

A collection of games and activities.

3 Mice in a maze

I assume that each church has rolls of plastic tablecloths that are used for potlucks and dinners. Make a maze on the floor using the tablecloths, tape the cloths together, have 3 entrances to the maze. Blindfold the 3 contestants and place each kid on their hands and knees at one of the entrances. Each one must crawl to one of the other entrances using their hands to feel where the tablecloth leads or ends or turns. All 3 contestants are in the maze at the same time and the first one to find their way out is the winner.

4 Ring Cirkus

This is a great game to tire your kids out FAST! You tape four circles or squares onto the floor making a square. Make them about 6 ft apart. You place a jolly rancher or other small object in each of the circles. Start off with one person in each corner and when you say "GO", the kids have to run to another circle and take one object and bring it back to your own circle. The object of the game is to get three objects into your own circle. Be sure to have a few extra jolly ranchers handy to throw in the middle if the kids are having trouble getting three in their own circles.

Aamazing Shoe GrabTag

Everyone removes their shoes and puts them down the back of their pants sticking out of the waist as far as possible. Then, once the game is explained and you say go, the youth run around trying to grab the shoes from the other youth. Once both shoes are removed from ones waist, they are out. The trick is that the shoes must be held the entire time once plucked from another's waistband. The winner is the last one with shoe or two left in their waistband or the one holding the most shoes when the time ends.

Play as many times as time allows!

Act it out tag

I learned this one in acting class. Have two people sit in two chairs in front of the group. They will start acting out any clean, unoffensive scenario, like maybe driving a car or eating popcorn and watching a movie. Since this is not charades, they can talk. The conversations can be pretty hilarious. Then someone, anyone from the group yells "Freeze!" and both people freeze right where they are. The person who yelled "Freeze!" goes up and tags one of the two people on the shoulder. That person has to sit down and the new person takes their place, and starts acting out some other scenario without telling the other person what it is. They have to try and go along with it! Be careful though because this can quickly evolve into a WWF Smackdown! The game continues pretty much until you get tired of it. New people keep yelling "Freeze!" and tagging one of the two people and taking their place. It's really fun to see the creativity that kids come up with...

Act it out tag (Variation)

This is an idea that involves the game of "Act it Out Tag". You could also divide kids into two groups. Each group sends a member up to the front to be in the scenario. The point is to be the group that keeps the scenario going the longest. When one of the group members thinks that his or her teammate is going to draw a blank on how to act out the scene any longer they say FREEZE and switch places.

****OR****

The leader yells FREEZE and who ever is next in line for both groups (or alternating groups every other FREEZE) has to go replace his or her teammate. Each scene must last for at least X number

of FREEZES(3-5) but can go longer. Could even have non-biased judges (leaders) to say which team did a more convincing job in the scene. FREEZE should be yelled pretty frequently to keep it going. Letting the kids choose the scene is pretty interesting!

Acting is for all

Basically, this is a fun game for all, which can be adapted to suit any group or any theme!

Split your group in to smaller groups of between 3 and 8.

Then give each group a piece of paper with either 10 or 15 words on. They must then come up with a drama, normally about 2 or 3 minutes, can be longer, that contains every single word on the list!

This means you can choose the words to suit your group. For example if you are doing a session on Bullying, you could write down, bullying, teasing, and other words, or perhaps a session on justice, you could use words such as peace, war, fighting, etc etc!

This works well, because you can do very silly ones when you just want a game to play.

I like to use place names, celebrity names, people from the group, youth leader's names! These are all quite good if you aren't really looking to follow a theme but are just having fun!

As my group are quite competitive myself and other leaders judged them at the end with pieces of paper and marks out of ten for different categories, like team-work, creativeness, acting skills, use of words, etc!

Team Building Exercise

This activity is designed to help students or leaders appreciate the importance of working as a team. Synopsis: A student or leader goes and hides while another activity is running. Those participating are told that the person is hurt and requires emergency medical attention (without calling 911!) Teams must treat the person and move them to safety. Discussion afterward focuses on the importance of each team member and their contribution to the team.

Details:

Have the students involved in an active game. Choose one from Egad! their are tons of them!

