

Games

ALL INCLUSIVE	1
Stone Stone	1
Aggie Volleyball	1
Clean Your Room	1
Gold, Silver, Bronze	1
Crows and Cranes	1
Giants, Wizards, and Elves	1
Rock, Cave, Tree	1
GETTING-TO KNOW YOU GAMES	2
The Name Game	2
People To People	2
This Is My Nose	2
Mingle Scrabble	2
Song Scramble	2
Numbers Change	2
Line Up	2
Handcuff	2
Boppin' Bunny	3
Wink 'Em	3
No See 'em's	3
Bumpety-bump-bump-bump	3
Circle Name Dance	3
Index Introduction	3
Initial Contact	3
Letter Commonalties	4
Lumber-Jack Handshake	4
Over There	4
Name Shout	4
Swedish Meetballs	4
In The Circle	4
SMALL GROUP ACTIVITIES	4
Circle Simon Says	4
Ah, So, Go!	5
Gimme!	5
What Is Your Ailment?	5
Buzz	5
Up Jenkins	5
LARGER GROUP ACTIVITIES	5
Secret Service	5
Human Alphabet	5
Machine	5
Volley-Volley Ball	6
Dragon Tail	6
TAG GAMES	6
Link Tag	6
Blob Tag	6
Freeze Tag	6
Cover Tag	6
Ships Across The Ocean AKA Sarah and Abraham	6
Noah's Arc Tag	6
Line Tag	6
INITIATIVES	7
Hoop Relay	7
Trust Walk	7
Magic Carpet	7
Stand Up	7
The Diminishing Load Problem	7
Reach For The Sky	7
Four Points	7
Community Lifts	8

Games

Willow In The Wind	8
Monster Race	8
Circle Sit	8
Skis.....	8
Blindfolded Square	8
Group Juggling.....	8
Moon Ball	8
Human Knots	8
Peanut butter River.....	9
Unsolvable Maze.....	9
LOW ELEMENTS.....	9
T.P. Shuffle	9
All-A-Board	9
Spider’s Web.....	9
Mountain Tops.....	9
Camp Is	9
Grocery Store.....	10
Tie-U-Die / Same You’re Outta the Game.....	10
TRANSITIONAL TECHNIQUES	10
Birthday Circle.....	10
Center Spot.....	10
Fill-In	10
Fing, Fang, Fooy - (USA)	10
Special Space	10
Whistle Mixer	10
COOPERATIVE GAMES	11
1/2 Fast Track.....	11
3, 2, 1 Ups	11
Ming Vase.....	11
Shoulder to Shoulder.....	11
“33”	11
5 Passes	11
A-Z Moonball	12
Car-Car.....	12
Heads and Hands.....	12
Soccer Circle Relay.....	12
Swap Knots	12
Switch, Change, Rotate.....	12
Tanks.....	13
JUSTIN FOR FUN.....	13
3 Down.....	13
“4” / Four	13
Everybody’s It / Tag Game	13
Ga-Ga Ball	13
Hand Simon	13
Jump Stick Relay	14
Pass and Squat.....	14
Roll and Zig Relay	14
Same – You’re Outta da Game	14
Total Involvement Relay.....	14
Walk Tag.....	15
Squat Ball.....	15
So N So Knows.....	15
What Lies Behind the Green Glass Door	15
Click, Click, Bang	15
I’m Going on a Picnic	15
Crossed or Uncrossed.....	15
Alaskan Baseball.....	16
Human Foosball	16

ALL INCLUSIVE

Stone Stone

(Kind of like Doggie Doggie where's your bone) Find a small stone or object that can fit inside the camper's hand. Group sits in a circle, knees touching. One person volunteers to sit in the middle and close their eyes. Players hold out left hand up, right hand positioned to pick up rock from neighbors hand. While moving right hand back and forth, the group sings, "Stone, stone how I wonder from one hand into the other. Is it fair? Is it fair? To keep poor [insert name here] standing in the middle" over and over. The person in the middle attempts to find the stone as it moves around the circle. The middle person has 3 tries to find the stone. Whoever holds the stone when it is found goes into the middle.

Aggie Volleyball

Divide the group into two equal teams. Have group members scatter in their playing area. Decide which team will serve first. The object of the game is not to let the ball(s) touch the floor on your side. Any number of hits are allowed on a side before the ball is returned to the opposing team. All hits are to be made in an underhand motion (no spiking is allowed). A point is scored against a team every time a ball(s) touches the ground on their side and play is continuous. Play to a predetermined number.

Clean Your Room

Stretch 2 ropes out so that they create a + sign on the floor. Put equal number of players in each quadrant. On the signal, each team tries to keep the objects you throw in out of their area by hitting the objects to another quadrant. Stop the action after about 30 sec. and any group that has an object in their quadrant is considered having a dirty room. Play again encouraging the participants to see if this round their room will be clean.

Gold, Silver, Bronze

Separate the playing area into 3 sections. Assemble all participants into one of the end areas. Explain that they now are in the bronze section. Further explain that the middle area is the silver section, and that the furthest area is the gold section. The goal of the activity is to end up in the gold section when the game time expires. Select any 2 person competitive game (rock, paper, scissors, etc.) and have participants play a best 2 out of 3 match. The winner of this match moves up to the silver section while the loser stays in the bronze section. Immediately both persons find new partners in their section and start a new 2 out of 3 match. Those in the bronze move according to the above rule. Persons in the silver section move as follows: if you win the 2 out of 3 match you move to the gold section, if you lose, you move back down to the bronze section. Once in the gold section, winners stay in the gold section and losers move back down to the silver section. This style of play continues until time is called. Announce your gold medal winners, silver medal winners, and bronze medal winners!

Crows and Cranes

Divide the players into two equal lines, one the crows and the other the cranes. Each has a safety line about fifteen feet away. When the leader calls out "crows", the side called crows must run, and the cranes try to catch them. If a player is tagged before reaching the safety line, the player must join the other side. The leader mixes up the calls throughout the next rounds.

Giants, Wizards, and Elves

Divide the group in half (any method of separation will do). Set up back boundaries and a centerline. Have each group huddle to plan their "attack" on the other. Each half of the group must decide which "attack" they will employ against the other half: "Giant," "Wizard," or "Elf." The "Giant" form of attack consist of raising the arms over the head and going "grrrr," the "Wizard" form of attack consists of extending the arms in front of the body in a casting position while saying "Abracadabra," the "Elf" attack consists of dancing while grabbing ones ears and saying "Nanny Nanny Boo Boo" or some other such fierce declaration. This game resembles a full-scale version of "Paper, Scissors, Rocks". In this version the Giant takes the Wizards, the Elf takes the Giants, and the Wizard takes the Elves. Once the strategies have been decided, the two teams face each other on the centerline and "show" their attack, the team that loses must run as fast as possible behind their back line (safe zone), while the victorious team must pursue and attempt to tag members on the losing team. All tagged members then become a part of the victorious team for the next round.

