

PLAY ALONG

Games Folder



Description of the concept and all the games

Introduction:

Along with this games folder, a set of dices is needed.

The first throw of the dices decides the number of square you need to move down, vertically, on the board. Second throw decides the amount of squares you need to move horizontally.

A table for this is found in the bottom of this folder.

To play is to have fun, and everybody should be able to join. There will be games that are more physical than others. It is important to keep in mind that all participants think its fun, be it the youngest and older participants.

It is up to the leaders to keep control of the games, and look after the various participants.

Before starting the games, a game master should be appointed. The game master should settle disputes along and be the contact person on the other leaders.

We hope that you will have a good time playing these games, and that you will spread it among leaders in your organization.

The concept, and the games, is developed for local group usage.

Remember, playing is above the rules.
It is all about having fun.



#11 – A little duck

[Song/dancing]

Everybody is standing in a circle, singing and making the dance along with it.

A little, a little, a little duck with a wing! (flap right arm)
A little, a little, a little duck with a wing! (flap left arm)
A little, a little, a little duck with a foot! (stomp right foot)
A little, a little, a little duck with a foot! (stomp left foot)
A little, a little, a little duck with a tail! (stick butt out)
A little, a little, a little duck with a beak! (tilt head up)
A little, a little, a little duck with a QUACK!

#12 – Kabaddi

[Physical]

2 teams of 7 players (5 is the minimum). The game is played on a round field with a centerline. Each team has 4 stoppers that joins hands and form a chain. Each team has 3 runners. The teams take turns sending a runner forward.

The runner runs forward to touch one of the stoppers of the opposing team. After the touch, the runner has to run back to his/her own half of the field, yelling "kabaddi kabaddi" – the team the scores a point.

The stoppers are supposed to block the runner, running back to his/her own field, after the touch. The first of the 4 stoppers, which touches the runner, can catch the runner. The other three can't touch the runner. If the runner is not free within 30 seconds, the opposing team gets the point.

Materials: "Centerline"



#13 – Catching tails

[Challenge]

Every participant is given a tail, which should be fastened to his or her pants (it can't be tied, but have to be fastened loosely). The game is now about catching each other's tails while running around.

You can only catch others tails, if you still have your own. If you loose your tail, you sit down.

The one catching the most tails wins. The game is about getting the most tails, and being the last one standing.

Materials: "Tails"

#14 – Human knot

[Strategy]

One participants is chosen to be the untie, and is placed which his back to the other participants. The other participants stand in a circle, holding hand. The circle is know to make a huge knot, by going over and under each others arms, while still holding hands.

When the knot is made, the participants call for the untie to untie them. The untier should now untie them without the others loosing their grip of each other's hands.

#15 – Smugglers Run

[Race]

Can the smugglers get past the officers without being caught? All the youth are smugglers, and the leaders are officers. All smugglers are handed 5 pieces of paper, symbolizing money.

A station is set up in each end of the field. These functions as shops, selling and buying for the smugglers.

At the shops an onion can be bought for 1 piece of paper. At the sales spot, they are sold for 2 pieces of paper.



The smugglers now have to get past the officers, while crossing the field. If caught by the officers, they can search you, so make sure to hide the onion thoroughly. The officers can also take the money - so make sure to hide those as well. It is allowed to bargain with the salesmen, but if the officers catch you, you have to stand still until allowed otherwise. The one with the most money, at the end of the game, wins.

Materials: Onions, a lot of small pieces of paper.

#16 – Whispering game

[Random]

All participants sit down forming a circle.

One participant makes up a sentence, whispers it to the person besides him/her, whom whispers it to the person next to him. When the sentence has been whispered around the circle, it is said out loud, and everybody has fun with how much it has changed.

#21 – Song and Dance from Your own Organization

[Song/Dance]

Do a song with moves supporting it from your own organization.

#22 – Picking carrots

[Physical]

One participant is chosen as farmer. The others are carrots, laying in a circle, with their heads in the center. They should now grab each others tightly, holding each others arms. The farmer's job is now to pick the carrots, by pulling the free from each other. A carrot is picked when it loses contact with the other participants.

When a carrot is picked, it helps out the farmers.

It is allowed to be physical.



