



back pocket program hints, too



TRIPLE PLAY

a game plan for the mind, body and soul

Coca-Cola



BOYS & GIRLS CLUBS
OF AMERICA

Anthem
Foundation

back pocket program hints, too



a game plan for the mind, body and soul



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ACKNOWLEDGMENTS

Back Pocket Program Hints, Too would not have been possible without the generous support of The Coca-Cola Company and the WellPoint Foundation. Also, Boys & Girls Clubs of America (BGCA) thanks the many professionals who have shared successful programs and activities from their Clubs for inclusion in this edition.

Special thanks goes to those Clubs who pilot tested many of the activities in *Back Pocket Program Hints, Too*:

Boys & Girls Clubs of Metro Denver
Denver, Colo.

Boys & Girls Clubs of New Rochelle
New Rochelle, N.Y.

Boys & Girls Clubs of Northwest Tennessee
Union City, Tenn.

Boys & Girls Clubs of Thurston County
Olympia, Wash.

Boys & Girls Clubs of Venice
Venice, Calif.

Boys & Girls Clubs of Wichita Falls
Wichita Falls, Texas

Navy MWR Midatlantic Boys & Girls Club
Virginia Beach, Va.

The following BGCA staff members have been instrumental in bringing the Triple Play initiative and its sports and fitness components to fruition:

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Katy Griggs contributed her considerable editing skills to ensure this guide is one of the best resources available to Boys & Girls Club professionals.

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INTRODUCTION

As a youth development professional, you are well positioned to play a critical role in shaping young lives. By teaching young people the basics of healthy habits, you can enable them to become physically active, interact with others and engage in positive relationships.

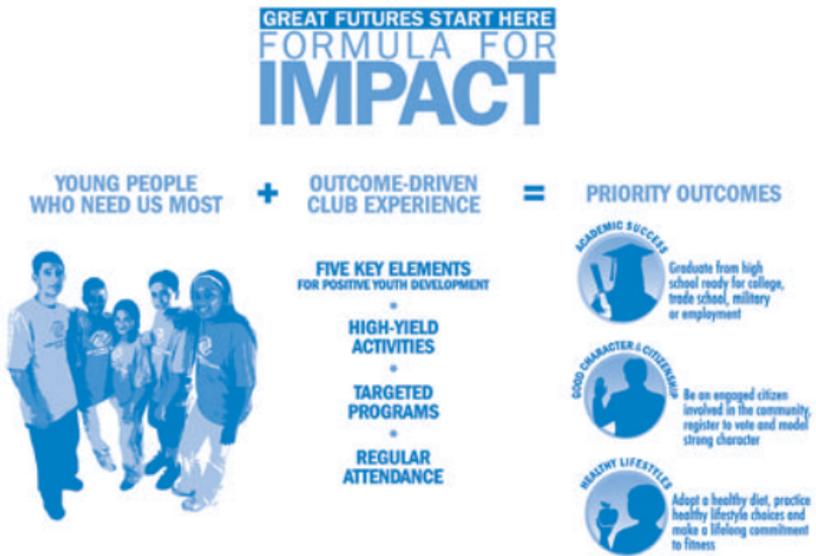
One great method for putting youth on the path to a healthy lifestyle is Triple Play, BGCA's comprehensive health and wellness initiative. Triple Play is comprised of three components:

- **Mind:** Helps young people acquire healthy habits, such as making smart food choices, understanding appropriate portion sizes and creating fun and balanced meals.
- **Body:** Promotes becoming more physically active through fun daily fitness routines.
- **Soul:** Strengthens interpersonal skills, positive behavior and good character through social recreation programs.

Back Pocket Program Hints, Too is designed to support the Triple Play program. A sequel to the popular *Back Pocket Program Hints*, it offers hundreds of activities that can be played at a moment's notice – and gets youth excited to become more active. These activities can also help create an environment for developing healthy relationships with peers and adults.

introduction

Back Pocket Program Hints, Too also supports BGCA's Formula for Impact. The Formula for Impact is a research-based theory of change that describes how individual Clubs and the Movement as a whole will increase our impact – *exponentially* – on the young people of America.



Our Formula begins with the young people in Clubs. It calls for us to consistently provide the most powerful Club Experience possible – by implementing the Five Key Elements for Positive Youth Development, offering high-yield activities, providing targeted programs and encouraging regular attendance – all of which we know help youth achieve priority outcomes. Then, because attending the Club more frequently and over a greater length of time makes young people even more likely to achieve positive outcomes, we must also pursue strategies to increase attendance, program participation and member retention. In an outcome-driven organization, the entire organization shares clear goals for youth, broken down into age-specific milestones, and everyone is on board with a clear plan to achieve them. While almost all activities in this guide are designed to help members lead healthy lifestyles, many of the activities are coordinated, purposeful and designed to advance one or more of our priority outcomes.

introduction

While almost all activities in this guide are designed to help members lead healthy lifestyles, many of the activities are considered “high-yield activities,” which is one of the critical components of the Formula for Impact. High-yield activities are designed to provide youth with fun experiences that are hands-on and interactive; they intentionally develop critical thinking or other skills. Often described as “fun with a purpose,” they help members:

- gain new knowledge and skills or reinforce those learned in school;
- experience new ways to apply knowledge already gained;
- engage in creative expression; test their own solutions to real-world issues; and/or
- work in groups to achieve a goal.

Activities are labeled “high yield” because they extend learning by providing opportunities to practice skills, such as:

- communication (reading, writing, verbal communication);
- problem-solving (math, science, technology);
- character and citizenship (the rights and responsibilities of citizenship, civics, volunteerism); and
- healthy living skills (integrating diet and exercise into one’s life, avoidance of risky behaviors).

The possibilities are limitless – activities need only be fun and purposeful. We know great programming is critical for participation, retention and achieving outcomes. That’s why high-yield activities are a key part of a well-rounded program schedule. Even though *Back Pocket Program Hints, Too* is an extension of the social recreation program that is critical in any Club Experience, there are activities contained in this guide that drive outcomes in all three of BGCA’s priority youth outcome areas – Academic Success, Good Character and Citizenship, and Healthy Lifestyles.

How to Use This Guide

Rainy days. Canceled speakers or activities. An unexpected change in attendance. Situations like these happen often in Boys & Girls Clubs, and they call for a backup plan.

This guide was developed to help Club staff navigate through days like these, when having fun, healthy games and activity ideas handy can make all the difference. Sorted by activity type and then by age, each listing includes what you'll need, and simple, straightforward instructions for conducting the activity.

To make it easier to find activities for a certain sized group, listings also include the recommended number of participants. Unless otherwise specified, the number of players required for each activity is based on small, medium or large group sizes:

- Small: 12 and fewer participants
- Medium: 13-25 participants
- Large: More than 25 participants

In addition, many activities are marked with one or more of the following symbols that indicate that it is considered a high-yield activity. This means that it is designed to drive one or more of BGCA's priority outcomes – Academic Success, Good Character and Citizenship, and Healthy Lifestyles – and it is marked with one of the following symbols:



Program Planning

The words “program” and “activities” are often used interchangeably when describing what occurs in a Boys & Girls Club. However, activities can either be stand-alone occurrences, or components of a larger program. A strong program has a set of objectives, target audience, specific time period, is structured and typically has an assessment at its conclusion. Keep these thoughts in mind when planning your social recreation program:

- The purpose of the Club is to develop youth. Activities are the tools we use.
- Set objectives and goals for program elements and check periodically on the progress made.
- Provide a wide range of activities.
- Provide some free time with no scheduled activity.
- Vary programs to take full advantage of seasonal activities, holidays and special community or neighborhood events.
- Include activities that involve cooperation as well as those that feature competition.
- Develop progressive programs that build on particular skills and culminate with a program “finale.”
- Emphasize opportunities in which all youth can participate, rather than always relying on the same youth to participate in athletic activities.
- Plan your work and work your plan.

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Program Planning Tip:

Make sure that your program is FUN for all members! The more fun numbers have, the more they will participate in programs and activities, thus increasing your Club’s average daily attendance and your impact on members’ lives.

Getting Ready to Play

Although many activities in this book are designed to be played at a moment's notice, being prepared can make a tremendous difference in how games are implemented. Here are some steps you can take to ensure all activities are implemented properly:

- Gather all of the materials you'll need, and set up the play area.
- Assemble all participants.
- Explain how to play the game. Modify the rules to fit the group's skill level.
- If necessary, ask a volunteer from your audience to help you demonstrate how it is played.
- Ask participants if they have any questions.
- Play the game.
- Try to end it while interest in it is still high so they will want to play it again in the future.

Toolbox

Having a ready-made toolbox filled with materials for fun activities can be especially helpful on any given day. Your toolbox can be a box, basket, gym bag – anything that holds what you need and is easy to carry. Keep your toolbox in a safe place to ensure that all of your materials are kept together. Following are some suggested items:

Balloons	Jars
Bandanas	Jump ropes
Baseballs	Kickballs
Basketballs	Lined index cards
Beach balls	Markers
Blindfolds	Masking tape
Bowling pins	Milk crates
Brown paper bags	Music player
Buckets	Paper
Chalk	Parachute
Checkerboard, checkers	Pens
Clothes pins	Plastic bottles
Cones	Rope
Cups	Soccer ball
Deck of cards	Stopwatch
Dodgeballs	String
Dry-erase or chalk board	Table tennis paddles and balls
Flags and belts	Tennis ball
Flip chart	Whistle
Football	WIFFLE® ball and bat, bases
Frisbees®	
Hula-Hoops®	

.... Most of all, don't forget this booklet!

Maintaining Members' Attention

If you think that you must have a whistle, clipboard, megaphone and a striped shirt to prove you're in charge, then generally you're not relying on your natural playfulness, energy and personal power to exert the authority needed to start a game. Through several techniques, you can playfully get young people's attention. These techniques can also help make explaining the game and safety rules seem more relaxed and less forced. Here are some suggestions:

- For younger members, use the "Freeze and Melt" technique. Through Merlin-like wands or gestures, direct members to practice wiggling and then "freezing" various body parts, leading up to their whole body, including their voice. Then have them "melt" and sit down.
- Hold up five fingers and ask the group to do the same. Everyone counts down loudly from five, and at one they all become silent.
- Say, "1,2,3, eyes on me." They say, "1, 2, eyes on you."
- Say, "When the hand goes up, the mouth is closed and the ears are open."
- Ask the group to put their hands over their ears. It's amazing that when they can't hear, they stop talking.
- Tell the group to take a deep breath and raise both hands over their heads. As they bring hands down in front of them, they say, "Ssshhh."
- Say, "If you can hear me, clap once." The few students who are listening will clap once. Their clap will get the attention of others. Then say in the same tone, "If you can hear me, clap twice." Then members will clap twice. Keep this going, and soon you will have all of the kids' attention. It usually works after about the third clap.

- Chant, “Hands on top” while putting your hands on your head. They respond, “Everybody STOP” while putting their hands on their heads.
- Say in a regular toned voice, “If you are listening, touch your ear.” If not everyone is tuned in, continue with “touch your nose.” If needed, continue this exercise, switching to elbows, eyes and knees, etc., until the group is with you.

Forming Teams

Being picked last or close to that can be a demoralizing experience. Instead of having team captains choose players, consider these alternatives for splitting groups into teams:

- Count off by number. All of the ones are one team, the twos on the other.
- Divide participants by months. January - March birthdays can be team one, April - June birthdays are team two, and so on.
- Divide the group by articles of clothing. Players wearing shirts with lettering on them go to one side, those without, to the other.
- Hand out different flavors of gum, colored hard candy or names of animals. Have everyone join others with the same flavor, color or name to form a group.

Take a look at how the teams are divided. Make sure skill levels are balanced and fairly matched. Switch players if necessary.

Now you’re ready to get started. Turn the page, and let’s have some FUN!

BALL GAMES



Baby in the Air

Ages: 6-9

Equipment: 1 big ball, numbers on paper, hat

Participants: Large group

Each player picks a number out of a hat. Then the oldest child takes the ball and throws it in the air, crying out, "Baby in the air number __," and then runs away. The player whose number is called grabs the ball and yells, "Freeze!" The person with the ball takes three steps toward any other player and gently throws the ball at him/her. If the person is hit, he/she gets a B. If missed or if the ball is caught, the thrower gets a B. The first person to get all four letters in the word "baby" is out.



Duck Duck Hoops

Ages: 6-9

Equipment: 2 basketballs or kickballs

Participants: Medium group

Direct all players to sit in a circle at the half-court line of a basketball court, and then place two balls just outside the circle. Designate one person to be "It." It walks around the circle, patting each person on the head and saying, "Duck" with each pat. When It pats someone's head and says, "Hoops," both of them run, grab a ball and try to shoot a basket. The first player who makes a basket successfully gets to sit down, and the other person is now It.



Frogger

Ages: 6-9

Equipment: Cones, dodgeballs, Hula-Hoops®

Participants: Large group

Using markers, such as cones, identify start and finish lines. Place Hula-Hoops® randomly throughout the court

ball games

or open field. Select two players to stand on opposite sides of the field to throw balls, or “cars,” at the other players. The rest of the participants, or “frogs,” stand at the start line. At the whistle, the frogs try to hop toward the finish line without getting hit by a car. If a frog gets hit, she/he has to go back to the start line. Frogs can stand in a Hula-Hoop® for safety. The first frog to make it to the finish line wins.

Popcorn

Ages: 6-9

Equipment: 1 soft foam ball

Participants: Small to medium group

Participants stand in a circle and decide who goes first. The first person throws the ball in the air, claps once and then catches the ball without dropping it. All of the other players do the same as the ball makes its way around the circle. When the ball reaches the person who went first, he/she throws the ball in the air, claps twice and catches it. With each round, the number of claps increases. Players who don't clap the proper number of times or catch the ball are out. The last person standing is the winner.



Catch Me if You Can

Ages: 6-12

Equipment: A ball, a stopwatch, anything to establish boundaries

Participants: Medium to large group

This game can be played with one group or several teams. If divided into teams, each team will have one person play the rabbit, and everyone else will be foxes. (If played with one large group, one person is the rabbit and everyone else will be a fox.) Establish a perimeter before starting the game.

Place one team and another team's rabbit within the perimeter. The time keeper tosses the ball to a fox in the playing area and starts the clock. The rabbit runs

ball games

from the fox that has the ball. Any fox is free to move anywhere within the perimeter as long as he or she doesn't have the ball. Once foxes receive the ball, they have to freeze and are allowed to only move their arms as they try to tag the rabbit. Foxes can pass the ball in the air, on the ground or by whatever means possible to get it to the closest fox to the rabbit. Once a fox tags the rabbit with the ball, the clock stops and time is recorded. After the rabbit is caught, a new team and another team's rabbit will enter the perimeter. The team's rabbit that lasts the longest without getting caught wins.

Dribble Pirates

Ages: 6-12

Equipment: Basketballs

Participants: Small to large group

Give each player a basketball. Once the start signal is given, all players continuously dribble their balls. The object of the game is to knock away other players' balls while staying in control of your own. The last player left who has not lost control wins.



Protect the President

Ages: 6-12

Equipment: 1 soft dodgeball

Participants: Medium group

Players stand in a large circle with two people in the middle. One person in the middle is the president, and the other is the bodyguard. Those standing in the circle try to hit the president with the dodgeball. The bodyguard may do anything to block the ball with his/her body: Jump, squat, dive, etc. If the ball touches the president at any time, the person who threw the ball (or the last person to touch it) then becomes the bodyguard, the bodyguard becomes the president and the president joins the circle. The moment the president is hit, the new president is vulnerable because the

transition is instantaneous. The new bodyguard must be fast at getting into the circle to defend him or her.



Zig-Zag Kickball

Ages: 6-12

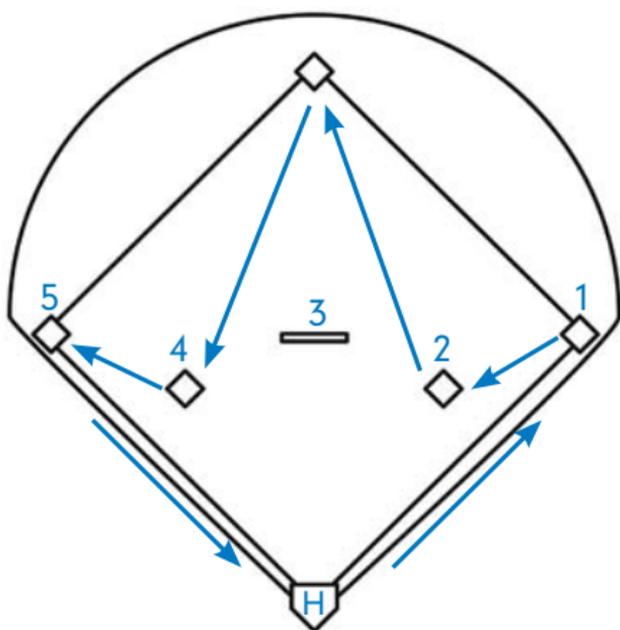
Equipment: 6 bases (one is home plate) and a large playground ball

Participants: Medium to large group

This game is based on kickball, with the following differences:

1. There are five bases and a home plate, and kids run from base to base in a zig-zag pattern. (See diagram below.) This allows more kids to play at once, and gives them more running time.
2. There can be any number of kids on a base at any time.