While the game is playing send a student or a leader out discretely. After about ten minutes stop the game and say, "Wait some one is missing!"

At that point instructions are given that the "man down" has a spinal injury and must be moved on a solid object back to the meeting room. The group will fan out and then find the missing person. The activity can be timed, with the instruction that the area is filling with poisonous gas. Another twist can be that members of the team going out to get them have also been given injuries and others have to compensate. If you have a larger group send out more injured people that need to be brought back to the room

Discussion Questions:

1. When did you notice that someone was missing?
2. How did you feel when you were looking for the injured person?
3. What has this experience taught you about team work?
4. How can we improve ourselves as a team?

A time to look at scripture concerning the parts of the body would be good to focus on the meaning of the experience.

Team building exercise

Form a circle, the size is more or less irrelevant (max. 20) take a ball, now the group members have to start throwing the ball between them saying the name of the person they throw to. When the ball has been to all group members the circle has to be repeated.

The object for the group now is to optimize the time it takes for the ball to get through the whole cycle. The only rule is; that the ball has to be thrown in the same order. (Peter, Mark, John, Luke, - Peter, Mark, John, Luke) It should be up to the participants how to optimize. You can use a stop watch to time the group. If there is more than one group they can compete. Suggestion how to optimize: Move people around in the circle; Don't stand in a circle, optimize the ball (make it easier to catch), instead of a name say the first letter in the name.

Peter and Paul (Germany)

Description: The participants are making a circle and then they are making a certain rhythm with their hands. The rhythm is the base of the whole game so they should keep on doing it all the time.

Rhythm

They clap on their lap then they clap their hands then they snap their right fingers and then their left fingers.

During you are snapping your right fingers you say your own name e.g. "Peter" during you are snapping your left fingers you say the name of another participant e.g. "Paul". Then you are continuing with the rhythm (clap on your lap again you clap your hands) and then "Paul" is saying his own name, during he is snapping his right fingers and another name during he is snapping his left fingers...

People who miss that it is their turn or he/she can't stick to the rhythm or they are saying the name of a person who is not in the game they are out. The winner of the game is the person who is last.

Preparation: /

Goal: to learn the names of the people in the group

Time: 15 min. -

People: 6 -

Material: /

Special advice: You can also play the same game with numbers instead of names.

Paper roll

Description: Everybody is sitting in a circle and one person is standing in the middle with a paper roll. One person starts by saying a name of another participant, the person in the middle should try to hit this person with the paper roll but if he/she says another name so the person in the middle needs to

hit this person before he/she is saying another name, etc. until the one in the middle hit a person before he/she can say another name. Then they will change place and the game goes on. The game stops when the participants get board.

Preparation: make a paper roll

Goal: to learn the names in the group

Time: 20 min. -

People: 8 -

Material: paper (old newspaper), chairs (one less than participants)

Special advices: /

Blanket game (Ukraine)

Description: Two persons are holding a blanket the participants are divided in two groups – one on each side of the blanket. Every group sends one person to stay just behind the blanket. Then the persons holding the blanket puts it down and the persons standing in front of the blanket has to yell the name of the other person fastest. The winner is the person who is fastest and the other person has to go to the other team.

Preparations: Finding a blanket

Goal: To be fast

Time: 5 min –

Materials: blanket

Special advices: Have a fair judge otherwise the game is not funny.

Zip Zap

Description: All participants are sitting in a circle. One participant is standing in the middle and he/she is pointing on another participants saying “Zip?”, then this participant has to say the name of the neighbor to the right, or “Zap?” then he/she has to say the name of the neighbor to the left. If he/she makes a mistake he/she and the person in the middle are switching places. The game stops when the participants get bored or they know all the names.

Preparation: /

Goal: to learn the names of the other participants

Time: 30 min. -

People: 8 -

Material: chairs if possible

Special advices: To make it harder let the participants switch places every few minutes

Little Horses (Belgium)

Description: The children are riding on the back of the leaders like on horses. First all leaders are standing in a circle with the children on the back. In the middle of this circle are laying things that can easily be picked up (ex. name signs, cones or something else, as much as children minus one). Then a person is whistling and all the leaders with the children on the bag are going clockwise. They stop when the whistle is blown again; the children are dismounting and running one turn around the circle. When they are coming back to their leader (horse) they are crawling through the legs of the leader in the middle of the circle and picking one of the name signs.

