

Teambuilding and Icebreaker Handbook



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S A N A N T O N I O • 1 8 6 9

Discover. Grow. Become.

Welcome Tiger!

This handbook is designed for you to use as a guide in conducting your small group exercises during orientation programs. Each section provides several options from which you may choose based upon your level of confidence and dynamics of the group. Remember, though, do not use this handbook as a crutch; it is purely a guide. This handbook with its exercises and tips should leave you no reason to be nervous.

What is a Team Builder?

Team builders are non-threatening activities that allow group members to have fun and get to know each other at the same time. The goal of a team builder is to make people feel as comfortable as possible and elicit participation from all partaking individuals.

Team builders are effective tools in promoting conversation in and among a group. The manner in which these exercises are presented may very well set the tone for how your members in your group respond throughout an activity/session. Therefore, the key is to be self-motivated and energized toward what you are doing. Make sure you are an active participant in most of the team builders in order to promote a positive interest for the group.

Helpful Hints for Successful Team Builders

- Use Humor and Be Excited!
- Make it personal by letting the group know about you.
- Allow for spontaneity.
- Call the students by name.
- Be Inclusive.
- Be considerate of weather conditions.
- Change the team builders once in a while to make things more interesting.
- Practice unfamiliar exercises ahead of time.
- Don't ever force an individual to participate if he or she is reluctant or uncomfortable.
- Ask students for help if you need it.
- Make sure you allow ample time for the exercise but keep in control of the group.
- Take suggestions from others who have facilitated the actual team builder.

Team Builder Rules

- Never just say find a partner.
- Mix the team builders up, do some "physical" ones, and some mental ones. Not everyone has the same strengths.

Team Builder Levels

There are three levels of teambuilding. As you are selecting a team builder to do, make certain that it fits into the level of activity that you are trying to do. Do not try to do an intermediate or advanced team builder in your first meeting! Each time a Team builder is used, it should have a purpose.

- **Basic** – Should be done early on when the group is still trying to get to know each other.
- **Intermediate** – Should be done after a day or so when the group has warmed up to each other and is comfortable with sharing more information with each other. Some of these icebreakers are also more physical so keep that in mind.
- **Advanced** – Should only be done with groups who are really comfortable with each other. These activities are really deep and reveal very deep thoughts from the participants.

The following team builders are arranged by levels, which should make your job easy! Have Fun!

Basic

Animal Kingdom-For this activity distribute strips of paper to each participant and ask them to jot down the name of an animal. Collect the strips of paper, shuffle them, and ask each participant to pick up a strip of paper each. At the word “go,” they have to find their partners or groups in order to form a family. They may only make gestures and noises in order to group together. Remember no one is allowed to speak. Once they have found their family, they ought to introduce themselves to each other. Groups then choose a leader, who will introduce the members of their group.

Examples: a panther, lion, and cheetah might gather together because they are all they are all felines. Or a deer, an otter, and a chipmunk might gather because they’re woodland creatures. Etc.

Arch Ball – Players (10-30) are divided into two equal teams. Each team forms a line, one in front of the other, about arms distance apart. The ball starts in the front and must be passed over the head to the back of the line. When the last person receives the ball, he/she must run with it to the front of the line and continue passing the ball. The first team to return the ball to the original lineup wins.

Cocktail Party – Put names of famous people character, (alive or dead-fictional or real) on nametags. Put one on everyone’s back. The object is to guess whom you are by mingling around and asking Yes or No questions. (Examples: Hillary Clinton, Bugs Bunny, Ghandi)

- **Famous Pairs** – This is a variation of Cocktail party and is a great way to pair people up. The only difference is that all the names are famous pairs (alive or dead-fictional or real) and after they figure out who they are they have to find their partner.
- Cocktail party can also be modified to group people into larger groups, just use larger topics. (Like, Fast food restaurants, Disney Characters, Cast of Friends, etc).

Comic Strip Chaos – Each participant takes a turn at picking a comic frame out of a large container. After the entire group has each chosen one, the participants begin to search for others with the same comic strip sequence. After the participants have found everyone in their group, they must arrange themselves so that the sequence of frames are in chronological order to form the comic strip correctly. Upon completion of sequence, the newly formed group sits down together.

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

Creative Name Tags – Give everyone 15 minutes to make their own nametag. They can list hobbies, draw a picture; give a self-profile, etc.

Group Juggling – Have participants stand in a circle. The leader tosses a ball to the person across the circle saying his/her name, and then puts their hands behind their back. This repeats until everyone has been tossed the ball and had their name said. The leader throws the ball again to the same person, and everyone must throw the ball in the same pattern as the first time, calling out the person’s name and throwing the ball. Each time the ball returns to the leader another ball is added in. Continue adding balls and see how far the group can get without messing up. This can be tried nonverbally if everyone knows each other’s names, and other objects in addition to balls may be used.

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

Hometown – Post a large outline of Colorado (or the country) on the wall. Leave border space for those born outside the USA. Have participants put their hometown and first name on the map. Then ask them to share about their hometown and how they decided to go to Purdue University.

Hum That Tune - Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on the paper. (i.e. "Row, row, row, your boat," "Rock-a-bye baby," etc.) All of the people who are given the song must hum that tune and find everyone else singing the song. They then form a group.

Human Bingo – Before the meeting, make a bingo matrix and at the top of each square put something that someone in the group might have done – for example, is from a state other than Indiana, gone scuba diving, played a sport in high school. Everyone gets a copy and is asked to circulate, getting other group members to sign on square that is true of them. The first person to get "bingo" wins the prize (a candy bar or some other small thing).

Hoola Hoopsie Daisy-Ask the group to form a circle holding hands. A hula-hoop will then be placed between two members of the group. The group will pass the hoop around the circle; hand must be joined at all times.

Human Knot-Have participants stand shoulder to shoulder in a tight circle. Instruct the members to put their right hand in and grasp the hand of someone across from them (not beside them). The members should now put their left hand in and grasp the left hand of someone across from them (not the same person). Now the members must "untie" knot without anyone unlinking. The group "wins" when they have un-knotted the chain into a large circle or multiple circles

Human Scavenger Hunt - The paper will have a series of questions on it (in a bingo format-in squares). Participants are required to find another participant who can answer "yes" to a question. They must have that person sign their name within the square. The object is to meet as many people as you can and fill a "BINGO!" (A complete line either horizontally, vertically, or diagonally). You can only use each participant once. Note: the center circle should be a freebie. Here are some examples:

- Knows the zodiac sign
- From a northern state
- Knows when Martin Luther King's birthday is
- Member of a sorority or fraternity
- Has been a competitive athlete
- Has traveled abroad
- Knows how to polka

Ice Cubes - Divide the players into two equal teams. At a starting signal, each team picks up an ice cube and tries to melt it as quickly as possible. Players can rub it between their hands or against their clothes, but they may NOT have 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 that melts its ice cube wins. On a really hot day you may want to play more than one round of this one!

