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# GAMES MANUAL

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## Section A - Splitting Into Smaller Groups

### A1) Do It Yourself

A classic procedure is to simply announce to the group that you would like them to break into discussion groups of five participants each (for example), and give them a discussion topic or task assignment and the time to complete it.

### A2) Count Off

Another approach, especially useful where precision is important in getting the same number of people into each group, is to have the participants "count off". To determine the repetitive number to use for this purpose:

- a) Count the number of people in total ( $=N$ )
- b) Determine the number of people that you want to be in each group ( $=X$ )
- c) Divide  $N$  by  $X$  and have the group count off from one up to that number and repeat across the group until everyone has a number.
- d) Instruct each person to locate themselves in a corner of the room with all the other persons of that number.

Alternatively, if you want  $Y$  number of groups, count off up to that number.

### A3) Name Tags

Another method is to pre-assign a number or letter to each person by writing it on their name. Then, when you wish to break them into new group, simply request all A's join together, all B's, all C's, etc. You can also use coloured stickers etc.

### A4) Ping Pong Balls

A fourth procedure is to prepare in advance a set of numbered Ping Pong (table tennis) balls with the desired number of 1's, 2's, 3's, etc. Then simply announce your desire that they form into groups. Begin to throw out the balls to the participants, until everyone has caught (or retrieved) one. Then direct them to find others with the same number and form into groups.

### A5) Mix and match

- a) Determine how many participants you will have in the group.
- b) Assess how many different mixtures of participants you will need throughout the programme or session, and how many persons you want in each sub-group.
- c) List the participants on a worksheet similar to the example in the example section. Then progressively assign a number, letter, symbol, colour, or other differentiating characteristic to each member. Note that you can create varying numbers of groups, and varying sub-group sizes in this fashion.
- d) When creating tags or tent cards, simply code them with this information (e.g. Joe Bloggs #3, B, yellow).
- e) Whenever you need to establish new task-oriented or discussion groups, simply instruct all the "yellows" (blues, reds) to get together. Next time, instruct all the 1s to join together, etc.

For Option 5 above:

Name # Letter Symbol Colour

Anna 1 E Square Blue

Bob 2 A Circle Red

Carole 3 B Triangle Yellow

Duffy 4 C Arrow Blue

Elaine 5 D Square Red

Fosdick 6 E Circle Yellow

Greg 1 A Triangle Blue

Heidi 2 B Arrow Red

Ida 3 C Square Yellow

Jorge 4 D Circle Blue

Keith 5 E Triangle Red

Lori 6 A Arrow Yellow

### **A6) Huggi Bears**

Call out "Huggi Bears  $X$ " and the participants need to quickly huddle in a group of size  $X$ . Repeat several times with different sized groups. You can be evil and for example say "Huggi Bears 5" after "Huggi Bears 6" so that each group has to get rid of one member. When you are ready to continue the session use the number of people you want in groups to split them thoroughly.

## Section B – Name Games

### B1) Natty Names

Ask each participant to take a few moments to think of an adjective that starts with the same first letter as his or her first name (e.g. "Merry Marilee"). Start by modelling it yourself. Then moving around the group ask each person to say all the combinations so far in order, and finally to add their own name/adjective combination.

### B2) Action Man

Play in the same way as "Natty Names" (B1) but instead of an adjective, each person should do their own distinctive action.

### B3) Bang-Bang

All participants stand in a circle and everyone should say their name. Everyone makes a gun with their hands by interlocking their fingers and pointing out their two index fingers.

The madrich calls out a name. That person has to duck and the two people on either side of him have to shoot each other by pointing at each other with their guns and saying "Bang Bang". If the named participant does not duck in time then he is out; else the person who got shot first is out.

Whoever is out sits down in the centre of the circle and calls the next name.

When there are only two participants left, they should stand in the middle of the room back to back. The madrich starts counting, and with each number, the participants take one step forward. As soon as the madrich misses out a number, the two participants turn around and shoot each other. Whoever shoots first is the overall winner.

*Variation: Mossad Bang-Bang* – Play the same as above, but everyone takes the name of the person to his left. If the person to his left is out, he changes his name to the name of the new person to his left.

### B4) Group Juggle

Icebreaker for Day 2 of an event. Good for a group of at least 12 and up to 30 where some people know each other, but the whole group is still getting acquainted:  
Have 3 tennis balls handy. Get the group in a circle.

The madrich tosses 1 ball to someone in the group whose name they know saying their name and then the other person's name (e.g. Sandy to John). John (person who receives the ball) tosses ball to someone whose name he knows (e.g. John to Phil). Phil tosses to someone whose name he knows and so on, saying both names all the way around the circle. The ball is tossed to each person one time only until everyone in the circle gets it and all names have been said. Everyone should remember who threw them the ball, and who they through it on to.

THEN, the madrich starts again and tosses the balls to the same person (Sandy to John to Phil, etc.) only this time with 2 balls in succession (not at the same time) saying both names,

both times. Balls get tossed to the same people they were originally tossed to; first one ball, then the next, all the way around the circle stopping when they get back to the facilitator.

THEN, the madrich starts again only with all three balls this time. Saying names each time, all three balls get tossed, in succession, in the same order until they get back to the madrich.

By the time there are three balls going, it gets pretty chaotic and fun. By now all names have been said so many times everyone should have a pretty good idea of who's who and they are pretty warmed up and ready to go. If (or when) someone drops a ball, simply give him or her a chance to chase it down and just pick up where you left off - no need to start again.

*Variation:* You can start the third ball going backwards around the circle (though it is then important that everyone remembers who threw them the ball originally).

### **B5) Click Click**

Everyone sits in a circle. Somebody starts off a beat like clap knees, clap hands, click fingers (one at a time). When clicking fingers say own name twice, then go through it again but on the first click you say your name, on the second click somebody else's name - example: click, click, Susan, Susan/click, click, Susan, James. The person who is called carries on.

### **B6) The Train Game**

Ask the group to make a circle. Nominate someone to start the sequence. She/he begins "my name is ..... I am a train, choo", then turns to the next participant and asks "what is your name?" After receiving the reply the leader says "his/her name is...choo choo". The participant then joins the train, immediately behind the leader. This is repeated until all the participants are part of the train.

### **B7) The Blanket Game**

Split into two teams, one on each side of the room. The madrich/a should hold up a blanket/curtain in the middle of the room separating the teams, and whilst it is up, one person from each team should come and stand next to the blanket, without seeing each other. Then drop the blanket, and the two team members have to say each other's names. The team who says it first gets that point. Repeat with successive pairs, the team with the most points at the end wins the game.

### **B8) Complete the Sentence**

Quick ideas to get people focused in the room on each other; also ready to participate.

Go around the table (or circle) and complete one of these sentences:

*"My name is \_\_\_\_\_ and:*

- Once upon a time, I...
- My ideal holiday is...
- The riskiest thing I ever did was...
- The wildest thing I ever did (that I'll admit to) is...

These are easy to make up and can be topical (what I did on my summer holiday, my plans for the weekend are...)

## **B9) Interviewing & Introducing**

### *Objectives:*

Learning enough about one other person to be able to introduce them to the entire group. All participants get to hear about other participants from the perspective of a third party instead of hearing from the person themselves. Provides a bit of a stretch for participants to have to ask someone they just met to tell them enough about themselves to introduce them.

### *Design:*

Pair off the audience. Have the teams interview one another. Then have each take a turn introducing the other to the audience at large. Interviews should be timed (begin, end) anywhere from 1-2 minutes upwards depending on how much time you want to allow for this activity.

You can prepare questions ahead of time or provide just general guidelines for the interview. You should ask people to pick someone to interview that they don't already know.

## **B10) Introductory Concentration**

A participant begins by saying: "My name is \_\_\_\_"; then he should tell one further thing to identify himself; where he lives, where he goes to university, etc. He then selects a new participant by asking his name and presenting him to the group. This second participant says: "I was introduced by \_\_\_\_ who lives (or works) \_\_\_\_\_, my name is \_\_\_\_\_ and I (information about self) and I wish to introduce \_\_\_\_\_." When a participant fails to give the proper sequence of names and correct information he is out.

## **B11) Human Bingo**

The madrich should prepare a grid, with in each square of the grid a statement such as "someone with blue eyes", "someone with two brothers", "someone whose name starts with 'T'" etc. Hand a copy to each participant. They should then mingle and find another participant who matches that statement, who should then sign their paper. Depending on the number of participants, make a rule that the same person can only sign someone's paper in one or two squares. The first person to fill their grid shouts bingo and is the winner. Then go through their grid with all the participants together.

