

Contents

7 Acknowledgments

9 Introduction

19 STAGE 1 : STARTING OFF RIGHT

20 Tips for Leading Name Games

21 Name Games

- 21 Singing Names
- 22 Names in Action
- 22 Slap, Clap, Snap!
- 23 Toss-a-Name
- 24 It's Your Birthday
- 24 Name Pulse
- 25 Silent Scramble
- 25 Bumpity, Bump Bump Bump!

26 Name Games Plus

- 26 Behind Every Name
- 27 The Name Game
- 28 Milling to Music
- 29 Share and Tell
- 30 That's Me!
- 31 Team Banners
- 32 Sticky IDs
- 33 Crossword Connections

34 Beyond Names: Getting to Really Know You!

- 34 The Matching Game
- 35 Take a Hike
- 36 In the Spotlight
- 37 Four on a Couch
- 38 Peek-a-Who?
- 38 License Plates
- 39 Mystery Partners

41 STAGE 2 : BUILDING RELATIONSHIPS

42 Tips for Leading Relationship-Building Games

43 Fun Warm-Ups

- 43 Zip Bong
- 43 Zoom
- 44 Who's the Leader?
- 45 You're a Star!
- 46 Leadership Line-Up
- 47 Hog Call
- 48 You Belong!
- 48 Impulse
- 49 Mini-Scavenger Hunt
- 50 The Smiling Game

52 Personality Plus

- 52 Colorful Conversations
- 54 Animal Corners
- 54 Personality Sketches

56 Conversation Starters

- 56 Bag of Questions
- 57 Pan Game
- 57 Family Chatter
- 58 Ticket Talk
- 59 Two Truths and a Lie

60 Diversity Appreciation

- 60 Common Ground
- 61 Tiny Teach
- 62 Diversegories
- 64 Diversity ABCs
- 65 Human Treasure Hunt

67 Energy Builders

- 67 Bounce
- 67 Sit Down, Stand Up
- 68 Finger Fencing
- 68 One-Handed Shoe Tie
- 68 Talking Points
- 69 Signal Switch
- 69 Life Story
- 70 National Air Guitar Competition
- 70 Dance Craze
- 71 Airplane Aerobics

73 STAGE 3 : BECOMING A TEAM

73 Tips for Leading Team-Building Games

75 Physical Warm-Ups

- 75 Funny Bones
- 75 Player to Player
- 77 Four Corners Dash

78 Physical Challenges

- 78 Raise the Bar
- 79 Jungle Beat
- 80 Last One Standing
- 81 Shrinking Ship
- 82 Pass the Can

83 Tag Games

- 83 Predators and Prey in the City
- 84 Cat and Dog Chase
- 84 Going for “It”
- 85 Blob Tag
- 86 “It” Tag
- 87 Elbow Tag

88 Relays

- 88 Airplane Relay
- 89 Over and Under
- 90 Speed Rabbit
- 91 On Your Mark

92 Having a Ball

- 92 Diversity Toss
- 93 Group Juggle
- 94 Zip!
- 96 Precious Treasure
- 97 Popcorn
- 98 Elevation

99 Balloon Games

- 99 Balloon Bop
- 99 Balloon Body Bop
- 100 Balloon Body Combo Bop
- 100 Balloon Chaos
- 101 Fire in the Hole

102 Scavenger Hunts

- 102 Quick Scavenger Hunt
- 104 Digital Scavenger Hunt

106 Word Games

- 106 Spell Off
- 107 Four Letter Words!
- 108 20 Words or Less
- 109 Alphabet Race
- 110 Parallel Words

111 Group Collaborations

- 111 Story Circles
- 112 Group Poetry

113 TV Remixes

- 113 Name That Tune
- 114 Expert Reviewers
- 114 Unfair Quiz Show
- 116 TV Families

117 By the Board

- 117 Trivia Masters
- 118 Trivia Acts
- 119 Picture Perfect
- 120 Clay Artists
- 121 Create-a-Game
- 122 The Big Issues Board Game
- 123 Building Blockbusters
- 124 Scatter Categories

125 Creative Pursuits

- 125 Build a Boat
- 126 Human Machines
- 127 Nature Sculptures
- 128 Clay Sculptures
- 129 Kitchen Creations
- 130 Card Castles

131 Lights, Camera, Action!

- 131 Song Off
- 132 Bag of Skits
- 133 Create a Message
- 134 Commercial Spots
- 135 Pantomime Pairs

136 The Artist

- 136 Artist of the Day
- 136 Blind Design
- 137 Who Am I?
- 139 Back-to-Back Art