Games

Rock, Cave, Tree

For each team, one member is a rock (curled up on the ground), two are the Cave ree (standing with arms over head and touching), another is a tree (Stands like a tree). The rest of the team members must jump over the rock, thru the cave, and run around the tree. Then they run back doing the opposite. When all the team members have completed their mission, the tree goes thru, jumps over the rock, and returns to their team. The cave jumps over the rock and returns, and the rock returns. Mission completed.

GETTING-TO KNOW YOU GAMES

The Name Game

The group is seated in a circle. One person is chosen to begin by stating their name. The person next to him on the right must repeat the first name and then say their own. This continues around the circle until the last person who must repeat all of the names in order. Try to keep the game moving, and don't allow anyone to get "hung up" on a name. Help when needed. Variation... have campers state their name and something else. (e.g. An adjective which describes them, hometown, animal they would like to be, something that starts with the same letter as their name...)

People To People

Have the group divide into pairs. The leader will call out two body parts and the pairs must put them together, e.g. Head - hand: they must put one hand to one head, not both. Then the leader will call out two more body parts. The pair must put these two together while still keeping the first two together. Add one more set of two parts, and then the leader yells, "People to People". Everyone then must run and find a new partner.

This Is My Nose

Players sit or stand in a circle. One person is "IT". "IT" walks up to someone in the circle, and as they say, "This is my nose," they point to another part of their body such as their elbow. "IT" must then count to ten while the person s/he is facing says, "This is my elbow" while pointing to their nose. If s/he doesn't say this correctly by the count of ten, the two switch places and the game continues.

Mingle Scrabble

Each person is given a card with one letter of the alphabet on it. At a signal, everyone mingles until the leader shouts, "Scrabble". Everyone then must scramble to become part of a word made of the letters that they are holding. Ask that they make at least three letter words and that they exchange names.

Song Scramble

Give each member of the group a line to a familiar song. The players then scramble about the room to locate others with lines of the same song. Once the song has been completed, the group sits down and yells the name of their song. When all songs are completed, take a break and have each group sing their song.

Numbers Change

Players are seated in a circle with "IT" in the center. All participants are numbered, 1-4. "IT" calls out two numbers, and these players must change seats. "IT" must try to get a seat at this time. Variation... Fruit basket upset! Give the players the names of four different fruits, and "IT" calls out the name of two of them. When "IT" yells "Fruit Basket Upset", all must find a new seat.

Line Up

Each person in the group must line up according to the directions given by the leader. It could be by age, shoe size, alphabetically by mother's first name, own last name, or height. Be creative! The players, however, are not permitted to talk at all. This must all be done in silence.

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.

Games

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.

Boppin' Bunny

With the group seated in a good sized circle, designate one person as "IT" by giving him/her a small, soft, stuffed animal—preferably one that can take a little abuse. (The true purist will make this stuffed animal a bunny, however, the animal and the name of the game may be changed to suit availability and species . . .) One camper begins by saying his/her own name followed by the name of another person in the circle. This person must then do the same before "IT" can tag him/her with the boppin' bunny. Play continues until "IT" tags someone, who then becomes the new "IT."

Wink 'Em

Half of the group is seated in chairs in a circle, the other half stands behind one of the chairs "guarding" the person seated there. Include one empty chair in the circle. The person guarding the empty chair is the winker. The winker begins play by winking at one of the seated campers. When a camper is winked at, s/he will attempt to get up and move to the winker's chair. Guards try to keep their person seated, but must keep their hands at their sides until they see their person attempting to move. Once the winker succeeds in filling his/her chair, the person guarding the empty chair becomes the new winker. Make sure guards are gentle, and don't allow them to grab clothing. This game works great with mixed groups—especially Jr. high!

No See 'em's

It took the men on the road to Emmaus a while to recognize Jesus; the object of this game is to identify an opposing teammate as quickly as possible. Split the group into 2 teams standing Red Rover style across from each other. Have each team choose a representative to cover their eyes and walk to the curtain (a towel or blanket—or just have them close their eyes) in the center. The representative should not be able to see across the curtain and their teammates may not speak. On the count of three lower the towel and whoever correctly names the other person wins, and gets to take their opponent back to their own team. Continue until all the players are on one side.

Bumpety-bump-bump

This is a good get-acquainted game. It also serves to keep the players alert. One player is chosen and steps into the center of the circle. To begin the activity, the center player points to someone in the circle and shouts either, "Right," "Left," "You," or "Me!" The person to whom the center player points to must shout the name of the person on either his/her right or left, state their name, or say the name of the player in the center before the center player finishes saying: "Bumpety-bump- bump!" If the player being asked cannot name the person before the center person says: "Bumpety-bump- bump!" that person take the center player's place. In a large group, there may be several center players.

Circle Name Dance

Have players get into groups of 3 or 4 holding onto each other's raised thumbs (making a thumb tower). Say each other's name as the thumb tower moves toward the player. Once all names are learned, add body movement to create a unique circle name dance.

Index Introduction

As the participants enter the area, give each an index card and a pen. Ask them to think of a question they would like to ask others in the group and then print it on the index card. These questions should start with a: Who, What, Where, When, or How.

For example:

- Who is your favorite movie star?
- What is your major in college?
- When are you the happiest?
- Where do you think you will be in 10 years?

After completing this, have participants mingle around and pair up with another person. One person reads their question and has their partner answer the question. Upon completing the answer, the answering person then reads his/her question and listens to their partners response. After both questions are read and answered, exchange cards and find a new partner. This switching of index question cards and answering questions continues until the activity is over which will help participants find out a lot about each other.

Initial Contact

Have each participant come up with 2 things that they would be willing to share with others. The stipulation is that the 2 things they are going to share must start with the first letter of both their first and last name. Have participants mingle around and share the 2 things. (example: "Hi, I'm John Smith and I like jello and sardines!")

Games

Letter Commonalties

Group all participants into pairs. Ask each pair to choose 1 letter of the alphabet. Next instruct the pairs to think of 3 things that they both have in common that start with the letter that they chose. Do a go around to share all the pairs commonalties.

Lumber-Jack Handshake

Two players face each other. One player puts a hand in front of them giving a “thumbs up” sign. The opposing player grabs the other player’s thumb and puts his/her thumb up. This continues until all four hands are forward, each connected by a thumb hold. Each player tells the other his or her name. The activity begins with one player pulling the other players arms out straight (his/her arms bent) and saying that player’s name. Immediately, the action reverses and the other player calls out the other’s name. This is done several times as in sawing down a tree Lumberjack style. This is a great introductory activity with lots of laughing going on.