## **B12) Stoned**

### *Requirements:*

Enough small, attractive, varicoloured stones for everyone in the group. Have the group sitting in a circle, close enough to each other to hand off and receive stones easily.

### *Instructions to the Group:*

"This warm-up exercise is designed to help us get in touch with three aspects of life that contribute to our overall health and well-being: a right relationship with ourselves; a right relationship with all other living beings; and a right relationship with the earth."

"After everyone has selected a stone from the basket that I will pass around, we will each share briefly with the group: 1) our full name and some mention of its possible meaning or significance to us, its family or ethnic origin, etc. (expressing right relationship with oneself); 2) an animal that has been special in our life, as a pet, e.g., or as an object of fascination and interest (expressing right relationship with all other living beings); 3) a place on earth that is special to us as a place of beauty, comfort, good memories, inspiration, relaxation (expressing right relationship with the earth)."

"I will start, and when I have finished sharing, everyone should pass their stone to the person on their left and receive the stone from the person on their right. This is the process that we will follow after every sharing. By the time we have finished the exercise, everyone will have had their stone touched by everyone in the group and will have touched everyone else's stone, and we will each end up with our own stone."

"You may keep your stone for the rest of your life, or give it back to the universe at some point. You might keep it in your pocket, your pocketbook, on your desk, or on a shelf and it can serve as a reminder of each person who shared and with whom you connected during the exercise; it can serve as a reminder of this workshop/session/training/experience and of all the things that you will learn from it; and it can serve as a "touch-stone" to rub when you are feeling stressed.

"My name is . . . . . etc."

(You may have to remind and prompt about the way to pass off and receive the stones after your sharing as leader.)

*Variations:*

Right relationship with oneself can be expressed in a variety of ways: "My name is and my favourite colour is . . . and why," "My name is and I was born in (country, city, state, province, etc.)," "My name is and my parents are/were (professions, careers)," "My name is . . . and what gives me great joy in life is . . .," "My name is . . .and when I retire I am going to . . .," etc.

Right relationship with all other living beings can also be expressed in a multiplicity of ways: "My spouse/partner/children/grandchildren/ favourite friend is/are special because . . . ." "What I value most in my friendships/co-worker relationships is . . ." "It is easier for me to forgive someone who has wronged me if . . ." etc.

Right relationship with the earth can also be expressed in many different ways: "What I do to care for the earth is . . ." "One way that the earth nourishes me is . . ." etc.

It is useful and helpful to process the exercise a little bit at the end and to allow for some expression of how it felt to do it.

## Section C – Getting To Know You Better Games

### C1) When I was...

The first person in the circle says "When I was 0, I.." and completes the sentence with something that happened to him at that age e.g. "I was born". Continue with the next person e.g. "When I was 1 I started to talk". Participants can tell a funny story of something that happened to them at that age instead of just a sentence. If the participant is younger than the age mentioned, he can say "When I will be...". Speed up the game at the end by skipping straight from 30 to 40 etc.

### C2) Clock

*Materials:* Small piece of paper and pen for each participant.

Give each participant a small piece of paper and pen. Tell them to draw a clock face on it i.e. a circle with the numbers 1 till 12 around the edge. They should then all move round the room and make appointments with each other for each of their timeslots. If anyone ends up with empty slots at the end madrichim should join in to fill them.

Then pick an hour, and tell people to meet with their appointments for that hour and discuss a topic e.g. their favourite ice-cream flavour or their most embarrassing moment.

Repeat for as many hour slots as you wish.

### C3) Concentric Circles

Split the participants into two equal-sized groups and make two concentric circles, one inside the other so every participant in the inner circle is facing one in the outer circle. Give them a topic to speak to each other about such as their favourite sandwich filling or earliest childhood memory. After one minute, tell for example everyone in the inner circle to move four places to their right, and repeat.

### C4) Lineup

All participants should stand on a bench or a line of chairs. Without stepping or falling off the bench, they should get themselves into a given order (e.g. order of their birthdays, alphabetical order of their first/last names etc.)

*Alternative:* Use the floor instead of benches, but participants are not allowed to talk to each other and must use hand signals or other non-verbal communication.

This game can be used to split participants into groups by numbering off when they are in the order.

### C5) Hopes and Fears

This game should be played at the beginning of a residential event or long training session.

*Materials:* pens and paper.

Each participant should write down three hopes and three fears for the event, each on a separate slip of paper. Everyone then places them in the middle, on two separate piles for hopes and fears.

Then, going round the circle, each participant in turn takes one hope and one fear. He reads them out and says if he shares that hope, and what the group can do to help the person with their fear. Repeat until all hopes and fears are read out.

### **C6) Happy Jewish Families**

Going round the circle, each participant says their surname, their mother's maiden name and one other name in their extended family. If anyone has the same name, then the whole group shout out "Happy Jewish Families!" and they compare to see if they are related.

### **C7) How Well Do You Know Me?**

*Length of Time:*

Approximately 5 minutes setup as a group, and then 3 minutes times the number of participants.

*Resources:* A single piece of paper for each participant.

*When to Use:*

To illustrate how much we may not know about the people that we work with.

*Steps:*

1. Ask everyone to take out a piece of paper and a pencil.
2. Ask each participant to write down three facts about themselves that no one else in the group knows. Qualifying instructions: a) each fact will be a one sentence statement starting with the word "I"; b) two of the facts are true and one is a believable lie; c) the lie can be written anywhere in the sequence of statements; d) you have a total of five minutes to compose the statements.
3. Now going round, each participant should read out his three facts. The group should discuss which they think are true and which is the lie. When they come to a consensus, the participant should reveal which is which.

### **C8) Hat Trick**

This warm-up is for groups with members who know each other well. Ask each participant to write his or her own name on a small piece of paper. Collect all the names in a hat. Ask each person to pick a name out of the hat. Give each person a turn to stand behind the person whose name he or she drew and give the following information. If they don't know, guess.

- a. The hidden talent of the person;
- b. The person's expectations for the programme;
- c. The person's secret vice.

## C9) I'm an Object

*Length of Time:* 20 Minutes depending on size of group.

*When to Use:*

When looking for a unique way of getting the group acquainted.

*Steps:*

1. Explain to the group that the purpose of this exercise is to provide them with the opportunity to get acquainted with each other. They will do this by using some near-by object as a vehicle for expressing themselves.
2. Give the group 5 minutes to search the surrounding area (inside and outside, if appropriate) to find something that they feel represents some of their qualities or expresses who they are. Ask them to bring their object back to the workshop room.
3. Call on each participant to show what he/she selected and explain what it represents (e.g. I picked a chair because it is stable, strong, supports and comforts others).

*Optional Discussion:*

1. What are some of the things that you learned about the other participants?
2. How well do you think the objects chosen express their character?
3. Do you feel that you now know the other participants better?

## C10) Let's Make a Deal

*4-8 people per team (10 minutes)*

Make up a worksheet with 6-8 items listed that the team members would likely have with them. Make 1 or 2 items, more uncommon things. The team gets points for **each** person who has these items. Only 1 of each item per person can be counted and the team with the most points wins. Your list could include: a photograph, a calculator, a pencil, more than 3 credit cards, an unusual key chain, something red, etc.

## C11) Toilet Paper Go-Round

*Resources:* 1 roll of toilet paper

*Instructions:*

Pass around a roll of toilet paper and say something like "just in case this meeting gets a little messy, everyone needs to take some" (with no other qualifiers or instruction). Then go on with other business as the roll makes it way around the room.

Some participants by nature will take many "squares" and some just a few. Once everyone has had the roll, and you've finished other business, ask everyone to introduce themselves and share with the group as many "things" about themselves as number of "squares" they took! Have fun!

### **C12) The 4 C's**

Insight into various personalities - Name a cartoon character, colour, car, and cuisine that best describes your personality and tell us why.

### **C13) Team Brainstorming**

4-6 per group (10-15 minutes)

Ask teams to list: things that are round, things associated with a holiday, things that are red, things you can make out of tires or coat hangers, excuses for speeding, etc. No discussion, just list items! The team with the most wins.

