

SECTION 11

COMMUNITY SERVICE AND RECREATION

Ideas for Community Service Projects
Field Trips
Guide to Games and Activities

4-H AND COMMUNITY SERVICE

4-H has a history of promoting community service. Community service activities have always been an important part of the 4-H experience. In the 4-H pledge, members state that they will strive to use their head, heart, hands, and health to improve their club, community, country, and world.

What Are the Benefits of Community Service?

A 4-H member's involvement in service activities offers an excellent way for youth to practice and enhance their leadership and social skills by working for the common good of their community. Members' participation also helps to build discipline, provide self-satisfaction, foster respect for others, and promote civic responsibility. Community service can also give the youth real world experience in a variety of career fields.

How Does Our Group Get Started?

The most important aspect of starting a group community service project is making sure that all members are involved in project development. When youth are involved in developing a program, they have a stronger commitment due to their sense of ownership. This commitment will increase their enjoyment of activities. Involving youth in the program planning will also create new ideas from their diverse views and experiences.

Once members are interested in a community service project, there are just a few easy steps to follow to make sure the activity is a success.

Step 1: Decide what is needed

Survey the community and take note of any areas which need some care, as well as community assets which could be built upon. Inform members that they are going to decide on a community service project at the next meeting. Ask 4-H volunteers and members to spend interim time looking for projects in the community. At the next meeting, your group can spend some time brainstorming ideas to determine needs in your community. Try to make sure everyone is able to give at least one idea to the group.

Step 2: Decide what should be done

Once a list of possible activities has been developed, members can start to prioritize items. An easy way to do this is list all ideas on a large sheet of paper and give every member five stickers. Each member can then place stickers by ideas that are most important to them. Stickers may be placed

on a separate idea or, if a cause is important, multiple stickers may be placed on one idea. Once everyone has had a chance to vote, tally the stickers on each idea to help you select ideas which are most important to the group. From these, members choose a top priority item. This selection can be done very simply by allowing members to vote again with stickers of a different color.

Step 3: Decide what the group can do

From a broad list of ideas, members have now narrowed concerns to one area. Now the group needs to decide what they can do to assist their community with this situation. Some problems may be too complex for a club to completely solve, however, they can still help with part of it. An example would be litter. 4-H members can't stop people from littering, but monthly roadside cleanups or an educational campaign to help reduce litter in their community could be conducted. Keep safety in mind with all community service activities.

Step 4: Decide what will be done

Members are now getting down to specifics. This stage is planning the community service activity. At this point, the project will need to be defined and members assigned their part in the activity. It is very important to insure that everybody has a part in the endeavor. All members must feel that their assistance is an important part of the operation. One good way to make sure everyone is participating is to list everything which needs to be done, including who will bring supplies, and have youth volunteer for an item that is most interesting to them. Have members list their three most desirable activities and make sure they get at least one of those. Then spread the remaining jobs evenly throughout the group. Everyone should get part of the "grunt work" necessary to complete any project. Be sure to contact the local media before doing the community service project. Not only will a photograph and story promote the group and its service project, but it will also call attention to a need for community service, encourage other groups to plan similar activities, and promote 4-H programs.

Step 5: Evaluation

An important part of community service actually occurs after the hard work is done and tools are put away. The fifth step in a community service project is taking time to review what members have done and learned through this activity. Volunteers may want to give each member an opportunity to share what they gained individually from their experience. This gain can be actual knowledge or simply that warm feeling one receives from helping others.

Another means of assisting members in their evaluation may be to have them write a journal of their service activities and what those activities meant to them.

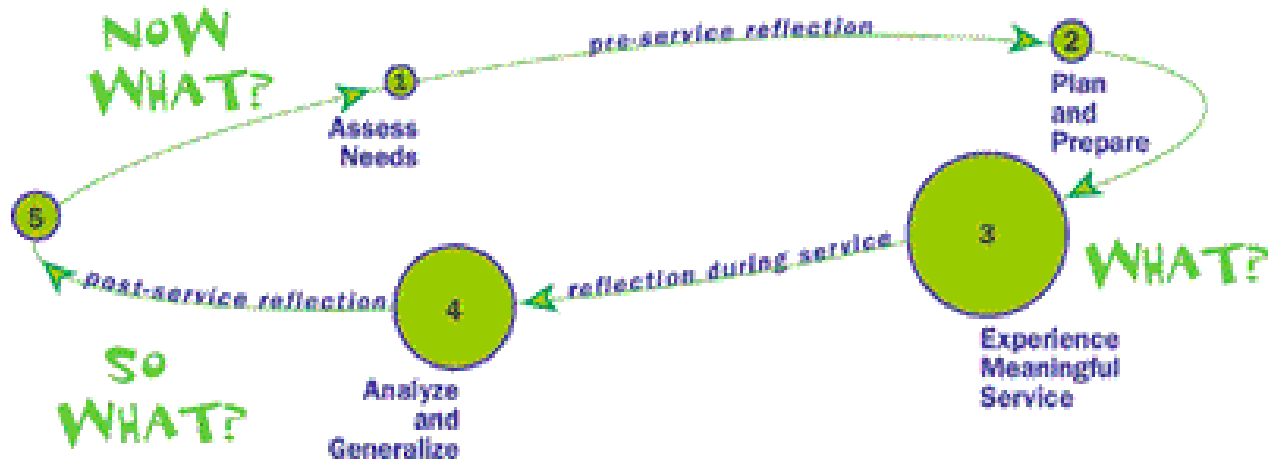
Community Service Activities

The best community service activities for youth are centered around a common interest shared by members of the group. One easy way to identify a common interest is to review the 4-H projects youth are enrolled in. Look for service projects which relate to members' projects. For example, members of a dog group could become trained in pet therapy and work with a retirement center, a photography club could stage an art exhibit to beautify the Courthouse, or a bicycle group could put on a safety demonstration at a local shopping center or store.

Following are a few ideas that may spark an interest for 4-H members:

- Clean up a local vacant lot that is overgrown with weeds and debris.
- Adopt a highway or street to keep a section of roadside free of litter.
- Provide recycling bins at various points throughout your community to collect newspaper, plastic, or aluminum.
- Support a local animal shelter by providing blankets, food, cleaning cages or exercising animals.
- Set up and maintain an aquarium in a retirement center or hospital.
- Coordinate a food or clothing drive to support local shelters for the homeless.
- Plant and maintain flowers and shrubbery in parks, schools, or downtown areas.
- Conduct a petting zoo with small animals to expose children to animals.
- Work with "Meals on Wheels" to provide food to shut-ins.

There are any number of ideas. The list is limited only by the imaginations of the 4-Hers and their volunteers. Contact the Extension office or local civic organizations for additional ideas, input, or assistance. These groups are always looking for more help in the completion of their mission.



