Games
Activities for Groups

Title

Come on Six

Type ______ Introductory ______ Working ______ Closing ___ X __ Game

(Getting to Know
Each Other, Low
Risk)

(Growing Risk,
Personal
Awareness)

(Saying Goodbye,
Ending)

(Active Exercise
for Group building
and Fun)

Optimum Group Size: 10-100

Materials Needed: 1 piece of paper per person, 1 pencil or pen per group of five, 1 dice per group.

Outline of Activity (How to do it in a clear, concise form):

Divide your group into groups of five. It is best if they are sitting around a table, but the activity can be played on the floor. Each person needs to have a piece of paper and each group needs to have one pen or pencil and one dice.

The activity works like this. Any person in the group may be the one to start by rolling the dice. The object is to roll a six. Each person gets one roll of the dice to roll a six. If the person does not roll a six, then the dice is passed to the person on their left and they have one roll to try and get a six. Upon rolling a six, that person takes the pencil and starts to number on their piece of paper from 1 to 100. (You can adjust this number for groups of varying abilities.) The rules are that the numbers must be written one at a time, in consecutive order and they must be legible. Have the person who is writing count out loud as they are writing each number. This tends to increase the excitement and stress of the activity. Everyone else keeps rolling the dice, skipping the person who is writing.

The person continues to write numbers until someone else in the group rolls a six. At this time, they must stop writing and give the pencil to that person who now begins to write. Remember that the dice continues around the table as the person is writing. When your turn to write is over, you once again take your turn rolling the dice.

Each time an individual rolls a six, they continue to write numbers from where they left off. For example, if you had written numbers 1 to 15 on your first turn then you would pick up with number 16 the next time you rolled a six. The round continues until someone in the group reaches 100. I would suggest that you have at least two rounds.
Goal (Expected Outcome):
  Dealing with stress

How to Process (As a Facilitator, What points need to be covered after completing activity?):
  How easy was it for you to roll a six?
  How high did you get in writing numbers?
  How can we compare this activity to stress in our lives?
  How can we help others reduce their levels of stress?
  Is this a competitive or cooperative game

Source: Activities That Teach
Activities for Groups

Title

Salt & Pepper

Type

_____ Introductory

(Getting to Know Each Other, Low Risk)

_____ Working

(Growing Risk, Personal Awareness)

_____ Closing

(Saying Goodbye, Ending)

_____ Game

(Active Exercise for Group building and Fun)

Optimum Group Size: 10-100

Materials Needed: Salt Shake (or some other object) Quarter

Outline of Activity (How to do it in a clear, concise form):

Split your group into 2 equal teams. Have them hold hands, and sit side by side, with the two teams facing each other, as if at a long dinner table. Seat yourself at the head of the table, and place the salt shaker between the two teams at the opposite end. All members of the teams must turn their heads toward the salt shaker away from you, except for the person on each team seated closest to you. These two players are the only players to see you flip the quarter. Once you flip the quarter, if it comes up heads, the first person on each team is to squeeze the next persons hand, they squeeze the next and so on. When the last person on either side feels the squeeze, they grab the shaker. The team that gets it first gets to rotate. Meaning everyone scoots down 1 seat and the grabber moves to the first position near you.

This continues until the original first person is back. That team is the winner. If tails comes up nothing happens. Do not squeeze. If a team does squeeze, the other team is allowed to rotate. No talking is allowed during the squeezing process.

Goal (Expected Outcome):

Fun & Teamwork.

Submitted by: Ty Sellls
**Activities for Groups**

**Title**  
**The Wink**

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**Optimum Group Size:** 30-300

**Materials Needed:** None.

**Outline of Activity** (How to do it in a clear, concise form):

This activity gets people introducing themselves and making contact. It is inappropriate for mixed groups when people don’t know each other well. Choose an audience that enjoys an element of playfulness.

> Whether it’s a flirtatious gesture or a knowing response, a wink has hidden meaning. And a part of its meaning is the suggestion: “This is our little secret; no one else is included.”

Before the activity, designate three to fifteen people (depending on the size of the group) to have “the wink” — making them Winkers. Tell participants that the object of the game is to get rid of the wink. Explain the rules:

☞ Three to fifteen participants will act as the Winkers, but the rest of the group does not know who they are.

