

Games and Activities

Activity: **Name Roulette**

Props: None

Movement: Light/Standing

Time: 15-30 minutes

Size: 10 – 20

Type: Opener

Intent: Learn Names, have fun, and relax

Action: People turn around and name the person opposite them.

Highlights: Much laughter ensues when people recognize the other person, but can't seem to quickly recall his or her name.

Preparation: Form two adjacent circles of roughly equal size with people facing inwards and with a person from each circle standing back to back. If wearing name tags, temporarily remove them.

Script: When I say GO, begin rotating your circle. Both circles turn clockwise (or counterclockwise) with people looking forward into the center. When I call STOP, the circles will stop rotating and people will remain facing the center. When I call LOOK, only the two people in these positions (indicate those two who are back to back) will turn around to look at each other. The first person to correctly call out the name of the other person invites that other person to change circles. The game ends when one group dissolves or time expires. Any questions?

GO! STOP! LOOK! Please move over to this group.

Variations: Peak-a-who involves two groups separated by a large vertically suspended opaque blanket. When the blanket is raised, each group selects a member to sit facing the blanket (with the other group's selection on the other side). When the blanket is dropped, the two selected members (or the whole group) call out the other's name. The last one to get the name correct, joins the other group.

In both Name Roulette and Peak-a-who, have people stay back to back and guess the names based on clues provided by their group. Either game can be played to music (like musical chairs). When the music stops, people turn around or the blanket is lifted. For groups where first and last names are known, use middle or nicknames.

Activity: **No Props Name Toss**

Props: None

Move: moderate/walking

Area: Medium

Time: 5-15 minutes

Size: 1-10

Type: Opener

Intent: Learn names, have fun, and relax

Action: People change places around a circle by calling out names.

Highlights: A classic and well used activity is Toss, where people throw a ball around a circle in order to learn names. Use this version when you don't have something for people to throw.

Preparation: Ask people to form a circle about elbow length apart. You may find it easier to be a member of the group circle to begin. If wearing name tags, ask people to temporarily remove them.

Script: In this game we will be trading places with people across the circle from us as we call out their names. If you don't know a name, feel free to ask.

I'll begin by stepping into the circle, making eye contact with a person in the circle, and calling him or her by name: DYLAN! The second you hear your name, you will vacate your space, so the incoming person (me) can occupy it. You then step into the circle, make eye contact, and call out another name: MICHELLE! And so on.

The game ends when we know everyone's names. Any question?

Variations: For greater challenge, have more than one person changing places at a time. Start off with two or three. As the circle gets crowded, remind folks to avoid collisions.

People can shake hands as they pass across the circle and can thank the person who called them by name: THANK YOU, MARTIN!

For groups where names are well known, use middle or nicknames. This game can always be played in the classic style by tossing balls.

Activity: **Alphabetical Name Circle**

Props: None

Move Moderate/walking

Area: Medium

Time: 5-15 minutes

Size: 20-50

Type: Opener

Intent: Learn names, have fun, nonverbal communication.

Action: People place themselves in order around a circle by names.

Highlights: A classic and well used activity is Line-ups, where people form a sequenced line according to criteria: age, height, etc. This alphabetical name version is done in a circle.

Preparation: Ask people to form a circle about elbow length apart. You may find it easier to be a member of the group circle to begin. If wearing name tags, ask people to temporarily remove them.

Script: Let's go once around the circle saying our names proudly and loudly. I'll start. People share their names. Excellent, we all seem to know that part really well! Now we can get more complex.

This next activity is done nonverbally: without speaking. I'd like you to arrange yourselves in a circle by alphabetical order according to the letter of your first (or last) name and without talking! People mix up, move around, communicate nonverbally, and eventually reform the circle.

If you are ready and think you are in the correct place, please raise your arm. (Once the vast majority of arms are raised), okay, let's go around again saying our names and see how we did. Who wants to go first? People share their names. Repeat as necessary until people are satisfied. When finished, encourage them to say hello and introduce themselves to their neighbor on either side.

Variations: For groups where first or last names are already very well known, use middle names or have people make up nicknames. If the circle presents a barrier, use the classic linear version.

Activity: **Champs or Chumps**

Props: Note card and pen for each person

Size: 15 +

Type: Opener

Objective: Fun way to get question answered at the beginning of a retreat or training session.

Instructions: Get into teams at tables.

Take a note card or two and write down a question you want answered about the facility, schedule, attendees, trainers, etc. Memorize the question and turn in the note cards to the trainer.

The trainer explains that everyone has 10 minutes to get their questions answered and to find out the answers to everyone else questions. Any resources in all right to use.

At the end of the time, a trainer will randomly select 4 questions from the pool of all the questions possible to ask each table team. The team will need to answer the question correctly.

Go to each group and hopefully they will answer most of the questions.

The trainer has the option of tossing repeat questions.

If no one knows an answer, give the group the answer after the game.

Facilitator notes: In most cases there will be several duplicate questions.

Have a list of normal questions and answers in mind to give to the whole group after the activity in case no one asked some of the more important questions.

Activity: **6-count**

Props: None

Size: Any

Type: Icebreaker

Objective: This is a good, quick icebreaker that stretches people's minds and smile muscles.

Preparation: The only real preparation you must do before this activity is practice going through the movements. Be sure you can do them slowly and quickly without thinking too carefully about the movements.

Script: Does anyone know how to do a 6-count? It goes 1, 2, 3, 4, 5, 6.

Count from 1 to 6 with everyone at the same time. (Do it again with "feeling")

Put movement to the count by raising your left hand above your head and down to your side. Your hand go up to 1, 3, 5 and down on 2, 4, and 6 (Repeat with feeling)

Give your left arm a rest and let's give a movement to your right arm. It goes up on 1, straight out to the side on 2, down on 3, up on 4, straight out to the side on 5, down on 6. It makes the shape of a triangle. (Repeat with feeling.)

Now, as if you hadn't guessed, we will put both the arm actions together with the count. Your left arm still goes up and down while your right arm still goes up out and down. (You might want to go fairly slowly, but don't expect many people to get it right.)

Facilitator Notes: This is a good activity to follow physical stretching. The 6-count actually stretches the brain and the voice.

Don't take much time with the activity. Keep it moving and stay in control of the group. I have noticed that it helps the group hear instructions better after the 6-count possibly because it gets everyone focused on accomplishing the same task at the same time.

Activity: **The Captain Is Coming**

Props: None

Size: 10 +

Type: Icebreaker

Objective: Break the ice or energizer participants as they get into various groups.

Instructions: The following is a great icebreaker and energizer for any group larger than 10.

The facilitator plays the role of the captain and is the person who calls out the orders.

The following orders are several actions that the group does during the game depending on what the captain calls out:

“The captain is coming” – everyone stands at attention and salutes the captain.

“Swab the deck” – everyone acts like they are quickly mopping the floor.

“Lighthouse” – Everyone gets into pairs. They stand facing each other, then turn in a circle while saying “boop, boop, boop”.

“Man overboard” – Everyone gets into groups of three. Two people hold hands to form a circle around a third person who stands looking for the man overboard.

“Row ashore” – Everyone gets into groups of four. They line up single file, facing the same direction and act as if they are rowing a boat together.

“Grub time” – Everyone gets into groups of five. They stand in a tight huddle and act as if they are spooning food into their mouths while quickly saying “grub, grub, grub”

For people who cannot get into a group during the game, they must “walk the plank”. These people walk over to a designated area and sing a pirate song “oheeeoh, a pirate’s life for me” (repeat over and over)

The game is over when all but 2 have “walked the plank.”

Facilitator notes: For larger groups it is good idea to have a “first mate” or two to help you direct people to walk the plank and keep singing the pirate song.

People “walk the plank” if there are too few or too many people in a group. For example, if there are six people in a “grub time” group, all six have to walk the plank.

Keep the action moving. Taking just enough time for people to walk the plank to be identified then call out another order.

Introduction

APPOINTMENTS

Give everybody a few minutes to make 3 appointments - 3 pm, 6 pm and 9 pm. After that have everyone stand in a circle. When you shout "3 pm", everybody meets their 3 pm appointment and find out 1, 2 or 3 things about each other. After a short while shout, "6 pm" and then "9 pm". After that have people share what they find out about each other. This game can be used for introduction where people introduce other people, instead of themselves.

DISCLOSURE

Procure a softball. Arrange the participants in a circle. Throw the ball to one person and ask the individual to disclose something unusual about himself. He can then throw the ball to anyone he choose and repeat the process.

TRUTH OR PRETEND?

Have each person tell one thing about themselves that is true and one thing that is false, without revealing which is which. Then have all participants try and guess which one is the truth.

INNOVATIVE INTRODUCTION

You can do any of the following or all of them:

Instruct everyone to take two items (e.g. Family picture, credit card) from their purses, wallets or pockets. Then use the items to introduce or say something about themselves.