If-Write "If" questions on cards and place them face down in the middle of the circle. The first person takes a card, reads it out loud and gives their answer, comment, or explanation. The card is returned to the bottom of the pile before the next person takes their card.

Here are some examples:

- If you could go anywhere in the world, where would you go?
- If I have you \$10,000, what would you send it on?
- If you could talk to anyone in the world, who would it be?
- If you could learn any language fluently, what would it be?
- If you could change anything about yourself, what would you change?

Interview-Have the participants pair up with people they don't know. Each interviewer has to find out three interesting facts about their partner. Allow 3 minutes for each person to interview each other. Then bring everyone back together and ask everyone to present the 3 facts about their partner to the rest of the group.

Introductions with a Twist – The master plan of this icebreaker is to give people an opportunity to learn something silly about each other and to divulge something personal about themselves. As a kick-off to the meeting, everyone is asked to introduce themselves by telling something informative (name), something silly (where you'd be if you could be anywhere right now, your favorite dessert), and something reflective (what you hope to get out of this meeting/BGR/college). Facilitators should, during the rest of the meeting, spontaneously recall specific things people said as a way maintaining humor and giving members opportunities to connect.

Line-Ups

- **Alphabetic by Last Name** - Explain to the group that this is a nonverbal exercise. The group is to form a single straight line alphabetically by last name. For example, people whose last names start with A will be at the beginning of the line, last names that start with Z are at the end. Persons with the same last name share the same place in line. You must communicate nonverbally (no lip-reading or spelling in the dirt allowed). When the line is completed, each person will shout out his/her last name starting with the A's.
- **Alphabetic by Middle Name** - Explain to the group that this is a nonverbal exercise. The group is to form a single straight line alphabetically by middle name. For example, people whose middle names start with A will be at the beginning of the line, middle names that start with Z are at the end. Persons with the same middle name share the same place in line. You must communicate nonverbally (no lip-reading or spelling in the dirt allowed). When the line is completed, each person will shout out his/her middle name starting with the A's.
- **Birthday Line-up** – Explain to the group that this is a nonverbal exercise. The group is to form a single straight line, according to birthdays. For example, person with January birthdays will be at the beginning of the line, earliest birthdays at the end. Persons with the same birthday share the same place in line. You must communicate nonverbally (no lip-reading or spelling in the dirt allowed). When the line is completed, each person will shout out his/her birthday, starting with January.
- **Blindfold Line-up** – Ask the group to close their eyes and keep them closed for the remainder of the game (if they feel comfortable). You may also use blindfolds. In the bumpers position for protection, ask the group to mill around without talking. After 10-15 seconds, ask them to stop and put their hands down. Assign each person a number by tapping them on the shoulder and saying the number at the same time. Then tell them to line themselves up by number without talking or opening their eyes.
- **Height Line-up** – Ask participants to close their eyes (if they feel comfortable). Without opening their eyes, they group is asked to arrange themselves by height in a straight line. They may choose to arrange by feeling height or some say their height out loud. They only restriction is that they may not open their eyes.
- **Shoe Sort**

Lollipop – Pass out lollipops to the group. For every letter that appears in the flavor, the participant has to share something about him/her with the group.

M&M Swap - Have the group form a circle standing up. After everyone is given a plastic spoon, the first player is given four or five M&M's to hold in his/her spoon. Everyone must put the spoon into their mouths holding the handle between their teeth with the scoop of the spoon facing up. The group must pass the M&M's from the first person to the last without using their hands. The object is to get ALL of the M&M's to the end, without dropping any.

Make A Date – Give each participant a paper plate. Have them draw the face of a clock on their plate with a line next to each number (no digitals!). Then have participants walk around to 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.

Marooned-Marooned on an Island is a useful team building activity to help people get to know each other better. As a group they can only bring 5 items to the island (You can use a different number, depending on the size of each team.) The group will then share their objects, why they chose it, and what they plan to do with it. Allow ten to fifteen minutes of brainstorming time, and then have each group present their ideas.

Minute Mysterious- Participants will be given a scenario. During the activity, participants can ask yes or no questions in order to figure out what happened. Below is sample of a scenario. You can more scenarios at <http://www.oneminutemysteries.com/samplechapters.pdf>

Ex: Robbie goes into a restaurant and orders a deli sandwich and a cola for lunch. Afterward, he pays his bill, tips his waitress, and goes outside. He slowly takes in his surroundings. The sky is black and the city streets are deserted. What happened?

Answer: He took a lunch break in the middle of the night

Motion Name Game - Have everyone stand in a circle. Anyone can begin 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 who is standing beside the first person to the right or left will introduce him or herself and do 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.

- **Line Dane** - This is best if the group has 10+ members. Everyone lines up shoulder to shoulder. One member starts off the game by doing a motion across the line to the other end of the line and saying his/her name at the same time. The group responds by saying, "Hi _____!" The game continues as each member goes across to the other end of the line. Once that is complete, the group pairs off with the person next to them and they do a motion together and say both of their names to get to the other end. The group goes in twos until this is complete. The group works together to pick out a motion and should say each name as they get to the other end. The game continues until the whole group is working together. This is a good game to show the power of individuals coming together as a team.

Mystery Jump Rope-The goal of this activity is to have all participants jump in succession over a jump rope each time it hits the ground. There is a correct way and an incorrect way to pass through the rope. The correct way is listed below (don't tell the participants!). The facilitator and a volunteer should start spinning the jump rope. Each time a student or students goes through "incorrectly", the facilitator should stop spinning the rope. This indicates they have done something wrong. If a student passes through "incorrectly" (by jumping too many times, too few times, without jumping at all, multiple people passing through at once, etc., etc.) then the entire group must return to the starting side and start over.

Name Games - Go around the circle, one person states their name and a/an _____ that starts with the same letter. The next person repeats their name and adds theirs. (Continue until you've gone around the circle (it's hard for the last person). You may want to have the first person go at the very end – and even have people move around.