☞ The Winkers will get rid of the winks by winking at people they meet. Those persons than have the winks and can only get rid of them by winking at other people.

☞ Whenever someone winks at you, you then have the winks and may get rid of them only by meeting someone else and winking at them.

☞ When time is called, the persons who have the winks are the losers.

Begin the activity. Call time after two to three minutes and ask whoever has the winks to raise their hands.
Model the wink for participants, exaggerating the behavior while shaking someone else's hands. Remember that not everyone can wink. If any of the group say they can’t wink, believe them! Tell them just to do an exaggerated blink.

*Note: As a variation, if it’s a small group, just designate one or two Winkers.*

**Goal (Expected Outcome):**

Getting to know you; pure fun; physical energizer; especially for big groups.

**How to Process (As a Facilitator, What points need to be covered after completing activity?):**

Processing is optional.
What was most difficult for you during this game?
How could it have been better?
What did you learn from this game?
Is this a competitive or cooperative game?

**Source:** Especially for Big Groups
Activities for Groups

**Beach Party**

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**Optimum Group Size:** 8-20

**Materials Needed:** 3 beach balls; Beach Party Activity Sheets, one card per participant.

**Outline of Activity** (How to do it in a clear, concise form):

This is a recess for adults. Use it with any group as an energizer (or when you’d rather be outdoors than teaching a session).

*Have you ever witnessed school children out on the playground at recess time? The sounds are delightful: laughing, directions being called out, cheering for individuals and teams, arguing over rules, sing-song rhymes and clapping hands for jumping rope, name calling, hushed conversations, bats and balls colliding, ball bouncing, and the skipping of hopscotch. Adults need more recess.*

Take participants outside and ask them to form a circle. Give out number cards randomly so that sequential numbers are not in a row. Explain the rules:

- **The object of this activity is to keep the balls within the circle and in the air.**
- **Beginning with one beach ball, a person with a #1 card will go to the middle of the circle, hit the ball into the air, and yell “#1.”**
- **A #2 must then run into the circle and hit the ball into the air yelling “#2.”**
- **#3 follows #2, #4 follows #3, and so on.**
- **After the first four people have hit the ball, #1 will start a second ball by hitting it in the air and yelling “#1.”**
- **The game will continue until there are three balls all going at the same time with each being hit in consecutive order by their numbers.**
- **Participants must listen for the number prior to theirs so they can be prepared to get that ball.**
If the ball hits the ground, the person who was supposed to hit it should pick it up, hit it into the air, and call his or her number.

Continue through one round for each ball. The last person should hit the ball out of the circle.

Goal (Expected Outcome):
Physical energizer; pure fun; outdoor activity; team building.

How to Process (As a Facilitator, What points need to be covered after completing activity?):
Processing is optional.
What was most difficult for you during this game?
How could it have been better?
What did you learn from this game?
Is this a competitive or cooperative game?

Source: Especially for Big Groups
**Title**  
**People To People**

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**Optimum Group Size:** 5 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

An odd number of participants is needed to play this game. To begin, someone is chosen to call out “People to People.” The players must then all find a partner as quickly as possible. The person left without a partner is then the designated caller. He/she calls out pairs of body parts that the players must touch to each other. For example, if “elbow to knee” is called, the partners must touch one of their elbows to the other person’s knee. The caller continues to call out a few more similar pairs which must be added to the players’ present positions. Once a series of three to four pairs has been called and everyone is in a tangled mess, the caller calls out “People to People” and the process starts all over again with new partners.

**Sample series pairs**
- elbow to knee, chin to shoulder, and foot to foot
- palm to palm, left knee to right knee, and neck to neck
- backside to backside, cheek to cheek, and hand to hand

**Goal** (Expected Outcome):

To have lots for fun and break down barriers in the group, while allowing the members to get to know each other better.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing optional.
What feeling(s) did you experience as you participated in this game?
What did you learn about yourself?
Were you assertive or passive in getting tangled with your partners?
When were you most self-conscious?

