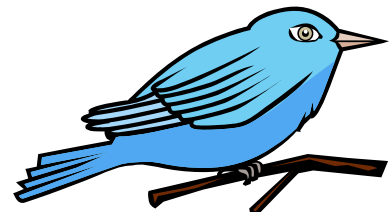
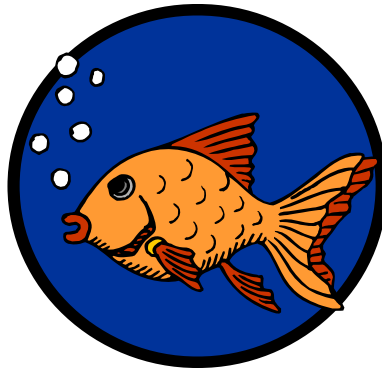


GROUP ACTIVITIES

ANIMAL, BIRD, OR FISH

Items Needed: None

1. Divide players into two teams. Teams position themselves in corners of the room opposite each other. A leader is chosen to stand in the center- equal distance from each team
2. Each team sends one player to the leader in the middle who whispers to each the name of an animal, bird, or fish. If the leader says monkey, for example, each player runs back to his or her team, to act out a monkey in pantomime.
3. When a team member guesses monkey the pantomiming player runs back and touches the leader, saying "Monkey!" The first player back to the leader is the winner.



ANIMAL CIRCLE

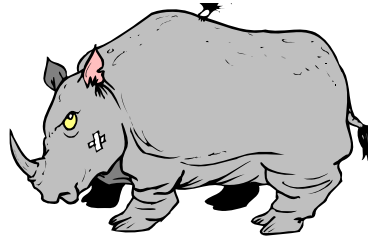
ELEPHANT



Items Needed: None

Have the group form a circle. If Alt@ points to you, you must make a trunk with your arms. The people on either side of you must put their hands by our ears so that the three of you look like an elephant. Anyone who is unable to do so by the time Alt@ counts to ten becomes Alt.@"

RHINOCEROS



Items Needed: None

This game is played like Elephant except that the person Alt@ points to puts fists together by the nose with the outer pinkie finger extended up. During the play of Rhinoceros, Alt@ may call out either ARhinoceros@ or AElephant.@"

MONKEY AND PALM TREES



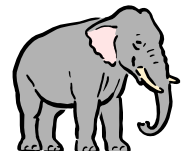
Items Needed: None

This game is played like Elephant and Rhinoceros except that the person Alt@ points to must scratch his or her head with the right hand while scratching the right armpit with the left hand and making monkey noises. The people to the right and left of the person doing the scratching must put their hands in the air and sway as if they were coconut palm trees. During the game Alt may point and call out AElephant,@ Rhinoceros,@ or Monkey.



DOUBLE IT VARIATIONS FOR ELEPHANT/RHINOCEROS/MONKEY

After the group has caught on to Elephant and its variations, add an extra Alt.@" With two or three people playing Alt@ the game moves faster and more players have to get involved. Being involved is usually more fun than watching.



BACK TO BACK

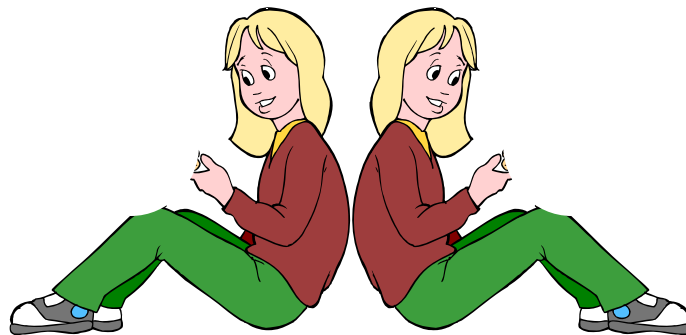
Objective: To learn to lean on one another for support.

Items Needed: none

Make teams of two to three people each. Each group is to sit down on the floor with their backs to each other, elbows linked, and then stand up without unlinking arms. Once a team successfully stands up, they are to find another threesome that was also successful and form a larger group together, sit back to back, and attempt to stand up as six all together. The groups should continue joining together into larger and larger groups until the entire group is back to back and working together to stand up as one big team.

DISCUSSION IDEAS:

1. Is the activity best to begin as a small group? Why or why not?
2. Was it easier as a small group or harder? Why?
3. Do you prefer being a member of a small team or large team? Why?
4. How are small teams and large teams different?
5. What makes teams most effective?



