



EUROPEAN **YOUTH** PARLIAMENT
PARLEMENT EUROPÉEN DES **JEUNES**

EYP Poland TEAMBUILDING BOOKLET

gathered and edited by
Wojtek Koblowski

draft version
15 Apr 2007

CONTENTS

NAME GAMES 3-5

Map of Europe	Do It Your Own Way
Silent Name Game	Shouting Game I/ I'm Here & I'm Happy!
Ball And Name	Shouting Game II
Ball In Order	SPUD
Name And Sign/Action/Adjective	Surname Song
Toe Bash	Join My Name
Move It Buddy	Quack (icebreaker)
Good Morning!	Name Hug

GETTING-TO-KNOW GAMES 6-10

Toilet Paper	60 Second Speeches
M&M's I	Sympathy Gum
M&M's II	Know Your Neighbour
Common Link	I Like People Who...
Concentric Circles /An Onion	Digging Game
Who am I?	Balloon Digging Game
Pairs Game	Balloon Guess
Animal Match	Similarities
Order	Artifact Game
Silent Identification	The Questionnaire
Chairs	Interview

ENERGISERS 11-18

BALL GAMES 11	Spoil Me If You Can
Cosmic Catch	Kiss Me If You Can
Movie Ball	Honey, Tell Me That You Love Me
One Foot In The Circle	
RUNNING GAMES 11-12	RACES 15-16
Circle Tag	Caterpillar Race
Rabbit without a house	Banana Race
Prisoner	Lemon Race
Fruit Salad	Dizzy Race
Granny is watching you	Life Saver Relay
Hug Tag	Clothes Relay
Balloon Bust	Gum Game
Mexican Traffic Police	Bomb/Chalk Drop
Chase Your Tail	
GIGGLES GAMES 12-13	BIG GROUPS ONLY 16
Pass the giggle	The Great Shoe Dive
Coin Game	Giants, Wizards and Dwarfs
Ha Ha	
FUN GAMES 13-15	OTHER GAMES 16-17
The MOO game	Over and under
Zoom	Snake
Towel Game	Gordian/Human Knot
All Aboard	Movie Word
People To People	Stand up
Dress the Mummy	Sticky Toffee
A Ball Goes On Holidays	Evolution Game
Gum Art	City Game
King Boe Boe's Ring	
Alien	SILLY ENERGISERS 18
	Trees/Ozone Up Here Good
	Banana Cheer

BLIND BLOCK GAMES 19

Walking Nightline
Blind guidance

The Humming Game
Animal Farm

TRUST GAMES 20

Fall in the arms
Drunken Bottle

Human Corridor

PROBLEM-SOLVING GAMES 21-23

The Fastest Ball Ever
Blind Square
Spider's Web
Multi legged Monster
Tied-Up
Eco-Memory
2x4
Human Pyramid
Sheep and Shepard

Bridge
The Stick
Pipe
Traffic Jam
Atomic Bomb
Trash Game
Black Magic
Murder Game

OTHER GAMES 24

Paper Bag Skits
Sentence Game

Suck and Blow
Essence Circle

NAME GAMES

Map of Europe

Type: Getting-to-know Game

Instructions: Members of the group should form an imagined map of Europe on the ground and take a stand at the position of their country

Silent Name Game

Type: Name Game

Instructions: This may be only the first name game played in the group. Show the group (don't say a word!) to sit in a circle. Show them placards telling them not to speak within next 10 minutes. Showing them appropriate placards (of course, you must prepare them in advance) ask them to get to know each others names. Once they're finishes with this task, point out one person and ask the others to show this person's name. Do it one by one with every group member.

Ball And Name

Type: Name Game

Instructions: The group is in a circle. A tennis ball is taken and thrown to another person, saying (e.g.): Mark throws the ball to Annette. She catches it and goes on like this.

Ball In Order

Type: Name Game / Energiser

Instructions: The group stands in a circle. The group is told that they now have to throw the ball around the circle (starting with the facilitator) and every member must have had the ball once before it goes back to the facilitator. After the first round they have to throw the SAME combination again. Then as quick as possible...and quicker. Challenge the group setting up the time limit e.g. telling them that they must make it within 30 seconds, then make the limit more and more tough.

Name And Sign/Action/Adjective

Type: Name Game / Energiser

Instructions: The group stands/sits in a circle. First person has to say his/her name and do a sign/action or say an adjective starting with the same letter as their first name, followed by their first name (i.e. Clever Claire, Kind Karen). Next person has to repeat the name and sign/action/adjective of the first person and then say his own name and do the sign/aciton/add their own adjective. it goes around the circle and the last person has to repeat all other names in order and end with their own.

Toe Bash

Type: Name Game / Energiser

Instructions: Everyone sits in a circle, with their legs out towards the centre. One person is designated to start in the middle. The person in the middle is given a rolled-up newspaper or any other harmless "basher". A name is called to start the game, usually by the leader, or a designated person. The toe-basher must then hit the person who's name has been called, before this person calls a new name. This recently named person must then name another person, and so on, until the toe-basher succeeds in hitting someone's feet before they can call someone else's name. Then the two switch places. The person who was in the middle must call out a name before sitting down again, or they can be "bashed" by the new person in the middle. And the game continues. If the name of the person in the middle is called, the person who called it must take his place. The game can last up to half an hour, depending on the group size and dynamics... but can be stopped at any time. Probably the most effective Name Game ever.

Move It Buddy

Type: Name Game

Instructions: Stand in a circle, with one person in the middle. When the person in the middle says so, participants will be given 30 seconds to one minute to memorize the first, middle, and last name of the person to their left and right. After the

minute is over, the person in the middle will point to somebody and say "left" or "right". If he or she pauses or stumbles saying the full name, he or she is then in the middle. If everyone seems to know each others names right away, the person in the middle can call out, "Move It Buddy!" and everyone must rush to a new space and begin memorizing names again.

Good Morning!

Type: Name Game

Instructions: Have members of the group walking around the place. Once they meet somebody they need to welcome (saying "Good morning", "Hello!" etc., and introduce their names (saying "My name is...", "I'm..." etc) to each other. It may seem funny but it really works!