**Submitted by or Source:** New Games
Activities for Groups

Title

Touch Blue

Type  Introductory  Working  Closing  Game
(Getting to Know  (Growing Risk,  (Saying Goodbye,  (Active Exercise
Each Other, Low  Personal  Ending)  for Group building
Risk)  Awareness)  and Fun)

Optimum Group Size:  10 and Up

Materials Needed:  None

Outline of Activity (How to do it in a clear, concise form):
Group is standing and someone is designated as the “caller.” The caller will tell
participants to touch someone within the group according to their description. For example,
“Touch someone wearing blue,” or “Touch someone who has one earring.” The group must then
find someone fitting the description and touch them. After everyone has found someone fitting
the description, the caller calls out another description.

Goal (Expected Outcome):
To break barriers in the group and have fun.

How to Process (As a Facilitator, What points need to be covered after completing activity?):
Processing is optional.
Were you assertive or passive in touching someone you didn’t know?
How were you feeling at the beginning of the game? The end?
What did you learn about yourself?

Submitted by or Source:  Unknown

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## Activities for Groups

### Elbow, Fruit, Hop

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Group is standing and a member is designated as a caller. The caller will say 3 words. The first word is the thing you touch or hold, the second word is what you call out loud, and the third word is the action you do. For example, if the caller were to say, “Ear, animal, hop,” the group members would hold their ear and yell out their favorite animal while they hopped around. The caller then continues to call out other combinations of words.

**Goal** (Expected Outcome):

To break barriers in the group and have fun!

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
What were you feeling as the game began? At its end?
How concerned were you with what others thought of you?

**Submitted by or Source:** Unknown
### Activities for Groups

#### Psychic Shake

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<td>and Fun)</td>
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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

The group is to be standing with their eyes closed. They are then told to think of a number: either one, two, or three. After choosing a number they mill around, with their eyes still shut, and silently shake hands with each other. As each person shakes they do so in an exaggerated pump. Each person pumps only the number of times of the number they have chosen. When two people meet who shake the same number of times, they link arms. If someone finds the middle of a line they must find their way to the end and shake with the person who has a free hand. The game continues until all the ones are a linked group, as are the twos, and the threes.

**Goal** (Expected Outcome):

To have fun and break down barriers while getting to know each other “silently.”

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

- Processing is optional.
- What was most difficult for you in this game?
- How trusting were you?
- How much of a risk was this game for you?
- How did you feel?

**Submitted by or Source:** New Games
# Activities for Groups

## Ooo-Aah!

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**Optimum Group Size:** 5 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Group members stand in a circle with hands held. One person squeezes the hand of the person on his/her right. The squeeze is then passed around the circle as quickly as possible. When the squeeze gets back to its sender, he/she passes it around again and with an accompanying “Oooo.” When it gets back to the sender again, he/she passes it back the way it came (to the left) saying “Oooo” and then immediately turns to his/her right and passes around another squeeze saying “Aah.” As the “Ooo” is going one way and the “Aah” goes the other, they will eventually meet at one person who must try to continue both on their respective ways as quickly as possible.

*Variation: Use "Itii," "Eeee".*

**Goal** (Expected Outcome):

To have fun and break barriers in the group.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

- Processing is optional.
- What was most difficult for you in this game?
- How important is communication in asserting your needs?
- How did you feel about the game?

**Submitted by or Source:** New Games
Activities for Groups

Title

Do You Love Your Neighbor?

Type  Introductory  Working  Closing  Game
(Getting to Know  (Growing Risk,  (Saying Goodbye,  (Active Exercise
Each Other, Low  Personal  Ending)  for Group building
Risk)  Awareness)  and Fun)

Optimum Group Size:  10 and Up

Materials Needed:  None

Outline of Activity (How to do it in a clear, concise form):
The group should sit in a circle in chairs with one person in the middle. The person in the
middle should go to someone in the circle and say, “Do you love your neighbor?” If that person
responds “yes,” everyone except the 2 neighbors stands up and races for a different chair in the
circle. The person in the middle should try to get a chair too, so there will be someone new in
the middle. If the person in the middle goes to someone and asks, “Do you love your neighbor?”
and that person says “no,” then the middle person says, “Who do you love?” The person in the
circle can say anything, such as, “All those people wearing red.” All the people wearing red will
remain seated and everyone else should race for another chair, including the person that was in
the middle. Another person will be left without a chair and the game goes on as before until the
group chooses to quit.