That horse and rider who doesn't get a name sign is out of the game.

The game stops when there are only 2 children left.

Preparation: Collect the things to put in the middle

Goal: The leaders are a team with the children

Time: 30 min. -

People: 6 couples -

Material: /

Special advices: Be careful that you are not breaking your back

Carrot harvesting

Description: One participant is selected to be the farmer. The other participants are the carrots and since carrots grow in the soil, they all lie down on their belly and make circle with their heads in the middle. Now everybody puts the arm in the middle and grabs a hand. Then it's time for harvesting, so the farmer has to pull out all of his carrots from the soil by pulling on the legs of them. All the carrots have to stick together as well as they can. If a carrot is pulled out of the soil (loses contact with the rest of the carrots), he/she will become a farmer.

The game finishes when all the carrots have been pulled out.

Preparation: /

Goal: To pull out the carrots

Time: 15 min. -

People: 6 -

Material: /

Crabs catching

Description: All participants are walking around like crabs. (Your back is turned to the ground and you carry yourself on your hands and feet.) In this game everybody is playing against everybody and the point is to pull a hand or a foot away from one of the other players so he/she is landing on his/her bud. If you touched the floor with your bud you are out of the game so just stay where you are. The last person who is still a crab is the winner. Everything is allowed in this game but be aware that you don't hurt the others.

Preparation: /

Goal: to run, to put people on their bud without going down yourself

Time: 10 min. -

People: 4 -

Material: /

Special advices:

If you play the game inside it's the best to take off the shoes

You can play the same game when all the players are in a pushup position. But be careful because you will fall with the face first.

Organism (Denmark)

Description: All the boys are sitting on the floor in a circle, holding arms with their backs to the middle. The point is for the girls to drag out one boy so he is not in contact with another boy, when that happens he is out of the game. When no boys are connected the game is over.

Preparations: /

Goal: To the boys to stick together and to the girls to separate the boys

Time: 5 min

Persons: 6 - , the best thing is if there are around the same number of boys and girls

Materials: /

Special advices: Make sure the ground is not too rough otherwise the clothes can be damaged.

Spider (Belgium)

Description: The participants are divided into two groups, one group is standing in a circle, very close together, with their arms around each other and their heads bowed in the middle. Each person in the other group chooses a person from the inner group and places himself on the outside of the circle upper side the chosen person. When everybody is placed right and the persons in the inner circle have a good

grip in each other and their heads very much down in the middle, one person from the outer circle runs to the inner circle, jumps over, but not totally, grip the chosen person around his waist and is now hanging under this person with only his feet in the ground (holding himself in the arms which are around the person in the inner circle). All the other persons in the outer circle do the same a few times and when everybody has a person hanging underneath or is hanging underneath, the people in the inner circle is allowed to jump 3 times and the persons from the outer circle has to try to keep hanging underneath. Afterward you can switch around, but the best thing is actually to have the biggest people in the inner circle.

Preparation: /

Goal: To have fun

Time: 10 min

People : 10 – 14

Materials: /

Special advices: This is a Belgian game, it is supposed to be violent, but make sure that it is clear to everybody before the game starts - it can easily hurt.

Ultimate Frisbee

Description: Divide the participants in two teams. Mark the field (it should be quite big so you can run a little, if possible take a football field). Mark a lane in the middle of the field to divide it in two parts. Mark two lines which are as long as the field is wide around one meter away from the edge of each end of the field. Behind these lines is the goal. The task is to make as many points as possible for the own team. You score by catching the Frisbee behind the line of the rival team's goal. The players are allowed to make one step with the Frisbee in their hand. If the Frisbee touches the ground the rival team of the person who touched it last gets it. A few times each goal the rival team gets the Frisbee and each team has to go back in their part of the field. Everything else is allowed. To make it harder you can start to play with a second Frisbee a few times a while.