Like kickball, the team behind home plate tries to score runs (points), and the team in the outfield tries to tag runners out, or get the kicker out by getting the ball to the pitcher before he/she reaches first base. Upon getting three outs, the teams switch.



ball games



500

Ages: 6-15

Equipment: Football or baseball

Participants: Large group

Select one person to be the thrower. All other players place themselves within throwing distance. The thrower then tosses the ball high in the air toward everyone else, and announces a number between 50 and 500, such as, "I've got 200 up for grabs." The person who catches the ball gets as many points as the announced number (in this case, 200). A player who drops the ball loses the same number of points (negative scores are possible). The first person to get 500 points wins and becomes the thrower for the next game.



Crate Toss

Ages: 6-15

Equipment: 12 milk crates (or boxes of equal size), 10-15 tennis balls, 2 buckets

Participants: Medium group

Stack three sets of empty milk crates at different height levels. Assign different points for each height level of the crate (1 for lowest, 3 for middle, and 5 for highest level). Divide players into two teams. Line up teams four feet away from the crates, and place buckets of tennis balls at the starting points. When the whistle blows, one player from each team tries to throw one tennis ball into any crate. After the first player's turn, the next player has a chance to shoot. For each ball that goes into the crate, the team gets those points. The object is to get as many points as possible within one minute (or your allotted time).



3-Pin Soccer

Ages: 10-12

Equipment: 6 bowling pins, 6 Hula-Hoops®, 1 soccer ball

Participants: Small to medium group

This game is played like soccer, but instead of goals, each team has three Hula-Hoops® that are scattered on their respective sides of the field. Place one bowling pin inside of each hoop. Divide players into two teams and have them take positions like they would for a soccer game kickoff. Each team defends their bowling pins while also trying to knock down the other team's pins with a soccer ball. Players are not allowed to enter Hula-Hoops®. The first team to knock down all three of the opposing team's pins wins.

Bucket Ball

Ages: 10-12

Equipment: Tall bucket, ball

Participants: Small to medium group

Place a bucket somewhere in the room and line up participants a few feet away from it. As you explain the game, announce that only a certain number of players may advance to the next round (i.e., 10). Starting with the first player in line, each participant gets one try to throw the ball into the bucket. The first 10 participants who make a bucket advance to the second round. With each round, the leader places the bucket in a more challenging location, and successful players advance. The game ends when one player is left.



Hit the Snake Dodgeball

Ages: 10-12

Equipment: Soft foam ball

Participants: Small to large group

Three people form a snake by linking arms and placing hands on their waists, creating a head, middle section and

ball games

a tail. The remainder of the group forms a circle around the snake. Then, using a soft foam ball, players in the circle try to hit the tail of the snake. The snake must move around quickly to prevent being hit. Circle players can pass the ball to each other to outsmart the snake and get a shot at the tail. The person who hits the tail becomes the snake's head. The tail player takes the thrower's place in the circle.



Knock Down That Bottle!

Ages: 10-12

Equipment: Empty 2-liter bottles (one for each player), at least 5 kickballs/dodgeballs

Participants: Medium to large group

Divide participants into two teams, and assign each team to one half of the court. Give all players a bottle to stand up on their side of the court. Call out, "Hands off" so they can no longer touch or move their bottles. Line up balls on the center line. On "Go," play ensues like regular dodgeball except catching a ball doesn't mean anything, and players try to knock down opponents' bottles with balls. The game ends when a team knocks down the last bottle on the other side.



Kickball Basketball

Ages: 10-15

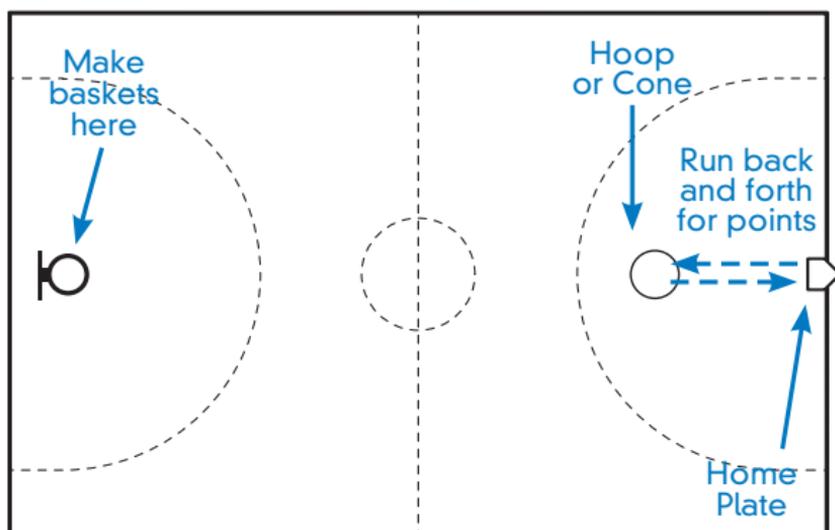
Equipment: Soccer ball, basketball, basketball hoops, cone or Hula-Hoop®, whistle

Participants: Large group

Separate participants into two teams, one for the field and one to kick. Set up a cone or Hula-Hoop® about 10 feet away from home plate (the kicking spot). Line up the kicking team behind home plate. Place the field players and basketball over by the basketball net. At the sound of a whistle, the first kicker kicks the ball, and then runs to the cone and back to home plate as many times as possible until someone in the field makes a basket. Kickers score a point

ball games

each time they touch home, and teams count points aloud to keep track. Each field player only shoots once per turn. If someone shoots and misses, he/she has to let everyone on the team try before shooting again. Once a basket is made, the field team yells, "Stop," and the next batter is up. After every batter has kicked, teams switch sides. The team with the most points after three innings is the winner.



50

Ages: 10-18

Equipment: Basketballs, basketball net

Participants: Medium group

Youth line up along the three-point line on a basketball court. One person shoots the ball, and if he/she makes the basket, then the following person must also make a basket, or he/she gets 10 points. Once 50 points are accumulated, that player is out. If players shoot an airball, they get 20 points. The game goes on until only one person remains (and wins).



Bowling Pin Dodgeball

Ages: 10-18

Equipment: 6-10 bowling pins, dodgeballs

Participants: Medium to large group

ball games

Members are separated into two teams. Each team has three to five bowling pins set in any order on their side of the room. Play commences as in the game dodgeball, except the first team to knock all the opposing teams' bowling pins down is the winner. If players are hit by a dodgeball, they are out, but can return to the game by doing various workouts, such as 25 push-ups or 35 jumping jacks.



Dr. Dodgeball

Ages: 10-18

Equipment: Dodgeballs, whistle

Participants: Medium to large group

Separate participants into two equal teams. Each team huddles up and secretly chooses one person to be the doctor. Once this is done, they will line up on the wall and wait for the coach to blow the whistle. Then they will play regular dodgeball except when players get hit, they have to sit down and wait for the doctor to come "heal" them (lightly tap their shoulder) so they can return to the game. If the doctor is out, everybody who gets hit will be out for the rest of the game.



Gatorball

Ages: 10-18

Equipment: Soccer ball, 2 goals

Participants: Large group

Split the group into two teams, and assign each team to a goal. Play starts with a kickoff similar to a soccer game. A player may kick the ball to another teammate at any time. Players may also carry the ball in their hands, but only if caught out of the air, (no picking up the ball from the ground) or they kick the ball in the air to themselves. When players have the ball in their hands, they may run with it until they are tagged or they score. Once tagged, they must put the ball on the ground and only play with their feet.

ball games

Scoring in Gator Ball goes as follows:

If the ball is thrown into the goal = 1 point

If the ball is kicked into the goal = 2 points

If players use head to score a goal = 3 points

Variations: Add more teams, have teams defend more than one goal or have several balls played at once.

Human Foosball

Ages: 10-18

Equipment: 2 ropes, soccer ball, cones

Participants: Large group

Divide players into two teams. Next, line participants up and have them hold onto a rope just like a row of men on a foosball table (rope must be long enough for a whole row). One soccer ball is put into play just as if it were on a table. Teams try to kick the ball into the opponent's goal (marked by cones) by moving left to right, but they cannot move forward or backwards.



Protect the Cone

Ages: 13-15

Equipment: 4 tall cones, 16 half cones, 4 jump ropes, 8 dodgeballs

Participants: Small to medium group

Place one tall cone in each corner of a square playing area, six inches away from any wall. Place one jump rope per corner diagonally so that the cone sits inside a right triangle. Divide the playing area into four equal parts using the half cones. Split participants into four teams. Tell the group the object of the game is to knock down the opposing team's cones using the dodgeballs. Teams may not stand inside the cone triangles. If players are hit by a dodgeball, they are not out. A group is out when their cone is knocked over by an opposing team. Once a team's cone is knocked over, it must perform a fitness task – such as 10 pushups or 15 jumping jacks – to get back in the game.



Choice Ball

Ages: All

Equipment: Kickball, WIFFLE® ball, bat, bases

Participants: Medium group

This game, a combination of kickball and WIFFLE® ball, is run like kickball, except when players approach home plate, they decide whether to kick a pitched ball or pick up a bat to hit a WIFFLE® ball.

Create a playing field with four bases arranged like a baseball diamond. Determine how many innings you are going to play. Divide players into teams and then position one team in both the infield and outfield. Direct the other team to line up behind home plate. Game play goes as follows: If a player wants to kick, the kickball is rolled toward home plate. If a player decides to pick up the bat, the pitcher throws the WIFFLE® ball toward home plate. If the ball is caught in the air after the kick/hit, the kicker/hitter is out. Players are also out if the ball hits them while running the bases and they are not touching a base. If a thrown ball misses them, they may only run to the next base. Once a team gets three outs, the teams switch sides. A team gets one point each time a runner makes it all the way around the bases. Whichever team has the highest score at the end of the game wins.

Green and Go Lock Up

Ages: All

Equipment: Soft foam ball, masking tape or chairs

Participants: Large group

Form two-person teams. Create a "time out" spot using tape on the floor, chairs or tables. Designate boundaries. To start the game, ask participants to scatter throughout the play area. Teams do not need to stay together. Throw the ball into the game area. Players must try to avoid

ball games

being hit by the ball. Once the ball hits the ground, a player can pick it up, take five steps and throw the ball at another player within five seconds of the fifth step. If the targeted person catches the ball, the thrower is sent to time out. If the ball hits a participant, he or she must go directly to time out. Once in time out, players can only be released by their partners tagging them on the hand. Once both partners are in time out, they are out of the game. Players may not grab the ball from each other or double touch the ball once it is on the ground. The last team or player standing wins.

Hit and Sit

Ages: All

Equipment: Minimum of 3 soft dodgeballs, increase the number of balls depending on number of participants

Participants: Large group

Place the dodgeballs in the middle of the room. At the referee's signal, all players rush to pick up the balls and throw them at each other. Players with balls in their hands can only take three steps before throwing the ball. Targeted players may dodge the balls by jumping, rolling or other necessary means. If a player is hit below the shoulders, then he/she has to sit down. If a player catches the ball, the throwing player sits down. If a player is hit above the shoulders, it does not count.

Variations: Sitting players can pick up balls and hit players who are still in the game. Once they hit someone, they can get back into the game, and the hit player sits down. Sitting players cannot hold onto the ball for longer than five seconds. If they do, their throws won't count.

Silent Ball

Ages: All

Equipment: 1-3 dodgeballs

Participants: Medium group

Players stand in a circle. They toss a ball to each other, remaining quiet the whole time. If they talk or miss the ball, then they are out. The last one standing wins.



Triple Play Trivia Ball

Ages: All

Equipment: Beach ball, trivia questions

Participants: Large group

Prepare trivia questions. Divide the group into teams. Instruct teams to keep a beach ball up in the air for as many touches as possible without it landing on the ground. The ball can only be touched twice in a row by any one participant. Teams accumulate points by correctly answering a trivia question (perhaps pertaining to some Triple Play material, e.g., naming fruits and vegetables) that must be answered correctly within 20 seconds while the group keeps the ball in the air.



BALLOON GAMES

Ages: 6-12

Equipment: 2 dozen balloons

Participants: For 2 or more teams

Separate the group into two teams. Place two dozen slightly under-inflated balloons on the floor. Teams line up at the starting line. At the signal, one player from each team hops onto the floor on one foot, holding the other foot up behind with one hand. Players try to hop on balloons to pop them. As each player succeeds, he or she runs back to the team so that the next teammate can go. The first team to finish wins.



Balloon Portraits

Ages: 6-15

Equipment: Balloons, permanent markers

Participants: Small to medium group

Hand out permanent markers to all players. Divide participants into pairs and have them draw a portrait of their partner on an inflated balloon. Once finished, players will sit in a circle and put their portrait balloons in the middle. Then everyone tries to see if they can match each person correctly to a balloon.

Variation: Have members draw important civic leaders instead of their partner. Have members guess who the civic leader is and what they have done to contribute to society.

Balloons on the Wall

Ages: 6-15

Equipment: Balloons, whistle

Participants: Medium group

Put a large pile of inflated balloons in the center of the room. Each player or team is allocated an area of wall. At the whistle, players rush to grab balloons, rub them

balloon games

on themselves, and then try to stick them to their walls using static electricity generated by the rubbing. If the balloons stick, players add more to the walls. After five minutes, the winner is the team/player with the most suspended balloons.



Balloon Messages

Ages: 10-12

Equipment: Balloons, paper, pens

Participants: Small to medium group

Prepare balloons with action messages inside (e.g., sing a song, bark like a dog, dance). All players sit in a circle, and a balloon is passed around. Each player has to sit on the balloon with all their weight for three seconds. If someone breaks the balloon, they must do what it says on the message. **Note: Be aware of sensitivities about weight, and experiment first with getting the right amount of air in the balloons.**

Variation: Have messages for the entire group to do together.

Blow It Off

Ages: 10-12

Equipment: Balloons, 15 paper cups, waist-height table, whistle

Participants: Small to medium group

Line 15 cups on a table, one inch apart. When the leader blows the whistle, the participant has one minute to blow up a balloon with as much air as possible and then blow all the cups off the opposite side of the table using the balloon air.

Zombie

Ages: 10-12

Equipment: Balloons, string

Participants: Large group

Pick one person to be the zombie. Give all players except the zombie one balloon with a piece of string to tie around the waist. Once the balloon is tied on, players must position the balloon to the middle of their back, clearly exposed. Players are given a 45-second head start to hide from the zombie. The zombie is released to create more zombies by popping other participants' balloons. Once a player's balloon is popped, (either accidentally or by a zombie) he/she becomes a zombie and begins to pop other players' balloons. When the allotted time is complete, any non-zombies will be given a treat.

Balloon Challenge

Ages: 10-18

Equipment: Balloons

Participants: Small to large group

Divide the group into pairs. Challenge teams to insert one balloon inside another and inflate both. This is a good problem-solving and teamwork exercise.



Balloon Globe Drawing

Ages: 10-18

Equipment: Balloons, permanent markers

Participants: Small to large group

Hand out permanent markers to all participants. Divide players into pairs and ask them to draw a map of the world on a balloon by memory as accurately as possible.

Balloon Juggle & Sort

Ages: 10-18

Equipment: 1 balloon for each participant

Participants: Small to medium group

Each person blows up a balloon. When the leader yells, "Go," all players toss their balloons in the air. The entire group works together to keep the balloons in the air. Once they've gotten the hang of it, ask them to keep juggling the balloons, but sort them into colors. To make it more challenging, place restrictions, such as keeping the balloons up without using your hands.

