate the others by standing close behind the players for 10 seconds without them knowing. If this happens, the ghost will tap them on their head and they will sit down quietly.

If a person suspects a person behind them, they would ask, "Is there a ghost behind me?" If they are right then they become a ghost. If they are wrong they are out and should sit down. This is a great game if you want to quiet the group down.

## HOW LONG IS A MINUTE?



**Equipment:** Stopwatch/timer

**Description:** This is a quick time filler and is a good way to calm a group down. Tell the players campers that you are going to time a minute on your watch. Players should be instructed to raise their hand when they have counted a minute in their heads. The closest one is the winner.

**Variation:** This game can be extended to two minutes (or any other length of time) when the players get good at it.

## CONCENTRATION



**Equipment:** None

**Description:** Players sit in a circle and take a number each, starting with 1. They then start a chant by slapping their thighs twice then clapping their hands twice and saying:

*Concentration*

(slap slap clap clap)

*Are you ready?*

(slap slap clap clap)

*If - so -*

(slap slap clap clap)

*Let's - go!*

(slap slap clap clap)

Then player 1, continuing the rhythm, says her own number twice followed by another number. For example:

1, 1, 4, 4

(slap slap clap clap)

Player 4 then does the same, starting with their own number and following with someone else's:

4, 4, 7, 7

(slap slap clap clap)

Anybody who makes a mistake or fails to keep the rhythm is eliminated but remains in the circle, making it more difficult for the other players - who must remember not to use the eliminated person's number! As the play progresses you can speed up the rhythm slightly too, to try to catch the better players out.

When there are only 2 or 3 players left, change the numbers and start a new game, or try a variation using colors or animal names instead of numbers.

## HOT SEAT

**Equipment:** Paper, pen

**Description:** Have one person sit facing the group. (This person is in the "hot seat.") The leader will write a vocabulary word on a piece of paper and hold it up behind the contestant in the hot seat for everyone to see. The group must try to get the hot seat contestant to guess the word by giving hints and clues.



## WONDERBALL

**Equipment:** Ball

**Description:** Everybody stands in a circle, passing a ball around the circle like it's a hot potato. While passing the ball, everybody says the rhyme:

The wonder ball, goes round and round  
To pass it quickly, you are bound  
If you're the one, to hold it last  
The game for you has surely past, and you are out  
O-U-T spells OUT!



## BALLOON FOOTBALL

**Equipment:** Balloon or light beach ball, chairs

**Description:** Divide players into two teams. Position teams in two lines facing each other 4 to 6 feet apart. Players sit in their chairs. They must keep one hand on the back of their chair throughout the game. The balloon or beach ball is tossed between the two teams. Both teams try to bat it over the heads of their opponents so that the ball touches the floor behind the opposing team. Each touchdown scores a point. A player should be placed behind each team to serve as scorekeeper and ball retriever. The balloon should be put into play at different places along the two lines to prevent action from being concentrated among a few players.

## WOLF IN SHEEP'S CLOTHING

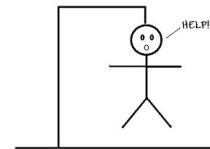
**Equipment:** None



**Description:** Have all players start with their heads down on their desk (or a table) and their eyes closed. The leader will tap one person on the head: this person is the Wolf. The leader tells everyone to decide if they are a dog, a cat or a chicken and make sure they don't tell anyone. Remind players they must be that animal for the entire round. When the leader says an animal, anyone that is that animal **MUST** switch to a new seat in 5 seconds. After 5 seconds, anyone not in a new seat is eliminated and must stand at the side of the class (except the Wolf!). The catch is the Wolf **MUST** switch seats every time regardless of which animal is called. The object of the game is for the players to figure out who is the wolf. After a predetermined amount of time, or once most have been eliminated, allow players to guess who the wolf is.

## SILENT HANGMAN

**Equipment:** Flip Chart or board, marker or pen



**Description:** This is similar to the original hangman where players guess the mystery word, however they are not allowed to speak while trying to find out the letters. This game is a good way to settle a group down. When a player wants to guess a letter he/she must draw the letter in the air with an invisible pen. The leader will then write it in if it is correct— or write it to the side if not. The leader should also not be able to talk.



## BLOW SOCCER

**Equipment:** Ball or small round object (ping pong ball or perhaps a dried pea), straw for each player, two goals (margarine tubs work well)

**Description:** Place a border round the playing area (books might be suitable) to stop the ball from going outside the field of play. Then put the ball in the middle of the playing area and ...blow. If you get the ball in the opponent's goal you have scored. First to five goals wins.

The only rule is that you're not allowed to touch the ball while it is in play - with hand, straw or anything else. If you do, the opponent gets a penalty.

### Penalty shots:

The offending player (or team if playing two-a-side) has to put down his straw, the ball goes on the middle of the playing area and the other team gets the chance to score unopposed. The offending team are not allowed to touch their straws to pick them up and defend until the other team has restarted.

## MOUSE

**Equipment:** Paper, pencils, a pre-drawn mouse to follow

**Description:** The aim of the game is to be the first to complete a mouse. Each roll of the die enables a particular body part to be drawn as follows:

- 6 = body
- 5 = nose
- 4 = whiskers
- 3 = eyes
- 2 = ears
- 1 = tail



The body must be drawn before the other body parts are added to it, so players must therefore roll a 6 to start. Once the body has been drawn, the other parts of the mouse may be added in any order. If you roll a number which relates to a part you have already added, you miss your go and pass the die on.

**TIP:** Put a mouse print out or drawing in the middle of the table as a reminder for which body part relates to which number on the die.

**Variation:** Can be played drawing a body of a person (man...body, head, arms, legs, etc.) or another animal. Just adapt the body parts to a die throws!

## TABLETOP SHUFFLE BOARD

**Equipment:** Coins



**Description:** Have players slide coins to see who can get closest to the edge without falling off.

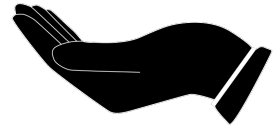
## CREEPY CLAWS — PICK UP STRAWS!

**Equipment:** Straws, cups, tape

**Description:** First, cut three or four plastic straws into pieces about an inch long and put the pieces in a pile in the middle of a table. Put a cup in front of each player. Now to make your claws, cut a straw in half. Tape one half to your first finger and other half to your thumb. When each player has his/her claws on, the game can begin. At the count of three everyone starts to pick up straw pieces. When all of the straws are gone, the one with the most in his/her cup is the winner.



## PALMS DOWN



**Equipment:** None

**Description:** Two players face each other. The first player extends his/her hands with palms facing up. The second player places his/her hands on the other person's hands, palms facing down. The bottom pair of hands tries to slap the back of the upper pair of hands before they are taken away. If the player succeeds in slapping one or both hands, continue in the same way. If the player misses, the players reverse roles. (Remind players to be gentle on the hand slaps!)



## CARDS IN A HAT

**Equipment:** Playing cards, hat/bowl/garbage can

**Description:** Simple but popular ... it is one of the few card games that requires physical skill! You will need one or two decks of cards and a hat with a brim. If no hat is available, a bowl, or wastebasket can be substituted. Distribute the cards evenly among the players, either face up or face down. If there are any cards left over, they are set aside. The goal is to land the most cards inside the hat. The hat should be placed with brim up so it can receive the tossed cards. Place the hat on the floor or on a low table. Players sit or stand away from the hat. If very young children are playing, they are allowed to position themselves closer.

In the game, each player in turn flips one card toward the hat, and tries to land the card inside it. Each player keeps track of the number of cards that land inside, with one point being scored for each, and half a point if a card lands on the brim. If another player succeeds in knocking in a card resting on the brim, it counts as a full point for that player.

**Variation:** Solitaire Play. If only one person plays, he keeps score by keeping track of how many cards out of 52 he tossed in the hat. Victory is awarded if the player scores 20 or more points in a round. Thirty points or more scores a double-victory, and 40 or more points score a triple-victory.



## HAVE A MARSHMALLOW SNOWBALL FIGHT!

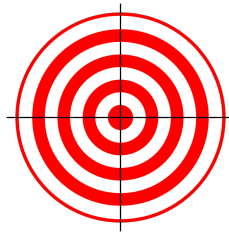
**Equipment:** Marshmallows, bowls or other containers

**Description:** Divide the group into two teams: teams will stand at opposite ends of the playing area. Place marshmallows into containers. The players stand across from each other and start throwing. The side that makes them all disappear first wins. After they all hit the floor you can use again to throw some more. Remind the children they can't eat them after they hit the floor or ground!

## BUZZ-BOMB BALLOON GAME

**Equipment:** Balloons, tape or string

**Description:** Make a target with either tape or string. Each player should get a balloon which has not been inflated. Arrange players in a circle or a line. All players will be asked to inflate their balloon. Some players may need help. When the leader says "1, 2, 3, GO!" The players release their balloons in the direction of the target. If you are having a THEME PARTY, use a picture from the theme as the target center. Score 5 points for the closest balloon and 15 points for a direct hit. This game works well with teams - each team gets their own colored balloons; red, blue, green etc. Or, you do not need to keep score at all and just have fun playing the game several times.



## POPCORN ON THE HEAD RELAY

**Equipment:** Cups, popcorn

**Description:** Divide players into two teams. Give each team a cup of popcorn. Have each player take turns walking with the cup of popcorn on their heads, across the room, around a chair and back to their team. Play for a specified amount of time such as 2 minutes or more. The team that has the most popcorn left in their cup wins!



## SNOWBALL RELAY GAME

**Equipment:** Styrofoam ball for each team, pencil for each team

**Description:** Divide into teams. The first player on each team will be given a styrofoam ball (snowball) and a pencil. When the leader says "On your mark", players bend over, place the ball on the floor and push the ball with the pencil across the room, around an obstacle, and back to next player on the team. The first team to finish wins.



### STICKY SPIDER WEB

**Equipment:** Painter's tape, newspaper or balloons

**Description:** Use painter's tape to make a web-like design in a doorway opening. Give children newspaper to scrunch up and throw at the web. You might want to use other lightweight objects such as balloons.



### TABLE PUSH THE PEANUT GAME

**Equipment:** Toothpicks or straws, peanuts in the shell

**Description:** Give each racer a toothpick and a peanut (in the shell). Their job is to use the toothpick to push and roll the peanut from the starting line to the finish line. This can be played on the floor or on a table. On the floor or carpet, you can mark the starting and finish lines with masking tape. On a table— just go from one end to the other. Note: With younger children, you may want to use a cocktail straw instead of the toothpick to avoid any possible injuries during all the excitement.



### NIM

**Equipment:** Toothpicks, beans or some other small marker

**Description:** This game works best with players over the age of 8. It is played in teams of two. You need 21 toothpicks, beans or other small markers for each team. Arrange the 21 toothpicks (or other objects) in a continuous, straight, horizontal line. Taking turns, each player picks up 1, 2, or 3 toothpicks at a time. The object of the game is to NOT pick up the LAST toothpick.

## INDOOR BOWLING

**Equipment:** Plastic cups, ball, painter's tape

**Description:** Set up your bowling "lanes" with painter's tape and use plastic cups for pins. Stack cups pyramid style. Have players roll the ball down the "lane", attempting to knock down as many pins as possible. You can choose to keep score or simply aim to knock them all down in one turn.



## COTTON BALL RACE

**Equipment:** Cotton balls, vaseline, bowls, tissue paper

**Description:** Put a handful of cotton balls in a bowl for each team. Put the bowl at one end of a rug or mat that is on the floor (Or just play on floor). Put the other empty bowl on the opposite end of the mat. Rub vaseline on the players' noses and one at a time have them put their nose in the bowl with the cotton balls. The object of the game is to get as many cotton balls as possible on their nose without using their hands.

After cotton balls are stuck to their nose, players crawl over to the empty bowl. Players then take cotton balls off their nose with their hands and put them in the bowl. (Wipe the vaseline off with a tissue or napkin.) If you play with TEAMS set a time limit, and see who moves the most cotton balls from one bowl to the next.



## RUMORS

**Equipment:** Blackboard/flip chart or paper, writing utensil

**Description:** Divide players into teams. One person from each team will serve as the team captain for each round- Team captains will leave the area and together make up a message. The same message will be used by all teams. On the sign to start, the captain of each team whispers the rumor to the next person on their team. That person will whisper the rumor to the next - and so on. The last person to receive the rumor will run to a black board, white board, or flip chart and write the message. The team that is the closest to the correct rumor wins. Select different captains for each round.

## CARD CARDIO

**Equipment:** Deck of cards, whistle

**Description:** Divide class into small groups. Post at the front of the room that each suit in the deck of cards (hearts, spades, etc.) represents a different type of exercise (sit ups, burpees, jumping jacks, etc.) and have a deck of cards on a desk or table. At the whistle, one representative of each group runs to draw a card and returns to the team where everyone has to do the type of exercise represented by the suit of the card and as many reps as the number given on the card. Set a certain amount of time and the team who completes the most cards at the end of the time is the winner.



## GARBAGE BALL

**Equipment:** Soft balls/wads of paper/sock balls

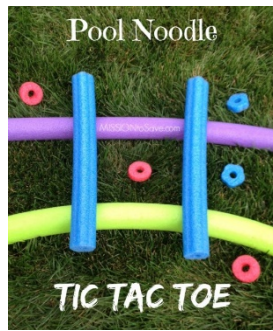
**Description:** Have two equal teams with a center line. Each team starts with the same amount of items. At the signal each team throws whatever it can get their hands on from their side of the line to the other side. Players continue to throw until the signal to stop (or if music is used when you play and the music stops) The winning team is the side with the least amount of garbage on its side. To play more rounds divide the garbage evenly again and continue. Keep score of whoever has the most wins! You can add interest by having the losing team pick up all garbage or have both teams pick up garbage but the losing team has to do what the winning teams directs—such as accomplish a certain amount of push-ups- sit-ups, etc.

## SUMMERTIME

**Equipment:** Marker

**Description:** Five people are selected from a crowd. The facilitator writes one letter on (totaling 10 hands) spelling the word SUMMERTIME. Students then are given 2 minutes to form as many words as possible. Students must put their hands in the correct order for the audience to see in order for the point to be given. For a competitive edge, have two teams compete at the same time.





### **POOL NOODLE TIC TAC TOE**

**Equipment:** 4 noodles to make board, 10 noodle "disks", 5 of each color

**Description:** Prior to playing, cut 5 disks out of two different colors of noodles. These will be your "x" and "o"s. Use 4 noodles to create the tic tac toe grid.

### **ANAGRAM CHALLENGE**

This is a very adaptable game, which can be fun at a party, mixed age gathering, a rainy afternoon or a plane journey! It takes a little preparation.