### **C14) What's Different, Partner?**

Ask everyone to team up with a partner (someone they haven't met or who has the same colour eyes). Ask them to turn back-to-back and change 5 things about their appearance, one that is very silly. Partners turn around when ready and try to guess the 5 things that have been changed.

## Section D – “Active” Games

### D1) Pulse

All participants should stand or sit in a circle and hold hands. The madrich should start off by squeezing the participant to his left's hand. This pulse should be passed around the circle until it arrives back at the madrich who should have timed it. At the beginning, the pulse will take up to half a minute to get round the group, but with lots of practice and intense concentration the time can be reduced to under two seconds. Hence this is an ideal game to play several times throughout a long event.

### D2) Tumble Tots

Participants should pair off with someone of a similar height (you can use game C4: Lineup to do this). The pair should stand about 20 cm away from each other with their feet close together. They should try to get each other to move their feet by pushing each other's hands. The first person to get his partner to move his feet three times is the winner.

### D3) Group Sitdown

All participants should stand in a circle and face the back of the participant to their left. They should all simultaneously move inwards to make the circle as tight as possible. At this point the group should all sit down on the lap of the person behind them. If done well, this can hold stable.

### D4) Handslap

All participants should kneel on the floor and put both their hands on the floor in front of them. Everyone should then put their left hand under the arm of the person to their left. In this way, everyone should have two other hands between their own two hands.

One person starts a pulse by slapping one of his hands on the floor and this is then passed around the circle in one direction with each hand slapping in turn. If someone slaps his or her hand twice in succession then the direction is reversed.

A hand is out if the person hesitates or slaps when it is not their turn. A person is out when both his hands are out. The madrich should try and speed up the game towards the end by punishing hesitations severely.

### D5) Mirror

Split the participants into two groups and put them in two lines so that each participant is facing a member of the opposite group. The member in the first group starts by doing actions, which the member of the other group has to copy as if there was a mirror. Swap over and repeat.

### D6) Scissors-Paper-Stone

This game is a prerequisite for D7: Evolution and D8: Football Tournament, but can also be played in its own right.

Two people play. They put one hand in a fist behind their back, count to three together and then put their hands out as either scissors, paper or stone. One wins or there is a draw according to the rules below.

*Scissors:* Index and middle finger pointing out apart like scissors.

*Paper:* Hand stretched out flat.

*Stone:* Hand in a fist.

*Scissors beats paper* because scissors cut paper.

*Paper beats stone* because paper covers stone.

*Stone beats scissors* because stone blunts scissors.

*If both pick the same object* then it is a draw.

## **D7) Evolution**

Explain to the participants that there are five stages of evolution:

Amoeba 2) Dinosaur 3) Monkey 4) Caveman 5) Spice Girl

Make up and show them an action for each (the action for the Spice Girls should be to sing a line from one of their songs together with its actions over and over).

Explain that everyone will start as an amoeba and must aim to evolve up to a Spice Girl. To move up a stage, two amoebas must meet and play one round of scissors-paper-stone (see D6). The winner moves up a stage to be a dinosaur and the loser stays as an amoeba. The dinosaur must then find another dinosaur and play again.

When participants become Spice Girls, they should move over to a side of the room and sing with all the other Spice Girls. The game ends when everyone has evolved to a Spice Girl.

(Variation: Except in the first round, if you lose then you move down a stage instead of staying the same).

## **D8) Football Tournament**

Participants get into pairs and play scissors-paper-stone (D6) against each other until one gets to three points. The loser then becomes a supporter of the winner and has to chant for him.

This pair then goes and finds another pair and both winners play against each other with the losers encouraging them and chanting. The losing pair then supports the winning pair.

Repeat this with two fours, two eights etc until you are left with two large teams at the end for the final showdown. There should be lots and lots of support and chanting by this point.

This can also be used as a name game, or by making a chart and spreading the rounds out, as a long-term game.

## **D9) Ball thru legs**

All participants stand in a circle with their legs apart so that their feet are touching the feet of the people on either side of them. A ball is thrown into the circle. The aim is to get

people out by hitting the ball through their legs. You defend yourself by hitting the ball away with your hands.

The first time the ball goes through your legs you have to put one hand behind your back so you can only defend with your other hand. The next time you are out and the circle closes up.

### **D10) Fruit Basket**

All but one participant sits in a circle on chairs. Go around and number each of them off with three or four fruits e.g. apple, orange, banana, pear. The extra participant stands in the centre and shouts out the name of a fruit. For example, if he shouts out apple, then all the apples stand up and swap chairs, and he must sit down. The next spare participant does the same thing. They can also shout out "fruit basket", in which case everyone must stand up and swap seats.

### **D11) Zip Zap Bop**

Sit in a circle. Each participant says either:

*Zip* - and throws a ball to the person to his right.

*Zap* – and throws the ball to the person to his left.

*Bop* – and throws the ball to anyone in the circle except the people on either side of him.

If someone says the wrong word, or fails to catch the ball (unless the throw was unreasonable) then they are out.

*Variation:* This game can be played without a ball, just by pointing.

### **D12) The Chocolate Game**

*Requirements:* Large bar of chocolate, knife and fork, plate, dice, hat, gloves, jumper (or other items of clothing).

Place the chocolate on a plate with the knife and fork in the centre of the circle. Each participant in turn throws the dice. If they get a six, they must run into the middle of the circle, put on all of the clothes, and eat the chocolate one square at a time with the knife and fork. Meanwhile however, the dice continues round and if someone else gets a six then the person currently in the centre must take off all the clothes and return to the circle, and the person who just got the six takes over. Finish the game when all the chocolate has gone.

### **D13) The Chair Game**

Make a circle of chairs, one for each participant. Every person stands behind their chair and leans it forward. If the madrich claps once, everyone moves one place to the right and catches the chair before it falls down. If the madrich claps twice, they move to the left.

If someone's chair falls, they are out and remove their chair from the circle; however the remaining chairs stay where they are and the circle does not close up. Hence by the end of the game people will have to run a long way to grab the chair before it falls over.

### **D14) Monkey in the middle**

The group is standing in a circle and one person is chosen to be the monkey. A ball is thrown around. The monkey's objective is to get the ball and the group's job is to stop him from doing so. If the monkey catches the ball then the person who threw the ball takes his place as the monkey.

### **D15) Simon Says**

The leader is Simon and the group has to do exactly what he says, but only if he says "Simon Says". When the leader says for example: "Simon says Jump up and down", the group must jump up and down and whoever doesn't is considered out, but if he were to say: "Jump" no one should jump and if someone does, then he's out.

### **D16) North-South-East-West**

Give four walls these names. Call them out randomly and people should run to the direction called.

### **D17) Dead Lions**

All participants should lie down and not move at all. Madrichim should go round the room and try and make them move (but without touching). Anyone who moves at all is out. This is a good game for calming or quieting a group.

### **D18) Human Humming Machine**

The madrich gets everybody humming, then raises an object (e.g. a piece of paper) and humming gets louder. If he moves the object down, the humming gets softer, and if he drops it on the ground everybody has to be silent. This can be used to quieten a group down.

### **D19) Humming Chain**

Split the participants into two or more equal teams. Both teams should get into a line holding hands. The first person in each line starts humming. When he runs out of breath, he squeezes the hand of the next person who then starts humming etc. The team who finishes last wins.

### **D20) Ladders**

Divide the participants into two equal teams. They should sit in two lines facing each other with their legs flat on the floor so that their feet are touching. Number each pair. Call a number. That pair must then get up, run over all the legs to the end of the line, run back round the outside to the other end, run over the remaining legs and sit back in their place. Whoever gets back first gains a point for their team.

## D21) Bottling Plant Exercise

*Length of Time:* 15 minutes

*When to Use:*

1. To loosen things up and to add some movement to the session
2. As an energizer
3. To observe team dynamics and leadership

*Steps:*

This exercise is best explained "as you go". Too much explanation up front confuses people and makes them sceptical.

Ask the group to break out into pairs .1

2. Ask each pair to find a way to physically represent the object that you are about to tell them about. Tell them that they have 1 minute to make themselves into a **Chair** (you may have to give them a demonstration so be prepared!)

3. At the end of a minute, ask everyone to hold their positions as you view the furniture!

4. Ask 4 pairs to join into groups of 8 (or as many as is required to have 2 - 3 different group) and instruct them to take 3 minutes to make themselves into a **Car**. (Remind them that they have a little time to figure things out!)

