

GAME

ECYC GAME BOOK

(TEAMBUILDING GAMES, ENERGIZERS AND ICEBREAKERS
FROM YOUTH CLUBS AROUND EUROPE)

BOOK

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ARE YOU INTERESTED IN USING DIFFERENT KINDS OF GROUPING GAMES WITH YOUR GROUP OF YOUNG PEOPLE?

You might know that there are some fantastic games out there but just now you can't think of any. Here's the answer to your questions!

ECYC – The European Confederation of Youth Clubs – is a European network of youth work organisations that practice and promote Open Youth Work and Non-formal Learning. ECYC promotes co-operation between members encouraging the active involvement of young people in their community. ECYC is an international non-governmental youth organisation (INGYO) and it was established in 1976.

ECYC has at its heart the supporting of youth clubs and other forms of neighbourhood youth work. Getting young people involved is one of the leading principles of open youth work as delivered by ECYC members. ECYC also aims to promote intercultural learning among the young people involved in its activities.

In youth clubs and youth centres, young people get an opportunity to make choices, build their confidence, take responsibility, speak up on issues, re-assess values, and – just as importantly – to have fun with other young people!

Currently ECYC has Member Organisations in 28 different European countries.

The ECYC Game Book is a compilation of different kinds of grouping games that have been divided into five categories in order to make your work easier. The games come from all over Europe and in addition to the game instructions; you will also find some tips on how, when and with whom to use these games. We believe that these games really work and we hope that you will have as much fun as we've had with them too.

ENJOY!

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Acknowledgements:

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COUNCIL OF EUROPE CONSEIL DE L'EUROPE

GAMES

[PREFACE]

“**Games**”, “**icebreakers**”, “**energizers**”; they’re just doing something that makes you feel silly, aren’t they? Well, actually, no. Within ECYC icebreakers, energizers, simulation games and similar methodologies have been used in all sorts of settings, from local youth clubs and projects to national events and international trainings and seminars. They can be used to break down barriers, to bring a group together, as a tool for learning, and of course, for some light relief when needed!

When doing international projects with young people and youth workers (both volunteer and professional), games help to overcome language and cultural barriers quickly, and with a smile. In my experience as a trainer within ECYC participants are often keen to share games from their own countries, and this in itself becomes a learning opportunity – by enabling participants to practice skills in group facilitation (and of course language).

One of the core values of ECYC is promoting the learning young people gain through their involvement in open youth work activities. Youth work plays a vital role in encouraging and supporting young people to become active citizens who contribute positively to their society. We believe that there is great value in sharing experiences of young people and youth workers across Europe, and in fact this was one of the founding aims of ECYC as an organization.

This collection of games, icebreakers and energizers brings together experience and methodologies from across Europe. We hope that you find it a useful tool in your youth club or project.

Alice Taylor
ECYC President

BOOK

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[INTRODUCTION]

In ECYC – the European Confederation of Youth Clubs – we believe that grouping games can be a significant part of a successful grouping experience. In all educational activities that we organise in ECYC, the participants bring a lot of new ideas and methods with them, especially when it comes to all kinds of games they use in their work in youth clubs in different European countries. We think that this input is priceless – truly an important part of all the activities!

The value of games is often underestimated but we believe that grouping games make it quicker and easier for the group to move towards the performing stage. It may be easier to separate ones feelings, attitudes or even opinions through grouping games. These games help the facilitator to achieve her/his goals and purposes in the learning experience.

Within ECYC we began to build up a knowledge bank of games, which (unfortunately) remained in the heads of the people directly involved in seminars and activities. Therefore it was decided that we should begin to compile instructions on how to facilitate the games, icebreakers and energizers being used within ECYC, together with some of the theory behind them, to make them accessible to young people and youth workers. This presented a new challenge – how do you describe the noise a chicken makes, a penguin’s walk, a song tune or a dance move in a way that will make a game understandable to people from across Europe who have never seen it played? Well, maybe the answer is to let them see it – the DVD that accompanies this book demonstrates some of the activities described; hopefully this will help to make the games accessible to a wider range of people.

These games come from all over Europe – from Cyprus in the South to Greenland in the North and can be easily played all over the world – as long as the facilitators remember to pay attention to the target group and its needs and limitations. You will find more about do’s and don’ts regarding grouping games in this book.

I hope you enjoy using this book as much as we have enjoyed putting it together and if you have a great game that isn’t in here, or want to share your experience of using the games – we’d love to hear from you! Email us at gamebook@ecyc.org and we will make sure that your wonderful game will be included!

Annina Hirvonen
ECYC Secretary General

(PEDAGOGICAL CONTENT)

PART

1

1. GAMES VALUE FOR GROUPING PROCESS

Introduction

Games... these are just some ideas for developing the whole person. If you can show your participants that there can be a much broader view towards personal development than those put forward by more traditional teaching methods – they'll have lots of ideas of their own to put forward. Let them see that it's good to think outside the box. Team building games are just a part of a very wide mix of learning and development experiences that you can explore and facilitate so don't be afraid to try anything if it helps your participants to feel good and be good!

Peter Wood, ECYC volunteer event organiser, UK

WHAT ARE THE GROUPING GAMES FOR?

1. Break and Melt the Ice

Games help participants express themselves more freely.

2. Getting to Know Each Other

With grouping games the participants find out more about each other, everything from names to their personal histories. What a great way to start a seminar!

3. Bonding and Building Trust

Games can help the group to work better together as a group. When group members become friends as well as colleagues a new form of trust has been built up. Group members learn to trust each other while playing together.

4. Conflict Resolution

Games are a valuable tool in helping to resolve conflicts in a group.

5. Reveal Hidden Issues

With grouping games the group finds out how someone is doing at the moment. The games can also be helpful when going over a reflection process.

6. Balancing

Games help to balance things. Balancing can be useful when a group is facing a task or activity that asks for creativity.

7. Pushing Limits

With grouping games participants can test both their own limits and those of other group members, and do it in a safe environment.

8. Teaching Skills

Games improve debating and interviewing skills, as well as leadership skills.

9. Relaxation or Energizing

Games help to change the energy level of the group and they help members to relax after hard work. Games can also be used in waking up a sleepy group.

10. Problem Solving

Games can be used as tools in problem solving.

11. Healing / Therapy

Games can be valuable tools in working through personal problems and traumas.

12. Release / Laugh

Games can let off emotions such as anger and frustration in a relatively safe manner.

13. A Gateway to Personal Growth

Games can help serious people take themselves less seriously and help dominant people see the value of others.

14. Breaking Boredom and Increasing Energy

Games can create a breakaway from a monotonous session of information sharing and decision making. Games can generate a completely new mood of energy.

REF: Mitra Ardron: <http://www.mitra.biz/games.shtml>

GAMES MEAN DIFFERENT THINGS TO DIFFERENT PEOPLE:

- enjoyment
- developing practical skills
- exercise
- pedagogical value e.g. keeping the participants interested and “awake” during a session

- psychological value
 - finding one's own place in a group
 - improving the participants' communicative competence
-

GOOD REASONS TO USE GAMES:

- Games are an easy way to make a boring subject into something more fun.
 - Games make learning a lot more interesting!
 - Games can easily turn passive participants into active ones!
 - In a relaxed atmosphere, participants absorb and remember things faster and more effectively.
 - Games encourage participants to interact and communicate.
-

HOW TO CHOOSE THE BEST GAME FOR THE SITUATION?

- Before you decide to use any game with a group of people, think about whether the activities are appropriate for all participants and the situation.
- The participants should ideally enjoy the activity, learn something from it which they can apply and which will improve results.
- Things that might influence choosing a game are such as the time available, the physical ability of the participants, being aware of the aim of using a particular game, how much room there is available, the size of the group, the resources available, the language skills of the group, the needs of the group, the age of the group and the situation and time.
- Know your target group – is the game appropriate when thinking about cultural differences (e.g. everyone may not be OK with touching)?
- For what kind of games is the venue you're at suitable? Are there possible risk factors (e.g. slippery floor)?

REF: www.businessballs.com (Free team building activities ideas), **ECYC Study Session "Training for Trainers in Open Youth Work"**, European Youth Centre, Strasbourg, March 2006

PHYSICAL SAFETY OF A GROUP

One part of group activity happens on a conscious level and another on a subconscious level. By observing and analyzing the activity of the group it is possible to increase the level of consciousness. There is always so much going on inside a group that it is not possible to understand it completely.

As we walk into a group, we already have some expectations on what the group may be like. Before we actually see the group, we have it in our minds. We imagine the other group members, our own relationship with them, the group leader and our own relationship with him/her, relationships between other group members and the leader and the atmosphere inside the group. As we think about our future group, we think about issues like emotional safety, trust between group members, fun and excitement. These expectations build up on facts we know about our future group and on the other hand on common expectations on groups in general.

REF: Ringer, Martin (2002) Group Action. The dynamics of groups in therapeutic, educational and corporate settings. London: Jessica Kingsley Publishers Ltd

Fears that challenge the group safety

- Fear of being abandoned
- Fear of performing
- Fear of losing ones face
- Fear of not getting enough support from other group members
- Fear of being bullied and laughed at
- Fear of failure
- Fear of open spaces
- Fear of touching
- Fear of communicating

REF: Gibson and Clarke 1995, Ringer 2002, Vilko-Riihelä 1999.

2. BRUCE TUCKMAN'S TEAM DEVELOPMENT MODEL – A KEY TO UNDERSTANDING GROUPING PROCESSES AND HIDDEN LEVELS UNDER THEM

A group is never stable, it is constantly changing. Development asks for continuity of the group, a sensible division of labour and an adequate interaction between group members. A mission must be common and it is not supposed to be inconsistent with the group members' own values. The development of a group is not linear, but more like wavy. The group goes on, regresses and again goes on between different

development phases. You can detect more than one development phase in a group at the same time. (Kopakkala 2005: 190.) You can see the development phases as a circle, in which every stage affects one another. It is possible to move back and forth between the phases. (Atherton 2003).

The most well-known theory of the groups' development phases was developed by Bruce Tuckman in 1965. The model originally had four stages, "Forming-Storming-Norming-Performing". Tuckman added a fifth stage, "Adjourning", in the 1970s. The "Forming- Storming- Norming- Performing-Adjourning" theory is a helpful explanation of team development and behaviour.