Goal (Expected Outcome):
The goal is to break down barriers and get the people in the group to feel more
comfortable around each other.

How to Process (As a Facilitator, What points need to be covered after completing activity?):
Processing is optional. The facilitator can, if he/she chooses, discuss with the group
feelings they had throughout the game and how those feelings compare with how the participants
feel now.

Submitted by or Source:  Youth to Youth
Activities for Groups

Title

**Sit On It**

| Type          | Introductory (Getting to Know, Each Other, Low Risk) | Working (Growing Risk, Personal Awareness) | Closing (Saying Goodbye, Ending) | X Game (Active Exercise for Group building and Fun) |

Optimum Group Size: 10 and Up

Materials Needed: Chairs

Outline of Activity (How to do it in a clear, concise form):

Have the group sit in chairs in a circle. The facilitator should stand near the circle, inside or outside does not matter. The facilitator will make a statement, for example, “All people with red on.” Then, all the people sitting in the circle wearing red should get up and sit on the next chair or person’s lap who is immediately to his/her right. The facilitator will continue to make statements and people will continue to sit on chairs or each other until there is no more time left or there are too many people on one lap to continue. Attached is a list of possible statements to say.

Goal (Expected Outcome):

This should be a “fun” activity. It should break down barriers within the group.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional. If the facilitator chooses to process, he/she may ask questions, i.e., “How did you feel when you had to sit on someone’s lap?” or “How did you feel when someone had to sit on your lap?” The processing should be as fun as the activity.

Submitted by or Source: Youth to Youth
MOVE TO THE RIGHT...

if you are happy now
if you have a blue shirt on
if your house has a fireplace
if you have perfect attendance in school
if you have blue eyes
if you are going steady
if you are a sophomore
if you have dyed or bleached hair
if you have been to Europe
if you have three or more brothers and/or sisters
if you have braces
if you have a birthday in March
if you have green on
if you have hair at least ten inches long
if you have a driver’s license
if you play tennis
if you took a shower today
if you are on the honor roll in school
if you like to go shopping
if you like math in school
if you are wearing a watch
if you are over four feet tall
if you have been outside of the United States
if you have been to Disneyland or Disney World
if you have curly hair
if you can speak another language
if you have white socks on
if you have freckles
if you have long hair
**Activities for Groups**

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Have the family members sit in a circle. The family leader explains that the object of this exercise is to pass the word “Ha” around the circle, without laughing. The leader then says “Ha.” The member to his right says “Ha” and adds and additional “Ha.” The third group member says “Ha, ha” and adds another “Ha.” This continues around the circle. The exercise ends when all family members have said “Ha’s” without laughing.

*Variations: “Yuck,” or “Tee-tree.”*

Also, you may want to try lying the group in a circle with everyone’s head on someone else’s stomach!

**Goal** (Expected Outcome):

To build group cohesion through a shared experience and have fun while doing it.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional. What did you think as the game began? Was this game fun for you? Why? Why not? What did you enjoy most about this game? What did you like least about this game?

**Submitted by or Source:** Encyclopedia of Icebreakers by Sue Forbes-Greene
Activities for Groups

**Smile, If You Love Me, Honey**

Type: Introductory
- (Getting to Know Each Other, Low Risk)

Type: Working
- (Growing Risk, Personal Awareness)

Type: Closing
- (Saying Goodbye, Ending)

Type: Game
- (Active Exercise for Group building and Fun)

Optimum Group Size: 5 - 15

Materials Needed: None

Outline of Activity (How to do it in a clear, concise form):

A large group sits in a circle. One person, “A,” will begin by approaching another person, “B.” “A” will say, “Smile if you love me honey.” “B” must respond, “I love you, honey, but I just can’t smile.” “B” must say this three times without smiling, at all. If “B” succeeds, “A” must approach another person until “A” gets someone to smile. If “B” does smile, “B” must now approach someone and “A” is allowed to sit in the circle. When approaching someone, you are allowed to say or do anything with the exception of tickling or such which will result in one person laughing regardless of how hard he/she tries not to.