5. When the cars are made, have everyone look around the room. Ask them what kind of car they are.

6. Ask the entire group to take 7-8 minutes to create a **Bottling Plant**.

(Optional Steps)

7. Observe what happens in the group. How are they interacting. Do you notice any obvious role playing (leaders, devil's advocates etc.)?

8. Ask the group to sit down and discuss what they observed in the way that they were working together. Prompt them with questions about whether someone naturally took charge? Was there a way of getting your ideas heard? Were there any implicit rules that you felt you were following?

## D22) Straw House

*Length of Time:* 15 minutes

*Resources:* Drinking straws and straight pins, about 50 of each

While the teams are planning, put the straws and pins in a neutral place (about the same distance from all the teams).

*Steps:*

1. Arrange groups of 5 ensuring that there are at least 3 teams.
2. Ask one representative from each group to go out into the hall and have the rest of the team huddle in a corner.
3. Provide the team representatives in the hall with the following instructions:

The challenge is to build the tallest freestanding structure using straws and straight pins. ○

They will have 5 minutes to plan the structure. They will not be allowed to touch the straws or pins at this point. They will have 1 minute to build the structure. ○

4. Reassemble the groups and begin the exercise.

5. After 5 minutes yell out "Build!".

6. Announce the remaining time at 10-second intervals.

7. At one minute, call everyone off, no touching at all at the end of the time.

8. Select the tallest structure and return to your seats for a discussion.

*Optional Discussion:*

1. The real issue here is not how good or elaborate a structure you can design, but what can you actually build with the given time constraint.

2. Ask for a show of hands for those people who identified time as the most important issue. You may want to discuss this point further.

3. Tell them that usually each group gets entirely architectural and way too ambitious, the result is the tallest structure is usually 2 straws crossed on top of each other (one group, in a last grasp to create something, stuck a straw in a danish - they won!)

### **D23) Leader of the Band**

*Length of Time:* 5 Minutes

*Resources:* Tape / CD player

*When to Use:*

To provide an opportunity for participants to loosen up after a period of intense activity, discussion, or passive absorption of a lecture or video.

*Steps:*

1. Pick a time when the group's energy seems particularly low.

2. Ask all of them to stand up and make sufficient room around themselves so as not to interfere with free movement of their arms.

3. Tell them that they have won the right to be "The Leader of the Band" and therefore direct the world-famous Tel Aviv Orchestra (for the next 5 minutes). You might also wish to tell them that mock-direction of an orchestra is believed to be excellent emotional release and physical (cardiovascular) exercise. Then play a selection and ask them all to simultaneously lead the orchestra.

*Optional Discussion:*

1. How do you feel?

2. What is there about the activity of orchestra directing that gives us permission to wave our arms and move our bodies in a refreshing way -- something we would otherwise not be inclined to do?

*Tips:*

This works best if you have carefully selected the music. The music should be familiar to all, so they will know what is coming next and should be relatively fast-paced to stimulate

energetic directing (Sousa marches, or even Strauss waltzes work well); also, music with a variety of speeds and volumes also tends to elicit different directing styles.

### **D24) The Napkin Game**

Ask participants to form groups of equal size. Give each group a napkin or large piece of paper and explain to them that their task is to fold their napkin as small as possible, but still large enough for each small group member to place a toe on the napkin.

### **D25) Chair Swap**

Everyone begins by sitting on chairs in a circle with one participant standing in the middle. Explain that the person in the middle needs to find some "neighbours." To do so, they'll make a true statement about themselves and hope that it will be true for others. Everyone that "identifies" with the statement has to then stand up and find an empty chair. The person in the centre is also looking for a chair, so once again someone will be without a chair, and they get to go to the middle and find some "neighbours."

The participant then begins with something like: "Everyone wearing blue jeans." At this, everyone who is wearing jeans should jump out of their seats and look for an empty seat. The odd person out goes to the middle

This game can easily last ten to fifteen minutes.

### **D26) High Five**

The group is in a circle, standing up. The madrich is standing in the middle of the circle. Explain that you are going to make a variety of statements and you'd like everyone who "identifies" with the statement to join you in the centre of the circle for "high fives."

The madrich then begins: "All my neighbours wearing white underwear." At this, everyone who is wearing white underwear should join the facilitator in the middle of the circle for a high five. They then return to their seats.

The madrich then goes on through 10 to 15 other such statements. Example can include:

All my neighbours who:

- are wearing socks
- have an older sibling
- were born in a month without an R in it
- like Cornflakes
- don't eat meat
- remember the name of Yogi Bear's sidekick
- know how to tie a bow tie
- play the piano (even a little bit)

Figure on ten minutes tops for this activity.

### **D27) Blob Tag**

It's helpful to have a pretty large, open space for this energizer. Choose a participant to be "it". When she or he tags someone they lock arms and then jointly attempt to tag someone else. As each person is tagged they lock arms with those who are already it. The game is over when the last person is "captured." Some boundaries must be set up for this activity to keep participants from roaming too far afield. This game typically takes less than 10 minutes to complete.

### **D28) Hospital Tag**

In this activity everyone is "it". The objective is to keep from being "tagged" by another participant, but to tag as many other people as possible. The first time you are tagged you have to put a hand on where you were tagged -- for instance, if you are tagged on the top of the head you then have to play with one hand on top of your head. You can then resume attempting to tag others. The next time you are tagged you have to put your other hand where you are tagged that time. The third time you are tagged you're dead (sit down to signify this) and can no longer attempt to tag other people.

It helps to have a fairly large, open space for this activity, but it normally helps to set up some boundaries to keep people from roaming too far afield. Depending on people's creative "tagging" abilities this can get pretty interesting. It shouldn't take more than ten minutes for this energizer to run its course.

### **D29) Person-to-Person**

There has to be an odd number of people for this activity to work. The madrich stands in the midst of the group and asks everyone else to pick a partner. Explain that you'll give them from two to five commands that they must perform as a pair. The last command is always "Person-to-person" and everyone, including the person giving the commands, will have to scramble to find a new partner. The odd person out gets to go into the middle of the group and provide the next set of commands.

The game begins with the person in the centre (initially the madrich) giving instructions such as: "Elbow to elbow" and the pairs must put an elbow to elbow. The madrich can then say: "Ear to ear" and the pairs then have to put an ear to an ear, as well as keeping the elbow to elbow. Then the facilitator says "Person-to-person," everyone finds a new partner, and you go on to the next person calling out commands. Depending on the group, this can get pretty interesting!

Stop the game when you feel like it.

### **D30) Secret Agent**

In this game it's best to have a pretty good sized, open area. Have the group begin by standing around in a circle. Tell them that there is someone in the group out to get them -- a "secret agent" -- and only you know who they are. Each individual also has a "bodyguard" who only they know about.

Then, quietly, without pointing, and without telling anyone, each individual identifies to themselves who their "secret agent" is for this game. After everyone seems to have made a selection, have them then select another individual -- quietly, without pointing, and without telling anyone -- who will serve as their "bodyguard" for the activity.

After everyone has made their selections let them know that they are now free to move around, but they must keep their "bodyguard" between themselves and their "secret agent" at all times. This can get pretty funny and interesting as people move about. It often turns into utter chaos because of the odd combinations of "bodyguards" and "secret agents."

Stop the game when you feel like its over.

### **D31) "Alphabet Search"**

Divide audience into small groups. Search your person for objects that you have on you ranging from A-Z. Place items in buckets. First group or person (if done individually) to get all 26 letters represented wins. Exercise can explore how diverse we are - insight into our individual selves. If done as a small group lends itself well to a small team building exercise as the group works together through the alphabet.

### **D32) Beach Ball Brainstorming**

Announce a topic (things associated with a season, a holiday, the course content, the company, etc.). Then pass around an inflatable beach ball. Have everyone stand and pass the ball. When someone catches the ball, they shout out something related to the topic and then toss the ball to someone else. If the group is small, they can pass the ball in a circle chain.

*This activity gets people up and moving, and is a fun one to do in the afternoon to break up a long session. It's guaranteed to wake everyone up!*

### **D33) Integrated Breathing**

This is a psychocalisthenic activity. It can be used to rejuvenate participants and/or to restore serenity. Instruct participants to stand with their feet parallel. Have them join their hands with fingers interlaced, letting their arms hang in front of their bodies. Then ask them to begin inhaling slowly and raise their arms above their heads. Then bring their hands to the back of their neck and push them together, making a stretch on the top of their chest.