2. Ask each person to state his name and attach an adjective that not only describes a dominant characteristic, but also starts with the first letter of his name. (e.g. Martin - Marvelous Martin, Siew Ling - Lovely Ling)

3. Have everyone share a nickname that they now have, once had, or would like to have and then explain the reason or story behind the name

TREASURE HUNT

Hand out the following form to each attendee and ask that everyone find at least one similar and one dissimilar trait with four persons. After everyone has finished, invite those who find interesting traits to share.

NAME: _____

TREASURE HUNT

Name Alike Difference

- 1.
- 2.
- 3.
- 4.

WHO AM I? (2)

Give the group a few minutes to search the surrounding area to find something that they feel represents some of their characteristics or expresses who they are. Call on each

participant to show what he has selected and explain why. (E.g. I picked a rock because it is strong, smooth and old.)

Variable Names

1. Everyone introduces him/herself as their favorite food. (I had to go around saying, "Hello! I'm Sausage McMuffin with Egg!")
2. Dalke Nash at United Way of King County (Washington) has one where you introduce yourself with your first name and an adjective that starts with the same letter. (Hi! I'm Nan. I'm feeling nutty today.)
3. Similar, back in my MYF daus (a few centuries ago) we did one where we said our name and something we were thankful for that started with both initials. So Ernie Jones was thankful for eggs and jam. (Hi! I'm Nan Hawthorne. I'm thankful for Netscape Help!)
4. One I used in my volunteer classes that I made up myself was to have each person introduce the person next to them and describe an outlandish volunteer job. I used to do this one a lot, "This is Jim. He is part of a program that puts radio receivers on penguins in Antarctica. During their winter it's Jim's job to send encouraging messages and play Hawaii music to help them handle the cold."
5. The "Koko Glenhope" one was another icebreaker. People introduce themselves with their first pet's (or doll's if they didn't have a pet) as their first name and the street they lived on as their second. So my first cat's name was Koko and I lived on Glenhope Drive. If people lived on a numbered street, they could say "the 5th" --- if I lived on 3rd Ave., I would be Koko the Third. The funniest one we had was "Sparkles Fontanelle".

Introductions INTERVIEW 3 WORDS

Assign each person in the group to another person from the group. Then have them find out as much of the following information about each other as they possibly can in 2-3 minutes; Name, hobbies, family, state, school/job, favorite color, favorite food, favorite type of music, etc. They can interview back and forth or each person could be assigned to interview one person while a completely different person is interviewing them. Then have them use 3 words to describe their assigned partner, but 3 words only. (example: Joe Bob was my partner, funny, energetic, verbose)

PURPLE PANDA BEAR

Have each person tell what animal best fits their personality as a description and why.

DREAM VACATION

Have each person tell where they would most like to visit on a dream vacation and why.

RAP INTRO

Have each person make an acronym out of their name using words that describe them.

Ex: F = Funny I = Intelligent R = Rambunctious E = Extroverted

SAME LETTER

Have each person describe themselves using only words that start with the first letters in their first and last name or screen name.

CHARACTER DESCRIPTIONS

Have students write down one or two adjectives describing themselves. Put these on a stick-on badge. Have class members find someone with similar or opposite adjectives and talk for five minutes with the other person.

I'VE DONE SOMETHING YOU HAVEN'T DONE

Have each person introduce themselves and then state something they have done that they think no one else in the class has done. If someone else has also done it, the student must state something else until he/she finds something that no one else has done.

FIND SOMEONE

Each person writes on a blank index card one to three statements, such as favorite color, interest, hobby, or vacations. Pass out cards so everyone gets someone else's card. Have that person find the person with their card and introduce themselves.

MY NAME

People introduce themselves and tell what they know about why they have their name (their mother wanted to name me after her great aunt Helen who once climbed Pike's Peak in high heels, etc.). It could be the first, middle or nick name.

Introduction of an unknown

This is for groups that don't know each other well at all. Each person introduces the person to his/her right. S/He should tell the others this person's name (just make it up), what s/he does for a living, what s/he does for fun, etc. After the introductions, group members will compare reality to what was said.

Name Whip:

Have the group sit in a circle. (Not recommended for groups over twenty.) Each participant will introduce themselves by saying their name and a word using the first initial of their first name. The topic from which the word is based is flexible. The facilitator would start by asking the group to think of a favorite food item, or some other topic, that begins with the first letter of their first name. Each person will be responsible to remember the names and matching items for every person that precedes him or her in the circle. The whip ends when the last person in the circle names everyone in the room and the item they like. The facilitator should then ask if anyone in the group can name everyone in the circle and the item they liked.

Take As Much As You Think You'll Need:

Props: M & M's, peanuts, a roll of toilet paper, Skittles or anything else with lots of pieces (choose one) and small cups.

To begin, the leader passes around the bowl of M & M's or the roll of toilet paper. Each person is given the instructions to "Take as much as you think you will need." No further instructions are given until each person has received their M & M's. Once everyone has some, the first person begins by telling one thing about himself for each M & M or piece of toilet paper they have taken. When the first person has finished, you move on to the

next person in the group. As an interesting twist, and to be sure that you find out some different information on each person, you may give each color M&M a different meaning or category. We suggest the following: (example using Skittles)

Red: personal information (name, major, school, age)

Yellow: family information (parents, brothers, sisters, pets)

Orange: free category- use it to say something fun about yourself or you don't have to say anything

Green: dating experience (favorite date, worst date, significant others)

Purple: hobbies, other interests (sports, dancing, talents)

MAKE A DATE:

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

SENTENCE STEMS:

Form dyads (2) or triads (3) 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. (Excellent for roommates!) Here are some examples:

Before I came to (Institution), my main interests were...

The way I would describe my family is...

The thing I remember most about highschool...

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...

Where I hope to be five years from now...

The thing I would most like to accomplish this year...

The thing that concerns me most about college is...

Good starters for roommates might be:

The first day we met, the things I noticed about you were...

Since then, some things that surprised me about you were...

Something I like about you is...

It appears to me that an important difference between us is...

I think we might have to compromise on...

What I think I will get out of having a roommate is...

I think the most important thing I have learned from this discussion is...

TRUTH, TRUTH, LIE:

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

TIME CAPSULES: A TIME-PROVEN YEAR OPENER

Annette Bright teaches fourth grade at Our Lady of Unity School in Kansas City, Kansas. Like many other teachers, she starts her year with a time capsule activity. "I give each student a sheet with questions such as

What's your favorite TV show?

What's your favorite song?

What's your favorite book? on it.

There's a space for students to answer the questions at the beginning of the year and another space for them to answer the same questions at the end of the year.

"After students put their answers in the first blank, I tie all the sheets together and put them in my file cabinet," Bright told Education World. "It's always funny at the end of the year to hear them laughing and screeching over their answers from the beginning of the year. They always change their minds by the end of the year!"

Students write on a piece of paper three things about themselves. Then they crumple the paper up into a 'snowball' and have a one-minute snowball fight. At the end of the minute, everyone grabs the closest snowball and has to try to find the person who wrote it. They then introduce that person to the rest of the group, sharing the three facts

use little beanbags, and we go outside if the weather cooperates. Students stand in a circle at tossing distance. For the first round, when someone tosses the beanbag to a student, the person has to tell his or her name. The second round is favorite food, the third round, their favorite sport."

Catalog Game-

"I Have Never" (10 Fingers)- Each person starts off with some candy. Going around the circle, each person finishes the sentence "I have never..." Everyone who HAS done what they have never done gives that person one of their candies. A fun way to learn things you might otherwise not find out about people. Or, you can have people hold up 10 fingers and put one finger down each time they have done it.

Bring a ball of string or yarn to the group and pass it around with a pair of scissors. Ask each one to cut a piece at any length they want. After each has done so, tell them to wrap it around their finger and as they do talk about themselves until it is completely wrapped. Place a paper on each person's back with a characteristic on it (Valley Girl, Smart, Happy, Rich). Don't let them see what you are putting on them. Let the participants wander around and talk to each other, treating each other as they might treat someone with that characteristic. Afterward have everyone guess what characteristic they had and tell how they felt (good way to start a discussion on stereotypes or a cultural program).

The Interview

Break the group into two person teams (have them pick a partner that they know the least

about). Have them interview each other for about twenty minutes (You can also prepare questions ahead of time or provide general guidelines for the interview). They need to learn about what each other likes about their job, past jobs, family life, hobbies, favorite sport, etc. After the interviews, reassemble the group and have each team introduce their team member to the group. This exercise helps them to learn about each other.

Back to Back

Two people should pair up that are of equal height and weight. Partners sit back to back on ground. The object is to stand up in unison while communicating. Make sure you don't place your hands on the ground, as injury may occur. Once all groups have accomplished the task, group into fours and eights until the entire group succeeds together.

FOR SALE

Ask each guest to write on the back of their papers an advertisement for their local newspaper, offering an ancient article of furniture in the "For sale" section. They write "For Sale" at the top, leaving a blank space and then write the advertisement, which should not mention the name of the article. When they have finished the laughter begins. You tell them that they have just described their husbands and wives, or best friend, and they should write his or her name in the blank space and read the advertisement out aloud.