Over There

This is an outstanding way for group members to introduce themselves in a non-threatening and creative way. Begin by having participants spread out in an open area. Next, instruct participants that they will be introducing themselves (name only) to other participants and they are to remember the persons name they just met. After the greeting and sharing names, participants separate and introduce themselves to another participant. After exchanging names with the new participant, both then introduce their previously met partner by saying: “and over there (pointing to the person) is” These introductions continue until a predetermined number of participants have been met.

Name Shout

This is a great noise maker that help participants get to know each others names. Start by having the group create a large circle. Next have each person introduce themselves and learn the first name of the person to their right and left. If participants don’t know your name offer it before starting. On the leaders “march” command, players begin marching in a counterclockwise manner. At any time the leader shouts out 1 of 4 commands: 1) who’s to your right? 2) who’s to your left? 3) who are you? 4) who am I? After the leaders questions, players shout out the answer as loudly as possible until the leader shouts out another question. After a few questions, have the group stop and look across the circle and make eye contact with one other person. On “Go!” everyone moves across the circle to the position of the person they made eye contact with. New neighbors are established and the game is repeated.

Swedish Meetballs

This is a great introductory game and helps kids learn each others names, and share things about themselves in a fun way. The first round starts by having the person holding the ball say his/her name and then throw the ball to anyone in the circle. When that person catches the ball they say their name and then throw the ball to someone different. This continues for a short time giving the participants a chance to learn each others names. The second round is played as such: the person who has the ball throws it to anyone in the circle, but doesn’t shout his/her name out when throwing the ball. When the person (that is being thrown to) catches the ball, the entire group shouts his/her name out. The third round involves sharing. Tell the group that this time before they can toss the ball to another person they must share one fact about themselves with the group. Inform them that to create a little interest, you will randomly blow the whistle and who ever has the ball when the whistle blows will then have to share things about themselves for .30 seconds. You’ll be surprised how much your group members find out about each other!

In The Circle

Create a circle around the group (with rope, chalk, imaginary). Tell campers we are all inside the circle because we have things in common, ask “What do we have in common?” Now make statements such as “If you like Vanilla Ice Cream stand inside the circle, If you like chocolate—stand outside the circle.” or live in the country vs. city, many siblings vs. few siblings, like lightning vs. hate lightning ...etc. After 8-10 statements, let the campers sit down in the circle and discuss how people are separated inside and outside the “circle” in everyday life. At the end, take the circle away and say, “In God there are no boundaries.”

SMALL GROUP ACTIVITIES

The following activities are for groups of 5-20. Great for cabin time or for rainy days!

Circle Simon Says

Everyone is sitting in a circle. One person has to shut their eyes while a leader is chosen. The leader than starts a rhythmic beat, and the group follows. The point of the game is for the person who had their eyes shut has to find the leader of the group. To make this work, you have to make sure that the leader changes beats periodically

Games

Ah, So, Go!

The group sits in a circle. Begin to pass the word "AHH" to the person to your right or left. The next person passes with the word "So" to their right or left. The next person points to someone in the circle and says "GO" the person pointed to either starts a new pass with "AHH" or they can say "No" and the person who passed it must start with "AHH". Keep it going as quickly as possible.

Gimme!

The counselor calls out an item, and the first person or team to bring it back to you gets a point. Be creative. On a rainy day you can ask for things that they have in their suitcases as you play inside the cabin. Let the campers be creative also. If they don't have the hat that you asked for, let them convince you that the sock they brought is really a hat!

What Is Your Ailment?

Players should be standing or sitting in a circle so that all can see each other. The first person chooses their ailment and describes it. They may say, for example, "I can't open my eye". Then they close one eye, and everyone else must close one eye. The next person may then say, "My left foot has the jumps" and bounces their foot up and down. Everyone must do the same while they continue to keep their eye closed. This continues around the circle, and by the time it reaches the end, everyone should be in stitches!!!

Buzz

One player starts the game by saying "one". The others in turn say two, three, four, etc. But when SEVEN is reached, that player must say "buzz". The counting goes on, but each time there is a multiple of seven or a number with seven in it, the player must substitute the word "buzz". Each time the word "buzz" is used, the direction of counting can switch within the circle. If the kids get really good at this, add double digits to the list (11,22,33,etc.).

Up Jenkins

The group is seated around a table, one team on each side. One person is chosen to be "IT". "IT" puts his/her hands on the table while the others pass a quarter from hand to hand. When the person chosen to be "IT" says "Up Jenkins", all must put their elbows on the table, fists closed. When the one who is "IT" says, "Down Jenkins", all slap their hands on the table top hard enough to muffle the sound of the quarter hitting the table. "IT" must point to the hand under which they think the coin lies. If it isn't there, the hand is raised and counts one against "IT". "IT" keeps pointing at hands until the coin is found. Score may be kept to see who finds the coin with the least guesses.

LARGER GROUP ACTIVITIES

The following activities are done in larger groups, usually 30 people or more.

Secret Service

All players are arranged in a large circle. One player is chosen to be the president and stands in the center of the circle, and another player is chosen to be the secret service agent, and they stand in front of the president. The point of the game is for the people in the circle to try to hit the president with a throwable object. The secret service agent is to guard the president by blocking the object. The president is not allowed to move during the game. When someone hits the president they become the secret service agent, the secret service agent becomes the president, and the president joins the circle. Safety rule: shots to the head of the president DO NOT count so don't throw at the head, and all throws MUST be underhand. Encourage the player to pass the object around the circle to tire the SSA out and get a clear shot.

Human Alphabet

Each team is formed of five or more players and a captain. Teams are an equal distance from the leader who shouts a letter of the alphabet. The captain then quickly arranges teammates in a formation to look like the letter called. The captain can be part of the letter. The first team to finish wins the round.

Machine

Tell the players that the object of this game is to build a group machine. One person starts an action and adds an accompanying sound (e.g., an arm moves up and down while saying "BEEP"). One at a time, other players hook on with a different action and sound until all are part of the "machine".

Games

Volley-Volley Ball

This new game variation changes the way you score. Teams receive one, two, or three points, depending on how many different team members hit the ball before sending it over the net.

Dragon Tail

Divide the group into two teams. Have each team line up one person in back of another, placing hands on the hips of the person in front of them. Place a handkerchief under the belt of the last person in each line (not tied, but loose). Line up both teams so that the first person on both teams are facing each other. At the starting signal, the first person must attempt to get to the back of the other team and grab the handkerchief. A point is scored when the handkerchief is grabbed. A team also scores a point if the other team “breaks” apart, even if only one hand is dropped from a hip.

TAG GAMES

Link Tag

Couples stand spread out with elbows hooked between them. One player runs around between these couples while another player chases. If the runner is caught, the roles reverse. The runner can get a break by hooking elbows with one of the couples, creating a trio, forcing the person on the opposite end of the trio to now become the runner.