Balloon Cacophony

Ages: All

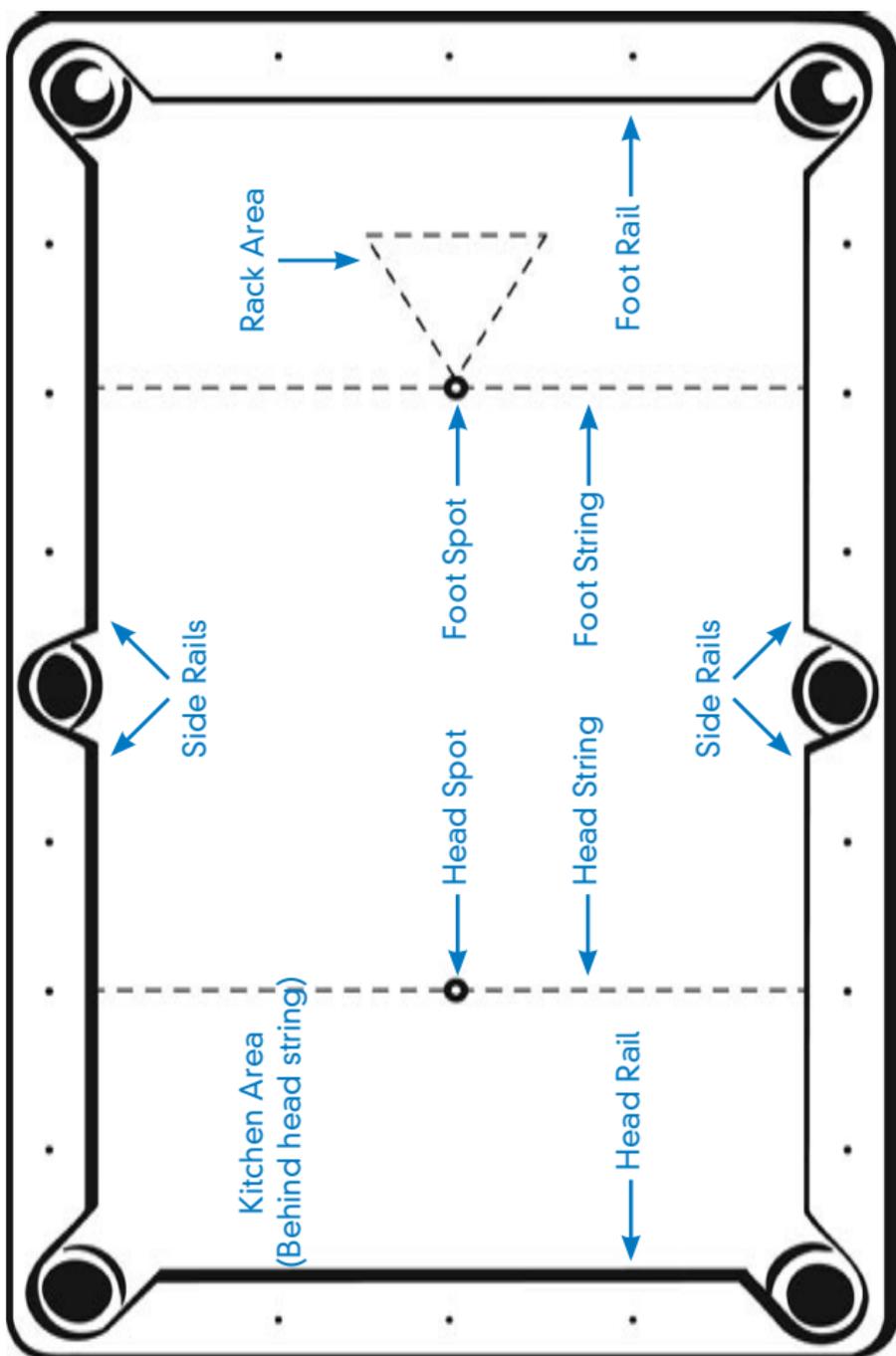
Equipment: Balloons

Participants: Large group

Invite participants to create as much sound with inflated balloons as possible without popping them. This will result in all sorts of squeaking. Divide into small groups and announce a noise-off competition to see who can "out-noise" others.

Variation: Hand out uninflated balloons and invite another cacophony by having participants blow up balloons and let the air out slowly.

BILLIARD GAMES



*Refer to descriptions on next page.

Brush Up On Your Pool Lingo

Apex Ball: Ball at the head or front of the rack, or “apex,” of the triangle rack and is placed on the foot spot.

Ball in Hand: Placing the cue ball anywhere on the table for the next shot.

Call Shot: Before shooting, players must designate the called ball and called pocket.

Foot Spot: The spot that is marked on the foot of the table where the balls are racked.

Head String: A line that runs across the table from the second diamond (from the head rail) on one long rail to the corresponding second diamond on the other long rail. In most pool games, the opening break shot must be performed with the center (base) of the cue ball behind the head string.

Opening Break: The opening break shot is taken with cue ball in hand behind the head string. The game is considered to have commenced once the cue ball has been struck by the cue tip.

Racking Balls: When racking balls, a triangle must be used, and the apex ball is to be placed on the foot spot. All of the balls must be lined up behind the apex ball and pressed together so that they all have contact with each other.

Scratch: When a player pockets a cue ball.

Courtesy of Billiard Congress of America

*Refer to diagram on previous page.

8-Ball

Ages: All

Equipment: Pool table, balls, cue

Participants: 2-4 players

The object of the game is to pocket a set of balls numbered one through seven (solid colored) or nine through 15 (striped) before pocketing the 8-ball on a call shot. Rack balls in the standard pool method, and direct the first player to make an open break. If that player pockets any balls, she/he is assigned the set (stripes or solids) of the pocketed balls and may continue to shoot. If no balls are pocketed, it's the opponent's turn. As players take turns, they must try to hit one of the balls from their set first, or their opponent gets a ball in hand. If a player hits the 8-ball into the wrong pocket (different than the called pocket) or on any stroke before his/her set is cleared, he/she loses.

Obstacle Course Pocket Billiards

Ages: 6-12

Equipment: Soft, blunt objects, pool table, balls and cues

Participants: 2 to 4 players

Play by any standard pool rules, except place soft, blunt objects on the table for players to shoot around.

Pool Table Curling

Ages: 6-12

Equipment: Pool table, balls

Participants: Any number

Give each player three pool balls. Instruct them to roll their balls as close to the opposite end of the table as possible without touching the rails. Players alternate rolls. A ball is out of play if it touches any rail on the roll or if it is knocked into a rail by another ball. The ball closest to the rail scores three points, second closest earns two points, and third closest gets one point. If one

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person knocks his/her opponent's ball into a pocket, that person subtracts one point. If a player knocks or rolls his or her own ball into a pocket, they subtract two points. Keep any balls that have hit a rail on the table, just keep track of which ones have hit. Play to whatever score wished, but recommendations are 15 or 21 points.

Fortune Cup Pocket Billiards

Ages: 6-15

Equipment: 5-6 paper cups, pool table, balls and cues

Participants: 2-4 players

Set up the table with standard racked balls and a cue ball. On the inside seam of five to six paper cups, write different messages, such as, "You win," "Spot one ball," "Place cue ball anywhere," "Pocket one of your opponent's balls," "Pocket one of your balls" or "Win a prize." Be sure that there is always a "Game Over" cup. Randomly place the paper cups face down on the opposite side of the table from the racked balls. Play the game as you would 8-Ball, except players can knock over cups. Players can only knock over one cup at a time or he/she loses. When a cup is knocked over, the message must be obeyed. Players may just shoot at cups if desired.

Balloon Billiards

Ages: 10-15

Equipment: Balloon, pool table, balls and cues

Participants: Small group

Place on the center of the table an inflated balloon that has been rubbed against the billiard table felt to make it cling. Play the game as you would 8-Ball, except if a player knocks the balloon completely off the table and onto the floor with his/her object ball, he/she wins the game. Players do not necessarily have to pocket the balls to win. If the balloon is knocked off illegally, it is simply placed back on the center of the table.

Table Tennis Pocket Billiards

Ages: 10-15

Equipment: 15 broken table tennis balls, pool table, balls and cues

Participants: Small group

Place approximately 15 broken table tennis balls on the pool playing surface. Set up the table and play like you would play 8-Ball, except if players knock in a table tennis ball, they may pocket any two of their balls by hand. However, the cue ball must touch one of their object balls before a table tennis ball goes into a pocket. The 8-ball cannot be pocketed by hand.



Pool Points

Ages: 10-15

Equipment: Cardboard or paper, masking tape, pool table, balls and cues

Participants: Small to medium group

Create boxes using cardboard or paper and masking tape and set them up, open end on the side, on a pool table. Designate a different point number for each box. Set up balls and cues on the table as in standard pool. Instruct players to use the cues to shoot balls into the boxes. Each player gets six shots. Add up the points based on box point numbers and number of shots made. The player with the highest score wins.



Good Character Pool

Ages: 10-15

Equipment: Pool table, balls, cues; 6 pieces of paper, tape

Participants: 2 participants at a time

As in standard pocket billiards, rack all 15 balls. Label each pocket with one of the six Pillars of Good Character: Trustworthiness, respect, responsibility, fairness, caring and citizenship. The object of the game is to possess as

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many of the Pillars of Good Character as possible. Two Club members play a regular game of pool. Every time participants pocket the ball, they are able to “possess” that pillar – if they can give an example of how they have demonstrated it. At the end of the game, whoever has the most pillars wins.



41 Pool

Ages: 10-18

Equipment: Pool table, balls, cues

Participants: 4-6 players

As in standard pocket billiards, all 15 balls are racked in a triangle. Each player is secretly given a number from 1 to 15. The object is to pocket balls with a combined value of 41 when added to the secret number. For instance, a player assigned to the number 10 could pocket the 3, 6, 9 and 13 balls which, when added to 10, totals 41. A player who exceeds 41 must call out, “Burst,” and all balls pocketed by that player are placed on the foot spot. That player gets a new number and starts over. Any player who exceeds 41 and does not declare burst before shooting again is eliminated. If a player scratches a ball, the next player can place the cue ball anywhere on the table. A player who commits a foul after pocketing a ball has to return that ball to the foot spot. The first player to score 41 points wins the game.



Add Up Pool

Ages: 10-18

Equipment: Pool table, balls, cues

Participants: Small group

Set a point goal for all players, such as 30 or 75. After racking the balls on the table, instruct participants to shoot at whichever balls they want using a cue and cue ball. As they knock balls into pockets, they must add the ball numbers to their total. Standard pool rules, such as those concerning scratches and call pockets, are followed. If you miss a shot, it’s the next player’s turn. The first one to the point goal wins.

Bobcat Pool

Ages: 10-18

Equipment: Pool table, balls, rack, cues

Participants: Small to medium group

Place a single ball in front of each pocket, and then place the rack at the foot spot. To start the game, the first player shoots any ball with a cue. After the first shot, the leader determines the next ball to be pocketed. As long as a ball is pocketed, the turn continues. Pocketing two balls on one shot allows for a miss later in the round. Any ball touching the rack ends the round. If members hit all the balls in without touching the rack or missing a pocket, they win (staff can put a prize in the rack and for each member who achieves this).

Variation: Setup and play is the same, except one ball is placed at each corner of the rack.

Count 'Em Pocket Billiards

Ages: 10-18

Equipment: Pool table, balls and cues

Participants: Small to medium group

Two balls are placed side by side in front of each of the six pockets on the billiard table. The remaining three balls are placed side by side in the middle of the table. The first player must break by hitting the three balls in the middle. If any balls are pocketed on the break, the player continues to shoot at any balls, keeping track of how many balls are pocketed. He/she continues to shoot until no balls are pocketed. Count the number of balls pocketed. However, if the player pockets all 15 balls, the table is set up again, and he/she continues to play until the ball misses. If a player pockets all the balls the second time, his/her score is 24. The player with the highest score wins.



36 Pool

Ages: 13-18

Equipment: Pool table, balls, cue

Participants: Small group

The game begins with any three balls placed on the head, foot and middle spots of the billiard table. Place the cue ball behind the foot line. Using a cue to hit the cue ball, the first player tries to hit the numbered balls. If the player doesn't hit any balls or scratches a ball, it's the next player's turn. The cue ball remains in place for the next shot or player. Players get one point for any pocketed ball. If a ball is pocketed, it comes back out to the closest unoccupied spot. Players earn three points for making the cue ball carom off any two numbered balls, and nine points for making the cue ball carom off all three numbered balls. Numbered balls hitting each other do not count. The first player to score 36 points wins.

Variation: If a player scratches a ball, he/she will lose the points scored on the turn.

Bank

Ages: 13-18

Equipment: Pool table, balls and cues

Participants: Small group

This game is played like 8-Ball, except every shot has to be banked (hit a rail). To create a faster-paced game, agree on a time limit. The player having the most pocketed balls is the winner.

Golf Pool

Ages: 13-18

Equipment: Pool table, balls, cues

Participants: 1-4 players

Number each pool table pocket from one to six. Place a numbered ball on the table's head spot. Put the cue ball behind the foot line. Using a cue, the first player shoots the cue ball

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toward the numbered ball, trying to land it into hole number one in as few shots possible. After the first shot, the cue ball remains in place for the next shot. The player shoots until the ball is pocketed and the number of shots are recorded. Play continues with a ball reset (as in the beginning of the game) for the next hole. In the event of a scratch, add one stroke, place the cue ball behind the foot line and start over on that hole. The person with the lowest number of shots wins.

Variation: Four foursomes can compete tournament-style.

One-Pocket Pool

Ages: 13-18

Equipment: Pool table, balls and cues, coin

Participants: Up to 6 players

In this game, each player or team is assigned to one pocket to sink all of their balls into. To set up, rack balls in the standard triangle rack, and place the cue ball. The winner of the coin toss breaks and calls one of the two corner pockets nearest to the rack as the object pocket, with the opponent being assigned the other one by default. The first player must make a ball in his chosen pocket to continue shooting. Players may sink balls legally only in their assigned pocket, and balls sunk into any other hole are taken out and spotted. Players may continue to shoot as long as balls go into designated pockets and do not scratch. Balls that fall into the opponent's pocket are credited to the opponent, except when the player scratches. In that case, the ball is removed and spotted, and the player gives up the shot and is penalized one ball. The first player to legally sink eight balls in the assigned pocket is the winner.



Table Tennis Billiards

Ages: 13-18

Equipment: Chalk, pool table and balls

Participants: Small group

Block off all the table pockets. Draw a line with chalk across the middle of the table's width to represent the net.

The cue ball represents the table tennis ball, and any two balls may be used as paddles. To start play, place the two colored balls on head spots on opposite sides of the table. Place the cue ball approximately four inches in front of the server's colored ball. Using the colored ball, the server must hit the cue ball over to the opponent's side of the table without letting the colored ball go over the chalk line. Players have one shot to put the cue ball on the opponent's side. If it does, they get a point. Failure to do so results in a loss of a point. Putting the cue or colored ball on the line is also a point loss. The point winner always serves. The first player to accumulate eight points is the winner.

Christmas Pool

Ages: All

Equipment: Pool table, balls, cues

Participants:

Rack the balls up to look like a Christmas Tree and play regular pool. For other holidays, participants could play by 9-Ball rules using red, white and blue balls for a 4th of July pool, or orange and black balls for Halloween, etc.

Nail Pool or Screw Pool

Ages: All

Equipment: Flattop nail or screw, pool table, balls and cues

Participants: Small to medium group

Place three balls, all touching each other, in the center of the table. Place a flat nail or screw head down in the middle of the three balls, which are in a triangular formation. Instruct players to use the cue and cue ball to try to knock the nail over once the three balls are hit with the cue ball. The Trick: If the screw is placed directly in the middle, not touching any of the pool balls, the objective is almost impossible. In order to knock down the screw every time the screw must be placed touching the head ball, the head ball being the one that is at the top of the triangular formation.

CARD, DICE AND BOARD GAMES



Run for It

Ages: 6-12

Equipment: 6 dice, paper and pencil

Participants: Small group

This is a simple game of sequences. Roll the dice and look for sequences starting with one (one-two, one-two-three and so on). Each dice that is part of a sequence scores five points. There can be more than one sequence in a roll. The first player to 100 points is the winner.



Beat That!

Ages: 6-15

Equipment: 2 dice (up to 7 dice for older players), paper and pencil

Participants: Small group

Roll the dice and put them in order to make the highest number possible. If you roll a four and a six, for example, your best answer would be 64. Using three dice, a roll of three, five and two should give you 532, and so on. Write down your answer, pass the dice, and challenge the next player to "Beat That!" Play in rounds and assign a winner to each round. For a change, try making the smallest number possible. This is a great game for reinforcing the concept of place value. If you are playing with younger children, explain your reasoning out loud and encourage them to do the same.

Diagonal Checkers

Ages: 6-15

Equipment: Checkerboard, checkers

Participants: 2 players

This game is played with the same rules as regular checkers, except the game is set up with either nine or 12 checkers. The board is positioned diagonally with a single playing

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square at the base for the nine-piece game or a double corner at the base for the 12-piece game. Pieces are placed on the nearest three rows. Kings are achieved by reaching the three or four squares nearest to the top and bottom corners (three for the nine-piece game and four for the 12-piece game).

Giveaway

Ages: 6-15

Equipment: Checkerboard, checkers

Participants: 2 players

The rules are the same as in checkers, but the objective is different. When playing Giveaway, the winner is the first to lose all of his/her pieces or is unable to move.

Kings

Ages: 6-15

Equipment: Checkerboard, checkers

Participants: 2 players

Set up the checkerboard as usual and assign the power of kings to all pieces. Play checkers with these more powerful pieces.



Balderdash

Ages: 10-12

Equipment: Dictionary, slips of paper or index cards, pens or pencils

Participants: Medium to large group

Before you start, choose words from the dictionary with which youth are unfamiliar, or use vocabulary words from your members' school. Write the correct definitions on slips of paper or blank index cards. Supply participants with blank paper slips or index cards that look identical to the ones on which you have written the correct definitions.

Divide the group into teams, which will compete to guess the correct meaning of the words. Announce one of the words from the pile of index cards and ask each

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team to write a definition of the word on a slip of paper. Encourage youth to make their definitions sound as much like a dictionary definition as possible. Instruct all teams to give their slips of paper to you. Read the definitions aloud one at a time, including the correct one that you have prepared. As you read them through a second time, ask each team to vote on the definition they believe is correct. Teams score points when another team votes for their made-up definition and when they vote for the correct definition. The team with the most points wins.

Human Checkers

Ages: 10-12

Equipment: Chalk or tape, hats

Participants: Medium group

A large checkerboard is marked on the ground using chalk or tape, with each square being at least one square foot (a little larger is best). Divide participants into two teams, Light and Dark, and designate captains for each team. The game is played similarly to traditional checkers. As captains state their moves, the “human checkers” move as instructed. Jumps are made leapfrog fashion, and jumped players leave the game board. When a participant reaches the king row, they put on a hat or baseball cap.