Games/Icebreakers

ANSWER YES

Ask questions and if the guest answer with a "Yes" they must get up from their chair and move one place to their left. They may end up sitting on someone's lap or two laps. Here are the questions which you can vary with your own: Do you have black shoes on? Did you walk here? Do you have three or more children? Are you wearing earrings? Are you wearing pearls? Do you have blue jeans on? Is it your birthday this month? Are you wearing the color red?

BANANA DUEL

Have everyone pair up and tie their left wrist together. Give each a banana to hold in their left hand. When you say "go", they peel the banana with only their right hand and try to push it in their partner's face/mouth. You may want to do this blindfolded to add excitement.

BLINDED BY MONEY

Pair everyone up and form a big circle. Give each pair two coins. One person in each pair tilts his head back and places a coin on each eyelid with eyes closed (no peeping!). Put a big container in the centre (e.g. a garbage can). The object is for each person to dump their coins into the container, following the verbal direction of their partner. No physical guiding by the partner is allowed. If any coin dropped, the person should pick it up and start all over again. The fun comes when all the pairs go at once, crowding around the container, blinded by money, trying to hear their partner's direction.

DO THIS AND ADD SOMETHING

Get everyone in a circle. One person starts off by performing an action (e.g. scratching his head). The person on his right must then repeat it and add another action. The game goes on with each having to repeat all the previous actions in order, then adding one. If a player misses an action or gets fouled up, he is out. You can go as many rounds as you want.

FUNNY FACES

Have the participants arrange themselves in a circle. An appointed player turns to the person next to him and makes a funny face or assumes a funny posture. That person mimics the gesture, passing it on quickly to the next person, and so on around the circle. When the funny face has completed the circuit, another person begins, until all or as many persons as possible have had a chance to initiate the face-making.

I PACKED MY TRUNK FOR CHINA

The first player says, "I packed my trunk for China and took an apple (or any other object that begins with "A"). The next player repeats the sentence, including the "A" word and adds a "B" word. Each successive player recites the sentence with all the alphabetical items, adding one of his own. (e.g. "I packed my trunk for China and took an apple and a

bread). The player continues as long as they can or until they have completed the alphabet.

INSTANT STUNT

As each person enters the room, he receives a slip of paper with a silly stunt described on it. E.g. Stand on a chair, bark like a dog, dance around. When the signal is given, all participants perform their stunt simultaneously

OBJECT IN QUESTION

Two players privately select an object in the room. They then discuss it with each other while the other players listen and try to guess what it is. When the object is discovered, another two players select an object. Variation: For an extra challenge, choose an object not in the room.

STAND UP

Sit on the ground with your partner, backs together, feet in front of you, and arms linked. Then try to stand up together. After you succeed add another twosome and try again. Keep adding people until your whole group is trying to stand together.

TACTILE COPIER

The players arranged themselves in a line. A diagram is shown to the last person in line. The person uses his finger to reconstruct the image on the back of the person in front of him. Each player in turn passes the image on to the next person in line by tracing it on his back. The person at the head of the line draws the diagram on a piece of paper for the group to compare with the original drawing. The game can be repeated after the players rotate their positions. Variation: After passing on the image, each player draws the diagram as he perceives it. The group then compares their drawings.

TELEPHONE

As players sit in a circle, someone whispers a message to the person next to him, who in turn repeats it to the next player, and so on around the circle. Each player whispers the message only once. When the message has completed its circuit the last person repeats it aloud for comparison with the original message. The game can be repeated so that as many people as possible can start messages. Variation: The leader whispers two messages, sending one to the right and one to the left.

Charades

Have the usual items (various movie titles, famous names, kinds of animals, actions, etc.) printed on scraps of paper in a bowl. Each person picks one and acts it out without speaking. The others have to guess what's on the chosen slip of paper.

Who Am I?

When students enter the room, the teacher tapes the name of a famous person to their heads. Students cannot look at what's on their own heads. They must discover who they are by asking yes/no questions to others. Activity ends when all students have discovered who they are.

Laugh temptation

This probably works better for a class of 7th or 8th graders. The person who is "it" sits in the middle of a circle. The others can talk amongst themselves until IT says "MUCK." Then no one can speak or laugh or turn away from IT. IT tries to make the others laugh, but cannot touch anyone or leave the circle. The first person to laugh becomes IT.

Writing round

Each group is given the same opening sentence to a story. The first student in a group writes the next sentence and passes it to the next person, who adds another sentence, and so on. This continues until the teacher says its time to write the last sentence. Each group shares its story with the rest of the class.

Favorite item story

Each student in the group lists their favorite item: things, activities, people, etc. They exchange lists and must generate a story that uses all the words on the list.

Do You Love Your Neighbor?

All group members form a circle with one person left in the middle of the circle. The caller (the person in the middle) says, "Hi, my name is..." Everyone else repeats the caller's name aloud, (Hi...). Then the caller goes up to another member in the circle and asks the person their name. The person tells the caller their name, then the caller asks the person if he/she loves his/her neighbors (the two people on either side). If the person loves his/her neighbors, then he/she says, "Yes, I love my neighbors, but I don't like people who are wearing tennis shoes. (The person can name any type of characteristic they want for example, people who have brown eyes, people who are freshman, people who own their own cars, etc.) Then everyone whom the characteristic pertains to must move to a different spot in the circle at least two places away from their original spot. The caller's object is to get into someone else's spot so someone else is left in the middle. If the person does not love his/her neighbor then the person will say, "No, I don't love my neighbors" and then the two people on either side of this person have to change places before the caller gets in their spot. The person left in the middle in either situation is the new caller and the game continues. This will need to be done in a large area or outside. You need to keep your circle tight, shoulder to shoulder, so you can see where your empty spaces are, some groups will use chairs. Have fun!!

CATCH ME IF YOU CAN:

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

HOG CALL:

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

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!

STINGER:

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

WHO AM I...OR FAMOUS PAIRS:

In this exercise, group members will be asked to identify the names of famous pairs or persons. The leader tapes the name of a famous person on the back of each participant. (i.e. Fred Flinstone, Mary Lou Retton, Bill Clinton, etc.) The group member is not to see who is taped to their back. Their task is to find out who they are. The participants mill around the room asking others yes/no questions. If the member receives a "yes" answer, they can continue to ask that individual questions until they receive a "no" answer. Then they must continue on to ask someone else. When a group member figures out who they are, they take off the tag, put it on the front of their shirt, and write their own name on it. The member then can help other members find out who they are. The exercise concludes when all members have discovered who they are.

Uncle Wolf, What time is it?

All players line up on one side of the field and one is selected to be the Uncle/Aunt Wolf, and is taken to the far end of the field. The Uncle Wolf stands with his/her back to the group as they ask, "Uncle/Aunt wolf, what time is it?" The wolf responds with a number (one o'clock), and the players take that many steps toward the wolf. This continues until the wolf responds with "Dinner time" and all of the players must run back to the starting line without getting tagged. If the wolf tags anyone, they become the wolf helpers in the next round. This continues until there is only one person who has not been tagged. This person gets to be the new Uncle/Aunt Wolf.

Sticker Stalker –

When residents arrive at your program, give each 10 stickers. The object of this game is to get rid of all your stickers by sticking them on the other guests (One sticker per guest). However, if the guest you are "stickering" catches you, he/she gets to stick one of his/her stickers on you. If you are "caught", you must temporarily take your sticker back, and you can try to sticker that same person later (at your own risk). But if someone falsely accuses you of "stickering" him/her, then you can automatically put one of your stickers on that person. The first one to get rid of all 10 of their original stickers is the winner!

This Is My Nose-

The group forms a circle. One person is "it" in the center and begins the action by approaching someone else in the circle and pointing to a part of their own body and calling it something else ("This is my nose" while pointing at their elbow). The "victim" in the circle must do the opposite (point to nose and say, "This is my elbow") before "it" counts to three. If he fails to do so, then he becomes it and it joins the circle.

Zoo-

Have everyone stand shoulder to shoulder in a circle. Have one person inside the circle point to someone and say alligator. The people on either side of the person pointed at must take on the appearance of that animal (arms to look like big teeth) before the person in the middle counts to five. If the person in the middle counts to five first, the person they pointed at takes their place. You can add in more animals as the game progresses (it is suggested to use just 4 animals, tops) and you can put more than one person in the middle as well

Sculptures-

Participants are seated on the floor. The leader asks for two volunteers. One is a sculptor, and the other is the sculpture. The leader whispers a word to the sculptor, who then begins to sculpt the other person into that word. The rest of the group tries to guess the word. The activity can gradually increase to where different teams are working together to sculpt other teams, and to where the person being sculpted has to guess what they are becoming.

I'm Thinking of a Word That Rhymes With...

The leader thinks of a one syllable word and tells the group that he is thinking of a word that rhymes with it. The members must use a definition to guess what the word is.

(Example: I'm thinking of a word that rhymes with cat (rat). Is it a word that means overweight? No, it isn't fat. Is it something you would put in front of your front door? No, it isn't mat. Is it a rodent larger than a mouse? Yes, it's rat.)

HULA HOOP GAME

Divide into even teams. (The # of teams is determined by the size of your huddle and the # of hoops you can find.) Have each team join hands and stand in a straight line. The whole team must pass through the hoop without letting go of each others hands.

