

PLAYOLOGY - Games Galore -

Time	Activity	How	Materials
	<p>Name Juggle (name game)</p>	<ul style="list-style-type: none"> • Do a pattern of passing the ball to someone after saying their name... • Directions: Everyone stick out their hand....Now the person with the ball, say someone's name in the circle, and then toss them the ball. You put your arms behind your back • The person who caught the ball says someone else's name, tosses them the ball, and then puts their hands behind their back. Continue till everyone has been included • Repeat the pattern 3-4 times • Drop the ball and do a new pattern – everyone puts their hand out – starting person identifies a person across the circle and says their name, walks across to them, shakes their hand and take their place...they do the same thing until all have moved to another place. Repeat the pattern twice slowly; now try to do it as fast as you can. • Pick up the ball and go back to your original pattern and toss the ball around twice (folks are in different places in the circle now.....) <p>Variations</p> <ul style="list-style-type: none"> • Now play...look down, look up. Mix up the groups • Now, back to group juggle – still throw the same person, regardless of what group they are 	<p>Ball Different colors if mixing groups</p>
	<p>Zip, Zap, Zoom (name game)</p>	<p>Form a circle of chairs</p> <p>Get a volunteer for "it" to be in the middle and remove one chair.</p> <p>Have everyone be sure they know the name of the person on their right and left. The person in the middle points to someone and says Zip, Zap or Zoom. If the person says zip, the responder must say the name of the person on their right before the person in the middle can count to 10. If they say Zap, the responder must say the name of the person on their left. If the person says zoom, everyone must get up and find a different chair and the person left standing becomes "it" and continues the game</p>	<p>Circle of chairs, one less than number of participants</p>
	<p>Here's Johnny (name game)</p>	<p>Stand in a circle. Ask everyone to come up with a trademark action that demonstrates a hobby or interest (i.e. swing a golf club). The beginning person says, "Here's Johnny" and does their action. (using their own name of course, not Johnny)</p> <p>The entire group repeats the "Here's Johnny" and the action. Then the next person demonstrates their action and their name. The whole group repeats their name and their action, and the previous person's name and action. Continue around the circle, working back each time to the beginning person, until everyone has had a turn</p>	<p>None required</p>

Time	Activity	How	Materials
	Double Shuffle Toss (seated circle games)	<ul style="list-style-type: none"> • One person in the middle who tries to sit in the open chair. If person in the middle sits, then the person to the right of the middle person who just sat is the new person to get in the middle and start over. • Play this for a few short minutes, and then add the ball. • Toss the ball....if the middle person catches the sock ball, the person who threw it is in the middle OR if the middle person tags anyone (on the knee) while they are holding the sock ball the person with the sock ball is in the middle. You keep the shuffling going as the tossing is going 	Circle of Chairs with no Arms 1 more than in the group Ball for each group
	Spirit of 76 (seated circle games)	<p>The group is seated in a small circle or circles of 8-10 players each, with an It standing in the center of each circle. It moves slowly around the center of the circle, stops and suddenly points to one of the seated players, calling out "Elephant". The person pointed to must simulate an elephant's trunk by extending one arm in front and moving that same shoulder toward their nose. The players on each side of the elephant's "trunk" form the imaginary elephant ears by placing a bent arm to the side of their head (hand touching their ear) to simulate the appropriate right or left ear. It counts rapidly to ten. If reaches ten before one of the three players successfully completes their action, or if any one of the three players performs the incorrect action, that person becomes the new It.</p> <p>After Elephant has been attempted a few times, introduce the group to airplane - the proper accompanying motions for airplane are the person pointed to is the pilot (steers the plane) and the players on either side form propellers (hands moving in circular motion).</p> <p>Allow It to use either elephant or airplane.</p> <p>Build up to 3 or 4 different actions using the following:</p> <p>Spirit of 76 the person pointed to imitates the flag bearer, while the one on the right becomes the drummer and the one on the left plays the fife.</p> <p>Seal the person pointed to barks like a seal, while the players on either side clap their hands like flippers</p> <p>Kangaroo the person pointed to forms a pouch (hold arms out in front with hands joined) and players on either side jump up and down</p> <p>Palm Tree The person pointed to forms the trunk and the players on either side become branches floating in the breeze</p>	Circles of chairs

