

Active Games

by

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Backlash (cooperative/active)

Equipment: 4 round balloons Divide the group into two teams, then divide each team into pairs. This is a relay race, and the racecourse can extend across a large field or around a building. Mark a start and finish line. Teams of pairs space themselves equally from one end of the racecourse to the other. Pairs stand back to back with elbows linked. Blow up 4 large balloons and give two each to the first pair from each team. One balloon is held in each hand of each player. When the leader says "Go", the first two pairs make their way to the next pair of linked players. The first pair transfers its balloons to the next pair. The first team to cross the finish line wins.

Balloon Battle (active)

Equipment: Balloons, string. Inflated balloons and string for each team member. Have two teams - tie balloons to ankle and teams try to burst the others first. Team with the last balloons wins. Once your balloon is burst you are withdrawn from the game.

Barnyard (cooperative/active)

Each child is given the name of an animal with three children having the same name. No one is allowed to tell another which animal he is. At the signal each child makes the noise of the animal that he has been given. The first group of three animals to find each other and sit down are the winners.

Crawling Baseball (active)

Divide into two teams. The rules are similar to regular baseball except that the fielding team may not move their feet. The hitting team hits the volleyball with their hand, and crawls around the bases. To score a point, the batter must crawl all around the bases back to home before the fielding team gets the ball to the catcher at home. If the fielding team gets the ball ahead of the batter, he is out. After three people are out, the teams trade places.

Basket-Soccer Ball (active/cooperative)

Equipment: Soccer balls - Two teams are needed. The object of the game is to get both teams up and down the court as many times as possible in 15 minutes. Eg. Team 'A' and Team 'B' when at one end of the court, work together to pass the ball around pylons, then kick or lift the ball up into the hands of one of the team members, who then shoots at the basket. If the ball goes in, they can then go to the other end of the court and shoot for that hoop. Note: Only Team "A" can shoot at "A" basket and "B" shoots at "B" basket.

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Blind Beach Volley-ball (active)

Equipment: Blanket and beach ball. A blanket should be draped over a volley-ball net. The game goes as usual except you can not see when the ball is coming. Scary!!

Blindman's Bluff (active)

Equipment: blindfold. Blindfold one player and spin them around 3 times. The blindfolded player tries to tag one of the other players, who may crouch low, sneak up behind the "blindman" and yell "Boo", or stand still and keep very quiet. Eventually though, someone will get careless and be tagged. That player is then blindfolded for the next game. (I have played this with having both players blindfolded. The "Blindman" is given a boffers and the "Blindman" has to tag the other player. Make the circle of participants very tight and keep the two players inside, remember they can't see where they are going).

Bola (active)

To make a Bola, stuff a rubber softball into a long sock and tie a knot in the sock just above the ball. Now tie a rope to the sock. Lie down on your back and start spinning the Bola, slowly letting out the rope. When you've got it rotating at a full radius, everyone can begin jumping into the circle. You may increase the speed, or have two people join hands, and jump in partners. If you're nicked by the Bola, you may continue or sit out.

Bombardment Pins (active)

At either end of the playing space, set up in a row as many tenpins, or plastic soft drink bottles as there are players. Make a dividing line across the centre of the playing space. Divide players into two teams. Each team takes one side of the field and must not step over into the other side. One team starts the game by throwing a volleyball or playball, trying to knock down the pins on the other side. The opponents protect their pins by catching or blocking the ball with their hands and bodies. If the ball hits outside the field and knocks a pin down on the rebound it still counts. Play for fifteen minutes with the ball shooting back and forth rapidly. With a large number two balls can be used. You can blindfold the protecting team and use a bell ball. Such as those used by blind people.

Box the Leader or Navigation(active)

The group should be split into 4 groups. Each group should form one side of the box that should be surrounding the game leader. Get each side to interlock elbows so they are all joined together. Each side has a name. These are: - NORTH ("North is Aaaaa Ooooookay!!!) - SOUTH ("South, Wooh!) - EAST ("East is the beast to beat") - WEST ("West is the best") The object of the game is to be the first team to be in the appropriate order in a straight line in the right relation to the leader. Once your whole team has arrived, you should yell your team's chant (they are listed above)

British Bulldog & Bull Rush(active)

The players are at the ends of the field, with 3 bulldogs standing in the middle. Whenever they are ready they will call: "British Bulldog". The players must then run to the opposite side of the field without being touched. Caution: some schools have outlawed this game?????? If it is briefed right you shouldn't have any problems.