Elimination Soccer Stations

Equipment - 2-3 soccer balls, 20-30 cones.

The game can be played with as many students as you like. I usually play with a group of 15-20. Using one half of a basketball court (better if it is played indoors) place 12-15 pairs of cones around the court, spacing them at least 1/2 meter apart. Each person has 1 pair of cones to defend. The aim of the game is to eliminate people out of the game by knocking one of the two cones over. You can also be eliminated if you knock your own cone over with your feet. I use 3-4 substitutes on the sidelines. Once you have been eliminated you go to the end of the side line and the substitutes move up one space. The first substitute replaces the person who was eliminated. The person who goes in is not in the game until their cones are setup again. If a cone is struck but only slides along the floor, the people is not out, however they must leave the cone where it is and defend it as well. I use two balls at one time to make sure people are regularly getting eliminated. Soccer rules apply and students are encouraged to move around the court instead of always standing still.

Builders and Bulldozers (Primary)

Split the class in 1/2 where one group are "builders" and the other "bulldozers". Spread out pylons (cones) around the gym, some up and some tipped over. The builders' job is to stand up the pylons while the bulldozers must tip them over. The teacher can provide guidelines as to how you're to "build" or "bulldoze" the pylons (with left foot, right foot, left hand, right hand, with a partner). The class can switch jobs and the process can be repeated.

SURVIVOR:

Place objects and equipment throughout the gym floor which will be called the ISLAND after the famous TV SHOW. Arrange the class into groups to find their way across the floor by being given certain modes of transporting. At no time may any student touch the floor. Examples of transportation are:

- Tumbling mats
- Scooters
- Deck rings
- Frisbees
- Carpet squares
- Jump ropes
- Cardboard
- Hula hoops

All the other equipment on the floor is the rewards such as FOOD (beanbags), SHELTER (hockey net) or LIGHT (fire - relay batons). The object is to get across the other side by taking the rewards one at a time. They can go to the outside of the area and start over . The group that has the most goods or the best time will win. Anytime a student falls into the ocean(floor) , the whole group must perform a challenge from stations that are set up on the outside of the area. Some examples are:

- Jump rope 10 times
- Shark swims to a cone and back
- Crab walks 10 steps
- Ten reverse push ups on the bleachers
- Jump and reach a hanging (coconut- ball)
- Swim with the scooter from cone to cone(any marking)
- Ten island crunches

"Greek Basketball"

Appropriate age group: It can be presented to ages 5-15. Sometimes can use it in order for all the players to participate in the game not only the athletes. Equipment needed: Basketball & 2 types of t-shirts for the players in order to recognize both teams. Rules: It is basically the same rules of a basketball game but players are not allowed to dribble the ball, they are only allowed to pass the ball. Players are also not allowed to shoot inside the free throw area only if they get the offensive rebound. If participants dribble the ball (usually they do, cause it come naturally, the other team gets the ball. By this way players are getting more involvement. I use to play this game when I was younger in physical education classes and I remember passing the ball, so this game also involves greater teamwork.

Assassins

All participants sit in a circle holding hands with their arms crossed. The number of cards equals the number of participants in the game. The cards are shuffled and passed out among the players. All the cards are insignificant Except the Ace of Spades. The person with the ace of spades becomes the Assassin. Next, the Assassin squeezes the person's hand on either side of him/her any number of times, and then that person squeezes the next person one Time less until the count is down to one. The person who gets their hand Squeezed once is out of the game. The Assassin is the only one who can start a Chain. Example: The Assassin squeezes a person's hand 5 times that person then squeezes the next person 4 times. The other players just try and guess who the Assassin is. If a person guesses wrong then they are out of the game. The person who can eliminate the most people before getting caught wins.

I Have Never

All players sit in a circle in chairs, with one less chair that there are players. The extra player is it. He proceeds to say something that he has never done, such as "I have never gone to the beach." At that moment every player who has gone to the beach must stand up and find a new seat. The player who is left standing becomes the new it.

The Moving seat game

Players must sit in chairs in a circle. There should be as many chairs as there are players. One player is then selected to be it and goes into the middle of the circle. When time is called the person to the left of the empty chair must then fill it, and the left of that chair must fill it etc, while the person in the middle tries to fill the empty seat as it moves around the circle. Once this task is accomplished, the person that was supposed to fill the seat is the new it. To make the game more interesting, the leader of the game can yell switch directions to have the person to the right of the empty chair try to fill it before the person in the middle.

King Monkey

Players must sit in a circle to start off. Then the game leader must say, "Welcome to the Jungle I am the king monkey the head of the food chain." The circle represents the food chain. The person to the left of the King Monkey is at the bottom. The object of the game is to work your way up the food chain to eventually dethrone the King Monkey and become the new King Monkey. Each player must create their own animal noise and hand motion (make sure that they everyone can pronounce it). The King Monkey starts off the game by performing his animal motion and noise and then another player's animal noise and hand motion. That player must then perform their hand motion and noise and another players. If that player should mess up by taking too long to respond, saying another players animal before their own, performing the other players motion and/or noise incorrectly, or saying an animal that is not in the food chain, that player must then go to the bottom of the food chain. In the event of this happening everyone below this player moves up in the food chain but does not get to keep the animal that they had before. They must instead take on the animal of the person that was in their new seat before they moved to it.

Who Has the Sign?

Players sit in a circle. They each pick a hand motion to represent them. A person is then selected to be it and goes in the middle of the circle. The players then must pass the sign around the circle by performing their sign and then another player's sign. The person who is it, in the middle, must then guess who has the sign.

Ultimate Frisbee

Ultimate in 10 simple rules

1. The Field -- A rectangular shape with end zones at each end. A regulation field is 64m by 37m, with end zones 18m deep.
2. Initiate Play -- Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring -- Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

5. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Capture the Flag

Somewhat of a war game with periods of seemingly inactive play interspersed with moments of great excitement and confusion. Always interesting with endless strategies, with opportunities for coordinated teamwork, individual heroism, and plenty of exercise for those who want it. Equipment Needed:

2 bandanas, boundary markers. A key to success is selecting a large playing field, at least football or soccer size. If it's irregular, with trees, bushes, and gullies for hiding, so much the better. Please be aware of safety, this can be a high risk game. I've played this many times at dusk (or in the dark) with the occasional fall or sprained ankle. Setup: Divide the field in half. The boundaries should be clearly marked, especially the center dividing line. A bandana is placed in plain view on each side of the field, usually as far back as possible. Object:: To steal your opponents flag and bring it back into your own territory. Play: Divide into two teams. If a player is tagged inside the other teams' territory they must go to "Jail." This is an imaginary area usually within twenty feet of the flag. The only way to be released is for another member of your team to come and tag you. You are then given free passage back to your own territory. Play usually focuses on some players attacking, others defending the flag and prisoners. You may need to enforce a clear perimeter around the flag to prevent defenders from physically making it impossible to snatch away. If someone is tagged while bringing back the flag, you may take it back to its original location or leave it where the person was caught. The latter option speeds up game play, since they may be only 10 feet away from crossing the center line. Decoys and feints come into play, but let the kids come up with their own strategies. One game may last a couple minutes or over an hour.

Elephant, Palm Tree, Monkey

Setup: Players stand in a circle, close enough to touch the person next to them without straining. Play: Two or three "its" stand inside the circle. Each "it" points to a different player and calls out "elephant," "palm tree," or "monkey." For "elephant," the person pointed at crosses their arms out in front of them forming a trunk, while the players to each side cup their arms toward the center person, forming large ears. For "Palm Tree,"

the person pointed at raises their arms straight up, while the players to the side point move close to the center person, pointing their arms up and away. For "Monkey," the center person puts their hands over their eyes, the person to the right puts their hands over their ears, and the person to the left puts their hands over their mouth. This creates the classic "Hear no evil, see no evil, speak no evil" pose. After calling out a position, "it" quickly counts to ten. If any or all of the players don't respond correctly or in time, they become "its" and trade places.

Ha Ha Ha

Have one person lie on the floor. The second person puts their head on the first person's stomach. This continues until everyone is lying down. The first person says "Ha", the second "Ha Ha" and so on until the everyone has said their correct numbers of Ha's or the entire group bursts into a fit of giggles which will always happen!

Around the World

Have the group in a circle holding hands. Break one set of linked arms and put a plastic hoop in between and re-link the hands. The object of the game is get the hoop around the circle, over and under people in a certain amount of time. The time will depend on the size of the group. I suggest you overestimate the amount of time you think it will take for the hoop to make it around the first time. You can always have a bonus round with a much shorter amount of time allotted and have the group try to beat the clock.

Honey, If You Love Me

This is a game where a person goes and sits on someone else's lap, (or just stands in front of them) in an attempt to make that person smile. The instigator asks three times, "Honey, if you love me, will you please, please smile?" The person that is trying to refrain from smiling must look the instigator in the face and reply, "Honey, I really love you, but I just can't smile." If they do smile at any time, they trade places with the instigator.

I Like Everybody, Especially Those....