Finally, have them exhale slowly, returning arms to the original position. Emphasize that it is important to keep body and arms relaxed and to concentrate on breathing. Continue the process for at least three times, and then conduct a large group discussion on how everyone experienced this activity.

### **D34) How Trusting Are You?**

*Resources:* Enough open space, 1 blindfold for every 7 to 9 people

*Steps:*

1. Break up the larger group into subgroups of 7 to 9 participants each.
2. One person from each subgroup will volunteer to go in the middle of a circle made up of the remaining members of their subgroup. The individuals forming the circle

should be standing shoulder-to-shoulder, but with enough room to move arms up and down freely.

3. The person in the middle is blindfolded, and stands with feet together. Their arms may be crossed over their chest, or may be left at their sides.

4. The person in the middle then purposely loses their balance, and tips towards the people forming the circle. The person in the middle is to remain rigid at the knees and waist, only bending at the ankles. (Those on the outside should wait for the person to fall towards them. The person in the middle should not be pushed off balance.)

5. The people who make up the circle gently push the middle person back and forth, for about 30 seconds (without letting the middle person fall to the ground!).

6. Each person in the circle has a turn to be the person in the middle.

#### *Optional Discussion:*

Ask the participants:

What was your reaction to this exercise when it was first explained to you? .1

How did you feel during the first 5 seconds of your time in the middle? During the last 5 seconds? .2

When you were part of the circle did you feel that the person in the middle had complete trust in the circle not letting him/her hit the ground? .3

### **D35) Giants, Elves and Wizards**

This game is based on similar principles to "scissors, paper, stone" (E37) where Giants beat Wizards, Wizards beat Elves and Elves beat Giants. Participants divide into two teams, go to opposite ends of the room and decide who they want their team to be.

The teams then come back to an agreed centre point and shout GIANTS ELVES WIZARDS three times with appropriate actions. The appropriate actions are as follows:-

GIANTS stand on their tiptoes and raise their arms high above their heads.

ELVES crouch down on the floor wiggling their index fingers above their heads

WIZARDS stretch their left hand out in front with fingers extended, keeping their right hand raised, fingers extended but close to the body.

After the third time, each team shouts out what they are and give chase as appropriate.

Anyone who is caught before reaching their "den" at the end of the room joins the other team. If both teams are the same thing, then hugs are exchanged before the game resumes.

In introducing the game, the leader can give a short description of the magical land where these GIANTS ELVES AND WIZARDS live to help create the right atmosphere. Some creative interpretation of the rules (cheating) may also add to the fun.

### **D36) Passing the Person**

The group divides into two lines of equal numbers, facing each other and standing close together. Each person crosses their arms and holds hands with the person immediately opposite them. Someone is then passed along the chain of hands by leaning backwards and being hoisted up onto the first pair of hands and then passed along the line. At the end of the line she is gently lowered to the floor and it is someone else's turn to be passed along the line.

### **D37) Musical Paper**

*Requirements:* radio or cassette player and several A3 sized sheets of paper (newspaper will do)

Lay one sheet of paper on the floor for each participant. When the music stops each participant has to stand on the paper. Each time, remove one piece of paper. Nobody is out, the participants have to co-operate by sharing the remaining sheets of paper. Eventually there will only be one piece of paper, on which everyone must stand. You can also develop this game by folding the last sheet of paper each time the music stops.

### **D38) Jumping**

Work in pairs. The participants hold hands and after counting 1,2,3, they jump. Some participants find this difficult. Anticipating jumping is not easy for some people.

### **D39) Freeze**

The participants walk around the room, without touching anyone, until the leader shouts "STOP" (a loud hooter could be used instead). The participants must freeze. When the leader shouts "go" the participants start walking at a quicker pace. This game may be varied by introducing very slow and very fast movements, the leader choosing the speed.

### **D40) Lines and Circles**

The participants walk around the room until the leader shouts "Stop" when they must freeze. When the leader says either "lines" or "circles" the participants start walking again. If it is "lines" the participants must walk straight; when they come to a corner they must turn at right angles. For "circles" they must make very smooth, circular movements. To increase the excitement, add "very fast" or "very slow" to the instructions.

### **D41) Head Catch**

One leader throws a ball inside the circle to a participant. As the leader is throwing it in, the leader says either "Head or Catch". The participant must do the opposite to what they are being told to do.

### **D42) Drop the Paper**

In a circle, standing up. Once person in the middle drops a piece of paper and call out a name of one of the participants. The participant needs to leave the circle and try to catch the piece of paper before it hits the ground.

### **D43) Stand Up**

Put each member of the group into pairs. Ask each pair to sit back to back, link arms and try to stand up. The game can be varied by increasing the size from pairs to groups of 3, 4, or 5 people.

#### **D44) Cat and Mouse**

Nominate one participant to be the cat, and one to be the mouse. All the other participants should stand in a grid, about one metre away from each participant in each direction. Originally they should all face one wall, with their arms joined in rows. When the madrich shouts change they should all turn 90 degrees to their left so that their arms join up the columns instead. Meanwhile the cat must try and catch the mouse in the grid. Participants may break their arms to let the mouse through, but not the cat.

#### **D45) Chinese Dragons**

The participants divide into two equal teams. Each team forms one line, with each person holding onto the waist of the person in front of him/her. The first person in each line is the Dragon's head, and the last person in each line is the Dragon's tail. Each team must try to catch the other team's tail (by holding onto his/her waist), which then becomes their new head. The team to have the largest number of participants after a certain time (suggested: 5 minutes) wins.

#### **D46) Handkerchief**

All of the participants but one are seated in a circle. That participant (player A) walks around the outside of the circle holding a handkerchief behind his back. At any time he chooses, he drops the handkerchief behind any participant. That participant (player B) gets up, picks up the handkerchief, and runs after player A trying to tag him. If he succeeds before player A gets back to player B's seat (by running around the circle), player A must once again go around the circle. But, if player A makes it to player B's seat without being tagged, player B must go around with the handkerchief and the game starts all over again.

#### **D47) Duck-Duck-Goose**

All of the participants but one are seated. The standing participant (player A) walks around the outside of the circle, tagging the participants as he passes them and saying "Duck" after tagging each person. At any time he chooses, player A tags someone and says "Goose." The one who is tagged (player B) gets up and runs after player A trying to tag him. If he succeeds before player A gets back to player B's seat (by running around the circle), player A must once again go around the circle. But if player A gets to player B's seat without being tagged, player B must go around the circle saying: "Duck . . . Duck... Goose!"

#### **D48) For a Change**

Each participant is given a number. The participant with the highest number removes his chair from the circle and stands in the middle. That participant calls out any two numbers and the participants with those numbers must change seats. While they are changing seats, he tries to sit in one of their chairs. Whoever is left without a seat is the next to call out the two numbers.

*Variation:* After a few plays, tell the "caller" that he can call out more than two numbers at a time.

#### **D49) How do you like your neighbours?**

One participant is chosen to begin the game. He goes up to someone and asks "How do you like your neighbours?" That participant has a choice of 2 answers: 1) "I like them very much" at which everyone must get up and switch seats while the first person tries to get a seat, or 2) "I don't like them at all" at which the first person replies "Whom do you like?" The participant addressed then names any 2 names of people in the circle whereupon those 2 people must change seats without allowing him to get their seats. Play continues with whoever is left without a seat asking the questions.

#### **D50) Lung Capacity**

The participants are divided into teams. Each team is given a feather. At a signal, each team must blow a feather into the air and keep it there by continuously blowing on it. The team whose feather stays up the longest wins.

#### **D51) Unmusical Chairs**

One chair less than the number of participants are set up in a line, every other one facing the same direction. A "leader" is chosen. The participants must walk around the chairs following the leader, doing everything he does (i.e. clapping, jumping, etc.). Whenever the leader sits down everyone must do the same. The participant left without a chair is out of the game and takes a chair with him. Play continues until only one participant remains.

#### **D52) Red Light, Green Light**

One participant is chosen to stand at one end of the room; everyone else stands in a line, one next to the other at the opposite side of the room. The participant turns his back to the group and says: "Red Light, Green Light 1-2-3". While he says it everyone moves toward him, but when he finishes and turns around anyone still moving must go back to the starting line. The first participant to reach and tag him wins and becomes the new caller.