**Equipment:** Letter tiles - lots! Use tiles from an existing game (such as Scrabble), make your own by cutting pieces of card into small squares and lettering them, or print out a set of letters

**Description:** Depending on the number of players, you may want to divide the children into teams. If you have many more than 3 or 4 teams you will need an awful lot of tiles! Mix up the age groups if appropriate. Choose a collection of words for your challenge, which you believe that each child or team will be able to unscramble. Younger children will need simple words and fewer of them; older age groups can probably cope with 5 or 6 longer words at a time. Give each player or team a stack of the letters that will form their words, and a hint to get them started. Your hint could apply to the group ("you will find all of these on the farm") or specific to one word ("it has two stomachs").

The first player or team to unscramble all their words wins.

#### **Word Examples:**

For young children, farmyard animals - duck, cat, dog and cow.

For older children, farmyard animals - duck, cat, dog, cow, goose and chicken

For mixed age groups, including adults, animals - goose, chicken, giraffe, lion, antelope



## BALLOON POP

**Equipment:** Small pieces of paper, balloons (2-4 per child) and prizes

**Description:** Mark some of the pieces of paper in some way to signify that they will be rewarded with a prize. You should allow about one prize per ten balloons, and 2-4 balloons per child. Roll the pieces of paper tightly and then push through the necks of your balloons, and blow the balloons up. Gather the kids together. When you give the signal, the children rush to pop the balloons and see if the paper inside them awards them a prize. It can be fun to have one "grand" prize and 2 or 3 smaller prizes!

## SLEEPING LIONS



**Equipment:** None

**Description:** Have all of the children (except one or two hunters) lie down on the floor in sleeping positions. Once they are settled, they are not allowed to move - you might use the language "freeze" so they fully understand the object of the game. The hunters walk through the room and try to make the sleeping lions move by making them laugh, telling them jokes, and so on. However, the hunters are not allowed to touch the lions. Once any lion moves they are tapped and get up and join the hunters. The last child still on the floor wins!



## THROWING FINGERS

**Equipment:** None

**Description:** On the count of 3, the children throw their fist out in front of them with anything from 0 fingers to 5 fingers extended. At the same time, one child (take it in turns) calls out a number. If the fingers extended add up to that number, the child wins. Obviously, the child must call out a number which might come up. So if 2 children are playing, the numbers can be between 0 and 10; if 3 children are playing, between 0 and 15, and so on. Children must be careful to throw their fists on time, too, so that no child can be accused of changing her fingers after the number is called! Kids will soon learn that if they are displaying zero fingers themselves they should call low, etc.



## FLIP THE CUP

**Equipment:** 50 plastic cups

**Description:** The facilitator puts a bunch of cups on their side all over a room. The facilitator then divides the group into two teams. The facilitator tells one team to flip the cup so that it is upright, while the other team wants to flip the cups upside down. Players may not hang on to a cup - they may only touch it to quickly flip it. Players may flip a cup that has already been flipped by the other team. The facilitator says "go" and players begin flipping cups to match their teams' goal.

After 5 minutes, the facilitator says stop. Each team gets 1 point for a cup matching their team's goal. (Being exact on this count is not nearly as important as just having fun.)

(It is helpful to give a warning that destroyed cups will cost a team 5 points for whoever destroyed it.)

## THE RAINBOW ROOM



**Equipment:** A room with colorful objects.

**Description:** Everyone stands in a circle, except for one person that is chosen to stand in the middle. The person in the middle gets to shout the name of a color. Everyone in the circle must then run and as fast as they can, try and locate something that is the color called. The first person to have the correct colored object wins and now stands in the middle to start the game again.



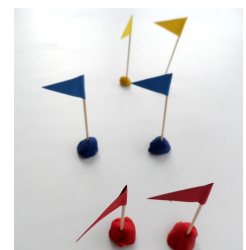
## BLOW SKIING

**Equipment:** Cocktail sticks or toothpicks, colored paper, glue stick, playdough or sticky tack, small light ball (or round sweet), drinking straws

**Description:** To make the flags, fold a strip of paper about 4cm (1 1/2 inches) wide in half.

- Cut triangles along the length of paper so that they have a straight edge on the fold and will open into diamonds.
- Glue the two layers of each triangle together with a cocktail stick in the fold.

**To play:** Set up the course by standing up the flags in blobs of playdough or sticky tack. Arrange them in pairs to form "gates". Blow the ball from one side of the table to another, passing through as many gates as possible!





## A LITTLE BLACK MAGIC

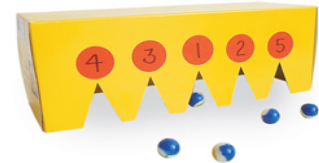
**Equipment:** None

**Description:** First, leave the room so the audience can select a particular item. When you return your assistant begins pointing to different objects in the room one by one, asking "Is this it?" Concentrate on each thing for a moment before saying "No" — or "Yes" when he points to the chosen item. **The Secret:** Ahead of time, instruct your assistant to point to something black immediately before pointing to the selected object.

## BOX SCORES

**Equipment:** Small cardboard box (such as a shoe box, scissors, marker, 5 marbles for each player

**Description:** Turn the box so its' open side is on the bottom and cut 5 evenly spaced notches (ours were 1-1/4 inches wide) along one long side. Number the holes as shown. Set the box on the floor and choose a starting line, anywhere from 3 to 6 feet away, depending on the ages of the players. To play, give each player 5 marbles and have them take turns trying to shoot them into the holes. Players earn the point values of the holes their marbles enter, and the player with the highest score after everyone has their turn wins.

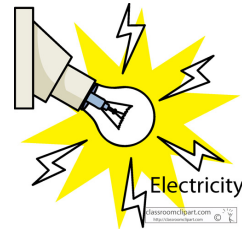




## ELECTRICITY

**Equipment:** A quarter, An object for teams to grab (ball, stuffed animal, water bottle, etc.)

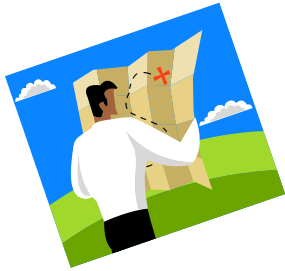
**Description:** Arrange everyone into two equally numbered teams. Have both teams line up in parallel lines. At the end of the line, place the object about five feet away (in equal distance from both ends of the line). You'll be at the head of the line. Explain the rules: Everyone in line will need to hold hands and close their eyes. Only the first person of both lines can open their eyes. Flip the coin in the air, catch it, and reveal the quarter to the first person of both teams. If the quarter comes up as "heads", the first person squeezes the next person's hand. The second person squeezes the next person's hand, and so forth. At the end of the line, the last person runs to grab the object. The team that grabs the object first wins a point for the round. If the quarter comes up as "tails", then no one squeezes anyone's hand. If there's an "accidental" hand squeeze and the quarter comes up as "tails", the team that grabbed the object loses a point for the round. For the second round, the first person goes to the back of the line and the game continues. The first team that reaches 10 points wins the game.



### MATCHBOX INDY 500

**Equipment:** Small toy car, party blower

**Description: Setup:** You'll need a starting line, a designated turnaround point, and two teams (with at least two players per team) as well as a flat surface, a small toy car for each team, and a party blower for each player. **To play:** Set each team's car at the starting line. The first player on each team repeatedly blows into his party blower to push the car to a turnaround point and back. He then tags the next player, who does the same. The first team to finish wins.



## PSYCHIC SCAVENGER HUNT

**Equipment:** 5-10 objects that can easily be found in a room (bowl, brush, bottle, etc.)

**Description:** One player writes out a secret list of 5 to 10 objects that can easily be found in a room, such as a bowl, a brush, and a bottle. He then announces the number of objects he's looking for, and the other players have one minute to gather that same number of items. If anyone brings an object that's on the list, he/she gets a point. And, of course, players have to put their items away before the next round. Our testers especially liked varying the game by limiting the objects to things that begin with the same letter or are a certain shape.

## SILENT CHARADES



**Equipment:** None

**Description:** Have team one leave the room as team two decides on a word that team one will have to guess. When team one returns, team two says a word that rhymes with the mystery word as a clue. For example, if the mystery word is "cat," team two might say "bat." Team one then starts guessing by acting out a word that rhymes with "bat," such as "rat" or "flat." When team two recognizes the word team one is miming, they either shake their heads no (and team one must mime another rhyming word) or yell "Yes!" if the word is the correct one. The teams switch roles for the next round.

## TABLETOP SOCCER

**Equipment:** Green poster board, pizza box, scissors, markers, pipe cleaners, box-top ads and glue or tape (optional), cotton ball

**Description:** To make the field, trim green poster board to fit inside an opened pizza box, then draw the field as shown. Cut holes for goals at each end and make goalposts from pipe cleaners. Adhere cut-out box-top ads to the arena sides, if you like. Place the pizza box on top of books or boxes so that the ball can fall cleanly through the goals. To play, divide the group into two teams. Players use straws to blow the cotton ball across the field and try to score. Soccer rules apply — no hands allowed.



### TIPPY TEPEE



**Equipment:** Wire cutters or strong scissors (an adult's job), 20 bamboo skewers, scrapbook paper, tacky glue

**Description:** **Setup:** To make it, use wire cutters or strong scissors to trim the point from 20 bamboo skewers so that they're 6 to 8 inches long (an adult's job). Form a ring from a 4- by 3/4-inch strip of scrapbook paper by overlapping the ends about 1/2 inch and securing them with tacky glue or tape. Place the sticks inside the ring and set them on a table, twisting the sticks so that they fan out, as shown. To play, take turns carefully sliding a stick up and out of the tepee. Whoever makes the tepee fall down loses.\*

**Tip:** \* If your tepee is too tippy, try making your paper ring slightly wider, or start with 15 sticks instead of 20.

### WALL FOOTBALL



**Equipment:** Poster board, brown card stock, white opaque paint marker, poster tack, blindfold

**Description:** For the game pieces, first create a goal post from two-inch-wide strips of poster board. (The uprights and the crossbar are each 20 inches long, and the post is 6 inches tall.) We attached ours to the wall using poster tack. For the footballs, cut 5-inch-long shapes out of brown card stock. We found some in the scrapbook aisle of our craft store that looks like football leather. Use a white opaque paint marker to decorate and add players' names to the footballs. Put a blob of poster tack on the back of each one. Players line up about six feet away from the goal. One at a time, each player is blindfolded, spun around three times by another person, and set loose to try to stick their football between the uprights. (No reaching out your empty hand to feel the wall.) Play several rounds with 3 points awarded for each field goal. Highest score wins.

### MARBLE CLIFF-HANGER



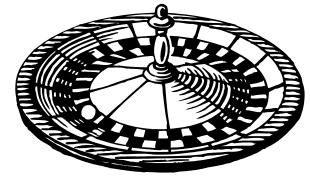
**Equipment:** Marbles, scatter rug

**Description:** Sit at the far ends of a scatter rug and take turns shooting marbles (each person gets 6) toward the opposite side. Roll the marble as close to the edge as possible. The player who gets closest to the edge without going over gets a point. A bonus point goes to the player who ends up with the best roll in the game.

## MARBLE ROULETTE

**Equipment:** Marbles, paper towel, rubber bands, plastic container

**Description:** Wet a piece of single-ply paper towel and gently squeeze it (do not wring). Stretch it taut across the mouth of a plastic container and fasten it with a rubber band. Children take turns placing a marble on the towel; whoever adds the marble that breaks through the towel loses.



## BEAT THE CLOCK

**Equipment:** Alarm clocks and timers

**Description:** Gather several loudly-ticking alarm clocks and timers and set them to go off in fifteen minutes. Hide the clocks throughout the building or in a couple of rooms. Players must race against the clocks, trying to turn off the alarms before they ring.



## PAPER GOLF



**Equipment:** Paper, marker

**Description:** Create a "fairway" on a standard-sized piece of paper - a shape that is the boundary for the tee-off area and hole. Draw a small circle (the hole) at one end of the fairway. Place the marker point down at the tee (the other end of the fairway), close your eyes and try to draw a line to the hole. Lift your marker and open your eyes. That's your "shot." (If you strayed outside the boundaries, add a stroke.) The next player then tees off on the same sheet. As with actual golf, the player farthest from the hole shoots first, and your score is the number of shots it takes you to reach the cup. Play nine holes or even 18 like the pros.

## BLOW THE FEATHER

**Equipment:** Big Sheet, colored feather



**Description:** Players sit cross-legged in a circle or oblong on the floor, and draw a sheet up to their chins so that it is stretched in a perfectly flat surface, and only the heads of the players show above it. An umpire places a feather in the middle and the fun begins. Players divide into sides and one side tries to blow a feather over the edge of a sheet between the heads of their opponents.

## DICE 1,000



**Equipment:** Paper, pencil and 5 dice

**Description:** To start, have each player roll one of the dice: the highest roll goes first, continuing clockwise. The first player will roll all five dice. The scoring of the dice is, a One equals 100 points, a five equals 50 points and three dice with the same number will equal the number on one die times 100. So if you rolled three twos you would have two hundred points. If a player stops at that point, he/she keeps the total for that turn. If he/she rolls again he/she must roll dice that will add to the score or they will lose that turn's score. If a player rolls all five dice and receive a non-scoring roll, he/she loses all accumulated points for the game. The first player to score 1000 is the winner.

## DEAD HORSE



**Equipment:** None

**Description:** Somebody lays down and closes their eyes, while everyone else gathers around them. The one lying down must keep their eyes closed while the others try to make them laugh without touching them. When the person laughs, they lose and it's another person's turn to lie down and be the dead horse.

## HEADS UP 7 UP



**Equipment:** None

**Description:** Two or more children, depending on the size of your group, are chosen to stand up and all the others put their heads down with their eyes closed and thumbs sticking up. The two left standing must then creep around and gently touch one person each on the thumb. Everyone is then told to open their eyes and the children who were touched stand up and try to guess which child touched them. If they get it right the children swap places if not the children have another go.

## HUCKLE BUCKLE BEANSTALK

**Equipment:** Small object

**Description:** Pick a smallish object. Hide it in plain sight, where nothing has to be moved to find it. The children look for it, and when they find it, instead of picking it up or point to it, they sit down off to the side and say, "Huckle Buckle Beanstalk!" by leaving it there, everyone gets a chance to find it. If they need help, you can play the hotter/colder game. The first one to find it gets to hide it the next time.



## INDIAN CHIEF



**Equipment:** None

**Description:** The group sits in a circle formation. One group member is asked to leave the circle to close their eyes and block their ears. At this time, the leader will select a "Chief." The Chief will establish a rhythm of clapping, stomping, etc. The rest of the group will follow, carefully not giving away the Chief. The Chief is the only one allowed to initiate changes in the rhythm. The person asked to leave will return to the middle of the circle where they will try to guess the Chief. The person is granted three chances to guess. If the original Chief is successful in hiding his/her identity, they will be asked to leave the circle. If the Chief is successfully chosen, a new guesser and Chief are chosen.

## DUCKIE WUCKIE



**Equipment:** None

**Description:** Sit in a circle and have one person in the middle as "IT". The "IT" person asks individuals "Would you be my Duckie Wuckie?" The single individual has to respond "No, I will not be your duckie wuckie" without smiling or laughing. If the person cannot say the entire response, they switch places and become "IT". If they are able to say it with a straight face, they are safe and the "IT" must move on to someone else.