Everyone is seated in chairs, in circle formation. The leader stands in the middle of the circle. The object is for the leader to call out what they like about people and if this pertains to anybody in the group, they must leave their chair and find another one. The leader also finds an empty chair, therefore there will be a new leader. For example, "I like people, especially those who wear jeans." Everyone wearing jeans must find a new seat.

Elbow Tag

Define the boundaries of a large area. Everyone finds a partner and hook elbows. Make sure teams are distributed evenly over the playing area. Each person puts their free hand on their hip, elbow out, creating a hook. Divide a team and make one person the "chaser" and the other the "fleeer." The object is to hook elbows with another team before getting tagged by the chaser. Once hooked up, the person on the other end of this now three person chain becomes the fleeer. If tagged, they trade places, with the fleeer becoming the chaser, and the chaser becoming the fleeer. Anyone running outside of the boundaries also must become the chaser. This game is fun to watch, so much so, players are often caught

unawares when they've suddenly become the fleer! To add dynamics to this game, have two or three chasers and fleers going at the same time.

Guess The Celebrity

Everyone writes the name of a celebrity, famous person or character on a piece of paper which they stick to the forehead of the player on their left (use tape or office Post-It notes). Make sure they don't see the name. Everyone else can see your forehead. The objective is to work out who you are. Going around the table, each payer takes a turn to ask the party questions about who they are - answers can be YES or NO only. If you get a YES you may continue asking, if you get a NO play moves on to the left. Last person to guess their name is the loser.

Calling all Cars

There are various different colored sections all around the playing field. You can use colored paper, hula hoops. You say calling all cars to red, and all of the kids go to red. Calling all cars to blue etc.

Mafia Game

One person is nominated to be the narrator. This person will talk the rest of the people through the game. The narrator starts out by having the different people choose from a deck of cards that have three or so kings (depending on the amount of people playing use more or less), one queen, and one jack. The people of the group don't show anyone their card, but put it face down in front of them. The narrator then tells the group that they are citizens of a town that the mafia has slowly been trying to infiltrate. All people that have King cards are a part of the mafia. There is hope for the town though because we have a Doctor that can save one person a night, who has the Queen card, and a sheriff that can investigate one person a night, the Jack card. All other cards are townspeople. The narrator can then ask for the town to name the town e.g. Smithville. Then the narrator says "the people of Smithville go to sleep," and everyone puts down their head and closes their eyes. The narrator says "mafia wake up," and all people who have Kings open their eyes and raise their heads. The narrator says, "Who do you want to eliminate," and all of the mafia members must agree on one person to point to and when they are done they put their heads down. The narrator then says "mafia go to sleep, doctor wake up," and the person who drew the Queen sits up. The narrator says, "who do you want to save," and the doctor can pick any one person to save from elimination, including him/herself, that he/she thinks that the mafia picked by pointing to them. The narrator says, "doctor go to sleep, sheriff wake up," and the doctor puts his/her head down and the person who drew the Jack card lifts their head. The narrator says "who do you want to investigate," and the sheriff can then choose one person to see if they are the mafia by pointing to them, and the narrator will give the thumbs up or the thumbs down saying if or not they are in the mafia. The narrator says "sheriff go to sleep, people of Smithville wake up," and all people wake up. The narrator explains if anyone has been eliminated and the townspeople then vote off one person that they think is the mafia and the narrator says "people go to sleep" and the process begins again. The game ends when there is either all of the mafia members are eliminated, and the townspeople win, or there are only mafia, and the mafia win.

Captain May we cross you ship?

All players line up side by side on one edge of the field. The captain stands in the middle. The players ask the Captain “ Captain my we cross your ship” and he responds “only if you ___ (have red shoes on, are wearing blue, like bananas). These people can get a free walk across the field, safely. The Captain then says “now the others may try and pass,” and all the players that are left must cross the field without getting tagged. If tagged they become helpers on the next round, meaning they also get to tag the other players. This goes on until every player has been tagged.

Sleepy Spider

All players line up side by side on one side of the field. The spider then announces that he is going to sleep, and then pretends to go to sleep by putting his hands under his head. The players must sneak across the field with out “waking up” the spider, by tiptoeing. If the spider should “wake up” the players must run to the other side without getting tagged. If tagged they join the spider. To make the game more interesting the spider could have a treasure that he is guarding, such as a ball, and the players need to get it and run to the other side with out waking up the spider.

Activity: **Three things in common**

Props: None

Move: Light/standing

Area: Medium

Time: 5- 15 minutes

Size: Any (partners)

Type: Socializer

Intent: Share commonalities and get to know one another better.

Action: Partners find three unusual things they have in common.

Highlights: This game works well as people first arrive. They are looking for the familiar and the comfortable. An unexpected side benefit of their conversations is that finding out things they don't have in common can still lead to learning lots about one another.

Preparation: Ask people to get partners and introduce themselves.

Script: The word "community" springs from the word "common" and the goal of this game is to create a feeling of community by discovering commonalities. In the next three minutes, find three things that you and your partner have in common and that you don't already know or can't tell by looking. For example, working for the same company and wearing glasses DON'T count! After three minutes, be ready to volunteer commonalities. Any questions?

Variations: With groups who already know each other, invite them to discover their most unique or extraordinary commonality. Challenge the entire group to find a commonality among everyone.

Stand and Be Recognized is a version where anyone can identify a trait and ask those who share it to stand and be recognized. For example, stand and be recognized, if you...

... drove more than an hour to get here;

... work in customer relations; or

... coach a youth group or sports team.

Activity: **Have you ever...?**

Props: Small squares to stand on.

Move: Moderate/walking

Area: Medium

Time: 5-15 minutes

Size: 20-50

Type: Socializer

Intent: Learn about one another and find things in common.

Action: People with the same experiences swap places in a circle.

Highlights: Take care that no one get hurts rushing to swap places. Encourage people to shuffle or move in slow motion.

Preparation: With the group's help, create a circle of chairs (or carpet squares) with each person sitting in a chair (or standing on a square) and you stand in the middle without a chair (or square).

Script: In this activity, the person in the middle will complete a HAVE YOU EVER sentence with a questions that is TRUE for him or her. If it is also true for you, leave your position and find an empty one that was vacated by someone else who answered YES to the question. For example, if asked "have you ever flown in an airplane;" then anyone who has, would change places.

Meanwhile, I will have grabbed one of the first empty space and the person who is unable to find an empty space, will become the next questioner in the middle. Now although the consequence of being last to find an open space is pretty minor, some people will still want to race, rush, and push each other. So, let's resist that competitive temptation, shuffle between places, and avoid physical contact. Any questions?

HAVE YOU EVER...

... Capsized a canoe in whitewater?

... been to a play in New York?

... flown in a helicopter

... watched TV for more than 8 hours in one day?

... spilled hot coffee on yourself?

Variations: Play have you NEVER by changing the descriptions to the things people have not done in their lives.

Activity: **Communalities**

Props: None

Size: 30+ the more the better

Type: Socializer

Objective: The group find out what they have in common, from general to specific information.

Instructions: We are going to do a quick activity to see what we have in common as a group. We will start together as one group then I will ask you to divide into two groups and have each smaller group come up with something they all have in common that also relates to the previous topic. When we have completed a few rounds, we will be in groups of 2 or 3 people and I will ask each small group to share what they have in common.

Decide upon one thing you all have in common. Check to make sure everyone actually has that one thing in common.

Divide in half (two groups) and ask each half to come up with something you have in common that is within the first category.

Divide each of those groups in half and ask each group to come up with something they have in common that relates to the last category.

Continue this process until you have groups of twos or three.

When the groups are as small as they can get, ask each group to announce their last commonality. Expect a wide range of responses that may seem to have no connection to the group's original response.

Facilitator notes: I tend to move from group to group as they make their decisions. I often ask for groups to raise their hands when they are ready for the next round. Even in a group of 30 people you will end up with 14 small groups at the end and it can be a challenge to manage.

The number of times the groups will divide is really not many. A group of 30 people will only go through 4 rounds before they finally split into groups of pairs and triads. A group of 200 would only need 7 rounds and a group of 1 million would only take 19 rounds... but you better bring your lunch.

Activity: **Partner Stretches**

Props: None

Size: Just need partners

Type: Socializer/energizer

Objective: Loosen muscles and get to know someone else in the room.

Instructions: Find a partner... someone you don't know very well. Quickly introduce yourself to your partner. Stand side by side.

Head rolls: Relax your shoulders. Slowly and gently roll your head around clockwise. Be careful not to hyperextend your head back. Now, switch directions and roll your head counter clockwise. Try not to fall down.

Side Stretch: Stand side by side with your partner. Place your hand on your partner's closest shoulder. While both facing forward, reach your outside hand upwards and try to touch your partner's hand. Now bring your outside hands back down and reach down to touch the lowest point on your own outside leg. (Repeat)

Switch sides with your partner and repeat the steps above.

Facing stretch: Stand facing your partner. Place your hands on their shoulders. Slowly bend at the waist and lower your head to form a table top with your upper body. Feel the stretch in the back and back of your arms. Slowly straighten up your original position.