Bump and Scoot (active/cooperative)

Equipment: Volleyball net, ball. Using a volleyball net, have the girls on one side and the boys on the other. Whenever a boy or girl hits the ball over the net, they "scoot" to the other side. the idea of the game is to completely switch the teams to the other side, but they all must work together to succeed.

Bumpety Bump Bump Bump(circle/active)

All players stand in a circle with someone in the centre. The person in the centre will choose someone in the circle to point at and will say, "Right, Bumpety Bump Bump Bump" or "Left, Bumpety Bump Bump Bump." The person who is pointed at has to say the name of the person to their right or left (depending upon what is asked by the person in the centre) before the phrase is finished. If they fail to do this, they are out. The centre person is trying to eliminate all players.

Cat and Mouse (active/circle)

The players should stand in a circle. Two people are chosen, one to be the cat and the other to be the mouse. The object of the game is for the mouse to catch the cat on the inside of the circle. This can be achieved because when the mouse runs in between two people, they will join hands and the cat can not pass through. This game can be repeated with a new cat and mouse.

Catching the Dragon's Tail (active/cooperative)

A dragon is formed by grouping the players into a long line each with their hands on the shoulders of the one in front of him. The first in the row is the dragon's head. The last in the row is the dragon's tail. Someone in the group counts "One, two, three, go!" On the signal GO the head runs around toward the tail and tries to catch it. The whole body must move with the head and remain unbroken. If the head succeeds in touching the tail, they may continue to be the head. If the body breaks before he catches the tail the head becomes the tail and the next in line is the head and so on until each has a chance to be the head and the tail.

Capture the Flag (active)

Equipment: sticks: could be paint brushes.

The field is divided into two parts by a well defined line. At the centre end of each side, five or more sticks are placed in a pile. A prison is marked off about 4 feet square in one corner. The players are in two teams, each scattered over its own side. The object of the game is to steal the opponents sticks without being caught. As soon as the player crosses the centre line he may be caught and put in prison. A player may be release from prison if one of his teammates can touch his hand. He may then come back to his own side without being tagged. The team that gets all the opponent's sticks and has all its members safely out of prison wins the game. (this game can include military ranks and a point system)

Catch Don't Catch (circle/active)

This is similar to "flinch". The players should be standing in a circle with their arms crossed. The person in the centre will throw the ball to someone in the circle. They will either say, "Catch" or "Don't Catch". If they say "Catch", the player should not catch the ball and cannot flinch (move their arms). If they say "Don't Catch" , the player should catch the ball. If a player does the wrong thing or misses the ball, they are out.

Circle Run (circle/active)

The players should start sitting in a circle numbered 1-4 (this can be adjusted depending upon the size of the group). The game leader will call out a number and all players with that number will stand up and run clockwise around the circle. After one warm-up lap, the race begins. A runner is out if another runner passes them on the outside. The run continues until one person is left. The leader then continues to call numbers. A winners round might be a good way to end the game.

Crab Grab (active)

The players are split into 2 teams and the classic crab position is assumed. This position is maintained supported by at least 3 extremities, while each player tries to make the team members of the opposite team touch their rear to the ground, at which point they win.

Crab Walk Soccer (active)

Two teams sit on lines a short distance apart. Team members are numbered. Soccer ball sits in the centre. Official calls number. The member of that number from each team crab walk and attempts to get the ball over the opponents goal line. When a point is scored, the ball is returned to the centre and another number is called. Team members may help but not score.

Crows and Cranes (active)

Divide the children into two equal teams. Name one of the teams crows and the other cranes. Line the two teams up four or five feet apart facing each other. Flip a coin, and if it comes up heads call crows. Upon calling crows, the crows must turn in flight with the cranes after them. If any of the cranes makes it to the safety zone he is free. If he is touched he switches teams.

Dancing Bear (active)

Equipment: rope. Tie the rope to a tree. One person should be chosen to be the bear. They should hold the rope in one hand. The rest of the players need to run around in touching distance. With their free hand, the bear tries to touch the other players. If touched, the player would hold hands with the bear and help catch people.