BALLOON BATTING GAME

Items Needed: Several inflated balloons, cheap paper plates, Two Hula-Hoops, String to suspend Hula Hoops, Arm band or tags to distinguish teams

Suspend the Hula-Hoops on opposite ends of the playing area. Divide your group into two even teams. Give them arm bands or tags to designate team member, and paper plates to use to bat the balloons. Team members scatter themselves around the playing area, with a player from each team in the center for a jump ball to initiate the action.

Play begins with a jump ball (balloon) at mid-field. Team members try to bat the balloon with their paper plates, moving them across the playing area to their goal. Paper plates are to be used to bat the balloon, not to carry it. When the balloon passes through the suspended Hula-Hoop the team is awarded a point. Play resumes with another jump ball at center, or retrieve the same balloon and use it again.



BALLOON BLOW UP

Items Needed: a balloon for each person plus a few extra to allow for defects.

Divide the group into teams. Place un-inflated balloons a certain distance from each team. In turn, each team member races, up, grabs a balloon, and races back to his/her team. Once there, the racer inflates and ties the balloon. Then the next person in each team races up and gets a balloon and does the same thing. When everyone has a balloon blown up and tied off, raise them above their heads. The first team done is the winner. (Note: It is important to show a balloon up at the beginning showing how big the blown-up balloon should be.)



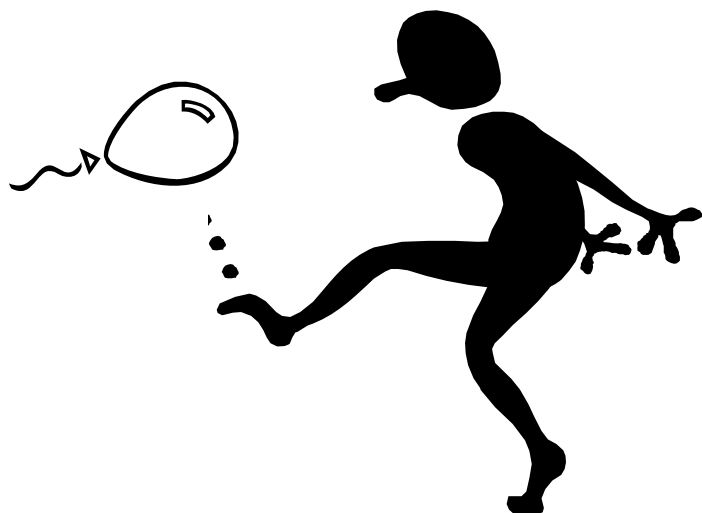
BALLOON SOCCER

Items Needed: 9" inflated balloons of 2 or 4 different colors depending on whether there are two teams or 4, A large trash bag per team, Masking tape to mark team end lines.

Divide the group into 2 or 4 even teams. If 4 teams are playing, assemble them in a large square, one team per side. Each team should select one player to act as goalie, who is given a trash bag.

All the balloons are placed in the center of the square (if 4 teams are playing in the center between 2 rows if two teams are playing). Mix the balloons up so there is an even distribution of colors. (Each team=s balloons should be a different color.) Each team has a two-purpose goal: to preserve as many of their color balloons as possible, while trying to pop as many of the other team=s (or teams=) balloons. To preserve their own balloons, players move their balloons soccer style (no hands or arms) to their team=s goalie. The goalie may use his/her hands to pick up the balloons and put them in their trash bag, but she must stay in the center of her team=s end line. Popping opposition balloons is done by stomping them. At the end, each goalie counts how many of their team=s balloons are in their bag.

Variation: This game may be played as rounds. At the end of each round, the inflated balloons from the bags are placed back in the center of the square. A team must have at least one balloon still inflated in order to go on to the next round. Rounds continue until only one team remains with an inflated balloon.



BOOP

Items Needed: Balloon/ball

Ask participants to hold hands in a circle. Toss a balloon or beach ball into the circle. Tell the group to do anything necessary (without hurting each other and while holding hands) to keep the balloon or beach ball from hitting the floor

Variation:

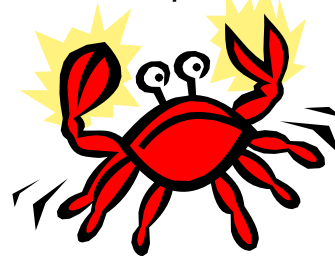
Add more balloons or balls. For the truly ambitious, create a team game with goals. Emphasize the fun of the game rather than the win/lose of competition.



BOOP CRAB FOOTBALL STYLE

Items Needed: Large Ball

This variation of Boop needs no formation but does require that participants move in crab football style. Demonstrate by sitting on the floor and then using hands behind and feet in front to move around like a crab. Participants may kick the ball or keep it aloft with their heads but not use their hands.