141 STAGE 4 : DEEPENING TRUST

142 Tips for Leading Trust Games

143 Express Yourself

- 143 Take a Stand
- 144 What Would You Do If . . . ?
- 146 Debate a View
- 147 Values Continuum
- 149 Two Circles
- 151 Life Lines
- 152 Crossing the Line
- 154 Last Detail
- 155 Wink, Wink!
- 156 Sticky Buns

158 Tips for Leading Safe Trust-Leaning Activities

162 Trust Leans

- 162 Backward Lean
- 163 Forward Lean
- 164 Leaning Book Ends
- 165 Compass Lean
- 166 Wind in the Willows
- 167 Trust Lift
- 168 Trust Walk
- 169 Trust Fall
- 170 Bounce Machine
- 171 Tandem Stand Up
- 172 Sherpa Walk

173 STAGE 5 : CHALLENGING THE TEAM

174 Tips for Leading Problem-Solving Initiative Games

175 Initiatives and Puzzlers

- 175 Magical Stones
- 178 Blind Count
- 179 Ice Cream Sundae Challenge
- 180 Snowshoes
- 181 Change Over
- 181 All Aboard
- 182 The Chocolate Factory
- 184 Guiding Lights
- 185 The Winding Road
- 187 The Winding Road: Crossing the Pit of Despair
- 188 The Winding Road: Crossing the Sea of Hope
- 190 Perfect Square
- 191 Mission Possible
- 192 Two-Sided Toss
- 194 Hidden Hands

195 STAGE 6 : AFFIRMING CHANGES AND CELEBRATING SUCCESSES

196 Tips for Leading Transition and Celebration Games

197 Ideas for Celebrations and Transitions

198 Just for Laughs!

- 198 Hula Hoop Challenge
- 199 Ha! Ha!
- 200 The Ahhh! Game
- 200 Balloon Launch
- 201 Coin Toss Relay
- 202 Puzzle Relay

204 On a Positive Note

- 204 Positive Vibes Jam
- 205 Pats on the Back
- 205 Musical Chairs Affirmations
- 206 Mail Carriers
- 207 Personal Keys Puzzle

208 On a Thoughtful Note

- 208 Music Makers
- 209 Grab Bag
- 210 Talent Web
- 211 Snapshots
- 211 Opposite Ends

213 On a Ceremonial Note

- 213 Box of Life
- 214 Talking Stick

215 APPENDIXES

216 It's All in the Questions

219 Game Index

225 Game Sources

IT'S YOUR BIRTHDAY

TIME 10–15 minutes

SUPPLIES

› CD, radio, or tape player

THE GAME Say to the group, “Pretend today is your birthday and everyone here is a guest at your party! To make sure everyone feels welcome, introduce as many people to each other as possible.” To make the atmosphere festive, play music as people mingle. Allow 10 minutes for mingling and then ask for a show of hands to determine who introduced the most people. (“Who introduced 5? 6? 10?”)

ASSET CATEGORIES Support, Social Competencies, Empowerment

NAME PULSE

TIME 5–15 minutes

SUPPLIES

› Stopwatch or watch with second hand

THE GAME Gather players in a circle. The goal is for every player to say his or her name as quickly as possible, one at a time, going in order around the circle. Choose someone to start the name pulse and the direction in which it will go. The first person says her name, the next person says his name, and so on around the circle. A player cannot say her name until the previous player finishes saying his. After a trial run, challenge the group to improve their time. Give them a few moments to figure out how they might be able to cut their time down. Let the group repeat the game several more times.

NOTE Players are shrewd. They may come up with ideas that seem “iffy,” such as using abbreviations or the first letter or first syllable of their name. Let the group decide if they want to use shortcuts!

ASSET CATEGORIES Social Competencies, Support, Empowerment

SILENT SCRAMBLE

TIME 10–15 minutes

THE GAME Have players form a circle and, one by one, say their first names only once. Then ask players to put themselves in alphabetical order without communicating verbally!

GOING DEEPER

- › What was necessary to put yourselves in order?
- › How did you begin to know what to do?
- › What specific role did you take in completing the task?

ASSET CATEGORIES Support, Social Competencies, Empowerment

BUMPITY, BUMP BUMP BUMP!

TIME 10–15 minutes

THE GAME Direct players to form a circle, share their first names with the group, and remember the names of players to their left and right. Designate a game leader to stand in the center of the circle, point to a player at random, and say “right” (or “left”). Within three seconds, that player must say the name of the person to the right (or left). If the leader points and says “bumpity, bump bump bump!” the player has to name people on *both* sides. If a player doesn’t say the name or names quickly enough, he or she trades places with the leader in the center.

GOING DEEPER

- › In what ways, if any, did the game cause stress or anxiety?
- › Describe other situations when you’ve experienced similar feelings? How did you respond?
- › What strategies did you use to succeed in this game?