Tuckman's five-stage team development model

The progression is:

1. forming
2. storming
3. norming
4. performing
5. adjourning

Here are the features of each phase:

2.1. Forming - stage 1

According to the Tuckman theory (1965), when a group starts its activity, group members are often distressed because the situation is bizarre. Members of the group aim at orientating in to the situation. They start to define the task and rules of the task and are trying to find an acceptable strategy. They are depending on their group leader and wait for him/her to solve the agonizing situation. (Jauhainen & Eskola 1994: 93).

In this phase the group members search for different ways and limits of co-action. Members express themselves carefully and conventionally. (Niemistö 2004: 160-161.)

2.2 Storming - stage 2

In this development phase the interdependency of the group is labelled with different kinds of juxtapositionings and conflicts. Members of the group try to adduce their own individualism and they may defy the development of an internal group consistency. Members of the group want strongly to share their own beliefs and disagree openly with other members and with the group leader. Disappointments towards the group may also be brought up. (Niemistö 2004: 161.)

Small subgroups can build up inside a group, and they can scuffle with each other. The goals of the group may already be quite clear but the task may not proceed well, because the group is reacting in such a strong way. Communication between group members doesn't work well if their opinions are being ignored. (Koppinen & Pollari 1993: 33-34.)

2.3 Norming - stage 3

According to Bruce Tuckman the third development phase is norming. A group develops different courses of action which promote working to achieve the goal. It is common that in a group this phase is seen as aiming towards understanding of rules, values, professional behaviour, shared methods and even taboos. During this phase the members start to trust one another. Motivation grows accordingly as the group gets deeper in to the task at hand.

The group may lose its creativity if the norming behaviour becomes too strong. The norms that have been composed may absorb creativity from a group if they are conformed too servilely.

In this development phase leaders tend to be more active than they have been in the previous phases. Group members may also take a bigger role in decision making and be more aware of their behaviour as a professional. (Tuckman 1965: 384–399.)

2.4 Performing - stage 4

The fourth development phase is called performing. When the group has decided its common rules and the group harmony has been built up, it is time for action. Group members have gotten to know each other at this phase so they can form a flexible and adequate division of labour. The group has now learned to work together as a group and to take advantage of their individual differences and strengths. The group now proceeds towards common goals. There may still be conflicts inside the group, but they are solved together and considered as a good learning experience. (Koppinen & Pollari 1993: 34.)

2.5 Adjourning - stage 5

After achieving its goals the group then breaks apart. The corruption may be an agonizing experience for group members because they have committed themselves to the group. Members can form different subgroups which continue to stay in touch. Basically the breaking up brings up sadness.

3. GAME CATEGORIES

3.1 Icebreaker games

When a new group or team of people starts working together, there is often a feeling of uncertainty and discomfort. If people don't know each other well, the atmosphere within a group is even more insecure. An icebreaker is a facilitation exercise intended to help a group overcome fears and feelings of uncertainty. Icebreakers

help group members in orientating into a new situation and getting to know their team mates. Icebreakers support a group on its way to become a proper team.

3.2 Energizer games

Energizer games are often used to spice up and give energy into either a new and insecure group or a group which has become tired or in which concentration is lacking, for example due to having been working for a long period of time. Rising up the energy levels is very much needed when groups' concentration is lost. Energizers are true energy injections which relieve tensions and make the pulse beat fast. Even serious thematic wholes can be chopped into smaller pieces and a team stays energetic and alert the rest of the day. Some energizers can also be used as icebreaking games, and icebreaking games can be used as energizers.

3.3 Team Building Games

Team bonding is a very important process in forming a well-functioning group. Team spirit is not always self-evident. Often people that are strangers to each other must be encouraged to work together as a team. Team building games that are meant for this, unite groups effectively. Encouragement and motivation are key factors in team building. Team building takes time but the end results are well worth the time that has been spent.

3.4 Drama games

Drama games are incredibly useful as acting and warm-up games, because they help to increase both group members' abilities in performance and their creative skills. Acting and improvisation is fun, inspiring and awarding. You can approach even difficult themes by means of theatre and acting. Inside a role a person dares to do so much more.

3.5 Miscellaneous games

These games combine elements of all the previous games and that's why they don't fit into any particular group. The games inside this grey zone can be anything and everything. You can make variations of these games by taking some educational elements along. Games under this headline work especially well in the evening programme.

(GAMES)

PART

2

1.1 ADJECTIVE GAME

Summary: | *This game is an effective icebreaker that helps people to introduce themselves in front of a group. It is a lot easier to learn new names by using adjectives. The Adjective Game is a great way to start a seminar. Suitable for players of age 10 and up.*

Group size: | 5–20 players.

Time: | 15–30 minutes.

Materials: | A positive attitude.

How to play

Players are arranged so that they are standing or sitting in a circle and everyone can hear each other speak. Each person must think of a word that describes him/herself as a person. The catch is that the word must start with the first letter of their first name. For example, a participant called Fiona may choose to describe herself as ‘Funny Fiona’.

Normally the game begins with the facilitator, who is also in the circle. If Fiona was the facilitator, she would start the game by turning to the person on her left and saying loudly: “Hello! My name is Funny

Fiona”. The person whom Fiona has just introduced herself to (let’s call him Sam) must then turn to the person on his left and introduce both Fiona and himself by saying: “Hello! This is Funny Fiona and I am Sympathetic Sam”. The third person must then turn to the fourth and say: “Hello, This is Funny Fiona, this is Sympathetic Sam and I am Courageous Connie”.

The basic idea is that everyone in the circle has to introduce him/herself to the next person in line, and at the same time introduce everyone else (including their chosen adjective!) who have been introduced before him/her. This continues until all of the participants have introduced themselves. The last person in the circle then has to remember everyone’s names in order to introduce them all to the person who went first.

1.2 PICK A COLOUR

Summary: | *Pick a Colour is an icebreaker that allows people to get to know each other. Each player takes a number of colour cards and shares facts about him/herself. Suitable for all ages.*

Group size: | 3–12 players.

Time: | 30 minutes–1hour.
Materials: | Paper cards of multiple colours.

How to play

Colour cards are poured into a bowl. Everyone in the group has to take as many or as few cards as they like from the bowl. For each card they take they have to answer a question, which depends on the colour of the card. The colours can be designated different meanings, such as:

- Red card: favourite movies
- Green card: favourite music
- Yellow card: favourite things to do
- Orange card: favourite animals
- Brown card: most memorable or embarrassing moments
- Blue card: wild cards (players can share anything they wish)

You can be creative and choose any questions you think would be fitting for your group. The facilitator will call out the colour topics and everyone will go around the room sharing one answer for each card. As an example: if you chose two red cards, you will have to name two of your favourite hobbies. Players continue to go around the room until each colour topic has been shared.

Variation: Instead of making colour cards you can also use a deck of playing cards. Different cards can represent a different type of question.

1.3 AT THE FIRST SIGHT

Summary: | *This game is an icebreaker in which people write their first impressions of each other on a large piece of paper taped to their back. At the First Sight is also an entertaining party game. Suitable for players of age 13 and up.*

Group size: | 10 or more players.

Time: | 15–30 minutes.

Materials: | *A large piece of paper or a poster board for each participant, pens and sturdy tape.*

How to play

At the First Sight is a fun game in which players write their first impressions of the people they meet. This game works well as an icebreaker in the beginning of a seminar when there are new people present, or when people don't know each other that well. If some people already know each other, that's fine too – people can simply write nice and encouraging words or adjectives to describe each other.

ICEBREAKER GAMES

Before starting to play *At the First Sight*, large sheets of paper and writing utensils are passed around. Each player has to write their name on the top of the paper. The sheets are taped to each player's back so that they can't see their own. Players are instructed to introduce themselves to each other and to discuss for a few moments. They then have to write an adjective (their "first impression" of the person they just spoke with) on each other's papers. After this the players continue going around and getting to know new people, repeating the process. After a while each player should have several adjectives and descriptive words listed on their sheets. In the end players introduce each other to everyone by reading the words written on their neighbour's paper. This should be pretty much fun, and if people play the game correctly, lots of kind things should be said about each player.

Players should only write nice and encouraging words to the papers, such as "beautiful eyes" or "great sense of humour". Writing mean, rude, or critical words is forbidden.

1.4 THE BLUFF

- Summary:** *The Bluff is a popular icebreaker in which each person says two truths and one lie. The goal of this game is to figure out which statement is a lie. The game also goes by the name Two Truths and a Lie. Suitable for all ages.*
- Group size:** 6–10 players.
- Time:** 15–30 minutes.
- Materials:** None.

How to play

All players sit in a circle. Each player prepares three statements, two of which are true and one of which is a lie. Then each player shares those three statements, in any order, to the entire group. The goal of this game is to figure out which statement is a lie. The rest of the group votes on each statement, and after the voting the player reveals which one was the lie.

1.5 SIMON SAYS

Summary:	<i>Simon Says is classic icebreaker in which the leader, Simon, instructs people to do various actions. The goal is to only do something when Simon says so, and to do nothing when he doesn't. Simon Says is a classic kids' game, but it can also work with adults as an icebreaker. It works well in waking up a disorientated group. Suitable for all ages.</i>
Group size:	<i>Any number of players.</i>
Time:	<i>15-30 minutes.</i>
Materials:	<i>None.</i>

How to play

One of the group members plays the role of Simon, and he/she stands facing the crowd. Simon explains the rules: "I am Simon. I will order you to do various actions, and you must imitate my actions. I will instruct you to do various things by saying 'Simon says, do something' and that something is an action like jumping up and down or waving your hand. If you do something when I haven't said 'Simon says' in the beginning of an instruction, you are eliminated for that round".

Simon proceeds the game by saying various commands and then demonstrates them to the group. Sometimes Simon begins the order with 'Simon says', and other times not.

The commands on Simon Says can be like this:

- Kneel down
- Clap your hands
- Jump up and down
- Turn to the left or right
- Shout: "Simon, you are the best!"

1.6 THE HUMAN KNOT

Summary:	<i>The Human Knot is a good icebreaker because it brings group members closer to one another. Playing this game is a good way to clear away tensions within the group. It is also a great method for learning the names of other group members.</i>
Group size:	<i>10-20 players.</i>
Time:	<i>10-20 minutes.</i>
Materials:	<i>Enough space for all the participants to form a circle whilst holding hands.</i>

How to play

Participants make a circle, holding hands. Then the group identifies the person in the circle whose name is alphabetically "first" (for example Arthur or Annie).

ICEBREAKER GAMES

The first player must make physical contact with the group member whose name is alphabetically second, while still keeping hold of the hands of the people standing either side of him/her in the circle. The contact can be made with any part of the body and, once made, must be held until the very end of the game. The second player now has to make contact with the player whose name occurs third alphabetically, while making sure not to break contact with the first player, and so on, until the last player has been reached. All through the game, players must never let go of the hands of the people who were standing on either side of them in the original circle. They must also keep contact with the people whose names are both before and after them in the alphabet.

