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# Back Pocket Program Hints

The *Positive Place For Kids*



BOYS & GIRLS CLUBS  
OF AMERICA

## ACKNOWLEDGMENT

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Back Pocket Program Hints will help youth development professionals offer improved activities and strengthen the overall quality of the Social Recreation program. Boys & Girls Clubs of America acknowledges with thanks the staff of the Boys & Girls Clubs of Southeastern Michigan who originally developed and wrote *Back Pocket Program Hints*, and the many professionals who have shared successful programs and activities from their Clubs for inclusion in this revised edition.

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# FUN WITH GAMES

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*Back Pocket Program Hints* provides Boys & Girls Club professionals with a variety of activities and games that can be played at a moment's notice. This booklet offers a sampling of carefully selected games and activities that have proven popular over many years with Boys & Girls Club members in all parts of the country.

As you discover additional games and activities, add them to the back pages for future reference. Your games "library" will continue to grow and develop as you add your personal favorites to this collection.

There should always be a sense of excitement and anticipation in the Club. Members will be engaged and involved through activities in this valuable book. Games are an excellent tool to involve shy or quiet members in activities, or help members get to know others in the Club. When used effectively, games can quiet down a room or pick up the excitement level. The alert professional will use games to create an environment where all members; the shy and the outgoing, girls and boys, the athletic and the awkward, feel good about participating in and enjoying the Boys & Girls Club.

Games are an effective way to attract young people to the Club. Use the games and activities in this booklet to help create "a positive place for kids." Through play, you will get to know more boys and girls and establish strong, positive relationships with them. Games can help participants become more fit, gain self-confidence, express themselves, think and speak more clearly, even improve their performance in school.

The skillful professional seeks out opportunities to implement the Youth Development Strategy. Through games, stunts, skits and



contests, young people can be helped to develop their senses of belonging, usefulness, influence and competence.

Look for opportunities to help every member in these key areas. Thoughtful and attentive professionals will discover a multitude of opportunities throughout the course of each day. For example:

**Sense of Belonging:** Greet every member by name every day (work hard to know as many members by name as possible), tell each member you are glad to see him/her, invite members to participate in special activities. If someone does not come to the Club on a day they usually attend — the next time they come to the Club, tell them you missed them; the Club was not the same without them.

**Sense of Usefulness:** Allow members to help you — there are hundreds of things members can help you with during the course of the day. Encourage members to help other members — teach the rules to a game, show a new member around the Club, introduce new members to staff, get equipment ready for a tournament, keep track of tournament results, etc.

**Sense of Influence:** Ask what a member would like to do and then lead that activity. Teach a member to help you officiate or lead a game. Allow a member to make suggestions for a bulletin board — and then help you put it up, etc.

**Sense of Competence:** Teach new games, help members practice, teach skills to games such as how to hold a pool cue, a table tennis racket, how to line up a shot in billiards or how to trap a piece in chess or checkers. Teach someone the trick to a stunt in this booklet. Allow someone to referee, encourage someone to help another member learn a game or skill, etc. Even more important, when you teach someone a skill,



complement them on their improvement when you see them practicing or executing the new skill correctly.

None of these actions are difficult, yet they have a powerful impact. When they occur consistently, members feel comfortable and secure — it is *their* Club, a fun, safe, great place to be. The Club truly becomes a “positive place for kids.”

Programs and activities are tools we use to work with children. The Youth Development Strategy allows us to have even greater influence on the development of young people. Always be conscious of the impact your comments and actions have on members and visitors to your Club. It may appear to the untrained eye that you are playing games, but the skilled youth development professional knows you are building and shaping lives with every comment, smile and word of encouragement. It is a tremendous responsibility — and a great opportunity.



# ACTION KIT

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An Action Kit will help Club professionals prepare for those times when a program is delayed, a speaker cancels, members are restless or just need an activity to occupy them until the next program or activity begins. Nothing prevents problems more effectively than activities members enjoy. The Action Kit can help turn potential problems into opportunities for fun and excitement.

Each Action Kit is unique because it represents the talents and expertise of the youth development professional that created it. The kit should be kept in a safe place that is easily accessible. Ideally, each staff member will have their own Action Kit. If not, establish a “check-out” and “replacement” system. Nothing is worse than turning to your kit only to find the materials you need are gone or the kit itself is missing!

The kit may be a shoe box, lunch bucket, briefcase, or even a gym bag, as long as it is easy to carry and holds the materials needed. Start with small materials which can be used for several things such as: string, balloons, small rubber balls, ping pong balls, tape, pencils, paper, rubber bands, bandannas, etc. Include the equipment needed for your favorite activities in this booklet. Low organized games (on the spot fun), stunts, ice breakers, songs, and contests should be typed on index cards and kept in your Action Kit — along with this booklet, of course.





# PROGRAM PLANNING HINTS

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The following are practical suggestions for youth development professionals responsible for specific activity areas, or who coordinate total Club programming.

1. Involve all staff and volunteers when planning programs.
2. Provide members with opportunities to be involved in program planning and development.
3. If there are adult or parent groups organized at the Club, enlist their cooperation in planning and conducting programs.
4. Base programs upon the specific needs and interests of your members. Activities must be reviewed frequently.
5. Write objectives for each program or activity.
6. Make programs progressive, leading to a culminating point at the end of the scheduled season. To maintain a dynamic program, new activities should be introduced to replace current activities at the height of their popularity.
7. Remember the purpose of the Club is to help young people grow up to be responsible, contributing adults and citizens. Activities are the tools we use.
8. Provide opportunities for members to build skills and acquire the knowledge necessary to successfully participate in all programs at the Club.
9. Include activities which involve cooperation as well as competition.



10. Emphasize opportunities for all to participate. Boys & Girls Clubs strive to help all young people develop to their fullest.
11. Make sure that program titles do not discourage participation by any group of members.
12. Provide varied and diverse activities — the Club should offer a wide range of activities so that everyone can find something they enjoy.
13. Plan programs that are appealing to every group in your Club: teens, girls, boys, very young members, new members, etc.
14. Plan programs and activities that are coed.
15. Provide opportunity for free time — no specific activity planned.
16. Encourage informal and self-directed activities.
17. Vary programs to take full advantage of seasonal activities, holidays and special neighborhood events.
18. Conduct special events each week to 10 days.
19. Schedule special activities at a time most convenient for the participants.
20. Maintain a balance between special events and routine weekly activities.
21. Coordinate special events with other Club activities.
22. Keep in mind the plans of other community organizations and consult with them to prevent overlap or conflicts in program scheduling.



## GETTING READY TO PLAY

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1. Assemble the group.
2. Name the game.
3. Explain the game. Keep the rules simple and modify them to fit the skill level of the group.
4. Demonstrate the game.
5. Answer any questions that may arise.
6. Play the game. Try to end the activity while interest is still high so everyone will want to play again.

### Choosing Teams

Waiting to be picked for a team can be a demoralizing experience. Those who are picked late, or last, never feel very good about playing. A good leader will take steps to remedy this situation. Here are several ways to make up teams without participants feeling slighted.

1. Count off by number. All ones on one team, all twos on the other team.
2. Divide the group by birthdays. All those whose birthday is in January will be on one team, those born in February on the other. With this system the leader must gauge the teams and keep them fairly balanced in skill level and number.
3. Divide the group by articles of clothing. Players wearing shirts with lettering on the back are on one team. Players wearing shirts without back lettering are on the other team.

There are many ways to select teams. The leader should always try to maintain balance so that teams are fairly matched. The purpose of games is to have fun, not to trounce the opposing team. Naturally, no one enjoys being on a team so overmatched that winning is impossible.

# ICEBREAKERS- MIXERS

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Icebreakers and mixers are activities designed to help participants feel more comfortable with one another, or to help them get to know one another. They are a great introduction to play, as they involve little risk for the shy or new child. They are particularly good at the beginning of events or functions. They will help establish a fun, cheerful mood for the group.

## BUBBLES

Bubbles seem to have a magical quality about them. They are fascinating to watch and lots of fun to make. To make bubbles, try this recipe.

10 parts water

1 part dishwashing liquid\*

1 teaspoon of glycerin (if needed). Glycerin may be purchased from any pharmacy.

Mix this in a dish pan or other large, shallow container. To make bubbles, use string threaded through two straws into a loop. Dip and pull through the air using the straws as handles. Humid days seem to be best for making bubbles.

\* Dawn or Joy works best.



## **BUZZ**

**Participants:** Any number

**Equipment:** None

All players sit in a circle or at a table. The count off: one-two-three-and so forth. Any time a player has a number that is a multiple of seven, (7, 14, 21, 28, 35, etc.) or has a seven in it, (17, 27, 37, etc.) the count must be BUZZ. Have the players count around the circle quickly and see how high they can count. The game can be made more challenging by adding five to the system and calling “FIZZ” for multiples of five or numbers that have a five in it, (35, 70, 75, would be FIZZ-BUZZ numbers). The game can be made easier or more challenging by changing the numbers used.

## **DESCRIPTIVE NAMES**

**Participants:** Any number

**Equipment:** None

Gather all players in a large circle. Each player selects an adjective that begins with the same letter as their first name. The first player introduces himself to the group with an adjective and his name—“Hi, I am articulate Adam.” The next player says Hello, repeats all the names already introduced and then introduces herself . . . “and I am courageous Carol.” Go all the way around the circle and then have everyone change places. Ask for volunteers to give everyone’s name with the correct adjective.

## DUCKS FLY

**Equipment:** None  
**Participants:** Any number

The player who is “It” stands in front of the group and calls, “Ducks Fly! Birds Fly! Pigs Fly!” and so on. When the name of an animal which *does* fly is called, all the players go through the motions of flying, flapping their arms. When an animal which *does not* fly is called, everyone must stand still. Anyone who flies when a non-flying animal is called, or who doesn’t fly when a flying animal is called becomes “It” and must call out the next series of animals.

## FIND THE LEADER

**Equipment:** None  
**Participants:** Any number

All players stand in a circle, facing the center. One player is removed from the room while a leader is selected. The absent player is returned and takes a position in the center of the circle. The leader initiates movements which are copied by the rest of the players in the circle, (stretching, yawning, waving, scratching, nodding, etc.). The player in the center of the circle must try to identify the leader. Once identified, the leader leaves the room while a new leader is selected and the game continues.

## NAME TRAIN

**Equipment:** None  
**Participants:** Any number

Form a large circle with two or three leaders (engines) in the center of the group. Introduce everyone to the Name Train steps: left leg-kick and pause, right leg-kick and pause, kick — left, right, left. All players in the train as well as the new person, say “welcome,” the new person’s name, on each kick as they perform the steps— Jane (pause), Jane (pause), Jane, Jane, Jane. This newest player goes to the end of the line and everyone turns around so she becomes the “engine” and selects the next person to welcome. Everyone stands with their hands on the shoulders of the person in front and the direction of the train changes with each new player. The train moves on to the next person. Have a few trains moving along until everyone is part of a train. Then begin dropping off your passengers with the same steps, only saying “farewell” in place of welcome. When all the passengers have been dropped off, see if anyone can name every player in the game.

## THIS IS MY NOSE

**Equipment:** None  
**Participants:** Any number

All players sit or stand in a circle. The leader stands before a player, points to a body part and names another body part. For example, the leader may point to an ear, say “This is my chin!” and then count to 10 very quickly. The other player must point to his or her chin and say “This is my ear!” before the leader counts to

10. If successful, the leader tries again with another player. If not, the leader joins the circle and the other player repeats the process.