#23 – Bumper cars

[Challenge]

The participants form teams of two. One of the two is blindfolded, and acts as the bumper car. The other controls the bumper car by:

- | | |
|------------|-----------------------------------------------|
| FORWAR | - A poke on the shoulder |
| TURN LEFT | - A poke on the right side |
| TURN RIGHT | - A poke on the left side |
| BACKWARDS | - Two pokes directly after each other |
| STOP | - A hit on top of the head, with a flat hand. |

The person being the bumper car, holds its arm out as bumper. When a car hits another car with its bumper, the car being hit is out of the game.

Materials: Blindfold

#24 – Noughts and crosses relay

[Strategy]

The rules are just like noughts and crosses – just as a relay.

A large sized noughts and crosses board is made with rope. The participants are split into two teams of 2-4 participants. Make more teams, and boards, if necessary.

The two teams are either noughts or crosses. The first 3 on the respective teams now runs to the board with a nought or cross brick, one at a time. Number 4 runs and moves the other teams brick on the board. The two teams does not have to wait for each others turn, but it is the speed and pace of the team, getting a line of 3, that determines the winner.

Materials: 2 x 3 similar nought and crosses items.



#25 – Bombing Race

[Race]

Everybody is standing in a circle facing inwards at the center. A ball is now thrown around the circle. You can throw to whomever you want in the circle. When a person loses the ball, "BOMB" is yelled out loud. Then it's up to everyone to get to the ground and thereby get cover as fast as possible. The one who is last getting down to the ground loses and is out the game.

Materials: Ball

#26 – Catch in Chains

[Random]

Choose a field to play on. Choose one who should be "it". Everybody runs freely on the field. The chosen person should now try and catch the others. When being caught you join hands with the one catching you, forming a chain. When the chain consists of 4 participants, the split into two chains of two. The last man standing wins.

Bestem det område legen skal leges på. Vælg en, der skal være fanger. Alle løber frit rundt på banen. Fangeren skal prøve at fange nogle af de andre. Når man bliver fanget, tager man fangeren i hånden og derefter skal de sammen fange resten. Sådan fortsætter legen, indtil man har dannet en kæde bestående af 4 personer. Kæden deles, og man er nu 2 x 2 fangere. Sidste mand som ikke er fanget, har vundet.

#31 – Song and Dance from Your own Organization

[Song/Dance]

Do a song with moves supporting it from your own organization.



#32 – Star Catch

[Physical]

The game is played like ordinary catch – participants run around, while one person tries to catch them. You are caught by being touched by the chosen person. When touched, you stand with your legs spread and arms out to the side, forming a star. You are un-caught when another person crawls under you, between your legs.

The person catching the others should be replaced along with the game.

#33 – Rock, Paper, Scissors - race

[Challenge]

The participants are split into two equally sized teams. Every team is sent to their end of the field.

The individual teams, now decide whether to choose rock, paper, or scissors. When the teams have settled on one of them, they join each other on the middle of the field. Simultaneously they now yell out; “Rock, Paper, Scissors” thereafter they show their chosen move. The winning team now has to run and catch the others, trying to escape back to their end of the field. When caught you join the opposing team. The team is safe when they reach their end of the field.

#34 – Cau Cau Caught!

[Strategy]

This game is described for 15 persons, but can be scaled up and down. One person is chosen as the one catching – the “catcher”, who has the dice on his head. 4 persons are “Safes”. 10 persons, or the rest are “Prey”.

If the “Catcher” touches a person, whom is “prey”, the “prey” becomes the new “catcher”. If the “Catcher” touches a person whom is “safe” – wearing a



headband, nothing happens.

If two "preys" touches a "safe" at the same time, both "preys" are safe, whilst the "safe" is not. The "catcher" can now catch the "safes", and if that happens, they switch roles. If three "preys" touches the "safe", only the "safe" is safe. The game is therefore about escaping or touching a "safe", along with another, to save yourself.

Materialer: Dice and headband

#35 – Beat up Beef [Race]

Participants form a circle. One person stands outside the circle; "the beater". "The beater" starts walking around the circle, tapping everyone on the shoulder, while saying "knock" for each tap. After a little time, "the beater" places itself between two of the persons in the circle, yelling "beef!".

Here after the two persons run around the circle, in opposite directions. The game is about getting around the circle the quickest, and crawl in between "the beaters" legs to get to the middle of the circle. The looser is the new "beater".