Goal (Expected Outcome):

This game should result in the participants feeling more at ease with each other. It gives them an opportunity to joke around and talk with people they have not met before.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional. If the facilitator chooses to process he/she/they may ask questions, i.e., “How did you feel when you were approached?” “How did you feel when you had to respond?” “How did you feel when you had to approach someone you don’t know?” The processing should be as fun as the game.

Submitted by or Source: Unknown
### Activities for Groups

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**Optimum Group Size:** 5 - 15

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

The participants need to stand in a close circle, shoulder to shoulder and place hands in the center. Everybody then grabs a couple of hands; being sure not to hold both hands with the same person or to hold either sets of the hands of the person right next to them. (That is if you ever want to get out of this.) Now the participants try to untangle the knot without letting go of anyone’s hands. There are 2 possible outcomes: one large circle or 2 interconnected ones (figure 8).

**Goal** (Expected Outcome):

The goal of this activity is to build group cooperation and cohesion. It can be a lot of fun and often will do a good job of breaking the ice.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Facilitator can ask the group questions about how they solved the puzzle; what worked and what did not.

**Submitted by or Source:** New Games
### Activities for Groups

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

1. Have the group form a circle, including the facilitator (advisor).
2. Tell the group to look around the room carefully.
3. Now tell them to shut their eyes and think of a place in the room they would like to go to.
4. Ask them to open their eyes, and hold hands.
5. Tell them they are to each silently move toward their chosen place without letting go of hands.
6. After approximately 20-30 seconds tell the group to freeze and notice where they are.
7. Have them let go of hands and sit on the floor in a circle.

**Goal** (Expected Outcome):

To determine what happens when each member of a group insists on having his or her own way.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Did anyone get where he or she wanted to go?
How many here like to have things their own way?
Some group members get their own way often. What can we do to encourage them to cooperate?
Have the group decide on a place they would like to be together and go there.
Discuss conflict and cooperation in building a community.

**Submitted by or Source:** William Livisay
Activities for Groups

Title

Close To The Edge

Type  Introductory  Working  Closing  X Game
(Getting to Know  (Growing Risk,  (Saying Goodbye,  (Active Exercise
Each Other, Low  Personal  Ending)  for Group building
Risk)  Awareness)  and Fun)

Optimum Group Size:  5 - 15

Materials Needed:  A piece of chalk, or string 20’ in length or masking tape

Outline of Activity (How to do it in a clear, concise form):

The family leader explains that the participants are engaged in an activity that depends on
the trust that they place in each other. The leader takes the string, tape or chalk and constructs a
square with 5’ sides. The family group is told that the space inside the square is a cliff 300’ in
the air. They have been stranded there while mountain climbing, and must spend the night
because a rescue party can’t reach them until morning. The group must find a way to sleep so
that no family group member’s body extends over the cliff’s edge. If it does, they are doomed.
Have the group arrange themselves for sleeping and hold the position for 3 minutes.

Goal (Expected Outcome):

To build trust and cooperation in the group.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing should include asking the participants to share their feelings as if they were
forced to spend the night on the cliff. The leader should talk about trust, including how it is
formed and working together as a group.

Submitted by or Source:  The Encyclopedia of Icebreakers
### Activities for Groups

#### Bench Switch

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<td>(Active Exercise for Group building and Fun)</td>
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**Optimum Group Size:** 5 - 15

**Materials Needed:** A bench (at least a foot wide, but no more if possible)

**Outline of Activity** (How to do it in a clear, concise form):

Everyone in the group should stand shoulder to shoulder on the bench. Each member should then remember his or her spot and who she/he is standing by. The person on one end of the bench must then work his way to the to the other end. Once he gets there, the next person in line after him follow suit. This continues until everyone is back in his or her original place. If someone falls off, he or she must start over at the beginning of the line.

**Goal** (Expected Outcome):

To initiate a spirit of cooperation and build group cohesion.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
What was the most difficult about this game?
Did we work as a group?
What could we have accomplished better?
How did you feel as the game progressed?

**Submitted by or Source:** Allison Sharer
Activities for Groups

Title ______ Introductory ______ Working ______ Closing ______ Game
(Getting to Know (Growing Risk, (Saying Goodbye, (Active Exercise
Each Other, Low Personal Ending) for Group building
Risk) Awareness) and Fun)

Optimum Group Size: 5 - 15

Materials Needed: None. (Helps if you know a chant or the group can make one up. An example might be the “Volga Boat Song” or the chant from the Wizard of Oz “O-ee-O, Ooo-O”.