#### **D53) Ali Baba and the Forty Thieves**

The first participant begins by (rhythmically) saying "Ali Baba and the Forty Thieves", while doing some motion (i.e. stamping feet, clapping hands - in rhythm). Then, the second person says it while copying the first motion. Simultaneously, the first person again says "Ali Baba...", while doing a second motion. Then the third person does the first motion, the second person does the second motion, and the first person does a new motion, all saying together "Ali Baba...". Anyone who makes a mistake is out and then play continues.

#### **D54) The Knot Game**

All participants stand in a circle and put their arms out in front of them. They then close their eyes and grab two other hands from in the circle. Whenever everyone has two hands, they should open their eyes. The group must now unknot itself without breaking any hands. With good team work and concentration this is possible.

## Section E – “Talkative” Games

### E1) Ha!

This exercise asks the participants to pass the word 'ha' around a circle. This activity is generally more effective when used during the later stage of the event.

*Time Reference:* Approximately 5 to 7 minutes.

*Group Size:* Best suited for a group of 20 or fewer participants.

1. The madrich first asks the group members to form a circular seating arrangement.
2. When the participants are seated, the group leader explains that the object of this game is for the participants, without laughing, to pass the word "ha" around the circle.
3. The madrich then designates one participant to be the head of the circle. That participant begins the game by saying "ha".
4. The person sitting to his or her right must repeat the "ha" and then say another "ha." The third person must say ha ha and then give an additional "ha." In this manner the "ha" continues around the circle.

The game ends when all of the participants, trying not to laugh (a virtual impossibility), have repeated the "ha's" that preceded them and then added their own "ha."

*Variations:*

1. The madrich may use another word in place of "ha." For example: "yuk," "har," or "tee hee."
2. The madrich may ask all of the participants to repeat the "ha's", stopping only to let the person whose turn it is pipe in with his or her own.
3. The madrich may continue the exercise for five minutes, regardless of how many times the "ha's" go around the circle.

### E2) (Don't) Complete the Word

Going round the circle, each participant should say a letter. They must not complete a word (four or more letters), but should play tactically to try and force participants after them to complete the word. If a participant completes a word they are out, and a new word is started. Also, if a participant does not believe that the person before him had any word in mind, he can challenge that person to say his word. If he did not have one he is out, else the challenger is out. Continue until there is a winner.

### E3) One Word Story

Go round the circle, each person says a word at a time to make a story. The madrich can set a theme at the beginning, or just let it flow freestyle. Also, this game can be played alphabetically so the first word has to begin with A, the next with B etc.

#### **E4) I went to Israel**

The first person says "I went to Israel and in my suitcase I took a toothbrush"

The second person says "I went to Israel and in my suitcase I took a toothbrush and a book"

The third person says "I went to Israel and in my suitcase I took a toothbrush, a book and a mobile phone"

And continue, each person repeating all the objects so far and adding their own.

*Variation:* Each successive word must start with successive letters of the alphabet.

#### **E5) Kerplunk**

The first participant starts by saying "one frog." The second participant says "two eyes." The third participant says "four legs." The fourth participant says "kerplunk," and the fifth person says "in the puddle." From that point on, each statement is doubled. For example, the sixth person says "two frogs," the seventh says "four eyes," the ninth says "kerplunk," the tenth says "kerplunk," and the eleventh says "in the puddle" ("in the puddle" is said once no matter what round it is), etc. Any participant who makes a mistake is out. The last X participants win.

*Variation:* Add hand motions to the game. All of the participants together: (1) slap their knees, (2) clap their hands, (3) snap their right fingers, and (4) snap their left fingers. On the right snap, the participant whose turn it is says the first word and on the left snap he says the second word. Any participant who does the wrong motions or says the wrong words is out.

#### **E6) Buzz Fizz**

Go around the circle, each person counting in turn 1, 2, 3... If the number is either a multiple of three, or has a 3 in the number (e.g. 3, 6, 9, 13, 34) then they must say "Buzz" instead of the number. If the number is either a multiple of five, or has a 5 in the number (e.g. 5, 10, 25, 56) then they must say "Fizz" instead of the number. If both (e.g. 15, 35, 54) then they must say "Buzz Fizz". Anyone who says the wrong word, or doesn't say it at all when he should is out.

#### **E7) Chinese Whispers**

The first person in the chain decides on a word/phrase and he whispers it to the next person who whispers it to the next etc.... The last person says what he heard out loud and then you (usually) see that there is no connection between what he says and what the first person had in mind.

#### **E8) Word Disassociation Chinese Whispers**

Play as E7, but instead of saying the same word say a completely different and unrelated word. At the end, go along the line backwards to see how it evolved.

## E9) Mallet's Mallet (Word Association)

Play either with two people or going round a circle. Each person in turn should say a word related to the previous word but is not allowed to hesitate, repeat a word or say an unrelated word, or they are out.

*Variation: Word Disassociation*

Instead of related words, say a word with absolutely no connection. If there is any link at all they are out.

## E10) Diversity

Play small snippets from various musical pieces and various types of music (e.g. classical to hard rock). Get the audience's reaction to the different works.

## E11) Know Your Dictionary!

*Length of Time:* 15-20 minutes

*When to Use:*

To demonstrate that there is often substantial benefit from collaborating in small groups to obtain the answers to certain types of questions.

*Steps:*

1. Explain that in dictionaries, each letter contains vastly different numbers of words. The task today is to rank ten letters by number of words the letters have in the dictionary.

2. Working individually, have them rank order from 1-10 the following letters with 1 designated as the letter with the most words, 2 as the next most, etc.

O,X,M,S,Z,P,J,T,Q,W.

3. Now split them into smaller groups of 3-5 persons. Working collaboratively, have them rank order the same 10 letters through the use of the collective wisdom of their group.

4. Now have them score both themselves as individuals, and their groups, by computing their ranking and "key" for each letter and totalling that set of 10 numbers. The correct rank is: 1=S, 2=P, 3=T, 4=M, 5=W, 6=O, 7=J, 8=Q, 9=Z, 10=X.

*Optional Discussion:*

1. How many persons had a group score better than their individual score?
2. Why?

## E12) Mind Reading

Tell the group, you have ESP and can read their minds. To prove it:

Ask each person to mentally think of a number from 1 up to 10.

Take that number and multiply by 9.

Take the result and add the number together (i.e.  $72 = 7+2$ ,  $9 = 0+9$ ).

Take that number and subtract 5.

Take that result and equate it to a letter of the alphabet (i.e.,  $4 = D$ ).

Think of a country beginning with that letter.

Ask them to think of an animal that begins with the **second** letter of the country name. Then ask the group: *"How many people are thinking of elephants in Denmark?"*

This exercise works because any number they think of for step 1, will result in the answer of 9 for step 3. From that point on, the country will begin with D (Denmark is one of the few) and Elephants is typically used for E.

### **E13) Envelope Game**

Prepare at least six envelopes in advance. Each envelope should contain a skit or a story to tell. Some examples are: describe a situation in which a child lost his or her temper and was whining and yelling at his or her parent; describe what honesty means to you; tell a story about a time you either lost your keys and/or locked yourself out of your car or house.

Divide the group into teams of four; explain that each group will receive an envelope that contains a skit or story to tell. Each group will be responsible for presenting the contents of its envelope to the whole group. Participants may do this as a group or individually.

### **E14) Interpretation**

This is a quick activity to show how everyone reacts differently to the same thing. Each person should have a pen/pencil and a piece of paper. Tell them that you will be saying ten words, one at a time. After each word, the participant should write down a word or short phrase about the word.

Use words that have a high degree of abstraction like patriotism, faith, education, trust, honesty, responsibility, attitude, honour, love, etc.

If the group is small, have everyone share his or her answers with the whole group. Otherwise, subgroups of four would be appropriate. A discussion regarding how "meanings" vary from individual to individual would be appropriate.

### **E15) Yes No Black White**

Choose a volunteer. Ask him questions continuously. He must answer the questions without saying "yes", "no", "black" or "white". The person who manages to go on for the longest time without saying one of these words is the winner.

### **E16) Count to 10**

The group must count to 10. Someone randomly must call out each number, but if two people call out the number at the same time, the group must start again from 1.

### **E17) Give us a Clue (Charades)**

The madrich gives the participant a book title/movie title/song title/phrase etc. which he must act out without speaking. The other participants must guess what it is.