## THIS IS A WHAT?

**Equipment:** Any small, easy to handle item, (comb, pencil, pen, eraser, etc.)

**Participants:** Any number

All players sit in a large circle. The leader hands the item to the player to the right and says, "This is a \_\_\_\_\_." Any name may be made up for the blank. The item is handed back to the leader with the question, "This is a what?" The leader hands it back to the player saying, "This is a \_\_\_\_\_." The item is now passed on to the next player with the same statement, "This is a \_\_\_\_\_." The process is repeated, always going back to the leader. Try to get the item passed all the way around the circle.

**Variation:** To make the game more challenging, start another item in the opposite direction or beginning with another leader.





## PARTY LINE

**Equipment:** Long string  
**Participants:** Any number

Two leaders hold the string by its ends. They pretend they are talking on the phone. One is trying to tell the other about a fishing trip but there seems to be a bad connection. A volunteer is selected to hold the string in the middle. That helps, but another volunteer is needed. This goes on until one of the leaders reveals how the fishing trip went: Caught a lot of suckers!

## RHYTHM & CONCENTRATION

**Equipment:** None  
**Participants:** Any number

Players sit in a circle. Each player says their name. Then everyone learns the rhythm: slap your thighs twice, clap your hands twice and snap your fingers, first one hand and then the other. Once everyone has learned the rhythm, names are added on the finger snaps. The leader will: slap, slap, clap, clap, snap and state his or her name at the same time, and then snap and say someone else's name. That person becomes the leader and calls the names for the next cycle.

**Variation:** Eliminate names and substitute signs such as touching one's chin, elbow, eyebrows, etc. Play the game as usual but instead of snapping fingers when calling names, use the new signs. Everyone else uses the regular rhythm, including finger snaps.

## RIGHT AND LEFT

**Equipment:** None  
**Participants:** Any number

Players sit or stand in a circle. One player is “It” and stands inside the circle. A player in the circle is approached and “It” calls “Right 1-2-3-4-5” or “Left 1-2-3-4-5.” The player addressed must give the person’s name to the left or right before “It” can count to five. If “It” wins, he or she takes a position in the circle, and is replaced by the player who could not give the correct name by the count of five. If “It” loses, he or she must try again.

## SHOE SCRAMBLE

**Equipment:** Shoes  
**Participants:** Any number



All players remove their shoes and place them in a big pile 20-25 feet from the starting line, preferably in the center of a large circle. All participants return to the outside of the circle facing away from the shoes. The leader then mixes up the shoes in the pile. When the leader is ready, “On your mark, get set, go!” is called and all the players turn around and rush into the circle to find their shoes. Shoes must be put on completely. Judges should be stationed outside the circle. A prize can be awarded to the first player who returns to the circle wearing shoes.

**Variation:** Teams can be established to compete against each other. A relay race can limit the number of players looking in the pile and add some control to the game.

## SILENT CIRCLE

**Equipment:** Blindfold  
**Participants:** Any number

Players form a circle around the one who is “It.” This player is blindfolded. The blindfolded player points to a player in the circle and then listens very carefully. The player pointed at, attempts to approach and touch the blindfolded player without being heard. The center player listens very carefully and points to any sound heard. If an approaching player is pointed at, then he/she must return to the circle and another player will be selected to sneak into the center and tag the central player. When a player is successful in approaching and tagging the blindfolded player without being caught, the two players change places.

## UP JENKINS

**Equipment:** A small token (can be hidden in a hand)  
**Participants:** Any number

Players are divided into two teams (A and B), and seated at a table. Team A has the token (a checker works well) and it is hidden in one player’s hand, under the table. One player from Team B calls, “Up Jenkins” and all players from Team A raise their closed hands up over their heads. When the player from Team B calls “Down Jenkins,” all players bring their hands down, open and flat, onto the tabletop. Players on Team B then begin to pick hands that are not covering the token. One point is scored for each hand lifted that does not hide the token. Next round the teams reverse roles.

## WHO AM I?

**Equipment:** Index cards with names, safety pins or tape

**Participants:** Any number

On index cards, write the names of famous people, real or imaginary, that players in your game would know. This name is shared with everyone in the group except the player guessing. The “guesser” may ask any question that can be answered with a “yes” or “no.” Am I male or female? is not a legal question. Am I male? is OK. Count the number of questions it takes for each player to determine the answer. The one able to determine the identity with the least number of questions is the winner.

# RUNNING & JUMPING GAMES

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## CROWS AND CRANES

**Equipment:** None  
**Participants:** Any number

The leader stands at one end between the two lines of players and designates one side as Crows, the other as Cranes. The leader calls, “C-r-r-ows,” or “C-r-r-anes,” and whichever side is named must flee toward its own end of the playing space. Anyone tagged by the pursuing team (the unnamed team) before crossing a marked safety line becomes a member of the other team. Immediately after the chase the players re-assemble at the center and the game is continued. After three or four minutes, the team with the most players is declared the winner.

### **Variations:**

**HEADS AND TAILS**—One team is “Heads,” the other “Tails.” The leader tosses a coin and announces the results.

**FRUITS AND VEGETABLES**—One team is “Fruit,” the other “Vegetable.” The leader calls out “potatoes,” “carrots,” “apples,” “plums” and the teams respond accordingly.

## I SEND

**Equipment:** None  
**Participants:** Any even number

Two teams line up facing each other, approximately 30 feet apart (side boundaries may need to be established). The first team captain announces, "I send (player's name) after (player's name on the other team). The opposing player must try to run across to the first team without being tagged by the announced team guardian. If successful, the running player rejoins his/her team. If tagged, this player joins the defended team. Team captains alternate selecting runners and guardians, or may challenge the opposing team's captain. At the end of a pre-determined time, the team with the most players wins.

## JUMP THE PIN

**Equipment:** 12 to 15 feet of rope with a weight (such as a plastic bowling pin.)  
**Participants:** Any number

Members make a circle around the leader. The leader spins the rope in a large circle and the players jump the rope. Anyone touching the rope or hit by the rope is out. The last player remaining is the winner.

## LOOSE CABOOSE

**Equipment:** None  
**Participants:** Any number

Lots of space is needed for this game. Players form groups of five or more. They line up one behind the other and hold the waist or shoulders of the player directly in front. Each group is a small train. Two or three extra players should not be part of any train. They are the loose cabooses. The loose cabooses try to attach themselves to the back of a train. The trains are trying to prevent any additional players from joining the line by turning and twisting. If a loose caboose attaches itself to a train and yells, “ALL ABOARD!” the engine (front player) is set loose to become a caboose.

**Variation:** Form one long line with all the players in it. Now the player at the front of the line tries to catch the last person in the line. If successful, the lead player breaks off and the game begins with a new leader and new tail.

## PIES

**Equipment:** None  
**Participants:** Any number

All players assume the names of pies, (peach, apple, pumpkin, coconut cream, lemon, etc.), except for two — these two are the buyer and the seller. The pies all line up (on their shelf) and wait for a buyer. The buyer asks the seller — do you have any pies? The seller responds — why yes, what kind would you like? The buyer selects a pie who then attempts to run around a marker, (a pylon, tree, box, etc.) and back to the shelf. The buyer tries to tag the pie. If tagged,

the pie goes to the buyer's shelf, away from the unsold pies. If the pie is not tagged, the pie becomes the buyer, the buyer becomes a pie and all purchased pies return to the game. The seller remains the same throughout the game. The buyer able to purchase the most pies is the winner.

## **PUT AND TAKE RELAY**

**Equipment:** Any small, easily carried object (one for each team)

**Participants:** Any number comprising equal teams

First runner takes the object to the turnaround point and leaves it there. The second runner goes to the turnaround point, picks up the object, runs back to the team and passes it to the next player in line. The object is "put" and "taken" from the turnaround point until all the players have had a turn. The runner always goes to the end of the line. As soon as an original runner reaches the front of the line, that team is the winner.

## **RED LIGHT**

**Equipment:** None

**Participants:** Any number

Played on a long playing area. All players except one begin on the base line, at the far end of the playing area. One person is selected to be "It." This player stands at the opposite end of the playing space, (at least 25 feet away). "It" stands facing away from the rest of the players, counts loudly (and quickly) to 10 and calls RED LIGHT, turning toward the players. When "It"



begins counting, the other players run toward the head position. Any player caught moving after RED LIGHT is called is sent back to the starting point. The first player able to tag “It” while numbers are being called, turns and chases the other players back toward the starting line. A player tagged before reaching the starting line becomes “It” for the next game.

## RED ROVER

**Equipment:** None  
**Participants:** Any number

This game is best played outside on grass. Form two teams and line them up facing each other. All players on each team stand side by side, holding hands to form a fence. The first team loudly calls: “Red Rover, Red Rover, send (player name) right over!” The summoned player runs across the space between the teams and tries to crash through the line of opposing players. If the line is successfully broken, the runner may select one of the players to take back to his/her team. If the runner is unsuccessful, then he/she joins the new team.

## ROUND ABOUT

**Equipment:** None  
**Participants:** Any number

Players form a large circle, facing inward, with their hands held behind their backs — palms up. The remaining player, “It,” walks behind and tags another player’s hand. “It” then runs counterclockwise around the circle and tries to occupy the empty position in the circle. The tagged player runs clock-wise around the circle

and tries to beat “It” to the vacated spot. The slowest player around the circle is “It” for the next round.

## SHIPS AND LIFEBOATS

**Equipment:** None  
**Participants:** Any number

Players line up at one end of the playing area. Playing areas are labeled, Ships, Lifeboats and Tidal Wave. (see diagram.) When “Ships” is called all players must run to that area. When “Lifeboats” is called all players must run to that place. Likewise for “Tidal Wave.” Any player responding to a wrong call, such as lifejacket instead of lifeboat, is out. The last player to the designated area is out. The last player left in the game is the winner.



## STEAL THE BACON

**Equipment:** Cap, ball or pin (or any easy to hold object)  
**Participants:** Any even number

Players line up facing each other about 30 feet apart. Players count off on each side. The “bacon” is placed in the center. When a number is called, players with that number try

to get the cap and return with it to their team without being tagged by the opponent, or try to tag the other player when the cap is picked up.

**Variation:** Place the “bacon” in the center of a large circle. Two players face off to “steal the bacon.” The “bacon” must be removed from the marked area — in any direction. A player tagged or dropping the “bacon” is eliminated. The winner remains standing and plays the next challenger.

## **STREETS AND ALLEYS**

**Equipment:** None

**Participants:** 18 to 30 (even number)

Select two players to be runners. The remaining players form lines, standing side by side, with at least four players in each line, all lines having the same number of players. Players in lines hold hands, creating corridors for the runners. In the starting point, corridors are called “STREETS.” On the call “ALLEYS” all players drop their hands, make a quarter turn to the right and take their neighbor’s hands. The corridors now run perpendicular to the starting rows.

Runners begin at opposite corners of the playing area. On the leader’s call, one player tries to tag the other. They may only run down rows formed by the other players or around the perimeter of the game. Every few moments the leader calls either STREETS or ALLEYS, causing all players to face the front of the room or the side of the room. The runners cannot break through rows of clasped hands or tag through a wall. When one player is caught, he or she becomes the chaser and a new player is selected to chase.