Blob Tag

This time, when “IT” tags a person, the person must hold hands with “IT”, and the two of them run around together trying to tag others. The object is to capture everyone.

VARIATION... The blob may be allowed to break up into smaller blobs and chase others. They must have at least four per blob. If one group yells, “Blobs Unite”, all of the blob groups must get back together.

Freeze Tag

When a person is tagged by “IT”, they must freeze with their legs spread a little further than shoulder width. When another player wants to “unfreeze” them, they must crawl between their legs. The leader must continue to switch the person who is “IT” so one camper is not running for too long.

Hospital Tag

When you are tagged by “IT”, you must cover the spot where you got tagged with one hand. When you are tagged a second time you must cover this spot with your other hand. If you are tagged a third time, you become “IT”. After a few minutes, the leader calls time out and picks a new “IT”. After a few more minutes, the leader calls time out and picks a new “IT” so there is only one again.

Sarah and Abraham

Designate a “safety zone” at each end of the playing field. Choose someone to be the “captain” and have the rest go to one of the safety zones. Each round begins with the group singing a taunting song to the captain: *Ships across the ocean, ships across the sea. Captain, captain, you can't catch me!* The captain then calls out a descriptor (clothing color, type of shoe, etc.) and all who match it must run to the other side. Whoever the captain tags must stop and freeze where they got tagged to become seaweed—seaweed may tag others trying to cross, but must remain seated and move only their arms. Those who make it to the opposite safety zone survive to brave the ocean again. Sometimes it helps to have more than one captain with very large groups. Another way to play is the 2 IT's and the frozen people are Wheat, the called line is “Sarah and Abraham, May we please cross your wild wild wheat field”

Noah's Arc Tag

Kids find a partner and decide what animal they would like to be together. Some one is Noah and then tries to tag all the animals. The partner's must run together and when they are tagged they go to the ark. Probably just a grassy spot, unless you feel like making an ark for the effect and to make the game more interesting. Directions for building an ark are found in Gen. 6:14-16.

Line Tag

The player get into a line shoulder to shoulder, and each facing the opposite way. Two it's are choose, one to chase and one to be chased. The person being chased can only run in one direction, it chaser can run any dierstion they want. The chaser my get out of trouble by stepping in line BEHIND someone. When that happens the person who was stepped behind become the person being

Games

chased. When some gets tagged they become it and chase the other. NOTE if someone is having trouble catching the other person, the leader can always decide to switch the person who is it at any time.

TEAM-BUILDING INITIATIVES

Initiatives help with small group building. Plan to do 3-4 of these within the first two days of each week with your cabin group during cabin time or a slow time.

Hoop Relay

You will need several plastic hoops and a playing area large enough for the group to move around. Divide into smaller groups and line them up. Make the first person in each line the "starter." The remaining people in each line then need to hold hands with persons in front and behind them. Members hold hands with the person behind them by placing their left hand between their legs. The starters place one hoop at a time on the head of the first person in the line, which then passes the hoop, without breaking his/her grip, to the next person in line. After the starter has passed the hoop down the line 3 times he/she then becomes the first person in line. As the hoop reaches the end of the line, the last person takes it to the front and becomes the starter, this cycle repeats itself until the original starter is back at the starter position. The "winning" team is the one who completes this task first.

Trust Walk

Materials: A blindfold for each pair of campers. Tell campers that as Christians we often walk by faith and not by sight. Ask campers to line up in order of birthdays from January 1 to December 31. Then pair campers with the person next to them in line. Have one partner put on a blindfold. Tell the other campers that they are to lead their blindfolded partner around the area by touching one finger to their partner's finger. Give them time to explore and then switch partners. Remind them to be safe and avoid dangerous areas. Bring the group together and ask each camper to share what it felt like to be blind and trusting someone else. Also ask what it felt like to be the one with sight and responsible for the partner's safety.

Magic Carpet

Have all youth get on the towel/tarp and have them flip it over without getting off of the tarp/towel. Once they flip it successfully without stepping off the tarp/towel, fold 1/3 of the tarp/towel under and have them try again.

Stand Up

Split the group into partners. Have the pairs sit on the ground back to back and link their elbows through their partner's. On the count of three, have them try to stand up together. Next, have two sets of two get together and try this (4 people). Keep adding on, and see how high you can go.

The Diminishing Load Problem

Set a distance of about the length of a basketball court. (You should use grass for this activity for safety. You can shorten this for younger campers.) The object is to move the whole group across the area as quickly as possible in the following manner. To cross an open area, a person must be carried. The carrier must return and be carried on the next trip across the field. If the carried person touches the ground while being transported, both members must return to the start. Only the last person can walk across the field.

Reach For The Sky

The group is given a piece of tape or chalk, and they must make an attempt to place a mark as high as possible on a wall or smooth surface. If you have a few different groups you can number the tape. The group is not allowed to use the tree or wall for climbing, but only as a support. Use a large diameter tree or smooth wall, and make sure the ground below is free of large roots, etc., in case of a fall. The leader should always help with spotting.

Four Points

The group must transport everyone across a thirty foot area using only four points of simultaneous contact with the ground (e.g. Foot, hand, knee, etc.) All campers must start at the marked starting point and cross the finish line. Once a body part has touched the ground it must stay and counts as one point throughout the game.

Games

Community Lifts

This activity requires a good amount of trust and group cooperation. Get a volunteer from the group to lie down on the ground. The rest of the group positions themselves around the sides of that volunteer. One camper should be assigned to pay special attention to the volunteer's head and neck, and this camper will give the command to lift. After a simple "1 . . . 2 . . . 3 . . . LIFT!" the group will lift the volunteer up fully over their heads (or at least as high as the shortest campers arms will reach!) Use another count to gently lower the volunteer. Now give each camper a shot at it!

Willow in the Wind

The group will form a tight circle facing in, with one camper selected to stand in the center. The circle should stand with one leg in front of the other, and should have their hands up—spotting position. Blindfold the volunteer in the center (or just use closed eyes) and instruct him/her to try to remain as stiff as possible with hands in pockets or at the sides, and feet firmly planted in the center at all times. The volunteer should fall backwards into the waiting arms of the circle. The circle will then pass the volunteer's torso around the circle—like a willow wand the volunteers top may sway, but his/her feet stay rooted in the center the entire time. Try passing directly across the circle and reverse directions of passing, but be sure to keep it safe and gentle.

Monster Walk

Split into groups of 3-4. Explain that their goal is to get from point A to point B (twenty feet away). The only catch is, their group of 3-4 is a monster and only four feet, two knees, five hands and one elbow can touch the ground as they move (make up however many limbs you want to allow). They must work as one unit. Race the groups across.

Circle Sit

Have the group get in a circle and all sit on each other's lap, while remaining in a circle. Once balanced, have them do things like walk three steps forward, backwards, clap, etc.