Quad Stretch: Stand side by side with your partner. Place your hand on your partner's closest shoulder. While both facing forward, bring your outside foot up behind you and grab your foot. Use your partner for balance. Slowly pull your foot upwards and lean forward slowly. Straighten up and release your foot. (Repeat)

Switch sides with your partner and repeat the steps above.

Abs, Back, and Legs Stretch: Stand back to back with your partner, then take a half step forward. Spread your feet shoulder width apart. Slowly reach your hands over your head and try to touch the fingers of your partner. Now slowly reach down through your legs and try and touch your partner's fingers. (Repeat)

Facilitator Notes: With any stretches, encourage people to move slowly and avoid bouncing. If you will do the stretches with the group they will follow your lead.

The quad stretch can be difficult for some people who have knee problems. Encourage people to do what will keep them healthy. Crashing to the floor is not allowed.

The abs, back, and legs stretches is a very good physical stretch and it is funny too. People will tend to spend little time bending down to touch fingertips so keep it moving. On the last time reaching between the knees I will say, "Slowly reach down again

between your knees. Grab your partner's hands and ... no, I'm just kidding," as if they were going to pull their partner out from between their legs.

The 6-count is a good activity to follow the partner stretches.

Contests

BATTLE OF THE NUTS

Give each person a peanut and have them pair up. They should try to crack their partner's peanuts by pushing their peanuts against one another. Those with cracked peanut are out. Do this in round until only one or a few peanuts are left not cracked.

BIG SCULPTURE

Divide the group into two teams. Give each team five large garbage bags and as many blown-up balloons as possible. Have them create a huge human figure by putting the blown-up balloons in the bags and attaching the bags together within a definite time limit. The best sculpture wins.

CAMPUS LIFE WORD LIST GAME

Give everyone a piece of paper and ask them to write down as many words as possible from the letters in the words "CAMPUS LIFE", (e.g. camp, camps, us, came etc.) No proper names or slang words are allowed. You may use other longer words and have the people work in pairs or small groups.

BRIGHT EYES

Equipment: Large drawing of a face, 2 buttons to each guest. The demonstrator places a large drawing of a face on the floor and each guest in turn attempts to drop a pair of bright buttons to form the eyes of the face. The most accurately place eyes wins a prize.

DOTTY DRAWING

On the back of the Papers, ask each guest to draw six large dots in any position. Collect the papers, shuffle them and hand them out. Be sure no one gets her own. Then ask guests to make a drawing, using the dots as the main framework. The Prize goes to the guest with the most original drawing. Note: They may not add any extra dots

HAT TRICK

Form a circle. Put a derby type hat on one person. The object is for him to get it on the next person's head without using hands, arms teeth or legs. You may divide the group into two and have a competition.

HORSE RACING

Equipment: A Dice. In this racing game guests line up at one end of the room. The farthest end is the winning post (marked by a chair, for instance) The guests take turns to throw the dice. Each number turned up represents the amount of shoe lengths they are entitled to step towards the winning post. First guest to reach the winning post marker wins a prize.

PAIRS

Short, sweet and simple. The first guest to produce a pair of anything wins. Most usual winners produce a pair of shoes. Yet, most original wins a prize.

PEOPLE BINGO

Give everyone a piece of paper of either of the following:

Wears size 6 shoes

Likes pizza

Has 2 siblings

Has the no. 5 on his telephone no.

Is left-handed

Birthday is in Dec.

Favourite colour is yellow

Drives a blue car

Plays tennis

Went to the cinema last week

Has a pet dog

Name beginning with "J"

Born in April

Sings in shower

Talks in your sleep

Did not make bed today

Reads "Peanuts"

Takes nap

Loves ice-cream

Watches cartoons

Snores when you sleep

Never changed a diaper

Give them a time limit and send them loose to find someone with the relevant description. The one with the most squares filled up wins.

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 samples:

Knows their 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

SAVE ME

Here is a riotous game. The demonstrator asks guests to imagine they are all survivors at a shipwreck, swimming for their lives. There is only one life belt. One survivor can claim

it and be saved. Each guest must state their case: Why they think they have the most right to live. The guest with the most convincing or amusing case wins a prize.

TALL STORY

Hand out to each guest a folded slip of paper marked on the outside "BIG, BIG SECRET" and inside write "Giraffe". Tell everyone that each guest has the name of an animal, which they must keep a secret, and that when you mention each animal's name the appropriate guest must run up to your display and grab the prize. (Chocolate) Now tell a story about a visit to the Game Park mentioning the names of the various animals you see as you and your family are driving through. By the time you have mentioned the names of several animals and no guests have gotten up, they will all be worried that they have been left out, and then the next name you mention is the "giraffe" and they all rush to the table together to grab the prize.

How would you spend \$1 million dollars?

Each small group receives this question and shares responses. If possible, each group could vote on a favorite idea, presenting the idea to the other groups.

Pyramid stack

Each team lines up to do a relay race. The first person runs to a table ahead, stacks the plastic cups into a pyramid, unstacks them, runs back to the line, and tags the next person. This continues until every in lines has gone. Teams will race to see which finishes first.

Scavenger Hunt:

Have each participant write down their name and an obscure fact about themselves that few people know about. These are then typed up on a sheet of paper, but with the names left blank. Hand out the sheets to all the participants and tell them that they are to match the obscure facts with everyone's name. This could be done in two ways, one way is to have everyone just guess and see how many they get right. Afterwards they could discuss first impressions and stereotyping. The second method is to have everyone work on the sheet throughout the meeting, week, or until next meeting and offer a prize to the person with the most correct answers. If there is a tie, have a run off to see who can remember the most without looking at his or her sheet.

BITE THE BAG:

The team is instructed to form a large circle. The facilitator then places a brown grocery bag in the center of the circle. Each member must pick up the bag with his/her teeth while standing on one foot with both hands held behind his/her back. After the entire group has successfully completed this task, the facilitator cuts one to two inches off the top of the bag. If a team member touches the floor with his/her foot (or any other part of the body), the member is disqualified. After each round, more of the bag is cut. The last team member who successfully picks up the bag without falling, wins! This exercise, similar to a reversed limbo contest, can be a lot of fun and a great icebreaker for new team members.

CONFUSION:

Great high energy game to help participants begin to feel more comfortable in new group. Give each participant a sheet with various tasks and ask them to complete it when you say, "GO!" Here is a sample:

Get a male 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 a female 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.

SOLEMN AND SILENT:

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

GUMMY BEARS

Have 4-6 buckets filled with water. (A girl volunteer for each bucket sitting in chairs with buckets in front of them with guys laying down with heads beside buckets). The girls are to have shoes and socks off. Place 6-8 gummy bears (or life savers) in each bucket and have the girls, with their toes, feed them to the guys. The girl and guy team who can eat the most gummy bears in 2 minutes wins a bag of gummy bears.

INNERTUBE CHALLENGE

Props: One bicycle inner tube (you can get one at Wal-Mart)

Get as many people inside the bicycle inner tube as possible

SIGN THE FOOT GAME

Pick 2-3 volunteers. Have them take their shoes & socks off. Give them each a ball point pen. In 2 min., see who can get the most signatures on their feet in the time allotted. The audience's name can only be used once per foot.

Sock Monster

Two students at a time Battle each other in this match of massive intensity. First thing to take into consideration is that the students must battle on a soft surface such as 3 mats that are put together. This forms the boundaries of the match. The players must then take off their shoes and make sure that they have socks on. The goal is for them to take off

the other player's socks without any other physical contact. Player's feet must not touch the ground at any time or else they are automatically disqualified.

King of the Hill

Equipment: Mats, Rope

Arrange the mats on the ground with two stacks of two mats spread apart about 4 feet.



Two players can play at a time with one on each stack of mats. The goal is to either get all of the rope or to knock the other person off of their "hill" only by pulling or releasing the rope.

Team Building

HUMAN SPIDER WEB

Divide the group into teams of 6-8 persons. Have each team move to a location that allows them to stand in a small circle. Instruct members of each group to extend their right hands across the circle and grasp the left hands of the other members who are approximately opposite them. Then have them extend their left hands across the circle and grasp the right hands of other individuals. Inform them that their task is to unravel the spider web of interlocking arms without letting go of anyone's hands. They will be competing with the other groups to see who finishes the task first.

Knots

Group stands in a tight circle. Each person reaches out with their right hand and grabs hold of somebody across from them. Then reach out with left hand to somebody else. The hands you're holding should not be of someone standing next to you. Now, very slowly and carefully, try to untangle the group without letting go of hands. Let the kids take the lead in giving directions. Be sure to monitor for safety as they climb over each other. It's okay to momentarily release hands to get a more comfortable grip. Start in small groups, then work your way up to one big knot with everybody.

MAGIC CIRCLE

This icebreaker can be used to illustrate the multiplicity of meanings of words. Divide the group into teams of 5-7 people. On a prepared set of 3" x 5" cards, a series of words or phrases are written. (one on each card e.g. motivation; put-down, I feel good when ...) The team leader pulls a card out and a few persons are asked to state what the word means to them, or in the case of sentence completion, continue the statement.