### **E18) Pass the Buck**

A subject is chosen (e.g. a holiday such as Chanukah). A handkerchief is given to a participant. That participant then has five seconds to think of something pertaining to that

subject (e.g. menorah). As soon as he says it, he throws the handkerchief to another participant and the second person must say something else pertaining to the subject without repeating anything else already mentioned (e.g. candles). If someone can't name anything else within five seconds or repeats something, he is out.

*Hint:* A good additional rule is that if anyone throws the object too fast or away from the participants, the thrower must get the handkerchief within five seconds and throw it again.

*Variation:* Since the above version is best when played with only ten to fifteen participants, for a larger group use team representatives.

### **E19) Category Guessing**

Eight categories of things must be thought of beforehand (i.e. "The Sky is the Limit": Things which are in the sky - airplanes, clouds, the sun, kites, etc.) with 7 things in each category. Each list is written on cards and divided according to category.

Two teams are chosen. Two participants are chosen from each team. The first team chooses a category (the contents of which are hinted in the name of the category). One participant receives the names of things in the categories and has 30 seconds to give clues to the second participant, so that s/he can guess the things. The clues can describe the things in the category but cannot contain any part of the name of the things. One point is received for every thing guessed within 30 seconds. Then the second team picks another category and play continues. After each team has had three turns (six categories are provided) the seventh round goes to whichever team is behind, and the eighth round goes to the other team. Whichever team scores the most points, wins.

### **E20) Question Baseball**

The participants are divided into two teams. Four chairs are arranged in the formation of a baseball diamond. A chair is placed in the pitcher's position and the leader sits in that chair. The leader "pitches" questions to the first participant (who is seated at home plate). If the participant answers correctly, he advances one base. If he answers incorrectly, he is out. The next participant does the same. If he answers correctly both he and the participant on base advance one base. If he answers incorrectly, he is out and the participant on base stays where he is. When a team has scored three outs, the next team is "up at bat." One point is scored for each participant who advances to "home plate." At the end of five "innings" the team with the most points, wins.

### **E21) Dividing and Grouping**

*Length of Time:* 10 minutes

*Resources:* This exercise, paper

*Steps:*

#### **Categorization Exercise**

#### **How good are you at dividing & grouping? Let's find out...**

Prioritising a long list of items can seem onerous. To simplify the task, it sometimes helps to categorize the items on the list by dividing and grouping them by commonalties. When doing this, keep in mind that there are no right or wrong answers. Different people will have

different ways of grouping the same list of items.

In how many different ways can you divide the following list into two or more groups of related items? Try to have at least four of the items from the list in each of your groupings. Explain the pattern or rule that defines each grouping.

*dog, umbrella, fish, car, toothpaste, desk, hat, money*

*Results:*

**Possible answers:**

**water things that are made/manufactured**

umbrella	car
fish	desk
toothpaste	umbrella
dog	toothpaste

**Sports/leisure things you bring to work**

dog	(dog races)	car
fish	(fishing)	hat
money	(gambling)	money
car	(car races)	umbrella
dog	(seeing eye dog)	

**E22) Count the 'F' Exercise**

*Length of Time:* 5-10 Minutes

*Resources:* One sheet of paper with quote from example section for each participant.

*When to Use:*

To illustrate that people see what they want to see; items of prominence catch our attention while seemingly less important items pass on by.

*Steps:*

Pass out face down copies of the quote from the example section to the group. When everyone is ready, ask them to turn the paper over and simply count how many times the letter "f" appears on their sheet. Allow only a minute, and then ask, "How many of you have the sheet with the 3 "f's"?" (Roughly half the group can be expected to so indicate.) "Who have 4 "f's" on their sheet? ... How about 5? ... Does anyone have 6?" (About 50% of the group will see only 3 "f's", and approximately 10% will see all 6 "f's". The rest will see either 4 or 5.)

*Variation:*

Ask those with 4, 5, or 6 "f's" on their sheets to raise their hands and let those with 3 "f's" exchange papers so they too can "see" all 6 "f's". Most will still have a difficult time identifying all 6 of the "f's".

*The Quote:*

FEATURE FILMS ARE THE RESULT OF YEARS OF SCIENTIFIC STUDY COMBINED WITH THE EXPERIENCE OF YEARS

*Discussion:*

1. Why can some people not see 6 "f's" at first?
2. Have you observed situations where you as an organization can't see things because you are so used to them?
3. What are things you can do to break people free from not seeing?

## Section F – “Detective” Games

### F1) Famous Names

As each participant enters the room, pin the name of a famous person on his or her back. The rules are that the participant can ask each person in the room one question that can be answered by either a "yes" or a "no." (Example: "Is this famous person still alive?") After the participant receives the answer, he or she must move on and ask another person the next question. The first person to guess his or her "identity" gets a prize.

### F2) Are you Alert?

This is a fun and quick activity to stress the importance of being alert and observant. Before the meeting, prepare a tray of 20 unrelated items and cover the tray.

Tell the participants that they will have one minute to look at the objects on a tray. They will then be asked to write down as many things as they can remember. Explain that there will be a prize for the person who remembers the most items.

Uncover the tray and give the group exactly one minute before covering it again. Instruct them to write down as many items as they can remember. Ask for volunteers to read their lists.

### F3) Scrambled Puzzles

Divide the group into four teams. Have four different (ten- to twenty-piece) jigsaw puzzles on hand. Give each member of every team just one piece of the puzzle assigned to that team. Toss all remaining pieces of the four puzzles together on a table and mix thoroughly. The trick is for the members of each team to sort out and put together the pieces for their puzzle. The team that puts its puzzle together first wins.

### F4) The Puzzler

For this warmup either purchase children's jigsaw puzzles or make your own. Each group needs a different puzzle. Prepare the puzzles ahead of time, removing one piece from each puzzle and inserting it in another group's puzzle. Mix up the puzzle pieces and put into a sealed envelope (each group will receive a puzzle that has one piece missing and an extra piece from another group's puzzle).

Introduce the warmup by saying: "This is going to be an activity to see which group can work together to finish a puzzle first. The group that wins will get a prize. Each group will be given a sealed envelope with the pieces of the puzzle. When the signal to start is given, open the envelope and begin."

Do not answer any questions when the teams begin to discover the problem with their puzzles. When a team finally figures out that they need to go to another group to get the missing puzzle part, succeeds in negotiating for the part, and finally declares victory, award the prize and hold a group discussion on the activity. Emphasize the value of working as a team, how it feels to depend on others for winning, and what role each person played in the team effort.

## **F5) Keyboard**

This activity allows the development of synergism. First, ask individuals to write down the keyboard of a standard computer from memory.

Then allow groups of four to compare keyboards. When individuals or groups feel they have the perfect keyboard, they should turn their paper over and wait patiently. If the group of four is not certain they are correct, they can merge with another group, and so on. Display a typewriter keyboard for them to check their answers. Stress the concept that none of us is as smart as all of us combined. Draw the conclusion that we must share information to be totally correct as a group.

## **F6) Old McDonald's Pony Exercise**

This is a verbal communication activity. Explain the following points to the participants:

- (1) the problem will be read one time only;
- (2) no questions will be answered;
- (3) no pencils or paper can be used; and
- (4) no discussions with other participants.

Read:

Old McDonald had a brown pony that belonged to his son Georgie Porgie. The farmer in the Dell wanted to buy the pony for his son, so he asked Old McDonald if he would sell it. McDonald said that he would, but that the selling price was \$80.

The farmer in the Dell agreed and paid Old McDonald the \$80 and took the pony home with him. But the next day, after protests from Georgie Porgie, Old McDonald asked the farmer in the Dell if he could buy the pony back. The farmer in the Dell agreed, but said he would have to charge \$90 for the pony because he had stabled the pony overnight. Old McDonald paid the \$90 and took the pony back to his farm. However, the next day, the farmer in the Dell, still wanting the pony, asked Old McDonald if he could rebuy it, and Old McDonald agreed, but said this time the price of the pony was \$100.

The farmer in the Dell paid Old McDonald the \$100 and took the brown pony home with him and everyone lived happily ever after.

Ask the following questions:

- (1) Did anyone make a profit?
- (2) If anyone did make a profit, who?
- (3) How much was the profit?

Write up the responses. Don't answer any questions. After three or four different answers are up, ask the people who think that the first answer is right to go to one corner of the room; repeat procedure with the other answers.

