

# Games

## Ice-breakers & Warm-up Games

### 1. People Bingo

Everyone is given a list of things to find out about the other group members. When someone is found they sign the sheet.

### 2. Postcard Partners

Cut postcards in to 2 or 3. Give the parts out. Group members have to find the person with the other bit(s) of their cards.

### 3. Animal Partners

Each members is given a piece of paper with an animals name on it (choose animals with a well known sound such as a dog, lion etc.) The members mingle making their animal sounds until they find their partners.

### 4. Affirming names

Introduce yourself with a name with an affirming description e.g. Stupendous Steve, Jolly Jane, Friendly Finbarr, Cuddly Colm. This can be a memory games each introducing their neighbour on their left and right and so on around the circle.

A variation is where the whole group repeats everyone's name as a memory test after the final round.

### 5. Introductions

First person says "My name is ..... and my favourite food/animal/pop star/football team is ..... ". The second person says "This is ..... and his favourite food/animal/pop star/football team is ..... and I am ..... and my favourite ..... ". Repeat around the circle.

### 6. Circle Jump

Jump in the circle with a movement that really expresses you; the other imitate you and say "hello name "at the same time.

## 7. My Name

Talk about and how you feel about your name. Why were you called that particular name? Say your full name proudly.

## Clap-Clap Games

To start the game everyone claps time and marks time for two spaces, start slowly until everyone has got the rhythm: Clap, Clap, Space, Space, Clap, Clap, Space, Space..... There are lots of ways to use this basic rhythm.

### 1. Clap Clap Name

Starting with the leader and going around to the left each person in turns shouts out their name in the space

i.e. Clap clap 'Steve' Clap clap 'Finbarr'

Variations could be animal sound/funny face/favourite food/football team etc. Could start with clap clap 'theme' and then vote on the favourite.

### 2. Clap clap word

You can also use the rhythm for word games e.g. each person must name a pop star in succession (start with one whose name begins with A then B and so on) until someone falters or loses a 'life'.

Another example is word association where one person says a word in the space and in the next space the next person says a word an 'associated' word or a word that rhymes.

E.g. clap clap 'up', clap clap 'down', clap clap 'clown'.

### 3. Clap clap touch

In this game every one clap twice and then touches the person on their left in two different places then two claps and they touch the person on their right in two different places. The game continues until the leader say 'STOP'. Every now sits in a new place. Next time the person touches the person two places on their left and two places away on their right. The game continues until the leader call 'STOP'.

Each time everyone has changed places the leader could ask. Who is sitting next to their first choice? Who is sitting next to their second

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choice? Who made no choice? Who forced someone to sit next to them? The second time around you could ask. Who felt forced?

#### 4. Clap clap story

Clap clap 'One line of a story'. The story could then be acted out.

### Circle Games

#### 1. Numbers

The aim of this game is to count up to the number of people in the group. One person chooses to stand up and says '1' another chooses to stand up and says '2' and so on. If two or more people stand up at the same time everyone sits down and the game starts again.

Variation; call out the number without standing up. Play the game with your eyes shut (both of these are much harder).

#### 2. Buzz-Fizz

Count around the circle replacing 5, multiples of 5 and numbers with 5 in it with Buzz. When the group has the hang of this replace 3 with Fizz. (note 15 etc. would be buzz, fizz).

#### 3. Waves

One person stands in the middle leaving two empty chairs. When the leader says 'Waves to the left' the whole group moves left around the circle keeping their faces to the middle of the circle and moving around in a sitting position. If the leader says 'Waves to the right' they move to the right. The person in the middle tries to sit on a chair. When he/she succeeds the person on their right moves to the centre and the game continues.

#### 4. Changing places

One person is chosen to be in the middle and their chair is removed from the circle. They say 'Every one wearing red change places.'

Every one wearing red moves to another seat and the person in the middle tries to sit in the vacant seat. The person who cannot find a seat becomes the leader and the game continues.

## 5. Killer

The players sit in a circle which should be as tight as possible. There is a playing card for each player one of which is agreed in advance to be the 'Killer card'. The cards are shuffled and dealt. The player who gets the 'killer card' must try and kill the other players by winking at them without being seen by the other players. If a player is winked out they must continue to look around the circle for a few seconds then declare themselves dead. (They can do this very dramatically if they want). If a player sees the killer winking at someone else they can accuse that player of being the killer. The killer must try to kill every one except one who becomes the killer next time.

## 6. Keys

Players sit in a circle on chairs, one player is blindfolded and sitting on a chair in the middle of the circle. A bunch of keys is placed under the chair of the blindfolded player. The leader points to one of the players who has to try and get the keys and return to their chair as quietly as possible. The blindfolded players must point to the person getting the keys. If they point correctly the player getting the keys takes over the blindfold. If they point incorrectly they continue.

## 7. Tick Tock

Leader has a pen (or other small object) and passes it to their right saying this is a 'tick' player 1 says 'A what?' Leader repeats 'A Tick'. Player 1 then passes it on saying 'This is a tick' Player 2 says 'A what?' to player 1 who says 'A what?' to the leader. Each 'what' must pass all the way back to the leader and 'a tick' must pass all the way back before the pen is passed.

When this has been practised a few times start over and start another pen to the left saying 'this is a tock'.

Try and return both pens to the leader.

## 8. Tangle

Everyone stands in a circle and puts both hands into the middle and holds on to the hands of two different people. The group then tries

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to untangle itself. Care must be taken not to break the hold, move slowly and gently.

### 9. Group Statues

Sit in a circle. One person takes a statue like pose in the middle. The group names the statue. Another person joins relating their position to the original statue. Give the new statue a name. Continue until the group statue seems complete.