Do It Your Own Way

Type: Name Game

Instructions: To be played after the first round of name games. The group sits in a circle with eyes closed. Starting with the facilitator, everybody has to say their name in a way their prefer: whispering, shouting, murmuring, singing etc. Then the group is to repeat the name of the person in the same way.

Shouting Game I/ I'm Here & I'm Happy!

Type: Name Game / Energiser

Instructions: Make the group stand in a circle. On a sign given by the facilitator everybody starts screaming their name - the louder, the better! Then make them scream 'I'm happy!' or 'I'm here!' in their own languages in the same way - at the same time, the louder, the better. Once they've finished, make them scream their name and the powerful sentence one by one in a round.

Shouting Game II

Type: Name Game / Energiser

Instructions: To be played after the first round of name games. Make the group stand in a circle. One person starts shouting the first syllable of their name, the other follow one by one. When the sound comes back to the person whose name is being shouted, everybody screams the missing part of the name at the same time.

SPUD

Type: Name Game / Energiser

Instructions: All you need for this game is a bean bag. Gather all the girls together in a standing circle, close enough that everyone touches elbows. Pick someone to stand in the centre of the circle with the bean bag. This girl then throws the bean bag up into the air and calls out someone's name. Everyone scatters as far and as fast as they can, except the girl whose name has been called: she grabs the bean bag. Once she has the bag, she yells "Freeze!" and everyone freezes in their tracks. The girl with the bean bag then picks someone to be her "target". She is allowed to take as many steps toward her target as there are letters in the target's name, spelling the target's name as she goes (don't worry too much about misspellings). Once she has taken as many steps as she is allowed, she throws the bean bag at her target. If she hits her intended target, that girl picks up a letter "S". This girl then becomes the next to stand in the centre of the circle and toss the bag up in the air. The game continues until someone has accumulated enough letters to spell the word "SPUD".

Surname Song

Type: Name Game

Time: 5 min

Instructions: Make the group stand in a circle. Everybody, one by one, is to sing the fist syllable of their surname at the pitch and volume they prefer. Repeat singing 'the song' several times.

Join My Name

Type: Name Game

Instructions: Players must find another player with at least four letters in their name that are the same. Join hands. Idea is for the entire group to be joined at the end of the game.

Quack (icebreaker)

Type: Name Game

Instructions: This game is played in the same formation as jamaquacks. The group forms a circle and about six players are chosen to go into the middle of the circle, where they bend over and grab their ankles, and walk around backwards. If they bump another player then they must introduce themselves by sticking their head between their legs and shaking the other player's hand.

Name Hug

Type: Name Game / Energiser

Instructions: Everybody is running around the place. Once you yell somebody's name this person stand still and everybody must hug them.

GETTING-TO-KNOW GAMES

Toilet Paper

Type: Getting-to-know Game

Instructions: Tell participants to take a length of tissue. Only after all have taken some, tell them for each panel of tissue they have to say one positive thing about themselves.

M&M's I

Type: Getting-to-know Game

Instructions: Ask each person to pour themselves a small handful of M&M's. Then from their handful, ask them to put aside a candy with each of their three most favourite colour. Once everyone has chosen their colours, put up a poster with questions on, one for every colour one (e.g. "If you could go anywhere in the world, where would it be?")
Then go around the group and have each person tell the group their answers for each of their three coloured M&M's.

M&M's II

Type: Getting-to-know Game

Instructions: Ask each person to pour themselves a small handful of M&M's. Then from their handful, ask them to put aside a candy with each of their three most favourite colour. Make sure that nobody has two M&M's of the same colour. Then make a round asking them to say one thing for each colour i.e. yellow - something sunny about themselves, red - an embarrassing moment, black - the most frightening moment of their lives, green - the best memory from their childhood etc.)

Common Link

Type: Getting-to-know Game

Instructions: Divide the group into teams of three or four. Each team has to come up with 5-10 different traits that are common to all members in the team -- brown hair, an older brother, etc. After five minutes or so, the teams share their common traits with the group. Points are scored for each trait that isn't also on someone else's list. So if two teams listed that everyone in the team wore glasses, neither team would get a point for that trait. The team with the most points wins, but so does everyone else, as you've all discovered some pretty interesting things about one another!

Concentric Circles

Type: Getting-to-know Game

Instructions: Divide everyone into two groups. Have one group make a circle facing outward. The second group then makes a circle around the first group and faces inward. Everyone should be facing someone from the other circle. Each person can talk to the person across from them for a minute or two before you yell, "SWITCH", and have one circle move to the left or right a few steps. If participants seem shy, give them a topic to talk about each rotation, such as movies, DECA, college, food, etc.

Who am I?

Type: Getting-to-know Game

Instructions: Every member of the group gets a piece of paper with a name of a famous person, which are prepared in advance by the facilitator, and tapes it on their forehead, so that they can't see it. Now everybody has to walk around and has to find out by asking the others with simple questions, who he is. The allowed answers are just "yes" and "no".
Also possible is to make signs that are connected to each other (famous couples,...) and to find your partner.

Pairs Game

Type: Getting-to-know Game

Time: 5 min

Instructions: Make up pairs or group of people that go together (Mickey Mouse/Minnie Mouse, Barbie/Ken) You give each person a card with one of the group or pairs on it. The pairs or groups must find their match.

Animal Match

Type: Getting-to-know Game / Energiser

Instructions: Upon entering the room, everyone is given a card with an animal on it (make sure there are two of every animal) one the count of three everyone makes their animal noise and tries to find their partner as soon as possible.

Order

Type: Getting-to-know Game

Instructions: The group stands on a dead tree or small bank, next to each other in line. They then have to line up in order according to their:

- ◆ age or date of birth (more difficult)
- ◆ height
- ◆ first letter of their name
- ◆ first letter of their surname
- ◆ colour of eyes
- ◆ colour of hair
- ◆ shoe number

No talking is allowed, only sign language may be used.