## RED HANDED

**Equipment:** Marble or stone

**Description:** Everyone forms a circle, and one person, chosen as "IT", stands in the center. While "IT" closes his/her eyes, the other players pass a small object (like a marble or a stone) from person to person. The sneakiest method of passing is to hold the marble in one fist, palm down, and drop it into the palm-up hand of the next person. Then he/she passes it from one fist to the other and on. With a little practice, you'll be able to accomplish a quick and sneaky pass without even looking. "IT" signals and opens his/her eyes. Who among all these innocent-looking people has the marble? If "IT" detects a suspicious look on someone's face, he/she walks up and taps one of that person's fists. If that person is empty-handed, "IT" moves on. Meanwhile everyone has been passing the marble around, virtually under the nose of "IT". (Fake passes, as decoys, by people who don't have the marble are an integral part of the game.) If you have the marble and "IT" catches your eye, he/she may soon catch more than that unless you can pull a good angel face. If he/she sees through that to the sneaky devil beneath, you've been caught "Red-Handed." Congratulations! You're the new "IT".





## IS MRS. MUMBLE HOME?



**Equipment:** None

**Description:** The group will sit in a circle formation. One person will start by turning to the person next to them and say, "Is Mrs. Mumble home?" To which the person replies, "Who?" Then the first person says, "Mrs. Mumble." To which the second person replies, "I don't know, let me ask my neighbor." The conversation continues around the circle. The object of the game is to get the conversation moving fast without the two conversationalists showing their teeth. NOTE: To make it more difficult, send the message in opposite directions.

## AIR PONG



**Equipment:** Ping pong ball

**Description:** Form two teams each at opposite ends of a table with hands held behind their backs. A ping pong ball is placed in the middle and the teams will try to blow the ball off of the other team's side of the table. If the ball falls off the side of the table it gets placed back in the middle and play resumes.

## GRANDMA'S UNDERPANTS



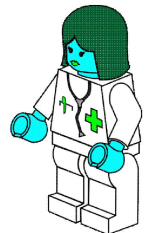
**Equipment:** None

**Description:** Have the group sit in a circle. One person is "IT" and stands in the middle of the circle. The people on the outside of the circle ask the "IT" questions. The only thing the "IT" can say is "My grandma's underpants." The object is to try to make the "IT" laugh. When someone makes the "IT" laugh, they become "IT".

## DOCTOR AND VIRUS

**Equipment:** None

**Description:** The leader chooses one person to be the doctor. The doctor has to turn his/h to the group or leave the area while the leader chooses another person to be the virus. The (except for the doctor) are assembled in the same area and told to walk around and shake each other's hands. As the virus is shaking hands he/she must randomly scratch the palm of another person's hand. The scratched person continues to shake 3-5 more hands then sits down (or lays down and plays 'dead'). The doctor has three guesses to discover who the virus is.





## SHOCK

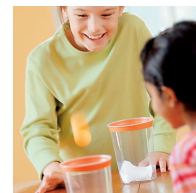


**Equipment:** Coin, water bottle

**Description:** Select a volunteer from the group. Divide the remainder into two teams. Each team then sits on the ground back to back. The volunteer is the "flipper" and is given a coin and sits at one end of the teams. Set a water bottle on the other side of the teams, about 15 feet from the group. When the activity leader says "Go!" the flipper flips the coin in the air, catches it, and slaps it on their other hand (I'm sure you've all flipped a coin).

When the flipper slaps the coin onto their hand, he/she shows the players in the first position. If heads is flipped, the person that is the first in line (next to the flipper) squeezes the hand of the person next, who passes the "squeeze" to the next person, who continues to pass it down the line. Note: the flipper does not tell the group at large if the coin was "heads" or "tails." When the squeeze reaches the person on the opposite end of a particular team, that person (who is closest to the water bottle) tries to be the first to pick up the water bottle between the two teams. Then when your team is the first to pick up the bottle, that runner advances to the front (by the coin flipper) and everyone rotates one position. The first team to rotate all players wins. **If the flip results in tails no one should move, however, most teams squeeze prematurely. If a team squeezes on a tail, then they rotate backwards one player.**

## PING PONG BASKETBALL



**Equipment:** 2 clean, quart-size plastic containers, paper towels, ping-pong ball

**Description:** For this basketball-shooting challenge, you can bounce the ball in close for easy 1-pointers, or dribble just once and shoot for a 3-pointer. Line the bottom of each container with a folded paper towel (to keep the ball from bouncing out). Place the "baskets" at opposite ends of the table, at least 4 feet apart. On your turn, dribble the ball (as you would in basketball) one to three times down the court. After the last dribble, you must catch the ball (if you mess up, your opponent takes over) and try to score by bouncing it back into the opposing player's basket. A basket after three dribbles is worth 1 point; two dribble, 2 points; one dribble, 3 points. The ball goes to your opponent after a score or missed shot.



## BEAT THAT!

**Equipment:** 2 dice (up to 7 dice for older players), paper and pencil for scoring

**Description:** Roll the dice and put them in order to make the highest number possible. If you roll a 4 and an 6, for example, your best answer would be 64. Using 3 dice, a roll of 3, 5 and 2 should give you 532, and so on. Write down your answer, pass the dice, and challenge the next player to "Beat That!". Play in rounds and assign a winner to each round. For a change, try making the smallest number possible! This is a great game for reinforcing the concept of place value. If you are playing with younger children, explain your reasoning out loud and encourage them to do the same.

## GREETINGS, O GREAT ONE



**Equipment:** Blindfold

**Description:** Choose one person to play first and blindfold him/her. The other players form a circle around that individual. Turn the blindfolded player around 3 times. Then silently point to one of the players in the ring. That person must go up to the blindfolded player, shake the blindfolded person's hand, and say "Greetings, O Great One" in a disguised voice. If the blindfolded player guesses the person's identity, they take his/her place. If not, turn the blindfolded player around 3 times again and point to another person to have a go at shaking hands and disguising their voice.

**Variation:** Try "Greetings O Princess" or "Greetings O Prince" if more appropriate for the age of the children. Younger children may enjoy wearing a crown or other dressing up accessory such as a cloak when they are in the middle of the circle.

## THE YARN GAME



**Equipment:** One or two balls of yarn

**Description:** Start by cutting many lengths of yarn. You can vary the length and color if you wish, but aim for about 8-10 for each person, or perhaps more. When the players are out of the room, an adult or older child should hide the lengths of yarn so that a short length of yarn always shows. Depending on the age of the players, you can make the "hiding places" more or less tricky - but the game is more fun if the players can't immediately tell how long the piece of yarn is. Call the players inside and have them hunt for the yarn. The important thing is that they must always tie their yarn together before hunting for another piece, and, once they have touched a piece of yarn, they must tie it on. In other words, they can't just search for the long pieces and leave the shorter pieces for everyone else! After a certain amount of time, or when you think all the yarn has been found, call a halt. The person with the longest piece of yarn wins.

## WHO TOUCHED ME?



**Equipment:** Blindfold

**Description:** Divide the players into two teams and stand them on opposite sides of the room (or in two lines facing each other, outdoors). Blindfold one member of one team and stand that person in front of his/her team members. Then have one member of the other team cross the room quietly and touch the blindfolded person, trying to keep their identity secret: that person then returns to his/her place. That person's team can then shuffle themselves up, if they wish, to confuse the blindfolded player. The blindfold is taken off: that player can then go over to the other team and try anything he/she can to make the guilty party stand out, perhaps by giggling or just looking guilty! After a few moments he/she makes a guess. If that person is right, the guilty person goes back with him/her to join the other team. If that person is wrong, the blindfolded player stays where he/she is and joins that team.



## UNDER THE CUPS

**Equipment:** 28 Styrofoam or paper cups (not transparent), 2 each of 14 different pairs of treats to hide such as sweets (candy), treat-sized chocolate bars, or tiny gifts.

**Description:** This is a fun version of "Memory" which you can play with all age groups. When nobody is looking put the treats in a rectangular grid pattern (7 x 4) on a table and cover with the cups to make a "concentration" game. The players take turns turning over a pair of cups. If the treats underneath match, they may take the cups away, claim the treats as their own and have another turn. If they do not match, they must carefully replace the cups and play passes to the next individual.

**Variation:** 1) Find articles such as buttons, toy cars, coins, pencils etc to use instead of treats - although you may want to include a treat or two to make the game extra fun and motivate the children to play. Count up the number of pairs of objects you have found at the end and declare a winner. 2) Solitaire version: A person playing on his or her own can count the number of moves made to find all the pairs, and try to beat the score next time. 3) Increase or reduce the number of cups and pairs of objects to suit the age and ability of the players. 4) For a party game for older children, reduce the number of "treats" and throw in the odd booby prize! You could also hide an "instant forfeit" under one or more of the cups: choose something that all the kids at the party would be happy to do.



## WHAT'S IN THE SOCK?

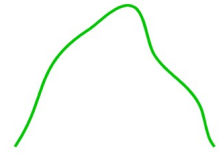
**Equipment:** Large socks (10 recommended, but you could provide less for younger age groups), various small objects, piece of paper and pencil for each player, sticky notes or small pieces of paper numbered 1-10 (to correspond with the number of socks)

**Description:** Hide an object in the toe of each sock, and place the socks around a table or room and assign it a number. The players take a piece of paper and pencil and walk around the room, feeling each object through the sock (no peeking!) and trying to guess what it is. They should write down their answers against the correct number. When they have finished, the objects are revealed, correct answers added up, and a winner declared. Keep an eye on the clock and move everyone on to the next sock if it is taking too long. Tell the players to guess if they don't know (suggesting that they think of something funny if they don't know the right answer can reduce tension if somebody is getting anxious or competitive).

**Variation:** Younger children may be allowed to put one hand inside the sock while guessing (which makes the guessing process a lot easier!)

**Suggested objects:** Coin, small plastic toy animal or insect, toothbrush or nailbrush, hair grip, paper clip, Lego piece, medicine spoon, bottle top, doll's shoe, candy

## MOUNTAIN



**Equipment:** 2-3 dice, paper and pencil

**Description:** The object of the game is to be the first to climb your mountain, in number order, and then descend the other side. Write the appropriate numbers yourself on a scrap of paper. Allow the youngest player to start. He/she rolls the dice and hopes for a 1, which will allow him/her to cross the number 1 off his/her mountain. Players must "ascend" in numerical order, so one cannot cross off the 2 until he/she has crossed off the 1. If a player rolls a 1 and a 2, however, he/she can cross both numbers off in one turn. Play continues until someone has made it all the way up their mountain and down the other side in the correct order.

## CATCH UP

**Equipment:** 2 dice, 3 counters or small toys for each person

**Description:** The object of the game is to be the first to win 3 counters. The players sit in a circle around a table or on the floor. Split the dice so that the oldest player has one and the person sitting opposite has the other. Put the counters in the middle.

Those who do not have the dice begin to create a rhythm by first slapping their knees (or the table) once and then clapping their hands once. When all players are synchronized they begin to chant as follows:

[Each section of the chant is marked by / and takes two beats]

/ Are you / ready? / Are you / ready? /

/ If ~ / so ~ / let's ~ / go! ~ /

/ Roll now! / slap clap / What have you got? / slap clap /

/ Must you pass? / slap clap / Hope not! / slap clap /

Repeat the chant over as play continues.

Play can get quite hectic! At the "Roll now!" command, those with the dice roll - hoping for anything but a 6! If it is 6, they must pass the die to the player on their left and take up the chant. A player wins the round when he/she is still in possession of a die and is passed another from the person on his/her right. The winner of the round collects a counter. The first to collect 3 counters wins.

**Variations for older children:** Increase the speed of the chant for older children. Real professionals can begin to drop the extra / slap clap / in the game chant for a very fast game indeed! **Variations for big groups of children:** If there are 6 or 8 children playing, you may wish to increase the passing roll to two numbers - say a 5 and a 6. This speeds the game up quite considerably.

## STUCK IN THE MUD



**Equipment:** 5 dice, paper and pencil

**Description:** The aim of the game is to achieve the highest score. You can only score on a roll which does not include the numbers 2 and 5. Any dice which show a 2 or a 5 become "stuck in the mud". Choose a player to start. Roll all 5 dice. If you have rolled any 2s or 5s, you do not score any points for this throw. If you have not rolled any 2s or 5s, add up the total of the dice and remember it. Set aside any 2s and 5s, and throw the remaining dice. Again, if you have rolled any 2s or 5s you fail to score this turn. Throws without 2s and 5s are added to your previous total. Continue in this way until all your dice are "stuck". Write down your score, and pass the dice to the next player. Agree on a number of rounds (five works well) and total up the score.

## SLAP CLAP SNAP GAME



**Equipment:** None

**Description:** Children sit in a semi-circle facing in. Number off each child around the circle. Start a rhythm of snap, slap, clap, snap...Child #1 starts and on the "snap" of the rhythm, he/she calls out a number. The child with the called number calls out another number on the next "snap" of the rhythm. If a child fails to call a number on his/her turn, calls a non-existent number, or calls the number before or after the "snap", goes to the end of the line and gets assigned the highest number. The object is to reach the #1 spot and stay there to be the champion Slap, Clap and Snapper. You can make it more challenging by requiring that the previous number called cannot be called on the next turn. (i.e. you could not call 3, 5, 3)

## WHAT ARE WE SHOUTING?



**Equipment:** None

**Description:** The objective is to guess the phrase being shouted by the opposing team. Divide the players onto two equal teams. The team elected to shout first leaves the room to choose something to shout. They should select an easily recognizable phrase or title from suitable sources such as nursery rhymes, the names of TV shows or song lyrics. The phrase should have as many words as the team has players each player should be assigned one word from the phrase to shout (could have children shout in pairs for larger groups). After picking a phrase, the shouting team should return to the room where the other team is waiting. At the count of three, each player should simultaneously shout his or her word. The opposing team must try to make sense out of the shout and guess the selected saying. The shout may be repeated once, but then the other team must attempt to guess. If a team guesses correctly, it is awarded a point and can become the team that shouts. If it guesses incorrectly, the shouting team gets a point. The team with the most correct guesses at the end of the game wins.

## SMILE TOSS GAME

Everyone sits in a circle. Leader says to maintain a serious expression unless you have caught the smile being tossed around. The leader smiles, then wipes the smile from his face into his hand and tosses it to a player in the circle, calling the player's name as he/she does so. The "smile" catcher must put on the smile, wear it for a moment, then "wipe" it off and toss it to another player, calling his/her name. The player who does not wipe the smile completely off, or smiles out of turn, must stand up. Since smiling is contagious, the entire group will soon be standing... as well as smiling.