BROWN PAPER BAG

Pick up a paper bag using hands with out knees or hands touching ground and without using hands pick up sack. Let everyone do and then cut off a few inches from the bag. Keep doing till winner.



CANDY COMPLIMENTS

Items Needed: Candy

Ask guests to take as many candies (M&M=s work well) as they=d like, but not to eat them. Once everyone has taken some candy, tell them that they are to mingle throughout the group and tell as many different people as they have candies something complimentary about that person. After they have paid a compliment, they may eat a piece of candy.



CHINESE WRITING

Items Needed: Sticks, pencil, anything that can be used for “writing”

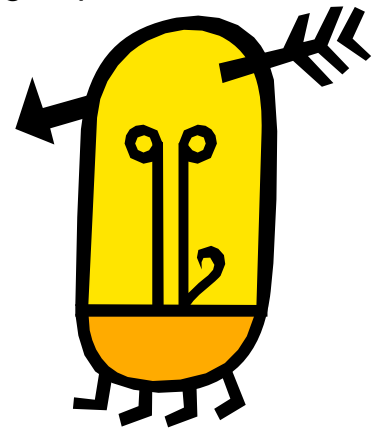
1. Players sit in a circle. One player is chosen to be IT and sent from the room/area. Another player is selected to be the writer. (someone who knows how the game works.)
2. The group picks a person’s name to be “written” The writer puts the “writing pieces” down – this has nothing to do with the game but is needed to throw people off. The writer then copies everything that the person whose name was “written” (It is best if they have a unique posture or movement.) The rest of the group is told not to tell who it is, and to act natural.
3. The person comes back and tries to guess who’s name was written.
4. This can be repeated until all players understand how it is played.



CREATING CRITTERS

Items Needed: Scissors, Construction Paper, Glue

1. Divide players into small groups. Give each group a pair of scissors, glue and a variety of colors of construction paper.
2. Within a given time limit (15 minutes to half an hour) each group designs and constructs a new species of animal. They must decide on a name for their critter, tell where it lives and what it eats.
3. When all groups are finished, a spokesman for each group introduces their critter to everyone.

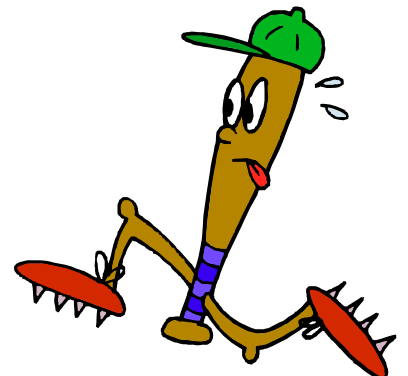


DIZZY IZZY

Items Needed: Bat for each team

You need a large space and spotters standing along the borders. Place a bat at the end of the field away from where each team is lined up. Tell them to run to their team's bat one by one. The runner puts his or her forehead down on the top of the bat, places the other end of the bat on the ground, and runs around the bat five times in each direction. Then the runner dashes back to his or her team and tags the next runner.

The fun in this game is the dizziness and that people can't run straight when they are dizzy. People will get dizzier if they have to bend at the waist to run around the bat so use short bats for kids. And be sure you set up lots of safety spotters and play on a soft surface so it won't hurt too much if people fall down.