Silent Identification

Type: Getting-to-know Game

Instructions: Each participant is asked to either write words or draw pictures that describe themselves. This is done silently. They pin the picture on their chests, walk around and have everyone look each other over. Pictures are then shuffled and participants are asked to identify the person to which the picture belongs.

Chairs

Type: Getting-to-know Game / Energiser

Instructions: Everyone gets a chair and sits in a circle. The Guider has a list of items she reads out. If any of them apply to you, you move the appropriate number of seats clockwise.

Examples:

- ◆ Anyone having a brother, move one seat clockwise.
- ◆ Anyone having a sister, move one seat counter-clockwise
- ◆ Anyone with black hair, move one seat clockwise.
- ◆ Anyone who has been to USA, move two seats counter-clockwise.
- ◆ Anyone over the age of 21, move one seat counter clockwise.
- ◆ Anyone wearing brown shoes, move one seat clockwise.
- ◆ Anyone being left-handed, move two seats clockwise.
- ◆ Anyone speaking French, move one seat counter-clockwise.
- ◆ Anyone being afraid of any animal, move one seat clockwise.
- ◆ Anyone who experienced bungee jumping, move three seats clockwise.
- ◆ Anyone who is or used to be a vegetarian, move one seat clockwise.
- ◆ Anyone who writes or used to write poetry, move one seat clockwise.

The idea is to move all around the circle, and end up back where you started. It becomes fun because if you move, but your neighbour doesn't, you sit on her lap! Sometimes, you can have three people occupying the same chair!! Make sure you have lots of categories so that everyone gets lots of chances to move.

60 Second Speeches

Type: Getting-to-know Game

Instructions: Have different topics pre-written on pieces of paper about all sorts of different things (candy, state advisors, television, summer, DECA blazers, parents). One by one, participants will pick a topic from you and must give a 60 second speech however they would like. The only rule is that they must not stop talking or hesitate for the entire minute. You'll be amazed at what some people end up talking about in just one minute!

Sympathy Gum

Type: Getting-to-know Game

Instructions: The group sits, stands in a circle. One person steps into the middle and tells something he/she likes. Everyone who agrees steps into the circle too. Then another round with things you do not like.

Know Your Neighbour

Type: Getting-to-know Game / Energiser

Time: 10 min

Instructions: One player is designated to be IT. He takes his place in the centre of the players, sitting in a circle in the dark. IT suddenly flashes his flashlight on one of the players and asks "Who are your next door neighbours?" And then he flashes the light on the nearby neighbours. If the player who was asked the question, can't name both neighbours correctly, he becomes IT. If he does name them correctly, IT asks him "How is So and So?", naming either of the players. If the reply is "OK", the players remain seated, but if the answer is "Not so good", all players must change seats. While everyone is shifting IT tries to get a seat. If he succeeds the one without a spot then becomes IT. Note: Until everyone is sure of the names, IT must give them time to learn the names of their neighbours before they shift.

I Like People Who...

Type: Getting-to-know Game

Instructions: Everyone needs a placemaker to stand on - tape, rubber spot or even a chalk mark. Everyone forms a circle and stands on their spot. One girl is in the middle, her spot is removed. She calls out "I like people who . . ." Suggestions: like camping, eat cereal for breakfast, love Brownies. Anyone who falls into that category must change places with another person in the circle to whom the statement applies. "It" tries to get a spot also and the person who is left in the middle makes the next statement. You may not take a space next to you!

Digging Game

Type: Getting-to-know Game / Energiser

Instructions: The members sit in a circle of chairs and there is one person standing and does not have a chair. The person in the middle asks a question, like "who has brown hair?" and everyone who does has to get up and switch seats. The person in the middle has to go and find a seat, which in turn will leave somebody else in the middle without a facilitator to ask a question. The catch is that the people changing seats (this applies to each individual round) cannot move to the seat on either side of them, or if they get up and can't find a seat, they cannot return to the seat where they just sat. This is a great way to "dig" up some information, on people you don't know.

Balloon Digging Game

Type: Getting-to-know Game / Energiser

Instructions: Make everybody sit in a circle, blow up one balloon. In the first round everybody is to write on the balloon (tell them to use markers only so as not to pop it) two random question they would like to ask the other members of the group. Examples: Who did you want to become when you were a child?, What are you going to do this evening? How did you spend last night? etc. In the second round everybody has to answer two randomly picked questions (of course, if someone doesn't want to answer the question chosen, it may be changed).

Balloon Guess

Type: Getting-to-know Game

Instructions: Have everyone put one piece of information about themselves or even their name in a balloon, then blow up the balloon and throw the balloon in the middle of the circle of participants. Then one by one, pop the balloons and guess to whom that piece of information belongs. Ask them to write in capitals: it more difficult for one to recognize somebody else's handwriting.

Similarities

Type: Getting-to-know Game / Energiser

People sit in a circle on chairs. Everybody has a chair except one person in the middle. He really wants to sit ! So this person names a property like "I have black trousers",

"I live in Amsterdam", "I have a sister", or even "I have two eyes". All people who can say that too have to change seats, the rest stays seated. The person who was in the middle will try to sit on one of the chairs, and one person remains. This person now asks the next question.

Artifact Game

Type: Getting-to-know Game

Instructions: Each person is told ahead of time to bring ten objects with some meaning to them to whatever event you are doing this at. When they arrive, give them a bag with a number on it and get them to carefully place their objects into it. Then make sure each person gets someone else's bag. They have ten minutes to write down ideas about what the person who owns the objects is like, and to try to guess who they are. It is best if you don't do the guessing until after everyone has had their say. This would also work as an end of meeting game, to see what people have learned about each other.

The Questionnaire

Type: Getting-to-know Game

Instructions: Everybody gets a questionnaire. There are 24 boxes (make a grid of 6 x 4 boxes), with one fact in each (if you haven't prepared the questionnaires in advance read the facts one by one so that everybody fill the spaces in).
Examples:

- ◆ Has never been abroad
- ◆ Has been to USA
- ◆ Has experienced bungee jumping
- ◆ Is a vegetarian
- ◆ Writes or used to write poetry

Then tell group members to go around and find people who fit every box and have them sign it! When you are through with filling in the questionnaire ask the group to sit in a chair circle. Read the facts from the boxes one by one. Once you read one statement, for example "Has been to USA", people should point who has signed the box with this statement.