Note: The game should not be played with groups of people whose cultural or religious beliefs do not allow close physical contact between strangers, particularly of the opposite sex.

1.7 THE PLANK

Summary: *The Plank is one of the games that are based on the idea of an imaginary line or a real one drawn on the floor. In these types of games group members have to find their right position in the line while obeying certain rules. In this game the players have to organise themselves by their length. This game has many variations and it is very easy to figure out more.*

Group size: 10-50 players.

Time: 15-30 minutes.

Materials: A plank, line of chairs or rope and blindfolds (optional).

How to play

Players step on a long plank (or line drawn on the floor) and are not allowed to step off the plank at any time. They now have to organise themselves to a line (on the plank) from the tallest person to the shortest. If someone falls off the plank, they have to start again.

The group can be asked to organise themselves alphabetically by first name, or by their age. This can be made more difficult by not allowing players to speak, or by blindfolding some of the participants.

1.8 EVOLUTION

Summary:	<i>The Evolution Game encourages all team members to loosen up and take part in the action. The Rock-Paper-Scissors is a well-known way to have some light-hearted fun. Everyone can easily take part in this game. The game helps to boost the energy level of the group and raises the atmosphere quickly.</i>
Group size:	10–40 players.
Time:	15–45 minutes.
Materials:	None.

How to play

Players spread around the room at random. No talking is allowed. Everyone starts at the bottom of the evolutionary chain by being a fly. When the game starts, participants move randomly around the room, making the appropriate actions and sounds for their current level of evolution (see below). When players meet, they play rock, paper, scissors. The winner evolves to the next level. The loser must go back one level.

Fly = run around quickly, keeping your elbows close to your body and wave your hands up and down and make a BZZZZZZZZZZZZZZZZ noise.

Chicken = walk around in a crouched position, making flapping wing shapes with your arms and a clucking noise.

Monkey = Walk bent forward, hang your arms down and swing them around while making a sound like a monkey.

Human = Walk tall and proud!

Participants should be as loud and dramatic as possible. A prize could be offered for the best performance.

1.9 IMAGINARY BUNNY

Summary:	<i>Imaginary Bunny is meant for relatively small groups so that each group member gets to practice their skills in mime. Carrying the imaginary bunny from one player to another is great fun. The further the game goes the more you need creativity in finding new kissing spots. Warning: the game can turn a little cheeky among a group of adults.</i>
Group size:	8–10 players.
Time:	15 minutes.
Materials:	None.

How to play

Players are sitting in a circle. An imaginary bunny (everyone has to imagine holding a little bunny in their hands) is passed around and each player has to kiss the bunny on any place they want to. They have to say where they are kissing the bunny, e.g. “I

will kiss the bunny on the cheek”. They cannot kiss the bunny on a place that has already been kissed. When everyone has kissed the bunny, the second round starts. The people in the circle have to kiss the person sitting on the left on the same place where they kissed the bunny.

1.10 KILLING THE FLY

- Summary:** *Killing the fly is a hilarious icebreaker. You need to have quick reactions and a good memory to succeed in this game. Although memorizing the names wouldn't be your favourite sport, with this game you'll learn names easily. Killing the fly is an energetic game and can be used in the beginning of a seminar.*
- Group size:** 8–20 players.
- Time:** 10–20 minutes.
- Materials:** A newspaper.

How to play

Players are standing in a circle. One of the participants is standing in the middle of the circle and is trying to hit someone (gently) with a rolled newspaper (or something similar). If the person he/she is trying to hit manages to say the name of someone else standing in the circle, the “fly killer” has to go after that person. If the person whose name was said doesn't manage to say someone else's name, he/she becomes the “fly killer” and has to go to the middle of the circle.

This game is ideal for learning everyone's names.

1.11 HELP

- Summary:** *The main purpose of this game is to memorize the names of the group members. The game improves team spirit and the group members' skills in mime.*
- Group size:** 8–20 players.
- Time:** 10–20 minutes.
- Materials:** None.

How to play

Participants have to form a wide circle (plenty of room is needed). The facilitator starts the game by raising his/her arms, extending them as if he/she was asking for help (without actually saying the word) and making eye contact with the player he/she wants help from. That player must then call out the facilitator's name and when that happens, the facilitator starts to walk towards them. While he/she is walking towards the player, that player must call someone else for help in the same manner as before.

If the player is touched by the facilitator before he/she manages to make someone else help him/her, he is out of the game. A player is also out of the game if he/she gets a player's name wrong, or asks help from the person next to him.

The game is over when there are only 4 or 5 people left and it's impossible to continue.

Tips: Some less demanding name games could be played before playing this one. If the group is big, two circles can be formed so that everyone can see the other players' eyes.

1.12 I WENT TO MARKET

Summary: *In this game you have to focus on what other players are saying. At the same time you can think what you could have bought yourself. This game is a good way of memorizing the names of the group members, and players who are not natives can also come up with some new words. If someone doesn't understand a word that's been used, they can ask for an explanation in the middle of the game.*

Group size: 6–12 players.

Time: 15 minutes.

Materials: None.

How to play

Players are standing or sitting in a circle. The facilitator starts the game by saying: "My name is X and I went to market and bought a jacket" (or any other object). The person on his/her right must then say: "This is X, she bought a jacket. My name is Y and I bought an apple" (or any other object). This goes on with each player introducing the ones who have gone to the market before them as well as themselves, until the last person must introduce everybody!

This works better if the group is not too big. This can also be played without introducing names, just as a word game.

1.13 PARTY INVITATION GAME

- Summary:** *You have to stay alert in this game because every player has to solve a mystery to get in to an imaginary party.*
- Group size:** *10-20 players.*
- Time:** *15 minutes.*
- Materials:** *As many chairs as you have group members.*

How to play

Everyone is standing or sitting in a circle. The facilitator starts the game by saying: "I'm going to a party and will bring with me a cat." The next person must then think of an object to bring to the party. The facilitator will tell them if they can come to the party or not. Before the game starts the facilitator should decide what the criterion for getting an invitation is (for example only words ending with a T or only animals). Participants who guess the criterion stay in the game and keep bringing along objects which match the criteria until everybody gets an invitation to the party.

1.14 STEP FORWARD IF. . .

- Summary:** *This exercise can be used to demonstrate the commonalities or diversities within a group. This can help group facilitators to understand the diverse backgrounds of the group before beginning the main activity.*
- Group size:** *15 players.*
- Time:** *30 minutes + 30 minutes-1 hour for reflection (If the facilitator has chosen to use this game as a bridge to sensitive topics).*
- Materials:** *Enough space for all the participants to form a circle.*

How to play

Players form a circle with everyone facing each other. The facilitator asks people to step forward in to the circle if they feel that they meet a certain criterion. For example: "Step forward if this is your first time at an international event". After staying forward long enough for the rest of the group to see them, players can step back to their original places in the circle. Another question is then asked, and so on.

It can give a nice feeling amongst the group members if a round of applause was given for those who step forward.

Tip: Offensive or sensitive topics should be avoided, especially with people who do not know each other very well yet.

Example statements:

Step forward if. . .

- You are a man
- You are a woman
- This is your first international meeting
- You play a musical instrument
- You travelled here by train
- You have clear expectations for this meeting
- This is your first time in (country / city of seminar)
- You are single
- You will have a birthday during the seminar
- You have a tattoo or a piercing
- You know what the Youth In Action Programme is

1.15 SPOTS IN MOVEMENT

- Summary:** *Music helps to create a pleasant atmosphere for playing games, and it also helps players to express themselves more spontaneously. Music doesn't play the main role in this game but it makes a rather simple game more interesting. There are a lot of variations of this game. You can for example dance along with the music instead of walking.*
- Group size:** *10 or more players.*
- Time:** *10-20 minutes.*
- Materials:** *Large open space for a lot of movement and possibly some running around.*

How to play

The players move freely around the room while some music is played in the background. The facilitator stops the music and asks the participants to do an immediate task. For example: "Everyone must shake hands with as many people as possible in the next 10 seconds". The group members must immediately perform the task. When the music starts again, participants return to moving around the room until the next instruction is given.

The tasks can be tailored towards a particular theme of the activity or abilities of the players. This exercise can also be used as a way of dividing players into groups of a particular size.

Example tasks:

- Shake hands with as many people as possible
- Touch the 4 walls of the room

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- Get into a group of people with the same hair (or eye) colour as you
- Get into groups of the same month of birth
- Get into groups of 4 and make one fly
- Get into groups of 3 and share expectations

Tip: Since the exercise can involve some fast movements, attention should be paid to the safety of the participants. The tasks can be tailored to take into account anyone with mobility problems or other disabilities.

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1.16 HOW DO YOU DO

Summary: | *This game is one of the many variations of the game Spots in movement. It reminds us of a true life cocktail party where we meet prestigious guests. The game reveals players' attitudes, values and dreams. Deep meaningful questions open up players' beliefs. The questions of this game can also be chosen to deal with some exact theme.*

Group size: | 10 or more players.
Time: | 10-20 minutes.
Materials: | None.

How to play

The players move freely around the room. Some music is played in the background. When the music stops the facilitator asks the participants to find their nearest player and introduce themselves by shaking hands and saying: "How do you do? My name is . . .". The facilitator then poses a question and each player must share the answer to the question with his/her pair. When the music is restarted the players continue to move freely around the room until the whole process is repeated again with a new question and new pairs of players. The questions can be tailored to the theme of the seminar.

Example questions:

- If I was youth minister for my country I would. . .
- If I won 10 million euro on the lottery I would. . .
- If I wrote a book it would be about. . .
- My favourite place is. . .
- When I go home from this meeting I want. . .

1.17 DROP THE CURTAIN

- Summary:** | *This speedy name game is a great way to boost the energy level of a group. It's also a good way to introduce group members to one another. After playing this game everyone surely remembers who is who.*
- Group size:** | 10-20 players.
- Time:** | 15 minutes.
- Materials:** | "A curtain" (A blanket, or a sheet etc.)

How to play

The group is split into two teams and the facilitator holds up a curtain, blanket or sheet between teams. It is important that no one from either team can see the other side. The teams are asked to nominate one player to come to the front. When the players are at the front, the facilitator drops the curtain. The players at the front must then shout out the name of the player opposite them as quickly as possible. The person who shouts second (or can't remember) must then join the other team. The game ends when everyone has had a go or one team loses all its members.