Dancing Statues (active)

Equipment: Yogurt cups (or something else, be creative). Each player is given an empty yogurt cup and they put it on their head. All of the players must start dancing. Whoever keeps the cup on their head the longest, wins

Dho-Dho-Dho (active)

You need a soft area that is divided into 2 equal parts with a centre line. The players should be in two teams on either side of the centre line leaving a no-mans land in between them. One team chooses a player to go across the line, tag one or more players on the other side, and return safely home. Clearly that could require agility-but breath control? That's where the "dho-dho-dho" comes in. Before crossing the centre line, the player who is IT takes a deep breath. Not only must he complete his mission in one breath, but he must use that breath to repeat aloud in a steady flow, "Dho-Dho-Dho...." If members of the opposite team can catch and hold him in their territory until they run out of breath, they've acquired a new team member. If he makes it back across the line with any part of their body , even a fingertip, all those he has tagged join their team.

Dodge Ball (active/circle)

Divide the group evenly into two teams. Team A forms a circle around team B. Team A is given a large rubber ball. At signal team A players throw ball at team B, attempting to hit them below the waist. Team B players may avoid being hit by moving or running aside or ducking. A player must leave the circle when hit OR a player who is hit may join team A. Leader may time the eliminating process to determine which team eliminated its opponents fastest

Donkey Dodgeball (circle/active)

Equipment: ball. This game is played with the same objectives as in all dodgeball games. In this game a circle is formed and 4 people are chosen to go into the middle. The 4 people hold on to each other at the waist, forming a chain. The front and middle protect the back of the donkey by using their bodies as a block. The players who form the circle try to hit the back end of the donkey, below the waist with the ball. If someone does hit the last person of the donkey, then the thrower will join the front of the donkey and the person who was hit, joins the circle.

Duck Duck Goose or Drip Drip Drop (active/circle)

The children form a small circle and all sit down. One person is it and he walks around the outside of the circle, touching the other children's heads saying "duck, duck, duck," and when he comes to the person whom he wants to chase him, he calls "goose". The goose chases "it" around the circle and the one who reaches the space first sits down and the other one is it.

Ducks that Fly (active)

When the leader says, "Ducks fly", and flaps his/her arms, all the players must flap their arms. The leader goes on to say, "Cats Meow", with appropriate sounds or gestures, which must be imitated as above. He/she may continue, "hens cluck", "horses trot", and so on with appropriate gestures and sounds. When he/she chooses, he/she may substitute a false statement and motion, such as, "cows bark", "elephants fly", and so on. If the player imitates the false motion, he/she is penalized. If any player makes a false motion or sound at any time, he/she's out (can be given three chances).

Drop the Handkerchief (active/circle)

The players form a circle. One player is chosen to be IT. He walks around outside the circle with a handkerchief in his hand. He drops it quietly behind one player and keeps walking trying to get around the circle before the player discovers the handkerchief. If IT gets all the way around the player becomes a dead fish and stands in the middle of the circle. If the player discovers it he chases IT and catches him, they are not IT. If he doesn't catch IT, he becomes IT. A dead fish can rescue himself in two ways. He may snatch the handkerchief from behind some other player before that player sees it, or a player behind whom the handkerchief has been dropped may toss it into the circle behind a dead fish. The dead fish then picks up the handkerchief and chases IT.

Elephant, Giraffe, Palm Tree (active/circle)

Form a circle with one person in the middle. The middle person will point to an individual and the person pointed to along with the persons on each side will have to form what was called out. ELEPHANT- Middle person (one pointed to) will form an elephant trunk by putting arms straight in front of you crossed at the wrists. Persons on each side will form the ears of the elephant by bending toward middle person, cupping around the mouth with hands as if whispering to the middle person. GIRAFFE- Person pointed to raise arms above head, arms extended fingers closed. Side people will grab middle ones waist bending over. PALM TREE- Middle person raise arms above head in "Y" formation, fingers open. Side people do the same but lean toward outside, away from the middle person. The object of the game is to try to keep changing all the time. The game has to be played quickly. As soon as an object is formed, the person in the middle of the circle has to point to someone else.