Time	Activity	How	Materials
	On Pon Clap (seated circle games)	<p>On =Fingers of either hand on top of head – SAY ON (depending upon which hand is used – this passes the next gesture to the person being pointed at – either to the left or to the right)</p> <p>If you are pointed to, you respond with</p> <p>Pon = fingers of either hand under chin – SAY PON (depending upon which hand is used – this passes the next gesture to the person being pointed at – either to the left or to the right)</p> <p>If you are pointed to, you respond by clapping by NOT SAYING CLAP and as you clap, do so in a way to point at someone else in the circle to pass the ON to</p> <p>When you “mess up” You are eliminated, but you get to become hecklers – who can say anything G rated, but cannot obstruct any views or TOUCH anyone!</p>	None
	This is My Nose (seated circle games)	<ul style="list-style-type: none"> Point to a body part, and say someone’s name at the same time as you say, “this is my _____ naming any appropriate body part except the one you are pointing to The person who’s name was called, must point the “named” body part, say someone else’s name and say this is my....saying any body part except the one being pointed to 	Chairs for each participant
	King Frog (seated circle games)	<p>Each person develops their own sign for an animal. Leader is king frog – their sign is a frog jumping off the lily pad</p> <p>The object is to be king frog</p> <p>King frog makes their king frog sign, and then another sign of someone in the circle.</p> <p>That person makes their own sign and someone else’s sign. This continues in a rhythm until someone messes up. The person that misses moves to the seat directly to the right of king frog, and everyone else who was below the person who messed up, moves up a seat closer to King frog. The signs stay with the chairs, not with the person, so everyone has to figure out their new sign. King frog begins play each time</p>	Chairs or sit on floor

Time	Activity	How	Materials
	Brain Fry (seated circle games)	<p>Tossing the ball across to someone in the circle, call out their name before you throw the ball to them. You cannot repeat a person in the circle, so make sure everyone has caught the ball before you throw it back to the person who started the game.</p> <p>Now...the challenge, repeat the very same pattern we just established, by sending the ball to the person again, and going in the very same order.</p> <p>Now, can you do it backwards?</p> <p>Can you do it forwards and backwards at the same time?</p> <p>Now, let's try saying our favorite color. – making a different pattern.</p> <p>Can you do names and colors at the same time?</p> <p>How about favorite desserts?</p> <p>Names, Colors and desserts at the same time?</p> <ol style="list-style-type: none"> 1 . Name 2 . Favorite Color 3 . Favorite Dessert 4 . Something your parents always tell you 5 . A favorite line from a movie 	4-5 balls circle of chairs
	Rock, Paper, Scissors (large group movement game)	<ul style="list-style-type: none"> • Walk up to anyone, and say Prepare to be Conquered - my name is _____ what is your name. Person responds, Hi my name is _____ Prepare to meet your doom • Count to three...do rock paper scissors...if you win, the other person stands behind you, puts their hands on your shoulders and accompanies you to the next person.....They become your cheerleader <p>Continue until two teams are formed....and do the last challenge!!!</p>	None
	Pru (large group movement game)	<p>Everyone in room spreads out and closes their eyes</p> <p>Have spotters who keep people from running into things</p> <p>Quietly choose someone to be Prui</p> <p>Pru remains silent throughout the game</p> <p>All others begin the game by moving about the room, with their eyes closed, and encountering others, saying "prui?" If you hear a prui back, continue searching for prui – who will not answer you. If you find prui, you determine it is prui from the silence, then reach out and touch prui and prui will lead you to put your hands on their shoulder. Once attached to the back of prui, you no longer answer the prui questions of fellow game players. The object – is to get everyone lined up and part of the prui</p>	None