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1.18 FIND SOMEONE WHO. . .

- Summary:** | *Find someone who... is an icebreaker in which people are asked to mingle and find people that match certain given facts. With this game players can discover humorous and interesting facts about each other. Suitable for players of age 12 and up.*
- Group size:** | 10-40 players.
- Time:** | 20-40 minutes
- Materials:** | Pieces of paper with different statements for every player.

How to play

Each player is given a sheet of paper with a number of different categories or statements. Each participant must then talk to all the other participants in order to find people whom the statements apply to. A player has finished when he/she has written at least one name against each of the statements. These categories can be general or specific to the participants or topic. To make the game harder, you can make a rule that a person cannot have the same name twice on his/her sheet of paper, nor use his/her own name!

Example questions:

Find someone who. . .

- Had cereal for breakfast
- Has been to a seminar before
- Had been to the city where the seminar is being held before

- Can name a human right
- Voted in the last election
- Speaks more than two languages
- Enjoys walking in the rain
- Has been to Australia
- Has a rare hobby of being a bungee jumper
- Has four brothers
- Has gone without a shower for more than three days

1.19 CHOICES

- | | |
|--------------------|--|
| Summary: | <i>This game can be used to raise discussion on different issues by making people choose what they think and then justify their choice. The statements below are funny ones but this can be also played on different themes that are more serious.</i> |
| Group size: | 10 or more players. |
| Time: | 30 minutes. |
| Materials: | Masking tape. |

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How to play

A line is made on the floor with masking tape with one end of the line saying “I agree” and the other saying “I disagree”. The facilitator makes statements and the players have to go on either end of the line depending on the choice they would make about the statements. You can ask some participants to explain their choices if you wish.

Examples of choices:

- I would rather. . .
- Listen to Kylie Minogue than Madonna
 - Watch soap opera than the news
 - Live near the mountains than near the beach
 - Eat pizza than Mexican food
 - Wear the colour blue than the colour red
 - Play tennis than go swimming
 - Holiday at Disneyland than Ibiza
 - Go to a rock concert than the opera
 - Read a book than go to the movies
 - Watch a horror movie than a romantic one
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1.20 TO BE OR NOT TO BE

Summary:	<i>It's always easier to tell something about yourself when you're asked questions. If you ask someone to introduce themselves, they usually tell you very little. By means of an interview, you'll get to dig deeper into the backgrounds of group members.</i>
Group size:	8–16 players.
Time:	20–40 minutes.
Materials:	Post-it notes.

How to play

The facilitator asks players to form pairs with people who they have not met before. Each player is handed 10 post-it notes or pieces of paper and a pen. The players must ask their pairs: “Who are you?” ten times and write down the answers on the post-it notes or paper (one answer per paper) until all the papers have an answer written on them. Each answer to the question “Who are you?” should be different.

Once this has been done, players should give the papers to their partner (so that everybody has their own answers). Then the players form groups of four (pairs must not be in the same group) and everyone introduces themselves based on the answers on the papers.

After the game the players could discuss how it felt to answer the questions, what they wanted others to know, and if there was anything that they did not want to share.



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2.1 FOLLOW THE LEADER

Summary: *Follow the Leader is an action game in which people try to imitate the leader's actions and the person in the centre attempts to identify who is the originator of the actions. Follow the Leader is a game of great fun as players try to copy the leader's funny movements. The game serves as a good energizer or warm-up activity that needs no preparation. Suitable for players of age 8 and up.*

Group size: 8-16 players.

Time: 15-30 minutes.

Materials: None. Find a large open space, either indoors or outdoors.

How to play

Players are standing in a circle, facing each other. One player is asked to leave the room for a minute. This player will be the guesser for the round. While he/she is gone, the group decides who will be the leader. The leader will be the

one who sets the movements for that round. When the leader has been chosen, the guesser is called back in. The guesser stands in the centre of the circle.

When the round begins, everyone starts swinging their arms up and down. The leader will eventually begin to do other movements, and everyone else mimics the leader's actions, without being too obvious to reveal who the leader is. The leader can do just about anything he/she wants, such as:

- clapping
- making a kicking motion with his or her leg
- jumping up and down
- singing a line from a song
- patting his or her own head
- a dance move

Everyone in the circle should be careful to avoid prolonged eye contact with the leader, so the leader's identity is not given away. The guesser must keep turning his/her head to try to figure out which person is the leader. The guesser is allowed to make up to three guesses. If the guess is incorrect, the round continues. If the guess is correct, the leader becomes the new guesser for the next round. If all three guesses are used and the leader is not correctly guessed, the round ends and you can either keep the same guesser or switch him/her.

2.2 THE VIKING GAME

Summary:	<i>In this game you truly get to shout and yell! As the game goes on, the group achieves an energetic and wild atmosphere, and is ready for future trials.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>15 minutes.</i>
Materials:	<i>None.</i>

How to play

Everyone stands in a circle. The facilitator starts by throwing an imaginary axe to somebody across the circle. The axe is thrown by putting your hands together over your head and making throwing motion and at the same time shouting a loud Viking roar (a sound like Venus Williams or John McEnroe make when they hit the tennis ball). The louder the roar, the better. The player throwing the axe must have good eye contact with the player he/she is throwing the axe to. The catcher catches the axe by putting his/her hands together and raising them over his/her head (the reverse action of throwing the axe). While doing this, he/she should also roar. As the axe is caught, the players standing on either side of the catcher must put their hands together, imitating a sword, and make a motion as if to cut the catcher of the axe across his/her stomach. The player with the axe then throws the axe to a new player in the circle.

Players are out of the game if they make the wrong actions, forget to make the actions, or do not make them in time. The game ends when there are too few people left to carry on properly.

2.3 LAZY SHERIFF / SPLAT

Summary:	<i>This game's variations are familiar to everybody. The player standing in the middle of a circle has to aim at a player, who then has to react fast. The players standing on both sides of the player that has been "shot" have a reaction competition. If both of them are as fast, the game continues. The people who fail to react quickly enough drop off with style and the dropping ones get cheered at. This game lifts up team spirit and gives good vibes for everyone playing the game.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>15 minutes.</i>
Materials:	<i>None.</i>

How to play

Everyone stands in a circle with one person in the middle. The person in the middle spins around and points at someone with both hands and shouts: "splat". The person who is pointed at ducks down and the two people on either side of him/her turn and 'shoot' each other. The slower one is out of the game. The game continues until

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there are only two people left and ends with a shoot-off in the style of a cowboy movie.

Tips for holding a shoot-off:

The leader of the game can announce a certain number which is a shooting permission for last fighters. For example, if the number is 6, the players keep walking further away from each other until they hear the correct number. When they hear it, they turn around and shoot. 5, 14, 7, 3, 2, 6, PANG!

2.4 BUNNY

Summary:	<i>This game works as a silly energizer in the middle of a long day.</i>
Group size:	<i>10-40 players.</i>
Time:	<i>15-30 minutes.</i>
Materials:	<i>None.</i>

How to play

The group is standing in a circle. One of the players starts the game by putting his/her index fingers and middle fingers on top of his/her head as rabbit's ears, and says: "Bunny-bunny-bunny-bunny". The players standing on both sides of him/her do the same but only with one hand (the one closer to the player saying bunny-bunny) and without the sound. They should all move the fingers as if making quotation marks, to simulate twitching bunny ears.

After the player in the middle is finished with his/her "bunny-bunny" act, he/she has to point at another player across the circle. That player and the two players standing next to her/him have to do as before. If you're not fast enough, you're out of the game. This goes on until the ultimate bunny master (= the last one standing) has been found.

2.5 MERRY-GO-ROUND

Summary:	<i>You get to run around and smooch a lot in this game.</i>
Group size:	<i>10-20 players.</i>
Time:	<i>15 minutes.</i>
Materials:	<i>None.</i>

How to play

Players form a circle with one player in the centre. The player in the centre turns around in circles and points at someone as he/she stops. The player who was pointed at and the player standing on his/her left now have to run in opposite directions around the outside of the circle. The player who started in the centre takes the place of the person he/she pointed at, leaving only one space free.

As the runners race around the outside of the circle, they must stop and give each other a kiss on each cheek as they pass before carrying on the race to occupy the free spot left in the circle. The runner who does not manage to reach the free space becomes the new 'pointer' and goes to the centre of the circle to choose the next runners.

The game can be made more difficult by putting two people in the centre so that 4 people are running simultaneously.

2.6 THE CIRCLE OF LIFE

Summary:	<i>This is a game that works best outdoors, but it can also be played indoors if there is enough space.</i>
Group size:	<i>10-20 players.</i>
Time:	<i>10-20 minutes.</i>
Materials:	<i>A scarf.</i>

How to play

Participants are standing in a circle. One participant walks slowly around the outside of the circle and makes a sign with a scarf (or something similar) by waving it between two people chosen at random. These two people have to run in opposite directions around the outside of the circle until they meet half way round and perform a specified action before continuing back to their starting positions. The things they have to do at the meeting point are:

1. BABY – they have to tickle each other under the chin
2. KID – they give each other a high five i.e. clap each others hands
3. TEENAGER – they have to give each other a kiss on the cheek (or somewhere else on the face)
4. ADULT – they have to shake hands
5. SENIORS – They walk around the circle, NOT run, imitating a sore back and the use of a walking stick. When they meet they pat each other on the back.

The one who reaches the starting point first is the winner and chooses the next two competitors. The previous “chooser” joins the circle in place of the winner. The facilitator can decide which actions (Baby, Kid, Adult, etc) the participants have to follow during each round.

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2.7 TWO HEADS, THREE LEGS

- Summary:** | *Two heads, three legs is a small IQ-test for a group.*
- Group size:** | *4-10 players.*
- Time:** | *30 minutes.*
- Materials:** | *Music (optional).*

How to play

The participants walk around the room (you could play some music) until the game facilitator shouts a command, such as: “3 people, 2 hands, 2 stomachs” (or any other variation). The players need to form into groups of people as specified in the command with only the mentioned body parts allowed to touch the ground. In this example, the groups splits into teams of 3 people and must arrange themselves so that the total number of body parts touching the ground in their team are 2 stomachs and 2 hands.

Tip: It’s best to start with something easy and make the tasks more challenging towards the end.