The Five Part Community Service Learning Cycle

4-H COMMUNITY SERVICE IDEAS

Adventure Programming . . . and Community Service

- Coordinate a community drive to collect and repair used bicycles. Donate the refurbished bikes to a community agency that will give the bikes to kids. Partner with local police, public safety departments and businesses to make sure that each bike comes with a new bike helmet. (It isn't safe to recycle bike helmets!)
- Playgrounds and families go hand-in-hand. Have your club or group sponsor a playground pizzazz day! Spiff-up and fix-up a community playground. Celebrate your efforts with a picnic at the park and invite neighborhood kids and families to attend. Ask a local hardware or builders supply store to share in the fix-up and the fun!
- Start your community walking, running or wheeling by sponsoring a 4-H, family and pet-friendly 5K run or walk.
- Check out the bicycle and snowmobile trails in your area. Are they well-marked and well-groomed? If not, coordinate the effort to pick up the rubbish, update the signs and create posters about the "new and improved" local trails. Ask local businesses and community service agencies for permission to display the posters on their premises.
- Waltz the afternoon away with a group of senior citizens. Work with a local senior citizens community group or home to coordinate dancing lessons for young people. Ask the local seniors to teach the popular dances of their youth to a group of young people. Then have the young people in your group coordinate a community dance for the seniors.

Animal Projects . . . and Community Service

- If you're in a 4-H livestock, poultry or rabbit project, you could raise animals to donate to local food banks, senior citizen centers or community shelters. Raise and sell your animals through the fair auction as a part of the summer program, then donate the sale proceeds to the target organization. Another way is to raise the animals, then donate the processed products to the target organization. Donations often are especially welcome during major holiday seasons. Individuals or entire clubs can take on this kind of project.
- Consider organizing a visiting pet program in your community. Members of any kind of 4-H animal project can arrange to visit nursing homes, senior citizen centers, group homes for the disabled or special education schools with their animals. People at nursing homes and senior citizen centers especially enjoy seeing and touching farm animals. These visits can be a welcome opportunity for people to share stories and memories of their childhoods and experiences growing up on farms. Cats, dogs, calves, lambs, pigs, rabbits, ducks, chickens, snakes, lizards, gerbils, hamsters and guinea pigs all make great animals for visiting pet programs.

- Volunteer at your local humane society or county animal control office. These facilities often need individuals or groups to help with animal bathing; dog walking and facility clean up. If you can't volunteer at the facility, consider holding a fund-raiser such as a dog walk or pet wash day.
- Hold a "hug a hog" fund-raiser and educational event and donate the proceeds to a community project or other charity. Introduce the public to a hog and share what you've learned about raising hogs. One Ionia County 4-H club sold "Hugg-A-Hogg" T-shirts and took people's pictures with a hog. Proceeds from their fund-raiser went to the American Cancer Society.

Careers . . . and Community Service

Older teens can use the activities in the WOW! (Wild Over Work) learning materials to introduce younger kids to the career exploration process. When they use WOW! to work with younger kids, teens have the chance to develop their own leadership skills and to provide valuable community service. They're gaining skills for the workforce, too!

Citizenship and Leadership . . . and Community Service

Attend Citizenship Washington Focus, the Wonders of Washington - American Heritage or [4-H Capitol Experience](#). These programs will help you find out more about your rights and responsibilities as a United States citizen and a Virginia resident. When you return, you'll be prepared to put what you've learned to use as an advocate for a cause you feel strongly about or by sharing what you've learned with younger kids.

Clothing and Textiles . . . and Community Service

- Help sort donated coats, used blankets and other winter clothing such as jackets, scarves, hats, mittens and gloves by size, type and state of repair. Use any cash donations to buy new snowsuits and coats in sizes most needed but not often donated.
- Help provide low-income mothers with basic baby items necessary for the first months of their infants' lives. Use grant money, donations or funds your group has raised to put together layettes from items purchased in your county stores. The layettes could include one infant gown, one receiving blanket, one combination garment and one crib sheet. Meet with the managers of local stores to compare selections and prices on infant merchandise. After you put together the packages, a local community services agency could distribute them to low-income mothers.

- Make, adapt or repair clothing for shut-ins or residents of nursing homes, other group homes or homeless shelters.
- Plan and conduct (or help with) a clothing drive for Goodwill Industries or hold a "Christmas in November" (or May or July or whatever month works for your group) clothing sale to benefit a worthy cause.
- Make a community service exhibit or poster on clothing or textiles related topics. For example, you could make a poster urging joggers and bicyclists to wear reflective clothing if they're out after dark. Your poster or exhibit with examples of safe and unsafe Halloween costumes, masks and face paints could help parents and kids settle on the perfect look for Halloween. You could prepare a poster on clothing care and stain removal and ask permission to post it in a local laundromat.
- Older teens could use the Michigan 4-H "Sew, Read!" program with 5- to 8-year-olds in afterschool programs and libraries. The group could use the "Sew, Read!" kit centered on the book *The Boy and the Quilt* and make a quilt to donate to a homeless shelter or senior citizens center.

Clowning . . . and Community Service

- Consider arranging a 4-H clown performance for people with special needs, such as residents of nursing homes, handicapped centers, medical care facilities and VFW children's homes. (Before any such visit, an adult should meet with the facility administrator and tour the facility. The adult should tell the 4-H'ers about the facility and the special needs of the clientele.) 4-H clowns may also participate in community events such as parades and festivals, and visit day care centers and library story hours.
- Paint hearts, flowers, diamonds, zigzags, suns, moons, stars, comets, ladybugs, snakes or other fun and simple shapes on kids' faces at a festival or fund-raiser. Use water-based cosmetic paints (such as Kryolan, Mehron or Snazroo) purchased from a clown supplier. Apply the paint with cotton swabs or paint brushes (sable works best). Be sure to bring a mirror so the kids can admire your handiwork!

Communications . . . and Community Service

- Create Posters - The theme for the national 4-H Ad Council campaign is "Are You into It?" Kids can create posters with the theme and include information about local projects, events or community service opportunities. Posters could be placed in schools, libraries, grocery stores and other businesses to promote 4-H and the positive ways in which kids are involved in their communities.

- **Make Speeches** - One of the goals of the national 4-H ad campaign is to promote the idea that kids are part of the solutions (not "problems") in communities. Involve young people in giving talks and making speeches to local service clubs, chambers of commerce and school assemblies, and in other settings. Use the national ad campaign television spots, magazine and other ads as visuals to emphasize the message and reinforce the theme of the campaign. Kids can share the many positive things they're doing to help make the community a better place to live and work. The 4-H Communication Resource Box (on loan from your county Extension office) has a section on verbal communications that includes activities to help young people improve their ability to speak in public.
- **Create Television Ads and Programs** - Work with your local cable television company and get young people involved in producing television programs. Kids could produce and host a program that focuses on how young people can and are making a difference in their community. Kids who've been involved in community service projects could be featured talking about their projects and why they get involved. The young people could promote future opportunities and events and appeal for adults to become involved. The 4-H Communication Resource Box includes a section on media and technology that has information about building video production skills.