Preparation: mark the field, the middle lane and the two goal lanes

Goal: To have fun

Time: 45 min. -

People: 10 -

Material: 1 or 2 Frisbees

Special advices: /

Aaaaaaaaaaaaaa

Description: Divide the participants in two teams. Each team has one side of the room. One person of one team starts. He/she can go into the field of the other team. But only during the time he/she can scream aaaaaaaaaaaaaa, without breathing between. He/she can tap the persons and these persons have to go to the other team. During the aaaaaaaaa screaming he/she has to return to his/her own field otherwise he/she has to stay in the other field. The game is ending when all the players are in one field.

Preparation: /

Goal: have fun

Time: 20 min. -

People: 14 -

Material: /

Special advices:

Take care that the participants don't get anoxia

Blim Blim

Description: One person (game leader) starts to sing the blim blim song. During the singing he/she is drumming on fictive drums and walks with very small steps to another person. Then the leader says blim blim to the person he/she is standing in front of (still playing the drum) the other person answers bilm blim (also playing the drums). The leader is turning around and both persons are walking and singing the blim blim song until they arrive to another person. The leader is asking again blim blim the person he/she is about to is answering blim blim then the leader is turning around saying blim blim to the other one who is answering again blim blim. But now this person turns around and all three are singing the song, playing the drums and walk until they stop in front of another person and so on. The game ends when all participants are in the line singing the blim blim song.

Song:

Blim

blim blim blim blim blim blim

blim blim blimb

blim blim blim

blim

blim blim blim blim blim blim

blim

blim

blim

Preparation: /

Goal: To pick up all participants

Time: 15 min. – (depends on how big the group is)

People: 6 -

Material: /

Special advices: The game is very good if you want to gather all participants or if you want to bring them all together to certain place e.g. to a meal

Bud-clap

Description: The participants go together in couples holding each others right hand. Now they have to try to clap with the le º hand the bud of their partner and he/she will try the same. The person who's bud has been clapped three times loses.

Preparation: Divide the participants in couples

Goal: To clap each others but

Time: 10 min. -

People: 2 -

Material: /

Special advices: /

Clap the hands

Description: The participants should go together in couples. They should lay down on the ground in a push up position facing each other. Their task is to clap the on the hand of the partner and avoid that he/she is clapping the own. The winner is the one who is fastest in clapping the hands of the rival three times.

Preparation: /

Goal: to be fast

Time: 10 min. -

People: 2 -

Material: /

Special advices: /

Evolution

All the participants are walking around in the room, when they meet somebody their own kind; they play *Stone, paper, scissors. The winner goes one step up in the evolution while the loser is going on step down (everybody starts as amoebas). The point is to become a human being as fast as possible.

Animals: sound:

1. Amoeba blub blub blub blub blub...

and pretend that you are swimming

2. Gemini: chichir chichir chichir... put

two fingers in top of your head as antenna

3. Rabbit: muemmmmmeln put your hands on top of you head and move them like ears

4. Monkey u u u a a a... jump around like ... a monkey

5. Human being be yourself

Preparation: /

Goal: become a human being, have fun

Time: 15 min. -

People: 8 -

Material: /

Special advices: Another Version:

1. small dino in an egg:

walking thru the room knocking in the air saying dick, dick, dick, dick, dick

2. small dino:

walking around making a beak with one hand saying iiw, iiw, iiw, iiw, iiw

3. medium dino:

walking around doing a bigger beak with both hands saying wahhh, wahhh, wahhh, wahhh

4. big dino:

walking around around making a bif beak with both arms saying wrooouhh, wrooouhh, wrooouhh, wrooouhh

5. human being:

standing laughing about all the dinos

*Stone, scissors, paper game: Two persons are standing towards each other, both counting to three with a fist. You are saying: one, to, three, now. And in same moment as now, you show a Paper (just a flat hand) or a Stone (a fist) or a Scissors (two fingers cutting). The stone wins against the scissors. The scissors wins against the paper. And the paper wins against the stone.

You can play evolution with different animal and sounds or you can play it like growing up (first baby then child, teenager, youngster, mother/father). You can also think about different versions...

