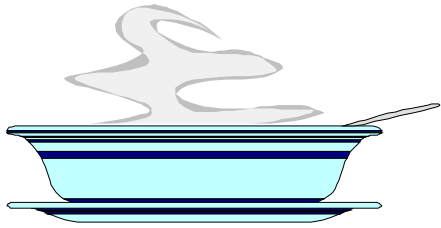


Alphabet Soup



For The Leaders Soul 2

Bumpity Bump Bump

Saying *Bumpity Bump Bump* rapidly takes between .6 and .65 seconds, (the average is .623). You need to know this.

Ask your group to “line up in a circle,” then put yourself at circle center. The arced players should be about 4 to 5 steps away from you. Point decisively to one of the circled folks and say that person’s first name with conviction, following their name immediately with the exclamation *Bumpity Bump Bump*. The person that you pointed to and named must respond by saying the first name of the person to their left, before you finish exclaiming *Bumpity Bump Bump*. If they flub the name or completely forget, that person takes your place in the center, and subsequently attempts to trap someone else.

(Name)



Animal Call

People form in groups of 2 to 6 and choose an animal. Each group must choose a different animal. The group divides in half and places themselves across the room, yard or field. At signal from leader, groups close eyes and begin to make the sound of the animal until all members of the groups have found each other.

(Movement)



Copy Cat

Ask your group to form a circle. Ask each person to choose someone in the circle to be their leader but not to tell anyone who their leader is. Explain that once the activity starts, if the person you chose as a leader moves or changes position in any way, you must do exactly as they do. Ask that people try to watch their leaders without staring directly at them so that leaders won't know who is following them.

After explaining and asking for questions, check to be certain that everyone has a leader chosen. Before beginning, have people close their eyes and get into a comfortable pose. As soon as everyone opens their eyes on your command, they should change their pose to duplicate that of their leader.

(Quiet)



Drummers relay

Materials: Drumsticks and tennis balls.

Place your participants in two or more single file lines with the same amount of people in each line. Then put half of each group on the other side of the room. Give the first person in each line a set of drumsticks (both sides of room). Give the first person (one side of room only) a tennis ball and the second person in that line a set of drumsticks. The object of the game is to use the drumsticks to transport the tennis ball to your team mates on the other side of the room. They in turn transport the tennis ball back to the other side of the room and give it to the next person and so on. This continues until everyone is back to their original position. First team done, wins.

(Action)



Exercise name game

To help group members remember names, have each person introduce himself/herself by attaching an exercise motion that begins with the same letter as the participant's first name. For example "Jumping Jacks Jan" or "Neck Stretch Ned." All group members then join in and do the exercise with the participant introducing himself/herself.

This can also be done as an add-on activity in which everyone repeats each exercise and name as they go around the group. This activity is best done in a circle where everyone can see the exercise being performed.

(Name)



Fast jack rabbit

The group needs to form a circle with one member in the middle, that person will be known as the "leader." The "leaders" job will be to direct members in the task at hand, which is to make a Rabbit or other animal or object.

The "leader" will spin around, stopping and pointing to a member. That person will be the "body" of the animal or object. Members on either side will have to complete the animal or object. In the event that a rabbit is to be "made", the "body" would produce buckteeth and whiskers; the sides would produce ears. All of this should occur in a set time frame. The "leader" can count to 10, if the animal is not "created" by the time the "leader" gets to 10, the member in the middle is the new "leader."

(Action)



Getting Arranged

The following are different challenges for groups to do using alternate forms of communication to form lines or circles.

- Arrange alphabetically without talking.
- Arrange by birthdate without talking.
- Arrange by height while wearing blindfolds or closing eyes.
- Arrange by foot size while wearing blindfolds or closing eyes.

(Communication)



H a v e y o u e v e r

Ask everyone to chair-up in a circle so that each seated player has a chair except you, and you're at circle center. You may also use spots or markers for people to stand on. Ask your best *Have You Ever* question, remembering to emphasize that to ask a question, you have to have experienced what you are asking about. I can't ask "Have you ever parachuted from a plane?" unless I had made a jump myself. The participants react to your question by answering either yes or no; a person answering YES must go and find an empty chair (spot), NO remains still. The person in the center of the circle asking questions is also going to be looking for a chair (spot), so that slow moving YES responders have a better than average chance of ending up in the center and finding themselves responsible for asking the next question.

(Action)



I s l a n d s

Materials: Enough frisbees, pieces of plastic, wood, pieces of paper or markers for the size of the group.

Similar to musical chairs. When either the music or clapping stops, participants must touch an island – either a frisbee, piece of plastic, wood, marker etc. When touching an island, players are not allowed to touch one another. Each time the music or clapping starts, another island is removed. The ultimate goal is to have 30 participants touching one island without touching each other.