Interview

Type: Getting-to-know Game

Instructions: The group is split up into groups of two. The pairs now have time to talk to each other. Later they present their partner to the group. They should also state three facts of which one is lie. The group has to work out which was the lie. Make them ask some questions about the facts given, not only guess which of them is lie. Be crazy and creative! Example:

- ◆ I once pulled all the muscles in my knee because I was running around in swimming flippers.
- ◆ I once knitted a scarf on a pair of "legs" from a flamingo lawn ornament.
- ◆ I once was really late for school because I locked myself in a garage.
- ◆ Which of these do you think is false? :)

ENERGISERS & FUN GAMES

BALL GAMES

Cosmic Catch

Type: Energiser

Instructions: Form a circle. Have 2-4 (or more if you're brave) items to throw (e.g. Koosh ball, stuffed animal, knotted bandana, etc). Before you throw to someone you have to say their name. Each person can only be the catcher 1 time. The last person would throw it back to the starter. Once you have gone through the circle once, the trick is to repeat the sequence and *add* more items so there are several items being thrown at once! Each person has to remember who to throw to and who threw to them. To make it really interesting, *reverse* the direction of throwing, so each person would be throwing to the person who had thrown to them in the previous round. (Be nice - let people know *before* you start the reverse round!)

Movie Ball

Type: Energiser

Instructions: Everyone stands in a circle and bounces a ball to somebody else, and has a five second limit to do so. But before bouncing the ball they must say a name of a movie. When somebody repeats a movie name, they are out of the game. It eventually ends up being a competition between two people, and then there's a winner.

One Foot In The Circle

Type: Energiser

Instructions: The facilitator forms a small circle with a rope on the ground. You are allowed to stand on one foot only and the task is for everybody to stand in the circle.

RUNNING GAMES

Circle Tag

Type: Energiser / Touch

Instructions: This game needs lots of space. Arrange the group members in a circle with everyone holding hands, except for two. This pair is "it". They run around the circle until they feel like tagging someone. The runner on the inside tags a pair of hands, and these two girls come out of the circle run in the opposite direction around the circle, trying to get back into their spot before the first pair gets there. If they don't succeed, they become "it". They have to keep holding hands through this process.

Rabbit without a house

Type: Energiser

Instructions: Pick someone to be "it" (the rabbit without a house) and someone to be the caller. Divide the others into groups of three. Each group makes a rabbit in a house by two people holding hands (the house) and one person (a rabbit) standing inside. The caller yells out "Find a house" and all the rabbits, including the one without a house, have to run to find another house. The rabbit left without a house becomes it.

Prisoner

Type: Energiser / Touch

Instructions: The group stands in a tight circle, everyone putting their hands on the shoulders of their neighbours. One person is in the middle and has to try to get out, with the others preventing them from doing so.

Fruit Salad

Type: Energiser

Instructions: Seat players in a circle. One person stands in the centre. Each player is given the name of a fruit (good idea is to collect them in front by using

brainstorming). The person in the middle calls out the name of two fruits. The two people must quickly change seats. The person in the middle also tries to reach one of the seats. The one left standing then calls the name of two other fruits. He or she may also call "fruit basket turnover" and everyone must change seats.

Granny is watching you

Type: Energiser

Instructions: One member of the group ("Granny") stands in a 15-40 meters distance to the team standing in a line. The aim is to approach Granny so that you can touch her. The members of the team may only move when she is not watching, but every time she turns around and sees someone moving, she will send this person back to the starting line. The person who has caught Granny will then be Granny herself.

Hug Tag

Type: Energiser / Touch

Instructions: Designate one person to be a "freezer". Then tell everyone else to scatter in all directions. The freezer counts to five, and then take off after the runners. Once they tag a runner that person becomes another freezer. One is safe from being tagged only when hugs another player.

Balloon Bust

Type: Energiser / Touch

Instructions: Have all players tie one balloon around each of their ankles (use some thread). The object is to burst your opponent's balloons while keeping yours whole.

Mexican Traffic Police

Type: Energiser

Instructions: Divide everybody teams. Each team is given the same number of beans, so that each person has 2 or 3 beans. Everybody runs in every direction, pretending to be cars, buses, trucks, horses, donkey carts, fire engines, etc. Feel free to yell out Spanish words! (Ole! Adios! Burrito! La Cucaracha!) The traffic in Mexico City is very busy & very noisy. One person is the Traffic Police Officer. When the Police Officer holds up her hand, all the traffic must stop. Any vehicle that is caught moving must pay a fine of 1 bean. At the end of the game, the teams count their beans & the team with the most beans is the winner.

Chase Your Tail

Type: Energiser

Instructions: A children's game that is fun for all ages. A great warm up activity. Have the group stand in a line and wrap their arms around the waist of the person in front. You can name the creature just formed any animal you want. Animal sounds add to the fun. The last person in line dons the "tail", a bandana tucked into the belt or waistband. The object of the game is for the head to capture the tail (grab the bandana). When this happens the head becomes the new tail and the second in line becomes the head. People in the middle of the line can decide to help either the head or the tail and can switch allegiance at will. Larger groups can form more than one animal and each animal can chase its own tail or the tail of another animal.

GIGGLES GAMES

Pass the giggle

Type: Energiser

Instructions: The group lies on the ground in a way so that every group member has their head on the stomach of another person. The head of the first person is the only one to lie on the ground. The first person starts to "pass the giggle" and the next person has to pass it on. Then it starts again with a new giggle.

Coin Game

Type: Energiser / Touch

Instructions: The group lays down in a line, next to each other. A big coin is placed on the stomach of the first in the line and the group has to pass it without using their hands, just by moving their bodies.

Ha Ha

Type: Fun / Touch

Instructions: Teams competing lay down side by side on floor or ground. The first person lays back of hand on next persons stomach and that person lays back of hand on the stomach of the next to him and so on. The first person in line is to laugh one HA. The next person in line is to laugh HA HA (two times). The third person is HA HA HA. And so on. Any person that breaks out into a giggle is out of the game and must get up and the hole is filled in. The last one to giggle, wins.