Elves, Giants, Wizards (active)

This game is based on the same concept as rock, paper, scissors. In this game; Elves beat Wizards, Giants beat Elves , Wizards beat Giants (because they are smarter) The group needs to be split into 2 groups. Each group needs to choose one of these signs. The two teams come face to face in parallel lines about 2 meters apart. Both groups will yell, "Elves, Giants, Wizards,"(chosen sign goes here). The side that won chases the other team back to their home and tries to tag them. The players that are touched must join the other team. The object is to get everyone on your team. The actions are; ELVES- squat low to the ground and put one finger to either side of your head like little pointed ears. GIANTS- stand up on your tip toes and stretch your arms high over your head WIZARDS- turn body 90o to the left. Stretch right arm out in front and put left hand by left shoulder. Wiggle your fingers like you are casting a spell. If both teams do the same sign, it is a tie. (go pick again!)

Escape From the Monsters (circle/active)

Equipment: bean bags, blindfolds, ropes and keys. Four monsters are chosen and they are blindfolded and sat in the middle of a circle that is formed by the rest of the players. In front of these Monsters sits their treasure(keys). They have bean bags for ammunition. The leaders chose one person to go through the circle and get the treasure. This person gets 3 monster de- activators.(ropes tied into a circle) These will deactivate the monster if it is put over their head. The monster can stop trespasser by hitting them with a bean bag. The players in the circle can help the monsters by telling them where the trespasser is.

Farmer and the Crow (active)

Equipment: six objects such as paper plates, beanbags, small boxes
Divide the children into teams of equal numbers, each team behind a starting line, facing a wall or finish line about twenty feet away. The first player on each team is a farmer, the second player is a crow, the third a farmer, the fourth a crow, and so on. At a signal, the first farmer on each team takes the seeds (six beanbags) and places them at equal intervals from the starting line to the finish line. He runs back and touches the second player, a crow. The crow must hop over each of the beanbags, touch the finish line, change to the other foot, hop back, pick up each seed as he comes to it. He hands them to player number 3, a farmer, who goes out to plant them again, and so on. The team finishing first wins. Play again letting each crow be a farmer.

Feeding Time (active)

Equipment: small pieces of paper, peanuts or candies. The group needs to be split into small groups of at least 4 people. Each group needs to be a different animal and decide on the sound they will make. A leader needs to be chosen for every group. The object of the game is for each group to try and collect the most food. On the word "go", the players can start looking around the playing area for food. The only people that can actually pick up the food are the group leaders but they can not pick up any food they want. The rest of the team members look for the food and when they find it, they stand on it or beside it and make their animal noise until their leader comes. Once the food is taken by the leader, the player would go and look for food again. The team that collects the most wins.

Flinch (circle/active)

Equipment: ball. The players stand in a circle with their arms crossed. One person should be in the centre. The person in the centre is trying to get everyone in the centre out. The person in the centre will throw the ball at the people in the circle. If they miss the ball, they are out. The person in the centre can also pretend to throw the ball. If the people in the circle "flinch" (move their arms from the crossed position), they are out.

Flying Dutchman (circle/active)

The players stand in a circle with their hands joined. The player who is it runs around the outside of the circle and slaps any two joining hands, the owners of which become flying Dutchmen. They run in opposite directions around the outside of the circle. The player who was it steps into the circle. The last player back to the place in the circle is it.

Foghorn Leghorn (active)

Equipment: rubber chicken.

Groups are divided in half. One group lines up in a line with the rubber chicken at the front of the line. The other group forms a tight bunch, as close in as possible, and elects a runner. The leader says "Go Foghorn!" The group in the line then passes the rubber chicken Under-Over style down the whole line. While this is going on, the runner runs around the bunch and keeps track of the number of times they make it around. When the rubber chicken makes it to the end of the line then the last person throws it as far as possible and shouts "Go". The group that was in the bunch then runs to where the chicken landed and lines up behind it. They then do the Under-Over thing. The other group forms a bunch and counts how many times the runner makes it around. This keeps on going and the count of runs is a cumulative count, so at the end of an allotted time period the group with the most runs around is the winner.

Fool Your Family (active/icebreaker)

Equipment: One slip of paper for every player. Papers should be in groups of five, and each group represents a family, for example, the Smiths. So the first Smith paper would be Mr. Smith, the second Mrs. Smith, the third Brother Smith and so on. Each family should have a different last name but the same characters (ie) one mum and one dad. Each player is given one slip of paper and they must walk around trading papers with everyone else on the room. They should try to make as many exchanges as possible, and they should not be looking at which papers they are receiving. The leader then calls out "Find your family". The players must find the other members in their family. When they have found them, they must sit in order from dad to baby in a line on the floor. The last family to sit down may be eliminated if you choose to do so. The leader may also give out specific instructions, for example "Find your family without talking".

