

# Alphabet Soup



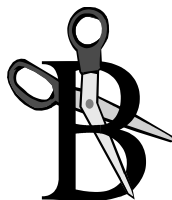
## For The Leaders Soul

# Bingo

The basic game is a traditional Bingo game. The leader draws a card, reads it, and participants place a bingo marker on their board. The first player to have 5 in a row (horizontal, vertical, or diagonal) calls out BINGO and reads off answers for verification

It is possible to use this for any type of club or activity. For example, fill blanks with breeds, anatomy parts, vitamins & minerals, sewing equipment, etc.

Blackout Bingo can also be played.



# Alphabet Bodies

Participants need to be in groups of five.

The facilitator will call out a letter in the alphabet. Participants have to form a letter by laying on the ground and shaping a letter with their bodies. The fastest group to form the letter wins.

Other options....switch group members after about three or four letters so the groups will have the opportunity to meet different people.



# Commonalties

**Getting Started:** Ask the group to arrange themselves into clusters of 3's or 5's depending on the size group you are working with.

**Making it happen:** The task is for members of the cluster to generate a list of things that are common to all people in the cluster but which COULD NOT be identified by looking at each-other. Ask people to come up with a specific number of commonalties or as many they can in a designated time period, i.e. 3 min.

*Some examples include:*

- Speak foreign language
- All drink the same brand/type pop
- traveled to a certain country

**Remember, things you can see don't count.**



# Differences

You will need enough chairs for everyone to sit in. Circle the chairs in a big circle making sure there is enough room to run around in. Taking one chair away from the circle, one participant stands in the middle and yells out something that does not apply to them.

i.e. I am not wearing tennis shoes.

Everyone wearing tennis shoes must get up and find a new chair before someone else. The last person standing is then "IT".



# Follow The Leader

You will need blindfolds. Before starting this activity, you should set out a walking course that you are comfortable with and it includes some obstacles. Do not include obstacles that would cause great risk to any participant. Outdoor terrain is great because, it presents the impression of more risk, however an indoor course can be manufactured as well. Divide groups into pairs. One of the partners will be blindfolded and the other person will be sighted, acting as a guide. Walk slowly, more quietly and have partners switch at the halfway point.



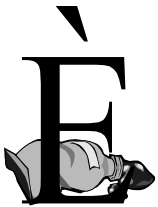
**Debrief** the activity afterwards. While people may feel anxious during this activity, most people seem to enjoy it.

# Every Last Detail

This game can be played on against one, or team against team.

We start by facing one another and looking at and observing each other for 3 minutes. Then we turn our backs to each other and change six details about the way we look. Once rearranged we turn back to each other and see if we can spot all the changes in our partners.

(The game requires good detective work.)



# Group Together

Participants mingle around the room introducing themselves to others. The facilitator yells out a number. For example he yells "FIVE!" The participants must group together in a group of five and introduce themselves to other group members.

Those left without a group are "out" and form a separate group off to the side and introduce themselves.

The participants begin to mingle again and another number is called.



# Ha Ha Game

Participants lay on their backs on the floor. They position their head on the tummy/belly of another participant.

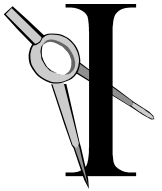
The first person in the row or circle says “Ha.” The second person says “Ha, Ha.” The third person says “Ha, Ha, Ha” and so on. The trick is to try to get through the whole line without everybody laughing hilariously. It is a challenge.



# Ice Cubes

Gotta Have:  
Participants need to have a partner  
Ice Cubes

Each team gets an ice cube. The object is to work as a team to melt their ice cube first. The only rules are that the ice cube must not touch the ground and both team members must touch the ice cube during the game.

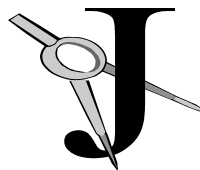


# Join Together

Gotta Have:  
Two sets of cards. One set is one name of a famous couple.  
On the second card set is the other name.

Each participant gets a card. The object is to find their “better” half and introduce themselves. Since this is fairly a quick game, follow this game with one that requires them to be in partners. (See “Ice Cubes”)

Tom and Jerry  
Mutt and Jeff  
Batman and Robin  
Superman and Lois Lane  
Mickey and Minnie  
Laurel and Hardy

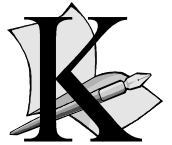


# Knots

Gotta Have:  
Participants need to form groups of seven or eight.

Each group stands in a circle and holds any two people’s hands ACROSS from them. The challenge is to work together to untangle themselves without letting go of each others hands.

SAFETY NOTICE: It is important that the group discuss their moves first... this way, the risk of someone getting their arm wrenched or choked is eliminated.



# License Plate

Gotta Have: Pieces of Paper  
Marker

Each participant is given a sheet of paper (8 1/2 x 11 works great) and a marker. Just as in a license plate, they can choose seven letters or numbers. Participants should choose letters or numbers that are significant to them in some way. Have each participant share their license plate with the rest of the group, sharing the reasons for the letters and/or numbers chosen.



# Name Game

Gotta Have: Two or three foam balls

Participants form a circle. One person takes one ball and says her/his name and then the name of the person that is to catch the ball. For example, "Amy to Joe." Then Joe says his name and the name of the next receiver. Continue until the ball has been passed to everyone in the circle.

After the first ball has started, a second ball is added and played the same way. Try to add a third ball!