Environmental Education . . . and Community Service

- **Project F.I.S.H. (Friends Involved in Sportfishing Heritage)** - Think about a good fishing spot in your community. Is it a stream, pond, small lake or fishing pier? Whatever fishing site comes to mind, it probably needs an occasional cleaning. Worm containers, fishing line, pop cans and lost tackle are just a few of the items you may find littering your favorite site. Create a cleanup crew to deal with this messy situation! Connect with another fishing group or adults you know who like to fish. Decide on a cleanup day. Collect the supplies you'll need, such as trash bags and rubber gloves. Depending on the time of the year, you may also need bug spray. Wear sturdy boots or shoes you won't mind getting wet and dirty. You and your friends will all enjoy fishing more in a litter-free area that you've helped clean up. Happy fishing!
- **Prepare and deliver an educational talk or demonstration about beneficial insects ("good bugs") and environmentally responsible ways to handle "bad bugs."** Your county Extension agriculture agent or pest scout can help you learn about how farmers are controlling insects more effectively with integrated pest management techniques.

Food, Nutrition and Fitness . . . and Community Service

- Use the "Handwashing Rap" from the Operation RISK Notebook (VTNB01) to teach a group of younger kids the proper way to wash their hands. You'll be helping them cut the spread of germs from hands to food to mouths!
- Talk to other 4-H clubs and groups in your county about how to handle food safely at horse shows, fairs and other events. Your county Extension home economist and Selling Food for Fun and Profit - Doing It Safely (E2578) are great resources on the topic.
- Volunteer at a local homeless shelter or soup kitchen. It's not just for holidays!
- Conduct a fun, food-related science experiment with a group of younger kids. Use a case from one of the five "Food Mysteries" bulletins to help the kids find out more about Telltale Grains (4-H 1417), Fruitful Evidence (4-H 1418), Vegetable Magic (4-H 1419), Protein Puzzlers (4-H 1420) or Dairy Discoveries (4-H 1421). The Food Mysteries Leader's Guide (4-H 1422) gives you more information on the facts behind each experiment.

Inclusive Programs . . . and Community Service

- Volunteer as a side walker, horse leader, fund-raiser or aide with your county 4-H program and help young people with disabilities enjoy a horseback riding experience.
- If you own a gentle, well-trained horse or pony, have it evaluated by your county 4-H program to see whether it would qualify for use in the program. You and your horse could become program volunteers!
- Evaluate your own 4-H club or group to make sure that you're as accessible as possible for kids with disabilities. Let your county Extension office know that you're willing to add members who may have disabilities.

Photography . . . and Community Service

- Photograph a community event such as a parade, ethnic festival or sporting event. Photograph visiting important people such as your state and federal legislators or authors who visit local bookstores. 4-H Photography Unit 1: Adventures With Your Camera (4-H 1205) will help you take good photos. Take notes on all your photographs in a small notebook you can carry in your pocket or in your camera bag. Record who is in the photo, where and when it was taken, what is happening in the photo and who (you) took the photo. Mount your best photos and create a photo story of the event (Adventures With Your Camera has information on how to do this). Donate a copy of the photo story to your local historical museum.

Plants, Soils and Gardening . . . and Community Service

- Donate any extra produce from your garden to a local homeless shelter or food kitchen. Or work with a community agency to set up a community garden site for people who don't have their own land.
- Help the residents of a nursing home or other group home set up and maintain container gardens of vegetables and flowers. (See page 13 of the Michigan 4-H Guide to Herb Gardening Projects, 4-H 1516, for information on container gardening.)
- If a wild area near you is destined for development, catalog the wildflowers and other plants growing there. Be sure to obtain a permit before removing any protected or endangered wildflowers!

Science and Technology Projects . . . and Community Service

- Organize a recycling program. In addition to providing a much-needed service to communities, this project also can give young people the chance to learn about local government. The event can run for just one day or be a long-term project that runs over many months with the support of local government agencies and area businesses.
- Plan a park clean-up day. Members of environmental science clubs or any other group can help clean up wetland areas, lakes and ponds, natural areas or playgrounds. Your group also might consider planning and designing a play area for your community. Kids who are interested in engineering, landscaping or construction can all find ways to share their interests and talents to better their communities.
- Work with the civil engineering department in your community to help conduct a community water quality survey. You can learn more about water treatment plants and the things that affect the water we drink.
- Disaster preparedness is a great project for members living in tornado- or flood-prone areas. Young people can develop and present a disaster preparedness program at local schools, day care facilities or afterschool child care facilities to help other children know what to do in case of a tornado or flood.

Shooting Sports . . . and Community Service

- You could design a brochure or display for the county fair on firearm and bow safety.
- Older teens could volunteer as resource people or aides with a local hunter safety program.

Adapted from: 4-H Community Service Ideas, Michigan State University Extension Service, Cynthia B. Mark, Program Leader, 4-H Youth Development. Retrieved at: [Http://web1.msue.msu.edu/cyf/youth/commserv.html](http://web1.msue.msu.edu/cyf/youth/commserv.html)

Planning a Successful Field Trip

Youth involved in 4-H gain much by doing things in their community and learning with hands-on activities. Field trips are great ways to teach 4-H members about new ideas and get them actively involved in their surroundings. Learn how to set up great 4-H field trips by following these steps:

1. Develop a plan for 4-H project learning activities

Think of ways to make learning fun for the kids and less stressful for you. Use a variety of methods. Involve them in the planning and doing. Think "field trips"

2. Identify a variety of potential field trips

Consider this when you plan field trips:

- ❖ What will be learned?
- ❖ What teaching methods will be used?
- ❖ Will there be opportunities for hands-on experiences?
- ❖ Field trips make good intros to projects or good culminating activities
- ❖ To make it fun, consider a theme or wear special clothing
- ❖ Consider which field trips best match your project needs, are relevant and interesting to youth, are affordable and are close in proximity.

3. Make contact!

Contact the site you plan to visit. Make sure to call them well in advance to make reservations for your group. Let them know why you are going how many students are going and when you want to visit. Find out if there are any fees or costs involved with visiting the site.

4. Make plans!

Designate adult supervision for the field trip according to how many students are attending the trip. Rule of thumb is one adult for every five youth. Arrange transportation for the 4-H members and the chaperones. If a large group is going on the trip, you may need to hire a bus and driver. Small groups may use vans or rented cars. Be sure to add in the cost of the transportation to the fee for the trip.

