

## Initiatives

(these are in no certain order)

1. “Most Important Thing” Have campers imagine what their most important thing would be and tell them that the ball represents this. Use the ring with strings to navigate a ball to rest on the top of a bottle. Make an obstacle course for the group to go through.
2. Counting to 20 (description in games section)
3. Knots: campers stand in a circle and grab the right hand of someone across from them and do the same thing with their left (have them grab a different person’s hand each time). They then try to untie themselves without letting go of each other’s hands.
4. “All Aboard” campers try to all be on a stump or bandana without anyone touching the ground. Have them try to stay like that for a certain amount of time.
5. Line-ups: by birthdays, hair length, animal size, etc.
6. “Traffic Jam” the group of campers is split in half with each half facing the other in a line with a space between. With chalk, draw a square for each person to stand in. The object is for each half to change places with the other without changing the way they are facing, without 2 people occupying the same square, and only “jumping over” people from the opposite team.



7. “Peanut Butter Pit” give the campers an area that they must cross. Tell them that no part of themselves can touch the area as they try to get to the other side. The only things that can touch the “pit” area are 2 wooden blocks that you give them.
8. Trust Falls: make sure to use the commands, “spotter ready” “ready” “falling” “fall away”
9. Trust Walks: have one person lead another by only touching the tips of their pointer fingers together.
10. Levitation: one camper lies on the ground with everyone else in a close circle around him/her. Each camper puts their hands under the person and on the count of 3, slowly lifts them up, first to the knees, then the shoulders, then above their heads (if the trust activity continues to be safe).
11. “Wind in the Willows” this is like a trust fall, but one person stands in a circle with everyone shoulder to shoulder with their “bumpers” up.
12. “Group Juggling” Have members stand in a circle. Start the game by saying someone in the circle’s name and then passing them the ball. This continues with a pass to a new person each time. The ball should end up with the person who started the game. Now challenge the group to do this same pattern in a certain amount of time. You can add more balls to the juggle, and send some going through the pattern backwards.

13. "Shape Shifter" Explain the boundaries of the game and the instructions before blindfolding group members (you may leave some as seeing leaders). Place a rope in the playing area. Members are to find the rope and with everyone holding onto it, make the shape told to them during the instructions.
14. "Foot Juggle" Campers sit in a circle with their feet in the middle. Pass an object around a circle with campers only using their feet to pass it. Time them and have them try to beat a certain time.
15. "Lap Sit" campers stand very closely together in a circle facing the person in front of them. On the count of 3 have them all sit down on the lap of the person behind them. Have them stay seated for a certain time.
16. Low Rope Elements listed on the low to high level list.
17. "All Screwed Up" everyone in the group tries to move crews down the pipe as quickly as possible.
18. "Yurt Circle" everyone in the group holds hands and is counted off, 1,2 or apple, orange. Directions are given that on the count of 3, all the 1's will lean in while the 2's lean out.
19. "Partner Stand-Up" form groups of 2 and have each pair sit back to back on the ground with their arms intertwined. The pairs must try to stand up in this position.
20. "Triangle Tag" (listed in Games section)
21. "Trolleys" use the long board with rope handles for each camper. Make sure each camper has a place to stand and ropes to hold. Give them a distance goal to accomplish.
22. "Punctured Drum" campers are given a bucked or bowl with many holes in it. They are to figure out how to close all the holes so that when water is poured in the drum, it does not leak out. This is fun on hot days.
23. "Inchworm" have campers pair up and sit facing each other. Each camper sits on the other campers feet and hold arms. They then try to move to a distance goal.
24. "Sardines" have the group get close together and wrap a loose rope around them. Give them a course or distance goal to get to and through.
25. "Cooperation Flip Tarp" campers stand on a tarp. The goal is for them to flip the tarp over, so that they are all standing on the other side of it, without touching the ground with any part of their body.
26. "Walk a Hoop" have your group hooked together with hula hoops (two people at the intersection of two hoops with one foot in each hoop and two people at the end of the chain of hoops with just one foot in the hoop). Have the group move the hoops up to knee or thigh level and apply pressure to keep them up. Have the group move to a certain point without letting the hoops fall.
27. "Bandana Carry" have your group work together to carry a glass of water a certain distance using just a bandana without spilling.

28. "Group Stand Up" start with two people sitting with their feet touching and holding hands. Have them stand up without disconnecting hands or feet. Keep adding people one at a time until the whole group stands up with their hands and feet connected in a circle. Have them start over if they disconnect.
29. "Back Pass" have your group get on their hands and knees with their heads in the middle of the circle. Then without using their hands, have them pass a Frisbee around the circle on their backs without dropping it.
30. "Two by Four" this initiative is done with a group of eight. Divide the group into two groups. For example, four boys and four girls or four in with hats on four without. Have the team line up facing you and alternating one from each team (boy, girl, boy girl, etc.). Tell them that the object is to end up with all the players belonging to the same group on the same side of the line. They want to do this in the least number of moves and all moves must be made in pairs of people who are standing right next to each other in line. The pair that moves creates an empty spot where a new pair will move. Players need to face forward the whole time. Here is the solution (four moves is the least number of moves to complete this.)