# Melt and Freeze

One player is "it". When "it" yells "FREEZE" all players must stand absolutely still. If "it" sees someone moving, that person is out until a new "it" is selected. If "it" does not see anyone moving, he can call out "MELT" and players can move around. In this game players must try and sneak up on "it" even if they are frozen because the first person to touch "it" becomes the new "it"



# Opposites Attract

Ask the group to divide into pairs.

Once they have found their partners ask them to come up with a set of words which are opposite. Examples include "Hot and Cold", "Salt and Pepper", "Black and White". Partners then determine which one represents one of the opposites.

Split the partners to opposite ends of the room, and tell them to put on the blindfolds. The partners now reunite by calling out their portion of opposites. *A safety note:* Have participants hold their hands out in front to act as bumpers.



# Peek-a-Who

Ask two players to hold a blanket between them so that the blanket provides a vertical barrier that can be lowered and lifted easily. Divide the remaining players into two teams putting one team on each side of the blanket.

A volunteer from each team moves up close to the blanket. When the blanket is dropped, the two players, suddenly facing each other, must verbally identify one another by name. The second place player moves over to the winner's side and this win me/ lose me action continues until one team has taken over the other team.



# Quick! Have a Seat!!

Gotta Have: Participants in groups of ten or twelve.

Group members must line up in a circle, facing the same direction. At the count of three, they should bend their knees and try to sit on the lap of the person behind them! The team to successfully do this first is the winner.

After the groups have mastered this task, see if they can take a step together at the same time! Next, see how fast they can sit down, get up, turn around and sit again!!



# Rope Shapes

Equipment needed: Rope needed for whole group to stand around.

Blindfolds for all participants.

Participants are asked to put on blindfolds. A rope is thrown amongst the group. Explain to the participants that their job is to find the rope and make the shape that you describe, ie. circle, square, triangle, etc.

The group will work through communication skills, trust, and leadership. After they agree they are finished, have them take off their blindfolds and see how they did.



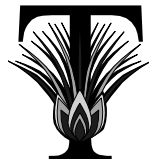
# Shoe Relay

Needed: Shoes, goal line marked by tape

All players take off their shoes and the leader scrambles them; the shoes of each team are piled up in front of them. On go, the first player runs up, finds their shoes, puts them on and goes back to their own line. Next player goes and so on until one team finishes as the winner.



# Trust Fall



Members who are falling (fallers) need to interlock their fingers and bring their hands close to the chest. Those catching (spotters), need to have their arms shoulder width apart, extended and slightly bent, allowing for flex when their partners arrives.

Those falling should keep feet together and only “rock back” on their heels when they fall. Those catching, should have one foot slightly in front of the other, shoulder width apart and some flex in their knees, again for the impact of arrival.

As members prepare to fall and catch they **MUST** communicate.

## FALLERS COMMANDS

- Spotter Ready?
- Ready to Fall
- Falling

## SPOTTERS COMMANDS

- Ready?
- Fall Away

# Very Long Lines

Participants need to be in groups of eight to ten. The object is for the group to form the longest line using only themselves and what they have with them. Participants may lay down, use their jackets, sweatshirts, necklaces, even watchbands. The team with the longest line is the winner!

**ATTENTION!!** Random bits of undercover clothing have been known to come out and appear in the race for the longest line. Consider yourself **WARNED!!!!**



# Upset the Fruit Basket

Players sit on chairs in a circle, with no extra chair for the “it” Everyone sitting down thinks of some kind of fruit. “It” walks around the circle and tells a story about something mentioning the names of fruit. When “it” mentions your fruit, you get up and follow him. At some point “it” calls out “Upset the Fruit Basket” and the one who doesn’t get a chair is “it”.



# Without Mistake (Telephone)

One person starts off the “rumor.” They whisper it in their neighbor’s ear, and then the neighbor must relay the message to the person next to them.

The “rumor” goes around to the whole group and comes back to the original gossiper. The original gossiper then shares what he/she heard and compares it to the “original” rumor.

To make it a little more challenging, you can make the story harder to follow.



# X-tra Special

Needed: 3x 5 cards, pencils

Ask the participants to get in a pair with one other person they don't know very well. They will then tell their partner something extra special about themselves. Then the partner will write it down on the 3 x 5 card.

Both participants will do this, then the entire group will get together and the participants will share the extra special bit of information with the group



# Zip, Zap, Zup

All the players sit in a circle, with one person in the center who is "it."

"It" goes around and points to someone and says either Zip, Zap, or Zup.

Zip— person names person on his/her right.

Zap— person names person on his/her left.

Zup— person gives own name.

All this has to be done before the person who is "it" counts to five. The one who makes mistake is the next "it."



# You Can't Write "Tennessee"

Players are seated at a table with the paper in front of them. Instruct the players to move one foot in a circular motion under the table. (They must not stop this movement while they are writing.) The foot should move clockwise in a circle about as big as a plate.

After they have been moving their foot, allow them to pick up their pencils and try to write the word "Tennessee." THEIR FOOT CANNOT STOP MOVING. You will be amazed at the strange symbols that can be written!!



# Sources

*Quick Silver* by Karl Rohnke & Steve Butler, Project Adventure, Inc.

*The Bottomless Bag* by Karl Rohnke, Project Adventure, Inc.

*Alphabet Soup* by Amy Gallimore, Extension Assistant, Tennessee

*Leap Into Fun and Games* by Barb Schiller, 4-H Agent, Wisconsin



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