5. Communicate details!

Communicate all the details of the trip to the families ahead of time: if they need to pack a lunch or bring money for lunch, what clothing is appropriate, if they need money for souvenirs, are cameras allowed and if there are overnight stays.

IDEAS FOR FIELD TRIPS from Kelly Cox, 4-H Leader

Belvedere Plantation - <http://www.belvedereplantation.com/>

Amazing Maize Maze – Especially fun to do at night

Rope swings

Slides

Pumpkin patch

Hay ride

Pick your own Strawberries

Cox Farms – <http://www.coxfarms.com/>

Rope swings

Slides

Free apple sauce

Free apple cider

Petting zoo

Hayride

Small pumpkin with admission

Workshops for kids – Dec. they have a centerpiece workshop. \$15 materials provided

Virginia Marine Science Museum - <http://www.vmsm.com/>

Dolphin watching tour

Whale watching tour

Exhibits – both hands on and view only

Marsh trail

Imax theater

National Aquarium in Baltimore - <http://www.aqua.org/>

Exhibits

Breakfast with dolphins

Amish Country Tour

Amish Experience – tour Amish homestead - <http://www.amishexperience.com/>

Experiential theater - <http://www.amishexperience.com/>

Plain & Fancy Farm - <http://www.plainandfancyfarm.com/>

Buggy rides - <http://www.amishbuggyrides.com/>

Amusement Parks

Six Flags – offers discounts for groups and free ticket with ever 10 purchased

Kings Dominion – small group discount

Busch Gardens – very small group discount

Hershey Park – offers discounts for groups and free ticket with every 10 purchased

Luray Caverns - <http://www.luraycaverns.com/>

Exhibits, Hedge maze, Car museum

Snow tubing - <http://www.wintergreenresort.com/>

Ride down slopes in intertubes – best at night
Inexpensive

Snow skiing - <http://www.skiliberty.com/>

Packages available for groups

Water tubing - <http://www.shenandoah-river.com/entrance.html>

Relax in a tube while you drift down the river
Breathtaking scenery

Camping

Lake Lunga – need to have military member – boat rentals
Prince William Forest – great group camping site
Outback Campground – great for the water tubing

Special Events

The Waters Art Museum in Baltimore -
http://www.thewalters.org/museum_art_baltimore/the_museum.aspx
Easter Egg Roll on White House Lawn
Cherry Blossoms
Dinosaur Days – National Museum of History

Nature

Prince William Forest Park holds orienteering and other inexpensive activities
Leesylvania Park
Huntley Meadows – educational activities for groups
Rock Creek Park – ranger activities
Hikes – go to a local park and take a hike. Use different hike activities and games.

Skydome Planetarium :

<http://www.hyltonhighschool.com/planetarium/index.htm>

This planetarium is permanently located in Hylton High School. It basically walks you through what our skies look like on that particular night and helps you identify the major constellations and where they would be located. You receive a sky map for that day to help you

Ideas for finding good field trips:

When traveling or visiting different places pick up brochures and put in binder for future reference
Watch the local paper (especially the weekend section), clip out articles, and put in binder
Email other leaders to get ideas



4-H

Field Trip Ideas



Science and Technology

- Visit the airport
- Visit the local TV station
- Visit a weather center
- Invite an engineer to visit a meeting
- Invite a local meteorologist to visit a meeting
- Visit a manufacturing plant
- Visit an observatory

Healthy Life Style

- Visit a hospital
- Invite a dietician to visit a meeting
- Visit a health club and talk to a trainer
- Visit a police station
- Visit a fire station
- Have an EMT and ambulance come to your site
- Visit a bakery

Environmental Science Earth Science

- Visit an environmental education center
- Visit a local county park and talk with a ranger (DNR)
- Visit a nature center
- Go on a hike
- Visit a conservatory
- Tour a water plant
- Take a bus ride
- Visit a recycling center

Plants and Animals

- Visit a zoo
- Visit a veterinarian
- Visit a pet store
- Visit an orchard
- Visit a garden store
- Visit a local community garden
- Visit with a conservationist/naturalist
- Go fishing
- Visit a tree farm
- Do a pond study

Money

- Visit a bank
- Visit a brokerage office

Careers

- Different speakers give a short talk/do activity
- Visit businesses
- Visit city hall

The Loudoun County 4-H

Guide to After School Games:

Fun Activities for Kids of All Ages

Compiled by: Kim Monroe, Program Assistant
4-H Youth Development
Loudoun County, Virginia

About This Guide

This guide is a compilation of games collected over time that have been tried and tested with various groups of young people. They require little or no extra props and can be done in a short span of time.

Games have been broken down into 4 Categories – Small Group Games, Large Group Games, Games for Any Size Group, and Rainy Day Activities. Some will build teamwork and cooperation, while others are great for getting to know each other or just having fun.

We hope you enjoy these games as much as we have!

Credits:

Lance Johnson, Former Program Director – Northern Virginia 4-H Educational Center

Marvin Heimback, Former Director – Airfield 4-H Educational Center

Barry Garst, Virginia 4-H Specialist – Camping and Staff Development

Small Group Games

Traffic Jam

Place any number of participants on boards or planks that are touching end to end. Determine the midpoint of the entire length of boards. Without coming off the boards, the participants to the right of the midpoint must travel to the area that is to the left of the midpoint and those on the left must travel to the right. If any participant comes off the boards, the entire process must begin again.

Dragon's Tail

Have participants form straight lines of 10 or less. The first person in line is the Dragon's Head; the last person in line is the Dragon's Tail. All dragon participants will place their hands on the shoulders of the person in front of them. The last person in line (the tail) will actually have some sort of tail hanging down from their backside. (Flag football flags with Velcro work best) Activity – The Head must attempt to get its own tail or one Dragon must attempt to grab the tail of another Dragon. Try it also with blindfolded participants.

Knots

The group forms a tight circle. Each individual must hold the hand of 2 other people, but not those next to him/her. Once everyone is connected, the group must untangle itself without breaking anyone's hold.

The Game of Pulse

The group sits in a circle and places their hands on a table/the floor in a "criss-cross" pattern over one another's hands. ONE tap of a person's hand begins the pulse moving around the circle; tap your hand once when the pulse gets to you. TWO taps by any person, when you have the pulse will reverse the direction of the pulse. ONE POUND OF THE FIST will cause the pulse to skip hands; every other hand will tap in this case. If you mess up, you are eliminated from the game. Continue until only one person is left.

T.P Attack

For this you will need a roll of toilet paper. Ask the group to pass the roll around the circle and take as much as they normally use. **Do not tell them why.** Then begin by telling them that for every sheet of T. P. they pulled, they must reveal a fact about themselves! Go around the circle; each person gives their name and one fact at a time. Continue until everyone is out of paper.