2.8 NEWSPAPER DANCE

- Summary:** | *This game makes people get close to one another.*
- Group size:** | *Best played in pairs.*
- Time:** | *10-20 minutes.*
- Materials:** | *Newspapers or other large pieces of paper and music.*

How to play

Players are paired up and each pair is given a large sheet of newspaper. Players put the newspaper on the floor and dance together on top of it while music is playing. When the music stops, the paper must be folded in half. The music starts again and the pair must continue to dance on the now folded paper. The process is repeated until the paper is too small to continue.

2.9 MUSICAL CHAIRS

Summary:	<i>A dance game in which you have to react fast or you're out.</i>
Group size:	<i>10 or more participants.</i>
Time:	<i>10–20 minutes.</i>
Materials:	<i>Chairs (enough for everybody to start with) and music.</i>

How to play

The facilitator makes a circle (or two lines back to back, depending on the space) of chairs. There must be the same number of chairs and participants in the beginning. The facilitator plays some music and tells everyone to dance around the chairs. While the group is dancing, one of the chairs is taken away. When the music stops everyone must sit on a separate chair (Chairs may not be shared!). The person who does not have a chair to sit on (the slowest one) is out of the game. The music restarts and another chair is taken away. Then the music stops again. Each time the music is on, one chair is taken away, thus eliminating one player each time the music is stopped. The last person sitting wins. A prize can be awarded for the best (or worse!) dancing.

2.10 MUSICAL STATUES

Summary:	<i>A variation of Musical Chairs.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>10–20 minutes.</i>
Materials:	<i>Music.</i>

How to play

Similar to Musical Chairs, but when the music stops everyone must stay still as a statue. If anyone moves before the music starts they are out.

2.11 WAKE UP GAME

Summary:	<i>After this game, every player notices they've been conned!</i>
Group size:	<i>5 or more players.</i>
Time:	<i>2 minutes.</i>
Materials:	<i>None.</i>

How to play

The players are asked to form a very tight circle. They also have to lean over in the middle of the circle to be really close to the others. Everyone must put their

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hands on the floor with only the index and little finger touching the floor. Their hands must be between the hands of the other players standing next to them. Then the facilitator asks “Does anybody know the rules of this game?” When players answer “No” or shake their heads, the facilitator says: “Neither do I!”

2.12 FRUIT SALAD

Summary: | *This is a good game to use as a way of energizing a group partway through a long discussion, and of moving participants around to talk to new people.*

Group size: | 8-20 players.

Time: | 15 minutes.

Materials: | Chairs.

How to play

The group sits on chairs in a circle. There should be one chair for each player in the circle, with the facilitator standing in the middle. Each person is assigned the name of a fruit (e.g. apple, banana, orange) by the facilitator. There should be 4 or 5 people with each fruit name. When the facilitator shouts out the name of a fruit, all people with that fruit must change places, leaving one person in the middle (the facilitator takes one of the empty chairs). When a player’s fruit is called, he/she must move to a new seat. They are not allowed to end up sitting on the chair they were sitting on when their fruit was called. The person who fails to find a new chair is left in the middle and he/she chooses the next fruit. If somebody shouts: “fruit salad” then the whole group must swap places.

To use the game to break-up a discussion simply introduce the game early in the day, then shout: ‘fruit salad’ or a particular fruit every time you feel the discussion is getting a little tired or participants need mixing up.

2.13 EGE’S GAME

Summary: | *This game is both hilarious and simple.*

Group size: | 10-50 players.

Time: | 5–10 minutes.
Materials: | None.

How to play

Players stand in a circle. Everyone chooses one person from the other side of the circle. Everyone must walk around the person they chose at the same time, and then return to their original place.

2.14 HORSERACE

Summary: | *A crazy horserace of which no one is supposed to understand anything.*
Group size: | 10–20 players
Time: | 10 minutes.
Materials: | None.

How to play

Players kneel down in a circle very close to each other. The facilitator explains that this is a horse race and there are some moves to learn. Horses run by clapping their hands on their knees.

A small jump is done by raising the body up and lifting the hands up in the air.

A large jump is the same but everyone throws their hands forward to the floor.

Once everyone knows the moves the facilitator acts as a commentator and leads the race, getting faster and faster and introducing jumps and turns (done by leaning to one side). The race ends with a photo finish (by turning your head to the camera and smiling).

2.15 GENTLEMAN, HORSE RIDER, KNIGHT

Summary: | *In this game both a man and a woman have to know where they stand. The positions get mixed up easily and the game gets funny turns.*
Group size: | *Best played with an equal number of men and women.*
Time: | 10–20 minutes.
Materials: | Music.

How to play

Split the participants into pairs of a male and a female. If there is not an equal male/female split, pairs with the same sex must decide which of them will perform the role of the female and which will be the male. To the accompaniment of music the pairs hold hands and move gracefully around the room (as though at an old English ball

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– ‘Pride and Prejudice’ style!) until the facilitator stops the music and gives one of the following commands:

Gentleman = The man sits on the ground and the woman sits in his lap.

Horse rider = The man gets down on hands and knees with the woman sitting on his back, as though riding a horse.

Knight = The man goes down on one knee (as if making a marriage proposal) and the woman sits on his knee.

The last pair to achieve the correct position is out of the game. The music restarts and the players return to moving around the room until the next command is given. The last pair playing wins.

2.16 FLAMINGOS AND PENGUINS

Summary: | *An amusing game of tag.*

Group size: | *10-30 players*

Time: | *10 minutes.*

Materials: | *None.*

How to play

The players are told that they are all penguins. Only one player is chosen to be the flamingo. Penguins move with their heels together, toes pointing outwards and their hands down by their sides. The flamingo moves slowly taking very big steps and waving his/her arms in unison with his/her feet.

The flamingo chases the penguins. If a penguin is caught, it becomes a flamingo and starts to chase the other penguins. The game continues until everyone has become a flamingo.

2.17 PENGUINS AND FISHES

Summary: | *Another version of the previous game.*

Group size: | *20-50 players.*

Time: | 5–10 minutes.
Materials: | None.

How to play

The players must be either penguins or fishes. Some players need to volunteer to be penguins, who must catch the fishes. There should one penguin for every 8 fishes. The more penguins there are, the quicker the game will be.

Penguins move with their heels together, toes pointing outwards and their hands down by their sides. Fish move by walking with their hands out in front of them, swinging from side to side.

Once a fish is caught it must stand still and shout for help. A fish can be saved if two other fishes link hands around the fish and move their hands all the way down until they touch the floor. The game is over when all the fishes are caught.

2.18 THE PRINCESS AND THE MONSTER

Summary: | Compared to this game the movie *The Beauty and the Beast* feels like slow and lame. In this game adrenaline floods, voice gets all husky and sweat is on.
Group size: | 8–16 players.
Time: | 15 minutes.
Materials: | None.

How to play

Players are scattered around the room squatting. 2 players – one as the Monster and the other as the Princess – are standing. The Monster has to run after the Princess and make scary noises in a low voice. The Princess screams and waves her hands and runs funnily around the players who are squatting. As the Princess jumps over one of the squatters, the squatter becomes the Monster, the Princess becomes a squatter and the original Monster becomes the new Princess.

This game might be a bit confusing but lots of fun! The voices are very important.

2.19 FLAG RACE

Summary: | Flag race is a version on tag where you collect points. It improves team spirit.
Group size: | 20–60 players.
Time: | 15–30 minutes.
Materials: | Flag, jumper or something similar.

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How to play

The facilitator divides the group into two equal teams and asks them to number themselves (from 1 to however many there are in the team). When their number is shouted players must run into the middle and grab the flag (you could use a jumper or ball or whatever is at hand for this) and get back to their team. However if they are caught by a person from other team the flag goes to the other team.

Teams get a point every time they get the flag back to their team.

2.20 SHOE RACE

- | | |
|--------------------|--|
| Summary: | <i>A variation of the previous game.</i> |
| Group size: | <i>20-60 players.</i> |
| Time: | <i>10-20 minutes.</i> |
| Materials: | <i>Everybody has to wear shoes in the beginning of the game.</i> |

How to play

The facilitator asks everyone to take their shoes off and to put them in a pile in the middle of the room. The group is then divided into equal teams and asked them to number themselves (from 1 to however many there are in the team). When their number is shouted people must run into the centre, put their shoes on and run back. The first one back earns a point for their team.

2.21 BALLOON RACE

- | | |
|--------------------|---|
| Summary: | <i>A speed race between two or more teams. This game gets your blood circulating.</i> |
| Group size: | <i>20 or more players.</i> |
| Time: | <i>5-10 minutes.</i> |
| Materials: | <i>Balloons or balls.</i> |

How to play

The facilitator divides the players into equal teams. Each team should line up facing the same direction. The person at the front of each team is given a balloon or ball.

When the game starts, the first person in the line passes the balloon backwards, over his head to the second person. The second person passes it between her legs to the third, who then passes it backwards over his head to the fourth, who passes it between the legs to the fifth, and so on and so on.

This continues until the balloon gets to the end of the line. The person at the back then runs around to the front and passes the balloon back in the same way. The games end when the person who started at the front is back to the front.

The teams race against each other and the first team to finish wins.

Variation – use a tennis ball which must be held under the chin and passed along the line without using hands.

2.22 SNAKE RACE

Summary: | *A variation of the previous game. This game might turn out to be quite messy when played outdoors.*

Group size: | *20 or more players.*

Time: | *15 minutes.*

Materials: | *None.*

How to play

The facilitator divides the players into equal teams. Each team should line up facing the same direction. The player at the back becomes a snake and must come to the front by crawling from under the legs of the rest of the team. When he/she reaches the front he/she shouts out and the next player at the back starts crawling. The teams race against each other and the first team in which everybody has been a snake wins.

2.23 BULLDOGS CHARGE

Summary: | *There are very many versions of this game. The players of the Bulldogs Charge run around in the playing field and try not to get caught.*

Group size: | *10–30 players.*

Time: | *5–15 minutes.*

Materials: | *None.*

How to play

Everyone stands in a line at one end of the room. One player, the bulldog, stands in the middle of the room.

Everyone must run to the other end of the room without getting caught by the

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bulldog. If they are caught they also become a bulldog, and the game continues until everyone is caught.

This game can get quite aggressive, so make sure people are caught by 'tagging' and not rugby tackles!

2.24 SCARECROW TAG

Summary: | *A developed version of tag.*
Group size: | *10-30 players.*
Time: | *10-20 minutes.*
Materials: | *None.*

How to play

Everyone stands in a line at one end of the room. One person, the farmer, stands in the middle of the room.

Everybody runs around and the farmer tries to catch others by touching them on the shoulder or the back. If you are caught, you must stand

with your legs apart and arms stretched out like a scarecrow. You can be rescued if someone crawls from under your legs.