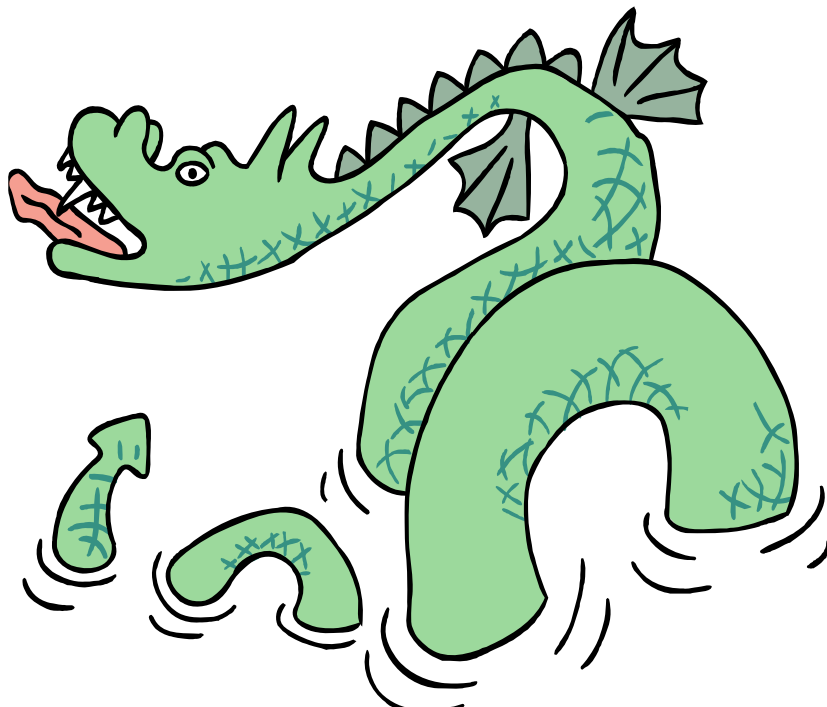
DRAGON'S TAIL

Items needed: 2 handkerchief or rags for the tail

Separate into two groups and have them line up. Each player holds on to the waist of the person in front. The last player tucks a handkerchief in a back pocket. Have the dragons face opposite sides of the room and then say go. The person at the dragon's head chases the handkerchief of the other team, trying to snatch it. The teams try to capture each others tail while protecting their own tail.

Variation:

If you only have enough for one team have them chase their own tail. When the tail is captured the head becomes the new tail person and the next in line is the head.



FEELING SNOWBALL FIGHT

Items Needed: Paper, Pens or pencils

Give everyone a piece of paper and a pen or pencil. Ask them to write down something specific on the piece of paper that you want them to share, such as:

How you feel when you are with this group?

How are you feeling right now?

What do you do when you become really angry?

What makes you feel really sad?

What are the strengths and weaknesses of this group?

What would you like to change about this group?

DO NOT put names on the papers because everything should be anonymous. Once everyone has finished writing, tell them to crumple up their papers, and, on the count of three, start throwing the papers at each other as in a snowball fight. After the snowball fight has gone on for a while, yell, "Stop!" and ask each person to pick up one snowball. Gather the group together and take turns reading the papers that they ended up with to the group. You may discuss each response that is read or wait until all the papers have been read before having a discussion.

DISCUSSION PROMPTS:

1. What did you hear in the papers that surprised you?
2. How do you feel about what people wrote today?
3. How did you feel about the way you shared your feelings?
4. Did you like throwing the snowballs? Why or why not?
5. Does anyone want to comment on or add to what was said?



FUNNEL CATCH

Can you bounce a small rubber ball on the floor, on the wall, and then catch it on the rebound with a funnel?



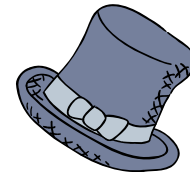
GIVE THE HAT A WHACK



Items Needed: As many different hats as possible, or have group make hats from newspapers, Newspaper

Each guest selects (or makes) a hat and puts it on. Give everyone one large sheet of newspaper for them to roll up. When you say, Go! everyone tries to knock off everyone else's hat with the rolled-up newspaper. Once a person's hat is knocked off, they are out of the game. The last person with a hat on is the winner.

GOING BLANK



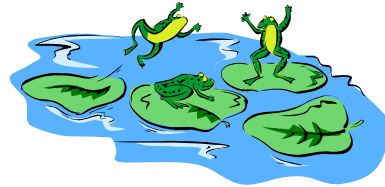
Items Needed: None

1. One person is chosen to be IT. The entire group agrees upon three categories. Categories can be anything at all- foods, fruits, cities, shoes, TV stars, singers, flowers, birds and so forth. For the sake of example, let's choose shoes, flowers, and birds.
2. The group stands in a circle. The person who is IT stands in the center, points to anyone in the circle, and names a category: "Shoes!" The person picked must answer within three seconds by naming a kind of shoe: "Loafers!" If the person picked fails to respond or responds incorrectly, that person and the one who is IT switch places.
3. Next the person who is IT points to someone across the circle and says "Flowers!" This player responds quickly and says "Daisies!" Next the person who is IT might call the first person again and say "Birds!" This might catch the person so off guard that he or she cannot even think of a robin.



4. As the game continues, the person who is It must keep moving quickly around the circle. One strategy is to hit the same person several times with the same category.

GROUP CHOICES



Items Needed: none

Give group members a choice between two different things and ask them to select the thing that they feel best represents the group (or themselves). For example, say "When this group is making decisions, is the group like (A) a river or (B) a pond?" Make a place to stand on one side of the room for people who select A and on the other side of the room for people who select B. Once people make their choice, ask a few members of the group to explain why they chose what they did. You may do several rounds of this with different choices to select from

GROUP CHOICE IDEAS:

When this group is making a decision is it like (A) a river or (B) a pond?

When this group must complete a task is it more like (A) a sloth or (B) a monkey?

Would you describe your leadership skills as (A) a hammer (B) a nail?

Would you describe your following skills as (A) thunder (B) rain?

Would you say this group is (A) balanced (B) off balance?