Curtain Call

This game is best played with a group who knows names pretty well. The group should be broken into two groups, sitting on chairs or the ground facing each other. You will need two chairs placed six feet apart facing each other and a very large opaque blanket or parachute. Hold the blanket so that the teams on either side cannot see the other. Ask each team to secretly put someone in the chair in front of their group. (If they are wearing name tags, have them put a hand over it.) The blanket holders count to three and drop it. The two contestants point to each other and call out the other person's

name. The first to correctly call out the name wins that person to their side; and the game begins again.

That's Me!

A designated person calls out a description and if anyone in the room has or is what the caller asks for, he/she stands and says, "That's Me!" (Example: "I'm a girl", "I have blonde hair", "I'm wearing white socks")

Feather/Balloon Volleyball

Formation: Two people hold a string about six feet from the floor for a "net". One or two people act as referees. Teams are on each side of the net.

Size Group: Six to twelve on each team

Directions: Game should be played by general volleyball rules, but players blow the feather/balloon back and forth across the string. They must never use hands except for initial "service" across the net.

A point is scored for the opposite team when: (1) the feather/balloon drops to the ground on one side; (2) the feather/balloon fails to go over the net; or (3) the feather/balloon is blown out of bounds on one side. Five points should be counted as a game.

Cross/Uncross

Have participants sit in a circle. Participants are going to pass around the circle two sticks (rulers, pencils, wooden pegs, wooden dowels, etc. 12-18 inches in length). As the sticks are passed from one person to another, the person passing the sticks must say one of these two statements:

"I give you these sticks crossed."

or

"I give you these sticks uncrossed."

You, the leader, must determine whether the statement is correct or not correct. You determine the correctness by looking (but not real obvious) at the passing person's legs or feet. If his/her feet are crossed, the correct statement is "crossed"; if the person's legs or feet are uncrossed, the correct statement is "uncrossed". Never tell the participants the clue to the game while in progress.

Hoop Circle

Group size: 8 to 12

Arrangement: In a circle holding hands

Equipment: Hoops, two per group

Insert a hoop in the circle of hands. Ask the group to make it travel around the circle by having everyone squeeze through, without letting go hands.

If this is easy, send another hoop in the opposite direction at the same time.

Ask them how quickly they think they can send one around. Have the two groups race to see who can finish first.

Shark Attack

Materials: 6 to 8 hula hoops (1 for every 3 or 4 participants), preferably of various colors

Directions: Scatter hula hoops throughout the play area. Pick one child to be the “lookout” and all others are shipwreck victims.

The victims move around the play area, but may not be in or near hula hoops. When the “lookout” yells “Shark Attack!”, the victims must “swim” to a hula hoop as fast as they can. The last shipwreck victim to reach a hula hoop safely is captured by the imaginary shark.

There is no limit to the number of participants per hoop, but everyone must have both feet completely inside the hula hoop.

Variations:

- Limit the number of children allowed per hoop.
- When the lookout yells “Shark Attack!”, have him also yell the color of hoops the players must go to.
- As “survivors” decrease, take hula hoops out.
- When lookout yells “Shark Attack!” he also names one of the victims to act as the shark. The shark then tags people before they get to the hula hoop.

Tips for Leaders: Have fun introducing the game. Tell the participants they’ve all been on a ship that is sunk and they are out in the ocean with pieces of the ship floating around them. Explain that the pieces cannot hold everyone so they can only get on them when they are in danger of a shark attack.

Zoom

After the group is in a fairly close circle, pass the word “zoom” around from person to person. It will likely go slow, so as it comes back to you again, you can liken the speed to first gear in a car. Ask the group to try again, a little faster, in second gear, then third and fourth. For sports car enthusiasts (and with a small number of players), you might even try fifth gear.

Finally, to make the “car” safe with all this speed generated, it must have brakes. To apply brakes a player must stick his leg out and step down on an imaginary brake while uttering a braking sound – “EEEEEEK!” (it’s a good idea to have everyone practice this together – it’s embarrassing if you have to be the first one to do it alone.)

After braking, the car not only stops but goes into reverse around the circle. It may be good to limit players to only one use of the brakes so that all drivers get a chance to “zoom” about. Otherwise, our car may get stuck on one stretch of road, and all the gear changes could wear out the transmission!

Quickline-up

Have the group divide into four smaller groups. Each group makes up one side of the square with everyone facing the middle. You stand in the middle facing one side of the square with your arms sticking straight out to your side toward two other sides. Tell the group to remember where they are in relation to their line and where they are in relation to you. You spin around, stop and say a magic word (apple, kazam, quickline-up, etc.) and they have to quickly place themselves in the right order in relation to their line and to you. Last one in correct order gets to bow to the others or something else creative.

Remember Gooney?

Gooney likes the moon, but not the sun.

Gooney likes muffins, but not doughnuts.

Gooney likes noodles, but not pasta.

Basically Gooney likes anything with double letters and doesn't like anything without double letters. Just start this in a group and wait for people to figure it out.

Cat and Mouse Tag

The group, minus two people, stands in a straight line shoulder-to-shoulder. Every other person turns the opposite way (180°). Of the two people left one becomes the cat and the other becomes the mouse. The cat always chases the mouse. At any time the cat can touch someone on the back, take their place in the line and you have a new cat. Once the mouse is caught they become the cat.

Truth is Stranger than Fiction

Small-medium groups, break up larger groups into smaller groups.

Players share three stories about themselves. Two stories are true and one is a lie. The other two people in the group try to determine which is the lie. You can allow the group to question the person for a short time. Give a few minutes after you explain the rules for stories to be thought up.

Instant Impulse

For this game you need a small object, such as a bean bag or ball and a quarter or nickel.

Divide them into two teams, have them sit in a straight line facing each other about a foot apart and holding the hands of the people next to them. Place the ball exactly between the last two people at the ends of the lines, who rest their free hand on their knee. At the head of the line, the first player on each team keeps their eyes open, the rest must close their eyes and keep them closed. Position yourself close to the two sighted people at the head of the line. Flip the coin. When it lands, if heads is up the two sighted players immediately squeeze the hand of the next player in line. This impulse is passed down the line as quickly as possible to the last person. As soon as the last person receives the impulse, they grab the ball. Whichever team gets the ball wins the round. If the coin lands on tails, it means nothing and the coin is flipped again. Winning a round means the sighted player rotates to

the grabber position and all players move up one spot in the sequence. A team wins the game when each person returns to their original position. When tails turns up and a nervous player sends an impulse down the line and their team grabs the ball, that team is assessed a penalty. They must reverse rotate one spot.

This is a What??

For this game, you will need a lot of random things to pass around.

The group sits in a circle. Person #1 starts by passing something to the person on their right and says "This is a _____."

The receiver, Person #2 says to #1 "A what?"

Person #1 responds "A _____."

Person #2 passes it to their right (person #3) and says "This is a _____."

#3 says to #2 "A what?"