The game ends when everyone is a scarecrow or the energy levels get low!

2.25 STICKY TAG

Summary: | *A variation of the previous game.*
Group size: | *10-20 players.*
Time: | *5-10 minutes.*
Materials: | *None.*

How to play

Everyone stands in a line at one end of the room. One player, Sticky Joe, stands in the middle of the room.

Everybody runs around and Sticky Joe tries to catch others by touching them on the shoulder or the back. If you are caught you join hands with Sticky Joe and begin trying to catch others.

The game ends when everyone is holding hands or the energy levels get low!

2.26 REPETITION SONGS

Summary:	<i>Singing arouses team spirit.</i>
Group size:	<i>10 or more participants.</i>
Time:	<i>15-30 minutes.</i>
Materials:	<i>None.</i>

How to play

There are a variety of songs that use a standard format.

- The group repeats after the facilitator
- The group is taught the words (and any actions) and practice this once
- The facilitator encourages the group to become louder and louder
- The facilitator asks the group to sing very quietly
- The game finishes with another loud round

Here are the words (and actions) for just a couple of songs to get you started.

Hi-di, hi-di, hi-di, ho

(raise arms up and down in the air like you are lifting weights)

Wiggly, wiggly, wiggly, wo

(stick out you bum and wiggle it)

Throw your hands up to the sky

(Do as the song says)

Because young people are passing by

(move you arms across your body in a waving motion)

I said a boom, shaka boom

I said a boom, shaka boom

I said a boom, shaka boom, shaka boom, shaka boom.

2.27 MAR-ZINGA

Summary:	<i>Players are asked to join the facilitator in worshipping the Aztec god 'mar-zinga'. This is done by screaming out his name whilst standing in a circle.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>5 minutes.</i>
Materials:	<i>None.</i>

How to play

The group is arranged to stand in a circle, shoulder to shoulder. The first player starts the 'worship' by forcefully thrusting out his/her hands towards the centre of the circle and screaming: "Maaaaaaa...". The second player also does the same, starting immediately after the first player. The third starts after the second person,

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and so on. Once the group members have started to scream “Maaaaaaaaaaaaaaaa”, they may not stop (or take a breath) until the end of the game. The game ends when the last player has thrust out his/her hands and started to scream: “Maaaaa”. At this point everyone (at the same time) immediately pulls their hands back to their chest and shouts “ZINGA!” as loud as possible.

The first person must hold the “Maaaaaaaa” for the longest time, until the whole circle has joined in, so the group needs to get going as quickly as possible, making sure that they all start in the correct order, but also finishing in time so the first person does not run out of breath!

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2.28 ONE, TWO, THREE

Summary: | *This game is played in pairs, and the catch is to keep up and concentrate on both what you are doing and what your pair is doing.*

Group size: | 8 or more players.
Time: | 5-10 minutes.
Materials: | None.

How to play

Players must pair up. With their pair, they must count to three. The facilitator demonstrates how this goes:

Person A – “One”

Person B – “Two”

Person A – “Three”

Person B – “One”

Person A – “Two”

Person B – “Three” and so on.

Players can practice a few minutes to get this right. Then the pairs are asked to split up and to find a new partner. This time “two” is replaced with a hand clap (a demonstration can be give by the facilitator). After a few minutes players have to find a new partner. This time “one” is replaced with a ducking motion. After a few minutes ask players to find yet another partner. Finally “three” is replaced with a jump.

So it now goes:

Person A – Duck

Person B – Clap

Person A – Jump

Person B – Duck

Person A – Clap

Person B – Jump and so on.

2.29 FINGER TO FINGER

Summary: | *This game is all about physical movement and working in pairs who will have to be fast to follow the instructions given by the facilitator.*

Group size: | *8 or more players.*

Time: | *5–10 minutes.*

Materials: | *None.*

How to play

Players must pair up. The facilitator explains that he/she will shout out instructions such as “finger to finger” meaning that players must link their finger together with their pair’s finger. If the facilitator shouts “person to person”, players must find a new partner.

The facilitator shouts out a range of different instructions (finger to finger, toe to toe, hand to hand, back to back, knee to knee and so on). The game is at its best when it is fast moving and the instructions are varied as much as possible!

2.30 LOOK DOWN, LOOK UP

Summary: | *This game is a quick game, which is played in complete silence.*

Group size: | *8 or more players.*

Time: | *5 minutes.*

Materials: | *None.*

How to play

The players stand in a circle and look down. When the facilitator says: “now”, players should look at someone in the circle. If that person is looking back at them, they are both out. The game continues until only 2 people are left in the circle.

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2.31 THE BIG FAT PONY

Summary:	<i>This is a sing-along game in which the players will sing and dance together.</i>
Group size:	<i>15 or more players.</i>
Time:	<i>5-10 minutes.</i>
Materials:	<i>None.</i>

How to play

The players are asked to form a circle. The facilitator starts the game by running inside the circle and sings: "Here we go on a pony, riding on a big fat pony, here we go on a pony, this is what he told me". Then, once the facilitator meets a player standing in the circle, they must sing and dance together: "Front to front to front my baby (movement: facing each other, wiggling), side to side to side my baby (movement: side by side, wiggling), back to back to back my baby (movement: back to back, wiggling), this is what he told me". Once one round of the song is over, the player who just sang and danced with the facilitator must now stay inside the circle. The song and movements

are repeated until everyone is inside the circle.

2.32 SOUND BALL

Summary:	<i>This is an easy energizer or a warming up game and it can be varied for many purposes: cheering people up, clearing one's minds etc.</i>
Group size:	<i>8 or more players.</i>
Time:	<i>5-10 minutes.</i>
Materials:	<i>None.</i>

How to play

The players are asked to form a circle. The facilitator throws an invisible ball to someone standing in the circle and adds a sound to it. The player who receives the ball must repeat the same sound. He/she then has to throw the ball to someone else and add a new sound to it, and so on.

The Sound Ball can be varied e.g. by making the pace of throwing the ball really fast. If the pace is fast, one should not pause between the old and the new sound. Usually this creates a very intensive and loud circle of sound.

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3.1 TRUST WALK

Summary: | *The Trust Walk is a team building activity involving leadership and lots of trust as players navigate each other around obstacles. A leader gives verbal or nonverbal instructions to navigate a blindfolded partner in avoiding obstacles. The participants of this game should be at the age 14 and up. This game should be played outdoors, in a location with no dangerous obstacles.*

Group size: | *Pairs.*

Time: | *1 hour.*

Materials: | *Blindfolds.*

How to play

First a restricted path is built. Then the navigator or the guide tries to lead the blindfolded player through the path safely, and without touching the lines of the path. The direction must be agreed on before starting the game. When the path has been walked through, the players change roles. The game is a lot more exciting than you could imagine.

3.2 STEPPING STONES

Summary: | *In this game the group has to co-operate seamlessly and their game strategy has to be well thought over. Stepping stones is an intelligence game which one can't win by playing solo.*

Group size: | *10-25 players.*

Time: | *15-30 minutes.*

Materials: | *Chairs and pieces of paper.*

How to play

The following scenario is introduced to the group. Markers or chairs can be used to show where the river flows and pieces of paper can be used as stones.

There is a river that separates the land, and the group must work together to cross the river and get to the other side. There is no bridge, only stepping stones leading to the other side.

Only one person at a time is allowed to stand on a stone. When a player moves from the stone, it sinks into the river.

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If there's 25 players, there should be 20 stones (always less stones than people).

The task is to get all of the group members across safely in 30 minutes. The group needs to communicate with each other in order to find a solution to the problem!

The solution: Players must stand on the stones available; so that there is one person per stone and the other members in the group would cross by walking on top of other players' feet.

After the task is complete the group could be asked to discuss the following:

- What kinds of roles were there in the group; who was leading and who was doing as he/she was told?
 - How was the solution made in the group?
 - How did the group communicate?
-

3.3 AEROPLANE FACTORY

- Summary:** | *A challenging exercise in which co-operation will be rewarded.*
- Group size:** | *Teams of 3-4 players. Each team is requested to choose a chairman for the team.*
- Time:** | *1 hour.*
- Materials:** | *White paper, yellow paper and toy money.*

How to play

The following scenario is introduced to the group:

The facilitator has a plane manufacturing company. The company has received a request for Aircraft Carriers and Fighter Planes.

a) The products

The Aircraft Carrier must be able to float on water when the Fighter Plane is on its deck (evaluated by the purchaser's representative, tested if necessary).

The Fighter Plane must be able to fly at least 3 metres (the purchaser's representative will test this too).

The material: Yellow paper, which you can buy from the workshop facilitator. The use of any other material (paper, tape, staples, glue etc) is strictly forbidden. Otherwise there are no restrictions on the appearance, structure or manufacturing process.

b) Offer and delivery

Every team shall give a written offer of how many ships you agree to deliver in the allowed time (20 minutes).

The teams will get 10,000 in toy money as a starting capital. For research and development and for making the offer you get 10 sheets of white paper.

Teams can buy the material (yellow paper) from the workshop facilitator after the offer has been made. 5 sheets of yellow paper costs 500 in toy money. Material that has been bought cannot be returned.

The teams will be paid 14,000 in toy money for each Aircraft Carrier-Fighter Plane pair that is up to the standards.

c) Other conditions

The payment will be made only for satisfactory (up to the standard) products.

If a team doesn't deliver the amount of products it has promised, the fine for each non-delivered Aircraft Carries-Fighter Plane pair is 1000 in toy money.

If the deliveries are late, the fine is 1000 in toy money per minute.

The whole order must be delivered directly to the purchaser's representative and after you have delivered the products you cannot make any modifications, improvements or alterations.

The team with the most toy money wins.

After the task is completed, the exercise should be evaluated:

- How did the team work?
- How were the problems solved in the group?
- What did the other players think about the fact that the team had a chairman?
- Other questions the teams might find relevant. . .

3.4 LANDMINES

Summary:	<i>A game that imitates a war situation. Bravery and creativity will take you to victory.</i>
Group size:	<i>8-16 players.</i>
Time:	<i>30 minutes-1 hour.</i>
Materials:	<i>Rope or tape to mark out the minefield, a map of the 'safe' route across, and a clock (optional).</i>

How to play

The facilitator marks out a grid of squares on the floor using rope or tape. Each square should be big enough to contain two adult feet. Then the facilitator draws a corresponding map showing the only safe route across the landmine site, which he/she has devised. The players do not get to see the map; it is for the eyes of the facilitator only!