FUN GAMES

The MOO game

Type: Fun

Instructions: There is a group of people in a circle. One person goes out of the room and the game is explained to the others. What happens is when that person comes back they will be given three chances to figure out who the MOO leader is. The MOO leader is the person who is mooing the loudest of them all (in reality there is nobody the first time). On the third try, whoever the person says moos the loudest, he is automatically right. So then somebody else goes outside (person B), and the first person becomes the MOO leader, so he actually has to moo louder than everyone else. So person B comes back in and has three chances to guess who the MOO leader is. Person B is in on it the secret the whole time, so he does not choose the person the first two times. So the first two times, the MOO leader screams really loud. The third time (Everyone is told this while he was outside the first time, that on the third time, of the second round, nobody is supposed to scream EXCEPT for the MOO leader). Everyone pretends to scream, and then it is only the MOO leader who screams the loudest of everyone. In turn he becomes embarrassed, and everyone laughs! This is one of the funniest games possible.

Zoom

Type: Fun / Problem-solving

Instructions: Have players form a circle. Players must get in the zoom position (leaning into the circle, one foot in front of the other, both hands on the front knee) - "assume the zoom." Begin by passing the word "zoom" around the circle (verbally). You can't "pass" the "zoom" until you've received "it." Record the time it takes to get the word all the way around the circle. Ask for suggestions on how to improve your time. Try to beat your previous time. Incorporate any reasonable suggestions.

Towel Game

Type: Fun / Problem-solving

Instructions: Put a medium-sized towel on the ground. Tell the group that when give them a sign, each person must both feet off the ground and they must turn the towel to the other side. They usually jump on a towel. However, they're sometimes smart enough to put some clothes on the ground and stand on them, kneel down etc.

All Aboard

Type: Fun / Problem-solving

Instructions: The goal is to get a group of twelve to sixteen people on a two-foot square platform without anyone touching the ground. Rules:

- ◆ Each person must have both feet off the ground.
- ◆ Everyone in the group must remain on the platform for at least 10 seconds.
- ◆ Participants can not lay on top of each other, forming a dog pile, as a solution to this activity.

People To People

Type: Fun / Touch

Instructions: Everyone has a partner except for the leader. The leader chants body parts for partners to touch. For example: "head to head" or "elbow to elbow." After doing a few of these the leader calls out "people to people," at which time everyone, including the leader, must find a new partner (thus there's a new leader). The game continues in this fashion.

Dress the Mummy

Type: Fun

Instructions: Set up teams with 2-4 players on each team. One person on each team will be the mummy and each team will be given 2 rolls of toilet paper. They will have 5 minutes to complete the game. The team players are to circle around the mummy and pass the toilet paper to each other while wrapping the mummy in it. The leader of the group will be the judge and decide which team has created the best mummy design.

A Ball Goes On Holidays

Type: Fun / Touch

Instructions: The group stands in a close circle. A tennis ball has to be squeezed between chin and neck. The group has to transport the ball once around the circle with no hands being used. You can make several rounds.

Gum Art

Type: Fun

Instructions: Give each participant a piece of bubble gum to chew, toothpick and index card. Allow them 10 minutes to chew the gum, place gum on index card and then design something on index card using only the toothpick as a tool (No Hands). The person with the best and most creative design is the winner. If you have quite a few players you can have several categories of winners, like "most ingenious", "most creative" and of course the "What is that?" award. Please send in your ideas of award names and even pictures of your groups playing these games.

King Boe Boe's Ring

Type: Fun

Instructions: Form the group select a number of persons that you would like to play this game. Send them outside. Have some one (preferably a man) that has a very ugly toe, sit on the chair with his foot on the stool. Put some mayonnaise or Vaseline on his thumb. Let him bend the thumb and you put it on the jointed area. You also put some on the big toe that is on the stool. You then invite one of the persons that have already been blindfolded to come in with his/her hands behind him. It must stay behind him as long as he/she is approaching the king. They are asked to bow before the king in respect (keeping hands behind). Take them very close to the king where they can actually kneel right in front of the toe that has the mayonnaise or Vaseline on it. They bow as to kiss the king ring and the king puts his finger out so that the person kisses the finger instead of the toe. The king then puts his hand behind him leaving the toe as the visible object that has been kissed. The blindfold is now taken off and the person sees the toe and thinks that he/she has kissed this ugly toe. (Make sure that you keep adding more Vaseline to the finger as it will be kissed off, also make sure that enough is on the toe) Continue with the next person until all have come in. Do not tell the person what has happened but encourage the person to watch and see what has happened. He/she will laugh at himself. The other players must be locked away so that they have no clue as to what is happening, they will hear the laughs and will be curious and anxious to come in. No one in the room is to tell them anything. The last person usually does not know what is happening. You may tell him or her if you choose to.

Alien

Type: Fun

Instructions: An Alien is amongst us ! You can't see it but it likes to suck itself onto peoples face ! Very extremely dangerous of course ! So when the alien is on you, you have to use all your strength to get rid of it. Pull it with both hands from your face, and throw it away in someone else's direction. Now the next person has the problem!

Spoil Me If You Can

Type: Fun

Instructions: Every participant gets a note with the name of one other participant. His task is now to spoil that person, without letting this person know. Like; bringing tea., carrying luggage etc. (For some age groups this can be too confrontational)

Kiss Me If You Can

Type: Fun

Instructions: Every participant gets a note with the name of one other participant. They task is now to kiss this person's neck without other people noting this. If they succeed, they take this person's note and try to 'hunt' for another 'victim'. If they fail, which means they were noticed by someone, they're out of the game.

Honey, Tell Me That You Love Me

Type: Energiser

Instructions: All members are sitting in a chair circle/standing in a circle but for one who is to stand in the middle. This person has to go to somebody and ask them "Honey, do you love me?". The asked person has to answer in a serious way, without laughing (while other people may and presumably will laugh) "Yes honey, I love you, but I just can't smile." If this person fails by laughing, he has to get in the middle. You can make the game more difficult by allowing body contact.