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

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31. "Marble Movers" each person is given a marble mover which is a 3 foot long dowel with a plastic spoon taped to the end. They all sit in a circle around a plate filled with marbles. Each person has a cup next their right or left hip. Tell the group that the object is to get as many marbles as they can into their cup, but they must hold their marble mover behind the tape mark which is at the other end of the dowel.
32. "How Ya Doing": place the youth in a circle and number off 1,2, etc. Have the 1's say, "How Ya Doing" and the 2's say "Just fine thanks." Blindfold all participants and have them walk around with bumpers up saying their line. After a few minutes tell the group that they need to now return to the same circle they started in, but must remain blindfolded and can only say their assigned line.
33. "Bottleneck": give campers a large soda bottle with a plastic pen cap inside. Tell them that they are to get the pen cap out of the bottle without knocking the bottle over, turning it upside down, or touching it in anyway. Answer: pour water into the bottle until the cap floats to the top and out. Process by talking about creative "outside the box" ways to solve conflict or other problems.
34. "Tortoise and the Hare": form the group into two lines facing each other, about ten yards apart. Choose one player from each line, one to be the tortoise and one to be the hare. Blindfold these players and have each one stand at either end of the area between the lines of campers. Then select three players to stand in the area. These players are trees that cannot move their feet, but will try to tag the tortoise and hare as they walk past. Each line then verbally instructs their player from one end to the other so that they do not touch the trees and do not run into each other. If they do touch either of these things, they must start again.
35. "Compass Walk": in an open area ask campers to form a line facing you. Show them where you have marked a spot on the field in front of them. Blindfold all campers and tell them that they are

mute. Have them cross their arms over their chest and then slowly walk until they have reached the spot you marked. Tell them that it is not a race. When everyone has stopped have them take off the blindfold to see where they were. Talk through the activity, then try it again with campers working as a team; this time they can talk.

36. "Easy...Knot": before hand, tie a 30 foot rope and a 10 foot rope together and tie the shorter rope's other end to a tree. Ask everyone to line up and grab the long rope with one hand. The goal of the group is to tie a simple overhand knot in the short rope without touching the short rope in the process.
37. "Rising Pole": ask campers to stand in two lines, elbow to elbow, facing each other someone from the other line. Then ask them to extend both pointer fingers at elbow level (pointing at the person across from them) and place them so that someone else's finger is between theirs. Tell campers that for their challenge you will lay a tent pole on top of all of their extended fingers and they are to bring the pole to the ground. The rule is that everyone's fingers must maintain contact to the pole the entire time or they must start over. This sounds easy, but it's not.
38. "Handcuff": provide a 30" piece of string for each player. Have all players find a partner. Have a few assistants to help tie up the couples. Handcuff one player first by tying one of the strings to each wrist. Then, tie one end of their partner's string to one wrist, loop the other end of their string through the first partner's loop of string and tie to the second partner's other wrist. The goal is for partners to get apart without either breaking or untying the string.  
SOLUTION... Slip the loop of one of the strings between the wrist and the loop tied around the other's wrist, and over the hand. This leaves the strings tied as before but the partners are separated.
39. "See, Speak, Move": divide campers into groups of three. Describe the following three roles and then either assign or let campers choose which role they would like to have first: 1. This person may speak, but cannot walk anywhere or see. 2. This person can see, but cannot move anywhere and cannot speak. 3. This person can move, but cannot speak or see. (So basically, two in each group of three are blindfolded, 2 are mute, and 2 cannot move beyond the starting line). Have each group of 3 stand at a starting line and give them a ball or other small object. After blindfolds are on, put a bucket or bowl somewhere in front of them (make sure you use an area that is relatively flat and free of obstacles they could trip over). Ask each group to work together to get the object in the bucket. Play multiple rounds to let each person experience each role.
40. "Asking for Help": blindfold all campers and tell them you are leading them to a rope maze. Have a helper tie a cord or rope around 3-4 trees, making a square, rectangle or circle of rope waist high. Lead the group to the rope and put their hand on it. Tell the group that they are supposed to try to get out of the "maze" (it's not really a maze), that they need to always keep their hands on the rope as they walk around it, and if they need help to raise their hand and you will help them. The key is that when they do raise their hand for help, you go over, lead them off the rope and say, "because you asked for help, you make it out of the "maze." Repeat the instructions again halfway through to remind people to ask for help. Once they are out of the "maze" they can take their blindfold off and watch silently.
41. "The fox, chicken and bag of feed": begin this activity by dividing campers into groups of four. Assign each camper in the small group one of the following roles: Farmer, Fox, Chicken, Bag of Feed. Then ask each group to find a solution to the following problem: A farmer must get a fox, a chicken and a bag of feed across a river in a boat built for two. The farmer may make as many

trips as needed but he or she must never leave the fox alone with the chicken or the chicken alone with the bag of feed. SOLUTION...On the first trip the farmer takes the chicken, on the second trip the farmer takes the feed across and brings the chicken back. On the third trip, the farmer takes the fox across, leaving the chicken behind. On the fourth trip, the farmer takes the chicken across.