Suggestions to fill in the blank are listed below:

- Adjectives
- Animals
- Favorite Hobby
- Food
- Movies/Music/TV Shows
- **Blankets Name Game** – Have your group divide itself into two groups. Tell them to sit on the floor facing each other. Hold up a blanket between the groups so that each team cannot see the other. A member of each team is quietly selected to move up on the blanket. On the count of

three, drop the blanket so that each of the selected members is facing each other. Whoever says the other person's name first, wins. Whoever loses, goes to the other team.

One Minute Please-Have the participants talk for one minute on a subject. You announce the topic and a member of the group is randomly selected to speak for one minute. Choose subjects to stimulate the imagination and which may be amusing (example: if elephants could fly, if electricity ceased to exist, if the ocean were made of Jello.) Time each person to see how long they last before drying up!

Paper Plate Palooza-For this activity you will give each participants a paper plate. Then instruct the participants to place the paper plate on their head and have them walk around the room at a normal pace. When someone's plate fall off their head, they must freeze. Another person may "unfreeze" them by bending down, picking up the plate, and placing it back on their head (but if their plate falls off their head, they're frozen too!)

Poetry in Motion – Instruct each person to write a poem about him or herself. It must include his/her name and something about him/her, and must be a minimum of four lines. Each person reads his/her poem to the group as a way to introduce his or her self.

Putting the Pieces Together – Cut one large square (about 8 in. x 8 in.) out of colored cardboard for each student. Cut each square into 8 smaller pieces of various shapes (rectangles, triangles, pentagons, etc.) Teach square should be unique. Divide the group into groups of 5 and give each group the scrambled pieces for 5 of the squares. Each member of the group must be given 8 pieces. Their job is to put the squares together again without talking. Participants' cannot ask for someone else's piece. They can only take another participant's piece without asking and give that participant one of theirs. Participants continue giving and taking pieces until everyone in the group has made a square. This should take about 5-10 minutes. When they finish they can talk about what they just did. If the activity is successful and moving along quickly enough, have groups swap squares and repeat the activity.

Puzzles – Make a giant jigsaw puzzle and give everyone a piece. Have them work together to put it together. To make it more challenging, you can have several puzzles, pictures on either sides, or pieces that fit more than one place.

Scissors – Split the group into small groups of any number you would like and have each group sit in a circle. The first person starts by turning to the person to his/her right and saying, "I am passing these scissors to you..." (And they fill in either "crossed" or "open.") The phrase they choose to end with depends on whether their legs are crossed or open. They can do whatever they want with the scissors in terms of how they pass them to the person next to them. The person who is receiving the scissors must, "I am receiving these scissors..." (The ending should reflect how the person before had his/her legs positioned – NOT how they passed the scissors.) Game continues around the circle...play until everyone has figured out the game. NOTE: Participants can get easily frustrated if they cannot figure out the game...be patient and encouraging.

- **Bang! Bang!** – A variation on "Scissors." One-person starts by saying (in a rather dramatic way and in any version of these words he/she would like), "Bang, click, click, click, bang, click, bang! Who's dead?" (The person can pretend to shoot an individual or individuals if they would like.) The group must figure out who is dead. The person who is dead is the FIRST person who speaks following the "dramatic" act. It may take the group some time to figure out how the game works, so be patient and encouraging. Game continues until everyone figures it out.

Self-Introduction Exercise – The objective of this exercise is for members of the team to become acquainted with one another to work more effectively as a team. Each individual needs to complete the paragraph below and then, if they feel comfortable disclosing, may be asked to share answers with the rest of the group.

Seven Elevens – Have group get into a circle on the floor. A volunteer from the circle will start the game by saying, “one.” The person to his or her right counts off the next number loud enough so everyone can hear him/her. The game continues around the circle until the number “seven,” a multiple of seven (14,21,28,35,etc.), “eleven, or a multiple of eleven (22,33,44, etc) comes up. The individual who has that number will nod their head instead of saying the number aloud. When that person nods his/her head, the game continues in the opposite direction around the circle. If a mistake is made, the game restarts with that person.

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

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

Slaps – The group begins by lying on their stomach in a circle with their heads facing the middle of the circle. Every participant’s right arm goes underneath the left arm of the person to his or her right. The left arm should be over the right arm of the person on the left. One person will be designated to start by slapping the ground once with one of their hands. The person whose hand is to the right will do the same and so on counterclockwise. If someone decides to slap the ground twice, the direction will reverse. If a hand messes up by hesitating too long, slaps prematurely or out of order, that hand is out of the game. Once a person has lost both hands they are out of the game. The game ends when there are only two people remaining.

Story Time – The facilitator starts a story by saying a sentence. It then goes in a circle, each person adding a sentence onto the story-after repeating each sentence that’s already been added.

String Game – Participants select pre-cut lengths of string from the group facilitator. Each member holds the string between his/her thumb and forefinger. For each “wrap” of the string around the finger, participants must share one thing about themselves.

Think Fast

Suddenly- The leader starts a story with a sentence that ends in “SUDDENLY.” The next person then has to add to the story with his own sentence that ends in “SUDDENLY.” Continue the story until everyone has contributed. The story becomes crazier as each young person add their sentence. Record it and play it back.

Here’s an example: “Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY...the lion started speaking to me from the cage next door then SUDDENLY...”

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

Two Truths & Lie: Ask all players to arrange themselves in a circle. Instruct each player to think of three statements about themselves. Two must be true statements, and one must be false. For each person, he or she shares the three statements (in any order) to the group. The goal of the icebreaker

game is to determine which statement is false. The group votes on which one they feel is a lie, and at the end of each round, the person reveals which one was the lie.

We are all connected-The group stands in a large circle. The facilitator begins by sharing one of their interests. (For example: "I like to run.") The ball of yarn is then thrown to the first person (within the rest of the group) to say they share the same interest. After catching the ball of yarn, they say a new interest. The game continues until there is no more yarn or until every person has received the ball of yarn.

Where Ya From? – In a room (or set space indicate north, south, east and west. This center represents the center. Have people move to the spot in the room that would be the location of where they came from. Link up with other people in your geographical area and do intros and where you are from.