RACES

Caterpillar Race

Type: Energiser / Touch

Instructions: Make group members line up behind each other, bent at the waist holding the ankles of the person in front of each other. Tell them to try to move forward as a team. If someone slooses (?) the ankle grip, the caterpillar must stop until everyone is intact.

Banana Race

Type: Energiser

Instructions: Give each player a banana with the instruction to peel and eat it while holding one hand behind their back (they only need to take one bite of the banana) on a given signal they begin. The first one who takes a bite and then whistles, wins.

Lemon Race

Type: Energiser

Instructions: First divide the group into two (or more) equal lines. Then give the leader of each line a full length pencil and a full-grown lemon. As the teams line up mark a starting line and finish line on the floor (about 30 metres away at most). The aim of the game is to push the lemon with the pencil along the floor in a straight line(!). Each player must push it to the finish line and back to the next team mate waiting in the line. The team to finish first wins.

Dizzy Race

Type: Energiser/ Fun

Instructions: Divide the people into their patrols and then line them up (lines spaced about 2 arm's widths away) facing a position 6 metres away. In front of each line (at the 6m position), make a mark on the ground (chalk or drawn on the ground). When a whistle is blown, the first person in each line must run as fast as they can to the mark on the ground, and keeping her index finger on the mark, turn around 15 times. After this, they must run back (if they can!!) to their line and touch the hand of the next person, who then does the same. The first team to get all their members back is the winner. This game makes you EXTREMELY dizzy, so make sure there is enough room to move around in!

Life Saver Relay

Type: Energiser / Problem-solving

Instructions: Divide group into two teams. Give everyone a toothpick to hold between their teeth. Place a life saver on the toothpick of the first person on each side. The game begins. The life saver is passed from person to person by lining up the toothpicks so that the life saver slides onto the next person's toothpick. No one can use their hands. Should a lifesaver be dropped, the team begins again with the first person. The first team to relay a lifesaver to the end of the line is the winner.

Clothes Relay

Type: Energiser

Instructions: Players form teams (the number of teams as well as the number of team members is up to the facilitator). They take off articles of clothing and try to see which team can make the longest line out of their clothes. Sometimes girls will take off shirts and finish relay in bras! :) Any item you are wearing at the time, counts if you take it off and put it in the line. You can set up a time limit to make the game even more challenging.

Gum Game

Type: Energiser

Instructions: Set up teams of five. Each team will receive one pair of new garden gloves and one pack of chewing gum (5 pieces per pack). On go, the first person in each team is to put on the garden gloves, open the package of gum, pull out a piece, unwrap it, chew it, and then pass the gloves to the next person. The first team to complete the task wins. You can choose to have two packs of gum per team so that they would have to go around twice.

Bomb/Chalk Drop

Type: Energiser

Instructions: You will need a largeish coin ("loonies" or "twonies" work well) and a paper target for each team. Divide your group into teams and have them line up at one end of your playing area. Place a paper bullseye target or other receptacle at the other end of the playing area. At "go", the first girl in each line takes the coin, wedges it between her bum cheeks, and shuffles as fast as she can to the target! When she arrives, she has to drop the coin onto the target, aiming for the center! You can have someone to keep score if you like. This game is a hoot!

BIG GROUPS ONLY

The Great Shoe Dive

Type: Energiser

Instructions: This game works best with lots and lots of players, at least 30-40. Get everyone to take off their left shoe. Put all the shoes in a pile. At "Go!", everyone dives for the pile and grabs a shoe, any shoe. The object of the game is then for each player to find the person who has their shoe and reclaim it!

Giants, Wizards and Dwarfs

Type: Energiser / Touch

Instructions: EYP-Classic. Form two big (>10 members) groups with of the same size. They have to discuss before which role they want to embody: Wizards, Dwarfs or Giants. Dwarfs scare Giants, Wizards bewitch Giants, Giants beat Dwarfs. Dwarfs bend down and go "minininini", Wizards take a majestic pose and go "Kazaaaam!", Giants stretch high and go "Uarrgh!". Make both groups stand in two lines facing each other. On a signal both groups perform their actions. The group that loses has to run to their safe area (to be defined before the game starts); the winning group has to catch as many of the other group members as possible to get them into their group. Should both groups the same sign, the game is to start again.

OTHER GAMES

Over and under

Type: Energiser

Instructions: The group forms a line. 20 objects are put in front of the feet of the first person who must pass them one by one to their neighbour behind them, however it is allowed to pass the objects only over their head. Once the object reaches the last persons in the row it must be passed back to the front, this time being passed through the legs.

Snake

Type: Energiser

Instructions: The group forms a line, legs spread. They put their right hand between their legs and grab the hand of the person in front of them with their left hand. The last in the row now lies on the ground, and the group starts moving slowly backwards. Whenever a member of the group passes the last person lying, they lay down as well.

Gordian/Human Knot

Type: Energiser / Touch / Problem-solving

Instructions: The group stands in a circle and everyone puts their hands in the middle. Everyone forms with the left hand a fist and has to grab blind with his right hand a fist of somebody else. The knot must now be unravelled, without letting go of the hands. At the end there is usually one circle, but sometimes there will be two.

Movie Word

Type: Energiser

Instructions: Everyone sits in a circle while one person goes out of the room. They have to decide on a movie title. Take the title, "I know what you did last summer". Now each person in the circle is given a word from the title. When the person comes back in, they all switch places. Then, on the sign given by the facilitator they start screaming the word. The person must guess the title.

Stand up

Type: Energiser / Touch

Instructions: The group splits up into pairs. They sit on the ground, back to back with arms linked and try to stand up. Once all the pairs have managed to do this, they try to do same thing in groups of four, and then finally with the whole group.