Create more choices to fit your group's needs, issues, and experiences.

Metaphors are good way to get people talking about group dynamics in an indirect and non-threatening manner.

HARLEQUIN WRESTLE

Two players stand facing each other, grasping right hands, and clasping left foot in back with left hand. Each player tries to upset his opponent by pushing or pulling, without either losing balance or losing grasp of own left foot. Change, using the other foot for a balancer.

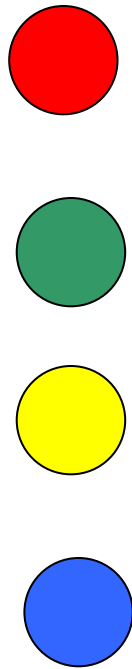


HUMAN TWISTER

Items Needed: Colored slips of paper (3 x 5 cards), Masking tape

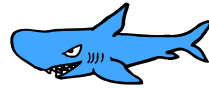
Before the group arrives, cut paper of 4 or 5 different colors into rectangles or shapes of approximately 3" x 5" size. Cut enough paper cards for each participant to receive two cards.

Give each person 2 different colored cards, and 2 strips of masking tape. Tell them to tape the cards to two places on their bodies. (For example, their right shoulder and their left foot) When everyone has taped on the cards, challenge the group to line up, touching and matching their cards to someone else's of the same color.



JOLLY GREEN GIANT/ SHARKS AND MINNOWS

Items Needed: None



Make two lines about forty yards apart. Have every start behind the lines. Two people are selected to be "giants" They stand between the lines. When the giants say, "Jolly Green Giant," the rest of the group runs to the other line trying to avoid being tagged. If a group member gets tagged, they become "sprouts" and go down on their knees tagging others with their hands but not moving from their permanent spot. The giants continue repeating "Jolly Green Giant," when the remaining are at the appropriate end. The last two to avoid being tagged become the giants in the next game or are the winners.



JUMP AND TOUCH TOES

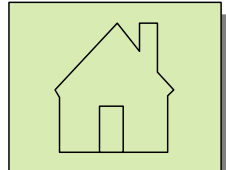
Jump into the air with legs extended straight out in front and touch your toes!

JUMP THE STICK

Can you take a broomstick in both hands and jump over it (putting it behind you)?



OUR GROUP IS A HOUSE



Items Needed: Stack of 3x5 index cards, Tape, Scissors, Pens or pencils, Optional: Colored markers, glue

This can be done individually or in small groups. Give each group a stack of 3x5 index cards, tape, scissors, and a pen or pencil. Tell each group to create a house out of the cards by taping, folding, cutting, or anything else they can think of to do to the cards in order to form a small model of a house.

Each person in the group should be represented in the construction of the house by having his/her name written on a part of the house that reflects his/her role in the group. For example, someone who is a good leader may be the foundation of the house. Someone who is good at welcoming others may be the door to the house. Besides just parts of the house, group members may be items in the house, such as a comfortable chair, lamp, phone, etc.

Encourage groups or individuals to be creative. After the houses are completed, have a sharing time about their houses.

VARIATION:

Instead of building the houses, you could have the groups draw them on paper, and ask members to write in different people in the places that represents them the best.



PAPER BAG PLAY

Items Needed: Paper grocery sacks, assorted objects such as paper plates, blocks, stuffed animals, small blanket, empty cereal box, old hats, etc.

Set up the paper bags in a row. Each person picks up several items and puts each one in a different bag. When all the objects have been put in a bag, divide your team into small groups. Each group picks one of the filled sacks.

Using the objects in your sack, make up a skit. Everyone in your group has to be involved in the skit. All the objects in your bag also must be used, but not necessarily for its intended purpose.

Younger kids may be given props for a familiar story, like The Three Bears, and an older kid can tell the story while the younger kids act it out.



PASSING THE BUCK

Items Needed: any tossable object, i.e. rubber ball, beanbag

1. Have everyone stand in a circle. The “buck” is any small object that can be tossed easily from player to player.
2. Toss the buck to a player in the circle. The person catching the buck must begin to tell a story- something made up on the spot.
3. The player holding the buck tosses it to another player who must catch it and continue the story. The story can take any form just as long as there is an attempt to connect it to the last player’s contribution.
4. Players must not break the flow of the story no matter how fast the buck is passed. Those who have the buck must speak- if only a few words- and then they can toss it to another.



PERSONAL SCAVENGER HUNT (We=re Richer Than We Know)

Items Needed: None

Form teams of any number and ask them to search their pockets and clothing for a list of items you call out. The first team to bring the object you call out to you (only one runner for each team or you=ll be crushed) gets a point. Call out objects such as a pencil, shoelace larger than fourteen inches, someone wearing a white T-shirt, someone wearing five or more buttons, and so on.