Human Tic-Tac-Toe

Ages: 10-15

Equipment: 9 chairs, questions

Participants: Medium group

Make a list of trivia questions and answers. Set up nine chairs into three rows and three columns. Divide the group into two teams, X and Y. The first person from each team comes to the front of the room and answers a question posed by the leader. The first person to answer the question correctly without any help sits in the chair of their choosing. The game continues with the next players. The first team to get all Xs or Ys in a row wins.



1,000

Ages: 10-18

Equipment: Paper, pencil and 5 dice

Participants: Small to medium group

Players sit in a circle. They each roll one of the dice, and the highest roll goes first. The first player rolls all five dice, and the game continues clockwise around the circle. Each member rolls the dice one time during their turn. Scoring is kept as follows: A one equals 100 points, a five equals 50 points and three dice with the same number will equal the number on the die times 100. For example, if players roll three twos, they would have 200 points but if a player does not roll three of one number or a 1 or 5, they do not score. If they stop at that point, they keep the total for that turn. If they roll again, they must add to the score, or they lose that turn's points. The first player to score 1,000 is the winner.



Hearts

Ages: 10-18

Equipment: Deck of cards (no Jokers), pen or pencil, paper

Participants: 3 or 4 players

If there are four players, deal 13 cards to each player. For three players, remove the two of the clubs and deal 17 cards to each player. Players assess their hands and pass three cards to another player. Typically, cards are passed to the left, but players can pass cards across the table, to the right, or in whatever fashion the table agrees. Players must accept the three cards they are given.

Play begins with the person to the left of the dealer. Each player puts down one card. Players must follow the suit of the lead card. If they have no cards of that suit, they may get rid of whatever card they choose. The person who plays the highest card of the lead suit takes the trick.

The game is called Hearts because the cards of that suit play a critical role in determining the winner. Each heart taken

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in a trick is worth a point. The goal is to end up with as few points as possible. The only non-heart card that is worth points is the Queen of Spades, which is worth 13 points. During play, a heart can only be the lead card if the hearts have been "broken," which occurs when a heart is played in a trick where another suit is "lead." After each hand, tally the number of points each player has accumulated and write them down. If, after a hand is completed and the points are tallied, a player has reached 100 points, the game is over. The player with the fewest points is the winner.

Speed

Ages: 10-18

Equipment: 1 deck of cards

Participants: 2 players

Place two stacks of five cards face down. Put two single cards, side by side and face down, between the two stacks of five. Deal 20 cards face down to each player. Then players pick the first five cards from their decks and look at them. On the count of three, they turn up one of the single face down cards from the center at the same time. They try to get rid of their cards by playing them on the turned up cards. A player can play a card either one below or one above the value of the turned up card. For example, if a king is turned up, a player can play either a queen or an ace. If neither player can play on the turned up card, they both flip the next card from the stacks of five. As they get rid of cards, they draw one more from their stack. They can only have five cards in their hand at one time. The first player to play their entire stack of cards wins.

Spoons

Ages: 10-18

Equipment: 1 deck of cards, spoons (1 fewer than the number of players)

Participants: At least 3 players

The object is to collect four cards of a kind (e.g., four twos, four kings) and not to be the person left without a

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spoon. Place the spoons at the center of the table within grabbing reach of all players. The dealer gives each player four cards and keeps the deck face down. To begin the game, the dealer picks a card from the deck and decides whether it works with anything in his/her hand. He/she slides one card face down to the player on the left. That player takes the card and does the same, moving as quickly as possible. Four cards must be in hand at all times. The player to the right of the dealer places discarded cards in a pile for the dealer to draw from when the original deck is used up. Play continues until one player has four of a kind, at which time he/she takes a spoon from the pile. The spoon may be grabbed secretly while continuing to pass cards until someone else notices. Or he/she may grab a spoon quickly, creating a mad rush for spoons. The player left without a spoon has lost the round. If keeping score, that player gets an S. Once a player spells S-P-O-O-N-S, he/she is out. The player left at the end is the winner.

Zapped

Ages: All

Equipment: Deck of cards

Participants: 12 or fewer players

Remove three aces from a deck of cards. Seat players in a circle facing each other so that they can see everyone's eyes. A stack of cards, one for each player, sits face down in the middle of the circle. One ace is among those cards. Each player gets up to draw a card. The player with the ace has the "zapper" card. She/he will try to eliminate other players in the circle by winking at them without being discovered by others. If a person is winked at, he or she throws in their card and says, "I've been zapped." If players want to guess who has the zapper card, they can name the person. If incorrect, the accuser is eliminated from the game. When the zapper has been discovered, the round is over.

CONTESTS

Brown Bag Game

Ages: 6-12

Equipment: Paper bag, scissors

Participants: 4-30 Players

Give each contestant a small paper bag. Direct all participants to put their bags on the floor open side up, and then bend down to pick them up with their mouths, keeping both feet on the ground and hands behind their back. If successful, cut an inch off the paper bag. Continue until there is one winner.

Variation: Arrange youth participants in a circle and place only one paper bag in the middle. The object of the game is for the kids to balance on one foot and be able to pick the bag up by only using their mouth. Each member takes a turn rotating clock wise and once the bag is successfully picked up the player then can use their hands to rip off the piece that was bit.

Flour Mound

Ages: 6-12

Equipment: Bowl, flour, chocolate (such as a Hershey's Kiss), knife

Participants: 6 or less

Fill a bowl with flour, and pack firmly. Empty the flour mound onto a large plate or small tray, so that it retains the shape of the bowl. Place an unwrapped chocolate on the top. Players take turns using a knife to slice a part of the mound and slide it away from the rest (1/2 an inch is enough). Eventually, one person will do it and the chocolate will fall into the pile of flour. The person must retrieve the chocolate with his/her teeth.



Guess the Number of Gummy Worms

Ages: 6-12

Equipment: Jar, gummy worms

Participants: Any number

Put a large quantity of gummy worms in a jar, counting them as you go along. Ask participants to guess how many are in the jar. The person who guesses the closest number wins.

Variation: Use any small object in place of gummy worms, such as buttons, other candies, pennies, etc.

Clothes Pins

Ages: 6-15

Equipment: 2 clothes hangers, 40 clothespins

Participants: Small to medium group

Take two clothes hangers, and clamp 20 clothespins all over each of them. Give two contestants the hangers. When you say, "Go!" they must remove as many clothespins as possible – with one hand and without dropping or putting any of them down. Whenever someone drops a clothespin, stop and count the total for each. Whoever has the most in hand is the winner.

Cotton Ball Scoop

Ages: 6-15

Equipment: 2 large bowls filled with cotton, 2 empty bowls, 2 blindfolds, 2 spoons

Participants: Medium group

Choose two participants, blindfold them, and give them 30 seconds to transfer as many cotton balls as possible into their empty bowl using only the spoon (no help from their other hand). It's hilarious because they often are scooping and transferring nothing at all on the spoon! The player who transfers the most cotton balls wins.

Ice Cube Breath

Ages: 6-15

Equipment: Ice cubes, buckets

Participants: Medium group

Divide contestants into teams. Place a bucket of ice by each team line. Place empty buckets (one for each team) on the other side of the room or field. At the whistle, the first player on each team picks up a piece of ice, puts it in his/her mouth, runs across the room and spits the ice into the bucket. The first team to transfer their pile of ice cubes into their bucket wins.

Ice Cube Meltdown

Ages: 6-15

Equipment: Two large blocks of ice, towel, stopwatch

Participants: Medium group

Assemble two teams and give each team a large block of ice. Players line up behind their ice. At the sound of the whistle, the first player of each team sits down on the ice for one minute. Then teammates take turns doing the same thing. Players rotate through as many times as necessary. The first team to completely melt the ice wins. This is a great game on a really hot day. Some members may not like the idea of being wet, so you may want to use a towel for them to sit on.

Fear Factor

Ages: 10-18

Equipment: Mats, balls, Hula-Hoops®, puzzles and different foods

Participants: Large group

Essentially, this game is about challenging young people to try a series of new things, such as physical activities, thinking games and unusual food (make sure you don't bring foods to which participants may be allergic). First, divide the group into teams. Then challenge each team

to complete an obstacle course using mats, bats and/or Hula-Hoops® that you've set up. Next, they are to complete puzzles as fast as they can. Finally, they will try a new food, such as baby food, Spam or an unusual vegetable. Time each team to see who can make it through each event the fastest. The ones with the fastest scores will move on to the next event, until there is one winning team.

Minute to Win It

Ages: 10-18

Equipment: Table tennis balls, cups, M&M's, straws, balloons, tables, whistle

Participants: Medium group

Set up stations for the following games: **Blow it Off**, **Take It In** and **Wall Bounce** (page 33, 66 and 67, respectively). Starting with the sound of the whistle, participants have one minute to compete in a game. When the minute is up, they rotate to the next the station, and so on. Give participants points for completion and making the effort to try new games. Minute to Win It can be played on an individual or team basis.

Needle in a Haystack

Ages: 10-18

Equipment: 2 bowls of dry rice, 40 paper clips, 2 blindfolds

Participants: Medium to large group

Disperse 20 paper clips in two bowls of dry rice. Divide players into two teams. Blindfold a representative from each team and give them 60 seconds to find as many paper clips as possible in the rice bowls. Encourage teams to cheer them on and count down with you as the time gets down to the last 10 seconds. The team with the most paper clips wins.

Take It In

Ages: 10-18

Equipment: Pool or long table, 2 cups, M&M's (or other candies that are larger than the straw opening), straws, whistle

Participants: Small to large group

Place two cups four to five feet apart on the table. Inside one of the cups there are up to 30 plain M&M's. The participant stands in front of the M&M's cup with one straw in his/her hand. At the sound of the whistle, the player starts trying to get 12 M&M's inside the empty cup in a minute by sucking them to the bottom of the straw and carrying them from one end of the table to the other.

Variations: For a team format, use two sets of cups. Or use spoons instead of straws.

Toilet Paper Mummies

Ages: 10-18

Equipment: Toilet paper roll

Participants: Large group

Divide players into teams of three, and give each team a toilet paper roll. Upon hearing the start signal, two teammates wrap the third one in toilet paper to make him/her look like an Egyptian mummy within two minutes. The winning team is the one that has the neatest and most covered Mummy.

Wall Bounce

Ages: 10-18

Equipment: Table tennis balls, cups, water

Participants: Medium to large group

Set up a cup filled with 10-12 table tennis balls five to six feet away from two cups filled with a quarter of water and set three feet away from the wall. From the spot with the table tennis balls, participants have one

minute to bounce four balls into the two cups. They must first bounce the ball against the floor and then the wall before it goes into the cup.

Variation: To play this game using teams, just add another cup with a quarter of water against the wall and have another cup with 10-12 table tennis balls for participants.

Blindfold Pudding Eating Contest

Ages: All

Equipment: Pudding, spoons, blindfold

Participants: Medium to large group

Divide the group into pairs. One person is blindfolded and given a spoon. The other has the pudding. The blindfolded person feeds the pudding to the other person. Whichever team feeds all of the pudding the fastest with the least amount of mess wins.

Dollar Bill Grab

Ages: All

Equipment: Dollar bill

Participants: Any number

Players stand with their backs and heels against the wall. The staff member puts a dollar bill underneath the toe of one shoe on the ground. The object is to bend down and pick up the dollar bill without losing balance while having your heels staying in the same place (like a toe touch against the wall without moving your feet).

Variation: Place a coin next to each player's feet. At the start signal, contestants try to pick up their coin without moving their heels away from the wall. The first to pick their coin up wins.



Positive Reinforcement Cards

Ages: All

Equipment: 1 deck of cards

Participants: Large group

Whenever Club members arrive on time from breaks, lunch, etc., give them one playing card. You can also hand out cards to youth who volunteer for activities, are helpful or answer a difficult question. At the end of the day, play one hand of 21 with those who have cards. Give a small prize to the person who goes closest to 21 without going over.

Variation: You could have them add up all the cards at the end, and the person with the highest score wins. Note that the more cards a person has, the better the chance of winning.



Trash Scavenger Hunt

Ages: All

Equipment: Gloves, plastic bags

Participants: Any number

Divide participants into teams, and direct them to go outside to gather trash. Each team weighs their trash or counts how many bags they gathered. Teams with the most win. *Variation:* Have the groups create a junk sculpture from the trash they collected and put on an art show of the pieces. Discuss with members the importance of volunteering in the community and how by even just helping pickup the garbage around the club can make a difference. Ask them what other ways they can think of to volunteer in the community



EASY MAGIC

Bottle and Straw

Ages: 6-15

Equipment: 1 bottle, 1 straw

Participants: Medium to large group

The magician offers to lift a bottle with a straw. The straw is bent so as to make a short section, and it is pushed into the bottle at the bend. The short section then springs out, acting as a lever or catch by which the bottle can be lifted when the straw is raised.

Egg Trick

Ages: 6-15

Equipment: Hard boiled eggs, salt

Participants: Any number

How to balance an egg on its end with no visible means of support: Make a tiny pile of salt on a flat surface, and balance the egg (with the larger end) on the pile. Then carefully blow away the excess salt, leaving just the few grains actually supporting the egg. (Obviously this needs preparing in advance. If pressed to repeat the trick, place the egg down hard enough to break the shell, which will also enable it to balance.)

Magic Writing

Ages: 6-15

Equipment: 1 piece of paper, lemon juice, light bulb

Participants: Any number

Show what appears to be a blank piece of paper to the audience. The paper may be passed around for examination or even signed by one of the spectators. Yet, upon holding the paper over a lightbulb, a message mysteriously appears on it. (Note: This works best when you pass the paper in front of a lamp with the shade

removed to expose the lightbulb.) Here's how: Before the program starts, you make "ink" out of lemon juice and write any message desired on the paper with it. The writing will be invisible until the heat of the light brings it out and reveals the secret message.



Birthday Math

Ages: 10-18

Equipment: Pens, paper, calculator

Participants: Any number

Using this trick, you can tell your volunteer his/her birth date and age (even if you don't already know). Have your volunteer write his/her birth date in numbers on a piece of paper; the month is written as such: 1 for January, 2 for February, 7 for July, and so on. Then ask him/her to write the day of his/her birth in two digits. If the date is a single digit, he/she should put a zero in front of it (i.e., 07 for 7). This way, 1011 is October 11th and 703 is July 3rd. Then ask the volunteer to do the following:

- Multiply his/her birth date number by 2. Example:
 $1011 \times 2 = 2022$
- Add 5. Example: $2,022 + 5 = 2,027$
- Take that answer and multiply it by 50. Example:
 $2027 \times 50 = 101,350$
- Add his/her age to that number and then tell the answer. Example: $101,350 + 10 = 101,360$

You must subtract 250 from your volunteer's answer. Now you can tell what his/her birth date and age is. For example: $101,360 - 250 = 101,110$. The last two digits are your volunteer's age (10 means he or she is 10 years old), and the first four digits, 1011, tells you that his/her birth date is October 11th. Use a calculator to double check the math.

Column by Column

Ages: 10-18

Equipment: Deck of cards, table

Participants: Small to large group

Shuffle a deck of cards or turn them face down to mix them up with your hands. Put three cards face up on the table. Overlap three more cards on top of these face up, and continue until you have three columns of seven cards each. Put the rest of the deck aside. Ask someone to choose a card (without touching or picking it up), but not tell you which one it is. He/she tells you which column the card is in. As you pick up the cards, you want the column with that person's card in it to be in the middle – not the first column you pick up and not the last. Pick up the rows of cards, sliding the cards in each column together so that they stay in the same order. Turn the pile of cards face down in your hands, and again make three columns with the cards facing up. Ask the person which column his or her card is in. Pick up the cards, again making sure the column with his or her card in it is in the middle of the deck. Make three columns for a third time and again ask which column his or her card is in. Gather them up as you did before. Turn the cards face down. Then turn them over one at a time. As you get to the eleventh card, ask the person if that is his/her card. He/she will be amazed that you picked the right card. The chosen card is always the eleventh card.



Phone Number Math Trick

Ages: 10-18

Equipment: Calculators

Participants: Any number

Using a calculator, key in the first three digits of your phone number (not the area code). Multiply by 80. Add one. Multiply by 250. Add the last four digits of your phone number. Add the last four digits of your phone number again. Subtract 250. Divide the answer by two. Recognize the answer?

The Jacks Tell All

Ages: All

Equipment: Deck of cards, table

Participants: Any number

Mondo the Magnificent (that's you!) divides the deck of cards into four piles. A participant looks at them and remembers the top card in each pile, without showing them to Mondo. Mondo gathers the cards up and picks out the top cards. Magnificent! Here's how it's done: Before you begin, place the four jacks on the top of the deck. Only you know these cards are there. When you perform, start making four piles by placing the top four cards (the jacks) on the table. Build up the piles by placing several cards on each pile until all the cards have been used. Ask your friend to look at the top card in each pile, but not to show them to you. Gather up the cards by placing one pile on top of the next. This way, a jack will be on top of the top card in each pile. Spread the deck out in your hands. The top cards will be the first card on the left (the top card in the first pile) and the three cards to the right of the three jacks. Pull these cards out of the deck, place them on the table, and bask in the glow of your audience's amazement.