Sticky Toffee

Type: Energiser / Touch

Instructions: Before the game starts, everybody must take off their shoes, glasses, bracelets, necklaces, earrings, watches and any fragile or sharp objects. The group sits in a circle very closely, everybody puts their hands in the middle and then grabs somebody else's hands. Thus, the group forms a pile on the ground with bodies being as close as possible to one another. One member stands outside and has the task of getting one person out the 'sticky toffee'. Anybody having been pulled out of the 'sticky toffee' helps to get the next person out. The sticky toffee always tries to be as sticky as possible :) Make a rule that anybody may shout "stop" if considers the game too painful.

Evolution Game

Type: Energiser

Instructions: There are several (the exact number is up to the facilitator) different steps of evolution. each of them represented by typical movement and sound. Make everybody walk around in the first step, making the moves and the sound. If they meet somebody which is on their same evolution level, they play stone, paper and scissors against each other. The winner is now one step higher in the evolution ladder. Aim is to get on the highest level and win a last time against somebody.

City Game

Type: Energiser

Instructions: Hand each person a paper with two cities on it (prepared in advance), for example: Denver and Kyiv (it may be the name of the city where the meeting takes place). Every person would have one different name, but they would all have one in common. They are not allowed telling anyone what's on their paper.

Gather them into a circle and make hold hands. Tells them a story mentioning every single city name. The person who has Denver has to try to sit down and make their bum touch the floor (or, for example, touch the floor with both hands). The other people have to hold them up. In the end, the one common city name is called out and everyone drops to the floor.

SILLY ENERGISERS

Trees/Ozone Up Here Good

Type: Silly Energiser

Instructions: Group repeats the words and motions of the leader:

Leader: "Trees/Ozone up here good!" Jumps up and puts hands high above head.

Others: Repeat

Leader: "Trees/Ozone down here bad." Squats down and puts hands on ground.

Others: Repeat

Repeat this whole cycle 3 or 4 more times, then end on "Trees up here good!"

Banana Cheer

Type: Silly Energiser

Instructions: Everyone get into a circle. One person volunteers to lead the cheer. This is a lead/follow cheer. The leader should speak loudly and military-style.

Leader: "Bananas, atten-shun!"

Others: "Bananas, atten-shun!"

Leader: "Bananas of the world unite!" Leader raises arms high above head and touches the palms of hands together. Leader leans over to the right.

Others: "Bananas of the world unite!" Mimic actions of leader.

Leader: "Bananas stand up straight!" Stands up straight.

Others: Repeat.

Leader: "Bananas have no thumbs!" Hides thumbs in space between palms.

Others: Repeat.

Leader: "Bananas do not smile!" Puts a "serious" look on face. No smile. Frown is good.

Others: Repeat.

Leaders: "Bananas – Are you ready!?"

Others: "Ready!"

Leader: (Quietly) "Peel bananas, peel peel bananas" Slowly pulls apart hands and makes motions with arms as if peeling off a big banana suit.

Everyone (including Leader): Repeat.

Everyone: Repeat.

Everyone: Repeat.

Everyone: "Go bananas!! Go Go Bananas!!" Jump around and act crazy.

Everyone: Repeat.

BLIND BLOCK GAMES

Walking Nightline

Type: Blind Block

Instructions: Everyone puts on their blindfold. They form a row, and are given a rope in their hands. One person is allowed to see and must now lead the group over a certain distance. The leader follows the route you're showing to them. Care should be taken to ensure that no one is injured.

Blind guidance

Type: Blind Block

Instructions: The group splits up into pairs. One of the two put on a blindfold, the other person is leading. After a while, they change roles. They can also lead a blind person without words or without touching the other person.

The Humming Game

Type: Blind Block

Instructions: Each member is blind faulted and hums while walking around a defined area. The facilitator tips on the shoulder of one person who then takes off his/ her blind fault, stands still and stops humming. The others have to find this person who does not hum and then stand beside him/ her. Everyone must hum as long as they do not find the silent person.

Animal Farm

Type: Blind Block

Instructions: Every person is blind faulted. Everyone has to choose an animal he/ she wants to be and start doing the noise of this particular animal. Then the facilitator asks the group to find each other according to specific criteria. (e.g. size, animals that fly, pets, ...) Delegates may only communicate in the noises of the animals.

TRUST GAMES

Fall in the arms

Type: Trust Block

Instructions: The group splits up into pairs. One of them must let themselves fall backwards into their arms.

Drunken Bottle

Type: Trust Block

Instructions: The group stands in a narrow circle. One person stands in the middle, arms at their sides, or over their chest, making themselves as stiff as a bottle. They are not allowed to move their feet while the group passes them around the circle.

Human Corridor

Type: Trust Block

Instructions: The group forms two lines, standing face to face. They each put out one arm so that the hands are almost at the same level. One group member runs now from a five metres distance into this corridor and the other group-members have to lift up their arms at the very last moment to let this person pass.

PROBLEM-SOLVING GAMES

The Fastest Ball Ever

Type: Problem-solving / Energiser

Instructions: The group is to solve the following problem: how to pass the ball in the absolute fastest way.

Blind Square

Type: Problem-solving

Instructions: Everyone puts on their blindfolds. A rope is put on the ground in the shape of circle/8 (the latter one ensures that the group will fail) etc. with each group member being led to a certain point of the rope and being told to touch it. When everyone is in position, they are told to form a perfect square. (When they fail for a long time to do so, one group member can be allowed to let the rope go and find out the positions of the others by walking along the rope.)

Spider's Web

Type: Problem-solving

Instructions: Every group member has to get from one side to the other, by only using each hole in the web once. They are not at all allowed to touch the web.

Multi legged Monster

Type: Problem-solving

Instructions: The aim of this task is to transport your group over a distance of 20 meters while singing a song. Constraints: Only a set of legs may touch the ground at any one time:

Group of 12: 8 Legs

Group of 13: 9 Legs

Group of 14: 10 Legs ...

If more than the stated number of legs touches the ground the group must return to the start and try again. A leg is defined as any part of the human anatomy that is touching the ground. Head and tail must be apparent. Contrast: The team is allowed ONE contact with the ground!

Tied-Up

Type: Problem-solving

Instructions: The group members stand very close together. A rope is put around them so that they are as close as possible. The task for the group is now to move themselves from one place to the another as fast as possible. It is possible to have one group racing the other!