PICKING UP A COIN

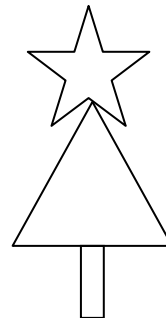
Items Needed: Coin, Wall

With your back against a wall and your heels touching the wall, try to bend over and pick up an object, such as a coin, without moving your heels away from the wall.



PICTURE GAME

Everyone lines up in two or more even single file lines. Give the front person in each line a piece of paper and a marker. Then show a simple picture to the person in the back of the line. Each person draws with their finger on the back of the person in front of them what they feel until it gets up to the front. Then the person in the front of the line draws on the paper what they felt.



PIG ISLAND RELAY or ISLAND PARADICE

Items Needed: Large room, Balloons, Bananas, Hula hoops, Paper cups, Paper plates, Paper coconuts, Plastic bottles, Paper, Apples

(Suggested for people over the age of ten. It can be adapted for younger children, but the older they are, the more fun they will have with this game.)

Divide the group into groups of seven. (Groups can have less than seven but some will have to go more than once.) Have all of the equipment in the center of the room and have the teams line up on opposite sides of the room. All group members will hula to the center when it is their turn and hula back to their team unless otherwise specified.

The first person hulas to the center and gets a balloon. They blow up the balloon, tie it, and sit on it to crack the coconut

Second: Hulas to the center and a Gorilla Chomp (eat a banana fast.) Hula back.

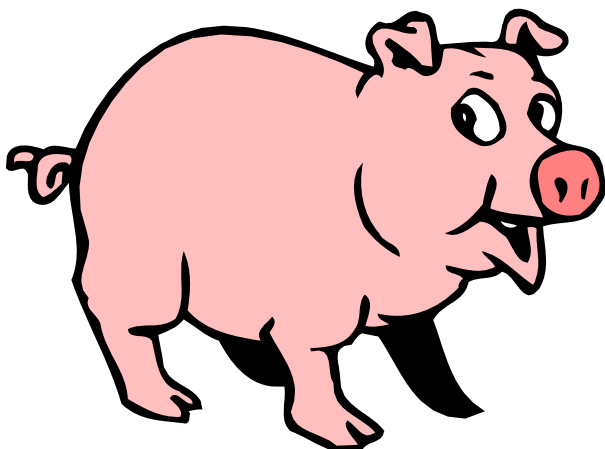
Third: Hula Hoop Must hula the hoop ten times.

Fourth: A Three Cup Hut (build a hut with three paper cups on a paper plate and carry it back to other side from the center.

Fifth: Hula to the center. A Beach Babe--Put paper coconuts and leaves on and hula on back to the other side.

Sixth: A Save me Seymour B Put a message in a bottle (roll up paper and put in plastic bottle). Put the bottle on the floor and push with nose to other side.

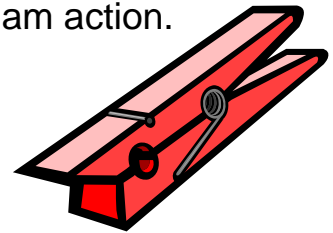
Seventh: A Roast the Pig Get an apple from the center, put in mouth, and roll like a roasted pig back to the other side.



PIN YOUR PARTNER

Items Needed: Two chairs, Twenty clothespins plus extras, Two blindfolds, Stopwatch or watch with second hand

Divide the group into pairs. Have 2 players sit face-to-face in the two chairs, with their knees nearly touching. Give each player 10 clothespins. Blind fold each of them. When you give the @Go@ command, players have 60 seconds to pin as many clothespins on each other as possible. The players may remove clothespins from themselves to place on their opponent, or pick them from the floor, if possible. Stop the game at the end of one minute, remove the blindfolds, and see which player has the fewest pins. You can have players line up in two rows of chairs for team action.

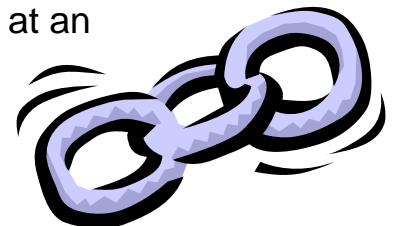


PRUI

Items Needed: Blindfolds

The purpose of this game is to integrate group members and build trust and communication. Have each player take a blindfold and spread out on the floor. Ask those who feel comfortable to put their blindfolds on. Explain that you will tap someone on the shoulder; that person will be the “Pru” and will take off his/her blindfold. (None of the other players will know who the Pru is. Everyone will mingle around slowly (with bumpers up). Each time a player bumps into someone, they should shake his/her hand and ask, “Pru?” If the person says “Pru,” they are NOT the Pru. If the person does not answer you back, they ARE the Pru. Once a player finds the Pru, he/she should join hands with him/her and take off his/her blindfold. That person is now part of the Pru, so if someone bumps into him/her, they should NOT respond, so that person knows to join the Pru as well. Everyone will continue mingling around until they find the Pru chain. When everyone is part of the chain, the game is over.