## TAG

**Equipment:** None  
**Participants:** Any number

All players with the exception of one chaser, called “It,” are runners. “It” tries to tag any runner. When a runner is tagged, that player becomes “It,” and the game continues.

## CHAIN TAG

**Equipment:** None  
**Participants:** Any number

Played the same as Tag, except each runner tagged helps “It” tag others until all are tagged. Last person tagged is new “It” and game begins again.

## SWAT TAG

**Equipment:** One swatter  
**Participants:** Any number

Provide a harmless swatter (such as a stuffed sock). Form the players in a circle, facing inward. Instruct them to hold their hands behind their backs in readiness to receive the swatter. The swatter starts the game by walking around outside the circle and secretly placing the

swatter in the hands of one of the players. This player then turns unexpectedly upon the person to their right and swats that player as he or she runs once around the circle. When the “swatted” runner returns to the proper place in the circle, the swatter is placed in the hands of another player, and so the game is continued.

# BALL GAMES

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## APARTMENT DODGEBALL

**Equipment:** Small rubber playground ball  
**Participants:** Six to 12

Draw vertical lines about five feet apart on an outside wall so that all players except the attacker have two lines to stand between. The attacker stands back about 30 feet, (determine the appropriate distance for the age of participants), and throws the ball at the “apartment dwellers.” Players may dodge and twist as long as they remain between their lines. Players are eliminated upon being struck three times. If the thrown ball is caught, the receiver becomes the attacker and the attacker assumes the vacated apartment. Play until only one player remains.

## BOX HANDBALL

**Equipment:** Small rubber ball  
**Participants:** Five

Draw five boxes (about four feet square) on the ground in front of a wall. Each box has a player. One of the players with an end box begins by slamming the ball on the ground (in the box) so that it bounces off the wall and lands in another player’s box. That player must catch the ball and throw it in his/her box so that it also bounces off the wall and into another player’s box. Players missing a catch, or failing to throw the ball so that it successfully bounces in their box, off the wall and then into an opponent’s box, are eliminated. All remaining players fill any empty boxes to the right.

## CENTER DODGEBALL

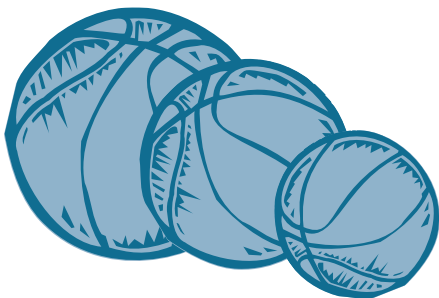
**Equipment:** Soft rubber playground ball  
**Participants:** Any number

All players form a large circle around a single “target” player. Players in the circle roll the ball, trying to hit the player in the center. The ball may be rolled by hand or by foot. The player in the center, when hit, joins the other players in the ring. The player rolling the ball moves into the center to become the new target.

## CENTER INTERCEPT

**Equipment:** Rubber playground ball  
**Participants:** 10 or more

Players form a large circle around a player in the middle. Players in the circle pass the ball to any other player (except those immediately to the right or left), either by tossing or bouncing the ball. The player in the center attempts to intercept the ball. When successfully catching the ball, the center player moves into the ring. The player unsuccessfully passing the ball moves to the center of the ring.



# FOUR-SQUARE

**Equipment:** Indoor ball

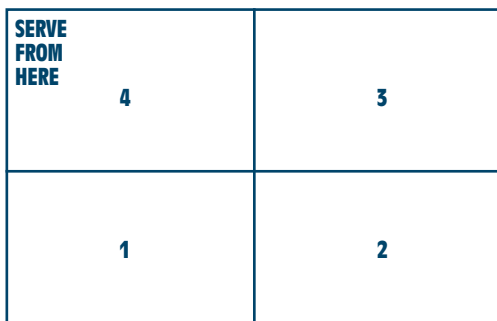
**Participants:** Four, with a new player entering the game each turn

Mark out a playing area on the floor (see diagram). Mark the squares 1, 2, 3, and 4. Square number 4 should have a corner marked off for the server to serve from.

Each player stands in his or her box and the player in square #4 serves from the far corner. The server must let the ball bounce and hit the ball underhand into square 3, 2, or 1. The ball must hit inside the square before the ball can be hit, always underhand. When a player:

- hits a ball before it bounces;
- hits a ball onto a line;
- hits a ball that doesn't land in a square;
- or hits a ball overhand, he or she is out.

Assuming the player in square 3 fails to hit a good shot, then he or she goes to the end of the line. The player in square 2 advances to 3, the player in square 1 to square 2 and the first player in line goes to square 1. This is a fast-paced and exciting game which will entertain members for hours.





## GATE DODGEBALL

**Equipment:** Volleyball, stopwatch, gate markers

**Participants:** Divide into teams of 8 to 25

One team (the throwers) form a circle around the other team. The game is played the same as dodgeball except that a gate (opening) defined by two markers (such as badminton stands or chairs) is placed in the circle of throwers. The leader stands beside the gate and acts as a counter. Members of the side team hit by a ball must immediately exit through the gate, run once around the outside circle and return through the gate to rejoin the game. After two minutes the outside team switches with the inside team.

The team having the least number going through the gate in their two-minute period wins.

## GUARDING THE TREASURE

**Equipment:** Soft rubber playground ball, bowling pin

**Participants:** Any number

One player stands in the center of the circle guarding a pin standing on the ground. All other players form a circle around the guard and pin. The players forming the circle try to knock the pin down with the ball. They may throw at the pin or pass the ball to set up a clear shot. The guard may protect the pin with any part of his or her body, except hands and arms. Players in the ring must either pass or throw at the ground — never at the guard's head! The ball must strike the ground before the pin is hit. The player who knocks down the pin is the guard for the next game.

## KICKBALL

**Equipment:** Rubber playground ball, bases  
**Participants:** Ten or more

Play on an area set up like a baseball diamond. Instead of using baseballs and bats, players use a large rubber playground ball and kick it. General rules of baseball apply except that base runners may be hit by a thrown ball.

## OVER AND UNDER RELAY

**Equipment:** Ball for each team  
**Participants:** Any number of equal teams

Players stand in line one behind the other with their feet spread apart. A ball is passed over the head of the lead person and under the legs of the person behind and over the head etc. until the ball reaches the end of the line. That player runs to the front and repeats the procedure until all players have had a turn at the lead position.

## POISON BALL

**Equipment:** One very soft rubber ball and four bowling pins  
**Participants:** Eight and up

Players join hands in a circle facing in where the four pins are set around the ball in the center of the circle. On signal, the players pull each other about in an effort to make someone knock down a pin. Once this occurs, all but the offender break and run. The offender picks up the ball and attempts to hit another player.



## SPUD

**Equipment:** Soft rubber playground ball  
**Participant:** Any number

All players assemble in the center of the playing area. The game is started by a player who extends an arm shoulder high, and from that height drops (not throws) the ball to the ground or floor, at the same time calling the name of one of the players; for example, "George." The others scatter, but not outside the defined playing area. "George" grabs the ball and then commands loudly, "Everybody – Stop!" Without moving from the spot where he picked up the ball, he tries to hit one of the players, who may dodge in any way possible without moving their feet. If "George" misses, he is given the letter S. If George hits a player *that* player is given the letter S. The "hit" player retrieves the ball, and commands, "Everybody – Stop!" and tries to hit a player. The game is continued until someone is given all four letters S-P-U-D and is out. Then the players reassemble and begin the game again. (One letter is given for each point. When a player spells out SPUD, the game is over.)

## BUDDY SPUD

**Equipment:** Soft rubber playground ball  
**Participants:** Any even number

Each player secures a partner known as "Buddy." All players assemble around the leader and the game proceeds just as in SPUD, with this exception; if a player's named is called, or, if he or she is hit by the ball, the ball may be thrown at either another player or to the Buddy,

who may be located in a better position to hit an opponent. If the buddy fails to catch the partner's throw or fails to hit another player, a point is scored against that team.

## **STRADDLE BALL**

**Equipment:** Soft rubber playground ball  
**Participants:** Any number

Players form a circle with their feet spread shoulder-width apart, touching the feet of the players on either side. "It" stays in the center and tries to roll a ball out of the circle through someone's legs. The players forming the circle cannot move their feet, but may stop the ball with their hands. If the ball gets through someone's legs, that person becomes "It."

## **WEEK DAYS**

**Equipment:** Small rubber ball  
**Participants:** Seven

Each player assumes the name of a day of the week. The first player (Monday) throws the ball onto the ground so that it bounces off the wall. At the same time, Monday calls the name of another day of the week, (i.e., Thursday), who must catch the ball after the first bounce and send it back to the wall in the same manner, calling another day. When a player misses the ball lets say — Saturday everyone scatters except Saturday, who must retrieve the ball and tag one of the other players. The tagged player receives a point. Three points and a player is eliminated from the game. The tagged player also restarts the next round in the game.

# WHIFFLEBALL TENNIS

**Equipment:** Whiffleball, two wooden rackets, large net

**Participants:** Two

Mark a large playing surface on the floor, 30 to 40 feet long and half as wide. Place a net or barrier across the center so it looks like a giant table tennis table. Play like table tennis: serve from behind the line, bounce the ball and hit it over the net, ball must be hit off the bounce, etc.

# NO EQUIPMENT RELAY RACES

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In each of the following relay races, players divide into two or more teams, lining up side by side and facing the turning point. Any even number of players may play.

## RUNNING

First player runs forward to the turnaround point and runs back to the second runner. The runner goes to the end of the line. The first team to have all players finish is the winner.

### Variations:

Run backwards	Jump	Hop backwards
Gallop	Hop	Skip

## CRAWL THROUGH LEGS

One player is in the astride-stand position, half way between the starting line and the turning point. The first runner races forward and crawls under the legs, circles the turning point and returns to tag the second runner.

**Variation:** Crawl through legs, both going and returning.

## DOG

The first player runs to the turnaround point and returns on all fours. When the first player crosses the starting line, the second player runs.

## **RABBIT**

First player races to the turning point, drops to a squat position and advances by hopping on all fours. Bringing feet up outside the hands, player jump-springs all the way back. When crossing the starting line, the second runner starts.

## **CRAB**

The first player races to the turnaround point and drops to rear support (head away from team, weight on hands and feet and belly up). Player progresses feet first and on all fours back to starting line. Then the second player starts.

## **DONKEY**

Runner races to the turnaround point. Here the runner does a semi-handstand, kicking feet in the air like a donkey. Runner returns to starting point and the next runner starts.

## **DUCK WADDLE**

The runner races to the turnaround point and faces the team. From a deep knee bend position and with at least one hand continually in contact with the floor, the player waddles back to the starting line maintaining the knees-bent position throughout. Then the next player starts.

## **FITNESS RELAY**

Participants race to the turnaround point and perform a pre-determined exercise, i.e., five jumping jacks, three push-ups, five sit-ups, etc., and then race back to the starting point. The exercises should be tailored to the group's fitness

level so they may be easily performed, yet contribute to the general fitness of the participants.

## HANDSHAKE

The first pair runs to the turnaround point. Shake and hold right hands. With the right foot, both players turn half about, stepping over their grasped hands. They then complete the full turn by lifting the left foot over their grasped hands. After executing the turn they run back still holding right hands. Then the next pair starts.

