

### **Whoop it out:**

8-10 people (Reduction of fear of contacts)

- stay in a circle
- put your arms above the shoulder of your neighbours
- one person is in the middle of circle
- the person in the middle tries to leave the circle, the others try to avoid this
- Variation 1: one person is outside and tries to come into the circle
- Variation 2: one person tries to enter the circle, another tries to leave the circle

### **Telephone (pantomimic)**

- Players are standing in a V
- The first person in the row (in the lower point of the V) makes a pantomimic expression to the next person (all the other players are standing with the back to the first person)
- The second person gives the expression to the third person and so on
- The group wins, which gives the expression in the right way to the last player in the row

### **Count-down**

- Players sit or stand mixed up
- Without coming to an agreement before, the players start to count the numbers one after another
- If two players say a number at the same time, the counting has to start from the beginning

### **Collective Faint**

- Players are divided into some groups (depends on the number of players)
- Music is played
- Everyone is walking through the room
- When the music stops, the master of the game says a number
- Those people from the group with this number stiffen themselves and let themselves fall, all other players have to catch them

### **Mummy-Game**

- Build groups of three to four people
- One person per group is the mummy, the others are the medical scientists
- When the start signal is given the medical scientists have to roll the mummy in with toilet paper as fast as possible (from the feet up to the head)
- The group who has a complete mummy first wins

### **I am the great magician**

- (theater game)
- Built a circle
- Two players go inside the circle and start to say alternating "I am the great magician"
- First calmly and then louder
- Every time they have to be a bit louder than the time before
- The one who can not get louder first, loses the game
- Two next players enter the circle...

### **Duck in a thunderstorm / Ox in front of the hill**

- One player is the ox and stands with the face to the hill (a wall)
- The other players stay about 10 meters away from the ox in a line
- The ox shouts one, two, three, four, ox at the hill, during this time, all the other players are allowed to run towards the ox
- When the ox is ready with shouting he or she turns around; everyone else has to stop moving
- If someone is still running or moving he or she has to go back to the starting line
- The one who is first at the hill wins and is the next ox

### **If one is falling – everyone is falling**

- All players stand in a circle (as round as it can be), very tight (front to back)
- Everyone puts the hands on the shoulders of his man in front
- One person gives the signal to sit down
- When everyone is sitting without falling down, the master of the game gives the commando: right leg, left leg, so that the everyone moves in a circle
- Goal: getting faster and faster until the circle collapses back upon itself

### **The Gordian Knot**

- Everyone stands in a circle and closes the eyes
- Now everyone stretches the arms forward and moves slowly forwards
- Everyone grasps other hands, so that one hand gets one other hand
- When everyone has a hand, eyes open
- Version 1: The Players have to unknot themselves without releasing their hands
- Version 2: One player outside of the knot has to give orders to the players to unknot the Gordian Knot

### **And daily pukes the kangaroo**

- Players stand in a circle, one in the middle
- The person in the middle gives the different orders and points at another person from the circle
- This person and the two neighbours have to follow the orders
- If someone is doing the wrong thing or is too slow he or she swaps with the one in the middle
- The orders are for example:
  - o Kangaroo: (middle): forms a circle with the arms in front of him (like the pouch of a kangaroo); (neighbours): pretend to puke into the pouch
  - o Toaster: (m): jumps up and down and shouts: "ready, ready"; (n): hold their hands around the one in the middle, so that they form a rectangle
  - o Washing machine: (n) hold their hands, so that they form a circle in front of the middle person; (m) shakes his head around (like the laundry)
  - o Mixer
  - o James Bond
  - o Vikings
  - o ...

### **Yes/No**

- Players stand in a circle
- One player starts to shout a yes to his/her neighbour, while shouting "yes" full of happiness, he/she throws the arms into the air; while saying no (full of anger) he/she stamps the ground with on foot
- A Yes let the signals go into the same direction, a no changes the direction

### **Sheep/Wolf catching**

- Everyone except two players perches on the ground, they are the tussocks
- The other two players are the wolf and the sheep
- The Wolf catches the sheep
- When the sheep jumps over a tussock, the sheep is becoming a new tussock, the tussock is becoming the new wolf, the wolf is becoming the sheep
- And so on

### **Flying Dutchman**

- Players form a large circle in pairs of two, between the pairs there is some space left
- Two players are out of the circle, one is the catcher who catches the other one
- If the one who is caught stands beside a couple (for example on the left side), the person on the opposite side of the couple (the right side) is the new catcher who is catching the old catcher
- And so on

### **Fairy, Knight, Dragon**

- Build two groups
- Each group agrees which kind of character they will be in the next round (fairy, knight or dragon)
  - o Fairy: takes her skirt and sings lalalalaaala and makes nice eyes
  - o Knight: has a sword which he schlagen and says hoa hoa
  - o Dragon: uses his Krallen and makes whoaarrrr
- When they are ready both groups are standing in front of each other in two lines
- One counts to three, then every group pantomimic exhibits their character
- Now the Fairy catches the knight, the knight catches the dragon and the dragon catches the fairy
- For example: If group one is the fairy and group two is the dragon, the second group has to catch the first
- Each group has to run behind a line; those who are caught before reaching this line are going to the catching group
- The group which remains wins

### **Chain-Catching**

- normal catching game
- one couple starts, takes each other by the hand and start to catch others
- If there are four in one chain, they may split into two couples
- The one who is free until the end wins