Frozen Beanbag (Help Your Friend) (active/cooperative)

Equipment: bean bags. Players should be balancing beanbags on their heads. On a signal, players move around the area at their own pace. To change the pace or action, the leader can ask the campers to hop or skip. If the bean bag falls off a camper's head, that child is frozen. Another camper (the friend) must pick up the beanbag and replace it on the first person's head without losing his or her own bean bag. When the game is over, ask the players how many times they helped their friends, or how many times their friends helped them.

Fruits and Vegetables (active/circle)

Divide the children into two large groups. One group will take the names of vegetables, the other fruit. In each large group, two or three children take the same name of a fruit or vegetable. The children mix themselves up and form a seated circle. It, the leader to start, sits in the centre. It calls out "Peas and apples change places". While they are doing so, it tries to get to one of the vacant seats. If he succeeds the ousted one becomes it.

Flying Fish (active)

Equipment: Construction paper cut outs of fish

Divide the larger group into two or three. Each team is given a folded magazine or newspaper. Players line up in a straight line. A plate is placed on the finish line. At the word "go" each player places their cut out fish on the ground and fans it with the newspaper towards the plate. Their fish must be touching the plate before they are allowed to pass the newspaper to the next member in the line. As soon as they have got their fish to touch the plate, they would race back to their team and hands the newspaper to the next player in the line.

Gates, Bridges and Tunnels (active/circle)

Equipment: Rubber chicken. Players get into groups of three and form a circle so that they are standing beside the people in their group. One person is the gate person, one is the bridge person and one person is the tunnel person. The leader should be standing in the middle holding the rubber chicken. When Gates is called, the gate people leave their spot in the circle and run around the outside of the circle. The two people from the group then form a gate by putting their arms together. When the gate person gets all the way around they then run through their gate into the middle of the circle and try to grab the rubber chicken. The same thing happens for the tunnel and the bridge people except their partners form tunnels and bridges. The first person to grab the rubber chicken is the winner. Be careful with safety on this game.

Guard the Pin (active)

Equipment: ball and empty soft drink bottle

Everyone stands in the circle facing in. An empty soft drink bottle, the “Pin”, is placed in the centre of the circle. A guard is chosen. The guard stands in the centre of the circle and guards the pin. The object of the game is for the players in the circle to try and knock down the pin with the ball. All throws should be thrown underhand. The person who knocks down the pin gets to be the new guard. Add more balls to make it quicker, or make everyone step in closer.

How do you Do? (active/circle)

Players form a circle. The hostess walks around the outside of the circle and taps one player on the shoulder. She shakes her hand and asks: "How do you do?" the reply is: "Very well thank you". Repeat three times. On the third "Very well thank you" hostess and player leave in opposite directions. The player who is last to reach an available space becomes the hostess.

Indy 500 (circle/active)

The group should be sitting in a circle and numbered 1-4. Give each number a name of a car. (ex. 1's are Porches, 2's are Ferrari's... etc) The game leader calls a car name and those cars have to get up and run around the circle. The first person back to their spot wins. There is a twist to this game. The cars can have things wrong with them as the leader chooses. Some ideas are; FLAT TIRE (Hop around on one foot), RUN OUT OF GAS (Crab Walk), TURBO BOOST (run around), NO MUFFLER (noisy!)...etc.

Islands (active)

Equipment: hoops or small designated areas. Several "islands" are placed on the ground. When the music stops or the leader stops singing, everyone must be standing on an island without touching anyone else in the group. As the game continues, remove islands until only one is left.

In the River, On the Shore (active)

All of the players should be standing on side of a line on the ground. The leader will call out, "on the shore" and "in the river". The players follow the commands by jumping on the side of the line that applies. The players get out if they are not listening. The leader could call out, "in the shore" and "on the river". The players move, they are out.