What you don't know- For this activity the facilitator will need to tape a blank piece of paper to each participant's back. Members are to write a compliment or positive comment on everyone's back. At the end of the session, explain that we tend to give compliments behind someone's back rather than telling them directly. We sometimes take for granted the positive aspects of others. Have the group members pair up with someone they would like to get to know better and remove the paper from each other's backs. They should then explain to that person why they would like to get to know him/her better.

Who am I- In a Post-It note write the name of a (famous person, character, public figure, etc.) and tape it to everyone's back. The participants are not allowed to see who they are! Have the group mix and mingle asking each other questions to figure out who they are. The participants may only ask yes or no questions. Also, participants may only ask two questions per person.

Yarn Shapes-Everyone in the group should receive a piece of yarn. Then ask each participant to make a square. Once they make a square, ask them to close their eyes and make a triangle, as time goes by take away other abilities (ex: can only use their left hand, can only use their nose, have to make it behind their back, etc.) Continue to make different and more difficult until time is up! After each round have them see how well (or not!) they did!

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

Intermediate

All Aboard – The object of the game is to get all of the people in the group onto the board. (You can either use a poster board or a wood board, etc). Everyone must have at least one foot on the board.

HINT: Try not to give solutions, but tell them to listen to other's ideas. You may enlarge or decrease the size of the board, depending on degree of challenge you would like.

Artist, Clay, Model

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

Backward Clumps-Have the students divide into pairs. Ask each pair to sit on the floor with their partner, back together, feet out in front and arms linked. Their task is to stand up together. Once everyone has done this, two pairs join together and the group of four try to repeat the task. After they succeed, add another two and try again. Keep adding people until your whole group is trying to stand together.

Balloon Stomp- Split the group into two equal teams. Give everyone a balloon and a piece of string or yarn (one color balloons to one team and the other color to the other team) and have them blow up the balloon and tie it to their ankle. Then announce that they are to try to stomp out other team's balloons while keeping their own safe. Last person in their respective team with a blown up balloon wins!

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

Conversation Jenga-Set up Jenga as you would usually play it. As each player pulls a piece they must answer the question on the block they pulled (develop a set of questions and write them on the blocks). Do this until everyone has answered at least once.

Examples:

- Describe Yourself
- Favorite Movie
- Favorite Color
- Favorite Ice Cream Flavor
- Favorite Songs

The Brady Bunch - Divide the students into groups. Give each group a copy of the Brady Bunch theme song. Each group should be assigned a different type of music. The groups then have to perform the Brady Bunch theme song with choreography to the specific type of music. If you want to have them introduce themselves, they can even take on the personality of the Bradys'. Give each group approximately five minutes to prepare. You can have the rest of the students try to guess what type of music is being performed.

~The Brady Bunch~

Here's a story of a lovely lady who was bringing up three very lovely girls all of them had hair of gold, like their mother, the youngest one in curls.

Here's a story of a man named Brady who was busy with three boys of his own they were four men living all together yet they were all alone.

Until one day when the lady met this fellow and they knew that it was much more than a hunch.

Then this group must somehow be a family and that's the way all we became
the Brady Bunch
the Brady Bunch
the Brady Bunch
that's the way we became the Brady Bunch.

Types of Music

Opera	Punk	Heavy Metal	R&B
Country		Rap	Reggae Jazz
Classical		Show Tunes	Grunge Top 40/Pop

Capture the Flag – The playing area is divided in half; at each right-hand rear corner is a rectangle that is known as the jail or prison (you could also use a goal if on a soccer field). The group is divided into two teams. Each team should decide where to place their flag (a towel, shirt, or whatever) on their side of the field. The object of the game is to get the other team's flag. Once the game is started, anyone who steps over the center line into the opponent's half is eligible to be caught and taken to prison. A player must get through the enemy's lines without being tagged. Prisoners may be rescued by teammates who get through enemy lines without being tagged and can touch the prisoner's hand. (The prisoners can line themselves up by holding hands and stretching toward the centerline as long as one person is still holding the goal or in the jail area.) If rescued, both the prisoner(s) and the rescuer must walk back to their own side with their arms up. To win the game, a player must get the flag back across the mid-line of the playing area. If a player has the flag and gets tagged, the flag can either go back to where it was, or be dropped where the person got tagged. That player goes to jail. Teams may have only one person protecting the flag.

Cat and Mouse - Before the game begins designate one player as the "cat" and another player as the "mouse." The rest of the players should join hands and form a circle around the mouse, while the cat remains outside the circle. The mouse starts the game by darting outside the circle and around the players. The cat must try to tag the mouse while standing on the outside of the circle. The players may lift their arms over the mouse's head in order to help him/her. Likewise, they will try to block the cat. When the cat finally tags the mouse, the mouse becomes the new cat, the cat joins the circle, and another player becomes the mouse.

Catch Me If You Can – Players should be paired up. All players divide into two lines (facing in) shoulder to shoulder, with partners facing each other. Participants should be given approximately 30 seconds to look at their partners, taking in all details about the individual. The leader then instructs the two lines to turn and face away from the center. One or both lines have 15-20 seconds to change something about their appearance (i.e. change a watch to different wrists, unbutton a button, remove a belt, etc.). The change must be discrete, but visible to the partner. The players again turn in to face each other and have 30 seconds to discover the physical changes that have been made.

Catching the Snake's Tail - A fish is formed with all the students holding hands in a line. One end is the head and the other is the tail. The head tries to catch the tail while the tail tries to escape. Let participants know that they should not break their grip. A variation is to have more than one group and have the heads of the groups chasing the tails of the other groups.

Circle Within a Circle - Divide your group into two equal groups. One of the two groups forms a tight circle facing away from the center of the circle. The other group then forms a circle outside of the previously formed circle. The members of this circle are then facing the members of the first circle. Each person should be standing across from someone. Thus, each person has a partner. You as the leader then read off a question that the pairs of inner and outer circle people should discuss. After about one minute the outer circle people move one to the right and you then read a new question. Repeat until the outer circle people are across from their original inner circle partners. Questions you can use include:

- What is your favorite place in your parent's home?
- If I could order any magazine, I would choose...
- On whom did you have your first crush?
- My favorite time of the year is...
- When I make a mistake, I...
- One person I would like to visit is...
- I like to in my spare time.
- If could have any job, I would...
- I am really good at...
- My favorite movie is...
- The best trip I ever had was...
- One thing about me that I would like to change is...
- The best compliment I ever received was...
- My favorite meal is...
- What do you do to relax?
- Who is your favorite movie star?
- One thing I excelled in at high school is...
- I have never...