### **Pass the cotton wool ball**

- Two groups
- Every group stands in a line, every person gets some cream at the nose
- The first in the line has a bowl full of cotton wool balls, the last one gets an empty bowl
- Now the cotton wool balls have to be passed from one nose to another in the line without using hands and without touching the ground
- Winner is the group with the most cotton wool balls in the second bowl in a defined time

## **Swuusch:**

- form a circle
- one has got the swoosh (pantomimic) and is throwing it to the next one by acting like throwing a heavy energy ball to the next person and calling swoosh
- the swoosh is moving round the circle in one direction unless one is doing:
- zoink: the zoink blocs the swoosh, the person has to cross the arms jump and say: "Zoink"
- Now the swoosh changes the direction
- Zap: With a "Zap" the swoosh can be passed through the circle to any person; the person with the swoosh has to point the fingers to one person and has to say "Zap"
- Zombie: One can call zombie, now everyone has to mix up, acting like a zombie and has to change their place in the circle
- Freak out: Everyone has to freak out and change places
- "Fuck you" the one with the swoosh can say "Fuck you" to the direct neighbour, now the neighbour has to change places with the next neighbour
- going on and on

## **The Animal Game**

- Each person begins by selecting an animal, and a noise/action associated with that animal
- For example:
  - o Elephant: Hold nose and make a trunk with arms, and make elephant noise!
  - Lion: Show claws and roar like a Lion!
  - Snake: Join arms together, twist them like a snake and go Hiss...
- Once everyone has their animal, sit everyone in a circle. Pick one animal (suggest the Lion) to be the most "senior" or king of all the animals. The positions get more 'junior' as you go around the circle in a clockwise direction. The aim being to get to the Lion's seat.
- The game starts with the Lion making his noise/action, then the noise/action of another animal. It then becomes that animal's turn to make their noise then that of another animal and so on. The turn ends when someone makes the wrong noise/action or doesn't respond within 3-5 seconds. That person moves to the most junior of the positions and everyone moves up one seat.
- It is quite similar to the old Matthew Mark, Luke John game.
- The more outrageous the animal noises/actions, the better this game works. It becomes a great game when some of the more shy group members come out of their shells!

## **Screamer/ Duel of eyes or old chinese battle game:**

- Players are divided into groups of 8. This begins the class exercises for the day, which is followed by a lecture on this topic.
- Have the entire group "line up in a circle" - you know what I mean ... Important: everyone needs to be able to see the eyes of everyone else.
- Explain that you will be saying two sets of instructions repeatedly, "heads down" and "heads up." When you say "heads down," everyone looks down. When you say "heads up," everyone looks up, STRAIGHT INTO THE EYES of anyone else in the room. Two possible consequences:
  - o if they are looking at someone who is looking at someone else, nothing happens;
  - o if they are looking at someone who is looking right back at them, they are both to point in a very exaggerated manner at the other person and let out a SCREAM OR YELL. They are then "out" and take their places together outside of the circle to observe.
- Once the "screamers" have left the circle, the circle closes in and you repeat step two, followed by step three, until you are down to two people. Yes, they have to do it one more time, even though the outcome is a foregone conclusion.

## **Slo-Tag, Toe Tag, Slo-Toe-Tag**

- It is a tag game
  - o Everyone is it at the same time. Anyone is trying to tag anyone else and avoid being tagged by anyone else. AND
  - o There's no running. There's no walking. Actually, you can only take one step at a time.
- One is counting out "1, 2, 3, Step" in a loud voice; when "Step," is said everyone must immediately move one and only one foot in any direction as much or as little as they like. While doing that, everyone attempts to tag (with the hands) anyone standing nearby and avoid anyone trying to tag themselves (by moving the body if possible, but not the feet). If someone gets tagged, he/she simply stand up straight, cross the arms, and is now an obstacle that others may maneuver around. Those who are not tagged, repeat the process of "1, 2, 3, Step."
- When for example only 3-4 people are left in a large room with everyone else just standing: add the additional rule that all steps must now be towards another remaining player to promote a quicker finish. Variation: The tagged ones take a seat but are not completely out -- they can tag anyone still standing who comes near them except for the person who tagged them.

## **Don't Scrape The Snake!**

- Supplies Needed:
  - o 1 spot per participant minus one, placed randomly on the floor within a few feet of each other.
  - o 1 20-30' long rope, placed in a heap among/between the spots
  - o 1 hula hoop
  - o 1 blindfold
- Directions/Facilitator Script:
- Everybody takes a place on a spot (except for one person) and is not allowed to move during the game (also not switching the orientation during the game)
- Everyone who is on a spot must now get two hands on the rope; but the rope shall not cross itself
- Your team goal: the Hula Hoop must move from one end of the rope to the other without it touching the rope or any person;
- the person holding/carrying the hoop is the free person and is blindfolded.
- If the hula hoop touches the rope or any person other than the carrier, possible consequences are:
  - o Start over (not recommended as this is an intense activity, but maybe useful for a hot-shot group)
  - o Go back one person
  - o Nothing – just keep track of the number of touches and apparent reasons for the debrief.
  - o The event can be timed; after the first attempt, have participants brainstorm and then try again.
  - o Allow the blindfolded person to trade places with whomever whenever they want – state this on the front end.
  - o If this is a high-performing team, allow them to initially distribute the rope in any fashion they choose -- any crosses in the rope will add to the challenge.

## **A little flirt with the eyes**

- The amount of players has to be unequal
- All people stay paired in a circle, one after another
- The left person stays in the middle of the circle and twinkles to a front person
- The front person tries to reach the person in the middle, the back person tries to hold the front person
- For equal chances the back person has to hold the hands behind the back