## I WOKE UP SATURDAY MORNING

**Equipment:** None

**Description:** Don't be caught napping when the clapping starts! This is a clapping game. Players sit in a circle and put both hands out in front of them with palms facing up. Overlap hands so your right hand is above the left hand of the person sitting on your right. (Get it?!) One person starts by reaching over with their right hand and clapping the right hand of the person sitting on their left. The clap is passed around the circle while the group says this rhyme:

I woke up Saturday morning  
I looked up on the wall  
I saw a team of roaches  
playing basketball.  
The score was ten to nothing  
the roaches in the lead  
I got a can of bug spray, one, two three!

If a player's hand is clapped on "three," that player is out. If the player pulls her hand away in time, and the person claps their own hand, then that person is out. When there are only two people left in the game, the hand positions change. Player 1 holds both hands out, palms facing up. Player 2 slaps Player 1's hands with both of his hands, palms facing down. Now, Player 2 holds his hands out, and Player 1 slaps his hands. Play continues until there is only one person left.





## CASTING CALL



**Equipment:** None

**Description:** If you can make it here, you can make it anywhere. To play, you'll need at least 3 people. Pick one person to be the director. The game is played like Simon Says. The director tells the other players what to do. Instead of saying, "Simon Says," the director will say, "Action!" The other players will only stop when the director says, "Cut!" If the director says, "Act like a chicken, NOW!" and a player acts like a chicken, he's out because the director didn't say, "Action!"

The last person left in the game gets to be the director in the next round.

## EXCUSE ME, WHAT ARE YOU DOING?

**Equipment:** None

**Description:** This is a game where you say one thing but do another. This game is for 4 or more people. To play, one person pretends to do an action like washing his/her hair or drinking tea. The person next to that individual then asks, "Excuse me, what are you doing?" The actor must say something other than what he/she is really doing. For example if the actor was pretending to brush his/her teeth, he/she could say "I'm eating pizza."



Then the asker must pretend that he/she is eating pizza and say something different when the next person asks him/her, "Excuse me, what are you doing?" If a player makes a mistake, he/she is out. Try to keep it going around the circle and see how fast you can go!

## HOP THE PAWN

**Equipment:** Paper, writing utensil, pennies/chips/buttons

**Description:** Kind of like checkers but you can also play alone. To set up your game board, draw a big triangle on a piece of paper. Then draw 15 circles in 5 rows inside the triangle. The top row should have one circle, second row 2, third row 3, fourth row 4, and the bottom should have 5.

For your game pieces, you can use pennies (could use chips or buttons as well). Put one penny in each of the 14 circles. There should be one circle without a penny. To play, find a penny that can hop over another one into an empty space. Then, you can take away the penny that you've hopped over. You can hop diagonally, horizontally, or vertically. Hop more than once if you can!

You can play against yourself or against other people. If you play against yourself, when you can't move any more, count the number of pennies left. The goal is to have the least number of pennies left. Keep playing until you beat your record. If you play against other people, when someone can't move any more, everyone counts the number of pennies they have. Whoever has the most pennies wins.



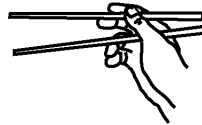
## ODDS AND EVENS MATCH



**Equipment:** None

**Description:** Like "1, 2, 3 Shoot" but with teams. Divide into two teams with one team being "odds" and the other "evens." One person calls out "1,2,3 Match!" and everyone throws out a few fingers from one hand. Add up all the fingers on both teams and if the number is odd, the odd team gets a point; if it's even, the even team gets a point. The first team to get three points wins.

## CHOPSTICK PICK UP



**Equipment:** Bowls, marbles, chopsticks

**Description:** Chop, chop! Get a move on those marbles! Each person will need a bowl of marbles, a set of chop sticks, and an empty bowl. Players have 30 seconds to see how many marbles they can pick up with their chopsticks and transfer to their empty bowl.

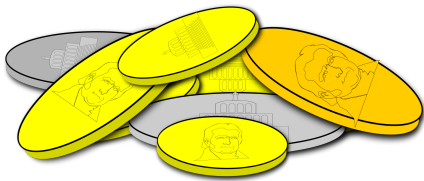
To hold chopsticks, put one of the chopsticks in your hand and hold it just like you hold a pencil. Now put the other chopstick between your thumb and index finger. Move your thumb and index finger back and forth so the pointy ends of the chopsticks touch. Players race to see who can pick up the most marbles in 30 seconds!

## PENNY/CUP GAME

**Equipment:** Cups, water, rubber bands, pencils, napkins, penny

**Description:** Don't let the penny plunge! Get a cup filled with water, a paper napkin, 2 sharpened pencils, a penny and a rubber band. Open the napkin and put it over the cup. Put the rubber band around the rim of the cup over the napkin so that the napkin fits tightly on the cup. Put the penny in the middle of the napkin. Two players take turns poking a hole in the napkin with the pencil. The entire tip of the pencil has to go through the napkin. The person who doesn't make the penny fall into the cup is the winner.





## PICK UP QUARTERS

**Equipment:** Blindfolds, rubber gloves, water, large containers, pennies, nickels, dimes, quarters

**Description:** Put in your two cents, or take out twenty-five! To set up the game, pick two players, blindfold them, and have them put on rubber gloves. Put some warm water in two large containers. Put 10 pennies, nickels and dimes and 5 quarters inside each container.

To play, players pick out the coins one at a time. If players think that they don't have a quarter, they can put a coin back. After one minute, players see how many coins they have and then add up their score. Quarters are worth one point, but pennies, nickels, and dimes are each worth negative one point.

## BALLOON HOOP GAME

**Equipment:** Balloons, 2 hula hoops

**Description:** Hoop it up! This is a game for 7 people, 6 players and one referee. Players divide into two teams of three. Each team has a hula-hoop, which will be their basketball hoop. One person from each team holds up their team's hoop at chest level.

The object of the game is to hit the balloon into the hoop. Players can only hit the balloon with their head, shoulders, elbows, or knees-but no hands! Teams are allowed to play defense, but still cannot touch the balloons with their hands. Players can't hit balloon twice in a row. If the balloon hits the ground, it's out of play. The referee then goes back to the middle to toss it up. The first team to score three baskets wins.

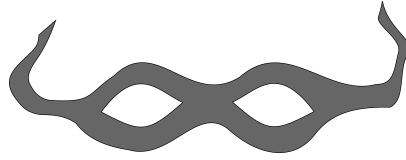


## ANIMAL ALPHABET

**Equipment:** None

**Description:** Don't crack or you'll lose this critter contest. This game is for 6 people or more. To play, get into 2 teams, line up, and face each other. The first player on one team starts the game by calling out the name of an animal, like "deer." Then, the first player on the opposite team has to call out another animal that begins with "d," like "dog." The second player on the first team then must think of another animal that begins with "d."

Go back and forth like this until a player cannot think of another "d" animal. When this happens, the team that misses gives up the player that missed to the other team. At the end of 5 minutes, the team with the most players left wins.



## BLINDFOLDED QUICK PICS

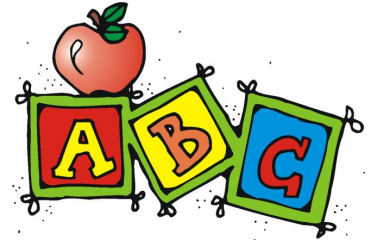
**Equipment:** Blindfolds, paper or large flip charts, markers, index cards with objects or animals written on them

**Description:** Even blindfolded, it's easy to see that this game is fun! In this game one person from each team tries to draw the word he/she sees on a card - blindfolded. You will also need a bunch of index cards with objects or animals written on them. Keep in mind that simple objects, like a table, might be easier to draw than more complicated ones, like eggbeaters.

Divide into two teams. Pick one person from each team to be the artist. Show the artists from each team a card with a word on it, but don't let the other players see the word. Then blindfold the artists. Both artists draw the object written on the card as fast as they can. Each team guesses what the artists are drawing. Players from both teams can look at both drawings. The first team to guess correctly gets a point. You might want to switch artists after each round. The first team to get three points wins.

## ALPHABET WORD GAME

**Equipment:** Pieces of paper with letters of the alphabet written on them, hat/bucket to put pieces of paper in



**Description:** Alphabet adventures abound! This game is for 2 people or more. To play, split into even teams or play one on one. Write each letter of the alphabet on a strip of paper and put it into a hat. (You may want to leave out the hard letters, like "X" or "Q." Pick a letter out of the hat.

Each team has 45 seconds to make up a sentence, but the trick is that all of the words in the sentence have to start with the letter the team picked out of the hat. So, if the letter is "A," a team's sentence might be: "Anna ate apples at Alabama." The team who has the sentence with the most words wins.

## OUT THE DOOR

**Equipment:** Small pieces of paper, pens/pencils/markers, bucket or hat to draw slips from

**Description:** So, what do YOU do for a living? Write the names of different jobs on small pieces of paper (for example: chef, farmer, orchestra conductor, scientist, cab driver). Fold the pieces of paper and drop them into a hat. One player is the guesser and leaves the room. At that time, the other players choose one job from the hat. The group calls the "guesser" back into the room. Without talking, the group acts out their job and the "guesser" has to figure out who they are.



## CATEGORY CARDS



**Equipment:** Index cards, paper, pens/pencils/markers

**Description:** A classification word game. To play, you need to make two sets of cards. One set should have the letters A to Z; the other should have different categories like animals, food, or whatever else you can come up with.

Divide into teams and put all the cards face down into two piles. One person chooses a card from each pile. Each team then has 30 seconds to think of as many words as they can that start with the letter and belong to the category on the card that was picked. One person on each team should write down all of the words.

For example if the letter card picked was "D" and the category card was "Jobs," a team could say dog catcher, doctor, and dentist. The team with the most correct words in the end wins.

**Variation:** Duplicates don't count. This means that if more than one team comes up with the same word, no team gets a point.



## DESCRIPTION COMPETITION

**Equipment:** Index cards, watch/timer

**Description:** Talk about beating around the bush...Players divide into teams of pairs. Decide who will be the guesser and the describer for each team. Teams go one at a time. While one team is playing, the other teams have to leave the room so they can't hear what the team that's playing says.

The describer for each team will describe the words written on the index cards without using the actual word. For example, if the word is "lunch," the describer will say something like "You eat this in the middle of the day. Sometimes it's a sandwich . . ." until their teammate guesses the word.

The describer cannot say what letter the words begin with or what they rhyme with. If the word is made up of two words, the describer cannot use those words separately in his description. For example, if the word is racecar, the describer can't say, "This is a car that races around a track." See how many words each team can guess in 45 seconds.

The team that guesses the most words correctly wins. You could play two rounds for each team and switch which teammate describes and guesses for the second round. You'd need a second set of words to play this way.

## DOODLES



**Equipment:** Paper, tape, markers, pictures of things the children will draw

**Description:** Pass the picture, please. This game is like the game telephone, but instead of passing words down a line, players pass a drawing. Each player needs a sheet of drawing paper taped to his/her back and a marker. (Except for Player 1: that person just needs a marker.) Players get in a line, with each player facing the back of the person in front of him/her.

The person at the back of the line (Player 1) draws an object on the paper of the person in front of him/her (Player 2). Player 2 can't see the drawing, can just feel it! Player 2 then tries to draw the same thing on the paper of the person in front of him/her (Player 3). Players keep going down the line until it reaches the last player. The last player in line then tries to draw the object on a separate sheet of paper. Compare the drawings on everyone's backs and on the last sheet of paper.

## FORTUNE TELLER

**Equipment:** Six paper bags, pens, several index cards

**Description:** Fortune Says: Good things will come to those who play this funny game. This game is for 2 or more players. To set up the game, write the word "Name" on the first bag. On the other five bags, write the following words: "Job," "Car," "Pet," "Country," and "Home." Then, each player fills out six index cards. So, a player would write his/her name on the first card, a job on the second, a car on the third, an animal on the fourth, a country on the fifth, and a type of home on the sixth. Everybody then puts their cards in the correct bags. Shake up the bags to mix up the cards.



Now, someone picks a card from the "Name" bag. The person whose name is chosen then picks a card from each of the other bags. He/She then puts his/her cards together to see his/her fortune, and reads the fortune aloud. For the next round, another card is taken from the name bag to pick who reads their fortune next.



## RHYME TIME

**Equipment:** None

**Description:** Don't rhyme out of time! To play, sit in a circle and start a beat. One person starts by calling out a word. The player next to him then has to say a word that rhymes with it. Keep going around the circle. If a player is off beat, can't think of a word, or repeats a word, he/she is out. When a player gets out, the person next to him/her starts over with a new word. The last person left wins.



## SIXES

**Equipment:** 1 die per group of kids (6 kids works well), 1 pencil, and a piece of paper

**Description:** The die is passed around the group and each person rolls, trying to get a six. The person who rolls a 6 takes the paper and pencil from the middle and starts writing the numbers 1-50 on a piece of paper (1, 2, 3, 4...). This person continues to write while the rest of the group passes the die still trying to roll a 6. When another person rolls a 6 they get the paper and pencil and begin where the last person left off in writing the numbers to 50. This continues until someone writes the number 50 and is declared the winner. It doesn't matter that the person before them wrote 1-49 and they only wrote the 50. You can make it harder and more educational by having the children write multiples of 2 up to 100 or 3's up to 150. It may be easier to use foam dice the same size as normal dice to make it a quieter game and less time spent searching for bouncing dice.

## FOUR CORNERS

**Equipment:** None

**Description:** Designate each corner of the room with a number. One child puts his/her head down (no peeking) and the rest quickly and silently walk to one of the 4 corners while the child counts to 10. At the count of ten, he/she calls out one of the 4 numbers, and anyone standing in that corner sits down. Repeat until there's one child left. As the numbers dwindle, there may be a corner with no children. Stress that once the child counting gets to 9, they'd better be in a corner!! No dashing at the count of 8 or 9!! The last child remaining gets to be the next counter.



## PICNIC MEMORY GAME

**Equipment:** None

**Description:** To play, everyone sits in a circle. The first player says, "In my basket for the picnic, I packed...", and then says what item he or she packed. The next player then says, "In my basket for the picnic, I packed...", and then recites what the first player packed and adds his or her own item to the basket, and so forth.







## NO SIR, NOT I SIR (PRINCE OF PARIS)

**Equipment:** Chairs

**Description:** This is a high paced game of concentration and reaction time. The goal of the game is to become #1 by tripping up the people ahead of you. **WARNING:** This game gets loud.

Set up chairs (one per player) in a fashion that they can be easily counted off but still face a central location (like a half/whole circle, two inward facing lines... etc.) Have all of the players take a seat and then number the seats from 1 to the last chair being the highest number (ie. if you have 14 chairs right to left it will be 1 -14). Make sure the players remember the number their chair has.

The leader starts the game by announcing "The Prince of Paris has lost his hat and number '\_\_\_' has it!", you then start counting to 5. The person in the seat with the number accused has to stand up and say "No sir not I sir, number '\_\_\_' has it!" you then start counting to 5 again and the newly accused repeats the process.