## HORSE & RIDER RELAY

Each team must have an even number of participants. One player jumps on the back of the first player and rides to the turnaround point. When they reach the half way point, they exchange positions, the horse becoming the rider and riding back to the finish line.

## LADDER RELAY

Players on each team line up facing each other. Players sit on the ground with their feet extended in front. The players' feet from opposing teams should touch, forming a huge ladder. On "Go," players at the bottom of the ladder get up, run up the ladder stepping between their teammates' extended legs. At the end of the ladder the player runs on the outside of the ladder back to the bottom and then to his or her original spot in line. The first team to have everyone complete a turn wins.

**Variation:** Start runners from opposite directions.



## LEAP FROG RACES

Participants race in teams of two. The first player bends over at the waist, grabbing his or her own ankles. The second player jumps over player number one by placing his or her hands on the first player's back and jumping over so as to land directly in front of the first player. The team continues jumping over each other all the way to the turnaround point and back. The race continues until all team members have completed the course

## STORK TANDEM

"A" raises one leg backward and "B," standing behind "A," grasps the lifted foot with two hands. "A" hops forward on one foot to the turnaround point where they exchange positions and return. Then the next pair starts.

## THREE LEGGED

The first pair stands with inside arms around each other's shoulders. Inside legs are tied with sashes at the ankles. Pairs run to the turnaround point and back to the starting line.

## WHEELBARROW RACE

Each team must have an even number of participants. One player lays on the ground, face down and places hands on the ground as in a push-up position. The second player grabs the ankles, lifts up so the first player is in the wheelbarrow position. Player #1 walks on his or her hands while player number two walks behind to the turnaround point. When they reach the halfway point, they exchange positions and return to the starting point.

# IMPROMPTU GAMES AND CONTESTS

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## BACK-TO-BACK GET-UP

**Equipment:** None  
**Participants:** Any even number

Two contestants sit back-to-back with arms locked at the elbows and legs extended. At the signal, they rise without unfolding arms. Any number of pairs can participate simultaneously. First pair up wins.

**Variation:** Have contestants get up without locking arms or using hands.

## BALLOON-BURSTING DUEL

**Equipment:** String, balloons  
**Participants:** Any number

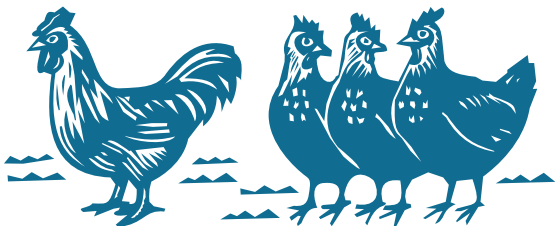
Tie a balloon on a short string around one ankle of each participant. Contestants try to burst the other players' balloons by stepping on them. Last person with an inflated balloon wins.

## CHICKEN FIGHT

**Equipment:** None  
**Participants:** Two

A circle six or eight feet in diameter is drawn on the floor. Contestants take positions inside the circle, each holding the left foot behind the back. Their right hand is held behind the back, grasping the left elbow. At the signal they hop toward each other in an attempt to knock the

other off balance. The contestant who releases the grasp of either hand, or is forced out of the circle, is defeated. Last person in the circle is the winner.



## FENCEPOST TUG-O-WAR

**Equipment:** Rope, carpet squares  
**Participants:** Two, winner plays new challenger

This is a game of balance and strategy. Players stand with both feet on a small carpet square, (make sure it does not slip). A length of rope extending well beyond both players begins on the ground. On the leader's signal, players pick up the rope and attempt to pull — or finesse — their opponent off their carpet square. The first player to drop the rope or touch the floor is eliminated.

## HAND WRESTLING

**Equipment:** None  
**Participants:** Two

Players face each other and grasp right hands. Feet are positioned for the best possible balance. At the start, each player tries to force the

opponent to move a foot, by pushing, pulling and off-balancing the opponent. The first player who moves a foot is eliminated.

## HOT AND COLD

**Equipment:** None

**Participants:** Any number

One player leaves the room with a guard. The remaining players select something for the missing player to find. The absent player is summoned and begins looking for the secret object. The group gives clues saying “hot” or “cold” (or something in between such as “you are getting warmer.”) This player keeps looking until finding the object. Then a new player is selected to leave the room and seek the next object.

## I’M THINKING OF A WORD. . .

**Equipment:** None

**Participants:** Any number (best suited for teens)

All players sit in a circle. The leader says, “I’m thinking of a word that rhymes with (sing).” This can be any word that actually rhymes with the word selected. The other players make up a list of possible words and the order in which they will be presented. The player to the left defines a word that rhymes with the given word.

“Is it equipment found in a playground?”

First player—“No, it is not a swing.”

The next player in line asks, “Is it the ruler of Jordan?”

First player—“No, it is not a king,” etc.

This continues until the question describes or

defines the correct item. If the answer is “ring” (worn on your finger), and a player asks, “Is it the sound a telephone makes?” the solution would not have been discovered even though it is the correct word. It must represent the correct thing.

## LEG WRESTLING

**Equipment:** None

**Participants:** Two

Two players lie on their backs, side by side on the floor, with feet pointing in opposite directions. Both raise their inside legs and interlock them. On “GO” each player tries to roll the opponent over.

## LIMBO

**Equipment:** Limbo bar, music

**Participants:** Any number

Make a limbo stand (two upright standards and a crossbar) and get some “limbo” or “beach” music. The players do the limbo by bending backwards and passing under the limbo bar without knocking it down. Only the feet may touch the ground. The limbo bar is lowered after each round. The player passing under the bar at the lowest height is the winner.

## MUSICAL CHAIRS

**Equipment:** Chairs, music

**Participants:** Any number

Set up in two rows (back to back) enough chairs for all but one player. Start some music

and have players walk around the chairs, but not touch any of them.

When the music stops, everyone tries to get a seat. The player without a seat is out of the game and one more chair is removed. The last player in the game is the winner.



## NO HANDS PASS

**Equipment:** Small ball for each team

**Participants:** Any even number

Divide players into two teams. Each team lines up single file. Holding a small ball under the chin, the first player passes it to the second player, who, also taking it under the chin, receives the ball without the use of hands. If the ball is dropped, it starts again with the person who dropped it. The first team to successfully pass the ball down the line wins.

## ROWING RACE

**Equipment:** None

**Participants:** 10-30 players

Assemble 10 to 30 players per team in a line, sitting on the floor with their feet wide apart, their hands on the shoulders of the person ahead. The front person turns about and becomes the coxswain by joining hands with the first one in line. The team rows and the coxswain counts. Rowers must lay back each stroke. A team is disqualified if anyone lets loose of the shoulder grasp. Row for one minute. Team with the most completed strokes wins.

## THUMB WRESTLING

**Equipment:** None

**Participants:** Two

Players may be standing or seated. They face each other and grasp hands, hooking their fingers together. The thumb remains free and begins pointing up. At the start, each player attempts to clasp their thumb on top of the opponent's, pinning it to the hands. The first player to capture an opponent's thumb for a count of three wins.

## THREE CORNER TUG-OF-WAR

**Equipment:** Rope, three flags

**Participants:** Three

Tie the ends of a 20-foot rope together to form a loop. The rope should be laid out in the shape of an equilateral triangle. Eight feet out from each corner is a ball or flag. Players grab a corner and on the leader's word begin pulling and trying to get their flag.

## TUG-OF-WAR

**Equipment:** Strong rope

**Participants:** Any number

A long rope is stretched out on a level surface. Members of each team grasp their ends. A handkerchief is tied around the rope to mark its middle, and two lines are marked on the ground four yards apart and at right angles to the rope. The rope is stretched to bring the handkerchief midway between the two lines. On signal, the teams pull. The team which first pulls the handkerchief past the line nearest them wins.

# SKITS - PERFORMANCES & PLAY ACTING

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## PANTOMIME

In pantomime, all meaning is conveyed by actions and facial expressions. If pantomimes are to be successful, only situations with very intense feelings or very defined actions should be used.

### Pantomime Situations

- 1) A walk through the cemetery at midnight.
- 2) A person just learning to drive an automobile in rush hour traffic. A group pantomime may be conducted by having a driving instructor sitting next to the new driver, or by having passengers in the back seat reacting to the near collisions.
- 3) An organ-grinder pantomimes tunes, while a second player pantomimes the dancing monkey.
- 4) Shopper locked in a department store overnight trying to find the door in the dark.
- 5) Each time player tries to sneak out of a long, boring meeting, the chairperson looks, and the player must resume attention.
- 6) Player has asked a jeweler to examine a \$25,000 ring which was on display, and now won't come off his or her finger.
- 7) Player is in the lead in a skating race; but looking back, sees that the closest competitor is closing the gap.



- 8) Player is an astronaut trying to make repairs in a weightless spaceship. The tools and the astronaut keep floating away.
- 9) Player is attending church service and listening to the sermon. He or she begins to get drowsy and nods off to sleep, starts awake and looks to see if anyone noticed. Finally the player falls asleep on the person sitting next to him or her.
- 10) A veterinarian attempts to medicate a dog who won't let the doctor near.
- 11) A business person is at an important meeting with some very important people and accidentally gets his or her hand stuck in one of the rungs on the side of the chair. The player tries to get the hand out when nobody is looking.
- 12) A dentist is checking someone's teeth. One must be filled, one must be pulled.

## A PANTOMIME SONG

**Equipment:** None

**Participants:** Any number

Select a very popular song (it is best to select the chorus) and clap out the rhythm of the music, while forming the words with your mouth. The first person who joins in singing the song aloud is the winner. If the person begins singing the wrong song, it will soon become apparent as you continue to clap out the rhythm.

# CHARADES

**Equipment:** None  
**Participants:** Any number

Divide players into two teams. One player is given a word, title, well-known phrase, etc. to act out for the team. Players try to figure out the message quickly. When the team figures out the phrase, the other team accepts a word from them and tries to beat their time.

A charade is a dramatic presentation of a word, a saying, or a title for a group trying to guess what the word is. A variety of topics can be used:

- 1) Act out words. Player acts out each syllable of the word. Examples: Ant-arc-tic, Band-age, Car-pet, Drum-stick, Eye-lash, For-give, Hand-some, In-side, Kid-ney, Mess-age, etc.
- 2) Act out occupations. Examples: Cook, auto salesman, lawyer, doctor, dentist, preacher, politician, barber, teacher, actor, ball player, etc.
- 3) Act out proverbs. Examples: A stitch in time saves nine. All that glitters is not gold. When the cat's away, the mice will play. Still water runs deep. All's fair in love and war. A bird in the hand is worth two in the bush.
- 4) Act out nursery rhymes. Players may act out the name of the rhyme by syllables, or act out the content of the rhyme.
- 5) Act out advertising slogans.
- 6) Act out the names of popular songs.

- 7) Act out the names of motion pictures.
- 8) Act out the names of book titles.

## DRAMATIC ADVERBS

**Equipment:** None  
**Participants:** Any number

One player is given an adverb for the rest of the players to guess. Players instruct the central player to carry out some action “in a way that exhibits the word” and watch the reply for clues to the word. For example: if the word is “sadly,” and the person with the word is instructed to “Tell us the word,” the reply might be, “I am sorry my dear friend. It grieves me deeply to inform you that I am unable to disclose the information you request,” all the while acting very sad. Players may be instructed to eat like the word, walk like the word, etc. The first person to guess the correct word acts out the next. Some good words to use are: angrily, boastfully, cautiously, rapidly, slowly, sweetly, shyly, laughingly, zealously, haltingly, etc.