Outline of Activity (How to do it in a clear, concise form):
The group stands in a circle and the people put their hands on the shoulders of each person in front of them. The group then begins a soft and slow chant as the participants move slowly in a circle. A person then goes into the middle and must brag about him/herself. As he/she does, the chanting continues to become louder. The person must then speak louder and louder until he/she is shouting out bragging words. The person in the middle then rejoins the group and the chanting becomes soft again. Another person moves into the middle to start to brag and the game continues as above. The activity continues until everyone has been “the bragger.” (It might be helpful if the facilitator goes first.)

Goal (Expected Outcome):
This activity raises the self-esteem of the members of the group by concentrating on their achievements and talents, and the positive aspects of their lives. The game also breaks the barriers of taking pride and enjoyment in oneself.

How to Process (As a Facilitator, What points need to be covered after completing activity?):
Was anyone uncomfortable? Why?
Did you learn anything about yourself? About others?
How did you feel at first? And now?
Do you feel better about yourself? How?

Submitted by or Source: Doug Motz
# Activities for Groups

## Prui

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</table>

### Optimum Group Size: 10 and Up

### Materials Needed: None

### Outline of Activity (How to do it in a clear, concise form):

Group members close their eyes and stand around in a group. Next, with their eyes still closed, the group mingles about trying to find Prui. When you bump into someone you shake his/her hand and ask, “Prui?” If the other person asks back, “Prui?” then you know you haven’t found Prui. While everyone is doing this, a chosen “referee” whispers to one of the players that he/she is Prui. That person can then open his/her eyes. When bumped into and asked if he/she is Prui, the person is to remain silent. Group members may want to ask twice to be sure. Once a member has found Prui, he/she can also open his/her eyes, link arms with Prui, and be part Prui. Once the Prui chain starts to grow and members bump in to the line, they must follow it to the end where they then join Prui.

### Goal (Expected Outcome):

To break barriers in the group and have some fun.

### How to Process (As a Facilitator, What points need to be covered after completing activity?):

- Processing is optional.
- How much risk did you take in participating in this game?
- When did you feel most self conscious?
- How did you feel as the game progressed?
- What was the most difficult for you during this game?

### Submitted by or Source: New Games
**Activities for Groups**

**Tree-Rock-Bridge**

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity (How to do it in a clear, concise form):**

Put the group in a single file line. The first person in line must stand with his legs apart, forming the bridge. The second person is the rock. He or she must get on his knees and huddle over. The third person in line is the tree. She or he must put her arms up to form branches like a tree.

The next person must crawl under the bridge, jump over the rock, and run around the tree. Then that person will become a bridge and so on. Every time a person goes through the course, he or she becomes the next object. The game just keeps on going until everyone gets a chance to go through at least twice or the group gets tired of playing.

**Goal (Expected Outcome):**

The goal is to build group cohesion and have fun.

**How to Process (As a Facilitator, What points need to be covered after completing activity?):**

Processing is optional.
What did you learn about yourself?
What did you learn about others?
How well did your group cooperate?
How could your group be more cooperative?

**Submitted by or Source:** New Games
# Activities for Groups

**Title**

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<td>Awareness)</td>
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<td>and Fun)</td>
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</table>

**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Have everyone in the group close their eyes. The leader must then pick a person to be the vampire. Everyone will walk around with their eyes closed, including the vampire. Once the vampire grabs someone, the vampire lets out a scream, and that person becomes a vampire, too. If two vampires should happen to meet, they become mortals again. The game is played until everyone is either mortal or vampires.

**Goal** (Expected Outcome):

To break down barriers in the group and build group cohesion.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?): Processing is optional.

- How did you feel about the game?
- When were you most self-conscious?
- Was it hard to be comfortable during this game?

**Submitted by or Source:** Games
Activities for Groups

Title

Hug Tag

Type  Introductory  Working  Closing  Game
(Getting toKnow  (Growing Risk,  (Saying Goodbye,  (Active Exercise
Each Other, Low  Personal  Ending)  for Group building
Risk)  Awareness)  (and Fun)

Optimum Group Size: 10 and Up

Materials Needed: A lot of open space!