Jamaquack (active/circle)

Jamaquacks are rare birds from Australia. Being from down under, they always stand bent over, with their hands grasping their calves or ankles and shuffle along backward. They are nocturnal by preference, and when they are out in daylight, they always try to wander off somewhere, only a third of the players can be jamaquacks at a time. The rest must form a jamaquack pen by holding hands in a circle facing the center. Two players create a hole in the pen by dropping their hands. The jamaquacks gather in the middle of the pen, heads together and begin quacking and moving backward with their eyes closed, trying to find the way out. While the birds are trying to escape, those forming the circle do their best to jam the quacks back inside the pen by GENTLY knee-bumping them. Once outside the circle the jamaquacks can finally stand upright and open their eyes but they should keep quacking to let their species mated locate the hole.

Jeepers Creepers (active)

Equipment: A roll of crepe paper. Divide the group into teams of three. Each team receives a roll of crepe paper. Mark two parallel boundary lines about 10 yards apart. Each team lines up behind the boundaries. When the leader says "Go", two players on each team get down on their hands and knees, one behind the other. The rear player places his or her hands on the ankles of the front player. The third team member becomes the connector and connects the two players by wrapping the crepe paper around the wrists and ankles of the players. After the players have been connected, they begin to creep toward the opposite boundary. If the crepe paper tears, the two crawlers must stop while the third player repairs the connection. Once the two crawlers reach the boundary they switch so that everyone gets a chance to be the connector. The first team to cross the boundary line after all three team members have been crawlers and connectors is the winner.

Knights, Horses and Cavaliers (active/circle)

This game is similar to musical chairs in that when the rhythm stops an action must be performed. In this game 2 equal circles are formed, with one inside the other. The people of the inside circle will pair up with someone on the outside circle and remain with that partner for the rest of the game. The inside circle will walk clockwise clapping their hands and the outside circle, also clapping, will walk in the opposite direction. When the leader calls out Horses, the individuals stop clapping and run to find their partner. Once together, one partner will go on all fours, like a horse, and the other partner will straddle their back. The last partner group to form that position will be asked to act out a simple situation of their choice that makes use of a rider and a horse. Once this game continues in the same fashion as before. If Knights is called, one partner will sit on the other partner's knee. The partner therefore has one knee up to be sat on and the other on the ground for support. If Cavaliers is called, then one of the partners will lift their partner up into their arms. However, one leg lifted by their partner is allowed.

Knights of the Round Table (active/circle)

Equipment: hoola hoop and sword.

The players should be in a circle with one knight in the center with the sword. The knight tries to touch a person in the circle with the sword, run to the middle, put the sword on the table (hoola hoop) and get to their spot in the circle without being touched by the sword. The person touched has to chase the knight, get the sword from the table and touch them with it before they get to the spot or they are the new knight. If for some reason the sword does not land on the table, the rest of the players must yell, "THE SWORD IS NOT ON THE TABLE!" This means the play is cancelled and the knight must try again.

Lip and Card Relay (cooperative/active)

Equipment: Card The group is divided into 2 lines, boy-girl-boy-girl if possible. A card is then given to the first person in the line. He puts the card between his lip and his nose and passes it down the line. The first line to pass the card down first wins.

Loose Caboose (active)

Select a player to be the Loose Caboose. Divide the rest of the group into trains of three. Each player is in a train car and holds the waist of the person in front. The first player in a train is the engine. The object is for the loose caboose to try to attach to a train. When all are aboard, the trains chug around the train yard (sound effects should be encouraged) Trying to dodge and turn to keep away from the Caboose. When the Caboose attaches to a train, the engine of that train becomes the new loose caboose.

Minefield with people (active/cooperative)

Split the group into 3 (not each of them). One group will be the mines. They will be stationary in the playing area. One group will be the rowers trying to get across the playing field. The trick is, they will have their eyes closed. The third group will be the assistants. They will be located on the other side of the playing field and will direct the rowers safely across. If a rower bumps into a mine, they blow up. The groups should rotate so everyone gets to be everything.

Monkey Ball (active)

Equipment: ball

Two teams should be standing in lines side to side, arms linked and numbered from 1. The ball will be placed in the centre of the playing space. The game leader will call out one number. The player from each team that has that number will run to the centre to get the ball. The rest of the team will act as the moving goalie. The players in the middle attempt to hit the ball with their hand on the ground past the opposing team's goalie line. The goalie lines can only move side to side and must stay attached. The play is over if the ball goes out of bounds and when a shot is made.