## GUESSING GAMES

**Equipment:** None  
**Participants:** Any number

Have players act out nursery rhymes that have action in them such as; Little Boy Blue, Little Miss Muffet, Jack Be Nimble, etc. The audience can guess the title. Player who succeeds in having the nursery rhyme guessed in the least amount of time is the winner.

Give each player the name of a well-known person in their Boys & Girls Club; such as the director, a staff member, or even a member.

Again, the audience must try to guess who it is by the player's actions.

## I SAW

**Equipment:** None  
**Participants:** Any number

Players sit in a circle. One player stands in the center of the circle and says, "On my way to the Boys & Girls Club today I saw..." This player then acts out what he or she saw and the other players try to guess what was seen. The player correctly guessing goes into the center to start the game again.

## LEMONADE

**Equipment:** None  
**Participants:** Any number

Divide all players into two groups. Teams begin at the opposite end of a large playing area. The players of one team select an activity — washing dishes, chopping down a tree, catching a fish, mowing the lawn, etc. The two groups move to the center of the playing area, standing five to eight feet apart. Team One then begins the following exchange:

- Team One: "Here we come"  
Team Two: "Where from?"  
Team One: (name any city)  
Team Two: "What's your trade?"  
Team One: "Lemonade"  
Team Two: "Show us some if you're not afraid."

The first group begins to pantomime the activity they selected while players on Team Two

guess the activity. When the correct answer is shouted out, players on Team One try to run back to their starting line without getting tagged by a player from the second group. Any tagged player joins the other team.

The game continues with Team Two selecting an activity and beginning the dialogue.

## SECRET WORD

**Equipment:** None

**Participants:** Any number

A word is selected and players are selected based on the number of letters in that word, (i.e. if the word is SLOW, four players will be selected to represent that word for the rest of the group). Each player on the performing team is assigned a letter to present. For example, the first player is assigned the letter “S,” the second player is assigned “L,” and so on. Each player acts out a different word that begins with the assigned letter. The first player may act out “sleepy” or “sloppy,” the second player may act out “leg” or “lemon” and so on. The first player to correctly identify the secret word is given a new word and selects enough players to act it out.

# HUMAN SHADOW PLAYS

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## SETTING THE STAGE

A shadow theater is easy to make. Stretch a sheet to fill a space in a doorway or between two upright standards. The cloth must go all the way down to the floor, (feet sticking out the bottom spoil the effect!) The audience sits in front of the screen and lights in the room are turned off.

A light source behind the screen is set up, about six feet back. Any person or object placed between the light and the screen will show up as a silhouette on the screen.

For the most part, actual props can be used as scenery. Place objects in several positions to determine how they look the best. The best effects will be attained by using props with simple lines which will be easily recognized. Too many props will create a cluttered effect.

## PLAY SUGGESTIONS FOR HUMAN SHADOW PUPPETS

### DENTIST CHAIR

Patient enters, appearing very nervous. Have dentist use large tongs for forceps. Draw out a gigantic tooth.

## HAIR STYLES

Use ridiculous-looking instruments to set and style hair. Make hair appear to come out in unusual shapes. Have a player come into the barber shop with an obviously large hairdo, cover head with nylon stocking to make him or her appear to go out bald.

## THE OPERATION

Have a victim lying on a table. Use a saw, big knife, hatchet, etc., for surgical tools. Inflate the size of other equipment, such as using a bicycle pump for a thermometer. Use similar objects to represent intestines, a cabbage to represent the head. The “doctor” can operate and remove comical objects from the patient, such as a toy dog, a tin can, or some old shoes.

# SKITS & PERFORMANCES

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## THE ART EXHIBIT

Place pictures from your art program on a wall. Have a trio of snooty looking art critics examine each of the pieces on the wall. Finally have them converge on one piece that they really love. After ooohs and ahhhh's they place the "Best of Show" ribbon on this painting and ask to see the artist. After a search, bring out an old painter in raggedy clothes who explains that the canvas was used to wipe off brushes after painting!

## DANCING DWARFS

Hang a large sheet as a backdrop. Cut small holes for the face, arms and legs. Place a table in front of the sheet. The head of the first performer goes in the hole cut for the head and the arms go in the openings for the legs. The arms should have long socks over them and little shoes on the hands. The second performer reaches under the first performer's arms and through the arm holes in the sheet. Draw small bodies on the sheets. You may even want to pin up clothes for a very small child for added effect. It looks like a little, tiny person is standing on the table. These performers can sing, dance, tell stories, etc. A pair of midgets can greatly expand the possibilities of this performance.



## THE ECHO

A simple skit that allows members to improvise as they go. The premise of the skit is that someone wants to sell some land and uses a fake echo as a selling point. The potential buyer is brought to the property where the remarkable echo can be heard. After a few echoes the echo starts responding to what is being said. At the end of the skit the echo answers the question, "Who are you?"

## GRAB BAG SKITS

Put humorous items in a bag, and have members reach in and select one. Members must then make up an impromptu skit using that prop.

## HILLBILLY BAND

Using a washboard, large bucket, broom handle and heavy string, large gallon size bottles (jugs) and some toy fiddles and banjos, an old time hill-billy band can be formed. Find some old music and have the performers practice playing along with the tape. Dress up the musicians in boots, overalls, etc. With a little practice, a great show will result. Makes a great intermission in a Club program.

**Variation:** Form a band with kazoos, recorders, spoons, combs, etc.

## I SEE

Five boxes are set up on a table. This table must be skirted so no one can see what is underneath. Under each box is placed a common object such as a table tennis paddle, a candy bar, a coffee mug, etc. Under one box, the

fourth or fifth, a person's head should appear. Players from the audience should be in another room and called in one at a time to identify as quickly as possible the five items under the boxes. The reaction when the human head is discovered is definitely memorable.

## THE LION HUNT

Players repeat the words and actions of the leader.

### WORDS

"I'm going on a lion hunt."

"I don't see any lions yet."

Walking through deep grass

Walking through the mud

"I think I'll climb a tree."

"I don't see any lions yet." etc.

"I see a lion."

All run away (Simulate this by slapping right and left thighs alternately.)

### ACTIONS

All walk in a circle.

Hand to eyes,  
look in all directions.

Brush hands back  
and forth.

Lift heavy feet.

Climbing motions.

## PILLOWCASE PERFORMANCES

Take pillowcases and draw large faces on them. Place these over the heads of the performers. Their arms should be over their heads with elbows sticking out to fill out the head. Place a sweater around each performer's waist and fill the sleeves with paper. Pin gloves at the end of the sleeves for hands.

Play music and allow this group to dance to the music or perform a skit.

## SEWING FINGERS TOGETHER

Here's how to sew fingers together, one at a time, with an imaginary needle and thread. Plunge the needle into the little finger and pull it through laboriously on the other side. The finger comes toward the direction of the pull. Then take the other fingers, one at a time, including the thumb. Then plunge the needle through the elbow, and as the string is pulled, the hand (sewn together) waves at the members. All kinds of extra acts can be worked in, like threading the needle in advance. At the end, the imaginary thread can be removed, rolled into a ball, pushed through one ear, pulled out the other, and pulled back and forth through the head.

## TALK SHOW

Set up a few chairs for your TV studio. One member is the talk show host who interviews a host of interesting and unusual characters. Players in the audience select characters or professions they would like to represent. Select a player to be on the "Talk Show" for an interview. This player goes on stage and hands the slip of paper to the host who must then conduct an interview. Players may be real people such as athletes, entertainers, politicians, or other celebrities. For a very funny interview, allow guests to have unusual jobs such as tree surgeon, ostrich farmer, circus acrobat, etc.

**Variation:** Two players go on stage and have a conversation, being careful not to give away their identities too easily. Members from the audience may ask questions to help them determine who the celebrities are. Guest can be real or fictional, from the past or current, or even two different

time periods. You may have Henry Ford talking to an astronaut, or Thomas Jefferson talking with our current president.

## **THE THREE WITS**

Three people stand in front of the group, side by side. The first person tells a lively story (ghost tale, Aesop's Fables or a melodramatic narrative). The second one does the facial expressions only and the third one makes gestures only. The first and third persons must do their parts with absolutely deadpan faces to make this effective.

## **THE VIPER IS COMING!**

One player comes to center stage where others are milling around and with great fear and apprehension announces "The viper is coming!" Word quickly spreads and the townspeople become quite fearful and apprehensive. Finally have a very small person with a bucket and squeegee walk on stage and say with a very heavy accent, "I am the vindow viper (window wiper). Does anyone need their vindow (windows) cleaned?"

## **THE WALKING CHAIR**

Several players form a straight line, standing close together, shoulder to shoulder and facing forward. They bend their knees to sitting position, and walk forward, keeping step. Very clever looking. Could be an effective way of getting actors off the stage after a performance.

## YELLOW PAGES SKITS

To get some impromptu skits started, give a pair of members the Yellow Pages and have them open the book randomly, making up a skit on the spot about the word at the top of the page. Suggest to them a mood (such as romantic, angry, frightened, etc.) and have them read their page from the Yellow Pages to each other in that tone.

### SKIT SUGGESTIONS

1. An automobile salesperson trying to sell to a customer.
2. A person who has just hit his or her thumb with a hammer.
3. A person changing a baby's diaper.
4. Your car has just stalled in heavy traffic.
4. Rip Van Winkle waking up from his long nap.
6. Act out historical events such as Washington cutting down the cherry tree or Columbus on his voyage to America.
7. Act out nursery rhymes in modern settings, such as the teacher's reaction when Mary's lamb follows her to school.
8. Act out the words to popular songs while music is playing in the background.

## THE ARTIST GAME

**Equipment:** Chalkboard and chalk, or flip chart and markers

**Participants:** Eight to 10

Players form two teams. The first team chooses an artist who is given a word by the other team to draw in 30 seconds or less. The artist's team must try to guess the word from the picture drawn. If the team is successful it earns a point. Everyone on the team acts as the artist at least once before the game is over. Teams alternate drawing words. The first team to earn 15 points wins.

## DICTIONARY

**Equipment:** Pre-selected words

**Participants:** Eight to 10

Words from the dictionary are selected and written on slips of paper. Players are divided into two teams. One player from the first team selects a word and then defines it for the other team. The definition may or may not be correct. For example: fontina (a cheese that is semi-soft to hard in nature and mild to medium sharp in flavor). The player selecting this word may explain that fontina is a type of font signifying lower case letters. Players on the other team would then decide if the definition was true or false. Teams score points for each player fooled.

**Variation:** The same word is provided for each player on the team. They each present an

explanation or definition of the word. One is accurate and the others are made up. The opposing team members select the definition or explanation they feel are correct. The presenting team scores one point for each player on the other team they fool.

## GOING ON A TRIP

**Equipment:** None

**Participants:** Any number

One player in the group is appointed the leader, who decides upon a category and announces that they are going on a trip. He/she is bringing scuba gear (select any item that fits your pre-determined criteria). The items allowed are determined as a category of words: such as fruits, words starting with a vowel, words starting with the same letter as the speaker's first name, etc. The category is not announced to the other players. The second player says, "I am going on a trip and I am bringing \_\_\_\_\_ (makes a guess). If correct, the player is welcomed on the trip. If incorrect, the leader says, "No, you may not bring \_\_\_\_\_, but you could bring \_\_\_\_\_, (providing another clue)." A game might look like this:

Leader: I'm going on a trip and I am taking my **instant camera** (words that start with vowels)

Second player: I'm going on a trip and I am taking my **swimsuit**.