Skis

Get the Norwegian skis from wherever they are stored at camp and have the group stand on them. They now have to walk as a group ("ski") with the skis. Next challenge the group with greater distances or patterns (circle).

Blindfolded Square

Blindfold your group, and have them stand in a circle holding onto a rope. Have them form a square or triangle shape while blindfolded. No one may let the rope leave their hands for more than five seconds and the group must decide together when they think they have formed the shape, at that time, they can remove their blindfolds. To make this harder, have the group stand in circle blindfolded and toss the rope 10 feet away from the group. They must first find the rope and then make the shapes you have requested.

Group Juggling

Ask your group to get in a circle. Explain that you are going to toss the ball to someone and that they need to throw it to another person who hasn't received the ball. They need to remember who they got it from and who they threw it to. Repeat the ball sequence this a few times, in the same order. Say that you are going to time them, and time it as fast as they can. Initially, it will average around 1.2 seconds per person. See if they can reduce their time by working more closely, and suggest they work harder. Keep encouraging them to drop the time. Don't be strict with the rules, allowing just about any suggesting. Sample ideas to allow: "Let's rearrange the circle so that the person standing next to you is the one you throw the ball to." "How about arrange the palm of our hands up so the ball simply rolls from hand to hand?" Show the group how the impossible becomes possible. .

Moon Ball

Give the campers a beach ball and scatter them throughout an area. The object is to keep the ball afloat by either hitting or kicking it, without letting it touch the ground. The campers try as a group to get to the highest score possible, giving one point for a hit and two points for a kick. No person can hit it twice in a row. After that, give the players a sequence, and players have to hit the ball in the sequenced order, requiring more team work.

Human Knots

All of the members of the group stand in a circle. Reach arms directly into the circle and grasp the hands of other members in the group. Now the task is to untangle the mess. No one should drop hands in order to do this. One note of caution... make sure that no one takes the hand of the person standing next to them and that no one takes both hands of the same person.

Games

Peanut Butter River

Create a box about 10X10. Have the players assemble on one side, and explain to them that they have to get their entire group across with only four steps for the ENTIRE group. Once a player steps into the box (peanut butter river) their feet are stuck. (Answer: Don't tell the kids!! The group has to make a bridge with their feet, and the group steps on the 4 feet located within the box)

Unsolvable Maze

Set-up: ahead of time run a piece of rope around several trees with no exit! The more twists and turns the better, don't let your group see the maze in advance. Blindfold your entire group and carefully lead them into the maze. Tell them they can not go over or under the rope and there is a way out. The only way for someone to exit is to verbalize that they need help or they can't do it alone. Once people are out, they may talk but do not give away the secret. Once the entire group is out, talk about how we all need help even with simple things.

LOW ELEMENTS

T.P. Shuffle

Divide the group into two equal parts; one group stand together on one end of the log, and the other group stands together on the other end. The goal is to get the two groups to switch sides with each other, without touching the ground. The most common solution is people working in groups of three. One person sits down on the log as a second person steps over them. The third person is there to offer a stable hand to whoever needs it. Another variation is to get into some kind of fun order (ex. Make believe animals, age, height, etc.) Without speaking.

All-A-Board

Either take a wood box, a tree stump, or tape out a square on the ground. Explain to the group that they need to get their entire group to stand on/in the box or stump and sing happy birthday, Jesus Loves Me, etc. as loud as they can. They must sing the whole song and they cannot have any other part of their body touching the ground outside of the box. Once they successfully do it on a larger box, give them a smaller area to do it in. This usually ends up as a huge group hug. The smallest people inside and the larger people outside, so they can reach around everyone else. Another helpful hint is that they do not have to be touching the board with both feet. They just cannot touch the ground. Many groups have had the outside people hold one of their feet up in the air to save space!

Spider's Web

The object of the spider's web is to get the entire group through the web without ringing the bells or allowing the spider to fall from the web. Send two of the stronger people through the bottom holes first. Then start passing the other participants through the high holes saving another two of the stronger people to crawl through the remaining bottom holes at the end. You can add as many challenges to this element as you would like. For example, having a web hole magically close after a person passes through it. Taking away eyesight, speech or the ability to stand on two feet. Have fun with this element; it is a classic. Another way to do this is to use a piece of retired rope, and have the group feed it thru all the holes with out touching the web, this way no one is being lifted, and therefore cannot be dropped

Mountain Tops

This element is like a puzzle. The entire group must move from stump to stump without touching the ground until they reach the final point. After realizing that the two boards they were given are of different lengths, they should decide which board goes into which slots. Then place the first board and get the entire team to stand on it. Once the entire team is on the board, place the second board. Once the team has moved onto the second board, remove the first board, pass it forward and place it in the next slot and continue on.

Add Lutherhill Elements Here!

Camp Is . . .

Have participants get together with a partner. Begin by teaching the "Camp Is . . ." handshake to everyone by demonstrating the words and motions. The words are simply "Camp is . . ."; but, on the word "Camp" the two players do a high 10 slapping both hands together. Immediately the hands rotate downward and clap together about waist high and it's here that the partners say: "is. . ." The

Games

ending of the handshake is completely up to the participants. They must add on to the "Camp is . . ." handshake by adding their own word(s) and own action. One option: Camp is "is cool!" while leaning against each other shoulder to shoulder and fanning ourselves.

Grocery Store

Divide the group into two, three or four even teams, with members of each team lined up one in front of the other. The leader stands in front of the two teams and calls out a letter of the alphabet. The first player in each line must name anything one could buy in a grocery store that starts with that letter. The first one to call out a product, goes back to the end of his own line. The other players that were on the front of the line drop out. This is done until only one player remains. In the case of items being called out at the same time, the leader can either call out another letter for the players that tied the call to answer or these players can go to the ends of their lines and play again.

Same You're Outta the Game

This is a variation to the Rock, Scissors, Paper game. This game has been around for thousands of years and has many variations. Players play until there is only one player left in the group. Each player has a partner to begin with. Play the regular RSP game. If you lose, you sit-down. If you win, you go and find another player that has won and challenge them. If, at any time, two players "Tie" (do the same sign), they both are out of the game. This game moves along very quickly and players sitting down won't be there very long. Have fun with this simple yet traditional game.

TRANSITIONAL TECHNIQUES

Birthday Circle

The leader asks the group to make a birthday circle with the leader included in the circle. The group forms a circle either verbally or non-verbally. This is a communication tool as well as a control tool. When all the children have lined up, have each player (starting with Jan. 1st) call out their birthdays (in order) and see if any have the same birthdays. At any time during your play sessions, the leader can say, "Birthday Circle!" and an instant circle can be created where everyone knows exactly where they need to be.