ASSET CATEGORIES Social Competencies, Support, Empowerment

PERSONALITY PLUS

COLORFUL CONVERSATIONS

TIME 10–20 minutes

SUPPLIES

- › Bag of small colored candies
- › Copies of “Colorful Conversation Codes” chart (one per group)

THE GAME Pass a bag of colored candy to players gathered in a circle. Ask players to take a small handful of candies in as many different colors as possible. Be sure to tell players not to eat the candy until they hear the instructions. Divide the group into smaller groups of 3–5 players and pass out color code charts to each group. Ask each player to select one candy and compare its color to the conversation topics on the chart. Group members take turns responding to the topics and can eat their candy after each turn. Give players the opportunity to share at least three times with the group. Players not only learn about each other, but also think more about what is important to them.

GOING DEEPER

- › What surprising or interesting things did you learn about each other?
- › Why is it important to think about your opinions and tell others about them?
- › How often do you share your opinions with others?
- › How can you strike a balance between sharing too little and too much about yourself?

ASSET CATEGORIES Support, Boundaries and Expectations, Positive Identity, Social Competencies, Positive Values, Commitment to Learning

Colorful Conversation Codes

BLUE

Share a family fact, or complete the sentence:

“When I get home, I’m going to”

RED

Describe a favorite way to spend your time,
or complete the sentence:

“One challenge I overcame this week was”

ORANGE

Tell about something you’re proud of, or complete the sentence:

“The most important thing I’ve learned this week is”

YELLOW

Describe someone you respect, or complete the sentence:

“I thought it was really great today when”

GREEN

Share a goal you have for your future, or complete the sentence:

“The best thing about my school (or job) is”

BROWN

Describe your favorite movie, or complete the sentence:

“The most meaningful part of this week has been”

Note: Change colors, if needed, to match candy.

Reprinted with permission from *Great Group Games: 175 Boredom-Busting, Zero-Prep Team Builders for All Ages*, by Susan Ragsdale and Ann Saylor. Copyright © 2007 by Search Institute, Minneapolis, Minnesota, 800-888-7828, www.search-institute.org. All rights reserved.

EXPERT REVIEWERS

TIME 20–30 minutes

THE GAME Ask two players to volunteer as “expert reviewers” and have them face each other in front of the group. Give expert reviewers a fun topic, such as best restaurant, best book, or best movie, and assign them opposing viewpoints to defend. Avoid serious or divisive topics such as teen sex or religious preferences. Tell expert reviewers to use all their persuasive skills in one minute’s time to sway the audience toward their point of view. Instead of listening to each other, reviewers should purposely talk over their partners. Call “switch!” after one minute and have reviewers argue the opposite position. After switching several times, ask listeners to declare the winner with applause. Rotate volunteers so that all have an opportunity to try their hand at being expert reviewers.

GOING DEEPER

- › When “experts” argue over one another, their debate is not productive in solving problems. How can you communicate and debate more effectively?
- › What does it mean to listen effectively to another person? To disagree respectfully with another person?
- › How do you handle conflict? In what ways can you strengthen your listening and conflict resolution skills?

ASSET CATEGORIES

Positive Values, Social Competencies, Boundaries and Expectations

UNFAIR QUIZ SHOW

TIME 5–10 minutes

NOTE This game uses an inherently unfair design in order to make a point.

SET UP Write out a set of questions, some easy to answer and others much more difficult (see the sample list below).

THE GAME Divide players into groups of four or five, and invite two of the groups to come forward. Without telling players about the underlying bias in this game, give one group all the easy questions and give the other all the hard questions. Divide the audience into two cheering sections and alternate asking questions of the two teams. Award one point per correct answer. Periodically note the score for the two teams and use body language to express favoritism for the team with the easy question.

SAMPLE EASY QUESTIONS

- › Who is the current president of the U.S.?
- › What is Martin Luther King, Jr. known for?
- › Five plus five equals what?
- › When is Halloween?
- › What's the name of your school principal?
- › What are the three primary colors?

SAMPLE HARD QUESTIONS

- › What is the square root of pi?
- › Who are the founders of your state?
- › How do you say Mother's Day in Japanese?
- › What is the current national debt of the United States?
- › How do you count to 10 in French and Chinese?
- › Where is the Golden Gate Bridge located?

GOING DEEPER

- › For the team that got the hard questions, ask:
Did you feel you were treated unfairly? Explain.
- › For the team that got the easy questions, ask:
How did you feel about the questions you were asked?
- › For both teams, ask: In what kinds of situations have you seen people treated unfairly?
- › What groups of people throughout history have been treated unfairly?
- › Who has responded to unfairness in ways that you admire? Why? What have they done?
- › What can you do when you see someone treated unfairly?

ASSET CATEGORIES Social Competencies, Positive Values, Positive Identity