#2 says to #1 "A what?"

#1 says to #2 "A _____."

#2 says to #3 "A _____."

Person #3 passes to the person on their right and it starts all over again. When it has gone around the circle once, try adding a second object. Try two objects going in opposite directions or starting one object with a different person.

Shoe Sort

Ask the group to line up shoulder to shoulder and close their eyes. Tell them they have suddenly been rendered speechless. In order to prepare for their voyage to Neptune, they have to line up by shoe size from smallest to largest to be fitted for space boots before entering the rocket ship. If the group is young you may need to just take away their voice. Remind people to go slow and keep "bumpers" up. You will need to spot to prevent people from bumping heads, etc.

Large Group Games

Peanut Butter Factory

Area: Anywhere there is a 50' long space

Equipment: Some type of marker to mark beginning and ending point, 3 boards (preferably 2"x5" or 6" wide, one 3' long, one 2' long, or whatever you can find)

No. of People: 10-20

Mark boundaries on 2 ends (approximately 25' to 50' long). Have group stand outside of the marked areas. Boards should be left at the near edge or handed to participants. The peanut butter factory in which you work has a major melt down. Molten peanut butter is oozing everywhere and your only means of escape is via the boards, which will protect your little tootsies from the "burning butter". The whole group must pass to safety (the far marker) without touching the ground. If anyone does touch the ground, the whole group must start over.

Vortex.

Form your group to the outside walls of a room or form just a long line of the participants. Have the participants join hands. The leader (first person in line) will begin to walk (rest of group following in line) in a nice big circular fashion, continuing to make smaller and smaller circles. This will cause the entire group to get tighter and tighter as a group. Once the group is very tight, the leader will reverse his/her direction causing the group to return to its original or beginning position. Try this same procedure where participants hold onto a long rope; participants should remain close to one another, almost shoulder to shoulder.

Back to Back Dancing

Often times when dancing face to face, we are not able to see the other people around us; our eyes are fixed on our partner. Choose partners, stand back to back, interlock arms, and dance when the music is being played. This way you can watch all the other people dancing. Choose a good, popular piece of music with a good beat. Blow a horn or whistle to indicate that the partners must change to new partners. Continue this process as long as it's enjoyable for the participants or for a length you deem necessary.

Lap Sit

This is a cooperative game. It requires that everyone do a part, or the game flops. It is best with large groups, from 50 to 500 – even more if you have the room and the people.

Have the group form a large circle with everyone facing clockwise or counterclockwise. Make sure the spacing between each player is about the same. Usually about twelve to eighteen inches is idea. Then at a signal, everyone holds his arms out to the sides and sits down in the lap of the person immediately behind them. Everyone holds everyone else up. But if one person is out of place, the whole group will likely fall down.

The fun of this game is trying to succeed on the first try. But if you aren't successful, try again until the group finally makes it. After you have succeeded, have the group walk while in the seated position. This really takes coordination on everyone's part.

Bring Me

Played as an indoor scavenger hunt, the game operates a little differently. Place three or more teams of players seated on the floor with their runner (which they select) sitting in a chair in front of his/her team. Each team is to be equally placed from the caller, who calls for an item one at a time. If he/she calls for a "1975 quarter", anyone on the team can find a quarter to bring up, BUT ONLY THE RUNNER may bring it to the caller. Next, call for something else. The game continues with about 20-30 items called. Halfway through, you might have the runners change to another runner (girl replaces boy, boy replaces girl). Make your own list, but some items might include such things as "two white socks", "one stick of Juicy Fruit Gum", etc.

The Blob

Clearly mark off boundaries and put spotters on the corners. During the course of the game, anyone who steps outside the boundaries becomes part of The Blob.

One person begins as The Blob. The Blob then tries to tag or chase one of the other players. If another player is tagged or is chased out-of-bounds, that person becomes part of The Blob. These two join hands and go after a third person who, when tagged, joins hands and helps tag a fourth. The game continues until everyone is part of The Blob. The Blob's only restriction is that it cannot break hands. Thus, only people on the ends can make legal tags.

For The Blob to be most effective, it must work as a unit. One person should act as the "blob brain" and control The Blob. No tags count if The Blob becomes separated, so The Blob must go after one person at a time. Once The Blob becomes large enough, it can stretch across the playing field and catch everyone.

Broom Hockey

Equipment: Two or more brooms or rolled up magazines
One or more foam rubber or playground balls

Description: Put one goal at each end of the room. A shot in the goal scores a point. Divide the group into two teams and have each team's players count off by numbers. Each team will then stand behind the goal with one person (or more, depending on the number of brooms) holding the broom. The foam rubber ball is placed in the middle of the room. A number (or numbers) is called and each team member with that number must grab a broom and try to get the ball into the opposing team's goal.

Variations: (1) At times, call more than one number; (2) Allow teammates to line up at the edge of the playing area and assist their players by kicking the ball to them when it is hit out of bounds.

People to People

Have the group stand in a circle, pair up with their neighbor, with one person in the middle. The person in the middle says “elbow to elbow” and the pairs must put their elbows to their partner’s elbows. This goes on with various body parts (i.e. – knees, toes, fingers, etc.) until the person in the middle says “People to People”. At this point, everyone must find a new partner and a new place. They cannot choose the person next to them or take the spot next to them. You may want to start in the middle to get things rolling. Keep the pace quick to keep the group on their toes.

Categories

Ask the group to separate into smaller groups depending on what you announce. Keep the groups moving, as soon as there are distinctively smaller groups and the initial “hi’s” are over, announce another category. Present only about 10-12 groupings and make sure they are age appropriate. Examples are: Wearing tennis shoes, live on a certain street, grade level, etc.

Games for Any Size Groups

Have You Ever??

Have the group line up in a circle with one person in the middle. They ask the question “Have you ever _____?”. The question has to be something they can answer yes or no to. Any person in the circle that can answer yes has to find a new spot. The person in the middle tries to find a spot and leave someone else in the middle.

Twenty Questions

Simple childhood game of thinking of something and the group asks 20 yes-no questions to figure out what it is.

Knee Slap

Have the group sit in a circle Indian style, close enough to be knee to knee. Have them put their right hand on the knee of the person to their right, then their left hand on the knee of the person to their left. At a random starting point they are to send a “knee slap” around the circle. The trick is they have to go in order of their hands, which is not necessarily the order they are sitting in. Remind the group to be kind to their neighbor’s knees. (This is a variation of the Game of Pulse.)

Birthday Line-up

The group must line up according to their birthday without using their voices. Use only month and day, not year. You can have a couple who are blindfolded. Depending on the age, you may want to just have them line up by months without talking.

Copy Cat

Have the group form a circle. Tell each person to choose a leader but don’t tell anyone who their leader is. Once the game starts, if their leader moves or changes positions in any way, they must do exactly the same thing. Tell them to watch their leaders without staring directly at them so the leaders won’t know who is following them.