Outline of Activity (How to do it in a clear, concise form):

Group pairs up and then gets in a circle. Each pair links up and two people are standing
free in the middle. One of them is “it” and the other is being chased. The person being chased
must run to a pair and link up with one person in that pair. The other pair member is now free
and the one who must be chased. He/she cannot simply move to the neighboring pair! If “it”
gets that person then he/she is now “it” and the previous “it” must now find a pair to link into.

NOTE: The chase cannot move outside the circle and its immediate perimeter.

Goal (Expected Outcome):

To have fun as a group and build group cohesion.

How to Process (As a Facilitator, What points need to be covered after completing activity??):

Processing is optional.
How did you feel about this game?
What was most difficult?
How much risk is involved for you in this game?
What was most frustrating for you in this game?

Submitted by or Source: Unknown
Activities for Groups

Shoe Hug Tag

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Optimum Group Size: 10 and Up

Materials Needed: Everyone has to have on shoes.

Outline of Activity (How to do it in a clear, concise form):

Everyone takes off one shoe and balances it on his or her head. (The shoe cannot be tied on.) Everyone must walk around trying to keep his or her shoe from falling off. (They cannot use their hands.) If a person’s shoe falls off of his head, he is frozen. The only way for a person to get unfrozen is for someone else to hug him. Then, that person can pick up his shoe.

Goal (Expected Outcome):

To build group cohesion, break barriers and have fun!

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
How did you feel about this game?
What was most fun?
What was most frustrating?

Submitted by or Source: Unknown
Activities for Groups

Title

Four Up

Type  _____ Introductory  _____ Working  _____ Closing  X Game

(Getting to Know
Each Other, Low
Risk)

(Growing Risk,
Personal
Awareness)

(Saying Goodbye,
Ending)

(Active Exercise
for Group building
and Fun)

Optimum Group Size: 10 and Up

Materials Needed: None

Outline of Activity (How to do it in a clear, concise form):

Have participants start by sitting down. Anyone can stand up whenever they want to; but they can’t remain up for more than 5 seconds at a time before sitting down again. Then they can get right back up. The object as a group is to have exactly four people standing at all times.

Goal (Expected Outcome):

The goal is to focus participants’ attention on the other members of the group. This is a quick exercise that should only last a minute, but it is wild. It works best with groups of about 8-10.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

- Processing is optional.
- How did we function as a group?
- What could we do to improve our performance?
- Are we better focused?

Submitted by or Source: Play Fair
Title

Quick Shuffle 1-2-3-4

Type  Introductory  Working  Closing  Game
      (Getting to Know  (Growing Risk,  (Saying Goodbye,  (Active Exercise
      Each Other, Low  Personal  Ending)  for Group building
      Risk)  Awareness)  and Fun)

Optimum Group Size:  10 and Up

Materials Needed:  None

Outline of Activity (How to do it in a clear, concise form):

In groups of 3, have participants stand facing each other. Hold one fist clenched in front of them. Next, have them shake their fists up and down in front of them as they chant together, “One, two, three, four!” On the count of “4” each person puts out any number of fingers from zero to five. The object of the game is, without talking to each other, for the 3 persons to have exactly eleven fingers out. Once they have gotten eleven, try for twenty-three by having them shake both fists.

Goal (Expected Outcome):

The goal is to build group cohesion and have fun through a shared experience.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
Who had eleven (twenty-three) on the first try?
How did you feel?
What did you feel as the game progressed?
How are we doing as a group?

Submitted by or Source:  167
## Activities for Groups

### Killer

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

### Outline of Activity (How to do it in a clear, concise form):

Have everyone in the group close their eyes, and the facilitator chooses who the “Killer” will be. Then everyone starts to mingle, exchanging furtive glances. The Killer murders his victims with a wink. Once a person is winked at, he/she then does his/her favorite death scene, staggering, gasping and crumbling to the ground. To keep the Killer's identity from being too obvious, each victim should wait about 3-5 seconds after the wink before falling to his/her deathbed. The remaining survivors may be starting to get suspicious. If someone suspects the Killer’s identity he/she says, “I have an accusation!” Someone must, however, second this by saying, (what else?) “I second the accusation!” The two accusers, and there must be two, then count to three and point to their suspect-no conference or talking allowed. If they point to two different people, even if one is the guilty party, or if they point to the same person and he is innocent, then they both die instantly due to inept detective work. The Killer must never reveal him/herself unless two accusers point to him/her at the same time.