THROW AWAY YOUR TROUBLES

Have each person think of a question, problem, or concern. Give everyone a piece of paper and ask them to write their anonymous problem on it. Place a container (a box or pail) in the centre of the room and ask them to crumple up their paper and throw it in the container with whatever expression or sound they want.

SUPERLATIVES:

Participants are asked to study the composition of the group quietly and to decide on a superlative adjective that describes themselves in reference to the others (youngest, tallest, most uptight, etc.). They then tell their adjectives, explain, and, if possible, test their accuracy.

Write the words "agree," "disagree," "strongly agree" and "strongly disagree" on separate pieces of paper and post them on four different walls of the room. Then make a statement such as "our organization can change the world" and have everybody move to the part of the room that matches their opinion. Have the group discuss why they chose their response. With everyone in a circle, have someone come up with a short story that they whisper to the person next to them, and so on. Have the last person recount the story out loud.

Amazing Body Tricks-

This is based on the idea that most people have something they can do with their body that other people may not be able to do. Basically, you go around being goofy and showing off your trick (rolling tongue, one armed handstand, etc).

PAPER PLATES

Use a paper plate and a piece of string to form a "Paper Plate Necklace. "Wear it so that the paper plate is on your back. Then go around writing encouraging notes on each other's plates. When your done, everyone removes their paper plate necklaces simultaneously to read the messages.

Marooned

You are marooned on a island. What five (you can use a different number, such as seven, depending upon the size of each team) items would you have brought with you if you knew there was a chance that you might be stranded. Note that they are only allowed five items per team, not per person. You can have them write their items on a flip chart and discuss and defend their choices with the whole group. This activity helps them to learn about other's values and problem solving styles and promotes teamwork

Ball Toss

This is a semi-review and wake-up exercise when covering material that requires heavy concentration. Have everyone stand up and form a resemblance of a circle. It does not have to be perfect, but they should all be facing in, looking at each other. Toss a nerf ball or bean bag to a person and have tell what they thought was the most important learning concept was. They then toss the ball to someone and that person explains what they though was the most important concept. Continue the exercise until everyone has caught the ball at least once and explained an important concept of the material just covered.

Process Ball

This is similar to the above exercise, but each person tells one step of a process or concept when the ball is tossed to them. The instructor or learner, in turn, writes it on a chalkboard or flip chart. For example, after covering "Maslow's Hierarchy of Needs," you would start the ball toss by having everyone give one step in the pyramid of needs, e.g. Safety, Physiological, Esteem, etc.

Lap Sit

Divide into groups of 10 or more. Stand in a circle shoulder-to-shoulder, facing inward. Now everyone takes a quarter turn to their left and takes one step toward the center. The circle should be really tight now. Make sure the right toe is touching the heel of the person in front of you. Adjust the circle accordingly. Communication is the key to this activity. Have everyone sit down at the same time. Go slow. You should have a tight circle of everyone sitting on the lap of the person behind them. If you get really good you can try walking in a circle, while still in this sitting position. Say "1, 2, 3, right.... 1,2,3, left....."

Activity: **Count Off!**

Props: None

Move: Light/standing

Area: Medium

Time: 5-15 minutes

Size: 10 – 20

Type: Energizer

Intent: Coordination, cooperation, communication and trust

Action: People count themselves without verbal or visual signals.

Highlights: This can be very difficult task for more than twenty people, since the tendency for simultaneous responses is high.

Preparation: Gather the group randomly and not in a circle.

Script: We'll be doing this next activity without verbal or visual cues. This means no talking, no signaling, and no directing one another. Okay?

We are going to discover how many people are in this group by each of us counting off a number on the way to the final total. We can only say one number once and if we duplicate anyone else's number, we will have miscounted and would begin again. For example, you say ONE, I might add TWO, and then a pair may yell THREE at the same time and then we would start over.

Unfortunately, there is no time for planning and we start NOW!

Variations: Use letters instead of numbers. Count backwards. Count in foreign languages.

Activity: **Circle the Circle**

Props: 2

Move: heavy/moving

Area: Medium

Time: 5-15 minutes

Size: 20-50

Type: Energizer

Intent: Flexibility, speed, coordination, playing hard, having fun.

Action: People pass a hoop around a circle by climbing through it.

Highlights: When folks see hula hoops, some are often concerned that they will have to use it in the conventional manner. Other's can't be prevented from swinging it around their hips. Explain that this game uses hula hoops somewhat differently from the 1950's!

Preparation: Obtain a couple of large sized hula hoops. Ask the group to form a circle holding hands. Separate one pair of hands, place one hoop over one person's arm, and rejoin the pair of hands.

Script: Using my watch, I'm going to time how long it takes the group to get the hula hoop to travel once around the circle without people letting go of their neighbors' hands. Any questions? GO!

Okay, now we'll add another hula hoop (add a second like the first) and this time, we'll send one hoop clockwise, while the other goes anticlockwise. The difficult bit will be getting them past each other. I'll time how long it takes for both to go once around in opposite directions and get back to their original place. Any Questions? GO!

Variations: Use several hula hoops for very large groups or use balloons for everyone and see how long it takes to pass several of these hula hoops or all the balloons once around the circle.

Hula Hoop Relay. Form two parallel lines of people and ask them to hold hands with the neighbor in front of and behind them. Place the hula hoop in the hand of the forward person. See which line can get the hoop into the empty hand of the back person without breaking the linked line of hands. Definitely a competitive version!

To make this more difficult, ask people to reach between their legs before grasping the hand of the neighbor behind them and to reach forward and grab their other neighbor's hand as it is passed through that neighbor's legs. Use multiple hoops and more than two lines.

Activity: **Name of the game**

Props: None

Move: Light/standing

Area: Medium

Time: 5-15 minutes

Size: Any (small groups)

Type: Filler

Intent: Recognize patterns, think creatively, and communicate.

Action: People try to “figure out the specific pattern” to each.

Highlights: The “pattern” in these cases is not found in the game, but in something to the side of it. Since people are often selective about what they see or hear, finding each pattern can take a while.

Preparation: Ask two or three people to leave the group, while the remaining members agree on a sequence. Avoid alienating single individuals by sending a person away alone. When the sequence has been selected, ask the outside people to return to the group.

Script: (Speaking to the returned outsiders) Your job is to figure out the sequence that this group is following by asking a series of questions. Ask your first question. Outsiders ask and someone in the group responds with... Begin asking anytime. They ask again and another person says... Could you be more specific? This goes on until they discover each reply is beginning with A, B, C, etc.

Variations: Males and females in the group can take turns replying and can be combined with alphabetical responses. Each answer to their questions can incorporate a color or an object from the room.

Time lag. The first question is answered with a YES or a NO, and the second question is answered with whatever should have been the answer to the first question. The second answer is given to the third question, the third answer for the fourth question, and so on.

Number of words. Nonsensical answers have the same number of words in them as the number of words in the question asked.

Black Magic. is slightly different. One person leaves the group and the remaining folks select a special object. The person returns to the group and answers YES or NO to your questions. You begin with; Is it this watch? Is it these flowers? Is it your right shoe? Is it my left earring? The returning person says NO to everything until you ask about something that is black in color and then answer YES to the very next object you pick. Make sure you brief your cohort in advance and be prepared to let others take over the roles when they think they have figured it out. Have a special signal for first pick!

Activity: **Copy Cat**

Props: None

Move: (none/sitting)

Area: Medium

Time: 5 – 15 minutes

Size: Any (small groups)

Type: Filler

Intent: Pay attention to detail and make careful observations

Action: A couple of people watch to see who is leading the pack.

Highlights: The group performs a rhythm led by a hidden leader who changes the rhythm, while others try to discern that leader.

Preparation: Ask two or three people to leave the group, while the remaining members agree on a new leader. Avoid alienating single individuals by sending a person away alone. When the new leader has been selected, ask the outside people to return to the group.

Script: “In this game, we have chosen one leader who will make changes that the rest of us will duplicate. Your task is to discover who our leader is. You get one guess each, without a time limit.” Begin clapping hands and watch what the chosen leader does next.

Variations: Pick more than one leader. Here are related games.

Everyone’s a leader. Have everybody pick their own leader and agree to duplicate what that leader does. After choices are made, ask them to close their eyes. After a few seconds, ask them to open their eyes and join in the fun as they attempt to follow the changes.

Follow the leader. Make sure you have a beat, song, or poem to teach your group. Explain that they should follow you precisely. Just before you share it, clear your throat and then tap the beat, sing the song, or recite the poem. When they repeat you exactly, they are only correct if they clear their throats beforehand as well. The “key” can be shifting weight to another foot, changing an object to the other hand, taking a deep breath, pausing for a long time, and so on. These keys can be performed afterward instead of beforehand.

You’re Hired. “I just hired someone in this group. Who was it?” People will try to guess who you hired and (unless someone says ME! Immediately) the person you will have hired will be whoever is the first person to guess, question, or utter a noise after you speak.

Activity: **Circle Massage**

Props: None

Move: light/standing

Area: Medium

Time: 0-5 minutes

Size: 1-10

Type: Closer

Intent: Relaxation, and appropriate physical touch.