Mouse Trap (circle/active)

The group needs to be split into 2 groups. One group is the trap and the other are mice. The trap stands in a circle holding hands in the air. The leader should not be facing the group. The mice have to run through the trap. When the leader yells, "MOUSE TRAP", the trap lowers their arms. Whoever is inside the trap at this point is caught and becomes a part of the trap. The last mouse left is the winner. At this point the 2 groups should switch roles.

Octopus (active)

Players (fish) are at one end of the hall, inside defined limits. The octopus lives in the ocean inside the limits. The octopus tells the fish that they can cross the ocean by saying "Fish, fish come swim in the ocean". At this signal the fish try to cross over to the other side. Players who try to cross over to the other limit. Player who are touched by the octopus must stop moving and become tentacles of the octopus

Oh Deer (active/nature)

A game where a herd of deer seeks food, water and shelter to survive. The group should be split into 2 even groups and they should be at either end of the playing space facing opposite directions. One group will be the environment and the other will be the deer. The environment and the deer will pick one of three signs; WATER (hand over mouth), FOOD (hands on stomach) or SHELTER (hands in a peak over head). On the go signal from the leader, both groups will turn around and make their symbol. The deer will run towards the environment that is the same as their sign. If they get an environment, both players become deer. If the deer can not find the appropriate symbol, they will die and become part of the environment. Fluctuations in the deer population due to different causes can be shown in different rounds.

Pip, Squeek and Wilbur (active)

Equipment: small bean bags

Arrange the children in groups of three. One person in each group is Pip, one Wilbur, and one Squeek. These groups are arranged in one big circle. The leader calls out one of the three names; this person runs around the outside of this big circle until he gets back to his group. Then he runs under the arch that the other two have made and into the centre of the circle and tries to grab one of the bean bags in the middle and return to his group. There should be two less bean bags than there is groups. If the runner gets a bean bag, his group scores a point. The group with the most points at the end of the game wins. Be careful with safety on this one.

Port and Starboard (active)

The children imagine themselves on a ship. The Captain gives out orders to his mates on board. The mates respond with physical actions as follows:

1. Captain's coming - salute
2. Stand at ease - hands behind back
3. All hands on deck - kneeling position
4. Hit the deck - lying flat on the floor
5. Submarine - lying on back one leg up in the air.
6. Port - run to the left side
7. Starboard - run to the right side

Add your own movements to make it exciting for you as well. Children are eliminated from the game after each order given by the Captain. The last to obey is counted as out.

Rabid Nuggets (active)

Equipment: One crate of tennis balls (approximately 30) An enclosed area (difficult to play on the grass)

Tennis balls are strewn around the room on the ground. The leader yells "RAPID NUGGETS" and the object of the game is to keep the tennis balls moving. They may only use their feet. If the leader spots a tennis ball lying still, she/he shouts "DEAD NUGGET...3,2.....",. If a player has not made the ball moving by the time that the leader says 1, the group has one strike against them. The leader may time how long the group keeps the nuggets moving before they get three strikes against them.

Rattlers (active/cooperative/circle)

Everyone forms a circle around two players. They are both blindfolded and given a rattle. One is trying to tag the other. The rattlers enter the snake pit, and the game begins. To get a fix on each others positions, either rattler may shake his rattle at anytime and the other must immediately respond by shaking hers. However, the pursuer is allowed to initiate only 5 shakes to locate his quarry while the pursued can rattle away as much as she dares. The rest of the people in the circle move around, changing the size and shape of the snake pit. Once the person has got the snake or the person has used 5 shakes, switch snakes. Be careful remember people are blindfolded and can't see were they are going.

Green Light / Red Light (active)

Players stand in a straight line about 30m. from IT. IT turns his back and says "green light", counts to ten, and says "red light" and then turns around. Meanwhile the players have moved as far forward as possible. Whomever he sees moving must return to the starting place. The first person to pass IT wins.

Romeo and Juliet (active)

First, everyone chooses a partner. One member goes to an inside circle and the other stands beside that person on the outside circle. The circles rotate in opposite directions. The leader yells out either "Romeo and Juliet", "Wheelbarrow" or "Siamese Twins". The last couple to perform the action is out. The game continues until there is one remaining couple. The partners remain with the same partner throughout the entire game.