Eco-Memory

Type: Problem-solving

Instructions: You need some leaves, stones or little sticks which are placed on a blanket or t-shirt and covered with a second blanket (or t-shirt). The group is now told that the objects will be uncovered and that they will have two minutes to memorise as many as possible. After the two minutes the objects are recovered and the group must go and find as many similar objects as possible.

2x4

Type: Problem-solving

Instructions: Eight members stand in a line, shoulder to shoulder with men and women alternating. The task will be successfully completed when on one side of the line there are only women and on the other only men. The following rules will be applied:

-as few changes as possible

-all changes have to be in pairs (a pair: two people standing next to each other: man/woman, woman/woman, man/man.)

-when a pair changes, their space becomes free and can be filled by another pair.

- the pair can not change their order while they move around
- at the end, there are no free spaces allowed

The easiest solution is:

- 1.) m w m w w m w m w
- 2.) m - - m w m w w m
- 3.) m m w w - - m w w m
- 4.) m m w w w w m - - m

Human Pyramid

Type: Problem-solving

Instructions: Your group has to build a pyramid as quickly as possible. (e.g. 4-3-2-1)

Sheep and Shepard

Type: Problem-solving

Instructions: The group members have to invent an 'acoustic' language (clapping, snapping fingers, etc – e.g. not talking), with which they are able to communicate direction and with which every member can be identified by their own "acoustic name". All except the 'Shepard' must then put on their blindfolds and all of the 'sheep' are led away somewhere. Using only with the acoustic language, the 'Shepard' has to lead the 'sheep' back with him into the sheep-pen.

Bridge

Type: Problem-solving

Instructions: Two trees (or two other objects) about 8-10 metres away from each other are chosen. The group has to built a "bridge" over this distance by putting as few as possible feet, knees, hands, etc. on the ground.

The Stick

Type: Problem-solving

Instructions: The group splits into two and stands in two lines face to face, putting out both arms so that they touch the person opposite them with the fingertips only. The stick is put on the fingertips and must be lowered slowly to the ground.

Pipe

Type: Problem-solving

Instructions: In the pipe is a ping-pong ball that has to be removed without turning the pipe around. You can only use the material given.

Traffic Jam

Type: Problem-solving

Instructions: The group is split into 2 equal subgroups. The 2 subgroups take their position facing each other with the empty space in the middle.

Starting formation: xxxxxx oooooo Finish Formation: oooooo xxxxxx

The purpose of the exercise is for the 2 groups to swap ends of the matrix without making any illegal moves.

Legal Moves:

1. A Person can step forward to an empty space directly in front of them.
2. A Person can forward to an empty space passing only one player going in the opposite direction.
3. No Person can move backwards

Atomic Bomb

Type: Problem-solving

Instructions: The aim of this task is to get the bucket out of the circle by using only the equipment given. No member of the group is allowed to step into the circle. The bucket may not fall over. The group has 5 minutes to plan it and 10 minutes to do it.

Trash Game

Type: Problem-solving

Instructions: The team has to split into 4 different groups. The first group builds a figure with natural material. The second group may watch this figure and reports in

detail to the third group how this figure looked like. The third group must then report their knowledge to the fourth group, which must rebuild the figure in detail.

Black Magic

Type: Problem-solving

Time: 15-30 min

Instructions: You need two people who know this game. One of them (person A) leaves the room while the rest of the group including second person knowing the game (person B) decides what object B will have to guess. When A returns B starts pointing to some object asking "is this it?, is that it?". A continuously says no until B points to an object that is black. The NEXT object is the one that A needs to identify. When it is pointed to, A says: "yes that's the object the group picked". Play the game till someone figures out how it is done.

Murder Game

Type: End Teambuilding

Instructions: This game has two rounds. The group sits in a circle with eyes closed. The facilitator tells the group that he will now select a murderer by tipping this very person on the shoulder. But the facilitator is not tipping anyone on the shoulder! They now have to look around in the circle and observe each member for 2 minutes in order to decide according to the behaviour of each member who they want to accuse being the murderer. They are not allowed to talk. After two minutes they have to point at the person who they think is the murderer. Then they have to close their eyes again. This time the facilitator tips everyone on the shoulder. Then same procedure. Ask the members how different they have felt in both rounds and what they have observed.

OTHER GAMES

Paper Bag Skits

Type: Other

Instructions: First split your group into teams consisting of three to six members. Give each team a paper bag filled with assorted objects. These can be almost anything, i.e. a wooden spoon, a screw, a bar of soap, a computer disk, etc... The aim of the game is to present a skit using all of the props provided. The props may be used as they would be in normal life, or they may be imaginatively employed. Give each group a topic to base their skit on. When all the skits have been planned and rehearsed they are performed for the amusement of all.

Sentence Game

Type: Other

Instructions: Everyone splits up into groups and each group gets a sentence. Each group must make up a story that ends in that sentence. The crazier, the better! (Example: And that is why you can't trust an AZA an inch above the knee.)

Suck and Blow

Type: Other

Instructions: You will need an ordinary playing card. Gather all the players into a circle. The goal of the game is to get the playing card all the way around the circle by sucking on it and then blowing it to the next person. No hands allowed! The first player puts the card against her mouth and sucks air in to "stick" the card in place. The next player presses her lips to the other side of the card: at this point, the first player blows air out and the second player sucks air in. If everything works right, the card should now be stuck to the lips of the second player. It is quite a challenge to get the card all the way around the circle.

Essence Circle

Type: Other

Instructions: This is great in the dark under a sky full of stars or at the end of a hard year of organizing. Everyone sits in a circle and puts their name into the middle (a hat or box). The person that begins chooses a name to describe but does not say the name. He doesn't describe the person's appearance or clothes; he describes the person's essence. He talks about how this person (trying not to reveal gender) always helps make everyone feel better, is always willing to take the time to listen, etc. After a good description, people can say who they think it is. (Try to describe in enough detail that it really singles them out, or at least narrows it down to a few people.) Then the person they were describing describes the essence of another and so on until everyone has been described. It's basically half an hour of compliments and can feel very motivating.