Action: In a circle, people massage neighbor's shoulders and neck.

Highlights: Warming up with stretching deserves warming down with a massage. Few activities get such welcome responses from tired people toward the end of the day. Emphasize the need to be sensitive to the varying comfort levels of others. Ask for feedback.

Preparation: Ask people to gather in a circle and turn to their left.

Script: Put your hands on the shoulders of the person in front of you that is facing away from you. Adjust the diameter of the circle to allow a comfortable arrangement of hands and shoulders. In a moment, I'd like you to begin massaging the neck and shoulders of this person. If you're uncomfortable with giving or receiving a massage, I would encourage you to quietly step out and observe.

Okay, let's begin VERY GENTLY at first. Ask people ahead what they like. Tell people behind if you need anything different. Great!

(After a few minutes), please thank your masseuse, turn around and return their favor! (Spend a few more minutes at this and then), I know this may be difficult for some, but we need to stop, face back into the center, and move on. Please thank one another.

Variations:

Activity: **Hidden Feedback**

Props: Index cards, pens, one each

Move: Light/standing

Area: Medium

Time: 15-30 minutes

Size 1 – 10

Type: Closer

Intent: Giving peer feedback and appreciating personal strengths.

Action: People reveal who they observed and give them feedback.

Highlights: This is best for multi-day programs where people have lots of varied opportunities to observe each other in action. During closure, the chance of emotional responses can be high, since some find receiving positive feedback can be harder than giving it. Take notes during this activity, so you can refer to them in follow-ups.

Preparation: Before the group has had much interaction, distribute index cards or slips of paper. Ask people to print their name on one and put it into the box you have provided. Have them draw a name from the box (returning and drawing again, if they get their own name). Explain that they are to observe the person whose name they drew and note that person's positive behaviors in the program. Encourage them to remain anonymous, but take notes if they want.

Script: (At the end of the program), I hope you recall that each of you drew the name of a person to observe during the program. This is the time and place for giving those people their positive feedback. I would like you to take turns revealing who you observed and share publicly something that you were impressed by or something you saw them doing well. Here are some ground rules to help you.

- Be specific and sincere. This is a rare opportunity for someone to receive this kind of feedback.
- After the observer has given positive feedback, anyone else may add their observations about that person.
- Most importantly, when giving feedback, say it to the person by making eye contact and using words like "you" and "I".

After you have received your feedback, it is then your turn to give feedback to the person that you were observing during the program. We will continue on through the group. Okay, who wants to start?

Variations: Include gift giving with the feedback, such as ones that people have created with their specific recipient in mind.

Activity: **Hands up!**

Props: None

Move: light/standing

Area: medium

Time: 0-5 minutes

Size: any

Type: Closer

Intent: Experience and discuss leading, following and resisting.

Action: People raise and lower hands as they stand in a circle.

Highlights: When people are holding hands, any movement with one of their hands produces movement in their neighbor's other hand. Do people lead, follow, and/or resist such movements?

Preparation: Ask people to gather in a circle and hold hands.

Script: What we're going to do next is an analogy for our group as we leave this gathering and move back out into the workday world. Some of you resist and some of you lead the way. And all of you can follow a strong leader... or be one. Ready? Raise your right hand! (People raise right hand and all the left ones go up a well.

Now lower your left hand! (People lower left hands and all the right ones go down as well.) What happened there? (Hold a debriefing on leadership, follower ship, and resistance to these notions; and/or discuss who experienced any resistance to their leadership.)

Yes, let's try it again. This is a model for moving forward. Notice that sometimes you are a leader and sometimes you are a follower. Try to refrain from being a resister. Ready? Raise your right hand! Now look around and memorize this picture in your mind. When you step up and lead, others will follow. Sometimes, they can't help but follow! So, in celebration, shake your neighbor's hand and 5 more hands before you leave. Thanks for coming today.

Variations: In closing activities, where a circle is holding hands, a nice beginning is to have everyone share a round or takes their turn in sequence to give a single word or phrase that reflects on their experience. Rounds can be about lessons learned, personal pledges for future change, observations of people, and performance scaling (asking for a show of digits, or a number from 0 – 10, on a topic)

Activity: **Anonymous Appreciation**

Props: None

Move: Moderate/walking

Area: Medium

Time: 5 – 15 minutes

Size: 1 -10

Type: Closer

Intent: Offer and receive appreciative feedback from colleagues.

Action: People send appreciation through a neutral emissary

Highlights: Positive appreciation is almost as challenging to hear as negative feedback. Even when the appreciation is sincere, people can discount or neutralize it, and wonder why they are undervalued.

Preparation: Get people into a circle about shoulder width apart.

Script: There are many ways to give and receive appreciation. One is face to face. Another is hearing comments through a grapevine. A third, more fun and mysterious way, will be part of our closing. We are going to focus on appreciating one another anonymously.

In a moment, you will have the opportunity to give some positive comments to someones through a third party messenger. In other words, I say to Dylan, “Please tell Michelle the following, and without mentioning my name!”

This is also an exercise in listening. Listen to the appreciation being given to you by the neutral messenger and also listen when you are the messenger to make sure you transfer the message correctly!

Make your appreciations, short vivid, and specific. Single sentence messages are best. Keep appreciating as many people you can, and remember to soak it up when someone appreciates you. Any questions? Let’s reflect silently for a few minutes on what to say to each person. I’ll let you know when then minutes is up and you can begin sending your messages. Any questions?

Variations: If a group is receptive to more direct feedback, try Back Writer. In this activity, ask people to tape a sheet of paper to their backs and everyone can write positive comments on their back pages.

Activity: **Funeral for a friend**

Props: Piece of paper per person, pen, place for small fire (fire pit or metal can)

Move: light/standing

Area: medium

Time: 15 – 30

Size: 10 – 20

Type: Closer

Intent: Bid farewell to a “bad” habit with a funeral ceremony.

Action: People write eulogies for their habits and “cremate” them.

Highlights: The ceremony here involves holding a funeral for a bad habit or “old friend”. It offers people an opportunity to identify a behavior they plan on letting go of in the future and provides the chance to recruit supporters for the challenge ahead. The fact that some folks will publicly share their decisions may reinforce their ability to sustain the change after they leave the program.

Preparation: You’ll need a fire proof metal or pottery container in which papers can be burned by a lighter or match. Give everyone a piece of paper and a pen. Gather them into a circle.

Script: As this program nears its end, each of you has identified at least one behavior that you would like to change. So we are going to have a last rights ceremony to say goodbye to those behaviors.

First, I would like you to name your behavior, then put your pen to paper and write a eulogy about that behavior. Please do this now. (People go away to write and return when you summon them.)

Second, we will go around the circle and place our eulogies in this container at which point they will be ceremoniously burned. If you want to read aloud prior to burying it, you may do so. In addition, if you are so inclined, you can speak about your behavior, but no one is going to insist that you talk about something that is private. If you choose to speak, I would encourage you to talk about how your friends and colleagues can support you with your recent loss. What can we do to help you “bury” your old behavior for good?

Any questions? Who wants to go first? (People take turns sharing eulogies, saying goodbye to old habits, and asking for support)

Variations: Adjust this to suit religious and personal sensibilities. You can add hymns, songs, stories, and inspirational readings.

Activity: **Toasting transfer**

Props:

Move: Moderate/walking

Area: Medium

Time: 15 – 30 minutes

Size: 10 – 20

Type: Closer

Action: People transfer liquid between beverage cups and buckets.

Highlights: This activity puts a positive spin on Toxic Waste by relating the liquid to what was learned and what will be different. No blindfolds needed.

Preparation: Provide beverage cups or insulated mugs (not made of glass) and ask people to come to the closure with water in these. Create a replica of the Toxic Waste set up. Obtain two buckets or other containers large enough to hold water from all beverage cups. Attach a tight elastic collar to one of the buckets and attach a dozen ropes to that collar with knots in the ends of the ropes. Take care that the collar or ropes do not easily detach.

For indoors activities, have plastic sheets to protect against spillage. If you plan on having a toast or drink to the future after the activity, be sure to clean and suitably sanitize cups and buckets beforehand.

Script: As our program comes to an end, I'd like us to reflect on what we learned and what we are going to do about those lessons. Take a moment to consider your most important pieces of learning, and when you are ready, I'd like you to share those lessons as you pour your learning (water) into the groups transfer vessel (bucket).

(After everyone has shared and poured their water), I'm interested in hearing what each of you is going to do in order to ensure your lessons transfer back to work. I'd like you to share your proposed change strategy, as you pick up one of these ropes at the end knot.

(After all have shared and are holding a rope), your challenge is to work together as a team to ensure that your learning transfers from this program (bucket full of water) to the office (the empty bucket) without spilling, and using your change strategies (holding only the knots). Discuss the metaphors with folks after the exercise is over.

Variations: For an OPENER, ask folks what they bring to the day or are willing to contribute to the program, and what they expect to take away with them when they leave. For a SOCIALIZER, ask them what behaviors the group can count on them to offer, and what they hope to change about themselves. Customize the questions to use this closing activity as a filler or energizer activity instead.