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The aim of the game is for the players to figure out the safe route across the minefield whilst walking in single file and holding hands. Once the crossing begins, the participants are not allowed to talk to each other at all, because they have to stay hidden from the enemy. Before starting to cross the minefield, the players can discuss tactics or signals for silent communication with each other (remembering that they must be holding hands at all times throughout the exercise). If anyone in the group says anything after the crossing has started, the whole group must return to hiding at the side of the minefield and begin the crossing again.

The group has to find the safe route across the minefield by a simple trial-and-error technique and memory skills. The first player in the line sets off, choosing a route across the minefield one adjacent square at a time (movements can be made forward, left or right, but not backwards or diagonally). Everyone else follows in his/her foot steps. If anyone steps on a mine (according to the map) the group has to start

again and the player who was at the front of the line must go to the back.

The game requires everyone to work together to remember the safe route “so far” because once another mine is discovered the current “leader” is sent to the back of the line and the next player must recall where the safe squares were. Others in the line may need to silently guide the new leader if he/she cannot remember the route.

The game can be varied by imposing a time limit of 15 minutes (including discussion time) so that the group must cross the minefield before the time runs out. If anyone in the group talks, 1 minute is taken off the time.

Once the exercise is over, the group could be asked questions about how they worked together to complete the task.

3.5 SPEEDBALL

- Summary:** | *A puzzle to be solved.*
- Group size:** | *20 or more players.*
- Time:** | *5–10 minutes.*
- Materials:** | *A ball.*

How to play

The group has to pass a ball around making sure that every player touches the ball once, but only once. More challenge can be added by telling the group to do the task as fast as they can. The record is about 2 seconds! The group must work out how to do it!

Solution = players stand in line and stretch out their right (or left) hands. Everyone has to put their hand so close to other players' hands that the ball can be rolled across everyone's hand.

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3.6 DRAWING PICTURES

Summary:	<i>A task that demands creativity.</i>
Group size:	<i>6 or more players.</i>
Time:	<i>30 minutes-1 hour.</i>
Materials:	<i>Paper, markers and some music.</i>

How to play

Half of the group is sitting in an inner circle and the other half is sitting in an outer circle so that the players are facing each other. Everyone sitting in the inner circle has a piece of paper in front of them and everyone in the outer circle has a marker. When the music starts, the players sitting on the outer circle start to draw a picture of the player sitting in front of him/her. When the music stops, the people who were drawing all move one step right and find a different player and a new drawing in front of them. When the music starts again they continue the drawing in front of them. This goes on until everyone in the outer circle has drawn on each paper or until the game facilitator ends the game.

Then the players are swapped around so that everyone who was on the outer circle moves to the inner circle and vice versa.

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3.7 THE HUGGING GAME

Summary:	<i>An intimate and entertaining game which can be used as a relaxing practice at the end of the working day.</i>
Group size:	<i>Any number of players.</i>
Time:	<i>10-20 minutes.</i>
Materials:	<i>Relatively fast music.</i>

How to play

This game should be played with a relatively big group, with enough space for

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players to move around.

Players walk around the room when they hear music. When the music stops, everyone hugs someone. Music starts again.

When the music stops again, three players must hug each other at the same time. Then the music starts again. Every time the music stops, the amount of people hugging each other increases until eventually the whole group makes one big hug.

If you are playing outdoors or don't have music available the game can be played by the facilitator shouting out: "hug" when he/she wants people to hug.

3.8 THE "SUPER TEAM" GAME

Summary: | *The idea of the game is to learn to trust your team mates and to trust a bigger group too. The facilitator should make sure that no one gets injured by walking into an obstacle when playing.*

Group size: | 15-30 players.

Time: | 10-20 minutes.

Materials: | Blindfolds (one per participant) and possibly some rope or duck tape to mark the game area.

How to play

This game is best to be played outdoors since it requires a lot of space.

Preparations before the actual game:

- The facilitator must make sure that the area is safe and clear of obstacles
- The players are divided into groups of three
- The group should come up with a signal (sound) with which they will be able to locate each other if they are not allowed to speak. Teams should also come up with a physical sign (e.g. shaking hands in a particular way) that they can use when they meet face to face.
- Everyone puts on a blindfold and the game facilitators takes all the players to a wide area. Players must locate their team members by using their teams' sound signal and when meeting someone, trying the physical sign to find out if the person they meet is in the same team as them. No one is allowed to talk while doing this.

3.9 LEADING THE BLIND

Summary:	<i>The leader of the group is the last one in line, but he/she is in charge of everyone. This is a challenging game of trust.</i>
Group size:	<i>8–16 players.</i>
Time:	<i>15–30 minutes.</i>
Materials:	<i>Blindfolds (one per person, except for the last in line).</i>

How to play

The group forms a single line, and players put their hands on the shoulders of the person in front of them. Everyone is blindfolded except the player who is the last one in line. That player is the leader. The leader has to lead the whole group through a certain route. The trick is that nobody can talk so the leader has to make signals regarding long steps, lift your legs etc. The leader leads the group by making signals on the shoulders of the person in front of him/her, and the signals are passed along in the line.

3.10 ELECTRIC FENCE

Summary:	<i>All members of the group must concentrate and co-operate seamlessly. It's the only way to overcome obstacles.</i>
Group size:	<i>8 or more players.</i>
Time:	<i>15–30 minutes.</i>
Materials:	<i>A rope.</i>

How to play

A rope is tied between two trees (or similar) at about chest height and at least 2m in width. The facilitator tells the players that they have been captured by aliens and placed behind an electric fence. Everything below the rope as well as the rope itself is electrified.

The group is given some time to discuss a strategy. During the game the players are not allowed to talk. The players must get everyone over the rope without touching or moving it. If anyone touches the fence they must all start again.

If you want to make the game even more difficult, make everybody hold hands (so only the first person and last person have a free hand). If players let go of each others hands they must also start again.

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3.11 SIT DOWN

- Summary:** | *A funny game which raises the energy level of all group members.*
- Group size:** | *10-30 players.*
- Time:** | *15 minutes.*
- Materials:** | *None.*

How to play

The group is standing in a tight circle. The facilitator asks everyone to turn to their right and to move even closer to one another until the circle is so tight that everyone is sandwiched between the players in front and behind them.

Then the facilitator tells everyone to sit down so that everyone ends up sitting on each others laps in a circle. If the group finds this easy, they can be told to walk forwards, whilst still sitting on each others laps, so that the circle is tuning through 360°.

3.12 MISSION: IMPOSSIBLE!

- Summary:** | *This game is about finding creative solutions to a list of tasks that might sound impossible at the beginning!*
- Group size:** | *10-30 players.*
- Time:** | *1 hour .*
- Materials:** | *Colourful pens, paper, red lipstick and a cup - the rest is up to the creativity of the group!*

How to play

The group is told that they have exactly one hour to accomplish the mission. The players are handed a list of tasks that they have to do during an hour (see below for an example list). They are told that it's entirely up to the group to decide how they are going to do this, but they will have to be ready and show what they have done in exactly 60 minutes!

Mission impossible challenges (examples):

- Turn 5 guys into beautiful women
- Make a snow man that is at least 3 meters high
- Do 400 push ups
- Hum 10 songs so that at least one of the trainers/facilitators can recognise them

- Draw a comic strip that contains at least 6 pictures about your expectations for this event
 - Perform the first line of the national anthem of every country/region present here
 - Collect everyone's name, birthdates, shoe size, eye colour and autograph
 - Make sure everyone has a lipstick kiss
 - Do the "Macarena" with at least 15 people at 16:30
 - Gather everyone around for 1 minute of silence at 16h59
 - Perform the balcony scene of Romeo and Juliet (with costumes)
 - Fill up a cup with objects which have names starting with 25 different letters of the alphabet
 - Write a love letter to XXX with 25 lines and read it to him/her passionately
 - Design a flag to represent your group.
 - Carry one person 5 times around the building
 - Let 15 people stand in the room for 5 seconds on 5 feet and 5 hands
-

4

DRAMA GAMES

4.1 THE CONTINUATION DRAMA

Summary:	<i>This is a classic improvisation game that is best suited for players who have been practicing improvisations and theatre earlier.</i>
Group size:	<i>8–16 players.</i>
Time:	<i>As long as people are having fun.</i>
Materials:	<i>None.</i>

How to play

The game starts with a pair of people on stage. They start improvising a scene on a topic given by the facilitator. The acting improvisation continues until the facilitator gives a sign (e.g. claps his/her hands). The actors have to stop and take a 'still' pose. The facilitator chooses a third person to join the scene and then starts action b by giving the signal again. The new cast member now has to be improvised into the scene. The amount of people on stage increases one person at a time until everyone is on stage. Then the game is reversed so that one person at a time leaves the stage so that

in the end there are only 2 people on stage.

This game also focuses on group building and group dynamics by using drama as a tool.

4.2 THE MYSTERY DRAMA

Summary:	<i>This is a challenging improvisation exercise in which one must find his/her own status and a role in relation to the other players.</i>
Group size:	<i>Teams of three people.</i>
Time:	<i>30 minutes.</i>
Materials:	<i>None.</i>

How to play

While one team 'performs', the other members of the group form the audience.

One member of the team leaves the room and the group comes up with a story with three characters in it. One role is for the third member of the team, who is currently out of the room.

The third person is invited back into the room and on stage.

The first two team members (who know the characters) start acting the scene and give the third person hints about who he/she is in the story. The third person should be with them in the scene the whole time and start acting the role when he/she realises what the role is. The role shouldn't be too obvious since it will be a lot more fun if the third person has to think about the context of his/her role.

The game is over when the third person figures out his/her role. Then the next team is asked to come on stage.

4.3 INTERPRETATION

Summary:	<i>This is a hilarious game in which the interpreter is put under an awkward situation. To manage the situation he/she must have good non-verbal communication skills.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>30 minutes-1 hour.</i>
Materials:	<i>None.</i>

How to play

This exercise should be performed in pairs and it works best with groups of participants with different native languages.

Players are divided into pairs, preferably so that both members speak a different native language. Each pair addresses the rest of the group in turn. One person in each pair takes on the role of the guest speaker who will tell an amusing short story to the rest of the group. The second person plays the interpreter who has to interpret everything that the guest speaker says into the working language of the group.

The guest speaker and the interpreter are not allowed to discuss the story or confer beforehand. The idea is that the guest speaker should speak in a language that the interpreter does not understand in real life (or even speaks in a made up language) and the interpreter has to come up with the translation of what is being said for the rest of the group. The story the interpreter tells to the group should fit in with the guest speaker's body language and gestures.