Variation: Have one of the group members depart so that they cannot hear anything the group is saying. The group then chooses a leader. The leader will begin making physical motions or movements that the entire group must follow in an identical fashion. Remind the group that they should not look directly at the leader. After the group has begun the first motion, the person who left the room returns. The returned person must figure out who is the leader. The leader should change movements every 5 to 10 seconds. Once the leader is discovered, they leave the room and a new leader is selected. Possible movements: clapping, hopping on one foot, rubbing nose, turning in a circle, swinging one arm, rubbing belly, etc.

Telephone

The group sits in a circle and starts a message by whispering it to the person next to them. They then whisper it to the person next to them and so on until it has gone completely around the circle and ends up next to the starter. See what the message ends up as compared to what it began as.

Human Treasure Hunt

Equipment: You will need a treasure hunt list, pen or pencil for each person.

Note: This is great for an ice breaker at the beginning of a program where participants might not know everyone.

Each person gets a treasure hunt list and a pen/pencil. Group members circulate within the group and identify a different person for each fact on the list. Players attempt to complete their entire list utilizing different people (only use each person once). Specify that you must meet people individually and have them sign next to the fact.

Sample list will be at the back of this section.

Balloon Trolleys

This is great when you have to get from one place to another and have a lot of extra time. You will need one less balloon than group members.

The group stands in a straight line and places a blown-up balloon between each member. Members hold the balloon between them without using their hands. Now they can move from one place to another as a group and try not to pop or drop a balloon.

Bean Bag Tag

You will need a bean bag for everyone.

Place a bean bag on your head and play *Everyone's It*. If your bag falls off or if you are tagged, you're out.

Circle Up

Have the group form a circle sitting down, facing outward. Everyone links elbows with the person next to them. The goal is to have everyone stand up without unlinking elbows.

Elevator Tag

You MUST set boundaries that are just a little bigger than the space it takes for the group to stand closely together. NO RUNNING!!!!!! Have everyone get a partner and decide which one is "it". When you give the signal, the "it's" will close their eyes and count to 5. The "not it's" will move around and "hide" in the crowd. After counting to 5, the "it's" will open their eyes and begin searching for their partner. The "not it's" try to avoid being found. When "it" touches their partner, the partner closes their eyes and counts to 5 while the previous "it" hides in the crowd. Try it with teams of two people holding hands trying to catch teams of two holding hands.

Needle and Thread Tag

Have the group minus two people stand in a circle close enough to hold hands, but not holding hands. One of the two people is IT and one is NI (not it). NI can start either inside or outside the circle; IT starts opposite. Each time NI runs between people, they immediately close the gap by holding hands. IT cannot break this bond. The goal is for NI to "sew" up all the holes and be either inside or outside the circle with IT opposite. This

way NI is always safe. If they end up in the same place, IT chases NI until NI is caught. When NI is either tagged or safe, a new IT and NI are chosen and the old ones are added to the circle.

Name Five

You will need one bean bag or ball.

Have the group sit in a circle with one person in the center. You'll need one object that can be passed around the circle. The person in the middle starts the action by closing their eyes; the players in the circle begin passing the ball around the circle. When the person in the middle thinks of a "challenge question" they open their eyes. The person holding the object is the one who has to answer the question. The center person now asks the person holding the ball to name 5 or 10 things from a specific category (cars, rivers, states, colors, foreign words). The person with the ball must immediately pass the ball to the person beside them and the ball continues around the circle until it returns to the person answering the question. The player answering the challenge must provide the complete answer before the ball returns. If they can't that person goes into the middle and the middle person moves into the circle. To prevent someone in the center from asking a question that is impossible to answer, once the ball has gone around, the person required to answer the question can challenge the person in the middle. If the person in the middle can't answer their own question, they must remain in the middle. If they can answer the question, the challenger is now in the middle.

Twizzle

Beginning Formation: Large circle, all people facing the same way and NOT holding hands. Terminology: GO – Walk in the direction you are facing. STOP – Stop moving and freeze! TURN – Jump and make a half turn (180°) and freeze! TWIZZLE – Jump and make a full turn (360°) and freeze! Explain that the game you are going to play is Twizzle. Practice the commands a few times until everyone basically has it and then begin "competition elimination twizzle." Basically just like the regular Twizzle, but if someone messes up or moves when they should freeze, they are out. Once a person is out, you can give them one round to be the caller and then they become referees in the center of the circle to catch others.

Human Knot

Everyone bunches up, closes their eyes, puts their hands in the air and reaches for two other hands to hold. A human knot has now been formed and the goal is to end up in a large circle without ever letting go of hands. Sometime one circle is impossible because two interlocking circles will be formed.

Bottoms Up

Have the group form pairs. The goal is to have each person's entire body except their hands off the ground without using any outside props. They have to be off the ground for 5 to 10 seconds. There are about 140 different solutions to this so they CAN find a way to do it. If they get it really fast tell them to try and find a different solution.

Rainy Day Activities

Boppity Boppity Bop

Have the group stand in a circle with the leader in the middle. The leader walks up to a person and tries to say “Boppity Boppity Bop” before the person he/she approached (or points to) says “Bop!” If the selected individual does not say “Bop!” in time, he/she becomes the new leader and stands in the middle of the circle.

As the game progresses, the leader gives the participants different characters to act out with the people beside them:

- Star Wars – person in the middle act like he/she is driving a spaceship while the people on either side make the shape of an “X” against the driver.
- Elephant – person in the middle makes a trunk with their arms while people on either side make elephant ears on that person.
- Jello – people on outside join hands to make a bowl around the person in the middle and the person in the middle sings “Watch it wiggle, See it jiggle!”
- There are many others that can be created by the leader on the spot. Make up more as you go along or let the new leader come up with his/her own.

If any one of the selected individuals does not respond to the character’s actions, he/she becomes the new leader.

Honey, If You Love Me, Please Smile

The group stands in a circle as one person in the middle walks around to the participants forming the circle and says, “Honey, if you love me, please smile.” The selected person must say “Honey, I love you, but I just can’t smile,” with a straight face. If the selected person smiles or laughs, he/she becomes the new leader and stands in the middle of the circle. The leader can act as silly as he/she wants, but cannot touch the selected person.

Zen Master

Participants stand in a circle and a person begins the game by saying “Yin” and putting his/her hand flat on his/her stomach. Whichever way the participant’s fingers are pointing determines who goes next, i.e. a hand placed on the stomach with fingers pointing left signifies to the person to the immediate left to proceed with the next action. The selected person says, “Yang” and puts his/her hand flat on his/her head with the fingers toward the person on his/her immediate left or right. The newly selected person then says, “Zen” and points toward anyone in the circle who will repeat the cycle from “Yin”. A participant is out when he/she cannot follow-through on the cycle, i.e. he/she does the wrong action, says the wrong command, or simply hesitates too long. Once out, a person serves as a distraction for the other participants and can do so as long as he/she doesn’t touch anyone. The last person remaining is the Zen-Master.