If a person does not stand up by the count of five then they must take the last seat and everyone behind them moves up (example: if #3 gets booted then #4 becomes the new #3 and #5 becomes the new #4 and so on. #1 & 2 don't move). Once everyone has moved a new round begins. Remember that it is the seats that are numbered so when everyone moves up a seat their number drops by 1. The goal is to trip up the people with lower numbers than you so that you can make your way to number 1.

Other things that can knock a player back:

1. Standing up when their number isn't called (if 6 is called and 5 stands up, 5 is booted)
2. Calling a number that doesn't exist (Calling 17 when there's only 15 chairs)
3. Calling their own number (self-explanatory).

As you go through a few rounds and the players get the hang of it here are some things to keep it fun:

1. Speed up your calling/counting (Start out very clear and understood and work your way toward sounding like an auctioneer with a caffeine overdose)
2. When calling out the number of the accused point at someone else ("...& Number 3 has it!!!!" while pointing at number 10)
3. When counting to 5 walk toward a person who is not the accused as if you are waiting for them to stand up (pretty much slight variation of the last one)
4. Change the piece of clothing that is being stolen, mention how naked the prince feels
5. Give one of your older students/other leaders a turn as the caller because you are going to lose your voice if this goes on for too long.
6. You can boot for tripping up/stuttering on their "no sir not I sir" but the extent it takes to be booted would be at the callers discretion.



## STEAL THE KEYS



**Equipment:** Keys, metal bowl, chair, newspaper (can also use nerf sword or pool noodle), blindfold

**Description:** Put the keys in the metal bowl, and place it under the chair. Everyone makes a wide circle around the chair. A person is blindfolded, and sits in the chair, armed with the newspaper/nerf sword/pool noodle. The blindfolded person must defend the keys. If the blindfolded person successfully hits players as they sneak up in an attempt to steal the keys, that person is either out, or sent back to start again.

The objective is to sneak up and get the keys from the bowl and get back to the starting area without being hit. The successful sneaker gets to be the next blindfolded player. The game can be played in turns, or all at once, which makes for fast competitive sneaking. The leader can also direct, selecting one or more players to attempt at the same time. As an adaptation, this game is great in the dark.

## HUMAN TIC TAC TOE

**Equipment:** Chairs, prepared questions

**Description:** Set up 9 chairs in 3 rows of 3 so they resemble a tic tac toe board. Form two teams and direct questions to alternate teams. If a team gets a question correct, they can have a player sit on one of the chairs. The first team with three in a row wins.

This can be adjusted to suit a group- less players, you could just do it on a white board, more players create a bigger grid or play 'connect four'.



## COLOR TOSS

**Equipment:** Laundry baskets, colored construction paper, several small colored balls

**Description:** Here's a simple idea for preschoolers. Label laundry baskets with construction paper to match the colors of your balls. Then toss the balls into the matching basket!



## ELEVEN

**Equipment:**

11

None

**Description:** A game of chance en-countings. Players sit in a circle. Players count off from 1 to 11. The person who counts off as number 11 is out. The player to the left of the person who is out starts counting for the next round. Before the next round begins, all players switch place in the circle. Keep playing until there is only one person left. That person is the winner!

# Water Games





### KEEP YOUR BOTTLE

**Equipment:** 2 plastic bottles, small plastic cups

**Description:** Divide the players into two teams. Choose a good sport (perhaps a staff member) for each team to lie on the ground with a plastic bottle on his/her head. Line up the rest of the team and give the first person in line a small plastic cup. Fill up a few large buckets with warmish water and place them between the team members and the good sport.

At the signal, the first team member runs to fill up his/her cup and then pour it, quickly but carefully, into the plastic bottle. The cup must be held at waist height when pouring. Either continue until one bottle is filled up, or call time and see who has collected the most water. Give the good sports a towel, and the winning team a prize!

**Variation:** To give everyone a chance to "get wet" have the person who poured water out of the cup trade places with the person holding the bottle. The person holding the bottle will take the cup back to the starting line and hand it to the next player in line. Continue until the bottle is filled.

### CUP TO CUP

**Equipment:** Two buckets, plastic cups

**Description:** Put one full bucket of water in the grass and have one player sit right behind the bucket. Have the rest of the team sit in a straight line right behind the first player. Have the last person in the line turn and face the other way so the last two players are back to back instead of one after another. Put another either smaller bucket or a bucket with a marked halfway line in front of the last player.



Give the first player an empty cup. He/She must dip the cup in the full bucket of water and pass it backwards over his/her head to the next player. The second player must then pass it over to the third and so on until the final player on the team dumps the water in the cup into the empty bucket. The empty cup will then be passed to the front and the process repeats. The first team to fill their bucket wins.

**Variation:** To make it more difficult, blindfold everyone in the line.

### CUP OF CHANCE

**Equipment:** Dixie cups, table, blindfold (optional)

**Description:** Put a line of cups on a table. Fill about half of the cups full with water and leave the other ones empty. Take turns and have each player one at a time choose a cup without looking (blindfold or cover their eyes). Once they've chosen the cup, they have to dump it on their head. If there is water in the cup, they get wet and are out. If there is not water, they continue to the next round. The last dry player standing wins.



## SPONGE TOSS

**Supplies:** Two plastic buckets, large sponges

**Description:** Place a bucket full of water on one side of the yard and place an empty bucket on the other. Have teams line up their players anywhere between the two buckets but once they're lined up - they are frozen in place and cannot change their placement. One player on each team should be next to the full bucket and one next to the empty bucket.

The first player must dunk the sponge in the full bucket of water trying to soak up as much water as possible. The player must toss the sponge to their next teammate who tosses it to the next and so on until it reaches the final player by the empty bucket. That player wrings out the sponge and passes the empty sponge back down the line. First team to fill up their bucket to the marked line wins.

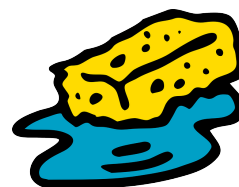


## SPONGE RUN

**Equipment:** Plastic buckets (or kiddie pool), large sponges

**Description:** Divide the players into teams. Place a bucket full of water (or a kiddie pool) on one side of the yard and place an empty bucket for each team on the other. (You may wish to mark a specific fill line on the bucket.) Give a sponge to each player and have them stand by the full bucket of water (or kiddie pool).

Players must dunk the sponge in the water trying to soak up as much water as possible. They then have to put the sponge on their head and hold it there while they run to the empty bucket for their team, hoping to keep as much water as possible in the sponge. Wring out the sponge into the empty bucket and run back, continuing until someone reaches the mark on the empty bucket. The first team to fill up their bucket to the marked line wins.



## FROZEN FEET

**Equipment:** Kiddie pool, buckets or bowls, ice cubes



**Description:** Have players sit along the edge of a kiddie pool filled with water. Each player has their own empty bucket or bowl beside them. Dump a big pile of ice cubes into the pool. At the starting signal, players must pick up as many ice cubes as they can and put them into their own buckets...they must use only their feet. The player who collects the most ice cubes within a designated time period is the winner.

## RAINDROPS ARE FALLING ON OUR HEADS RELAY

**Equipment:** Buckets, plastic baggies, pin



**Description:** You will need two buckets per team, one of which is filled with water. Each team will also need one baggie which will be filled with water. The leader will use a pin to put holes in the baggie. The groups line up sitting down, one in front of the other, so that they are facing the back of the person in front of them. The bucket that is full of water goes behind the last person; the empty bucket goes in front of the first person. When the race starts, the first person takes the baggie to the back bucket, fills it with water and then tries to get the water to the front bucket, but it has to be carried over the heads of his/ her team members. He/ she dumps the water that is left into the front bucket. The line shifts up and the first person sits in the back. The winner is whatever group has the most water in their bucket after the pre-determined amount of time.

Make sure that groups are not cheating by covering the holes - it might be best to say that they are only allowed to use one hand when passing the baggie.

## WET FASHION SHOW

**Equipment:** Buckets, newspapers

**Description:** Select one person from each group to be the model and be dressed up for the fashion show. (Ideally it will be a staff member- the children LOVE it!) Fill a bucket with water for each group. Then, using only wet newspaper, have your own crazy fashion show by dressing up the model from each group.







## WATER BOMB TARGET

**Equipment:** Water balloons, targets

**Description:** Hang up targets on trees or playground equipment. Targets can be made out of cardboard, paper plates, aluminum pie pans or anything creative. Assign different points to each target depending on position and distance. You can keep points by teams or individuals. When a target is hit the player receives points for assigned target.

## WATER BALLOON OBSTACLE COURSE

**Equipment:** Water balloons

**Description:** Set up a summer-themed obstacle course. Players place a water balloon under their chins and must negotiate the course without breaking the balloon.

This can also be done as a cooperative activity or group initiative. If a balloon breaks, that person must go back to the beginning, get another balloon and start again. The team must wait for the missing member to rejoin.



## TYPHOON

**Equipment:** Water buckets, plastic cup

**Description:** One team member sits on the ground at one end of the field while the rest of the team lines up behind the bucket of water. First runner dips cup into bucket and runs to team member sitting at other end of field. When runner reaches the other team member, he/she throws the water onto him/her and yells "Typhoon" The runner then takes the place of the sitting member who runs the cup back to the next person in line.

The first team to get all of their members through the relay wins.





## GOT YOUR BACK



**Equipment:** Duct tape, white crepe paper, one water spray bottle per player

**Description:** To prepare, use duct tape to attach three 6-inch strips of white crepe paper to the back of each player's shirt. Give each player a spray bottle, then let the squirting begin. Whoever has the most remaining paper once the water runs out is the winner.

## CHILL OUT! RAINY RELAY

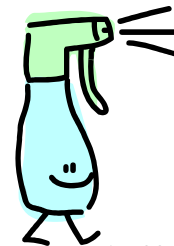


**Equipment:** Two buckets per team, one empty and one full of water, for each team, a plastic cup with 3 holes punched into the sides

**Description:** Divide the group into two teams. Provide each team with one empty and one full bucket, as well as a plastic cup. Set the empty buckets at one end of the yard and the full ones at the other near the players. At the word "Go," the first player on each team dips his/her cup into his/her water bucket and holds it overhead while dashing to the other end of the yard. (No covering holes with fingers, please!) When a player reaches the second bucket, he/she dumps what's left in the cup into it, runs back to the start, and passes the cup to the next player. The game continues until the formerly full bucket is empty. The team with the most water in the second bucket wins.

## FILL'ER UP!

**Equipment:** Cups, ping pong balls, spray bottles



**Description:** Whether you want to liven up a backyard bash or help your gang cool off on a hot day, this fast-action game will make quite a splash. Divide the group into teams of two. Have teammates stand six feet from one another, one holding a small cup with a Ping-Pong ball in it and the other a water-filled spray bottle. On "go," players with bottles try to be the first to squirt enough water into their teammate's cup to float out the ball. Keep a bucket of water nearby for refilling. If teammates get closer than six feet, they must dump out the water in the cup and start over.

## SPLASH AND SCORE



**Equipment:** 1 bucket and 1 plastic bat for every 2 players, 6 water balloons per player (for each game)

**Description:** Fill the buckets to the brim and line them up. Divide into 2 teams (throwers and receivers). The throwers line up several yards away from the buckets and try to toss water balloons into the buckets. Each successful toss is worth 1 point. Each member of the receiving team sits (or kneels) behind a bucket and holds a plastic bat ready to defend his or her bucket by blocking the incoming water balloons. Be sure the buckets are far enough apart that batters won't hit each other. Each thrower tosses 2 balloons, the score is tallied, and then the receivers get a chance to be the throwers and earn points. The teams continue to alternate throwing and blocking. The team with the highest score at the end of 3 rounds wins.



## KEEP YOUR EYE ON THE BALL

**Equipment:** Tennis balls, Water balloons

**Description:** The pitcher selects a ball or balloon (both preferably of similar color) from a bucket, hiding it carefully in his glove, then pitches it to the batter, who must decide whether he wants to swing (which depends in large part on whether he wants to get soaked). To keep things moving, switch positions after the batter either lets three tennis ball strikes go by or bashes three water balloons.

## WILD & WACKY BASEBALL



**Equipment:** Bases, buckets of water, baby pool, tennis racket, tennis ball

**Description:** This game is played in a similar fashion to traditional baseball, but with a few new twists☺ The only things that are changed are the equipment used and a special surprise at each of the bases. Players will think they are in the wrong place, but the actual equipment used is a tennis racket and a tennis ball. Using the tennis racket will provide for a larger target area, thus helping to ensure that an increased number of participants are successful. When hit, the tennis ball will go further, allowing participants a greater period of time in which to run to the base.

The fun twist is that a staff member or another participant stands at 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> base with a bucket of water. Base runners can either pour the water in the buckets on themselves when they reach a base or they may choose to simply sprinkle some of it over specific body parts. A baby pool is placed at home plate so that those who make it all the way can jump in and celebrate their success.

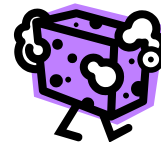
## JUMP ROPE WATER SPLASH



**Equipment:** Jump rope, plastic cups, and water

**Description:** Give each player a plastic or paper cup full of water. While two players twirl a large jump rope, jumpers one by one are to attempt three consecutive jumps. They are to do this while holding onto their cup of water and trying not to let any water spill. The player that has the most water left is the winner. You can keep playing until only one person has water left in their cup.

## OVER/UNDER GAME



**Equipment:** Buckets of water, sponges, pitchers

**Description:** Divide the group into two teams. Have them form a single file line facing the person's head next to them. At the head of each line put a bucket of water. At the other end put a pitcher with a line drawn on it. Give a sponge to the person at the head of the line where the water bucket is. That person has to dip the sponge in the water to soak in as much water as they can. They have to then pass the soaking wet sponge over their head to the person behind who then passes the sponge to the person behind them through their legs. The sponge makes its way back over the head of one person and between the legs of the next till it gets to the person standing next to the pitcher. That person must squeeze whatever water is left into the pitcher and run the sponge back up to the head of the line. When this occurs, everybody moves back one position and the person who was at the back of the line now is at the head of the line. Continue process till the pitcher is filled to the line.



## SHAVING CREAM SHOOT OFF

**Equipment:** Water guns, shaving cream, water source

**Description:** Set up as many teams as you would like to have. Each team must have one large water gun filled with water and one team member willing to get wet. Make sure that all the designated targets don't have a shirt that has an iron-on design on the front, this prevents the game from being fair. On the willing team member, squirt shaving cream on the front of their shirt. If you do the same design, it makes the amount of shaving cream the same for all teams. Each member of the team will get one squirt from the water gun to try and remove the shaving cream. You will rotate the team line until all the shaving cream is removed.