The Unpoppable Balloon

Ages: All

Equipment: Balloons, pins

Participants: Any number

Blow up several balloons and give them to participants along with a straight pin. Tell them that if they know the right magic words, they can stick a pin in a balloon without popping it. Have several try. Of course, all the balloons will pop. Now stick a pin in your balloon. It doesn't pop. The secret to this trick is to put a small piece of transparent tape on your balloon. When you stick the pin through the tape - and don't pull it out - the balloon won't pop.

ICEBREAKERS



Air-Water-Fire

Ages: 6-12

Equipment: Small ball or knotted handkerchief

Participants: Small to medium group

All players except one sit in a circle. The extra player, the thrower, stands inside the circle and throws a small ball or knotted handkerchief at someone, while calling, "air," "water" or "fire," then quickly counting to 10. The player at whom the handkerchief was thrown must mention an animal living in the named element, or if fire is called, he/she must remain silent. If she/he fails to correctly name an animal before 10 is counted, or mentions an animal that another player has already named, then she/he switches places with the thrower.

Animal Scramble

Ages: 6-12

Equipment: Paper, pens

Participants: Medium to large group

On a slip of paper, write the names of animals that make an obvious noise. Create five to 10 slips for each animal. Give each participant a slip of paper, instructing them to keep their animal a secret. When the leader says, "Go," participants look for the rest of their kind while making the animal's noise (no talking allowed). Once two of the same kind have found each other, they stay together to find more. Continue until all of the like animals have created one big group.

Variation: Plant a couple of dangerous animals (e.g., snake, lion, tiger) that, if incorrectly approached, can take players out of the game. Non-dangerous animals should try to gather together to be safe in a pack; they can even fake being a dangerous animal but cannot take out anyone. The last survivor is the winner.



Follow the Leader

Ages: 6-12

Equipment: None

Participants: Small to large group

Assign one person to be the leader and everyone else to be followers. Tell the leader to start doing something. She/he can walk, run, dance, sing, talk or do any activity or combination of activities she/he wants, in any order. Instruct the rest of the players to follow the leader, doing exactly what the leader does. Anyone who doesn't follow exactly is out of the game. Signal the end of the game when only one person is left following the leader. That person then becomes the leader of the next game. At the end of the game, discuss the importance of being a positive leader and what to do if someone is not being a positive leader.

Numbers Change

Ages: 6-12

Equipment: None

Participants: Medium to large group

Designate someone to be "It." Arrange players in a circle, or two circles if there is a large crowd. Give each one a number: 1, 2, 3, 4, etc. It is in the center and calls out two numbers. Players with those numbers run to trade places while It tries to get into one of those places. If It is successful, the player who was supposed to claim that spot becomes It.

Quarter in the Crowd

Ages: 6-15

Equipment: 1 quarter or several dimes

Participants: Large group

Secretly give one quarter or several dimes to random members of the group. The others, of course, do not know who holds them. The leader announces that

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someone or some people will give a quarter to the tenth person who shakes their hand. Everyone begins shaking hands. The one who has the quarter puts it in his pocket, keeps track of how many hands he shakes, and gives it to the tenth person.

Yes or No

Ages: 6-15

Equipment: Beans, corn kernels, paper clips or other small items

Participants: Large group

As each participant enters, she is given 10 small items. Participants are then told to ask questions of each other, collecting a bean from everyone who answers a question with a "Yes" or "No." A prize can be awarded to the person with the greatest number of small items when the time is called.

Catch Ball

Ages: 6-18

Equipment: Sponge ball or other soft ball

Participants: Small to medium group

This is a good exercise for introducing members of a group. The leader throws a ball at one of the players, who then introduces himself. That player throws the ball to someone else. Challenge the group to complete the introductions without throwing the ball to the same person twice.

Variation: Players ask questions as they throw the ball to others.

Huggy Bear or Cluster

Ages: 6-18

Equipment: None

Participants: Large group

Direct players to scatter about in an open area. One person, the caller, yells out a number. Participants then must create groups of that number by hugging each other

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or huddling together. For example, if the caller yells, "One," everyone gives themselves a hug. But if the caller says, "Three," the group makes pods of threes. Anyone leftover is out. Pods must scatter apart between numbers. Keep playing until down to just three players. The last two players are the winners.

Variation: Clusters can be formed according to the same shoe size, sock or eye color, etc.

Paper Airplane Game

Ages: 6-18

Equipment: Paper, pens

Participants: Large group

Players make paper airplanes, and write their names and something they like and dislike on them. On cue, everyone throws their airplane around the room. Each player finds an airplane, picks it up and keeps throwing it for one or two minutes. When time is up, everyone must have one paper airplane. Participants then must find the airplane's owner and introduce that person to the group.

Variation: Add additional questions for players to answer.



The Four C's

Ages: 6-18

Equipment: None

Participants: Medium to large group

Ask participants to name a cartoon character, color, car or cuisine that best describes their personality and why.



Alphabet Search

Ages: 10-12

Equipment: Buckets

Participants: Any number

Divide players into small groups. Ask participants to search their pockets (or a specific area) for objects

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beginning with letters ranging from A to Z. Place items in buckets. The group or person (if done individually) to get all 26 letters wins.



Talking Behind Your Back

Ages: 10-12

Equipment: Piece of paper, washable markers, tape, pencils

Participants: Small to large group

Each person writes his/her name lightly in pencil on a piece of paper. Players help each other tape their own pieces of paper to their backs, name side down. Using washable markers, each person writes something positive about everyone else on their respective backs. The leader removes all the papers and displays them for everyone to see. After reading the papers (with comment sides up, name sides down), participants predict which one they think may have been on their back. Then, everyone turns the paper over and finds their own paper. Hopefully they will keep their papers, feeling great about what others had to say about them.



Either/Or

Ages: 10-15

Equipment: None

Participants: Large group

Players stand in the middle of a large space. The leader instructs participants to answer an either/or question by running to designated sides of the room or field. For example, ask participants if they prefer a sweet or savory treat. Those with a sweet tooth run to one end of the room, and those who prefer savory go to the opposite end. Ask another either/or question, but this time ask the people to congregate at the sides of the room so that everyone has to change position. Choose a set of questions that are relevant to the event, and let the exercise continue until participants look like

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they're starting to get to know each other. Another sample question: Ask players whether they have ever volunteered in their community.

M&M Game

Ages: 10-15

Equipment: Bag of M&M's, Skittles or any colored candy, list of questions

Participants: Small to medium group

For each color of candy available, prepare a question for the participants to answer. Seat participants in a circle. Pass around a bag or bowl of candy and have players take as many as they want. Next, choose a color and tell any youth holding that color of candy to stand up. Then ask the corresponding question and let each person answer the question. Have everyone sit back down and repeat until you've read all the questions.

Favorite Animal

Ages: 10-18

Equipment: Name cards, pens/markers

Participants: Large group

As participants arrive, ask them to tell you their favorite animal and three adjectives to describe it. Write the three adjectives on a name tag before their name, omitting the animal name (i.e., loyal, cuddly, playful Sherrie.) Tell them to mingle with the crowd, sharing why these adjectives best describe their own personality. Ask participants to guess which animal the words represent.



Five Card Draw

Ages: 10-18

Equipment: Deck(s) of cards

Participants: Any number

Take a deck of cards and give everyone a playing card. If you have more than 52 people in your group, add

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another deck of cards. Tell them that they have three minutes to find the other three (or seven) of their kind and introduce themselves.

Variation: Instead of finding everyone who has their “kind,” have players form groups with card numbers adding up to 21 (with a minimum of three people in their group).

Group Juggling

Ages: 10-18

Equipment: 4 tennis balls

Participants: Small to medium group

Form the group into a circle and place four tennis balls in the middle. One person begins the game by taking a ball and throwing it to another person in the group. The person who catches the ball throws it to another person, and it continues until everyone catches and throws the ball. The last person to catch the ball throws it back to the original person. It is important to remember the throwing order as it remains the same throughout the game. Repeat the process without stopping. Once the cycle is established, introduce another ball into play, and continue until all four balls are in play at the same time. See how long the group can keep the four balls in play without dropping them.

Variation: Add elements, such as saying the person’s name before throwing, or trying it backwards, to keep the game fun.



Human Knot

Ages: 10-18

Equipment: None

Participants: Small to medium group

Players form a close circle, holding hands. Instruct everyone to raise his/her right hand first and grab another person’s right hand, then do the same with the left hand. Mention that they cannot grab the same person’s right and left hand, nor the person’s next to them. Now, they must try to untangle the “knot” without

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letting go. They may have to climb over or crawl under arms. It helps to be limber.

Variation: Form the same circle, with one player standing outside the circle, facing away, who will be the “doctor.” While holding hands, the circle people turn and twist, and go under and over other players’ hands. Then the group chants, “Doctor, Doctor, we need help.” The Doctor untangles the circle without causing anyone to break hands. Debrief with members the different leadership skills the Doctor and other participants used in solving the knot.

Hum That Tune

Ages: 10-18

Equipment: Paper, pen

Participants: Large group

Write the names of nursery rhymes or other well-known songs (e.g., “Row, Row, Row Your Boat,” “Rock-a-Bye Baby”) on small pieces of paper. Note that the number of songs must correspond to the number of groups to be formed, and the number of slips of paper with the same song must correspond to the number of participants in each group. Give one song to each participant. Then instruct them to all start humming their tune and find everyone else who is singing the same song. Groups are then formed, and they sit together.



Leadership Bingo

Ages: 10-18

Equipment: Blank Bingo cards, slips of paper, pens, hat or box

Participants: Large group

Leadership Bingo is similar to regular Bingo except instead of drawing letters or numbers, players draw leadership traits. At the beginning of the game, participants brainstorm to list the various characteristics of a good leader. Players then choose which characteristics they think are most important and write them on their Bingo cards.

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Write each characteristic on a slip of paper. Mix them up in a hat or a box, draw them out one at a time and call them out. If the called-out characteristic appears on a player's card, he/she writes "X" on the corresponding box. The first person to have five boxes marked with an "X" out in a row yells "Bingo" and wins.

Silent Identification

Ages: 10-18

Equipment: Paper, pens or markers, safety pins

Participants: Large group

Each participant is asked to either silently write words or draw pictures that describe themselves. They pin the paper onto their shirts and walk around the room. Everyone looks at each other's papers. Papers are removed from the shirts and shuffled. Then each person is given someone else's paper and must find the owner.

Sort and Mingle

Ages: 10-18

Equipment: None

Participants: Medium to large group

There are two parts to this icebreaker. The first half is "Sort," which is similar to Either/Or. The moderator calls out two contrasting choices, (i.e., "Do you prefer nature or cities?") and everyone must move to the east or west sides of the room. Then the moderator shouts out two more choices, and everyone moves north or south of the room. Sorts that work well include: Dogs vs. cats, books vs. movies and sweet vs. salty.

The second half of the icebreaker, "Mingle," works as follows: The moderator shouts out a general category, and participants are asked to find others who have the same answer, and they clump up to form a larger group. After about thirty seconds to one minute, the moderator asks each group call out their answer. If a person is unique and is the only one with a particular answer, that's okay.

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Examples of mingles include: your favorite place, your favorite dessert and the kind of animal you like best.



Famous Characters

Ages: 13-18

Equipment: Paper, pins, pens

Participants: Medium to large group

Prepare beforehand slips of paper with names of famous leaders in our society, both present day and historical. Make sure they are people participants are familiar with. As players enter the room, pin a slip on their backs without them knowing what it says. Players observe each other's slips and then converse as if they were talking with the person whose name is on the slip. As this goes on, each person can ask questions and tries to guess who he/she is supposed to be. The remarks should not be so leading as to give away the identity too soon.



I, Me, My

Ages: 13-18

Equipment: Beans or other small items such as paper clips, sunflower seeds or rubber bands

Participants: Large group

Give 10 beans (or other small item) to each participant. All players converse and mingle. If anybody says the words "I," "Me" or "My," they must give a bean to the person with whom they're talking. Whomever is able to get others to open up about themselves and has the most beans within five minutes is the winner.

Variation: Have members discuss questions related to how they feel about certain topics, i.e., what characteristics make a good leader, how they contribute to their community.



Name Six

Ages: 13-18

Equipment: None

Participants: Small group

Players sit in a circle with the leader in the middle. The leader chooses one participant to name six places that he/she has visited. The next team member also answers the question, and the question is posed to players all around the circle. The process is repeated with another subject, but starting with the next player in the circle. Continue the session with additional subjects. It's best to start with safe subjects. Other possible subjects could be the following:

- Jobs or roles that you have had
- Things you are good at
- Things that you find difficult
- What embarrasses you
- What you like
- Things you dislike
- What characteristics do you find important in a leader
- Discuss the rights and responsibilities of being a good citizen

Pairs Game

Ages: 13-18

Equipment: Lined index cards, pens

Participants: Any number, as long as there's an even number

Make up famous pairs or groups of people such as Mickey and Minnie Mouse, or Barbie and Ken. Give each person a card with the name of one member of the pair on the lined side, and one member of another pair on the plain side. Players must find the match to name of the pair listed on the lined side first. When they find their

matches, give them a topic to discuss, such as why is it important to volunteer in one's community. Then, on cue, they turn their cards over to the plain side and find their new match. They then discuss with their partner the best volunteer experience they have ever participated in and what made it good.



Three Questions Game

Ages: 13-18

Equipment: Paper, pens

Participants: Medium to large group

Everyone in the group writes down three thought-provoking questions they would like to ask others in the group. Questions could be something like, "Where is the most interesting place you have ever traveled?" or "Name a topic you feel absolutely passionate about." If you are focusing on certain issues in the Club, you may also encourage members to write those questions down, such as "Have you been bullied before and if so, how have you dealt with that?" Give them time to mingle and to ask three different people in the group one of their three questions. Call the group back together, and have each person stand and give their name. As they say their name, ask the group to tell what they know about this person.

Two Truths and a Lie

Ages: 13-18

Equipment: None

Participants: Medium to large group

Ask participants to sit in a circle. Choose one to go first. Have that person tell the other players three things about him/herself. Two should be true and the other one should be a lie (in no particular order). All three statements should be believable, yet a bit off the wall to make it harder to figure out. The rest of the players try to guess which statement is the lie. Continue around the circle at least once until each member has had a turn.

IMPROMPTU GAMES



Cat in the Hat Bingo

Ages: 6-9

Equipment: Paper for Bingo cards, crayons, chalk or dry erase markers, chalk or dry erase board, index cards, Dr. Seuss books, hand wipes

Participants: At least 5, small group

Select 25 words from Dr. Seuss books that you would like members to learn. Create Bingo cards with 25 squares and write one word in each square. Make sure you make several versions of the Bingo card so that words are not in the same squares on every card. Laminate the Bingo cards. Then write all of the words (one on each card) on index cards.

Give each player a laminated Bingo card, crayon and baby/hand wipe. Assign a volunteer or older member to assist younger members. Draw the first index card out of a hat, read the word out loud and write it on the chalk or dry erase board. Players find the word on their cards and mark it with a crayon. When a player has marked five words in a row vertically, horizontally or diagonally on her/his card, she/he calls out, "Seuss!" Play stops while all winning cards are verified. All players are given a prize for participating, with winning players receiving an extra incentive for their achievement.

Musical Hula-Hoops®

Ages: 6-9

Equipment: 5-10 Hula-Hoops®, depending on the number of players

Participants: 5-10 players

Place Hula-Hoops® randomly throughout the room. There should be one less Hula-Hoop® than there are players. When the music is playing, kids run around the room, and when the music stops, they have to find an open

impromptu games

Hula-Hoop® to stand in (only one player can stand in a Hula-Hoop®). If two kids get to one hoop at the same time, they are asked some type of educational question. The player who answers the question first and correctly gets to stay in the Hula-Hoop®. Like musical chairs, one Hula-Hoop® is removed at the end of every round. The last person standing in a Hula-Hoop® wins.



Pumpkin in the Pumpkin Patch

Ages: 6-9

Equipment: None

Participants: Large group

Participants all lie down or sit in a designated area. A staff member picks one person to be a pumpkin buyer and another to be a pumpkin seller. The seller picks a person to be his/her pumpkin, but doesn't tell anybody. Then the buyer asks the seller yes or no questions such as, "Pumpkin seller, pumpkin seller, is your pumpkin wearing red?" The buyer responds with "Yes" or "No." After more questions, the buyer guesses who the pumpkin is. If the buyer is right, he/she becomes the seller and the pumpkin becomes the buyer.



The Mighty Wind

Ages: 6-9

Equipment: None

Participants: Medium to large group

Ask youth to sit in a circle with one member in the center. The member in the middle says a sentence describing a quality or characteristic related to members of the group. For example, he/she might say, "The mighty wind blows for those who speak two languages." All members who speak two languages must stand and find another seat (but not to the left or right of their current seat) before all seats are taken. The one left standing is now the member in the middle. Repeat the above directions.

Gators

Ages: 6-12

Equipment: None

Participants: Medium to large group

Line all of the participants up at one end of the gym. Assign one person to be the Gator. The Gator must make simple commands for every player to follow. For example, "Gators, stand on a free throw line." The players then run to the free throw line. Whoever is last is out and sits out until the end of the game. But if anybody moves when the key word "gator" is not said, he/she is also out. Play until there is only one participant left.