Gordian knot

Description: Everybody stands in a circle. Then they close their eyes, walk forward with their hands in the air and grab the first hand they reach. After everybody has a hand they can open the eyes again. After that they have to go back in a circle but they have to hold hands all the time.

Preparation: /

Goal: to reduce reservation

Time: 10 min. -

People: 5 -

Material: /

Special advices: Another version is that one person stays out of the knot and he/she has to help the others to become a circle again.

The fool dance (Denmark)

Description: All the participants are standing in a circle, holding each others hands. Everybody is singing: "Now we will dance a foolish dance, foolish dance, foolish dance. Now we will dance a foolish dance and everybody is in." while they are walking around in the circle. Then the leader of the dance yells "Have we held each other in the hands?" And all the participants answer "Yes", the leader asks

Blind in a certain line (Germany)

Description: The participants are blindfolded and standing in a line, now they are told to place themselves after height without talking together. The game is over when the participants are placed in the right order.

Preparations: /

Goal: Cooperation

Time: 10 min. -

People: 8 -

Materials: Scarves for blindfolding

Special advices: Make it very clear to the participants that they have to be silent.

If it is to easy the task could be to make the line after shoe size e.g.

Eagle and chicken (Japan)

Description: One person is the mother chicken and one is the eagle. The other players are the baby chickens and they are standing in a line behind the mother chicken. All mother and baby chicken are holding each other on the hips. The eagle has to catch the babies now and the mother has to protect her babies. The baby chicken which is caught by the eagle is out.

Preparation: /

Goal: move, catch one of the babies

Time: 15 min. -

People: 6 -

Material: /

Special Advices: /

Find your partner [different versions] (Germany)

Description: 1. Version:

Write two times the same name, animal, meal, vegetable ... on a small peace of paper. Put these papers in a hat and mix them. All participants have to take one paper out and they have to find their partner by saying the name, meal, vegetable,... or making the animal sound.

Preparation: papers with names,...

Goal: to listen carefully and to find the partner

Time: 5-10 min. -

People: 6 -

Material: paper and pen

Special advices: This game is very good if you have a new group where people don't know each other and you want to separate them into pares or small groups

3D Kickball

This is a fast moving version of kickball for large groups. This version enables everyone to get up to bat several times in a short period of time.

The concept is the same as kickball except that you have three pitchers pitching to three kickers simultaneously. Once you are on base you do not have to advance a base unless you want. Therefore you can have several people on one base at a time. Instead of there being three outs we make it nine outs before the next teams gets up to bat.

The defensive team can stand anywhere around the playing field. Try it and modify it to suit the needs of your group.

3-on-3 Tourney

Plan and run a 3-on-3 basketball summer league. Have your youth share short 5 minute devotionals on relevant issues. Have a tournament ending banquet, with a special guest speaker (local Christian sports celebrity). This is a great way to reach out to the community!

Acid River

Take the group out in the woods, or anywhere suitable. Make sure you have 3 coffee tin cans that are strong and sturdy as well as two boards roughly 4 feet long and half a foot wide. Set down two ropes about 10 to 12 feet apart. The object is to get everyone on the boards or cans at the same time and then to get everyone off successfully without anyone falling off and touching the ground with their feet - or else they fall in to the imaginary "acid river." If one person falls off, the whole group has to start over. This activity will build communication skills, leadership skills and fellowship skills.

Alka-Seltzer Tag

Just one I didn't see on here yet:

Each kid gets an Alka-seltzer that has been pre-drilled and put onto a string. They must wear it like a necklace. The each kid either gets a styrofoam cup or a squirt gun depending on how you play. Split the kids into two teams or play every man for himself. The object is to melt the opponents tablet first, thus they are out when the tablet falls off the string. The tables must be in full view and cannot be touched.

At the boundary (whatever you determine) corners place 5 gallon buckets full of water or trashcans full of water (which ever work best for your version) to refill. This is a fun one that can be short or a longer game depending on how it's played. Make sure the kids wear clothes that can get messy because the depending on the flavor you bought or the alka-seltzer itself, sometimes there is a stained area still left after washing!!