Center Spot

Place a dot in the center of the area. When the teacher calls for a number of students to get together, the students that don't have a group come to center spot to group up.

Fill-In

This is a great transitional activity that gets players from a scattered position to a circle very quickly. When the leader wants the circled formation s/he says, "Fill-in!" and upon that command, the group starts to power walk in a counterclockwise circle. The players fill in the opening until the spacing is good, at which time leader says, "Freeze!" and a nice circle has been formed.

Fing, Fang, Foey - (USA)

This is a great way to determine who will be the "IT" for your next game. Have all participants stand in a circle, using the rock, scissor, paper technique, have everyone say: "Fing, Fang, Foey." On the word "Foey", each player will throw down 1, 2, or 3 fingers. Total the number of fingers and then count around the circle from the leader and the player that the number lands on becomes the "IT."

Special Space

Have all participants scatter throughout the playing area to find a spot that they want to call their own. This space should be away from any of the other players. Ask participants to sit in their space and to remember exactly where it is. From time to time, the leader can call-out "Find your special space!" At this time, all participants need to stop what they are doing and go directly to their space and sit down.

Whistle Mixer

Participants mill around the play area and each time the leader blows his/her whistle the participants group according to the number of times the leader blows his/her whistle. Example: group leader blows whistle 3x – the participants need to group in 3's.

COOPERATIVE GAMES

1/2 Fast Track

Make a large circle with all participants. Select two leaders by choosing two participants who are standing next to each other and hand them each a ball (the larger the better). Half way around the circle designate 2 other participants who are standing next to each other to determine the two teams. The object of this low level group cooperative is to pass the ball around half of the circle and back as quickly as possible trying to beat the other team back to the original leader. On the leaders "go," each team member hands the ball from one person to the next. When the ball reaches the last person, that person spins around one full turn and hand the ball back to the person they just received the ball from and the passing action continues back to the leader. The first team to get its ball back to its original leader is the winner.

*Variation: Make a Tic-tac-toe poster or Connect Four poster and put it in the center of the circle. When a side wins a round, the captain, at that time, (change captains and end players each round) comes to the center of the group and makes a play on the poster. Make sure you change the game a bit each 2 rounds. For example, 1st - regular pass with a spin by the end player, 2nd - place ball on a cone, play as normal with the round going to the captain that balances the ball on the cone first, 3rd - each player must pass the ball around their waist before passing to next player, etc. This keeps the game fresh!

3, 2, 1 Ups

Each group starts this activity with 1 soft object that can be thrown. One person is chosen to be the leader, and his/her job is simply to give the command: "1, 2, 3, Ups!" On the word "Ups," whoever is holding the soft object throws the ball a minimum of 10 feet in the air and the game requires someone else in the group to catch it. If the group is successful in tossing and catching the one item, they repeat the above. If they are successful a second time then they add another object. This time, on the command "Ups" both items are tossed up into the air with the group trying to catch both objects. To add another object the group must successfully make two catches in a row. If an object touches the ground they must start over.

Ming Vase

Have all campers sit facing each other in a circle. Pass around the Priceless Ming Vase (plastic bucket) with their hands, being careful not to break it. Once this is mastered, have them pass with feet, then turn back-to-back and pass with feet. Next fill with water and challenge them to pass without spilling—whatever water remains your group can dump on you (or someone else you've pre-asked/warned! Talk about being thirsty, carrying the living water with them.

Shoulder to Shoulder

Ask one camper to volunteer for a challenge. Tell the other campers to stand in a circle, shoulders touching. The goal is for the Volunteer to get into the middle of the circle. The natural response is for them to use force and for the group to keep them out (even though you never described this in the rules). Explain that we need to ask for help and we also must be willing to let others into our group.

“33”

Players sit in a circle close enough to take turns throwing a "die." The object of the game is for each player, in turn, to roll the die and as a group, add up the spots as quickly as possible to reach "33" or more before the other groups do so. If any player in the group rolls a 6, the whole group must stand, walk quickly to touch a wall, and return to their original places to sit. (Any predetermined action may be substituted.) Upon returning, the group continues to play, but must start again at "0." The first group to make it to "33" (or over) assumes the dead bug position (on back with arms and legs in the air) and starts to chant, "33, 33, 33 . . ."

5 Passes

Prior to beginning the game, scatter a variety of throwable objects on the ground in your play area. After instructing all participants to group into pairs, you are ready for this high paced, cooperative activity! Explain that the challenge is to get a pre-determined number of 5-pass series in a set amount of time. Determine who will start the challenge in each pair and explain that this person will be first to pick up one of the items and start the 5-pass throwing series. A complete series is as follows: Player #1 picks up an object, s/he throws it to his/her partner and they both say: "1." Player #2 (who just caught the ball), passes it back to player #1 and both participants say: "2." The ball is passed back and forth in this manner until the 5th pass occurs which will end with player #2 catching the ball (this also ends the series and the pair have just completed their 1st series of 5-passes). Player #2 then drops the object and both players must run to another object and start the 5-pass cycle again. Once an object is obtained, other players may not disturb or

Games

take an object being thrown and must run to find one that is on the ground. This activity will get the heart rates up and should be followed with a slow down activity.

A-Z Moonball

Have your entire group scatter and sit on the floor. The object of this game is to get from A to Z without the breaking any of the activities rules. Each time a person hits the ball, the group should call out the next letter of the alphabet. The rules are simple; all seats must stay on the floor, if ball hits floor or ceiling, the group must start over starting with the letter "A". Most groups will achieve this without all that much trouble. If so, have them try it using only non-dominant hand, or feet only, or elbows and heads only, etc.

Car-Car

Participants group themselves in pairs with one person choosing to be the car and the other person being the driver. In this activity the person representing the car is blindfolded (or can close his/her eyes) with the driver standing directly behind them. The leader explains that there are three commands that determine the way the driver is to drive their car. The first command "city driving," allows the car and driver to move forward about 3 steps and then the car must make a 90 degree turn to either their right or left. "Country driving" allows the car to meander around the room with no fixed pattern. "Freeway driving" has the car and driver going around the room one way in a circular formation. During freeway driving, the car can go as fast as "the car" (person) feels comfortable. As the leader shouts out different commands, the car changes its form of driving to match the command. After about 30 seconds, have the car and driver switch places.

Heads and Hands

The object of the game is to get as many points as your team can get in a 1 to 2 minute time period. Points are only awarded for "Headers" (balls hit with head). In this activity, one of the players needs to be the "Counter." On the signal to begin, the beach ball is hit into the air by hand. From that point on, the group tries to keep the ball in the air by using hands or heads. A point is scored and counted for each head-hit. If the ball hits the floor A) pick it up and hit it with hand to start the action again or B) take a point away for each floor hit. Have each group announce their totals and ask them to try again to better their previous score.