People Memory

Ages: 6-12

Equipment: None

Participants: Large group

First, two people, the guessers, leave the room. As soon as they are gone, the other players find partners. To prevent easy guessing, pairs should be formed of people who don't usually hang out with each other. Then each of the pairs agree on something related to the chosen theme, such as a color, animal or star. The partners split up and mix with others, and the guessers return to the room. The first guesser starts by tapping a player on the shoulder. This player has to say their color, animal or star. Then guesser number one has to find the partner. If correct, the guesser starts again with a new pair, but if wrong, it becomes guesser number two's turn. Now the pairs in the room are hunted out like a memory game. The winner is the player who finds the most pairs.

Circle Dash

Ages: 6-15

Equipment: None

Participants: Medium to large group

In this silent game, all participants except one form a circle. The remaining person stands in the middle of the circle. The object of the game is for any two people in the circle to silently signal each other and switch places. The person in the middle tries to get an open spot before the switchers. The remaining person takes the spot in the middle.



Fruit Salad Toss Up

Ages: 6-15

Equipment: 1 chair per participant

Participants: Medium group

The group sits in chairs in a circle. One person stands in the middle of the circle and does not have a chair. All players are assigned fruit names: apple, orange, pear or plum. The middle person calls out one or more fruit names. The called fruits must change chairs. The middle player tries to sit in the empty chair before the fruits do. The middle person may also call, "Fruit salad toss up," for which all players must change chairs. The player left without a chair becomes the middle person.

Bumpity Bump Bump

Ages: 10-12

Equipment: None

Participants: Medium to large group

All players stand in a circle with someone in the center. The center person, who is trying to eliminate all players, points at someone in the circle and says, "Right, Bumpity Bump Bump Bump" or "Left, Bumpity Bump Bump Bump." The pointed person has to say the name of the person to her/his right or left before the phrase is finished. If the pointed person fails to do this, she/he is out.



Holidays A to Z

Ages: 10-12

Equipment: Flip chart, markers

Participants: Medium group

Write all of the letters from A to Z vertically on a flip chart. Ask participants to fill in a holiday word or phrase that starts with each letter. Here are examples for you to use. Give bonus points for the letters Q, U, V, and Z. The participant who comes up with the most is the winner.

- A. Angels
- B. Bells
- C. Candy canes, candles, cranberries
- D. Deck the Halls, doves



Spaghetti and Marshmallow Towers

Ages: 10-15

Equipment: Dry spaghetti, marshmallows

Participants: Any number

Divide players into groups of four or five. Give each group dry spaghetti and marshmallows. Announce that they have 15-30 minutes to build the highest structure in the room (or the widest bridge or tallest arch). Afterwards, review with the groups the issues they faced, such as team building, motivation, time management, organization, planning, communication and resources.

Iron Man

Ages: 10-18

Equipment: Cups, pool, air hockey, foosball and bumper pool tables and equipment, stopwatch

Participants: Medium to large group

This activity incorporates many game tables, such as pool, air hockey, foosball, bumper pool, carpetball and

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cupstacking. Set up an obstacle course. For example, have the first player “up stack” a 3-6-3 cup stacking arrangement to start the timer for the event. Then, the member moves to the pool table, where he/she has to shoot one ball into the far corner pocket. Next, he/she moves to the air hockey table and has to make a puck into the opposite goal. After that, the player moves to the bumper pool, where he/she has to send the ball through the “middles” before making it into the opposite hole. Now, the member moves to the foosball table to make a goal shot. Finally, the player returns to the 3-6-3 stack and now “down stacks” the cups to stop the timer. Then the next player does the same course, and so on. Record times so you can see who finishes the obstacle course the fastest.



Minefield

Ages: 10-12

Equipment: None

Participants: Large group

Divide the participants into three groups. One group, the mines, is stationary and scattered throughout the playing area. The second group, the rowers, try to get across the playing field while keeping their eyes closed. Group three is the assistants, who shout out directions to the rowers from the other side of the field. On “Go,” rowers make their way across the field as fast as they can, and if they bump into a mine, they “blow up.” Groups rotate so that everyone gets to play each part. After everyone has taken turns discuss how they felt during each role. Discuss how important trust is in relationships with friends and family, and that trustworthiness is a goal to which to aspire.

Ying-Yang-Yoo

Ages: 10-12

Equipment: None

Participants: Medium group

Everyone stands in a circle. The first person says, "Ying," and puts his/her hand on top of the head, pointing left or right. The person in the direction pointed then must respond, "Yang," and put his/her hand under the chin, pointing in another direction. The person who was pointed at must say, "Yoo," and point to anyone in the circle. That person then starts again by saying "Ying," and follow the same Ying motion previously mentioned, and so on. Ying Yang Yoo can only be spoken in that order.

Zip-Zap-Zop

Ages: 10-12

Equipment: None

Participants: Medium group

Everyone stands in a circle. Ask participants to repeat the words, "Zip, Zap, Zop" simultaneously three to four times. Then explain to them that they will be passing a bolt of energy to each other, and as they do, they will have to say, "Zip," "Zap" or "Zop." To start, send the bolt out of your hands with a strong forward motion to someone in the circle, (using your hands, body and voice) saying, "Zip." It is important to maintain eye contact as the bolt is passed. The receiver must take the energy with the whole body and pass it immediately to someone else while saying, "Zap." Then that person must say, "Zop" to another player. And so the game continues, "Zip, Zap, Zop." Players who slow down the pace or say the words out of order are out of the game. Play until one contestant is left standing.



Circle Story

Ages: 10-15

Equipment: None

Participants: Medium group

Everyone sits down in a circle. The first player begins a story – just one or two sentences to get the story started. He/she then points to the person sitting next to them, who must continue the story. It can be fun if players stop their part of the story at a critical point for the next person to pick it up.

Mime Madness

Ages: 10-15

Equipment: None

Participants: Medium to large group

Designate several people to be mimes. Have a staff member take them out of the room and then name one person to come back into the room. After mime number one returns, ask him/her to act something out, such as changing the diapers of twins or bathing an elephant. Before the first mime starts, call out for a second mime (who doesn't know what the act will be) to join the group, and ask him/her to watch. When the demonstration has been completed, the first mime sits down, and the second gets up to do what the first mime did. Again, before starting, ask the third mime to come into the room to see the demonstration. The game ends when the last mime has performed the act. Ask that person what the act was supposed to be.



Spelling Objects

Ages: 10-15

Equipment: Paper, pen

Participants: Small to large group

Divide participants into groups of four to six, and give each group a word of about 10 letters that is relevant to

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the day's activities (e.g., leadership). The first group spells out the given word using objects that they have with them (or if they don't have objects with them, make this a scavenger hunt around the facility to find the objects). The first letter of each object should be the same as one of the letters in the given word. For example, a loop, earring, apple, disk, etching, ring, snack, hat, ink and a pen spell "leadership." Once completed, the next group has a turn. The game ends when all the groups have spelled out their words. The group that guesses the most words wins.

5 in 5

Ages: 10-18

Equipment: Stopwatch, digital wristwatch or a watch with a second hand

Participants: Medium to large group

Ask participants to sit in a circle. Call on someone to be a volunteer. Members are given five seconds to name five things (e.g., cars, actors, countries, T.V. shows). Don't say what the topic will be until starting the clock. If the volunteer successfully names five things in five seconds, then you (the staff member) have to do a task, such as five push-ups, 10 jumping jacks or sing a song. However, if the volunteer doesn't complete the task, then he/she has to stand in front of the group and do something, (an easy task that will not be a deterrent) such as one push-up or two jumping jacks. Allow time for multiple volunteers to participate.



Alphabet Brainstorm Race

Ages: 10-18

Equipment: Dry erase or chalk board, markers or chalk

Participants: Small to medium group

On a board, write the alphabet vertically with spaces next to the letters, one alphabet per team. Write a sentence on the board, such as, "A beautiful child is a _____"

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child." On "Go," the first player from each team fills in the blank with a word beginning with the letter A and then marks off the letter for his/her team. Then the second player from each team does the same with the letter B, and so forth. Teams go as fast as they can. Team members may help each other decide which word to write. The first team with the most words within a set amount of time wins.

Detective

Ages: 10-18

Equipment: None

Participants: Medium to large group

Seat the group in a circle with their eyes closed. One participant is designated "It" when he/she receives a tap on the back. The staff member tells participants to open their eyes. Players then stand up and walk around the room, shaking hands. It eliminates people by squeezing their palms (instead of just shaking their hands). The person whose hand was squeezed counts to 10 before falling to the ground dramatically. The rest of the group plays detective and tries to guess who It is. If someone guesses wrong, he/she falls to the ground dramatically. Once a player is on the ground, he/she cannot be a detective.



Great Ice Cream Caper

Ages: 10-18

Equipment: Ingredients to make ice cream sundaes

Participants: Large group

Have groups represent different cultures, each with its own special ice cream product. Some groups will have a surplus of ingredients, and others will not have enough, so they must trade with each other to create the ultimate ice cream sundae.

When the project is complete, bring participants together to talk about how they felt doing a project to promote

diversity, what they learned from the experience and ways they can continue their work in the future.



The Last Word

Ages: 10-18

Equipment: None

Participants: Small to medium group

Participants stand in a circle. The first participant walks over to stand in front of another. He/she makes a statement, e.g., "It is such a lovely day." The person spoken to will go to another player and say something starting with the last word in the statement, e.g., "Day one of the course was very tiring." Each participant takes turns to ensure that everybody gets a chance to participate.



Telephone Pictionary

Ages: 10-18

Equipment: Stacks of sticky notes (5-6 sheets per player), pencils for each participant

Participants: Small to medium group

Have all participants sit in a circle with a small stack of sticky notes and a pen or pencil. Instruct participants to think of a subject (e.g., a movie title) and write that down in the first sticky note sheet. All participants then pass their note stacks to the left, and the next person has to draw a picture of what is written on the paper on the next sticky note. After they draw pictures, they fold over the top note that the first person wrote on, so only the drawing is shown. Everyone passes the papers to the left. Participants look at their pictures and try to guess what they are, writing what they think it is on the third sticky note in the stack. Then they fold the paper down, hiding the picture and pass it to the person on the left. The next participant draws a picture on the fourth sticky note and follows the above steps. The fifth person who receives the paper writes down what they think it is on the last note.

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One at a time, participants unfold the paper, read the original statement and their statement and see how close they came.

Biggest Fan

Ages: 13-18

Equipment: None

Participants: Large group, even numbers

Divide the group into pairs. Each pair plays Rock, Paper, Scissors in a two out of three format. The loser of the match becomes the winner's "Biggest Fan." It's the job of the player who didn't win to cheer the champion on as he/she seeks out another opponent. Each time a player wins, he gets all the "fans" the losing player had. The game ends when one player has all the fans. This gets loud, rowdy and is a ton of fun!



Comic Strip Chaos

Ages: 13-18

Equipment: Comic strips, cut into individual frames, large container

Participants: Large group

Find comic strips that can be cut into individual frames. The number of comic strips must equal the number of groups that need to be created. The number of frames for each strip must equal the number of participants for each group. Participants take turns picking a comic frame out of a container. After everyone has a frame, they search for others with the same comic strip sequence. Once they have found their group, players must arrange themselves so that the frame sequence is in chronological order to form the comic strip correctly. Upon completion of the sequence, the newly formed group sits together. This is a great game for forming smaller groups.



Scavenger Hunt

Ages: All

Equipment: 10-20 buckets or pails, items to hide

Participants: Large group

Place the buckets randomly, but in plain view, around a park or field. Place the buckets upside down over the top of the hunt items. Divide participants into teams of five to 10 players. Assign each team member to find a specific item. All team members must stay together. Players will then run from bucket to bucket, trying to find their item. When they do, they return to the starting point. The first team to find all of their items wins.



MOVEMENT GAMES



Air Writing

Ages: 6-12

Equipment: None

Participants: Medium to large group

Ask participants to spread out and then start moving in place (jumping, marching, hopping or twisting). Call out a letter, number, word or shape. Players are to stop moving and then draw the letter, number, word or shape in the air using their hand, arm, leg, head, elbow, knee, bottom, or any combination of body parts until the next activity is called. This is a quick and easy game with no winner.



As If

Ages: 6-12

Equipment: None

Participants: Medium to large group

The leader reads the following sentences to participants, who then act them out for 20-30 seconds each.

- Jog in place as if a big scary bear is chasing you.
- Walk forward as if you're walking through chocolate pudding.
- Jump in place as if you are popcorn popping.
- Reach up as if grabbing balloons out of the air.
- March in place and play the drums as if you are in a marching band.
- Point as if the paintbrush is attached to your head.
- Swim as if you are in a giant pool of JELL-O.

Students may create their own sentences for additional activities.

Garbage War

Ages: 6-12

Equipment: Tape, lots of newspaper, toilet paper and other “dry garbage”

Participants: Medium to large group

Divide the room into four sections and mark it off with tape. Evenly distribute all the garbage into the sections. Split participants into four groups and assign each to a section. Tell them that the object of the game is to get all of the garbage out of their sections and into the other teams’ sections. At “Go” they start scooping up the stuff and throwing it into other sections.

Variations: Use a volleyball net as a divider or give participants mops, brooms and pails to clean up their area. Or instead of using garbage, use “soft” balls, bean bags, etc.



Scrambled Eggs

Ages: 6-12

Equipment: None

Participants: Large group

On a large field, tell the children they are all pretending to be scrambled eggs in motion. One child chooses the first ingredient to add to the scrambled eggs. The chosen ingredient will be the signal to stop. For example, say the ingredient is broccoli. The staff member says, “Run!” and the children run around until the staff member yells, “Broccoli!” All the kids stop. Then a new ingredient is chosen, and the game is played again.

Variations:

- *Memory: Children stop and recall all the ingredients named at any point in the game.*
- *Upper body exercise: Kids pretend to be stirring (waving arms) each time they are stopped.*
- *Nutrition: Kids categorize the ingredients by food groups at the end of play.*

movement games

- *Language arts: Players copy and alphabetize the ingredient names when games are over.*



Windows and Doors

Ages: 6-12

Equipment: None

Participants: Medium to large group

Children stand in a large circle, just close enough to hold hands. One child is chosen to be "It." While holding hands, players in the circle raise their arms high into the air to create arches. It weaves in and out of the upraised arms. The children in the group randomly lower their arms to try and block It's progress. If It is not able to get around the circle, then she/he joins the circle and a new child is declared It.

Making Waves

Ages: 6-15

Equipment: Large parachute

Participants: Medium group

Seat all players around a parachute. Then ask them to stand up, grab hold of the parachute and move it in an up/down motion using only their wrists. Next, instruct them to also use their elbows. Then tell them to use their shoulders, too. As the activity goes on, the waves get larger.

Merry Go-Round

Ages: 6-15

Equipment: Large Parachute

Participants: Medium group

Spread the parachute out on the floor. Ask participants to sit around the edge of the parachute. Then tell them to stand up and pick up the parachute with only their right hand. Instruct them to move in one direction. Have them change their movements every few seconds, e.g., jog, walk, gallop, jump and skip. When the right hand has practiced several movements, ask participants to switch to the left hand.



Obstacle Race

Ages: 6-15

Equipment: None

Participants: Medium to large group

Construct a number of obstacles that each player must pass in the course of the race. In a gymnasium, for example, they can be made to go over a “horse,” do a forward and backward roll, etc. An outside variation could include crawling through a sack with the bottom cut open, running three times around a tree, or taking off shoes and putting them on again. Divide players into teams and conduct the obstacle course race.



Parachute Tag

Ages: 6-15

Equipment: Large parachute

Participants: Medium group

After spreading the parachute on the ground, seat the players around it. Give each participant a number from one to four. Ask them to lift the parachute up high overhead. When a number is called, the kids with that number will run, hop, skip, twirl or crawl to a spot where one of the other players has left before the parachute comes down and tags them.

Slide Right

Ages: 6-15

Equipment: 1 chair for each player

Participants: Medium group

All players except one are seated in chairs in a close circle, which contains one extra chair. The extra player, who is “It,” stands in the center, then tries to take the vacant seat, which is continually being taken by the person next to it. It calls, “Slide right” or “Slide left,” controlling the direction of the group’s motion. When It says, “Slide right,” the person who finds the chair on his/her right

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is vacant quickly tries to slide into it. As soon as the command, "Slide left," is called, players are responsible for the chair on their left. When it gets a chair, the person who should have taken that chair becomes it.



Human Obstacle Race

Ages: 10-12

Equipment: None

Participants: Medium to large group

Form teams. Five participants take their places as "human obstacles" in line with each team of runners. The first obstacle stands erect, the second stoops in leapfrog position, the third stands astraddle, and the fourth and fifth join hands to make a bridge. At "Go," one runner from each team must run around the first obstacle, leap over the second, crawl under the third and go between and around the fourth and fifth. The runner must then hurry back to touch off the next runner. The first player then takes his/her place at the end of the line. The team that finishes first wins the race.



Math Shipwreck

Ages: 10-12

Equipment: Cones, tape or rope, math problems

Participants: Any number

Prepare math problems (addition, subtraction, multiplication and division) according to participants' skill levels on a piece of paper. Place five lines on the ground using rope, tape or cones. Label each line with an answer to one of the math problems. Line all players up on the half court or middle lines. As soon as the leader calls out a math problem, kids will run to the line that corresponds with the answer. The last participant to the line is out. Call out more math problems until there is only one player standing.