Leader: No, you cannot come on my trip with a swimsuit — but you may bring **aspirin**.

Third Player: I'm going on a trip and I am taking my **overcoat**.

Leader: Yes, you may go.

## LONG DISTANCE TELEPHONE

**Equipment:** None  
**Participants:** Any number

The first player whispers a short story (30 seconds) to the next player, who whispers what was heard to the next player. The story continues around the group and the last player tells what he or she heard to the group. The first player then reads the original version and everyone gets a good laugh at the changes occurring in the story.

## TABOO

**Equipment:** None  
**Participants:** Eight to 10

One player is selected to be the umpire. The umpire selects a commonly used word, (yes, no, I, and, or, we, etc.) and declares it “taboo.” The umpire then asks each of the players questions and they must respond without using “the word” declared taboo. Players remain in the game until eliminated for using “the word,” or until everyone else is eliminated. The last player remaining in the game is the umpire for the next game.

## TURN-ABOUT

**Equipment:** None  
**Participants:** Any number

The first player says any word and the next player must say a word in which any two letters of the previous word are reversed. For instance, beginning with “let” might go like this:



let-teacher-cat-action-nothing-night-girl, and so on. A 10-second pause and the player receives a point. Player with the least points wins. (With younger players, each word might be printed on the blackboard.)

## TWENTY QUESTIONS

**Equipment:** None  
**Participants:** Any number

One player thinks of an object and announces to the other players whether it is animal, vegetable or mineral. The players may ask any question that can be answered by “yes” or “no.” Twenty questions are allowed. If the object has not been identified the leader reveals the answer and selects something new. If a player guesses the correct answer, he or she may select a new object and the game continues.

## WHAT’S MY HOBBY?

**Equipment:** None  
**Participants:** Eight to 10

Form a panel with three to five people. Each panelist might be allowed to ask a mystery guest five questions, which must be answered by “yes,” “no,” or “partly.” Sample questions might be:

“Do you pursue your hobby indoors?”

“Do you collect something?”

“Do you use books or albums in connection with your hobby?”

The mystery guest may be humorous by choosing a ridiculous hobby, such as catching colds or collecting holes in doughnuts.

## WORD RACE

**Equipment:** None  
**Participants:** Any number

The first player says a word. The next player says a word beginning with the letter that ended the previous word. For instance, a round beginning with “Clubs” could go like this: Clubs-state-egg-goal-lazy-yellow-watermelon-night-tackle-and so on. A five-second pause and the player receives a point. Player with least points wins.

## STORY TELLING

“Sitting and Talking” is a true and tested way of learning communication skills. These activities are appropriate for campfire settings, long trips in the van or bus, group socials and special groups designed to aid verbalization. Some great games that utilize story telling are introduced next.

## A FUNNY THING HAPPENED

**Equipment:** None  
**Participants:** Any number

The theme of the stories is “A funny thing happened on the way to the...” The leader has a container filled with the names of various locations (the more unusual the location the better), from which the storyteller picks the destination for the story. Thus, a storyteller may have to tell a story about “A funny thing happened on the way to the refrigerator.”

## EMBARRASSING MOMENTS— FACT OR FICTION

**Equipment:** None  
**Participants:** Any number

Stories can be built around themes such as “My Most Embarrassing Moment” or “My Most Exciting Adventure.” Storytellers may tell actual experiences or invent their stories. If the storyteller informs the leader before beginning the tale whether it is factual or invented, then the event could be conducted as a contest by having the audience tell whether they believe the story or not. Storytellers who can outwit the audience are the winners.

## PROGRESSIVE STORIES

**Equipment:** None  
**Participants:** Any number

Thrilling tales are frequently the result of this activity. One player begins to tell a story and after a few minutes says “next.” The next player adds to the story. Go around the circle in this way, until the last person caps the story with a fitting climax.

**Variations:** BALL PASSING — The player holding the ball begins telling a story, continuing the story for at least one paragraph or one minute. This player chooses another player in the group to continue the story by tossing the ball to them. In this game all players must be alert and listen carefully at all times in case they are selected as the next storyteller.

SPINNING YARNS — Tie knots in a long string of yarn. The storytellers sit in a circle.

One player starts a story and at the same time begins unwinding the ball of yarn, continuing the story until reaching the first knot in the yarn, and immediately stops talking, even if in the middle of a sentence. The ball is passed to the right, and the next player takes up the story, adding to the story and surrendering the ball to the next player when the next knot is reached. This continues until someone reaches the end of the yarn and brings the story to a fitting conclusion.

## TALL TALES FESTIVAL

**Equipment:** None

**Participants:** Any number

Players try to outdo each other by telling tall tales. Such an event has also been known as a “Liars Convention” where the person telling the biggest whopper is elected president of the “Liars Society.”

## EASY MAGIC

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The tricks presented here are simple. They require little equipment or props and can be performed by any beginner. All tricks require practice so that they move smoothly and mystify the audience. The hardest rule for the novice to follow is to keep up a running patter or counteractions that attract the mind and eye of the audience and draw attention away from the mechanics of the trick. The beauty of all tricks is in the presentation. The fun from magic comes from trying to figure out how a trick was done. Never tell the secret — unless you have performed the trick for members of your new magic Club!

Share these tricks with a few Club members and allow them to practice secretly. Call on them when needed.

### **BREAKING A PENCIL WITH A DOLLAR BILL**

A volunteer from the crowd holds a full-length pencil at arm's length, grasps it firmly with a hand at each end. The magician has a new dollar bill which has been folded and creased lengthwise to four thicknesses. Bring this down with a full arm sweep, breaking the pencil smartly in half.

**Secret:** Just before the pencil is hit, slip your forefinger into the fold of the dollar bill. A little practice with a small stick will enable you to do this successfully.

## CARD AND COIN TRICK

This is a showy little trick — in reality a bit of juggling that looks very difficult yet which can be easily learned. Balance a card flat on the tip of your forefinger. Upon it place a coin — the heavier, the better. With your right forefinger flip the card, and it will sail away across the room, leaving the coin balancing on your finger. This is very surprising. Once you have the knack, you can do it every time.

## PICK A CARD

Take a deck of cards and ask someone to pick a card, but make sure they do not let you see it. Show it to everyone in the group while your back is turned. Then turn around and have the card placed on the bottom of the deck. Cut the cards so the mystery card is in the middle of the deck somewhere. Begin flipping cards over until you come to the correct card, which you identify.

Secret: When you turn your back, look at the bottom card on the deck. When you cut the deck, you know that when you come to the card that was on the bottom, the mystery card will be next.

## SKIP ABOUT

Deal 21 cards in three rows of seven cards each. (Deal three cards — side by side, face up and then deal another three cards, overlapping the first three and so on until all 21 cards have been dealt.) Have someone identify a card — without telling you which one it is, and tell you which row it is in. Pick up each row without disturbing the order, and stack them back up, *making sure the row with the targeted card is placed in the center of the deck.*



Turn the cards over and deal them out into three rows of seven again, just as you did the first time. Ask which row the card is in again. Collect the cards as you did the first time and redeal them once more. This time, when you are told which row the card is in you will know the card — it will be the center card in the row. If you want to drag out the suspense a little longer, collect the cards again so the card is again in the center of the deck. Then deal the cards, face down. The eleventh card is the one you are seeking.

## COIN AND HAT

The magician turns his or her back to audience while a number of coins are put into a hat. One coin is picked out by someone in the circle and passed around so that all can see it. Each one holds it tightly for a moment to concentrate on the coin. Then it is put back into the hat among the other coins. The magician goes into the hat and picks out the right coin.

Secret: The coin is warm, since it has been in so many hands.

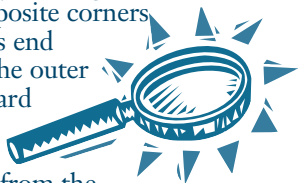
## COIN AND MATCH BOX

A match box is shown to be empty inside. It is closed and upon reopening a coin is found within! The trick has been arranged beforehand. The drawer of the match box must be opened half way and a coin wedged between the cover and the end of the drawer. In this position the box may be shown apparently empty, but when it is closed the coin drops into the drawer and appears there when the box is reopened.



## THE DISAPPEARING KNOT

A handkerchief is apparently tied in a knot, but when the ends are pulled, the knot disappears! This magic knot is tied by holding the handkerchief from diagonally opposite corners. The right hand carries its end over the left wrist from the outer side of the body and toward the inner side. The right hand then pushes its end through the loop from the outer side. When the ends are pulled, the knot will disappear. Practice this trick until it can be done easily.



## FINGER MIND READING

The group selects a number from one to 10. The blindfolded mind reader stands behind a confederate, (someone who knows the secret to the trick), putting fingers on the confederate's temple, and soon calls out the number.

Secret: The confederate tightens the jaw muscles which cause the temple muscles to flex. The confederate signals as many times as the number is.

## FIVE ODD FIGURES

The magician challenges the group to put five odd figures into a column so that they add up to 20. When they give up, the magician puts down 5, 11, 3, and 1. These total 20 and are five odd figures. They are only four numbers.



## HEADS OR TAILS

While various members of the group spin a coin on the table the performer, who is on the other side of the room and cannot see, announces each time (correctly) whether the coin falls “heads or tails.” The secret is in the fact that the coin has a small nick in one side near the edge. This is cut into the edge of the quarter with a pocketknife. When the coin falls so that the nicked side is down it will have a flat sound and will stop spinning almost immediately. When the nicked side is up the coin will spin much longer and have a gradually diminishing ring to it. A few tries will make it very easy, since the leader will know what to listen for.

## HIDDEN NUMBERS

With great showmanship, the magician writes a number on a piece of paper, puts it into an envelope and seals it. Then asking different people to call out numbers between one and 10, the performer writes on the envelope. After five to seven numbers, a line is drawn under the last number and someone is asked to add them. This person opens the envelope and there is the same total!

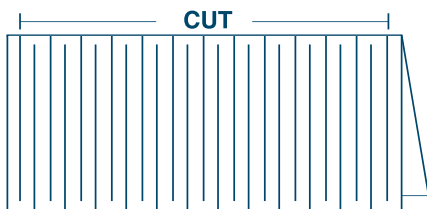
Secret: The magician chooses a number between 35 and 45. As the numbers are called out, write them down and add them mentally. When the total comes close to the hidden number, draw the line under the last figure. Quickly fill in a number (in a space skipped over) which will bring the total to the same as the hidden number. Ask a volunteer to add the column and look into the sealed envelope for the correct answer.



## PASSING THROUGH A 3x5 CARD!

Announce that you can cut a hole in a three by five inch card and then go through it. That's right. You can go through the hole so that the card goes around your body. Let members try to do this and declare it impossible. Then do it!

Secret: Fold the card in half. Cut from the folded end to a point about 1/4 of an inch from the edge. Make cuts across the card in this way — spacing cuts about 3/8 of an inch apart. Then turn the card over and cut to the folded edge inside the first cut, stopping just before cutting through the card. Cut between each of the parallel cuts. Finally, cut along the fold, beginning at the first cut and ending at the last cut (see diagram). Unfold the card and easily go through the opening.