This can be very funny when the guest speaker is speaking a language that a few of the other group members also speak, as they will be laughing at different parts of the performance and also will find the translation more amusing. The laughing can be very contagious! Players who understood the guest speaker can then comment on how close the interpreter was to the real story.

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4.4 STORYTELLING

Summary:	<i>This is an exercise in which a small improvisation scene is created.</i>
Group size:	<i>3–6 players.</i>
Time:	<i>1–2 hours.</i>
Materials:	<i>None.</i>

How to play

This exercise should be done in small subgroups but the results of the exercise can be performed to the whole group.

One of the players is a storyteller who has a certain amount of characters that he/she can use in the story. The other members of the group (=the characters) will act accordingly. The storyteller has to find something for each one of them to do and also to end the story.

4.5 ONCE UPON A TIME

Summary:	<i>This game is a true classic of improvisation games.</i>
Group size:	<i>6–12 players.</i>
Time:	<i>30 minutes.</i>
Materials:	<i>None.</i>

How to play

The players are sitting in a circle. The facilitator starts the story by saying: “Once upon a time. . .”. The group must finish the story by each one of them adding a sentence in turn.

REF: *Augusto Boal – Theatre of the oppressed.*

4.6 FREEZE

Summary:	<i>This is an improvisation in which creativity and a good sense of humour are invaluable.</i>
Group size:	<i>8 or more people.</i>
Time:	<i>5 minutes.</i>
Materials:	<i>None.</i>

How to play

Two players are invited on a stage. They are asked to start a scene, and when someone from the audience shouts: "Freeze", they must take a still position and one of them has to leave the stage. He/she will be replaced by someone from the audience who must take the same still position as the person who left had. The "newcomer" starts another scene which can be completely different from the previous one.

4.7 GENRES

Summary:	<i>This game requires some previous experience in improvisation. Not suitable for very young and inexperienced players.</i>
Group size:	<i>Any number of players.</i>
Time:	<i>15 minutes.</i>
Materials:	<i>None.</i>

How to play

2-4 players are invited on stage. The audience gives the actors a topic, characters and a place (e.g. three cleaning ladies are talking about their summer holidays during a coffee break). The scene starts normally and continues until someone from the audience shouts another genre. When this happens, the actors must continue their performance using that genre as their style. The scene must keep going and reach an end despite the changes in the genre.

Possible genres:

- opera
 - amateur theatre
 - James Bond
 - Children's TV show
 - Horror movie
 - Silent Film
 - Soap opera
 - Reality Show (e.g. Big Brother)
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DRAMA GAMES

4.8 ANIMALISTIC CHARACTERS

Summary:	<i>This game requires some previous experience in improvisation as well as a good sense of humour.</i>
Group size:	<i>Any number of players.</i>
Time:	<i>10 minutes.</i>
Materials:	<i>None.</i>

How to play

2–4 players are invited on stage. The audience gives the actors a topic, a place, characters and an animalistic feature for each of the characters (e.g. a robin-like lady from across the street, a rhino-like butcher and a horse-like young man are talking about the expensive price of food while queuing in a supermarket). The characters should perform the scene from the beginning to the end, making sure that their characters are animalistic.

4.9 FEEDING WORDS

Summary:	<i>This is an improvising game where the audience also has a meaningful role. Best suited for players with previous experience in improvising.</i>
Group size:	<i>Any number of players.</i>
Time:	<i>5 minutes</i>
Materials:	<i>None.</i>

How to play

Two players are invited on stage. The audience gives the actors a topic, a place and characters. In addition to this, the audience makes a list of words, which can be anything (approximately 20 words).

The actors will begin the scene and the facilitator starts to "feed" words to them. When the facilitator says a word from the list, the actors must use it in their next line. The scene must advance and reach the end despite the new words being fed to the actors.

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MISCELLANEOUS GAMES

These games work perfectly in the evening programme.

5.1 SUCK AND BLOW

Summary:	<i>This is a tricky group game which demands co-operation of the lips.</i>
Group size:	<i>8-16 players.</i>
Time:	<i>15-30 minutes.</i>
Materials:	<i>Small piece of card or paper (e.g. a playing card)</i>

How to play

The players are standing or sitting in a circle. The first player is given a playing card that he/she must hold in place over his/her lips by simply sucking it to his/her mouth. No hands are allowed. The first player then passes the card to the mouth of the second player, who has to suck the card on to his/her lips and then pass it to the third player and so on.

If the card falls, or if anyone uses their hands, the group has to think of a punishment (it can also be decided before the next round starts). If the

card falls at the critical moment resulting in two people effectively kissing, a bigger punishment should be applied!

The game is won when the card is passed all the way from the first player to the last one successfully.

5.2 THE ESTONIAN WEDDING GAME

Summary:	<i>This is a crazy game for a group whose members know each other well.</i>
Group size:	<i>6-12 players.</i>
Time:	<i>10-30 minutes.</i>
Materials:	<i>A pencil or a small ball (or even a full glass of water).</i>

How to play

Participants form two equal teams, who will race against each other. Both teams form a line. Each team is given an object such as a pencil or a small ball (or if you really want to challenge the group a full glass of water). The object must be passed through the outer clothing of each person (e.g. underneath a t-shirt and jeans - NOT underwear!). The team who gets the object to the end of their line first, wins (or if

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MISCELLANEOUS GAMES

playing with a full glass the team with the most liquid remaining).

Tip: Keep your eyes open for cheaters!

5.3 I LOVE YOU BUT I JUST CAN'T SMILE

Summary: | *This game is a great way to test your poker face.*

Group size: | *8–16 players.*

Time: | *15 minutes.*

Materials: | *None.*

How to play

The players are sitting in a circle. One player is in the middle of the circle. The player in the middle has to go to someone and say: “I love you” in a very creative way. The one who he/she says it to has to answer: “I love you too but I just can’t smile” without starting to laugh or smile. The point is that the player in the

middle has to try to make the other player laugh. If the respondent laughs or even smiles, players switch places. If he/she remains serious, the player in the middle has to go to someone else.

5.4 HIPPOPOTAMUS

Summary: | *It’s difficult not to laugh when everybody in the group sounds like grannies without teeth. This game is also suitable for senior groups.*

Group size: | *8–16 players.*

Time: | *10–20 minutes.*

Materials: | *None.*

How to play

The players are sitting in a circle. Everybody must cover their teeth with their lips and must not show their teeth for the whole of the game. The facilitator starts by giving an adjective to the word hippopotamus (e.g. funny hippopotamus) and saying it to the person sitting on his/her right (still with teeth covered). The next person must do the same with a new adjective to the person on their right. If somebody

uses an adjective that has already been used, they are out of the game. If somebody sitting in the circle laughs or smiles (so that their teeth show) they are also out of the game. The game continues until only one person is left.

5.5 WARM FUZZES

Summary:	<i>There's a warm, relaxed and harmonic atmosphere all around the group during this game.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>1-3 hours.</i>
Materials:	<i>Pens, paper, envelopes, photos of participants (optional), tape, blue-tac and pins for attaching envelopes to the wall.</i>

How to play

This game is a perfect way to end a successful seminar. This game could therefore be played during the farewell party or at any time before the end of the event when people have a lot of time to write farewell messages.

The idea is that an envelope with the name (and photo if possible) for each participant is attached to a wall. Lots of paper and pens are provided nearby so that all the other participants can write something nice about the other participants in the group and place the notes into that person's envelope. All the comments should be nice and positive. For example "I liked your shoes" or "You are a great leader" or "Thank you for your warm smiles each day", or anything else as long it's not negative!

No one is allowed to look inside his/her (or anyone else's) envelope. At the end of the exercise the envelopes are sealed by the group facilitators. The envelopes are distributed to the participants as they leave the event and may not be opened until they get home! This provides each participant with warm feelings after the lonely trip home and some great memories for years to come.

5.6 SECRET FRIEND

Summary:	<i>This game should be started in the beginning of the seminar because it lasts for several days.</i>
Group size:	<i>10 or more players.</i>
Time:	<i>1-7 days.</i>
Materials:	<i>Pen and paper and a hat or a basket.</i>

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How to play

Everyone writes down their name on a piece of paper and puts it in a basket or hat. Then everyone picks up one name and the person indicated on that piece of paper is their secret friend. They should keep it to themselves so that no one knows who their secret friend is. If they pick themselves they should put the paper back in the hat and choose again.

Everyone should do something nice to their secret friend every day during the event. This could be writing a nice note, drawing a picture, buying chocolate or a drink or whatever creative and nice they can think of. This should be done carefully, without revealing your identity to your secret friend and without letting anyone else know who your secret friend is. The secret friends are revealed during the last evening, but before this, everyone gets a chance to guess who his/her secret friend was.

A variation:

Hugging murderer: You have to try and hug your own secret friend so that no one can see it. If you succeed in doing so, you'll get the note from your "hugging murdered" friend that says his/her secret friend or the notes of the people he/she has murdered. The game ends with a hug. If someone sees the hugging murder attempt, it fails and the game continues. The idea of this game is that because of the game no one wants to be alone. The group provides protection.

5.7 WINK MURDER

Summary:	<i>The Wink Murder is a legendary game which is best played indoors.</i>
Group size:	<i>10-30 players.</i>
Time:	<i>15-30 minutes.</i>
Materials:	<i>None.</i>

How to play

Everyone stands or sits in circle. One person volunteers to become the police officer and leaves the room. The rest of the group decides who will be the murderer. The police officer is invited back into the room. The murderer kills people by making eye

contact with others and winking at them. When you are killed you should make a dying noise and fall to the floor, the louder and more dramatic the better. The police officer must try to figure out who the murderer is before everybody dies!

The police officer should be given a number of guesses depending on size of the group (e.g. 3 guesses for a group of 15 to 20). The game is over when the police officer has identified the murderer or everyone except the murderer is dead, or when the police officer has exhausted his/her guesses. The murderer then becomes the police officer and the game starts again.

Variation:

You can also play the Wink Murder like this.

1. The players stand in a circle with their eyes closed.
 2. The leader of the game chooses the wink murderer by walking around the room slowly and touching the chosen player on his/her back.
 3. When the game has begun and the murderer has committed his/her first murders, he/she can be suspected like this: one player yells "Innocent!" and two other players witness. They all point out the player they assume to be guilty at the same time. If the accuser and the witnesses point out a different suspect, the accuser falls dead to the ground.
 4. The game continues until the murderer is revealed, or until everybody is dead.
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