Snowball Fight

Ages: 10-12

Equipment: Newspaper, masking tape, cups, 2 tables

Participants: Large group

On a day when only indoor games will do, post that you're having a "snowball fight" and leave it at that to draw a lot of players to the game. Create "snowballs" by rolling newspaper into balls and taping them down using masking tape. Draw a line down the middle of the room with masking tape. Set up two tables, one on each side of the room, and stack cups in a pyramid style on them. Divide players into two teams and place them by their respective tables. On "Go," throw the snowballs into the middle of the room. Players will then run to pick up the snowballs and throw them to knock down the other team's cups.



Word Tag

Ages: 10-12

Equipment: Adhesive labels, permanent marker

Participants: Large group

Based on the number of participants, write individual letters on adhesive labels (excluding Q, X, and Z and repeating the most used letters, such as R, S, T, L, N and vowels). To designate who will be the chasers, ask who thinks they are the fastest in the group. Pick the two members who raise their hands first. Then ask who thinks they are the smartest. Again, select the two who raise their hands first. Divide the four members into two teams, each with one "smartest" and "fastest," then send each pair to opposite sides of the gym/field. Randomly give remaining members an adhesive label with a letter on it to stick on the upper left of their shirt. Divide them into two teams. These members must go to the center of the gym/field, which is their home. When the leader blows the whistle, the chasers begin trying to tag the members in the middle. Once tagged, they must go to that chaser's

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home side. After all members have been tagged, give the chasers an allotted amount of time (one or two minutes) to perform a certain task with the letters that they've "captured" (e.g, make the biggest word, make the most words). This can be repeated, picking new chasers, and you can create your own point system for tasks.

Yes, Let's

Ages: 10-12

Equipment: None

Participants: Medium to large group

Instruct players to take turns suggesting an activity for the group to mime. The first player makes one suggestion, and everyone simultaneously yells, "Yes, let's," and starts to do the activity. Once the activity has been mimed for a while, another one is yelled out and the group responds with, "Yes, let's all dig holes." Every manner of hole digging will begin, complete with sound effects. Then someone will suggest a new activity, and the cycle continues.



Animated Words

Ages: 10-15

Equipment: Two packs of large alphabet cards

Participants: Large group

Players are divided into two teams and stand facing each other in lines 15 feet apart. Designate a spelling line for each team. Select as many letters from each pack of alphabet cards as there are players on a team and give one to each player (both teams should have the same letters). Try to have at least 24 on a side. The leader calls a word, and players with the word's letters run to the spelling line, arrange themselves in the order in which the letters appear in the word, and hold their letters up in front. The team that first holds all the letters correctly in plain sight receives one point. The leader picks the winner, keeps score and announces the score after each word. The first team to score 11 points wins.

Elephant, Giraffe, Palm Tree

Ages: 10-18

Equipment: None

Participants: Medium to large group

Form a circle with one person in the middle. The middle person will point to someone, who, along with players on each of his/her side, will quickly form what was called out (elephant, giraffe or palm tree). As soon as an object is formed, the person in the middle of the circle has to point to someone else. The faster the game is played, the more fun it is.

Elephant: The targeted person will form an elephant trunk by putting arms straight in front at the wrists. Players on each side will form the ears by bending toward the targeted person, cupping around the mouth with hands as if whispering.

Giraffe: The targeted person points raised arms above the head, extended and with fingers closed. Side people will grab his/her waist while bending over.

Palm tree: The targeted person raises his/her arms above the head in Y formation, fingers open. Side people do the same but lean away from the first person.

Ninja

Ages: 10-18

Equipment: None

Participants: Medium group

Gather everybody in a circle. Choose a person to start the game and a direction that the game will go (clockwise/ counterclockwise). On the count of three, participants strike a "ninja" pose and freeze. The person who starts can take one step and one arm movement to "attack" any other participant. The object is to hit somebody else's hand with your hand. If you are being attacked, you are allowed to take one step or arm movement to avoid

contact. As soon as one player attacks, the next person can make their move. Once your hand gets hit, you leave the circle. The last player standing wins.

Double Simon Says

Ages: All

Equipment: None

Participants: 2 leaders, 2 groups

This game is similar to Simon Says, except participants continue to play instead of getting out. Divide the players into two groups and put them on opposite ends of the field. Pick one person from each team to play Simon, and have them stand facing their group. Assign someone to keep track of the time, and have him/her call the start of the game. Simons will instruct players to do various moves, and participants must perform the actions if "Simon says" is said. If participants don't do what Simon says, they will not be out. Instead, they will run to the other team and play there. No matter how many times they mess up, they keep playing. Each game lasts 2-3 minutes. The team with the least number of members wins. Simon commands can include smile, wave hello, flex your biceps and turn around. One command not allowed is, "Simon says everyone goes to the other team!"

Mirror Image

Ages: All

Equipment: None

Participants: Any number

This activity involves one person mirroring the actions and movements of another person. Split the group into pairs. To demonstrate, invite a volunteer to stand facing you a couple of feet away. Initiate action, with the other person following in "mirror image." Make your movements interesting and slow enough for the other person to mime as if they were a full length mirror. Include zany stretches/contortions to get a few laughs,

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especially facial gymnastics. Perform action sequences for tasks like brushing your teeth. The demonstration helps loosen up conceptions and inhibitions. Then have the group play the game. Debrief as you see fit.

RELAY RACES



Texas Hold 'Em Relay

Ages: 6-12

Equipment: Old deck of playing cards, flip chart or whiteboard and markers

Participants: Large group

To prepare, write “lose a turn” on all the face cards (Jack, Queen and King). Divide the group into two teams. Draw a line down the center of the white board or flip chart. Draw a card and write that number in each team’s column. Explain that the first player on Team 1 draws a card and writes that number under the number you wrote. That player then adds the two numbers together. If the answer is correct, the next person on the team draws a card and continues until a “lose a turn” card is played. If the answer is incorrect, the answer and number are erased and the other team gets a turn. The first team to reach 100 points is the winner.

Variations: For members who are learning their multiplication tables, change the math operation from addition to multiplication. For older members, assign each card suit a math function (hearts = addition, spades = subtraction, diamonds = multiplication, clubs = division).



All Boxed In

Ages: 6-15

Equipment: Strong, large cardboard boxes, including some extras

Participants: Large group

Give each team a large cardboard box with the tops and bottoms open. Assemble teams at the starting line and set up a turnaround line. First contestants from each team put both of their feet in a box, and on “Go,” they run to the turnaround line and back while in the box. They tag the next teammate, who also runs in the box, and so on. The first team to make it to the finish line wins.

Balloon Over and Under

Ages: 6-15

Equipment: Two inflated balloons

Participants: Medium to large group

Divide participants into equal teams. Each team must stand in a single file line with about a foot between them. Hand an inflated balloon to the first person in each line. When the leader says, "Go," the first players must pass the balloon backwards over their heads to the team members behind them. Those people then pass balloons through their legs to the person behind them, and players after them alternate over and under. The team to get the balloon to the last person in line first wins.

Leaf Race

Ages: 6-15

Equipment: Dry leaves

Participants: Large group

Go outside and collect one dry leaf per participant. Assemble everyone along one line and have them spread out one arm length apart. Set up a finish line on the opposite end of the room. Instruct the children that on the signal they are to blow their leaves to the finish line without touching their leaves. Do "blow offs" for winners if desired, or just keep going for fun. Suggestions for the game:

- Generally this is accomplished by crawling and blowing. The lower on the ground, the better.
- If they are not able to blow, participants may use a fan, folded up newspaper or hand pump.
- This may be done in teams or as a relay.
- You may substitute leaves with lightweight paper flowers, snowflakes or fish.



Standing Broad Jump Relay

Ages: 6-15

Equipment: Tape, button, or penny

Participants: Medium to large group

Split up participants into teams. The first player on each team lines his/her toes up at the starting line, and when the leader says jump, they all jump as far as they can and mark their spot with a piece of tape, a button or a penny. The second player on each team lines his/her toes with the mark made by their first teammate and on signal, they all jump as far as possible. Repeat until every player has jumped. The team that has jumped the farthest wins.

Worm Relay

Ages: 6-15

Equipment: None

Participants: Medium to large group

Divide players into teams. Each team's players sit in a line on the floor, one behind the other. The first person in each line grasps the ankles of the one behind him/her, and he/she the next player's ankles. On the leader's signal, each team moves forward as best as it can. The first team to have its last player across the goal line wins.



Animal Relay

Ages: 10-12

Equipment: None

Participants: Large group

Divide players into groups of four. Two players from each group stand facing each other at opposite ends of the room. Demonstrate each of the following movements, and ask participants to practice them all:

relay races

Crabs: Squat down and move sideways.

Bunnies: Hop on two feet.

Elephants: Walk stiff-legged with hands on knees.

Storks: Hop on one foot with arms flapping in the air.

Assign one member from each team to be a different animal. When they hear the leader shout, "Go," the crabs will squat down and move sideways to tag the bunnies at the other end. Then the bunnies hop to the other side to tag the elephants, and so on, until all animals have gone. The team that finishes first wins. Hold a number of relays, changing who is which animal after each relay.

Variations: Ask players to think of different animals they could be and how they would move. Use these as the basis for other relays.



Balloon Swat Relay

Ages: 10-12

Equipment: 2 balloons

Participants: Medium group

Divide players into two teams. Designate a start/finish line and turnaround point. Give each team an inflated balloon. At the start signal, players race to the turnaround point and back while keeping the balloon in the air and without catching it. If the balloon touches the ground, the player must return to the starting line and begin again. Once the first player races across the finish line, the next player runs, and so forth. The first team to complete the relay wins.

Box Car Races

Ages: 10-12

Equipment: Large, strong cardboard boxes

Participants: Large group

Divide contestants into teams of eight to 10. Each team elects two or three players to push a cardboard box across

relay races

the course, which must be on a rug or carpet. Designate a turnaround point. Teams line up at the starting line. At the whistle, the first player on each team climbs into a box, and the pushers push the box to the turnaround point and back. If the player falls out, he/she must get back into the box. The race continues until all participants except pushers have ridden in the boxes.

Draw From the Well

Ages: 10-12

Equipment: 1 table, 2 buckets, 2 clear cups or glasses, 2 spoons, water

Participants: Large group

Set up a table and place two clear cups or glasses (one for each team) on it. Place buckets filled with water on the other side of the room from the table. Divide players into two teams. Ask teams to line up behind a bucket of water, and give the first person in each line a spoon. On "Go," the first players fill their spoons with water from the bucket and quickly transport it to the cup across the room. Then they run back and hand off the spoon to the next person in line. The first team to fill their cup wins.

Frisbee® Leak

Ages: 10-12

Equipment: 2 Frisbees®, 2 glasses or bottles of water

Participants: Large group

Split the group into two teams. Send half of each team to one side of the room and half to the other. At the whistle, the first players on each team must begin walking across the room, balancing a Frisbee® filled with water on their heads. Then they pass the Frisbee® to the next teammate in line, and so on, until everyone has gone. If any player drops the Frisbee® from their head or spills out the water, they must fill it up again and start over. First team to have all players cross the room successfully is the winner.



Go and Go Back

Ages: 10-12

Equipment: None

Participants: Medium to large group

Form teams of two to three and designate base and goal lines. Players stand at the base line. When the whistle is blown, one player from each team runs toward the goal line until the whistle blows again. If the runner hasn't reached the goal, he/she must run back toward the base line. Each time the whistle sounds, runners change their direction. The race may end at the goal or base line. If the race ends at the goal, the runner must dash back to touch the next player in line so they can stay in the race.

Hoop Chain

Ages: 10-12

Equipment: 2 Hula-Hoops®

Participants: Large group

Form teams by lining participants up along opposite walls, facing each other. Tell team members to hold hands, creating two long chains. Give one Hula-Hoop® to the first player on each team. On the start signal, the first player must maneuver the Hula-Hoop® over to the next person without letting go of hands. Teams must wiggle and squirm their Hula-Hoops® over their arms, shoulders and heads. The first team to get its Hula-Hoop® over the last participant in line wins.

T.P. Over and Under

Ages: 10-12

Equipment: 2 rolls of toilet paper

Participants: Medium to large group

Divide the group into two teams and line them up, one in front of the other. Give the first person in each line a roll of toilet paper and instruct them to loosely unroll some

relay races

and carefully pass it under their legs. The next players in line unroll more toilet paper and hand it over their heads to the next people in line. Players alternate under and over all the way to the end of the line, and then back again. The first team to do so wins.

Knobby Knees

Ages: 10-15

Equipment: 2 quarters and 2 jars

Participants: Medium to large group

Divide participants into two teams. Place two jars five feet away from the lined up players. On "Go," the first players from each team put a quarter between their knees, walk over to the jars and attempt to drop the quarter into the jar. If they miss, players must put the quarter back between their knees and keep trying until they are successful. Once they drop the quarter into the jar, they pick the quarters up, run it back to their team and give it to the next player in line. The first team to complete dropping the quarter into the jar wins.

Looney Ballooney Relay

Ages: All

Equipment: Balloons (1 per team), table tennis paddles (1 per team)

Participants: Players divided into teams of 3-5

Each team is given one table tennis paddle and one deflated balloon. The first person on each team must blow up and tie the balloon. Then, using the paddle, he or she must keep the balloon in the air all the way to the designated line and back. Then she/he passes the paddle to the next teammate without dropping the balloon to the ground. The second person must do the same thing. The race continues until all the people on the team have gone. The team that finishes first wins.



Nutra Time

Ages: All

Equipment: Any item related to nutritional education, i.e., flash cards, books, nutritional balls, worksheets

Participants: Large group

This game helps youth learn about teamwork and nutritional facts. Players are divided into teams and then sit in the center of the room. In each corner of the room, staff place 50 flash cards with any of the *MyPlate* groups on them: grains, vegetables, fruits, oils, dairy and protein. All teams get six sheets of paper, one for each food group. At the start of the game, one member from each team runs to any corner, grabs a flash card and brings it back to the group. Once the flash card is in the team's circle, the next member will get another flash card while the rest of the team figures out to which food group the flash card belongs. This continues until all of the flash cards are taken into the teams' circles. The team that categorizes the cards the best wins.

Over-Under Ball Relay

Ages: All

Equipment: Balls

Participants: Medium to large group

Split the group up into teams. Have each team line up behind a starting point, and give the first player on each team a ball. At "Go," a ball is passed between the first person's legs, over the head of the next, and so on, alternating down the line. When the last person gets the ball, he/she races to the front of the line. The first team to have all players serve at the head of the line wins.

RUNNING AND JUMPING GAMES



Song Tag

Ages: 6-9

Equipment: None

Participants: Medium to large group

Pick a popular children's song. Decide who will be "It." It has to sing the song while chasing the other players. Once tagged, the player links arms with It, and together they continue to sing while chasing other players. The game continues until all players are linked arm-in-arm, singing the song. The last person tagged becomes It.



Chicken Catchorie

Ages: 6-9

Equipment: 2 rubber chickens

Participants: Medium to large group

Two players (or another number) are taggers and another two are given rubber chickens. The taggers try to tag, or freeze, the other participants. The members with the rubber chickens run around to unfreeze the "frozen." After a few minutes, switch the taggers and the chickens.



Hula-Hoop® Freeze Tag

Ages: 6-9

Equipment: Hula-Hoops®

Participants: Medium to large group

Scatter several Hula-Hoops® around the floor. Assign taggers to freeze the other players. Members inside a Hula-Hoop® cannot be frozen, but they can only stay in a hoop long enough to count to 10. Only one player per Hula-Hoop® is allowed.



The Giants and the Trolls

Ages: 6-9

Equipment: 4 cone markers,
1 flag per player

Participants: Medium to large group

Mark two lines on opposite ends of the play area. Divide the group into two teams: Giants and Trolls. Both teams stand with their backs to each other on opposite lines. Each player has a flag tucked into the back of his or her shorts, with at least half of the flag hanging out. Upon the leader's silent signal, the Giants creep toward the Trolls. When the Giants get close to the Trolls, the leader shouts out, "The Giants are coming!" When the Trolls hear this, they turn around and try to tag the Giants by pulling their flags before they get back to their own line. Once tagged, Giants join the Trolls.

Variations: Players move in other ways, such as walking, skipping or hopping. Vary the starting positions. Have both teams sit cross-legged with backs to each other on opposite end lines.



Cat and Rat

Ages: 6-12

Equipment: None

Participants: Medium to large group

All players except two join hands in a circle. One person is chosen to be the rat and stands inside the circle, and the other, the cat, is outside. The cat tries to catch the rat. The circle players favor the rat and allow him to run in and out of the circle, but they try to prevent the cat from following him by raising and lowering their arms. When the rat is caught, the cat and rat choose two other players to become the cat and rat and then join the circle. To speed things up, a second cat may be sent to help, or the circle may slowly count to 25 and then demand that they select a new cat and rat.



Circle Tag

Ages: 6-12

Equipment: None

Participants: Medium to large group

Form a circle with players holding hands, then ask them to let go and take one step backward to make the circle larger. Now have them all turn to the right, and at the signal, they all run in a circle, each person attempting to catch the person in front of them while also avoiding being caught by the person behind them. When the leader blows the whistle, everyone reverses and chases the person who had been chasing them.