NOTE: This is a high trust activity, and should be done at an appropriate time



QUARTERS/SLAMMERS AND CREEPERS

Items Needed: A 4 to 8 foot table and a coin.

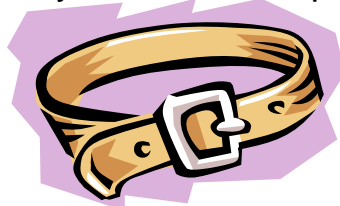
Divide players into two groups with a leader or captain for each. Teams sit at opposite sides of the table. One team passes a coin from hand to hand under the table while trying to conceal its movements from the other side. The other team tries to discover who has the coin. When the leader of the guessing team says: "Arms Up." All the coin-passing group must place elbows on the table raise closed fists and show them to the challengers. The leader may then say. "slammers" or "creepers." When the "slammers" is called palms are slapped onto the table with enough noise to cover the clink of the coin. When "creepers" is called players play fists on the front edge of the table and slowly extend fingers. trying to conceal the location of the coin. At this point the leader of the guessing team may point to hands which must be raised from the table and opened. After each hand is raised. it should be put on the owner's lap. The object is to find the hand covering the coin as quickly as possible. Each hand which is opened and put in the lap counts as a point for the coin passing team. Teams alternate with the coin.



QUICK CHANGE

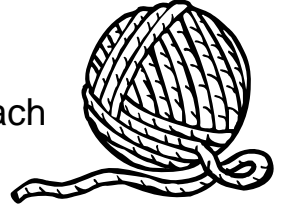
Items Needed: None

1. Each player selects a partner. Both partners face each other observing clothes, hair, accessories, and so on.
2. Next partners turn their backs on each other and make three changes in their personal appearance, such as unbuttoning a button, moving a bracelet, unbuckling a belt, and so on.
3. When both are ready, they turn around and each tries to identify the changes the other has made.
4. Have players switch partners and make four changes this time. Keep switching partners and adding to the number of changes. Eight changes are usually the most that people can remember.



RELAY RACES

Items Needed: Ball of string with a spoon tied to one end for each team.



Divide into teams with a similar number of people on each team. Give each team a ball of string with a spoon tied to one end. Instruct them that when you say go, they are to string their team together by putting the spoon and string down under the clothing of the first person in line and up through the clothing of the second person in line, and so on until the entire team is strung together. The team that gets strung up first wins

ROLL PLAYING

Items Needed: Beach ball



Ask the group to sit in a circle and pass a beach ball from lap to lap without using their hands. Each player may say "Reverse" once to send the ball in the opposite direction.

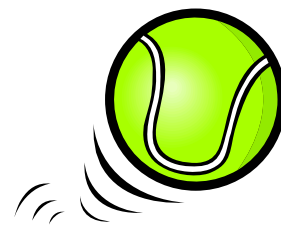
SCAVENGER HUNTS

Many different variations of this game: 1) Can give them a bag and have them collect something that begins with each letter of the alphabet. 2) Provide a list of things for them to collect. 3) Provide a theme – everything they collect they must tie back in. 4) Service – have a list of small service projects they can do for people and they collect signature verifying they did it.

SCRABBLE

Items Needed: Tennis Balls

Scrabble letters written on a tennis ball.



SNEAK A PEEK and BUILD



Objective: For team problem solving

Items Needed: Building blocks or something similar (I.E. Lego=s, Popsicle sticks, etc.)

Prior to the game, build a small sculpture or design with some of the building material and hide it from the group. Divide the group into small teams of two to about six members each. Give each team enough building items needed to duplicate what you have already created.

Place the original sculpture in a place that is hidden but that is at an equal distance from all the groups. Ask one member from each team to come at the same time to look at the sculpture for five seconds in order to try to memorize it as much as possible before returning to his/her team.

After they run back to their teams, they have 30 seconds to instruct their teams how to build the structure so that it looks like the one that has been hidden. After the 30 ask each team to send up another member of their group who gets a chance to sneak a peek before returning to their team. Continue in this manner until one of the teams successfully duplicates the original sculpture.

Build different sculptures for any additional rounds of this game.