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

Coin Toss – Divide into 2 lines sitting, facing each other. Hold hands. The two front people watch a coin being tossed. If it’s head, they should squeeze and pass the squeeze down the line. When it gets to the end of the last person raises their hand. It’s a race. Tails does nothing.

Commonalities – Get in groups of 4 or 5. They have 2 minutes to come up with as many things as they can that they have in common. It needs to be unique to this particular group, and not just things that everyone has in common (Like, “We all breath”). The more unique things (like, “we all have a sister named Julie”) are the better. If groups come with the same item, they both cross if off and it doesn’t count. As facilitator, you are final judge about what counts and what doesn’t. You can decide that especially that especially good ones get double points.

Confusion – Give each participant a sheet with various tasks and ask them to complete it when you say, “GO!” Here is a sample:

- Get someone to do five push-ups and sign here.
- Stand on one foot with your arms outstretched for 20 seconds.
- Have someone time you and sign here.

- Leap frog over someone 5 times.
- Get someone to whisper the pledge of allegiance and sign here.
- Play “Ring around the Rosy” with two other people and have them sign here
- Get someone to recite a nursery rhyme.
- Shake hands with someone you do not know and continue holding hands while debating the merits of your favorite ice cream flavor.
- Have someone teach you a dance step (even if they make it up).

First person to complete the entire sheet, wins.

Crows and Cranes – Players are divided into two teams. Mark two safety lines not more than 40 feet from center. Midway between the safety lines, form players in two teams facing the leader. The lines of players are about 5 feet apart. One line is “crows,” the other is “cranes.” When the leader calls “Crows,” the crows run for their safety line, attempting to reach it before the cranes can tag them. If the leader calls “crawfish” no one runs. The leader should use deception and precede his call with a “crr” sound, so players will not know what is going on. Each team receives a point for every member of the opposite team tagged before that team reaches safety. Each team loses a point for every one of its people running in the wrong direction or running on the call “crawfish.”

Dizzy Izzy - Split the group into 2 teams. Have them line up so they are about forty feet from the bat, which is lying on the ground. There should be one bat and one spotter for each team. When the game begins, the first person in each line must run to the bat, pick it up, place one end on the ground, bend over so their head is near or on the bat, and spin around 5-10 times. They must then run back toward their group and tag the next person’s hand in line. The entire group must complete the task. The first team done wins.

Do You Love Your Neighbor? - The group stands in a circle with room in the center. (Best if played with group of 20 or more.) One person begins in the circle and says to an individual in the group, “_____, do you love your neighbor?” The individual pointed out can either say, “Yes I love my neighbors _____ and _____, but I REALLY love people _____ (wearing green, from IN, etc)” or “No, I do not love my neighbors _____ and _____.” If the individual uses the first phrase, all members of the group with that characteristic must find a new spot in the circle at least three spaces from where they are standing. The person with no space (last person remaining) becomes the caller. If the individual uses the second phrase, his/her two “neighbors” must switch places with one another. The group members move in quickly to “lose” their spaces. The last of the two becomes the caller.

Egg/Balloon Toss - Split the group into two teams. Have all of the members of each team spread out so they are about ten feet away, but still in a straight line. The first person in each line tosses an egg or balloon to the second, who will catch it and pass it on. If the balloon or egg breaks, the group must begin again with a new balloon or egg.

Egg Drop – Participants are given small, miscellaneous objects (string, paper clips, tape, pencils) and several raw eggs per group. The task is to drop an egg from as high as possible without having the egg break. The objects can be used to help protect the egg from the fall.

Evolution - It is essential that every group member knows how to play “Rock, Paper, Scissors.” Everyone starts out as an egg, and waddles around going “Whobble, Whobble!” When an egg finds another egg, they play “Rock, Paper, Scissors.” The winner will evolve to a chicken, and hop around making chicken noises until they find another chicken to play “Rock, Paper, Scissors.” The loser will become an egg again; an egg is the lowest species once can be. The winner of the chickens will become a dinosaur. The dinosaurs walk around repeating, “Auh, Auh!” The winner of the dinosaur match becomes an ultimate being. Ultimate beings walk around with their arms in the air repeating, “Ultimate being, ultimate being!” The loser of the dinosaur match becomes a chicken again. Once an ultimate being has won his/her final match up, they are out of the game, or may continue to try their luck.

Follow the Leader-Have all participants get in pairs for this activity. One partner will be blindfolded, and the other partner must guide them through a maze of items without stepping on any of the obstacles. (The items can be stuffed animals, sport balls, pillows, paper, etc.) Have all pairs take turns walking through the space. Too many pairs at once at the space will get too crowded. If the space is large enough, considering allowing 2-3 pairs to go at once. When they reach one end of the space successfully, have the partner's trade roles.

Ha! – Have the group lie on the ground or floor. Position each to lie their head on another's tummy. One of the end people will start. The one that starts say one "HA!" The person that has his/her head on their tummy goes next and says, "HA HA!" With each person, add one "HA!" If there are 30 people, then the last person should say 30 "HA!'s"

Hula-Hoop Pass – Have everyone stand in a circle and join hands. Pick one person to start and on each of their arms place a hula-hoop, one slightly smaller than the other if possible. Have the group pass the hula-hoops completely around the circle so that the hula-hoops end up on opposite arms of the person you began with. No one can unlink his or her hands throughout the process.

Human Knot

Human Machines – Have groups of 6 to 8 people each create a machine out of humans by imitating the appearance and action of the machine. Examples include becoming a blender, toaster, lawn mower, copy machine, lamp, or washing machine

Human Taco - 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.

I Love You, Baby! - Have everyone sit in circle. The "it" player approaches one person and says "I love you, baby." The player must respond by saying, "I love you baby, but I just can't smile." If that player smiles while speaking these words, he/she becomes "it." If the player does not smile, "it" must approach a new person until "it" makes someone smile. "It" is not allowed to touch a player as he/she speaks, but anything else is fair play. This is a funny one, but make sure participants feel comfortable with one another first!