Clothespin Tag

Ages: 6-12

Equipment: Clothespins and rope

Participants: Medium to large group

Mark off a play area of at least 40 feet by 40 feet using rope. All players pin five clothespins to the back of their shirts and then spread out around the edge of the rope. At the start signal, all players try to capture clothespins from each others' backs without losing their own. If you capture a clothespin, you must get down on one knee while pinning it on your back. No one can take your clothespins while you are down. If you go out of bounds, you lose a clothespin. No pushing or pulling clothes are allowed, and players may only touch clothespins. Any violators will lose one clothespin to their victim. The person with the most clothespins in the allotted time wins.

Variation: Play using teams. The team with the most pins wins.

Dragon Tails

Ages: 6-12

Equipment: 2 flags or bandanas

Participants: Large group

Choose two players to be the Dragons and give them bandanas or flags to put into their back pockets. Ask

running and jumping games

the rest of the players to form a circle and then sit down Indian style. As soon as the leader says, "Go," the Dragons try to grab each other's bandanas, or tails. Those sitting in the circle can also win the game by grabbing the tails, but they must remain seated at all times. Dragons may not guard their tails.

Variation: Ask the Dragons to choose a stage name and then bow before the round starts.



Frogs In The Pond

Ages: 6-12

Equipment: None

Participants: Medium to large group

First, select one person to be Froggy. All other participants gather around Froggy, placing one finger on Froggy's arms, legs, or back. On the leader's signal, all players become frogs and start jumping. Froggy jumps around, trying to tag a frog. If tagged, frogs become princes or princesses and have the power to tag other frogs with a wand. Once all frogs have been tagged, continue the game with a new Froggy.



Heads or Tails

Ages: 6-12

Equipment: Quarter, hoses, rope or tape

Participants: Small to large group

Divide players into two teams, the Heads and the Tails. Using hoses, rope or tape, (depending on whether you are outdoors or in) lay out two parallel center lines three feet apart. Then set up two boundary lines about 20 feet from the center lines for each team to cross for their safe zone. To start, make teams stand at the center lines with their backs to each other. Toss the coin into the air. Once the coin has landed on the ground, call out whether it is heads or tails. If it is tails, the Tails must run to their safe zone. The Heads will turn around and try to tag the Tails before they reach their safe zone. Tagged players

running and jumping games

are out of the game. After each toss and chase, players are to return to the center line. The team that captures everyone on the other team first wins.



Hoop Tag

Ages: 6-12

Equipment: Gym floor and Hula-Hoops®

Participants: Medium to large group

Select two to four players to be the rollers. Position them across both sides of the play area or gym floor and give them Hula-Hoops®. Line up the rest of the players across the gym floor. When the instructor yells, "Go," players run from one end of the gym to the other to keep from being tagged by the rolling Hula-Hoops® thrown by the rollers on the play area sides. As players are tagged, they will join the rollers on the sides, using additional Hula-Hoops® to tag existing runners.



Jungle Gym Tag

Ages: 6-12

Equipment: Jungle Gym

Participants: 3-10 players

This is played like a standard tag game, except on a jungle gym. The last person to get on the equipment is "It." Rules include:

- The ground is off-limits
- If you walk/jump on the ground, then you become It
- Older kids give one- to two-second leeway to younger kids
- It may not walk on the ground to get to another player easier (a five-second penalty shall be enforced in such situations)
- There are no tag-backs for five seconds



Mr. Wolf

Ages: 6-12

Equipment: Flat play area (gym floor or parking lot)

Participants: Small to medium groups

Choose one player to be Mr. Wolf. Mr. Wolf will stand at one end of the play area and all of the remaining players will be at the opposite end. The other players will all say at once, "What time is it, Mr. Wolf?" The wolf may answer with a numeric time, such as 2:00. If he does, the players will step closer and repeat, "What time is it, Mr. Wolf?" He again answers with another time until he feels that they are close enough to chase. Once Mr. Wolf thinks that they are close enough, he will respond instead with, "Time for dinner and to eat you!" Mr. Wolf will then chase the players, and the first one who is tagged will become the next Mr. Wolf.



Sharks and Jets

Ages: 6-12

Equipment: 1 football

Participants: 5-6 players

One person is chosen to be the Shark, and the rest of the players are Jets. Jets line up on opposite sides of a designated area. To start the game, the Shark throws a football to one of the Jets. The catcher has to run to the other side without the Shark tagging him/her. Once tagged, players become Sharks and tag the other Jets. However, the new Sharks are not allowed to move from the spot where they were tagged.



Amoeba or Blob Tag

Ages: 6-15

Equipment: None

Participants: Medium to large group

One person is "It," or the "Amoeba." Everyone tries not to get tagged by the Amoeba. Once you are tagged, you join hands with the Amoeba and chase the rest of the participants. Only the end person can tag while the others help trap the runners. The last person tagged wins and becomes the Amoeba.



Animal Game

Ages: 6-15

Equipment: None

Participants: At least 10

Choose one player to be the caller. Everyone else must line up in front of the caller, who whispers an animal name to each player. Once all the names are given out, the caller gives them 10 seconds to run around. Then the caller starts yelling the animal names. The person who was given that animal name has to run from everyone, and all the other players try to tag him/her out. The caller doesn't have to wait until the person is out to call the next animal. This goes on until there are only two players left. The remaining players must go to a designated area with boundaries to play a sudden death round. They do the same thing, but they are not allowed to step out of the boundaries. If they step outside or are tagged, they are out, and the last one standing is the winner. The winner will be the caller in the next game.



Buzz Tag

Ages: 6-15

Equipment: None

Participants: Medium to large group

Split up participants into teams and set up team boundary lines. One person from any team tries to cross the other team's boundary line. Once across the line, they have to make a buzzing sound the whole time – on one breath. They try to tag as many players without getting tagged or out of breath. The tagged players are out of the game. If another player grabs the buzzing player from behind and holds him/her until they run out of breath, all those that were tagged are free, and that player is out of the game.



Octopus Race

Ages: 6-15

Equipment: None

Participants: Large group

Choose one player to be the Octopus. Divide the players into two large groups and place them at least 20 feet apart. Ask the Octopus to stand between the two groups. Then the Octopus yells out, "I'm hungry," cueing the two teams to run to the other side. The Octopus keeps all the runners he/she tags, and the new octopi hold hands to form a line. Then the Octopus yells, "I'm hungry" again. This time, the captured runners get to help catch new octopi while continuing to hold hands, but only the people on the end can tag.



Sharks & Minnows

Ages: 6-15

Equipment: 6 cones, 2 sets of flags, 1 whistle

Participants: Medium to large group

running and jumping games

Give all players flags to tuck halfway into their back pockets. On a basketball court, one team, the Minnows, lines up along the baseline, while the other team, the Sharks, lines up along half-court. At the sound of the whistle, the Minnows run towards the opposite baseline. The Sharks try to pull the Minnows' flags. Once the Minnows make it to the other baseline, the remaining team members line up on half-court and become Sharks, and the Sharks line up at the baseline and become Minnows. The game is repeated. It ends when an entire team is eliminated.



Army/Navy

Ages: 10-12

Equipment: None

Participants: Large group

This game is played in a gym. Divide all players except one into two groups, the Army and the Navy. One side of the gym is labeled Army and the other Navy. Designate one person to be the caller, who calls out orders to the Army and Navy players. If a player does not follow an order correctly, she/he is out. In the case of "submarine" and "man overboard" orders, participants are out if they move before "all clear" is called. This is a great game to practice running drills in a fun way, with members not even realizing it. The winner is the last one standing.

The orders are:

- Army: Run towards the Army side.
- Navy: Run towards the Navy side.
- Submarine: Members dive towards the ground.
- Man overboard: Players must find a partner as quickly as possible. One partner must lie on his/her stomach while the other places a foot (gently) on their partner's back.



Fox Hunt Squirrels

Ages: 10-12

Equipment: Cones

Participants: Large group

Set cones around a large play area. Designate which players will be squirrels, foxes and trees based on how many kids are playing. For example, for a group of 20, you need two foxes, four trees, and the rest will be squirrels. The staff member is the lumberjack. At the start of the game, foxes begin to chase squirrels. Squirrels can run to the trees (which are two players forming an arch by joining hands up high and giving enough room for people to pass under) for protection. The archways under the trees are safe zones. Once squirrels are there, trees count three seconds, and the squirrels have to leave. When squirrels are tagged, they are out and get down on one knee. The lumberjack eventually goes from tree to tree, cutting them down. Cut down trees become squirrels. Soon there are no trees and everyone is tagged.

Memory Tag

Ages: 10-12

Equipment: Cloth for blindfold

Participants: Medium group

Designate someone to be "It." Players form a circle around It, who has five to 10 seconds to study the group before being blindfolded. It tags other players by naming them in the order they were standing. The other players may not move after It is blindfolded.

Variation: After It is blindfolded, allow two people to change positions and see if It can identify who moved.



Pizza Shop

Ages: 10-12

Equipment: None

Participants: Medium to large group

Two people, designated as Pizza Makers, stand in the middle of the room, and the rest of the players stand behind a line at one end of the room. The leader goes down the line, informing participants which topping they are, such as pepperoni, mushroom or ham. To start the game, the Pizza Makers call out one topping, and those who represent that topping run across the room, to the safe line. The Pizza Makers try to tag the toppings. If they're tagged, they must stop where they are and sit down. They also try to tag anyone that passes them during the game. Keep playing the game until there are only two players remaining. They become the new Pizza Makers.



Zookeeper

Ages: 10-12

Equipment: Playground or large area, piece of foam or rubber

Participants: Small to medium group

Mark off two goal lines approximately 50 feet apart. Between the lines, off to one side, designate a 10-foot square space for the "zoo." Choose one player to be the Zookeeper, and have him/her stand in the center of the play area. Secretly give the rest of the players an animal name. More than one person can have the same animal. From the center of the field, the Zookeeper calls out an animal, one by one, until one emerges from the group. Once a player's animal is called, he/she runs to the opposite goal line and back. The Zookeeper then runs to the zoo, gets the "net" (something soft, such a piece of foam or rubber) and returns to the center to tag the running animal. Tagged animals are taken to the zoo, where they will stay until all animals have been called.



Elbow Tag

Ages: All

Equipment: None

Participants: 2 or more

Decide who "It" will be. All players must place and keep their hands on their hips. It has to tag each player using only his/her elbows. The last person tagged is the new It.



Thief

Ages: All

Equipment: 6 Hula-Hoops®, 6 sports balls (any kind), flags for each player, tape or cones

Participants: Large group

This game is similar to Capture the Flag, but instead of flags, players capture balls. Evenly distribute Hula-Hoops® and balls on the far side of each team's area. Set up a "time out" spot on each side using tape or cones, and give all players flags that are attached to a belt or that can be slightly tucked into pants. At the start of the game, teams are to rush to their opponent's side to capture all of the balls without having their flags pulled. Once a flag is pulled, the player must go to the time out spot. To be freed from the time out spot, a teammate must tag the player. When capturing the other team's balls, a player is safe standing in one of the Hula-Hoops® for five seconds. Balls can be run down the field or thrown to teammates. If a thrown ball hits the ground, it returns to the last Hula-Hoop® it was in. The game does not end until one team has all of the balls in their Hula-Hoops®.

Variation: Add more objects to be captured.

TABLE TENNIS

Breeze Ball

Ages: 6-12

Equipment: Table tennis or pool table, table tennis ball

Participants: Small to medium group

Place a table tennis ball in the middle of the table. On the signal, players try to blow the ball off the opponent's side of the table, or if using a pool table, into the opponent's pockets. No one is allowed to touch the ball. If using a small table, players may only stay on their side, but if a larger table is used, players may walk up and down opposite sides of the table while blowing on the ball.

Variation: Large tables can be used to make this into a team game, with players stationed on sides of the table.



Pillar Pong

Ages: 6-12

Equipment: Table tennis table, paddle, balls, 12 paper plates

Participants: Small group

On each side of the table, place six plates with each of the Pillars of Good Character on them: Trustworthiness, respect, responsibility, fairness, caring and citizenship. Line players up on each side of the table. Have members play a game of table tennis. Keep track of every time the ball hits a plate. Once the ball stops being in play, participants must give an example for every pillar the ball hits on their side of the table. Whoever gives the most examples gets a point. If each player answers the same number of traits, they each get a point. Have two new participants play. Rotate down the line until someone reaches 10 points first.



Around the World Table Tennis

Ages: 10-18

Equipment: Table tennis table, 2-4 paddles, balls

Participants: 2-4 players

Participants line up at each end of the table, paddle in one hand. One player serves the ball, and all of the participants run around the table to hit the ball before it lands on the floor. If a person misses the ball or if the ball does not bounce on the table after she/he hits it, they get a strike. Once a participant receives three strikes, he/she is out. The game will then resume with the remaining players until one person is left standing.

Variation: Instead of lining up at each end of the table, members line up around the table (like a circle), when they are at the ends of the table, it is their turn to play. Continue play the same as above.

Bottle Ball

Ages: 10-18

Equipment: Table tennis table, balls, paddles

Participants: 2-4 players

This game is played like singles or doubles table tennis except a plastic bottle is placed on either side of the net. Bottles must be at least one paddle's length away from the net. If a player knocks down an opponent's bottle, she/he gets two points and takes over the serve. If a player knocks over his/her own bottle, the opponent receives two points and the serve.

Mini-Football

Ages: 10-18

Equipment: 2 table tennis tables, balls, paddles

Participants: 2 players

Put two table tennis tables end-to-end so that the length is doubled, leaving the nets on the tables. Play like regular table tennis, except the ball may bounce any number of times in the middle of the tables between the two nets, and then hit the opponent's side – and still be legal. Or, a player may hit the ball over the middle section to hit only the opponent's side. The winner of the last point serves. Play this game up to 10 points. A player does not have to win by two points to win the game.

Paddle Pong

Ages: 10-18

Equipment: Table tennis balls, paddles

Participants: Small to large group

The object is for participants to see how many times they can hit a table tennis ball in the air to themselves in a row. Before beginning play, explain the game and then demonstrate it. Instruct participants to practice hitting the ball in the air. Then, count the number of times each individual hits the ball in a row. Players get one chance per day or session. They can continue practicing after being counted, because they have a chance to do better at the next session (maybe the next week) than they did that day. When everyone's been counted, the session is over.

Variation: Play in teams. Partners stand opposite one another about two feet apart to see how many times they can hit the ball to each other in the air without the ball touching the table, wall or ground.

X Challenge

Ages: 13-15

Equipment: Masking tape, table tennis table and balls

Participants: Small group

Make multiple Xs using masking tape on one side of a table tennis table. Assign a point value to each X, some positive and others negative. From the opposite end of the table, players take turns hitting the ball with a paddle, trying to land it on one of the desired Xs on the first bounce. Each participant gets five shots. The first bounce is all that counts. The player with the highest score wins.

Table Hockey

Ages: 13-18

Equipment: Pylons, cross bar, tape, table tennis table, balls, paddles

Participants: 2 players

Set up goals at both ends of the table using pylons and a cross bar or by taping off a goal on the wall behind each player. Mark side boundaries. If the ball touches a player's playing side and then hits or goes through the goal, the opponent scores one point. It is legal to hit the ball before it hits the player's side and to hit the ball if it goes off the end of the table. It is also acceptable if the ball hits the player's side, lands on the floor and is then successfully returned. The ball may hit the floor twice before it is returned, but after three bounces the ball is dead. If the ball hits out of bounds, it is dead. Whoever gets the highest score wins.

EMERGENCY NUMBERS

CLUB DOCTOR: _____

Address: _____

Phone: _____

LOCAL AMBULANCE SERVICE PHONE: _____

EMERGENCY MEDICAL SERVICE PHONE: _____

NEAREST HOSPITAL _____

Address: _____

Phone: _____

POLICE DEPARTMENT PHONE: _____

FIRE DEPARTMENT PHONE: _____

POISON CONTROL PHONE: _____

DEPARTMENT OF SOCIAL SERVICES PHONE: _____

HOTLINES: _____

NOTES

ⁱ *Five Key Elements for Positive Youth Development*: BGCA worked with the nationally recognized Search Institute to review relevant research and study highly effective Clubs. Through Club visits and interviews with managers, program staff, teens and community leaders, the five key elements that determine the level of impact a Club makes on the development of young people were identified. *High-yield activities*: The research of Dr. Reginald Clark has demonstrated that high-achieving students spend more time engaged in activities that reinforce the skills and knowledge they learn in school. “Enhancing the Educational Achievement of At-Risk Youth,” an evaluation of BGCA’s national education strategy, Project Learn, confirms the effectiveness of using such high-yield activities in Boys & Girls Clubs. *Targeted programs*: BGCA offers many national programs that are designed to help young people achieve our priority outcomes of Academic Success, Good Character and Citizenship, and Healthy Lifestyles. Many of BGCA’s targeted programs have been evaluated for their effectiveness. See the Proving Impact section of bgca.net (bgca.net/DemonstratingImpact/Research_evaluation.aspx) for a complete list of program evaluations. Some of BGCA’s targeted programs have also been deemed “evidence based” by the federal government.

ⁱⁱ “Making Every Day Count: Boys & Girls Clubs’ Role in Promoting Positive Outcomes for Teens.” Public/Private Ventures, 2009. This national, longitudinal study links participation in the Club to young people’s positive and healthy development in our three priority outcome areas.



back pocket program hints, too

GREAT FUTURES START HERE.



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