## THE GREAT JUNGLE FIRE

**Equipment:** Bucket of water, cup, list of animals

**Description:** Here is the scenario: The jungle is on fire, and the animals must keep themselves wet to avoid being burned. This is a relay race. You need a bucket of water and a cup per team. Set the water bucket and the cup about 15-20 meters away from each team. There is also a list of animals that each team has. The list is as follows: 1. Gorilla, 2. Bat, 3. Leopard, 4. Snake, 5. Kangaroo. The first person to run must run like a gorilla, the second like a bat and so on. Gorillas must run with their arms and legs held out awkwardly away from their body. Bats must flap their arms wildly. Leopards must run on all fours. Snakes must get on their elbows and knees. Kangaroos must hop. Once 5 people have run, the 6th person will start the list again as a gorilla, the 7th will be a bat and so on. Once they reach the water bucket they must fill up the cup with water and throw it over themselves. The game ends when the teams have been through twice. The very last person must pick up the bucket and put it on their head.

## DRIP DRIP SPLASH



**Equipment:** Sponge, bucket of water

**Description:** Similar to duck, duck, goose, but better for a hot day! Have all players sit down in a circle. The first player to be "IT" walks around the circle with a sponge full of water. As they pass each person, they say "drip" and let the sponge drip over that person's head. When they get to the player of their choice, they say "splash" and squeeze the sponge out over that player's head. That player then gets up and chases "IT" around the circle, trying to tag them. "IT" runs as fast as they can to the spot where the player they splashed was sitting. The person to chase now becomes "IT" and play continues.



## ICE CUBES

**Equipment:** Ice Cubes

**Description:** 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!

## HOT POTATO-WATER BALLOON STYLE

**Equipment:** Water balloons



**Description:** Played just like hot potato! Players get in a circle and start passing the water balloon around when the music begins. When the music stops they get to break the water balloon on the person's head to their left! To keep it fun and interesting, change the song each time you start a new balloon.



## WATER BALLOON "VOLLEYBALL"

**Equipment:** Volleyball or badminton net, 2 old sheets (4 players) or 2 large towels (2 players), water balloons, a container to hold filled water balloons

**Description:** Set up the volleyball net. Divide the players into two teams and have each team stand on either side of the net. Give each team a bed sheet. Have each team surround their sheet on all sides and hold it open. Put a water balloon in one team's sheet and have them try to flip it over the net. If the players do a count down ("one, two, three.. Up!") for each toss it really helps! The other team must try to catch the water balloon in their sheet and flip it back. If one team misses, drops or breaks the balloon the other team gets a point.

### Variations:

- For an extra challenge play a variation of the game by putting multiple water balloons in the sheet at one time.
- This game can be played without a net or a rope. And it's just as fun!

## WATER BALLOON "SPLAT"

**Equipment:** Water balloons, a container to hold filled water balloons, a paved or concrete surface like a driveway, chalk, tape measure

**Description:** When you fill the balloon try to make them all the same size. Size does matter for the game! Have each child take a turn holding a water balloon high above his head. Then have him throw it firmly on the pavement. The idea is to try to make to biggest wet mark possible. Once there's a wet mark, quickly outline it with chalk, put the child's initials by it and measure the size of the "Splat" at its widest point. The child that makes the biggest splat wins.



## WATER BALLOON JUG TOSS



**Equipment:** Water balloons, container to hold filled water balloons, empty bleach bottles or gallon mild jugs, scissors

**Description:** Cut the bottoms out of the bleach bottles. Make the openings a bit larger by cutting out a sloped shaped piece so the bottle resembles a scoop. Remove the bottle cap and discard. Divide the players into teams of two and give each team a water balloon and a jug scoop. Line the teams up an equal distance apart. Have the players use the scoops to toss the water balloons to their partners. Any catcher that makes a successful catch takes one step back. The teams keep tossing the water balloons back and forth (using their scoops) having the "catcher" take one step back for each successful catch. Any team that drops or breaks their balloon is out. The teams keep tossing the water balloons back and forth (using their scoops) having the "catcher" take one step back for each successful catch. Any team that drops or breaks their balloon is out. The game continues until only one team is left with an unbroken water balloon.



## FISHING FOR MARBLES

**Equipment:** Bucket, ice, marbles

**Description:** Divide players into two or more teams. Place a bucket in the middle of the room, then put ice in and fill with water. Once filled with water, add marbles (about 50 is good). Have all players remove their socks and shoes. Each team takes turns sending players to the bucket. Players have 30 seconds to get as many marbles from the bottom of the bucket with their toes as they can. Once all have had a turn, the team with the most marbles wins.

**Tip:** If you get a wide bucket or bowl with curved sides, the inventive players can scoop the marbles out from inside without having to grip them individually.

## WATER BALLOON "SPLASH"

**Equipment:** A lot of water balloons, a container to hold the filled water balloons, 1 length of rope to mark the middle of the play area

**Description:** Use the rope to divide the play area. Divide the group into teams and give each a basket with an equal number of water balloons. On the word, "Go!," each team must try to hit the opposing team with their water balloons. They must stay on their team's side of the play area. (i.e. no crossing over the line to get a better shot) If someone gets hit they have to sit out. But in 60 seconds they get to join back in the fun. Play until the children run out of water balloons.

## WATER BALLOON "CLEAN UP"



**Equipment:** Plastic buckets (one for each person), an enticing final prize

**Description:** Give each person a bucket (this can be a favor that each person takes home). Have all pick up as many popped balloon pieces from the yard as they can. The person who picks up the most pieces gets a prize.



## THE SPLASH GAME

**Equipment:** Index cards, hat or bag, small container for water, large container of water

**Description:** Write numbers on index cards, from 1 to x, x being the total number of players. For 10 players, you need the numbers 1-10; for 14 players, the numbers 1 to 14, and so on. Put the cards in a hat or bag. Choose a small container for water which is the appropriate size for the age of your players, the location, the weather etc. A small plastic tumbler usually works well. Prepare a large container of warm water, such as a bucket or baby bath.

Choose one player to start. That person picks a number out of the bag without letting anyone else (but you) see it, and remembers that number. He/she then fills up the small container with warm water and stands in the center of the other players, who form a circle around him/her, but not too close. The leader will have to establish the correct distance!

The player in the center faces each player in turn. Each player chooses - and says loudly - a number between 1 and x. Each player must choose a different number. As soon as somebody chooses the number that the player in the center selected, the person in the center throws the container of water at them! If you get all around the circle and all the players have chosen a number but NOT the correct one, the person in the center has to throw the water over himself/herself!



## WHAT TIME IS IT BLUE WHALE?

**Equipment:** Hose

**Description:** Basically the same as what time is it Mr. Wolf, but with a hose. The person who is "IT" has the hose, with the help of a staff member. The players say what time is it blue whale until they reach the "IT" person. Then the "IT" person says "spray time!" Whoever they soak is now "IT".

NOTE - the "IT" person must spray below the waist because water in the face hurts.



## WATER PINATA



**Equipment:** String, water-filled plastic bag, blindfold, broom handle or bat, water balloons

**Description:** Surprise the group by filling a solid-colored plastic bag with water, secure the top, and hang the water-filled bag from a tree limb. Choose a person to blindfold, spin them around, and tell the players to get ready for a big surprise. Instruct the blindfolded person to hit the bag with a sturdy broom handle or similar object. Allow each player three hits, and pass the turn to another player. When the water pinata is broken, everyone is sure to cool off.

After the initial surprise, continue playing water pinata with large water balloons. This is a refreshing change from an ordinary water balloon toss, and it's a fun and exciting way for participants to cool off on a hot summer day.

Instead of a water bag piñata, try making water balloon pinatas!



## WATER LIMBO

**Equipment:** Hose

**Description:** This is the same as regular limbo but with water. Place finger in hose so a steady stream is created. After each person limbos under the hose, lower it slightly and go again. If a participant gets a substantial amount of water on them, then they lose.





## WET AND WILD KICK BALL

**Equipment:** Sprinkler, large bucket of water, kiddie pool filled with water, slip and slide

**Description:** Before Play Begins--Set up your 4 bases for kick ball. From home base--have a sprinkler of some kind that the children run through to get to first base. At second base--have a large bucket or cooler of water the children dunk their head into. At third base--have a kiddie pool filled with water the kids much jump into and wait in until the next kick. Between third base and home set up a slip and slide and have children slide to home.

Divide your children into two teams and play with normal kickball rules. If your children are upset because they do not get to do all the bases before they are tagged out; go with the "everyone gets to kick before the side is out" rule.

## DISSOLVING NECKLACES

**Equipment:** An Alka-Seltzer tablet for each player, 18-inch string, plastic baggie

**Description:** Poke a hole through a tablet and thread it on a string. Tie to make a necklace. Each player puts on their necklace and fills their baggie with water. When the judge says, "GO!" everyone tries to spray the necklace of other players while keeping their own necklace dry. The tablets will dissolve when they get wet. When a player's tablet dissolves, he/she is out of the game and goes to a designated area.

Can play in teams or each man for himself.



## WATER RACE



**Equipment:** 2 buckets for each team, one cup for each player

**Description:** Bring on the bucket brigade! This game is for 6 or more players and should be played outside. Split into two even teams. Each team stands in a line, with a bucket of water in front of the first person and an empty bucket in back of the last person.

On the word "go," the first person in each line puts his/her cup into the bucket and fills it with water. Then he/she turns around and dumps the water into the cup of the person behind him/her. This continues down the line. The last person empties his/her cup into the bucket.

As soon as the first person in line has emptied his/her cup, he/she can dip it into the bucket again and dump it into the cup of the person behind him/her. After 45 seconds, the team with the most water in the bucket at the end of their line is the winner.

## DUCK RACES



**Equipment:** Rubber ducks, plastic or slip-n-slide mat, water gun (optional)

**Description:** Lay down a plastic mat on a slight decline. Then label each duck to know whose wins. Put the ducks at the start line at the top of the mat and have a race. You may choose to allow players to help their ducks win by shooting them with a water gun or trying to shoot the other ducks to slow them down.

### ICE CUBE PAINTING



**Equipment:** Ice tray, ink or food coloring, large cloth or t-shirts, gloves

**Description:** Freeze ink, or food coloring, with water in an ice cube tray. Once frozen, place on a large cloth or on a plain white shirt. Allow the children to draw with the ice and it will slowly melt creating a design on the cloth. If ink is being used, it would be advised that children wear gloves.

### WATER BALLOON LEAK

**Equipment:** Water balloons, needle

**Description:** This game is played like hot potato but the trick is that the water balloon is slowly leaking. Poke a hole using a needle into the balloon to create a small leak. The person that has the balloon when there is no water loses.



### DON'T SPILL RACE

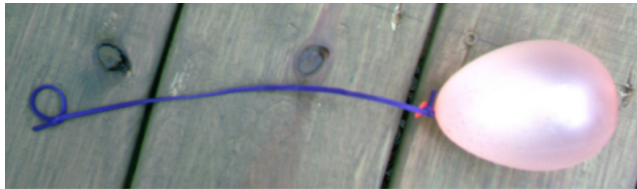
**Equipment:** Bowls, water

**Description:** This is a race where the objective is to not spill water. Give every child a bowl filled up to the top with water. Then create a race or obstacle course. The first one to cross the finish line wins but the amount of water left in the bowl is the true deciding factor!

## WATER BALLOON YO-YO

**Equipment:** Water balloon, rubber band

**Description:** Fill the balloon up with water but do not make the balloon stretch. Then blow the balloon up a little bit just so its half water and half air. Tie a knot to close the balloon. Take the rubber band and tie it on the end of the balloon.



Water Balloon **YO-YO!**

## BLINDFOLDED WATER WAR

**Equipment:** Blindfolds, water guns

**Description:** Each participant has a partner that is not blindfolded. Give the blindfolded participant a water gun. The objective is to get the other participants wet with the help of the non-blindfolded individual's directions and help.

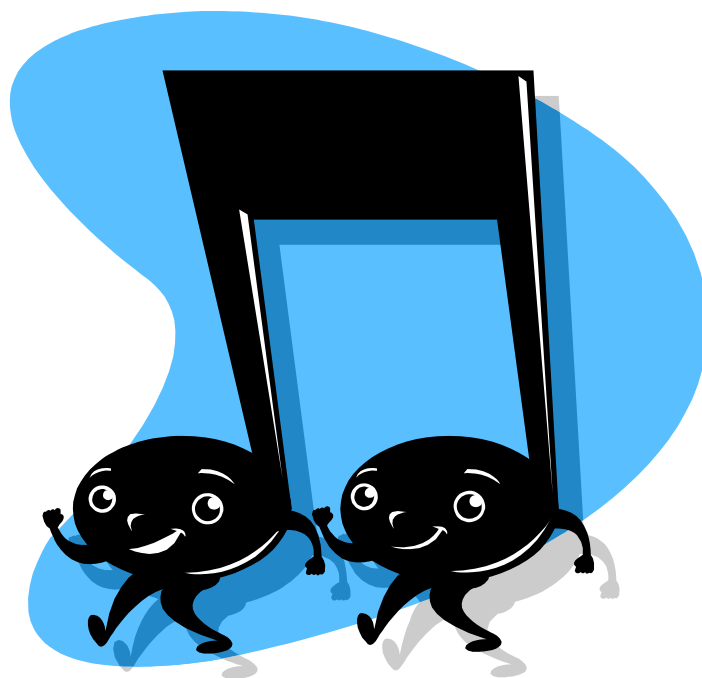


## WATER TUG OF WAR

**Equipment:** Tub of water, ping pong ball, tape

**Description:** Water warriors wanted! This game is for 2 players. (You could also play as teams) Put a piece of tape on the side of the tub to mark the middle. Players stand on opposite sides of the tub. Put the ping-pong ball in the middle and try to blow it to the other side. If a player gets the ball to the opponent's side, he/she gets a point. The first person to get three points wins.

# Drama and Music Activities



## CALL MY BLUFF



**Equipment:** Chalkboard, paper or index cards and a writing utensil

**Description:** This is a fun word game (made famous by the TV show) which can help children learn new words, practice dictionary work and presentation skills! It works best in a classroom or large group setting, and you will need time to prepare. You will need a large dictionary and at least 4 players, preferably more.

Three players are chosen to give the first presentation. They must choose a difficult word from the dictionary (which they hope no one will know) and write 3 definitions for the word. One of the definitions must be true, and the other two should be plausible (but can be funny).

Now write the word on a card or the chalkboard and ask the 3 children to read their definitions to the group, giving no indication which is right and which are wrong. Make sure the children adopt a good poker face when giving their definitions!

The audience then votes on which is the right definition. If they guess right, the audience gets a point. If they guess wrong, each of the other 2 presenters gets a point!

**Variation:** Instead of using word definitions, you can write 3 or more "truths" about a character you are studying, or perhaps a favorite celebrity. The audience has to guess whether the "facts" are right or wrong.

## WHO STOLE THE COOKIE FROM THE COOKIE JAR?



Group (sings): Who Stole the cookies from the cookie jar?

(insert name of participant) stole the cookies from the cookie jar!

Participant: Who, me!?!?!?

Group: Yes, you!

Participant: Couldn't be!

Group: Then who?

(Participant uses another participant's name) stole the cookies from the cookie jar!

Song keeps going until each participant's name is used. Perfect for bus rides!