DISCUSSION PROMPTS:

1. How did this activity involve teamwork?
2. How did each person in your group do to help?
3. Is teamwork important when working with a group?
4. What are some important parts of teamwork?
5. Is teamwork important in your daily life? How?

SPIN THE BALL

Items Needed: Ball



Who can spin a volleyball or basketball on his thumb?

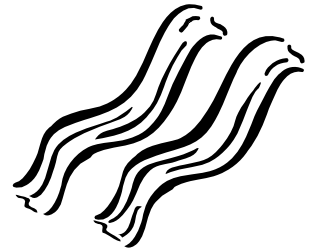
STEAL THE BACON

Items Needed: “BACON” (Beanbag, ball of yarn, handkerchief or any object easy to pick up), Line maker

1. Use masking tape or chalk, anything to make a line and make two parallel lines twelve feet apart on the floor.
2. Divide players into two teams and have them line up on the taped lines, facing each other. Have the teams count off simultaneously so that players’ numbers on one team will match players on the other team.
3. The leader throws the “bacon” (beanbag or whatever) into the center between the two lines and calls out a number. Each of the two players who have that number try to retrieve the bacon and get it back across his or her team line without being tagged by the other player. If a player is tagged before getting across the line, there is no score and the bacon is dropped where the player is tagged. If the player gets the bacon across the line, his or her team gets a point.

Variation

To make the game a little more challenging, the leader may call out two numbers. For example, the leader calls out numbers 4 and 7. Players 4 and 8 of one team work together against 4 and 7 of the other team. If 4 grabs the bacon and is tagged, the bacon is dropped immediately and 4 may not try for it again. But 7 can still try to get the bacon and 4 can help by blocking or faking the opponents. If both members of the same side are tagged, the play is over and the bacon is left in its last position on the floor



STRAIGHT JACKET

Lie on your back with your arms folded on chest. Rise to stand, keeping your arms folded all the time.

SWISS RELAY

Items Needed:

Each team needs:

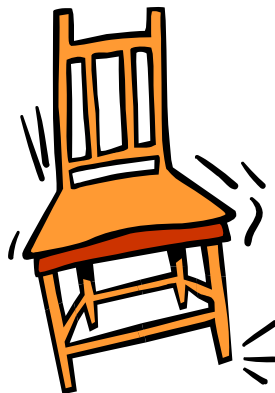
2 shoe boxes, coat, scarf, pair of gloves, goggles, ski hat.

Organize the group into two or three teams. Divide each team in half and place each half at opposite ends of the room in a straight line. The first person in each half of the team should be facing each other. All the items needed is on one side of the room in front of the first person. The first person puts on all the ski clothes (shoe boxes are placed on feet as Askis@). Person then slides across the floor to the other side of the room to the other half of their team. They then take off ski clothes, and the first person in that line puts them on. The first team that gets each member of their team to the opposite side wins.



THE WALKING CHAIR

Several players form a straight line, standing close together and facing forward. Then they bend knees to sitting position and walk forward, keeping step.



TRUST TAG

GROUP SIZE: 8 to 20 is ideal

Items Needed: blindfolds

Divide the group into pairs and blindfold one person from each pair. Designate a playing area to stay in for the game and select one pair to be **It.** The unblindfolded partners try to verbally guide their blindfolded partners in a game of tag. The sighted partners try to keep their blindfolded partners safe and guide them away from the person who is **It.** If a pair is it, the sighted partner tries to guide his/her blindfolded partner towards the others.

Only verbal guidance may be given with no touching allowed (unless necessary for the safety of your partner or others). Halfway through the game, the blindfolded partners should become the guides and the guides become blindfolded.

DISCUSSION PROMPTS:

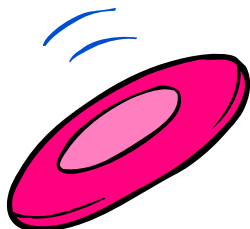
1. Did you trust your each other?
2. Was it harder to be the leader or the blindfolded person?
3. In life, do you have trouble trusting others or do you trust everyone?
4. Is trust important in relationships with others? Why?



ULTIMATE FRISBEE

Items Needed: Frisbee

Create teams and play a game somewhat like football but with a Frisbee. Players can run anywhere except when they catch the Frisbee. Then they must throw it. From where they are.



UNSMILING

Items Needed: None

1. Two lines of players face each other. The first person starts the long walk between the two lines with a straight face.
2. The players in the two lines must get that straight-faced player to crack a smile but may not touch him or her.
3. The poker-faced player must look at the players in the line, who can do any silly thing to make that gloomy person smile.



WALKING STRAIGHT

Items Needed: None

See who can be turned around five times, and then walk a straight line.