I’m Going Camping

Before the game starts, the leader thinks of a pattern (but does not tell the group there is a pattern or what it is). The game begins when the leader says, “I’m going camping and I’m taking a [a certain item establishing the pattern]. Each participant is given a chance in the

circle to say what he/she would like to take and the leader notifies him/her as to whether or not he/she can go camping. The game continues until the leader has gone on long enough. Suggested patterns include: items with a numerical sound (two-thbrush, ten-t, sk-eight-board), things with 4 legs (ping pong table, chair, two people), etc.

This Is My Nose

The leader stands in a circle of participants, walks to one, and points to one part of his/her body as he/she names another part. If the leader points to his/her knee and says, "This is my nose," the selected person must do the opposite by pointing to his/her nose and say, "This is my knee," before the leader can count to ten; if he/she fails to do so, he/she becomes the leader.

Killer (A great game that can certainly be called by another name)

All participants, but the leader, sit in a circle with their hands up, heads down and eyes closed. The leader picks a "killer" by tapping him/her on the head and then tells everyone to keep their hands up, lift their heads and open their eyes. The designated killer then tries to remove people from the game by winking at them. If a participant catches a wink of the killer, he/she must silently count to five and then scream (encourage participants to "ham-it-up") and drop his/her hands signifying he/she has been killed. (The silent five is so it is not obvious who did the killing.) If a participant has an accusation, he/she must raise his/her hand and exclaim, "I have an accusation!" In order for that person to name names, he/she must have another person back him/her up. If the accusation reveals the killer, the game ends with the killer now becoming the leader. If the accusation is false, the accuser and support person are both out of the game.

Variation: The game starts the same way with someone being picked. From there, participants stand up and begin to mingle. The "killer" will shake hands and scratch the palm of the hand they are shaking. The person who has been scratched must shake three more hands and scream and fall down. Accusation procedure is the same.

Train Wreck

Chairs work best for this, but it can be played with participants kneeling or seated on the floor. There should be one less chair than people. The leader stands in the middle of the circle and says something about himself/herself. If that characteristic pertains to a person(s) in a chair, that person(s) must move to a vacant chair within the circle. Participants cannot move immediately left or right, but must move at least two chairs in either direction. The leader is also trying to get into one of the chairs that have become vacant. Whoever is left without a chair becomes the leader. They may name another characteristic about themselves and continue the game that way, or they may say, "TRAIN WRECK!" If the leader says, "TRAIN WRECK," everyone must switch places.

Jammerquack

The leader instructs all participants to stand in a big circle and join hands. The leader solicits five to ten volunteers. The volunteers are placed in the middle of the circle and told they represent the Jammerquacks, a group of animals that are blind (eyes closed) and walk backward while holding onto their ankles (or calves). The only way they can communicate with each other is by quacking. Once the volunteers are in place with eyes closed, the leader silently walks around the circle and unlinks hand in three to four places. These are exits

from the Jammerquack pen. Once established, the Jammerquacks are told they must find the exits and move out. Once they do they can open their eyes and quack to their partners to guide them out. The participants forming the circle are not allowed to talk. Be sure to have spotters to keep Jammerquacks from falling over.

Captain's On Deck (an all time favorite)

The leader is the Captain of the game and gives specific instructions for the participants who are members of the crew. If any crew member(s) does not follow directions in an appropriate amount of time, he/she has to walk the plank. The Captain will determine who is out and may use the ship's mates (non-players) to assist (especially for larger groups). A person who must walk the plank moves to a designated area of the room while singing, "O-We-O, a pirate's life for me!" and continues singing (loudly) for the remainder of the game.

Commands are:

"Captain's on Deck!" – Participants salute the captain

"Swab the deck!" – Participants pretend to mop the floor

"Lighthouse!" – Two participants get together, join hands in the air, and turn around in a circle while beeping.

"Man Overboard!" – Two participants join hands around a third participant who peers out of the boat looking for someone who has fallen overboard.

"Lifeboat!" – Four participants stand in a line front to back and pretend to row while singing "Row, Row, Row Your Boat."

"Chow Time!" – Five participants form a huddle and pretend to eat while saying "Grub! Grub! Grub! Grub!"

Evolution

This is a "Rock-Paper-Scissors" game with many variations.

Every participant starts as an Egg. Eggs are symbolized by participants crouching with their forearms in front of their faces. Two participants waddle up to each other and use their hands to play "rock-paper-scissors". Participants say "Rock Paper Scissors Shoot" and on shoot they form an item. Remember: scissors beat paper, paper covers rock, rock beats scissors. The winner will evolve into a chicken (symbolized by standing with arms for wings and clucking.) Chickens evolve into monsters (arms raised above the head in "scaring position"), monsters to ninjas (in any ninja pose), ninjas to Zen-Master (arms crossed in an "X" over body). Losers of "Rock Paper Scissors" go backward to the next lowest life form (monsters to chickens, chickens to eggs). Alas, there is nothing lower than an egg.

Variations: Instead of "Rock-Paper-Scissors", you can use earth controls water, water controls fire, fire controls earth; elephant scares cat, cat scares mouse, mouse scares elephant; or giants squash trolls, trolls bite wizards, wizards tame giants – which brings us to

...

... games that require higher levels of activity, such as ...

Giants, Wizards, and Trolls

Leader forms two groups who stand at opposite ends of the room. Leader explains that each group will decide what they will be: giants, wizards, or trolls. The leader will instruct each group to move toward a line in the middle of the room where they will stand opposite each other so that each person on each team is standing in front of an opponent.

Participants will then go through the following motions: crouch down and say, “Trolls!”; stand with fingers pointed at opponents and say, “Wizards!”; and raise hands above heads and stand on tiptoes and say, “Giants!” After they have recited this custom, each team will jump into whichever form they decided to take. This game is like Evolution in that giants squash trolls, trolls bite wizards, and wizards tame giants. Whoever wins the square-off must chase the losers back to their side of the room. If anyone gets tagged prior to crossing a predetermined safety area, he/she goes to the other team. Object: Get everyone over to your team.

Gauntlet

The leader forms two lines that face each other while standing shoulder to shoulder. One member at one end of the line stands ready to walk in between the lines to the other end. His/her opponent at the opposite end of the walkway does the same. As the two participants walk toward each other staring straight ahead, they may not smile or laugh; however, opposing teams may try to make their opponent laugh before they get to the end of their line. If a participant smiles or laughs, he/she must go back and try again on the next round. The game ends when one team has successfully gotten all of their participants through the Gauntlet.