Time	Activity	How	Materials
	Giants, Elves and Wizards (large group movement game)	Two Teams <ul style="list-style-type: none"> • Demonstrate Giants, Elves and Wizards motions • Giants squash elves, elves outmaneuver wizards, wizards cast spells on giants • Group secretly decides who they will be...Line up at boundary line. On count of three of leader shout out your group's choice. If you beat the other team, chase them back to the "home base." Anyone caught goes to the other team 	Boundary cones
	Heads N Tails (just for fun)	Make two lines of people. People at each end of the line race to send a hand squeeze to the front of the line when a "head" is flipped, on the coin, by the leader. When the squeeze reaches the front of the line, that person rushes to grab the object placed in the middle of both lines. Whoever grabs the object first gets to go to the back of the line. The idea is to get the person who started at the front back to the front of the line. If a mistake is made, the lead person must move back one spot. Only people with eyes open are the ones who will begin the squeeze.	A coin and an object
	Line up on a Log (group challenge)	Have groups get up on a beam (log, or a line taped on a floor) in random order Explain: You must now line yourselves up according to (1) height without anyone stepping off the line Then do according to (2) Birthday (3) Middle Initial Debrief Line up on a log activities: <ol style="list-style-type: none"> 1. What ways of moving people around proved most successful in the log line up? 2. How did holding on to one another make the log line up exercise easier? 3. Who seemed to provide the most leadership in the exercise? 4. What was your role in each of the activities? How did you feel about your role in the group? 5. Were there any frustrations as you tried to solve the problem? 6. How did you express these frustrations? 7. What else did you learn from this activity? 	line of some sort Debriefing questions:
	Moon Ball Variation (group challenge)	Use a beach ball and try to keep it in the air w/o touching the ground, counting the number of hits . No one can hit the ball a second time until everyone in the group has hit it the first time	Beach Ball

Time	Activity	How	Materials
	Tic Tac Toe (just for fun)	<ul style="list-style-type: none"> • Two Groups....number off.....one team is X and one team is O • Set up chairs in grid....3x3 or 4x4 or 5x5 • Call out a number, they run to a chair and put up and X with their arm or and O with their arm • Try to make 3 (or 4 or 5) in a row • Add a rule....can't take the seat in the row closest to your team. 	9, 16 or 25 chairs
	Close the Door (Tag)	<p>IT is the chaser. Another person is chosen to be chased. The remaining participants form a circle facing the center with hands joined and arms extended. IT begins on the outside of the circle on one side; the person being chased begins on the outside of the circle across from IT. The players on the circle assist the person begin chased by closing any door (joining hands with the person next to them) after the person being chased goes through. Doors do not close when IT goes through. Once a door is closed, IT remains closed for the duration of the game. Neither IT nor the person being chased can go through a closed door. The object is for the person being chased to avoid being tagged, close all the doors and finish on the inside of the circle, with IT on the outside. Or to finish outside the closed circle with IT on the inside.</p> <p>Most groups will need to give a three to five second head start to the person being chased, before IT can start chasing them</p>	Outside No supplies
	Tunnel Tag (Tag)	<p>Players stand in a double circle of partners, one facing in and one facing out. Partners make an arch. IT walks underneath the arches, tagging a set of partners. IT takes one of their places in the circle. While the partners run to their respective right, underneath the arches, until one returns to the open space in the circle. The partner who returns last now becomes IT</p>	No supplies
	Noodle Circle Tag (Tag)	<p>Players stand in a circle facing the center. There is a garbage can in the middle along with one fun noodle. One player is "IT"</p> <p>IT takes the noodle and walks around the circle and bops someone on the legs with the noodle. IT must then run back to the center, place the noodle in the garbage can and attempts to run back to the empty spot in the circle. The "VICTIM" tries to get the fun noodle out of the garbage can and tries to hit IT before they make it back to the empty spot. If IT successfully makes it back to the circle without being bopped, the VICTIM becomes the new IT and the game goes on. If IT gets bopped attempting to make it back to the circle, they remain IT. IT can only be IT for 3 rotations, and then a new IT must be chosen.</p>	Garbage Can Fun Noodle (1)

Time	Activity	How	Materials
	Heads n Tails Tag (Tag)	<p>Gather all players in one area and set boundaries. Explain: I am going to flip a coin. You choose heads or tails by either placing one hand on your head or one hand on your tail. If the coin comes up heads, heads are IT and all the heads will chase all the tails. If you are tagged, you must freeze in place, and await another player with your affiliation – they can unfreeze you by running a full circle around you and yelling Heads Free (or Tails free depending upon the team).</p> <p>Play for awhile and then switch to this Variation Now, when you are tagged, you must change team affiliations (if you have your hands on your head and are tagged by a tail, you move your hands to your tail and become a tail).</p>	Coin
	King Crab (Tag)	<p>Players are placed at one end of a large area with end and side boundaries – they are considered to be on the beach. One player is chosen to be the King Crab in the center of the playing area, which may be described as the sea. Then the King Crab shouts “Fishy, Fishy, swim through the sea” all players must run across the sea, to the opposite side of the sea to reach the other “beach”. Any player that is tagged by King Crab becomes seaweed – standing with legs crossed and remaining stationary, but helping to tag runners who come to close to them King Crab uses a foam disc to tag people – this helps to prevent rough tags!</p>	4 cones to designate the lines of the beach Foam disc
	4 Corners Tag (Tag)	<p>Set up area to have 4 corners evenly spaced. Set a cone at each corner. Cones have numbers 1-4 on them, make sure everyone knows which corner is which. One person is IT. Other players are evenly spaced among the four corners to start the game. IT calls out numbers. Players must run from that number to the number directly opposite from the number they are at and avoid being tagged by IT. Example: IT calls 3 & 4 – those standing at 3 must race to 4 and vice versa It must call at least 2 numbers, but may call up to 4 numbers. If more than 2 numbers are called, players must leave the number they are at and go to one of the ones that was called. When tagged, you must stand frozen in the middle to create obstacles for the others who are still playing.</p>	4 cones, numbered