### Goal (Expected Outcome):

To have fun!

### How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional; however, if the idea of murder is in anyway offensive, the game can be changed to “Lover” with romantic swoons instead of death throes.

**Submitted by or Source:** The New Games Book
Activities for Groups

Title

Rock/Paper/Scissors

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Optimum Group Size: 10 and Up
Materials Needed: None

Outline of Activity (How to do it in a clear, concise form):

Two teams are needed, a free zone for each team and a center line over which they meet. Each team huddles and collectively decides which symbol they will throw. A fist means “Rock,” a hand held flat means “Paper” and two fingers means “Scissors.” The teams then meet, in two lines, over the center line to square off. Jointly they chant “one-two-three” as they shake their fists in the air and on “three” all the members of each team throw out the symbol their team has chosen. The criteria for winning are: rock breaks scissors, paper covers rock, and scissors cuts paper. The team throwing the winning symbol chases the other team, trying to tag as many of their players as possible before they reach their free zone. All tagged players join the team that caught them. This way teams constantly change and everyone gets to keep playing. If the teams should happen to throw the same symbol, it is a good idea to have a second choice ready. Just start the chant again.

Goal (Expected Outcome):

To break barriers and have lots of fun!

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
When was the last time you played this game?
Will you share it with the group?
How did you feel today as you participated?
How do we change our attitudes about games like this one?

Submitted by or Source: New Games
**Activities for Groups**

**Stand-Up**

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**Optimum Group Size:** 10 and Up

**Materials Needed:** None

**Outline of Activity** (How to do it in a clear, concise form):

Group needs to separate into pairs. Each pair then sits back-to-back with knees bent and elbows linked. Now stand up together. This takes cooperation and practice. Next, combine pairs to make each a group of four. Keep combining until the entire group is as one, and is a mass of struggling, stumbling and giggling fools.

**Goal (Expected Outcome):**

To break down barriers and establish a feeling of cooperation and shared experience within the group.

**How to Process** (As a Facilitator, What points need to be covered after completing activity?):

- Processing is optional.
- When was this game most successful for you?
- When was this game most frustrating for you?
- How did you feel when you accomplished the goal?
- What was it like for you to do this as a group?

**Submitted by or Source:** The New Games Book
Activities for Groups

Title

Skin the Snake

Type   Introductory   Working   Closing   X Game
(Getting to Know   (Growing Risk,   (Saying Goodbye,   (Active Exercise
Each Other, Low   Personal   Ending)   for Group building
Risk)   Awareness)                       and Fun)

Optimum Group Size: 20 and Up

Materials Needed: None

Outline of Activity (How to do it in a clear, concise form):

The group should be separated equally into teams of 10 to 25 members, and the teams
should form straight lines, front to back. Each person reaches between his/her legs with his/ her
left hand and grabs the right hand of the person behind him/her. Each team thus forms a chain
and waits for the starting signal. At the signal the last person in line lies down on his/her back
and the person in front of him/her backs up, straddling his/her body and lies down on his/ her
back directly behind the last person. This continues as the whole team waddles backwards along
the line of prone bodies and slips into place. When the last person lies down he/she must touch
his/her head to the ground and immediately gets back up. He/she starts forward, straddling the
line and pulling everyone else up behind him/her. The chain must stay intact as the line returns
to its original form.

Note: A pointer for safety and speed—when you are backing up to lie down, bunch close
together, lying close as possible to the person in front of you with feet close to his/her side and
toes pointed in.

Goal (Expected Outcome):

To have fun and break barriers in the group while stirring a feeling of group cooperation
and identity through competition with other groups.

How to Process (As a Facilitator, What points need to be covered after completing activity?):

Processing is optional.
What was most difficult for you during this game?
How could it have been better?
What did you learn from this game?
Is this a competitive or cooperative game?

Submitted by or Source: New Games