## TELL ME A STORY



**Equipment:** None

**Description:** Tell Me a Story is a very simple game. One person starts off a story with 4 words. The next person adds 4 words. And the next, and so on. Here's an example:

Child 1: Once upon a time

Child 2: there lived a great

Child 3: big hairy spider with

Child 4: only four legs. He

Child 5: loved chocolate! And he...

and so on.

You might want or need to introduce your own rules. For example:

- You can't use the same word twice in a row (i.e. it was a cold, cold, cold...)
- You should make it clear if you are ending a sentence
- You might decide that 4 words is too many or too few.

## BULLFROG GAME



**Equipment:** None

**Description:** Circle the players, with their hands outstretched sideways with their palms facing up. The right hand should be on top of their neighbor's left hand (continuous around the circle). The leader begins the chant and a slap is passed around the circle along with the chant, "Down by the banks of the hanky panky, where the bullfrog jumps from bank to banky, with an E, I, O, U, it got on a lily with a big kerr-plop! (Some players seem to know another version, but this one is shorter and easier to remember...).

When you get to the kerr-plop on the last beat the person tries to move his or her hands before they are slapped.

If they move their hand before it is hit, the one who hit his or her own hand is out, if they don't move it in time, the person who's hand was hit is out.

The players who are out move to the outside of the circle and help sing the song.

### Variations:

With younger players (K-1st), when they get out let them sit in the middle as chicken soup. Then players don't lose interest too quickly and they stay part of the game.



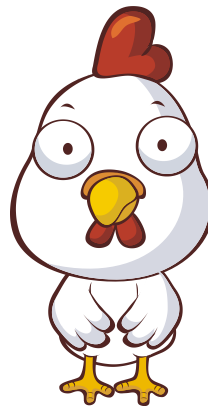
## BALLOON ORCHESTRA

**Equipment:** Balloons

**Description:** The players in the orchestra each hold a balloon. They blow up their balloons in unison, then let out the air in a squeak at a time to the rhythm of some easily recognized rhythm such as "Blue Danube" or "Jingle Bells". To end the skit, all fill their balloons with air and let go at the director's signal.

## C-H-I-C-K-E-N

C that's the first letter in  
 H that's the second letter in  
 I I am the third and  
 C that's the fourth letter in that word  
 K I'm fillin in  
 E I'm near the end  
 Oh, C-H-I-C-K-E-N that's the way to spell chicken.  
 Oh Ruftus, Raftus, Johnston Brown  
 What cha gonna do when the rent comes round  
 What cha gonna do, what cha gonna say  
 What cha gonna do on the Judgment Day?  
 Oh you know, I know red means go  
 Landlord throw you out the door  
 Oh Ruftus, Raftus, Johnston Brown  
 What cha gonna do when the rent comes round?



(Audience spells letters with body during song)

## WADLEE ATCHA

Wadlee a-tcha (slap knees/clap hands)  
 Wadlee a-tcha (snap right hand/snap left hand)  
 Dood-ly doo (grab nose with right hand, right ear with left hand)  
 Dood-ly doo (grab nose with left hand, left ear with right hand)  
 Wadlee a-tcha (slap knees/clap hands)  
 Wadlee a-tcha (snap right hand/snap left hand)  
 Dood-ly doo (grab nose with right hand, right ear with left hand)  
 Dood-ly doo (grab nose with left hand, left ear with right hand)  
 It's a simple little song, there's not much to it (slap, clap, snap, snap, repeat)  
 All you gotta do is dood-ly doo it (slap, clap, snap, snap, grab nose, grab nose)  
 I like the rest, but the part I like best is (slap, clap, snap, snap, repeat)  
 dood-ly, dood-ly, doo (grab nose, grab nose)





## BEAVER CALL SONGS

Beaver One, Beaver All,  
Lets all do the Beaver call,  
(Make Beaver Teeth with your hands in front of your mouth) while singing Nyuck, Nyuck, Nyuck,  
Nyuck, Nyuck, Nyuck

Beaver 2 ,Beaver 3,  
Lets all climb the Beaver tree, (Imitate Climbing a tree)  
while singing Nyuck, Nyuck, Nyuck, Nyuck, Nyuck, Nyuck

Beaver 4, Beaver 5,  
Lets all do the Beaver Jive, (Do a hand jive in coordination with your "Nyucks") while singing Nyuck,  
Nyuck, Nyuck, Nyuck, Nyuck, Nyuck

Beaver Six, Beaver Seven,  
Lets all go to Beaver Heaven, (Flap your arms like little Beaver Angel wings and float around)  
while singing Nyuck, Nyuck, Nyuck, Nyuck, Nyuck, Nyuck

Beaver Eight, Beaver Nine  
Stop!! Its BEAVER TIME!!! (Break out in your favorite Break Dance Moves...The Inch Worm works  
nicely!

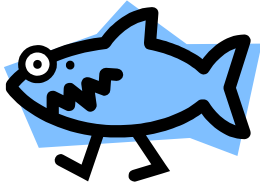
## POLAROID



**Equipment:** None

**Description:** This is like one of those story-building games, only it's all about building an image. Nothing changes or moves. I like to play it with my eyes closed because it's easier to build the image. It's called "Polaroid" because the image develops, like a polaroid picture.

One player starts with anything, like, "a penny." Someone else adds a detail the he or she actually imagines when picturing a penny - a 1978 penny. The next player adds yet another detail. "on a red checkered table cloth." Again, the direction here is not to tell a story, not to try to be cute, but simply to say what you're seeing.



## BABY SHARK

Baby Shark Do do do do do-a do  
Baby Shark Do do do do do-a do  
Baby Shark!

Mama Shark Do do do do do-a do  
Mama Shark Do do do do do-a do  
Mama Shark!

Daddy Shark Do do do do do-a do  
Daddy Shark Do do do do do-a do  
Daddy Shark!

Grandma Shark Do do do do do-a do  
Grandma Shark Do do do do do-a do  
Grandma Shark!

Grandpa Shark Do do do do do-a do  
Grandpa Shark do do do do do-a do  
Grandpa Shark!

People swimming (Do's)  
People swimming (Do's)  
People swimming!

Shark attack (Do's)  
Shark attack (Do's)  
Shark attack!

Where's my arm? (Do's)  
Where's my arm? (Do's)  
Where's my arm!?

Where's my leg? (Do's)  
Where's my leg? (Do's)  
Where's my leg!?

Call for help (Do's)  
Call for help (Do's)  
Call for help!

CPR (Do's)  
CPR (Do's)  
CPR!

Was too late (Do's)  
Was too late (Do's)  
Was too late!

Go to heaven (Do's)  
Go to Heaven (Do's)  
Go to Heaven!

...& COME BACK AS A... Baby shark!  
(Do's) \*start over\*



### HAVE YOU EVER GONE A FISHIN'

Have you ever gone a fishin (cast your fishing pole) On a bright and sunny day (sun above your head)  
 And seen the little fishies (eye goggles)  
 Swimmin' in and out the bay? (hands together to zigzag)  
 With their hands in their pockets (show 10 fingers, hit top of thighs)  
 And their pockets in their pants (hit top of thighs, hit side of thighs)  
 And all the little fishies doin' the (hands together to zigzag)  
 Hoochie Coochie Dance! (Finger boogie)

Now, drop one word every time you sing the song and fill in only the motion...Continue until only motions remain and go faster and faster!

### ABTWINKLEHAVEYOUANYWOOL

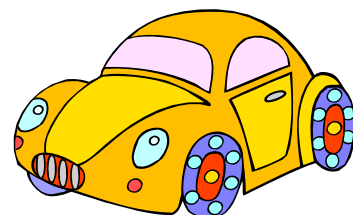


Based on the observation that the tune for the Alphabet song, for Twinkle, Twinkle, Little Star and for Baa Baa Black Sheep is the same... Players sit in a circle. The first player starts singing any one of the three songs. When the player stops, the next player must continue the same tune with different lyrics. So, if the first player sings "ABCDEFGH" the next player continues "sir, yes sir, three bags" and the next "star. Up above the sky so..." etc.

### ZOOM EEK

**Equipment:** Small car (Match box)

**Description:** A Zoom (car) is passed around the circle. Anyone can stop it and reverse it by shouting "EEK!" It must then change direction. No one can say "EEK" more than once. If you are feeling very strong, you can send two cars in opposite directions but that takes a lot of concentration.





## WE'RE GOING TO KENTUCKY

**Equipment:** None

**Description:** Form a circle with one person in the middle. Outside people hold hands and run/skip around circle while singing. On "shake it," the group stops circling and starts clapping while person in the middle "shake it all he/she can." On "round and round," the person in middle shuts his/her eyes, spins in a circle while pointing with his/her finger, and stops on "knows." The person being pointed at joins inside the circle.

We're going to Kentucky  
 We're going to the fair  
 To see the señoritas  
 With flowers in their hair  
 Oh!  
 Shake it-shake it- shake it  
 Shake it all you can  
 And if you cannot shake it  
 Just do the best you can  
 Oh!  
 Round and round and round we go  
 Where we stop  
 Nobody knows! (bring people into the middle)



## TENNESSEE WIGGLE WALK

I'm a bull-legged chicken (be bull-legged)  
 I'm a knock-kneed hen (be knock-kneed)  
 Haven't been so happy, since I don't know when (bounce to music, use arms)  
 I walk with a wiggle, a giggle, and a squawk (walk, knees in plie, leaning to right and left)  
 Doin' the Tennessee Wiggle Walk (hit hip with someone else's on "wiggle")  
 Put your heels together and your knees apart (do just that - and bounce)  
 Snap your fingers ready to start (begin snapping fingers and continue bouncing)  
 Flap your wings just once for luck (begin to flap arms)  
 And you wiggle and you walk like a baby duck (walk like that)  
 Come dance with me, baby keep your toes in time (tap foot and clap hands)  
 Haven't been so happy in a long, long time (bounce to music, use arms)  
 I walk with a wiggle, a giggle, and a squawk (walk, clap, lean side to side)  
 Doin' the Tennessee Wiggle Walk (hit hips of another person on "wiggle")

## PRINCESS PAT

This is a repeat song. Every line should be repeated by group.

The Princess Pat (Egyptian motion)

Lived in a tree (hands in triangle above head)

She sailed across (river motion)

The seven seas (hold up seven fingers, and then make a "C")

She sailed across (river motion)

The channel two (make a "C" and then hold up two fingers)

And brought with her (motion like putting sack over shoulder)

A ric-a-bam-boo (shake and wave hands to end in squat)

### CHORUS

A-ric-a-bam-boo (shake and wave hands to end in squat)

Now what is that?! (right hand up then left hand up - elbows bent - palms up)

It's something made (make two fists and bang hands on top of one another)

By the Princess Pat! (Egyptian motion)

It's red and gold (twirl hand like saying "whoopel!")

And purple too! (hold up two fingers)

That's why it's called (put hands up to mouth and shout)

A ric-a-bam-boo (shake and wave hands to end in squat)

### SECOND VERSE

Now Captain Jack (make an army-type salute)

Had a mighty fine crew (alternate arms)

They sailed across (river motion)

The channel two (make a "C" and then hold up two fingers)

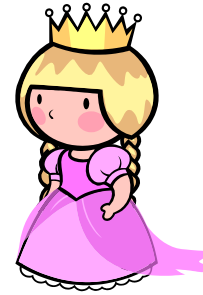
But his ship sank (pretend to sink by bending over to side)

And yours will too (point outward and then hold up two fingers)

If you FORGET (shout with hands up at mouth)

A ric-a-bam-boo (shake and wave hands ending in a squat)

### REPEAT CHORUS



## QUICK CHANGE ARTIST

**Equipment:** None

**Description:** Have everyone sit in a circle and choose one person to be the quick change artist. Have the artist go out of sight and change something on him/her self that is visible (i.e.-put shorts on backwards, change hair, tie/untie shoes...). When the artist is done, have him/her walk into the middle of the circle and turn around slowly to give everyone a chance to see what has been changed. Then go around the circle having each person guess what has been changed. The first person to guess correctly is the next artist.



## ALI BABA

**Equipment:** None

**Explanation:** Ali Baba is sort of a physical version of a song in the round. One person starts with a motion, and the next person comes in one line later with the first motion, while the first person is doing the next motion. The game stops when the first motion has successfully made it around the circle to the first person.

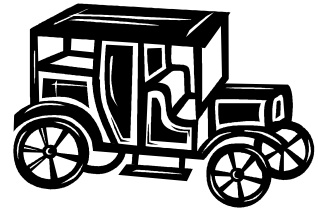


**Description:** All participants sit in a circle. The leader begins, saying "Ali Baba and the forty thieves" while doing a repeatable motion (Clapping, snapping) with her hands. As soon as the phrase, "Ali Baba and the forty thieves" is finished, the second person (person to the right of the leader) picks up the leader's first motion, saying the "Ali Baba" phrase. The leader is now saying "Ali Baba..." for the second time, with a new hand motion, so the second person must still keep an eye on the leader - he will have to duplicate every new motion as the leader finishes. The motions travel around the circle in this fashion, with the leader coming up with a new motion every time she says "Ali Baba...", until the first motion reaches the leader. That is, the leader sees the person to her left making the first motion that she made, and so stops her action. Then the non-action follows through the circle until the last person has repeated the last motion.

**Notes:** It is easier at first for the participants to keep their eyes on the person to their left, so that they can see each new motion clearly. As they get better at switching the motions as necessary, the participants can try following the motions without looking directly at the person to their left. The leader should make sure each motion she does is different from the ones before, as a repetition causes confusion.

## I'M A LITTLE HUNK OF TIN

I'm a little hunk of tin, nobody knows where I have been..  
Got four wheels and a running board, I'm a four-by-four-by-four..  
Honk-honk, rattle-rattle, rattle crash, beep-beep  
Honk-hank, rattle-rattle, rattle crash, beep-beep  
Honk-honk, honk, honk.



**Actions:** honk-pull ears; rattle-shake head; crash-cover face with hands; beep-push on nose with flat of hand

## ANYTHING FABRIC



**Equipment:** A piece of fabric, about a yard square, solid color or pattern

**Description:** Participants stand in a circle. The leader shows the fabric to the participants, saying "What could this piece of fabric be? We're going to pass it around the circle and each of you will show us something that it could become." The leader demonstrates, turning the fabric into something (for suggestions, see list below) and stating what it is. The fabric is passed from person to person, with each participant sharing an idea. If an idea is repeated, such as "a hat", the leader asks the participant to be more specific (a turban, a bonnet), thereby making the participant come up with their own idea. If the number of participants is small enough, the fabric can travel around the circle twice. A variation on this game is to limit the ideas to a category such as clothing, or things that are the color of the fabric.