Time	Activity	How	Materials
	Identity Crisis (thinking games)	Choose a category – let's use candy bar <ul style="list-style-type: none"> • Everyone write down a type of candy bar • Don't tell anyone what you wrote down, but you need to remember what you are.... • Leader reads all the types out loud twice through • First group ask someone from one of the other groups if they are a Kit Kat • If they are a Kit Kat, they must join that team and the team continues to guess until they get one wrong. If the person is not a Kit Kat, the guess passes to the next team • Object – to get everyone on the same team 	Slips of paper Pens
	Psychiatrist (thinking games)	A person or pair of people volunteer to be the psychiatrist first and leave the room Everyone else in the room decides on a particular malady or affliction that they have. Examples include beginning every answer with Well, or thinking they are a tree, or doing a particular movement before every answer Once the affliction is determined, call the psychiatrists back into the room. They ask folks questions until they can determine what the group affliction is. As the group answers, they should be vague or coy to begin with, but may want to start to give clues or be more demonstrative as the session progresses, in order to help out the psychiatrist	None
	4 on a Couch (thinking games)	Best played with at least 20 players. Write everyone's name on a slip of paper, one name per slip, and place papers in a container. Now sit everyone in a circle, with the "couch" (or four designated chairs) as part of the circle. Two boys and two girls (alternating) should sit on the couch. The people sitting in the rest of the circle should leave one empty chair within the circle. The goal is to fill the four spaces on the couch with either all boys or all girls. Once your folks are all situated, have each player draw a name from the container. Then start with the person sitting to the right of the open space. The person calls the name of anyone in the group. Whoever holds the slip of paper with that name on it moves to the open spot. The play continues with the person who now sits to the right of the vacant spot. Play continues until one or the other of the teams has filled the couch with their players If you don't have fairly equal male to female ratio, designate two teams – with folks wearing a ribbon on their wrist or not, or something simple Now – when you are advanced – play this with the following variation. When the name on your slip of paper is called, you get up and move, but you trade your paper with the paper of the person who called the name. This is too hard for me, but many love to play this way!	Slips of paper Pencils Basket Chairs

Time	Activity	How	Materials
	Thumbo (thinking games)	<ul style="list-style-type: none"> • The person is it....and no one knows who is it • Circle UP • Thumbo is eliminating folks from circle. Thumbo chooses to squeeze someone's hand any number of times, from 1 to 6. Thumbo can send the squeeze in either direction. • If you receive a squeeze, you pass along the squeeze to the person next to you, but with one less squeeze than you were given. Example - the person on my right squeezes my hand 3 times, I squeeze the hand of the person on my left 2 times. • If your hand is squeezed one time, you count silently to 4 and drop out of the circle • Trying to determine who Thumbo is....but you can't do it totally on your own, if you want to make an accusation, someone has to second it for you • Say....I have an accusation to make – and then look at floor. If you are willing to second the accusation, you say I will second. And then look down. On the count of three, both people have to say the name of the person they think is Thumbo....if they agree and are correct, game over, If they disagree, even if one is correct, they are both out of the circle. If they agree and are incorrect, they are both out of the circle • Those outside the circle can circle around and try to figure out who Thumbo is, but they are sworn to secrecy and cannot give any clues • Make the Velcro circle – put left hand behind your personal back with palm facing out. Take your right hand and put it behind the person to the right and hold that hand that is at their back to keep the squeezes hidden. • Play Thumbo 	None
	Choosing It so everyone can play	<ul style="list-style-type: none"> • Everyone puts his or her thumb up in the circle. All have eyes closed Starting person counts to 11....and touches someone's thumb before reaching 11. That person then touches someone else's thumb before the group finishes counting to 22 	None