#36 – Crocodile and Evolutions Game

[Random]

The participants start by walking around among each other, everybody in the first step of their evolution. When you meet another person, you do rock-paper-scissors. The winner moves on the next evolutionary stage, and can only duel with others on the same level. The looser has to find another on its own evolutionary stage. At the end there will be 1 egg, 1 tiny lizard, 1 huge lizard, and one monkey.



Everybody has to learn the movements of the different evolutionary stages:

1. Egg: Knocking on the eggshell, while saying: "Duk,duk,duk".
2. Tiny lizard: Making opening/closing beak movement, with their hands in front of the mouth, saying: "Waah, waah".
3. Huge lizard: Make a giant beak with your arms, and yell: "WHAAUGH, WHAAUGH!!!!"
4. monkey: making monkey movement while saying: "Uuhuh aauh"
5. Human: Run around laughing at the animals saying: "Haa, ha, ha-haa-ha".

#41 – Boogie Woogie

[Song/Dance]

Participants stand in a circle. Movements are done inwards in the circle:

Put your right hand in,

Put your right hand out, □

Put your right hand in,

And shake it all about.

Do the boogie woogie,

And turn yourself around,

Thats what its all about – HEY!

Ohh – Boogie-Woogie-Woogie – HEY!

Ohh – Boogie-Woogie-Woogie – HEY!

Ohh – Boogie-Woogie-Woogie – HEY!

#42 – Beet up Beef

[Physical]

Participants form a circle. One person stands outside the circle; "the beater". "The beater" starts walking around the circle, tapping everyone on the shoulder, while saying "knock" for each tap. After a little time, "the beater" places itself between to of the persons in the circle, yelling "beef!".



Here after the two persons run around the circle, in opposite directions. The game is about getting around the circle the quickest, and crawl in between "the beaters" legs to get to the middle of the circle. The looser is the new "beater".

In this version participants are allowed to fight in their effort to run around the circle the fastest.

#43 – Catch the Dragons Tail [Challenge]

All participants stand in a line, with hands on the shoulder of the person in front of them.

The first person in the line is the dragon's head, while the person in the back is the tail. Now the game is about the dragon catching its own tail, without breaking the chain. When the tail is caught, the person who acted as the head becomes the tail.

#44 – Stop! [Strategy]

In this game it is about not being hit by the ball.

The game is started by throwing the ball up into the air, and the first person who catches the ball yells "STOP!". Everybody playing now stands still, and the person with the ball now has to hit one of the others with it. If you're hit, you sit on the ground until the person who hit you, gets hit him/herself.

As soon as the ball is thrown you are allowed to move, and try to get the ball. If you catch the ball, when its thrown at you, the person who threw it is "dead" himself.

#45 – Onion Rolling [Race]

This game is about scoring the most points with your onion.

Three goals are set up. A small shoe, a larger shoe, and a boot. They are now tilted, so that it is possible to throw an onion into them. The participants each have



an onion, and a fixed amount of turns to throw.

The small shoe is 3 points, the larger shoe is 2 points, and the boot is 1 points.

You take turns shooting.

Materials: Onions, shoes, and boots.

#46 – Monkeys in the Trees

[Random]

A person is chosen to catch the others participants. You catch people by touching them, and when caught you change roles. You are safe if you are together in pairs, as monkeys in the trees. The tree being one person, the monkey being the other, sitting on the trees back.

A monkey can't stay in the tree for more than 10 seconds.

#51 – Limbo

[Song/Dance]

Classic Limbo dance. Participants form a line. Two persons hold a pole the others have to bend their back getting under. Every time the last person has been under the pole, the pole is lowered. When you can get under the pole any longer, you are out the game. The last man standing is the winner.

Materials: Pole.

#52 – Feed a bear

[Physical]

The participants forms group of 3 persons. One person is chosen to be the baby bear; the two others are the mother.

One person of the mother-team lay on the ground. The baby-bear lies on top of the person forming a cross. The last person now lies on top of the baby bear, facing the opposite direction of the person at the bottom.

The top and bottom persons grab each other's legs.



The baby bear now has to try and get out, by fighting its way out between the two persons holding him/her.

#53 – Tall waves

[Challenge]

The game takes place on a ship. Everybody, minus one (the captain), forms a line. The right side of the ship is "ocean", the left side is "land", and the middle is called "ship". If the captain yells "ocean", all the participants has to run to the right side, if "land" is yelled, all participants has to run to the left. If the captain yells "ship" everyone has to sit down.