Soccer Circle Relay

This is a great activity for team building. Form groups of 8-15 participants and have them form a circle with arms around each other. Have each team move to a predetermined starting line and provide each group with a soccer ball (or any kickable ball). Then have each group place the ball in the center of their group and you are ready to start the soccer circle relay! Explain that on the "GO" signal, each group has to stay together while kicking the ball and moving their group to the finish line some distance away. If the ball gets away from the group while moving toward the finish line the group must stop, and before moving again every player spins around twice while one player retrieves the ball and drops it back into the center of the circle. The group then continues toward the finish line. The first team to get their entire team over the finish line with the ball in the center is declared the winner. Challenge groups by adding 2 or 3 different kickable balls and then racing back to the original start line. Participants will have a ball with this cooperative relay!!

Swap Knots

In Great Britain they have a game called Dr. Tangle that the kids love to play on the playground. The game of Knots has been around long time and is a favorite among ROPES facilitators. This game is a combination of both of these fun games and I think you will see the value to it. Make groups of 8, 10, or 12 members each. Give a bandanna or three-foot piece of rope to ½ the group. The players with the rope put them on the floor so they cross each other in an asterisk like shape. Once this is done, invite the other players in the group to take hold of the other ends of the ropes. This is where the Dr. Tangle comes in. Allow each group two to three minutes to tangle the ropes as much as possible without letting go of the ends. At the end of the time, ask the teams to carefully place the tangled ropes on the floor so the ends of the ropes can be seen. Once this is done, ask the groups to move to another team's tangle. Each player will grab the end of one of the ropes and the group will try to untangle the ropes until they are standing in pairs. The first group to untangle is awarded 10 points, second will get 7 points and third will get 4 points. After each group has become free, ask them to repeat the process and play again. Play to 25 points or play for a set amount of time. You'll like this one.

Switch, Change, Rotate

This activity really makes a group of three players think and communicate. Group participants in 3's and scatter them about the area. Ask for each team will stand in line facing the same direction. There are three commands that the groups must follow:

Switch - means that the lead player and the back player exchange places.

Change - means that the entire group simply turns and goes the opposite direction.

Rotate - means the lead player goes to the back and the center player is the new leader.

To begin the activity, have each group march in place and try to execute the commands as the leader calls them out. Once they have

Games

a good grasp on the idea, have them walk (anywhere in the area) and try to do the commands. After walking, challenge the groups to jog or power walk while following the commands.

Tanks

Group all participants into pairs having one person start by being the tank, and the other person start by being the commander. The object of the game is to be the team that has the fewest number of hits when time is called. The game is played by having all tanks blindfolded and explaining that the commanders are to by verbal means only (no touching is allowed in this game) guide their tank to ammunition (fleece balls) that will be placed onto the floor. Once a tank finds a fleece ball, the tank picks it up and again by verbal instruction only tries to hit another tank by throwing the fleece ball underhandedly at another tank. No overhand throws are allowed. If a tank is hit, that's one hit against their team and that person takes off their blindfold and gives it to their partner and the process starts over. A person becomes a tank only when their blindfold is on. The commander can protect their tank by getting in front of fleece balls, but can't use his/her hands to swat shots away.

JUSTIN FOR FUN

3 Down

Create a large circle with all participants. In the center of the circle have standing four plastic bottles/pins. Give 2 or 3 of participants in the large circle each a nerf ball. Select two volunteer who will be timed to see how long they can protect the bottles in middle of the circle while the remaining circled group members try to knock the bottles down as quickly as possible. If a bottle is knocked down, the protectors can put it back up. The center participants turn is over and the clock stopping if at any time 3 bottles are down.

“4” / Four

Have the group form into pairs. One partner will be on his/her hands and knees and the other will stand beside them. As leader, explain that you will call out four commands and that on your “Go!” the standing player will try to be the first to finish all four called out commands plus an ending pose before the other standing players can finish. The commands are as follows:

“Over” - place hands on shoulder and jump over your partner

“Under” - crawl under your partner

“Around” - run around your partner

Call out 4 of the above commands in any combination and then create a finishing pose (example: after completing the 4 commands, the kneeling player must get up, both players must double high 5 and say, "We like ourselves!"). After each round, switch positions and play again.

Everybody's It Tag

Just as the name says...everybody's it! The object is to tag without being tagged. Once someone has been tagged, they squat down and they are temporarily out of the game. The “tagged” can resume play when the person that tagged them squats down from being tagged. Note: If two simultaneous tags occur between two players, both player's squat and they count to 60 before they can continue to play. Honesty is the key.

Ga-Ga Ball

The object of this game is to be the last standing at the end of the game.. Players scatter all over the hall and selected players toss the ball into the air and as it bounces all the players say, “Ga (1st bounce) Ga (2nd bounce) and Ball on the 3rd bounce. The game begins on the word “Ball.” At this time, any player may strike the ball with either a fist or open hand. The group will decide, before hand, which way they want to play – fist or open hand. It is a foul and the player is out if he/she strikes the ball the wrong way. A player is out if hit below the waist with the ball and the player hitting the ball is out if the ball hits a player above the waist. Anyone can go for the ball at anytime during this busy game. A player cannot hit the ball two times consecutively. This keeps one player from dominating the game. If a player is hit below the waist, they move to the side and are out of this round of the game.

Hand Simon

To begin, create 4 hand signs to be used by all players. Player one chooses one of the hand signs. Player #2 then must repeat Player #1's sign and then add either the same sign or one of the other three. Player #3 then must repeat Player #1's sign, then Player #2's sign and then add their own. This continues until someone makes a mistake. The game is played identical to the electronic Simon game.

Games

Jump Stick Relay

Select relay teams and have them start at one end of the gym. The first player on each team is given a stick, jump rope, or swim noodle. On the signal to begin, this player, with the equipment, will run forward to touch a line some 30 feet away with their foot. When this player gets back to their team, he will hand the stick to the next player and both of them will lower the stick to about 6 inches from the ground. They slide the stick back as each of their teammates jumps the stick. When the last player jumps the stick, the original runner stays there and the other player runs to the far line, touches it with their foot and returns to repeat the action. Play continues until all players have had a chance to run and the original player is on the front of the line again.

Variation: Players form relay columns and stand behind the starting line. The first two players of each team hold a stick about two to three feet long by its ends. Holding the stick close to the ground, the first two players run down the length of their column. Each player in the line must jump over the stick as it reaches him. When the two players with the stick reach the foot of the line, the first player lets go of the stick and takes his place in the back of the line. The second player runs back to the head of the line and teams up with the third. Together they repeat the action, and then the third player teams up with the fourth and so on until all players in a team have run with the stick. The first team to finish is the winner.