### 10. Machines

Similar to statues except that someone goes into the middle and makes machine like movements. Each member of the group joins the activity and 'develops' the machine. This can be done linking in some ways to the action of any people already in the machine.

### 11. Cat and Mouse

Everybody stands in a circle. One person is chosen to be a mouse – they stand inside the circle. One person is the cat – they stand outside the circle. The cat attempts to catch the mouse by getting in and out of the circle. The tasks of those who make up the circle is to keep the cat away from the mouse and let the mouse under arms in and out the circle when necessary.

If there are problems with the cat catching the mouse, count up to seven, then allow the cat in/out. Keep the game moving. Count one less each time and so on. Make sure the players do not bend down.

### 12. Zoom

Every one stands in a circle. Choose someone to lead the game. Every one is asked to imagine the word 'Zoom' as the sound of a racing car. Leader starts by saying 'Zoom' and turning their head to the person on their left. Next passes 'Zoom' to the next person and so on until everyone has passed the word around the circle. Next the leader explains that the word 'Eek' makes the car stop and reverse direction. In a large circle could have 'Zoom' going both ways around the circle.

### 13. Palm Tree, Elephant and Kangaroo

A person is chosen to stand in the middle of the circle and points to someone in the circle saying 'Palm Tree', 'Elephant' and 'Kangaroo'. To make an 'elephant' the person pointed to leans over swinging their arms to form a trunk. The person on their left and right makes the elephant's ears. By holding up their elbow and touching the top of their head.

To make a 'palm tree' the person pointed to stands with arms straight up. Those on each side hold up their outside arms drooping to make 'fronds'.

To make an 'kangaroo' the person pointed to makes a pouch in front of them and the people on either side jump up and down. If you get it wrong you replace the person in the middle.

### 14. Add a Movement.

This is a movement version of the old verbal game. First player makes a movement (i.e. taps foot), second player repeats and adds a movement of their own (i.e. nods head). Continue until someone forgets. That person has to start the next go.

### 15. Heaven and Hell

Group forms a standing circle and each person puts their arms around the next person's shoulders. One person is chosen as 'it' and they have to try and get into and out of the circle.

### 16. Snake Pit

Draw a square, 'the pit', on the floor, everyone joins hands around the pit. The winner is the last person to be forced into the pit.

Variation: Everyone in the pit winner is the last person to be forced out.

## Trust Games

### 1. Swaying in the Breeze

One person stands in the middle of the group who have their arms around each other's shoulders. The person in the middle can fall any

way and is supported by the group.

## 2. Roll

The group kneels down in a line, one person lies on them and is transported along by the movement of the group members.

## 3. Story

All the group members lie in a circle with their heads towards the centre. The lights are dimmed the group leader then reads/tells a story

## 4. Partner Blind trust

One person is blindfolded. One person leads the blindfolded person protecting them from all obstacles; at first with your arm around them, then holding hands and finally, after some practice, guiding with finger tips.

## 5. Trust Instructions

Blindfolded: guiding by talking e.g. 'go forward', 'stop', 'take two places to the left', etc. Take turns in pairs.

## Games for Personal Development

### 1. The Rules of the game

A circle; one person goes out, others choose a rule. When they come back they must find out the rule by asking people questions about themselves. Players must answer questions honestly, according to the rules.

Rules can be hard or very simple depending on age and experience.

Rules can be: visual, scratch your head before answering

Structural, each answer begins with the next letter of the alphabet

Other rules, Answer as if you are the person on your right

All boys tell the truth and all girls lie.

### 2. Advertisements

Write an advertisement selling yourself as a

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friend/son/daughter/brother/sister/pupil. Keep in mind: Why would you choose you rather than another friend?

Put the ads in a hat and pass around, read aloud one at a time and guess who wrote each.

Variation: Write ads for other people.

### 3. Group Yell

Group huddle together in a crouching position. Leader starts a low hum. As the group begins to rise slowly, the sound level also rises so that in the end everyone leaps into the air and shouts at the same time.

Repeat until everyone has shouted at the end. Could add specific words or sounds chosen by the group in advance.

### 4. Lawyer

The lawyer stands in the centre, says to the players, 'Starting now you must not answer when I speak to you, the person on the left must answer for you. You must not nod or smile or respond to me in any way. Do you understand.'

The lawyer asks questions and if the person answers they are out. You can make it more complex by adding new rules e.g. 'No one may answer 'yes' or 'no'. New rules may be added as you go along.

### 5. News and Goods

As a round start a sentence, 'The nicest things that happened to me this week was..... Emphasise that it may be something big and exciting or small and pleasant.

### 6. Call my Bluff

One person chooses a word from the dictionary and checks that no one in the group knows its meaning. Each other person in the group writes down a definition. The papers are placed in a pile.

Everyone votes from the pile of definitions.

The game can be played in teams.

### 7. Coat of Arms

Design your own coat of arms suggestions below are optional, it's

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best if people invent their own. Afterwards, share and discuss.

### 8. Fists

In pairs, first person closes their fists tightly and the other person persuades them to open them. After a reasonable time the partners exchange roles.

Only open your fists if you have been really been persuaded by your partner.

Variations: Partner holds their own feet. Partner clenches their teeth.

### 9. Hell

Whole group discusses torments and evils which abound in hell. Also the visual impact of such a scene. Pairs and/or threes act various torments. Eventually whole group joins and the torments change partners and move among the tormented. The situation is reversed later so that everyone has been given a place on each side. Variation: Discuss various ideas about heaven and repeat the above processes.

### 10. Speakeasy

A chair is placed in the middle of the group. Each person has a chance to sit on the chair and talk to the group. They can develop any subject of their choice. It is often better to start out with a description of themselves – group leader setting the pace by going first.

Variations: Encourage members talk about important issues to them.