## RAINBOW MIND READING

The leader must work with an accomplice for this trick. The leader directs the group to select an object while the leader is in another room. Upon returning, the leader will correctly identify the object selected by the audience, if they all concentrate hard on the object so their mental energy can be tapped. The leader goes into another room, possibly with a guard, and returns when summoned. The confederate asks; Is it (name any object)? The leader states it is not. The confederate asks a few more items and then

suddenly the leader correctly identifies the object.

Secret: The item before the correct item is the code. It can be any agreed upon clue. It may be a specific color; Is it the seven ball, (red)? The next item will be the correct object. Is it the handle on the foosball table? Yes!

## WHAT IS ON THE PAPER?

The leader invites someone to write something on a piece of paper. This should be secret and not shown to anyone. To prevent anyone from seeing the message, the paper should be folded, placed on the ground and stepped on. The leader announces that although no one can see the writing on the paper, it is very simple to tell what is on the paper. After a great show of concentration, announce that you are confident that a foot is on the paper.

## 1089

The leader makes a big show of writing a secret number (1089) on a piece of paper. This is the number that a member of the audience is about to select. The sealed envelope is handed to another member of the audience for safe keeping. Next select a member who will select a three digit number, with each digit being different and in descending order (i.e. 872, but not 827 or 887). Next, reverse the number, and subtract the smaller number from the larger, ( $872 - 278 = 594$ ). Now reverse this number and add them together, ( $594 + 495 = 1089$ ). The total is the number in the envelope!



# STUNTS

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## ARISE

Lie flat on the back, arms to the side, hands flat against thighs. In this position try to arise without using the hands. Come first to a sitting position and then stand.

## CIRCLE TWO

Try moving both arms in a circle (rotary motion) in opposite directions, the right hand away from the body and the left toward the body. Add head and leg movements as stunt progresses.

## CORK PICK-UP

Place a cork five feet from where you are standing. Go down on all fours. Now raise one hand to the hip. Keeping it in this position, lower yourself until you can pick up the cork with your teeth. Now raise yourself to your feet again without using more than one hand to do it. Be careful and provide mats.

## CROSSED ARM RISE

Lie flat on the back, arms crossed on chest. Try to arise without uncrossing the arms or using the elbows.

## GET UP FROM YOUR CHAIR

Ask a member to sit in a straight-backed chair, with feet flat on the ground and back against the back of the chair. Fold arms across the chest and try to get up without leaning forward (back must remain flat against the back of the chair).

## JUMP

Stand with heels, hips and shoulders pressed flat against a wall. Without leaning forward, try to jump.

## JUMP THE STICK

This one requires some agility. Hold a broom stick horizontally, about chest height. Now jump and bring the stick down under the feet, without letting go. At the end of the stunt, players should have both hands on the stick behind their backs.

**Variation:** Grab the left foot with the right hand. Jump and swing the free (right) foot through the opening made by the arm and leg. Try both of these stunts forward and backwards.

## KNEELING

Stand with toes on a line. Without using the hands or moving the feet, kneel down and get up again.

## KNOT-TYING TRICK

Provide a piece of rope, string or use a handkerchief. Ask if anyone can tie a knot in the rope by taking hold of both ends and not letting go with either hand. After they have tried, demonstrate how it can be done. Fold the arms, the left hand under the right elbow, and the right hand over the left elbow. In this position take hold of the ends of the rope. Now unfold the arms without letting go of the ends, and the knot is tied.



## **THE LAUGHING BALL**

You need a bouncing ball of any type. The leader instructs the crowd to start laughing the instant the ball leaves his hand. Leader throws the ball into the air, commanding everyone to continue laughing until the ball is caught, after which players are warned to keep absolutely quiet. The leader spurs them on to alertness by an occasional “make-believe catch.”

## **MOVE IF YOU CAN**

Stand with one side (hip, shoulder, and head) against a wall. Now try to lift the free leg sideways without changing position.

## **PAT HEAD AND RUB STOMACH**

Try to pat the head with one hand and rub the stomach with the other simultaneously. Add stomping foot when participants master the first step.

## **PICK IT UP**

Stand with back against a wall, heels touching the wall. Try to pick up a coin placed two inches in front of feet without moving heels away from the wall, or bending your knees. You deserve the coin if you perform this trick.

## **SKIN THE SNAKE**

This is a group stunt, ideal for two or more teams. Form teams with equal numbers on each side. Line everyone up in single file. Each player should reach back through their legs with their right hands and grasp the left hand of the

player behind. On a signal, the last player in line lies down and everyone else backs up. As players reach the end of the line, they lie down until a long line is laying on the floor. When all players are on their backs, reverse the process with the back of the line standing up and moving back to the front. All players should end up in their original position.

## **STUNT BALL CATCH**

It is desirable to have one ball for every eight players positioned in a circle facing the center. Players compete as individuals. Each player throws the ball high into the air and performs some stunt, catching the ball before it bounces. Players are eliminated as they fail to perform the stunt and catch the ball. Stunts should get progressively more difficult. Examples of stunts to be used are: jump in air and turn about, standing jackknife, cannonball, forward roll, backward roll, donkey kick, handstand, cartwheel.

# CONTESTS

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Everyone loves contests. They are easy to run and generate a great deal of excitement and fun in a Boys & Girls Club. Here are a few ideas for quick and easy contests. Use your imagination and dream up hundreds more.

## ATHLETIC CONTESTS

Have a contest to see who can jump rope the most times without missing. See who can jump the most times in one minute. See who can do the most sit-ups or push-ups in 30 seconds.

## BABY PICTURE CONTEST

Collect baby pictures from the staff. Stipulate that the pictures should all be of babies less than two years old, (one year and under is even better). Post them on a bulletin board and number each photograph. On the side list all the people represented as babies on the board. Draw up entry forms with a row of numbers for the pictures and a list of participants' names. Offer a prize to the member who matches the most staff with the correct photographs.

## BUBBLE GUM BLOWING CONTEST

Provide all competitors with a piece of bubble gum. On your signal all players can begin chewing. The first one to blow a bubble is the winner. Of course, once you start you have to have a contest for the largest bubble blown. (You may want to collect all the bubble gum after the contest if you have problems with gum in your Club.)



## COUNTY FAIR

Contact your county extension agent and find out how to enter the county fair. There will be pet shows, contests for cooking, art, photography, wood working, sewing, knitting, etc. Your members can win lots of ribbons and prizes at this event.

## CRACKER EATING CONTEST

The first member to eat a pile of crackers (six to eight) and whistle is the winner. Use this idea with pies, watermelon, caramels, etc. Some of these are a lot of fun if the contestants are not allowed to use their hands.

## EDUCATIONAL SCAVENGER HUNT

Compile a list of facts or information you want participants to find or collect. The participant with the most items by the finish wins. Note: This is a terrific way to help members learn to use reference books.

## GUESSING CONTEST

Fill a jar with pennies, marbles, jelly beans, nails, bubble gum, etc. and allow members to guess the quantity. This provides a fun addition to assemblies and announcements.

## LIFE SAVER EATING CONTEST

Place a Life Saver on the tip of each player's tongue. Monitor the progress constantly and have players who have eaten the Life Saver sit

down. The player who can keep the Life Saver on the tongue the longest is the winner.

## **MEMORY CONTESTS**

Who can recite the Boys & Girls Club Code from memory? Who can recite it the fastest? Who can recite it backwards? Who can recite The Ultimate Journey Creed? Who can repeat all the words to a popular song? Who can recite a famous passage from a book or from history?

## **NATIONAL CONTESTS – BOYS & GIRLS CLUBS OF AMERICA**

Boys & Girls Clubs of America has lots of terrific contests for your members. Consider participating in the National Photography Contest, Fine Arts Exhibit, Youth of the Year, or the Nike P.L.A.Y. Daily events.

## **ORATORICAL CONTEST**

Determine a subject and have participants write and practice delivering a short two or three minute speech. Keep the subject light so members will enjoy this contest. Try subjects such as: “What Most Frightens Me About Public Speaking,” or “Why I Love Ice Cream.”

## **PENNY SPINNING CONTEST**

Divide participants into teams of four or five. The first person on each team attempts to spin a penny, trying to make the penny spin the longest. The contestant who succeeds, scores a point for the team. Each player takes a turn, and the team with the most points wins.

**Variation:** See who can get the most pennies spinning at the same time.

## POSTER CONTEST

This is a good way to promote an upcoming event or holiday. Display posters as they are entered so all the members can see them.

Some poster contest themes could be: “Halloween Safety,” “I’m Thankful for. . .,” “I Love America,” “My Boys & Girls Club,” etc.



## PUZZLE CONTESTS

See who can be the first to solve a brain-teaser or other puzzle such as a tangram or “T” puzzle. There are books in the library with thousands of puzzles to use.

## SKILL DEVELOPMENT CONTESTS

Use contests to help members acquire the skills needed to gain proficiency in other games. See which pair of members can keep a table tennis ball in play the longest using a predetermined stroke, such as backhand or forehand. Set billiard balls on spots on a pool table and see who can make the most consecutive shots without a miss.

# TABLE TENNIS & BILLIARD GAMES

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Table tennis and billiards are great games and are found in most gamesrooms. However, they take up a great deal of valuable space that should be used in the daily program. Here are some activities that are quick, easy, fun and help to effectively utilize the space in your gamesroom.

## BOTTLE TABLE TENNIS

This game is played like singles or doubles table tennis, except a plastic bottle is placed on either side of the net. This can be placed anywhere by a team but must be at least one paddle's length from the net. If a player on one team knocks down their opponent's bottle, they add two (2) points to their score and take over the serve. Players knocking over their own bottle lose two (2) points and the serve.

## BRAZILIAN DOUBLES

Same rules as in regulation table tennis — except:

- Any number of players may play. Five to seven players on a team is ideal. Make teams as equal in ability and number as possible.
- Two players face each other and play one point. The winner remains at the table and the loser goes to the end of the team's line.
- The winner of the previous point serves to the next player on the opposing team.

- Players winning five consecutive points rotate to the back of their team's lines.
- Game is played to 51 points.

## DOUBLE TABLE TENNIS

Put two ping-pong tables together, side by side. Play with two or three members on a team at one time. Players must hit the ball in rotation. Points are scored as in regulation table tennis.

## RACEHORSE TABLE TENNIS

Same rules as in regulation table tennis — except:

- Any number of players may play. Players begin in a ring around the table. One player serves and moves to the right (counterclockwise).
- The receiving player returns the ball and moves to the right.
- Play continues with all players moving counterclockwise until someone fails to make a good return.
- Any player failing to make a legal return drops out.
- When two players are remaining a standard point is played (players do not move around the table) to determine the winner.

## SWEDISH DOUBLES

Same basic rules as in regulation table tennis — except:

- Any number of players may play. Five to seven per team is ideal. Make the

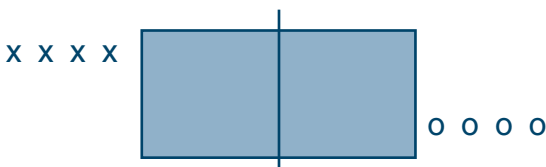
teams as equal in number and ability level as possible.

The teams line up at the table single file (see diagram).

The ball is served and the player serving runs to the end of the line. Player two will hit the return.

Players play in relay style with the player at the head of the line hitting and returning to the end of the line.