Pass and Squat

Formulate equal teams for this relay. Have all teams stand facing the same direction with the leader of each group on the same starting line. The players should be about 3 feet apart from each other. When this formation is established, have the leader of each team move 10 feet in front of his team and turn around to face his/her team. The leaders are given a basketball or any other item that can be tossed safely. On the signal, the leader tosses the item to the first player. This player returns the item to the leader and squats down. The leader tosses to the second player in line and they toss it back and squat, also. This continues until the last player has passed the item back to the leader. This could end the round or the game could continue with the last player receiving the item and running to the front of the group to take the place of the first leader. The old leader moves forward and turns to receive the item from the new leader. All the other players move back a spot. This action continues until the original leader has returned to the front.

Roll and Zig Relay

Select equal relay teams. Each team makes a line with about three feet between each player. All stand in a straddle position and the front player rolls a ball through all the players behind them (all help to pass the ball along). When the last player gets the ball, s/he will take the ball and run to the front of the line while zig-zagging through the other players on his/her team. When they get to the front, they bend over, roll the ball between their legs and start the process again. Play until the original first player is back in his position which will designate the winning team. The original name of this relay was "The Tunnel Relay."

Same – You're Outta da Game

This is a wonderful filler activity that while considered an elimination game, has participants participating again very, very quickly. Begin by teaching all participants the three following actions that are used in the contest:

Gorilla - Up on toes, arms raised, and growling

Slingshot - Squat down acting like you are shooting a slingshot while saying, "Boink!"

Man - Strike the pose of the international sign for mankind (hands folded across chest with the head tilted to one side)

After practicing the above actions have all participants get with a partner. Have each pair stand back to back and instruct everyone that in a moment, they will jump and turn around (now facing their partner) and when they land on the ground make one of the above signs. In classic Rock, Paper, Scissors style there is a progression of who wins. The progression is as follows::

Man controls the Slingshot so the man wins.

Slingshots can "Boink" the Gorilla scaring the Gorilla away, so the Slingshot wins over the Gorilla.

Gorilla can crush (or hug) the Man so the Gorilla wins over the Man.

Practice doing this a couple of times before beginning the contest by explaining that you will count to 3 and on the count of 3 all pair will simultaneously turn and make their sign. Once everyone understands the game and which action wins over the other, introduce the twist. Explain that from this point forward, if both of the actions match "You're outta the game!" (both people lose). Start the contest and instruct winner to remain standing and to quickly find another player that is standing to challenge. Remember, if a pair both do the same action, both people sit down. Continue this process until one player is left and declared the winner. You will find that this happens very quickly and seldom will a player repeat as a back-to-back winner.

Total Involvement Relay

Select equal teams of 6 to 8 players each. Have each group make a circle of 6 players holding hands. The other 2 players will get into the center of the circle. The teams are now ready for this fun relay. Mark a starting line and another line some 30 to 50 feet away. On the signal to go, all teams power walk to the far line (some of the players will be moving backwards). When the group gets to the far

Games

line, the just reverse the action and the players that were moving forward are now moving backwards. The 2 players in the center are always moving in the direction the group is going. When the group returns to the start line, 2 other players from their group will go to the center and the center players join the circle to repeat the trip. Continue this relay until each player in the group has had a time in the center. Everyone will move forward, backward and have a chance to be in the center.

Walk Tag

For this activity, you need to have participants grouped in pairs. Once in pairs, one person becomes the "counter" and the other person the "walker." On the leaders signal, the "counter" stays in his/her place and counts to 10 while the "walker" moves as far away from the "counter" as possible. When the "counter" reaches 10, s/he chases the "walker" trying to touch him/her. Once the "walker" has been touched, the two people switch roles; the "walker" becomes the "counter" (who immediately starts counting to 10) and the "counter" becomes the "walker" (getting quickly as far away from the "counter" as possible). The game continues for about a minute with roles being reversed each time a "walker" is touched. Let the participants rest as the next section of the game is explained. Have the pair that has been playing their own game of walk tag now form a team and link arms. Have these linked pairs find another linked pair and play another round of walk tag with one of the pairs starting the game as the "counters" and the other pair being the "walkers." A third round of the game can be played with these 2 pairs combining to form a linked group of four chasing another linked pair of four.

Ah-So-Go

Insert Text Matt

Squat Ball

Many balls are located throughout the playing field. Have players spread out throughout the boundaries. Players underhand balls to other players. If you are tagged, you sit down and wait for the player that hit you is frozen. Once the player that froze you is squatted, you may return to the game.

So N So Knows

All players are aligned in a circle. One person is located in the middle of the circle. The person in the middle calls out a persons name located within the circle. The middle person begins to walk towards the person he/she called out. If the middle person touches the called out person before the called out person names another name, they have to go into the middle, and the previous person returns to the circle. However, if the called person is able name someone else, the middle person must turn around and walk towards the newly named person in the circle.

Filler Games

What Lies Behind the Green Glass Door

This is one of these pattern games. Anything that has two repeating letters in it lies there. Such as **puppies** but not **dogs**, or **walls** but no **ceilings**.

Click, Click, Bang

Another pattern game. Make your fingers into a gun and shoot your kids by either saying click or bang a multiple number of times. Ask them, "who did I shoot?" Whoever talks first is the one who was shot.

I'm Going on a Picnic

Another pattern game. Say you are going on a picnic and tell your kids one thing that you are going to bring. The key is that you can only bring things that start with the same letter as your first name. Another variation is to go through the whole alphabet, naming one thing that starts with each letter. Each person needs to repeat what was said, and then add on their word.

Crossed or Uncrossed

Yet another pattern game. Pass 2 pens to your kids and say they are either crossed or uncrossed. Make sure to pass the pens together. Whether or not they are crossed or uncrossed depends on whether your **legs** or crossed or uncrossed.

Games

How's it like a Gym Sock?

Similar to the game 20 questions. One person chooses an object, everyone else tries to guess the object. All questions must be phrased, "How's it like..." and the answer should be phrased (for example) "It's like a *gym sock because no one likes to be around it after it's used.*" Each person asks how the object is like a different object of their choosing. For example "How's it like a ..." #1 gym sock, #2 baseball #3 news anchor.

Alaskan Baseball

Form 2 teams, one in the field and one at bat. The team in the field spreads out all over and the pitcher rolls the ball to the batter. The batter kicks the ball and then proceeds to run around his team that is lined up behind him. He gets a run for every time he makes it fully around his team. The team in the field then retrieves the ball and forms a line behind it and passes the ball over their head and then in-between their legs. When the ball makes it back to the last person, the person who was a t bat stops running and the number of times he made it around is the number of runs they get.

Human Foosball

You need a kickball or a Nerf ball for this. Form 2 teams of 5 to 10 each. Place them in the same spot as you would see on a Foosball table. Have them sit and tell them they can not move from their spot and then play Foosball. Make sure to have 2 goals with goalies.

Sara Witte, Lutherhill