(Action)



j a c k F r o s t

One person is Jack Frost. All other players are Sunshine. When Jack Frost tags a player, that player becomes "frozen" and must stand with their legs apart. They are "thawed" if another player can crawl through their legs. If a player is tagged while crawling through a frozen player's legs, they are frozen and must stand up and spread their legs apart.

(Action)



K n o w y o u r s t a r s

Materials: 3 X 5 or 5 X 7 index cards and pencils.

The participants should each be given one card. Ask the participants to write their favorite movie on the top of their cards. The participants are given five minutes to write the names of individuals in the group who also liked that movie; therefore, the participants should walk around asking people if they saw that movie and why they really liked it. At the end of the five minutes, take a tally of the movie which appears to be the favorite of the group. Variations can include favorite stars, favorite records, favorite artists, or favorite television programs.

(Name)



L o o p t h e h o o p

Materials: two hula hoops (different sizes).

Ask your group to form a hand-in-hand circle. Place two hula hoops together between two people (resting on their grasped hands). See how quickly the people in the circle can cause the hoops to travel around the circle in opposite directions through each other (i.e. hoop through hoop), and back to their original position. If you have a large group, use lots of hoops.

(Communication)



M i r r o r

Face your group and ask them to spread out so that their arms can move in any direction without touching anyone. Invite the group to do what you do.

Be creative with your movements. Mirror is a wonderful tool that can be used to give your group whatever they need...slow motion stretches, goofy faces and positions, or high energy running and jumping. Have the group take turns being the lead person.

(Movement)



N u c l e a r m i n e F i e l d

Materials: Bag full of soft, crushable items (balls, frisbee, foam objects, kooshball, etc.), masking tape or rope.

Dump your game bag out on the floor and rearrange the contents so that everything is evenly distributed within an outlined rectangular area. Then split up into pairs and try to lead one another through the *Mine Field*. Remember, one of the members of the pair is blindfolded (eyes closed) and the other is simply giving verbal directions – no touch. Variation: Set up the mine field within a outlined circular area; use a rope for a boundary. In the center of the circle (target area), place an appropriately bizarre squeaky toy so that an audible reward is there for the successful pair to step on.

(Communication)



O n l y t h e f a c t s

Materials: 3 X 5 index cards and pencils.

Each participant is given a card and asked to write on it a personal fact believed unique to him/her. The leader collects the cards, shuffles them, and redistributes them. Each participant reads aloud the card he/she is given and tries to identify the person to whom the fact applies.

If the reader cannot identify the person the group attempts to guess. The identified person confirms or denies the fact, and the exercise continues until all are correctly identified.

(Name)



People to people

Players stand back to back with a partner anywhere in the room. The leader calls the instructions such as “foot to knee,” “head to shoulder,” “hand to hip.” Players follow direction given.

When the leader calls “people to people” everyone gets a new partner. The leader then gets a partner. The player without a partner is the new leader.

(Action)



Quick shuffle

Get two or three “volunteers,” the rest of the group stands in a straight line. Have the volunteers then close their eyes and the group changes places.

Each of the volunteers can approach the group and move one member to their original position, keep going until everyone is back.

(Problem Solve)



Rock bridge & tree

The group is divided into teams which line up facing each other. The first three participants on each team become a rock, a bridge and a tree. The rock kneels down; the bridge is a person on hands and knees; the tree stands straight up with arms in the air. The next person in line jumps over the rock, goes under the bridge and around the tree.

Then, he/she reverses his/her path and replaces the rock; the rock replaces the bridge; the bridge replaces the tree and the tree goes to the end of the line. The relay continues until all the participants are back to their original positions. First team finished, wins!

(Action)



Skin the snake

This can be played to improve cooperation or as a race between two or more teams. Get participants in a single file line. Put your right hand forward and with your left hand, reach back between your legs and grab the right hand of the person behind you. Now that the chain is formed, on the signal, the last person lies down and the chain back up, straddling the player(s) on the ground. The game continues as all people lie down as the chain moves and winds backward, at all times keeping hands joined. The last player will lie down, touch his/her head to the ground, then get up to reform the original chain. Now the chain runs forward so that all members are across the point where the head of the chain was originally.

(Action)



T w o t r u t h s & a l i e

This simple game is fun, funny and helps everyone get to know each other. Even in groups where players know each other well, this game provides new insights into each other.

A member of the group makes three statements about himself/herself – two must be true, while the third (in any order) is not true. Other members of the group then decide which of these statements are true and which is false. Another person then makes three statements about himself/herself and the game continues.