Game is to 21 points.



## TWO PADDLE TABLE TENNIS

Same rules as in regulation table tennis — except:

Each player holds a paddle in each hand. Players must hit the ball with the left paddle and then the right — alternating for each hit. If a player strikes the ball with the same paddle twice in a row, the opponent wins the point.

# BILLIARD GAMES

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## **BALL IN THE BAG POCKET BILLIARDS**

Each participant plays as an individual. Place a small brown paper lunch bag approximately 18 inches from a corner pocket, with the open end pointing to the diagonally opposite corner. Then place an object ball approximately six inches from the pocket behind the paper bag. Place the cue ball anywhere behind the head spot on the opposite side in a direct line with the paper bag and the object ball. Player must try to hit the cue ball into the bag, forcing the bag to flip over, releasing the cue ball to knock the object ball into the pocket.

## **CHERRY POOL**

Place two balls side by side in front of each pocket, so that a gentle touch will result in one or both balls being pocketed. The remaining three balls are racked at the foot spot. Players break as in a regular game and shoot until missing. Record the score for the round and reposition the balls to their original spots. Play a pre-determined number of rounds. High score is the champion.

## **CUTTHROAT POCKET BILLIARDS**

Three members play at one time. One player has the 1-5 numbered balls, one player has the 6-10 numbered balls, and one player has the 11-15 numbered balls. Object is to knock in

opponent's balls. Players may knock in their own ball to continue their turn. If a player pockets the opponent's ball and scratches, that ball is returned to the table. If a player scratches and pockets his or her own ball, that ball remains pocketed. A player forced out of the game may be brought back in if another player scratches or knocks a ball off the table. Each of the other players gets one ball spotted in the event of a scratch. In this way no player is really out of the game until someone finally wins.

## **1-15 POCKET BILLIARDS**

Up to 15 participants may play at once, each playing as an individual. Each is secretly given a number on a piece of paper. The number received corresponds to a ball that becomes theirs. Each should keep their number a secret. If a player's ball is pocketed, he or she is out of the game, and returns the piece of paper to the leader for the next game.

The last player with a ball left on the table is the winner.

## **PENNY BILLIARDS**

Each participant plays as an individual. Draw a circle approximately 1/4 inch larger than a pool ball around the head spot. Place any ball inside the circle and put a penny directly on top of the ball. Using cue ball, shoot from behind the opposite head spot to try and knock the penny out of the circle.

## **POISON BALL**

Place an object ball in front of each pocket. Place a rack at the foot spot as though you were





racking the balls for a regular game. Players begin with the cue ball behind the head string and may shoot any ball. Players shoot until missing or touching the empty rack with a ball. Play five rounds. Player pocketing the most balls in five rounds wins.

## SEVEN BALL

This is a version of rotation using the cue ball and object balls one through seven. Balls are racked in a circle around the seven ball (see diagram). The shooter must always shoot at and hit the lowest numbered ball on the table before any other ball is hit. Illegally pocketed balls are spotted. After the break, the opposing player may select a side of the table (group of three pockets) in which the seven ball will be pocketed. Balls one through six may be pocketed anywhere. The player pocketing the seven ball in one of the three pockets chosen after the break wins the game.

\* See *Billiards - The Official Rules and Record Book* for complete rules. Available from B&GCA Supply Service.

## SIX BALL

This is a version of rotation using the cue ball and object balls one through six. Balls are racked using a standard triangle rack. Player must always shoot at and hit the lowest numbered ball on the table before any other ball is hit. Illegally pocketed balls are spotted. Player who pockets the 6-ball wins.

\* See *Billiards - The Official Rules and Record Book* for complete rules. Available from B&GCA Supply Service.

## THREE BALL

A very fast game. Rack three balls on the foot spot. Place the 8-ball on the foot spot and one solid and one stripe ball in the next row. Play as in traditional 8-ball. Make one object ball and the 8-ball to win.



# SPECIAL EVENTS

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## PLANNING SPECIAL EVENTS

- Define objectives of the special event.
- Allow members to participate in planning whenever possible.
- Outline program and determine the format. List the order of events and time schedule.
- Involve as many phases of the Club program as possible.
- Select a date, time and place that does not conflict with other major Club programs and activities. Consider school and community events as well.
- Estimate the anticipated attendance of members and visitors.
- Secure the personnel needed to conduct the event. Use members in responsible positions whenever possible.
- Outline each person's responsibilities and inform them of these in advance. Provide written outlines of the event.

- List supplies and equipment needed, estimated costs and where material can be obtained.
- Plan the traffic flow, noting sanitary and safety measures to be followed. Decide how to handle members who arrive early as well as orderly dismissal procedures.
- Plan various methods for promoting the event.
- Anticipate and prepare for emergencies or unexpected occurrences.
- Prepare for clean-up. The event is not over until clean-up is completed.
- Evaluate the special event (in writing) and make recommendations for improvement.

# ESSENTIAL FIRST AID

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First Aid in an emergency should be limited to doing what is necessary to save a life or prevent further injury. In cases of serious injury, do not move the victim from the accident site before a doctor or emergency help arrives.

To be prepared for emergencies at least one staff member should be trained in First Aid and CPR. Keep a well stocked first aid kit on hand and make sure a copy of “American Red Cross Standard First Aid” is part of that kit. Also keep a list of emergency numbers on hand.

## **ABRASIONS:**

Wash with warm water and soap. Treat with a mild antiseptic such as hydrogen peroxide. Cover with sterile dressing.

## **ANIMAL BITES:**

Animal bites, whether by a pet or wild animal, can cause a puncture wound, laceration, or an avulsion, in which part of the flesh is torn away. First aid should be directed toward the control of bleeding and protecting the wound from infection until it can be examined by a doctor. Unless the wound is extremely painful or bleeding profusely, clean it with soap and water and cover it with a sterile dressing before taking the victim to a doctor's office or hospital emergency room.

Many animal bites require a tetanus shot and additional protection against rabies may be required. In most communities, local health authorities require notification of any serious animal bite.

## **BLEEDING:**

Apply pressure with a sterile compress directly over the wound and elevate the injured part until bleeding stops. If bleeding is severe, send for a doctor or call an ambulance. Do not touch an open wound except to apply pressure or dressing. Never try to explore a wound to locate fragments of metal, glass, or other debris that may have caused the wound. Never use a tourniquet to stop bleeding!

## **BLACK EYES AND BRUISES:**

Apply ice or a cold compress to reduce swelling and control bleeding under the skin.

## **BURNS:**

In many cases, burns can be treated with ice or cold water. Do not try to open blisters. Cover with a pad or bandage. Never apply ointments, grease, butter, etc. to burns. Make sure the victim drinks plenty of water.

First-degree burns: First-degree burns are marked by redness or other skin discoloration, pain, and swelling. An ordinary sunburn is typical of a first-degree burn. These burns usually will heal with the application of cold water followed by a dry dressing. More serious burns should be seen by a doctor.

## **CHOKING:**

Obstruction of the airways leading to the lungs can be caused by food, candy, chewing gum, or other objects accidentally inhaled. If air is unable to reach the lungs, the body's oxygen supply can become exhausted in a few minutes, resulting in death.

Note: A person whose windpipe (trachea) is blocked cannot talk but can make those nearby

aware that he or she is choking, using sign language or other means so that first aid can be given immediately. There are two accepted ways of giving first aid to a choking person:

1. The Heimlich Maneuver, which consists of a series of thrusts to the upper abdomen. Stand behind the victim and put your arms around his or her upper abdomen so that your hands can be clasped in a fist at the bottom of the victim's breastbone. Then quickly push your fist upward into the victim's chest, putting pressure on the lungs so that any air in them will be squeezed backward up into the windpipe, pushing the obstruction into the mouth. The Heimlich Maneuver may have to be repeated six or more times to dislodge foreign matter in the throat.
2. Another method is to apply firm blows over the spinal column between the shoulder blades. Stand behind a choking person and help them lean over, using one hand on the victim's chest to lend support. Then hit high on the back with the heel of your hand. Four or more back blows may be needed to dislodge the object in the windpipe.

## **SEIZURES/CONVULSIONS:**

Do not restrain the person. Remove any objects nearby that might cause injury. Don't put anything in the person's mouth. Loosen clothing and allow the seizure to run its course.

## **CUTS, MINOR:**

Wash with soap under warm running water. Apply a sterile compress or bandage.

## **ELECTRIC SHOCK:**

Turn off electrical power if possible. Do not touch patient until contact is broken. Pull from the source of electricity with a wooden pole, rope, or looped clothing. Check for burns and call a doctor.

## **EYE, FOREIGN BODIES IN:**

If the object can be seen, touch it lightly with a moistened corner of a handkerchief. If the object does not come out, or cannot be seen, take the patient to a physician. Never rub the eye, as this may force the object deeper or scratch the eye. Bandage both eyes, since the movement of one eye affects the other.

## **FAINTING:**

If a member faints, have him or her sit down. Fan their face. Lower their head to the knees. If the member remains unconscious, lay him or her on their back with a coat or blanket under their hips. Loosen clothing, open windows and wave smelling salts or aromatic spirits of ammonia under the nose. Once consciousness returns, keep patient quiet for at least 15 minutes. If unconsciousness lasts more than a few minutes, send for a physician.

## **HEAT CRAMPS:**

Long exposure to high temperatures can lead to "heat cramps." The skin may be hot and dry or cool and clammy. In most cases, heat cramps can be treated with food and liquid containing table salt. Limit the victim's activity for 15-20 minutes.





## **HEAT EXHAUSTION:**

This is due to a loss of body fluids. Symptoms are nausea, weakness, excessive sweating, and lightheadedness. Have the victim lie flat with the head down. Provide cool, slightly salted fluids for the victim to slowly sip. Do not allow fluids to be consumed quickly.

## **HEAT STROKE:**

This is the most serious heat injury. Symptoms include headache, dizziness, and fatigue. The skin is hot, dry and flushed. The pulse is very fast. High fever, convulsions or unconsciousness may result. Cool the body immediately by using wet towels or ice. If possible, immerse in cool water while waiting for medical help.

## **NOSEBLEEDS:**

Keep the victim quiet and seated. Lean the head forward. Apply pressure to the outside of the bleeding nostril, or insert gauze pads in one or both nostrils and squeeze the outside of the nose towards the mid-line. Apply ice or a cold compress to the nose and surrounding areas. If bleeding continues, contact a physician.

## **POISONING:**

Call physician at once. Locate source of poison and give to the physician.



## SHOCK:

Severe injuries of any type may lead to shock.  
As a part of any first aid, treat for shock:

1. Keep victim lying down.
2. Cover victim to prevent loss of body heat.
3. Don't allow victim to become too warm.
4. Get medical help as soon as possible.



# EMERGENCY NUMBERS

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CLUB DOCTOR \_\_\_\_\_

ADDRESS \_\_\_\_\_

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\_\_\_\_\_

\_\_\_\_\_

PHONE # \_\_\_\_\_

LOCAL AMBULANCE SERVICE

PHONE # \_\_\_\_\_

EMERGENCY MEDICAL SERVICE

PHONE # \_\_\_\_\_

NEAREST HOSPITAL \_\_\_\_\_

ADDRESS \_\_\_\_\_

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PHONE # \_\_\_\_\_

POLICE DEPARTMENT

PHONE # \_\_\_\_\_





# NOTES

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