**Notes:** Here are some of the answers to the question, although the possibilities are endless.

- A Superman cape
- A Diaper
- A Magic carpet
- A Flag
- A Picnic blanket
- A Dog's leash
- A Toga
- A Leg cast
- A Wig



## BLOB (SIMPLE)

**Equipment:** None

**Explanation:** The blob tries to assimilate everyone, and everyone tries to avoid assimilation.

**Description:** Participants spread out in an enclosed area and the Blob is chosen. At the leader's signal, the Blob begins trying to tag another participant. When the Blob succeeds in tagging a participant, that person latches on to the Blob, becoming part of the Blob. The Blob continues to try to tag others, and as they get tagged, they also join the Blob. Eventually, everyone is the Blob, and there is no one left to be tagged. Encourage both groups of participants as they try to avoid or assimilate, and remember that the last person to be tagged by the Blob is not the "winner" and the first person to be tagged is not the "loser". The objectives for the Blob and the non-blobs should prevent the participants from thinking of this. The group will probably ask to play again, and because this is a fairly short game, there should be time to repeat the game. The second time, encourage the Blob to work together to find better ways to tag people, and the non-blobs to discover original ways to avoid the Blob.

**Notes:** Make sure that any obstacles that could cause a fall are removed before playing this game.

## CATEGORIES

**Equipment:** None

**Explanation:** Participants try to think of as many things as they can that fit into a particular category.

**Description:** Participants sit in a circle and begin a one-two rhythm (Clap-snap, or slap(legs)-clap). One person says, in rhythm, "I am thinking of ....." whatever the category is, and then says something that fits the category. On the second beat after the first person, the second person says something that fits the category, and so on around the circle.

Example:

"I-am-thinking-of-kinds-of-fruits" (Clap) "Apple"



(Clap) "Orange"



(Clap) "Strawberries"



(Clap) "Banana"



(Clap) "Watermelon"

It is okay if saying the category items takes longer than one beat, because of multiple syllables, but the participants are not allowed to pause for more than one beat between the end of the last person's item and their item. Everyone continues this process until someone gets stuck or repeats an item. When this happens, the participants can either start over with a new category, keeping the person who got stuck in the circle, or the person who got stuck could be "out" and the same category could be repeated until there is only one person left. If everyone stays in, the leader could time the participants to see for how long they can continue.

**Notes:** The category chosen depends on the ages and interests of the participants. A younger, less experienced group could play for a while with a category of "Different kinds of candy", while a high school drama club might have fun with "names of playwrights". The leader should explain that the objective of the game is to keep the category traveling around the circle as long as possible, even if the participants who get stuck or repeat are out. This way, the participant choosing the category won't be encouraged to come up with an obscure one that only they know several answers to.



## IMPROVISATION STARTERS

The situations in these starters should be fairly easy for beginning improvisers to put themselves into. Each character has a motivation, what that person wants in the scene. The actors should decide the "why" behind their desire *before* they start the scene. This will help them to keep focused during the improvisation. The specifics of the scenes can either be determined ahead of time, or they could be made up during the improvisation.

*For Younger Actors (8-12):*

1. A girl brings a dog (not another actor-imagine it is there) into her house who "followed her home". She tries to convince her mother to let her keep the dog.
2. Two siblings play a board game. One accuses the other of cheating. An argument ensues.
3. A grandparent and grandchild have a talk about what they did during their day. The child expresses a desire to be older, and the grandparent wishes to be younger.
4. A teacher tries to teach the multiplication table to a student who only wants to talk about TV shows.
5. One friend tries to convince another friend that she has seen a UFO. The friend is disbelieving.
6. A child tries to convince parent to stay home from work and let her stay home from school.

## SINGING IN THE RAIN

We're singing in the rain, just singing in the rain.  
What a glorious feeling, we're happy again.

Thumbs up! [Group echoes.]

A-root-ta-ta, root-ta-ta. root-ta-ta-TA

Add each of the following, in turn:

Thumbs Up

Arms Out

Elbows In

Knees Bent

Knees together

Toes together

Butt out

Chest out

Head Back

Tongue out



### GRAND OLD DUKE OF YORK

Actions: Start in crouch position, stand up on all the "ups", crouch down on all the "downs" crouch half-way on "half-way". Get faster as repeated

The grand old duke of York  
He had ten thousand men  
He marched them up to the top of the hill  
And marched them down again  
And when you're up you're up  
And when you're down you're down  
And when you're only halfway up  
You're neither up nor down



### DR. KNICKERBOCKER

Form a circle with one person in the center to lead. Start by slapping knees on "Dr" clapping own hands one time, slap hands of person on each side starting on the word Knickerbocker, clap, slap, clap, slap continuing rhythm all through song. Clap own hands on "clap, clap"

Dr Knickerbocker, Knickerbocker number nine  
He got stuck on the railroad line  
Now let's get the rhythm of the hands (clap, clap)  
Now you've got the rhythm of the hands (clap, clap)

Now let's get the rhythm of the feet (stomp, stomp)  
Now you've got the rhythm of the feet (stomp, stomp)

repeat first two lines

repeat adding

Eyes (pass hands over eyes)

Hips (wiggle hips side to side saying "woo, woo")

repeat adding

Of the number nine (center person spins and points to person from circle to come into the center)





### MY BONNIE LIES OVER THE OCEAN

My Bonnie lies over the ocean,  
My Bonnie lies over the sea,  
My Bonnie lies over the ocean,  
Oh bring back my Bonnie to me.  
Bring back, bring back,  
Oh bring back my Bonnie to me, to me;  
Bring back, bring back,  
Oh bring back my Bonnie to me

#### Actions:

As you sing each word beginning with the letter B, change from a standing to a sitting position and vice versa. All should be standing at the end of the song. When you have mastered these movements, sing it again, faster.

### TISSUE DANCE



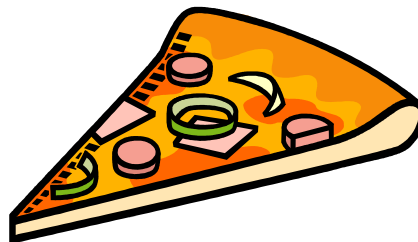
**Equipment:** Tissues, music

**Description:** This is a good activity for young children. Have each child put a tissue on his/her head. Then play music and have the children dance to it. The goal is to not let the tissue fall on the ground.

## FAST FOOD

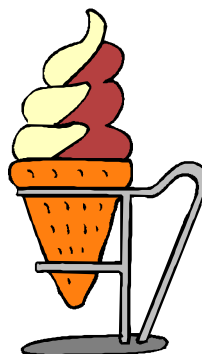
Tune: A Ram Sam Sam

Pizza Hut a Pizza Hut  
Kentucky Fried Chicken and a Pizza Hut  
Pizza Hut a Pizza Hut  
Kentucky Fried Chicken and a Pizza Hut  
McDonald McDonalds  
Kentucky Fried Chicken and a Pizza Hut



A Burger King a Burger King  
Long John Silvers and a Burger King  
A Burger King a Burger King  
Long John Silvers and a Burger King  
Red Lobster Red Lobster  
Long John Silvers and a Burger King

Dairy Queen A Dairy Queen  
Chuckey Cheese and a Dairy Queen  
Dairy Queen A Dairy Queen  
Chuckey Cheese and a Dairy Queen  
Roy Rogers Roy Rogers  
Chuckey Cheese and a Dairy Queen



### Actions

Pizza Hut - Make shape of a hut in the air  
Kentucky Fried- Flap elbows up and down in the manner of a demented chicken  
McDonalds - Put hands on top of head and bridge out and down to produce the "Golden Arches"  
Burger King - Put hands on head with fingers up to make a crown  
Long John Silver - mimic sword play  
Red Lobster - hold up arms and bring fingers down on thumbs like lobster claws snapping  
Dairy Queen - mimic milking a cow

Chuckey Cheese - mimic throwing up a pizza  
Roy Rogers - mimic riding a horse



## FUNKY CHICKEN CAMP SONG

### Actions

Funky chicken / *make a chicken motion with your arms*

Frankenstein / *walk slowly with your arms out in front of you*

Ballerina / *twirl and pli  *

Sumo wrestler / *put hands on knees, bend, and stomp feet one at a time*

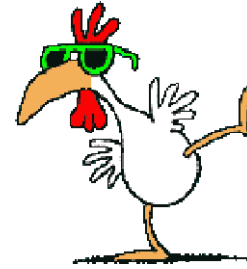
Cleopatra / *walk like an Egyptian*

John Travolta / *do any of the dance moves from [Saturday Night Fever](#)*

Tree / *put arms up like tree branches and stay still*

Elevator / *pretend to push a button on the elevator and then bend your knees as if going down a floor, push the button again and stand back up slowly*

PeeWee Herman / *do the [PeeWee Herman](#)*



LEADER: Let me see your funky chicken.

EVERYONE: What's that you say?

LEADER: I said let me see your funky chicken.

EVERYONE: What's that you say?

(Altogether)

I said ooh ahh funky chicken

ooh ahh one more time! ooh ahh funky chicken

ooh ahh get back in line!



## MUSICAL HIDE AND SEEK

**Equipment:** Toy that makes music

**Description:** Hide a toy that makes music, this could even be a phone. Then let the children try to find it.



## **DOWN, DOWN BABY**

**Equipment:** None

**Description:** This game is for two players. To play this game you have to sing the song and do the moves at the same time. Here's how the song goes:

Down, down baby I love gymnastics.

Down, down baby it's fantastic.

Down, down baby I like to swing.

Down, down baby I like to sing.

Down, down baby are you cool?

Down, down baby cause I like the pool!

To the north, to the south, to the east, to the west, we think Camp (your camp) is the best!

**Now, here are the motions that go along with the song:**

When you sing: "Down, down baby I love gymnastics," jump up.

When you sing: "Down, down baby it's fantastic," put your hands on your hips.

When you sing: "Down, down baby I like to swing," move your arms in a swinging motion.

When you sing: "Down, down baby I like to sing," curl up your hand and put it under your mouth, pretending it's a microphone.

When you sing: "Down, down baby are you cool?," point your finger.

When you sing: "Down, down baby cause I like the pool," pretend to swim.

When you sing: "To the north, to the south, to the east, to the west, we think Camp \_\_\_\_\_ (name of your camp) is the best!" Jump to the north, south, east, and west, and then put your hands out when you say camp.

Now try it all together.



### SPIN THE MICROPHONE

**Equipment:** Wireless microphone

**Description:** This is just like spin the bottle but instead of a dare, the person would have to sing a quick song. This is essentially a way to get everyone to sing karaoke but adds a fun chance to the game.



### MAKE A STORY

**Equipment:** None

**Description:** Someone starts off by saying a single word. Then the next person says a single word. This goes on until everyone has said a word: the goal is to create a story. A good tip is to repeat the whole story after every word has been added.

### PAPER BAG SKIT

**Equipment:** Paper bag, objects

**Description:** Divide the players into groups. Give each group a bag filled with props, such as a spoon, toy jewelry, a sock, ball or ribbon. Then give them 10-15 minutes to construct a skit around the props.



## DOWN BY THE BANKS

**Equipment:** None

**Description:** Have players sit in a circle with their right hands on top of the person sitting next to them, and their left hand under the other player's. As you sing the song the last one to have their hand hit is out. When only 2 players, are left have them each take their right hands and hold the other player's like they are shaking hands and have then do a sawing type motion, and the person at the end with their hand closer to their chest is out.

Down by the banks  
of the hanky panky  
where the bull frogs jump  
from bank to banky  
with an eeps iipes oupss uppss  
and an uflop a dilly and a uunflop flop  
pepsi cola ginger ale  
ginger ale ginger ginger ale ginger ale  
pepsi cola ginger ale 7-up 7-up -up  
you're out!!



## SING IT LOUD

**Equipment:** List of Words

**Description:** Players should be divided into teams of 5 or more. To play, the leader shouts out a word. Groups must huddle up for 1 minute to pick a song that contains the word. When time is up, the leader calls "stop" and points at each group. They need to sing the part of the song they picked that contains the word. If the group gets stumped, they are out. (If you're keeping track like that). Note: two groups cannot have the same song.

Example: Counselor (shouts): Heart!

Group 1: "QUIT PLAYING GAMES WITH MY HEART!"

Group 2: "YOU'RE TEARING UP MY HEART WHEN I'M WITH YOU!"

Group 3: "MY HEART WILL GO ONNNNNNNNNNN!"

## DRESS UP TOILET PAPER PARADE

**Equipment:** Several rolls of toilet paper, small wrapped candies

**Additional Options:** crazy hats, big shoes, oversized clothes (t-shirt, jacket, long skirt), large gloves (work, gardening, winter), feathers/boas, huge sunglasses, ribbons, pipe cleaners, construction paper, poster board, cardboard, scissors, duct tape, yarn, washable markers, face paint, stick-on mustaches, silly string, shaving cream, props to hold (ie: tennis racquet, flashlight, stuffed animal, etc.)

**Description:** Choose a small group of people (maybe 3 or 4) to be "In The Parade". If the group is large, either split into multiple groups per staff member (but make sure there are enough props/outfits/toilet paper to go around) or stick with the initial small group, but then eventually take turns (Round 1, 2, 3 etc.).

Then choose a group of "decorators" (about 5 people). The "decorators" will essentially turn the people "In The Parade" into parade floats or fancy/crazy looking parade people. The parade people should be good sports, and let the others decorate/dress them up. The "decorators" will help put the outfits on over the parade people's normal clothes. If outfits/props are not available, then just use toilet paper, yarn, etc. - to create outfits, sashes, or wrap them up like mummies. You could make a sign on construction paper, and carefully hang it around their necks (i.e. "World's Tallest Giraffe"), and then try to decorate them to match their label.

Once decorators are done, give the parade people silly or large props to try to carry. Then loosely tie the group together with toilet paper in one long line - so they can follow each other single file. (Such as how elephants look when they hold each other's tails while walking). Select one of the decorators (or choose another person), to be the parade float driver. They will hold the toilet paper roll that is tied to the front person (like a leash) and pretend to drive the group around.

Everyone else will be the audience. They can line up in a long line (similar to a real parade, as if there is a street to go down with people on each side) or sit in a large group. The parade float driver will lead the group past the audience (or maybe keep going around them in a circle). The driver and the parade people can gently toss candy towards the audience. (Make sure this isn't done aggressively.) The audience should clap and cheer for the parade group. Encourage the parade group to act like they are in a parade: wave, blow kisses and smile.

**Options/Variants:** 1) As an option, the parade group has to keep walking - trying not to break the toilet paper chain between them. When all the toilet paper chains break, their parade is over; 2) If you have more groups, then the next group would go for Round 2. At the conclusion of multiple rounds, have everyone vote on their favorites. The winners could receive prizes (such as being allowed to take home some of the props/decorations) 3) If there is time to plan (and there is a budget), each group could be given a different theme. Ideas: Disney princesses, super heroes, athletes from different sports, animals (wearing animal heads or masks that are pre-purchased), cartoon characters, types of jobs (policeman, secretary, doctor, construction worker, etc.), foods or different colors (group 1 is all red, group 2 is blue, etc.), 4) Allow the groups to secretly select their own theme. The audience will need to guess what it is.