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

Killer – Everybody will start close together with their eyes closed and thumbs up. The leader will squeeze the thumb of one group member. That group member is the "killer." With eyes still closed, the killer will squeeze the thumb of another group member twice. That group member becomes the sheriff. Once the two positions have been established, everyone can open their eyes. Nobody should know who is the sheriff or the killer. Everyone begins walking around, making eye contact with everyone else. The object of the game is for the killer to kill everyone without getting caught. The killer does his/her kill by winking one eye at someone. If the killer winks, that person that was winked at is dead. Anyone killed by the killer must count to twenty and only the sheriff may guess who the killer is. The killer also can kill the sheriff. If the sheriff's guess is correct, he/she wins. If they guess wrong, they immediately die, and the killer wins.

Lemonade - Divide the players into two teams. Have the teams line up at opposite sides of a playing area, which is clearly defined before play begins. One team is selected to go first. The members huddle and secretly choose two things: a place to be from (any city, state, or country) and some action

to perform (washing dishes, playing basketball, painting a picture, etc.) The 'acting' team moves to the center of the playing area, saying, "Here we come!" The other team asks, "Where from?" The first team replies with the place they have chosen. The second team then asks, "What's your trade?" and the first team replies, "Lemonade!" After the first team says, "Lemonade," they begin to perform the action chosen earlier. The other team tries to identify the activity, yelling out its guesses. When someone on the second team calls out a correct guess, a game of TAG begins. The first team turns and runs back to their starting line as the second team tries to catch them. After both sides have had the chance to act out their trade, the team that has tagged the most players can be declared the winning team.

Life as I know It- For this activity you will need a ball approximately 12 inches or more in diameter with questions written all over it in sharpie/marker. Toss the ball around and participants have to answer whichever question their right thumb lands on.

Questions Ideas:

What is your favorite dessert?

If you woke up tomorrow with no fear, what's the first thing you would do?

As a child, what did you want to be when you grow up?

What has been the best moment of your year, thus far?

What did you do at recess as a kid?

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

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

Music Mingling-While music is playing everyone dances and walks around the room. When the music stops, the facilitator will pose a question. (Repeat this for two or three songs)

"Tell the person on your left your favorite food."

"Tell the person directly in front of you the last time you laughed so hard you cried."

"Tell the person behind you how you take your coffee."

Paper Plates – Write the numbers 1 through 20 on paper plates and place them on the ground together, but not in order. Tell the group that they are to step on the numbers in numerical order, (1,2,3,4,5...20) as quickly as possible. Time them trying several times and have them try to beat their best scores. The plates cannot be moved from where they are.

Pass the Pebble – All players stand about while one goes around pretending to drop a pebble into the hands of each of the players, who hold their palms together. When the pebble has been completely around the group and has been left in one player's hands, the one who has it slyly slips away and runs for the goal previously determined by the group, and all try to catch him/her. The one who succeeds

passes the pebble in the next round. If no one succeeds in catching the player, that player passes the pebble in the next round. **HINT:** Ask players to spread out so no one knows who holds the pebble.
Pirates Gold

Races

- **Balloon Races** – Divide groups into teams of at least 6 people on each team. Each team lines up in a single line and each team member is given a balloon. Each team member puts the balloon between their knees and their hands on the shoulders of the person in front of them the teams race to the finish line, but if anyone on the team drops their arms down or loses their balloon, the whole team must stop, that person goes to the end of the line, and then the team keeps going.
- **Frog Races** – Split the group into two teams. Each person should jump towards the finish line as a frog would and jump back. The next person does the same. First team done wins.
- Rolling Down the Hill Race

Rain – Everyone sits in a circle, shoulder to shoulder. No talking is allowed. The leader starts the exercise and each person joins in when they hear the sound the person to their left is making. The leader starts the exercise by rubbing their palms together. This continues in the circles until it comes back to the leader who then changes the sound (snap fingers, clap hands, slip thighs, stomp feet, and then in reverse order). The sensations created are akin to the sounds of a rainstorm.

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

Relays

- **Banana Relay**-In this activity a banana is placed between the knees of the first person, and it must be placed between the next person’s knees-without using any hands. If the banana drops, it starts with the first person in line. First team to finish successfully wins.
- **Line Relay**-Divide the group into two equal teams. Designate a starting line and an end line. On the signal, the first person in each line lays down (parallel to line) with arms spread out to side. The next person in line jumps over the first person and lies down, spreading their arms. Fingers must be touching. This continues until the whole team is over the end line. Once a team member is over the end line, they are allowed to stand up and cheer for the remaining teammates.
- **Neck Races**-Split the group into two teams. Have them line up male-female, if possible. Give the person in the front of the line a rounded object (i.e. orange, tennis ball, etc.). The object should be placed under the chin of the first person, and it must be placed under the chin of the next person in line-without using any hands! This pattern continues until the object reaches the end of the line. If the object is dropped, it must be returned to the beginning to start again. The first team to finish successfully wins.
- **Orange Pass/Relay** – Break into groups of 6 to 10 people. Have them form rows standing one behind the other. The leader begins with an orange under their neck. The object of the game is to pass the orange down the row as quickly as possible without using any hands. If the orange is dropped, that team must start over.
- **Posture Relay** – Two teams line up side by side. The first person in the line runs up and around a cone and back with a beanbag on his/her head. He/she then hands off the beanbag to the next person in line and so on. The bag cannot be held with one’s hands. The game ends when one team completes the relay. That team wins.

- **Question Game**-Have everyone write down a question they want answered by another group member. Then instruct everyone to roll up their question into a ball and have them throw his or her question to someone else. Take turns answering the questions.
- **Toilet Paper Relay** – Split the participants into as many teams as you want. There should probably be at least four on each team. Give each team a roll of toilet paper. When the whistle sounds, the first member of the relay team places the roll of toilet paper on the ground and begins rolling it out along the floor. If the paper rips, they have to discard the ripped piece and go back to where they started. When that person gets to his/her teammates on the other side, the teammate must begin to roll the toilet paper back up again. This goes on and on, back and forth until one team finishes.
- **Tunnel Relay** - Each team stands in a single line (players one yard behind each other with feet apart). At the signal, the first player of each team rolls the ball between their legs so that it passes through the legs of the other players on their team and is caught by the player at the end of the line. The player then runs with the ball to the front of the line, and repeats the procedure. The game ends when the first player of one team has again reached the top of the line. If the ball rolls out on one side of the tunnel, it must be brought back to the same place, and rolled to the end. NOTE: You can vary the game by having players run to front of line with the ball between their legs, or by pushing the ball with their head, on their hands and knees.