After the groups have been formed, instruct each group to pick a spokesperson and prepare a presentation about why its answer is correct. After each group has made its presentation, tell participants to join the group that they feel has the correct answer.

Give the solution: Old McDonald ended up with \$10 profit because the pony did not have an established value until he was sold the first time for \$80. McDonald profited over the price of \$80 by \$10.

*Optional Discussion points:*

1. We tend to like and support others holding a similar position.
2. When someone presents a position different from our own, we have more trouble listening.
3. When people disagree, they have many reactions, but all of these reactions boil down to TRYING NOT TO DISAGREE.
4. Those who convince others that their position is correct tend to be more convinced that their position is correct.
5. The more we are convinced that our position is correct, the harder it is to change.

### **F7) Wink Murder**

Send one participant out of the room to be the detective, and then choose someone in the room to be the murderer. Bring the detective back in the room. The murderer has to kill people by winking at them. People should stage dramatic deaths. The detective has three guesses as to who the murderer is. If he uses all three incorrectly, or the murderer succeeds in killing everyone in the room, then the murderer wins, else the detective wins.

### **F8) The Moo Game**

Send one participant out of the room to be the farmer, and then choose someone in the room to be the cow. Everyone else is a bull. Bring the farmer back in the room. The cow and all the bulls should all go "moo" continuously, but the bulls must all moo in a deep masculine voice, whereas the cow should use a higher pitched voice. The farmer has three guesses as to who the cow is, but he must stand right in the centre of the circle and not go near any of the animals.

### **F9) Adverb Manner**

A participant is chosen to leave the room. While he is out, the group decides on an adverb (a word that modifies a verb). The participant re-enters and he must guess what the adverb is. The way he does this is to ask the other participants to do a variety of things in the manner of the adverb.

Example: Adverb = Fast  
Sing fast, walk fast, talk fast, etc.

The participant can only make three requests of the other participants in guessing the adverb.

### **F10) Indian Chief**

Send one participant out of the room to be the detective, and then choose someone in the room to be the chief. The chief should start an action which everyone else should copy. Bring the detective back in the room. The chief should regularly change actions, and the detective has three guesses to work out who it is.

## **F11) Syllables**

One participant is chosen to leave the room. The leader then chooses a multi-syllable word (or words) to use in the game. The remaining participants are divided into groups corresponding to the number of syllables in the chosen word, and one syllable is assigned to each group. The participant returns and all the groups say their syllables simultaneously, three times. After each time the participant has a chance to guess the word. If the participant guesses correctly, he/she wins.

## **F12) The Key Game**

*Requirements:* Large room, five chairs, blindfold, set of keys.

Place one chair in the centre of the room, and one about two metres away from each wall of the room. Choose one participant to sit on the central chair and blindfold them. Place the keys under the central chair. Choose another volunteer to be the thief. He should start at one of the outer chairs, walk round the outside of all the other outer chairs until he is back at the original chair, then go into the middle, grab the keys and run back out of the circle. During this, the participant on the central chair has three guesses to point at where the thief is. If all the guesses are wrong, or the thief succeeds in escaping with the keys, then the thief wins, else the blindfolded participant wins. There must be absolute silence in the room for this game to work.

## **F13) 20 Questions**

One participant should think of a famous personality or place etc. Then going round the circle each participant must ask a question to try and work out who or what it is. The question must be phrased so that it can be answered only by "yes" or "no". If nobody has guessed after 20 questions, the setter wins.

## **F14) Bingo**

Each participant receives a different bingo card, where each square on the card is an answer to one of the questions that the madrich has prepared. The madrich asks a question and any participant that has the answer marks it on his/her bingo card. The winner is the first to mark a full bingo card (if you would like a long game), or a full line (either a row or column).

## **F15) Human Anagrams**

The participants are divided into teams. Each team receives one set of alphabet cards. The cards are then distributed to the participants on each team. The leader asks a pre-written question to the teams. The first team to arrange the participants on its team who are holding the alphabet cards, to spell out the answer gets one point. The team with the most points after the last question wins.

### *Hints:*

- 1) Have between ten to twenty questions.
- 2) If any answer uses a single letter two or more times, make sure you have that same number of that letter on the alphabet card set.
- 3) Write the letters large enough for everyone to see.

### **F16) The Ring Game**

One person is chosen out of the group and he/she watches as a ring is passed from hand to hand. The person who was chosen has to guess where the ring is by lifting each person's hand, and the person found with the ring is the next to be the "watcher". However if the watcher has more than two wrong guesses, they must watch once more.

### **F17) I want to the party and brought...**

The madrich is the host of the party and every one has to bring him a (verbal) present. He has to decide if it is accepted or not. He does so by deciding (beforehand) on what thing will be accepted (any word starting with a certain letter, any word which is an animal, anything that spells out something, anything with a double letter in it).

### **F18) The Minute Game**

Everyone except the madrich should remove their watches and stand up silently. They should all count to themselves to a minute when the madrich indicates they should start and then sit down when they think the minute is up.

### **F19) Message**

Split into two teams, one at each end of the room. One volunteer from each team should go and stand with the opposite team. Then give each team a phrase to shout. They should shout it across to the other team and the volunteer must try to hear and work out what it is.

### **F20) Circle/Cross**

Mark an imaginary cross or circle, using your finger, on the palm of each participant's hand. They then have to find the rest of their group by identifying whether each participant is a cross or a circle, without speaking.

### **F21) Heads Down, Thumbs Up**

Several participants are chosen. All the other participants lower their heads and close one hand in a fist with the thumb extended. The chosen participants then walk around the room and each one pushes down one seated participant's thumb. When they are done, they return to the front of the room and the participants whose thumbs were put down each get one chance to guess who put their thumbs down. If the participant's guess is incorrect, the participant who pushed his/her thumb continues playing. After all have taken their guesses, play continues.

### **F22) Name that Tune**

The group is divided into two (or three) teams. Each team selects one representative to play for them. The madrich then tells them that he will hum up to seven notes from a song. The two participants then bid for the amount of notes they need to guess the song. The bidding goes back and forth between the two participants until one participant bids the least amount of notes and the other is not willing to bid less. The madrich then hums that number of notes; if the participant guesses it, his team gets one point. If not, the other team gets one point. Play continues in this fashion until the first team gets X number of points.

## Section G – Long Term Games

### G1) Assassins

This game should be played with a group of at least 20 (no maximum size) and can run for up to a few days depending on the size of the group. It is suitable for a long residential event or tour.

The madrich writes all the participants' names in a list. Each participant has to assassinate the person below him on the list (and will be assassinated by the person above him on the list). Give each participant on a small slip of paper the name of the person they have to assassinate.

To assassinate someone, the assassin has to go up to his target and say "Bang Bang you're dead" to him. However, if anyone else hears this then the assassin has missed his target and must try again later. If the assassination succeeds, then the target is out of the game, and must pass on to his assassin the name of the person who he was trying to assassinate. This person becomes the assassin's new target.

Eventually, there will be an outright winner. It is advisable to make an extra rule that nobody can be assassinated during meal times or programmes, or other times you do not want to be disturbed.

People who have been assassinated can stay in the game as bodyguards for people still alive.

### G2) Secret Lovers

This "game" should be played with a group of at least 20 (no maximum size) and can run for up to a few days depending on the size of the group. It is suitable for a long residential event or tour.

Give each person a secret lover in the same way as assassins (G1). Their job is to send their lover friendly messages and small gifts, or to organise a group of people to serenade them with a song. They should not reveal who they are.

At the end event each person should go and stand with his/her secret lover on his/her right so that everyone knows who has been sending him or her the gifts' and making a complete circle of secret lovers.

## Section H – Got To Know You Games

### H1) Who's Whistling?

Place the chairs in a circle facing inwards. All the people are outside the circle holding hands and walking round the circle whistling. One person is blindfolded in the centre. When the leader shouts "stop", the people stop walking and whistling. The person in the centre points to someone, who has to whistle by themselves. If the person in the centre guesses who the other person is correctly, then they change places. If not, the game continues.

### H2) Who's Talking?

Play in the same way as "Who's Whistling?" (H1), but instead of whistling everyone says one sentence over and over, and then the person in the centre points to someone who has to say the sentence by themselves.

### H3) Most Likely To...

Everyone stands around the room. The madrich says a statement such as "most likely to get married first", "most likely to go to prison", "most likely to win a Nobel Prize". All the participants point and walk towards the person who they think most fits this description.