The last person to reach each position is out of the game. Last man standing wins.

#54 – Murder!

[Strategy]

A leader walks around tapping everybody on their shoulders, while the participants keep their eyes shot. The leader grabs the shoulders of one participant tighter than just a tap. This person is now the murder. When "The murder is loose" is yelled, everybody opens their eyes. Everybody now walks around looking at each other. The murder kills people by catching their eyes and blinking to them with one eye.

The person killed now waits for about 5 second, before dying dramatically. If the person dying touches others in his/her fall, they die as well. The dying can't take more than three footsteps in the process of dying.

The game is about revealing who the murder is.

If a participant think he/she knows who the murder is, he yells: "I accuse!". The accusing person can only accuse the murder, if others support him by yelling "support". The accuser needs 1 supporter. While getting the supporter the murder can still kill, and can even kill the accuser before he/she gets supporters.



When there is one accuser and one supporter, the game is stopped by the judge. The judge now yells: "1, 2, 3, kill the murderer". On 3 the accuser and supporter points at the accused murder.

If the two have guessed correctly the murder dies, if they point at two different persons, the supporter and accuser dies.

If they point at the same person, but that person is not the murderer, the accuser and supporter both dies.

If the pointing is delayed by one of the two, the slow one dies.

#55 – Onion Dance

[Race]

Participants form pairs. Every pair stands with an onion between them on the stomach.

Now the pairs have to turn around them, without losing the onion. The team taking the most turns wins.

Materials: Onion

#56 – How did he get hurt? [Random]

All participants stand in a circle. The first person says: "He got hurt by standing at one foot" – everybody now has to stand on one foot.

The next person now adds something, e.g.: "He got hurt by scratching his left ear". Now everybody has to do so, while still standing on one foot.

You are out of the game when you can't do the commands any longer.

#61 – Song and Dance from Your own Organization

[Song/Dance]

Do a song with moves supporting it from your own organization.



#62 – Cat and Mouse

[Physical]

In this game it is about the cat catching the mouse.

The participants now form pairs and the pairs now stand in a circle, facing inwards. Standing one person in front of the other. Two persons are chosen, one as cat, one as mouse. The cat chases the mouse. If the cat catches the mouse, the roles are switched. The mouse is safe if he/she stands behind one of the pairs. The person in front of the extended pair is now the cat, and the former cat is now the mouse.

#63 – Dodge Ball

[Challenge]

In dodge ball two teams fight about being the last team standing. From their respective halves of the field, the teams have to try and hit the opposing players with a ball, before the ball hits the ground. The chief of every team is placed behind the end line of the opposing teams half of the field. The chief can catch and throw from there.

If the opposing player catches the ball in the air, the thrower is out as well. If you are out, you join the chief behind the end line.

When there is only one player left on a team, the chief joins him/her. The team who losses all its players first loses.

Materials: Ball

#64 – Human Noughts and Crosses

[Strategy]

Ordinary noughts and crosses, where bodies are used as pieces.

A board is made, by rope, or something else. The participants are split into two teams, and do several matches at the same time. Every time a match is over, the one team turn to the next. A leader counts the points for the teams.



#65 – Onion Relay

[Race]

Relay with onions. Participants are split into two teams. Each team has an onion, which should be run with by the participants. En a runner is back, the onion is handed over to the next.

A leader walks down the two lanes, and decides how the different persons should run with the onion. In the mouth, between the legs, under the chin, etc..

Materials: Onion

#66 – Dead Mans Bacon

[Random]

Participants form two lines facing each other.

They get equal numbers, so that each team has a 1, 2, 3, 4, 5,

In between the teams an item (could be anything) is placed. When the leader yells 1, the two 1's has to run to get the item and bring it back to the team. The successful team gets a point.

As soon as you take the item you have to run, and avoid being caught by the other. The other team gets a point if you grab the item and are touched by the opposing team afterwards.



Control Table for Dices:

	1	2	3	4	5	6
1) Song/Dance	#11	#21	#31	#41	#51	#61
2) Physical	#12	#22	#32	#42	#52	#62
3) Challenge	#13	#23	#33	#43	#53	#63
4) Strategy	#14	#24	#34	#44	#54	#64
5) Race	#15	#25	#35	#45	#55	#65
6) Random	#16	#26	#36	#46	#56	#66