Rock, Paper, Scissors – This activity is great for a larger group. Two Teams meet face to face in a line and do Rock, Papers, and Scissors. The loser is chased and if tagged before they cross the safe line, they go to the other team.

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

Rope Square – Get a large amount of rope (about 40 feet) and tie the ends together so that it is a circle. Blindfold all the participants. Have everyone hold on to the rope and tell them that they need to work together to make the rope into a square. If the group is having difficulty, one or two people can be un-blindfolded to assist, but they are not permitted to talk. To make it more challenging, the rope can be criss-crossed between them rather than having them start out in a circle.

Silent Sorting

Sing Down – Teams are created of anywhere from three to ten in a group. The leader will give the groups a word (i.e. love, boy, dance, etc.), and give the teams one minute to think of as many songs as they can with that word in it. Once the minute has passed, one team begins by singing a part of a song with that word in it. All team members must sing it. The other team then responds. NO SONGS MAY REPEAT. The group, who has the most songs, wins. The process then can be repeated with another word.

Solemn and Silent - The instructor will explain 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.

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

Stand Up – Have the two people sit on the ground with their feet pushed up next to each other firmly. The two people grab hands in the middle and pull each other up so that both are standing. When everyone has accomplished this successfully. Have two groups combine and do the activity again, this time with four people. Keep combining groups until everyone who is participating is in one group and does it together.

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

Tag

- **Balloon Tag** - Tie strings to balloons and then tie one balloon to each person's ankle. It's everyone for themselves in this activity. The object of this game is to pop everyone else's balloons while making sure that yours does not get popped. Once your balloon is popped, you are out of the game.
- **Blob Tag** - This is a great game to play with other groups. First establish the boundaries and pick one person who wants to be "it." This person is beginning the "blob." That person now chases people and everyone that he/she tags grabs onto the person that is "it." As more and more people are tagged, the blob will get bigger and bigger as you can split into smaller "blobs" if you wish. The last person to get tagged is the winner.
- **Clothes Pin Tag** – Give each player four clothespins. Each player tries to get rid of the pins by attaching them to the other players' clothing. A player's four pins must end up on four separate players.
- **Elbow Tag** – Everyone gets a partner and hooks elbows. The pairs spread out around the designated playing area. Two individuals are chosen to be it. One will be the chaser, the other being chased. The person being chased may hook elbows with any pair at any time. The member of the pair at the opposite end of where the chaser hooks is now being chased. If the chaser catches the chaser, the chaser spins around three times and becomes the new chaser. The previous chaser now becomes the chaser. Note: A time restraint may be needed to prevent limited participation from the rest of the group.
- **Freeze Tag** – This is played just like tag except that once you have been tagged you are frozen. The only way to get unfrozen is to have someone go under your legs. To make the game harder, have more than one person be "it."
- **Guard The Bone**-This game is played in groups of four. One person is the dog and sits on his/her hands and knees. The dog must protect a towel or shirt, which is placed underneath him. The other people, also on their hands and knees, must try to get the towel. If they do, they become the dog. If the dog tags them before they get the towel, they are "out" until the next game.

- **Hill Dill**-The person who is “it” stands in the center of the play area while the other players stand behind one of the goal lines marked across the ends of the play area. Half of the players stand on one side of the play area and the other half stands on the other side. The person who is “it” call out “Hill Dill, come over the hill!” On this signal the players run across the center to the opposite side. The person who is “it” tries to tag them. The players who are tagged go to the center and help tag the remaining players. The game is played until one person is left. Hint: Place the goal lines 40’ apart.
- **Kabaddi**-Any playing area can be used with boundaries set and a center line created. Two teams are created. Each team is on one half of the playing area. The game is started by one player from only one team running across the mid-court line trying to tag as many players on the opposite team as possible while yelling the word “kabaddi” (cubbedy) repeatedly in one breath. All those tagged now belong to the other team. Once the player loses his/her breath though, he may be tagged. If this happens, the player then is on the opposite team and all those tagged remain on the same team. Players take turns running to the other side.
- **Line Push Tag**-One person is “it” and one is “not it.” The rest of the group lines up in a straight line shoulder to shoulder. The chaser tries to tag the chasee. If the chasee does not want to be chased any longer, he/she can change places with a person in the line by coming from behind and GENTLY pushing that person forward out of the line. That person becomes the new chasee. If the chaser tags the chasee, they switch roles. Participants may not cut through the line at any time during the game.
- **Loose Caboose**-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 onto 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.
- **Partner Tag** – Link arms with a partner. When you are linked, you can’t be tagged. One person is it, and another is being chased. That person can link with another pair, and that “unlinks” the 3rd person who is then being chased.
- **Raid**-The leader begins by choosing two “exterminators.” Everyone else is an ant. The “exterminators” will be doing the chasing. Once an exterminator has tagged an ant, the ant falls on their back and puts all four limbs facing upward. Four other ants may pick up their hurt buddy by their limbs, and place them on a designated hot spot (i.e. bases or rubber mats). The once dead ant has been resurrected and may continue playing. Note: Any time a live ant is helping a dead ant; the exterminators cannot tag them.
- **Sewing Up the Gap**-The object of this game is to tag the chasee before he/she can “sew up the gap.” (All of the gaps between players.) The group stands in a circle leaving room in between each other. The chasee sews up the gaps by weaving in and out among players. When the chasee sews up a gap, those two players join hands and the chasee can no longer run through it. The chasee wants to sew up all of the gaps, before getting tagged, with him/her on the inside of the circle, and the chaser on the outside. If the chaser tags the chasee, the roles are reversed.

The Big Wind Blows - The group starts by sitting in a large circle. There should be some room between each person, but not in abundance. One person will stand in the middle. The person in the middle will say, “The Big Wind Blows for anyone who_____.” The middle person will fill in the blank with any characteristic or trait they wish (i.e. anyone with blue eyes). If the trait or characteristic applies to any group member, that group member must get up and move to an open spot more than three spaces away from their original spot. If the trait does not apply to a group member, they stay where they are. The last person to find a spot is the new middle person. Note: Remind the group to keep it clean!