(Quiet)



V a l u e s

Materials: 3 X 5 index cards and pencils.

Give each participant a card and ask each person to identify three things they value: an object, a relationship, and an idea. Inform participants that they will be sharing their answers.

Divide the large group into smaller groups of 4 – 8 persons. Ask each person to share his/her values and explain his/her choice.

(Quiet)



U n i o n s q u a r e

Materials: None

Four players comprising a team may compete. The members of the team should sit down with their backs together. Without using their hands, the members must stand up, run across the room and back around any designated course, and return to their original sitting position, continuing at all times to keep their backs together.

Teams can compete against each other or be timed and compete against their own time.

(Problem Solve)



W h e r e i n t h e c i r c l e a m I ?

Standing or sitting in a circle, ask all the players to say their first names in sequence around the infinite arc. When completed, ask the circled players to alphabetically rearrange themselves by first name without use of verbal communication, and after milling and shuffling about, to maintain their circular arrangement.

After the first marginally organized attempt, announce that the group may say their names again in circular fashion, then non-verbally rearrange themselves as before. The group can continue this say-your-name-and-move pattern as many times as necessary to establish everyone in their correct Dewey Decimal positions.

(Name)



X - g a m e s

The object of this game is for a group of “passers” to physically pass a member (rider) of the group the distance required, in a double line, without allowing the “rider” to touch the ground. The “passers” may not move their feet when they have physical contact with the person being passed. As soon as a “passer” is no longer touching the “rider”, he/she can run to the front of the passing line and continue the “rider’s” progress.

(Action)



Z o o m

Sitting in the circle pretend to be driving a car, tilt the wheel to a neighbor and say zoom, keep it going around the circle until someone slams on the brakes and zooms the other way. Maybe two zooms going around?

(Action)



Y e s o r n o

Materials: Enough pictures for all participants and safety pins.

Pin a picture of a food on the back of each player. The group then mingles and each tries to learn his/her identity by asking yes or no questions about him/her food item.

The questions must be answered YES or NO.

The pictures can feature any topic, i.e. breeds of rabbits, horse tack, sewing equipment, etc.

(Project)



S o u r c e s

“Energizers and Icebreakers for all Ages & Stages”,
Elizabeth Sabrinsky Foster, Ed.D., 1989

“Games as a Management Tool”,
Mike Holroyd, March 1998

“Icebreakers and Bonding Exercises”, *FCL Handbook*,
Oregon State University Extension Service

“Leap into Fun & Games”, *Compiled by Barb Schiller, 1984*

“Quicksilver”,
Karl Rohnke & Steve Butler, Project Adventure, Inc., 1995

“The Bottomless Bag, Again”,
Karl Rohnke, Project Adventure, Inc., 1994

Created by: Yamhill County 4-H Youth Council Members and
Pamela Olsen, OSU Extension Agent, 4-H Youth Development
Revised: March 2000

Using games & activities to teach & have fun – easy as a ...b ...c ...

Analyze your club or audience you are teaching

What purpose could the game or activity fulfill? For example:

- get participants better acquainted
- build spirit among the members
- help them to speak in front of a group
- teach them 4-H project related information
- increase their leadership skills, i.e. listening, problem solving decision making

Be age and audience appropriate continued

- 12-15 yr olds – have both small and large group activities
 - allow for interaction between sexes
 - let them break into their own groups
 - give parameters and guidelines to activities
 - allow them to lead some activities
- 16-18 yr olds – put members in real life problem solving situations
 - put premium on social interaction time
 - engage all members in activities
 - allow them to lead and process learning from activities
 - focus interaction on teambuilding

Consider the physical abilities of your audience. Consider the comfort level of your audience and the space you have to work with.

Be age and audience appropriate

What are the ages of your members? Select activities that are appropriate for the members in your club.

- 5-8 yr olds – focus on non-competitive activities
 - group success
 - highly active energy levels
 - active participation games
 - love creating their own rules and games
- 9-11 yr olds – use varied types of activities
 - don't force opposite sex interaction
 - highly active energy levels
 - incorporate competitive and non-competitive
 - provide a means for them to be successful

Collect needed resources

- List the games or activities you are interested in doing and meet your needs.
- Place them in an order that has participants building on their skills, builds on their trust of others in the group, and uses different techniques for interest.
- Gather or make all of the props, i.e. pencils, paper, balls, pictures, etc. you need.
- Always over estimate the number of people coming.

Clear directions

- Get the attention of everyone before you explain anything.
- When giving instructions, stand where you can be seen by all.
- Get people in proper formation before demonstrating activity.
- The younger the audience, less need to tell name of game.
- Make sure everyone is clear about process before you begin.