Wanna Buy a Duck? – Participants sit in a circle. One person starts by turning to the one of the people sitting next to them and say, “Do you wanna buy a duck?” That person says, “A what?” The first person says, “A duck.” The second person asks, “Does it quack?” The first person answers, “Of

course it quacks!” The second person then starts the conversation over with the next person. There is a catch however! The person says, “Do you wanna buy a duck?” The next person says, “A what?” The second person in line then turns and says, “A what?” to the first person. The first person responds by saying, “A duck.” The second person says, “A duck” to the third person. The third person then says, “Does it quack?” The second person turns and repeats to the first person the same question. The first person then says, “Does it quack?” The second person turns and repeats to the first person the same question. The first person then answers and then the game continues in the same fashion until the entire group is involved in the conversation.

Water Gun Killer - The leader needs to take pictures of all participants ahead of time. Each person is given a picture of another individual and a water gun. The object of the game is to collect as many pictures by “killing” others. A person can kill another at any time by squirting them with the water gun. When a person successfully kills the individual in their picture, they take the picture that individual had and try to kill that person. Game continues until everyone is dead except for one person.

Whomp ‘Em – One person is the “Whomp ‘Em Master.” That individual stands in the middle of the circle with the “Whomp ‘Em Sword.” (Could use Styrofoam tube or rolled up tube of newsprint, etc.) The rest of the group sits in a circle with legs out toward the center of the circle (leaving enough room for one person standing in the middle). The object of the game is for the “Whomp ‘Em Master” to get stuck in the middle of the circle. Someone starts off the round by saying the name of a member of the group. The Master must “Whomp” (hit) the legs of that member, before that member says the name of another member. The game goes on until the Master hits an individual before that individual can say the name person’s name (can not repeat name that has been said in that round already.) When the Master succeeds in “Whomping” an individual, that individual becomes the New Master. Best if played following another name game, so everyone has an idea of each other’s names.

Advanced

Affirmative Fold-Ups – Have group comfortably sit in a circle. Give each participant a sheet of paper and ask him or her to write his or her name on the top of the paper. Place all the papers in the center of the circle. Have each participant draw a sheet from the center (not their own) and ask them to write one (or a sentence) positive word about that person at the bottom of the sheet. They then fold the paper up to cover up the word. Have them place the sheet back in the center and repeat on another sheet. Participants will continue to select other’s sheets from the circle to write affirming words on, until the name is the only thing showing on the paper. The leader can then distribute the papers to their owners. This is a great game to do at the end of a retreat, the end of a year for an organization, at a staff meeting, etc.

Autograph Sheet

Commercials – Have people prepare a 30 second commercial for themselves highlighting their skills and what they have to offer other people in the group. (Visual aids may be used)

Fear Bag-Distribute strips of paper to each student and ask them to write down their deepest fear, without mentioning their name. After a couple of minutes collect the strips of paper into the bag, shuffle and ask students to read the strip of paper that they pull out. Let participants discuss each fear. Why it’s a legitimate fear? How they might be able to relate? How one might overcome that fear? Etc.? While analyzing the fears of others, most of them will be able to come to terms with their own fears. Respect the thoughts and fears of others.

Floor Puzzle Collage – Make a giant puzzle (out of poster board or construction paper), with enough pieces for each person. Each person makes a collage that describes them on their piece, then as a team builder, put the puzzle together. The puzzle is displayed in the hall. **It’s important to remember to mark, which side is the front of the puzzle piece, and which is the top/bottom, so that when the collages are all made, they fit together the right way.

Islands (Carpet Squares) - this game should be played with at least 6 people. Lay squares of carpet in a line putting down 1 more carpet square than the number of people playing, (if you don't have carpet squares, use paper or a plate). Have half the people line up on the squares on one side and have the other half line up on the other side, with the empty square in the middle of the line. Have everyone face toward the empty square. Tell the group that they have to transfer all the people to the opposite side from where they now stand of the empty square. People can only move if they are stepping past one person in front of them and on to an empty square. (They can't move if there is not a person in front of them, or if there is more than one person in front of them). Only one person can be on a square. A lot of people find this game pretty tough! At the end of the activity everyone should be on the square exactly opposite from where they began.

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

Life Boxes – Take a sheet of paper and fold it in half then in half again. Unfold and you have 4 boxes. Have markers or crayons available and have people write the following headings in the 4 boxes 1) Childhood 2) High School 3) College 4) Future. In each of the boxes they are to draw a simple picture that represents an event or action that was extremely important to that particular time of their life. Have people go around and share their squares.

Lifelines – Each member draws a line on a paper to represent the highs, lows, significant events, turning points, and etc. of his/her life to date (can also project into future). Members share their lifelines with other members. Members ask questions about each other's lifelines. This exercise also can be done with pipe cleaners and verbal explanations.

Pipe Cleaners – Have a person take a pipe cleaner and use it to form into something that represents who they are. (Something that they are good at, they like to do, about their family, etc...) It can be an actual representation or a symbolic one. When they are done, have them walk around and pair up with someone and try to guess each other's shape. Then pull the group together and have people share.

Secrets-Have everyone write an anonymous secret on an index card. Then have the group leader read all the secrets one by one. After each individual secret is read, the group can talk about it. The person who wrote the secret can identify themselves or keep their secret anonymous. Once each secret is read, it will be thrown away or shredded. Everyone will respect each other's secrets in this activity!

Sentence Stems – For groups of two or three and have participants complete the rest of the sentence. The leader can read the sentence to all of the participants or all participants can have sheets of paper with these listed and take their own time in covering them. Here are some examples:

- Before I came to Purdue, my main interests were...
- The way I would describe my family is...
- The thing I remember most about high school...
- My fondest memories of another person are...
- My most unusual friend is...
- The things I value most are...
- My favorite pastimes are...
- Some of the things that make me happy are...

Values Discussion – Have participants find two people who are wearing the same color as them. Have them find a spot where they can talk together. Instruct them they will be talking about some issues and you will give them new topics every few minutes. Here are some samples:

Talk about the most important thing you learned this year.

What are the easiest and hardest emotions for you to express and why?

What is something that few people know about you?

What do you value in a friend?

What do you want to be doing in five years?

What is one goal you have for next year?

What is a motto you try to live by?

What is the greatest challenge you are facing?

What do you like most about yourself?

What do you value in a loving relationship?

What do you value most in life?

Yarn Toss – Everyone stands or sits in a circle, with the facilitator holding a ball of yarn. Hanging on tightly to the tail of the yarn, he tosses the ball to someone else while completing the sentence, “You’re the best person because…” After the ball of yarn has been passed to everyone in the circle, the group slowly raises and lowers their part of the yarn to reveal the intricate web of relationships in the group.