Romeo and Juliet - One partner sits on the other's knee
Wheelbarrow - One holds the other's legs upright
Siamese Twins - Back to Back and
Bent over, hands held between their legs.

Roundabout (active)

Players stand in a circle facing each other front to back. When the leader says "Go" everyone begins running around the circle. Always passing on the outside, each player tries to pass the person ahead. Players try and tag players as they pass. Tagged players are out. When the leader calls "Switch", the players must reverse direction. This turns the tables on the fast runner who is just about to overtake another player.

Sardines (active) ***Note: need 100% supervision to play

One player hides, all the rest of the players count to 100. Then they set out to find the hidden player. When one of the players finds the hidden player he secretly joins him, hiding from the rest of the group. This continues until all the players are hidden like a pack of little sardines. When the last hunter discovers the spot the game is over.

Shoes (active)

The group is split up into four teams and each team lines up behind a mat. On a signal one member from each team runs to get one shoe and put it on his mat at which the next team member may go to get another shoe. The object is to get 3 shoes on the team mat. Shoes may be taken from other team mats and those teams may not resist. When a team has 3 shoes they yell "SHOES!"

Shoe Wrestling (active/circle)

The players should be sitting in a circle. The leader should choose 2 players to shoe wrestle. These players should be of similar age and size. The object of the game is to take off the shoes of your opponent. The first one to do so is the winner. Players should stay on the ground, NO STANDING. Be careful!

Smugglers (active)

The players should be split into 2 teams. One team is the "ins" and the other is the "outs". The Ins have a den while the Outs plan their strategy in the field. One member of the Outs has the "jewel" (stone etc). The identity of the player who carries the jewel must remain a closely guarded secret among teammates. The Ins count to 50 while the Outs move farther and farther away. After the count is finished, the Ins yell, "SMUGGLERS!" and the chase is on. As each member of the Out team is tagged, he must open his hands to show whether or not he has the jewel. Of course, the jewel should be passed around among teammates as quickly and as inconspicuously as possible. There are lots of opportunities for playing the decoy in this game. When the holder of the jewel is tagged, the game is over and the sides change.

Snake in the Grass (active)

One person is the snake, who lies on the ground on his stomach. Everyone else gathers fearlessly around to touch him. When the referee shouts "snake-in-the- grass" everyone runs, staying within the bounds of the snake area, while the snake, moving on his belly, tries to tag as many as he can. Those touched become snakes. The last person caught is the snake starter in the next game. Make the safe area fairly small.

Sticky Popcorn (active)

The children begin by " popping " around the playing area as pieces of popcorn, searching for other pieces of popcorn. When two pieces of popcorn meet, they stick together. Once stuck together, they continue to pop around together, sticking to even more pieces, until they end up in a big popcorn ball.

Stomp the Snake (active)

Equipment: a rope for each player.

Four people should be chosen to be snakes (this can be adjusted according to the size of the group). These snakes will get a piece of rope. When the leader says, "go", the snakes will run holding the rope with 2 fingers behind them as they run. The rest of the players try to stomp on the snake by jumping on the piece of rope. If someone gets the rope from the snake, they are the new snake and get to run.

Stormy Sea (active)

Players get into groups of 2 and are given names of fish (eg. perch, cat, salmon) One team is called the "whales". The whales run around the "safe area". The whales yell the names of the fish at random. When a team's name is called, they run after the whales. When the whales yell "stormy sea" the teams must dash for the "safe area". The team left out becomes the whales.

Streets and Alleys / Cat and Mouse(active)

This game is played with a lot of children. One child is the mouse and one is the cat. The rest of the group line up in rows with arms joined and all facing the same way.. The cat chases the mouse up and down the streets until the leader yells alleys. Then all the streets change direction. When the cat catches the mouse the game is over, or pick a new mouse and cat.

Squirrel Tails (active)

Equipment: tails

Players are divided into 2 or more teams. Each player has a strip of cloth tucked in his belt. When the signal is given, all players rush to a central point where there is a treasure (eg. peanuts). Players try to get some of the treasure and return to their home base. A player may be killed by another by having their tail pulled off. This puts the player out of the game and voids any treasure they have captured on that particular raid. At the end of the game, each peanut counts as 1 point and each tail counts as 5 points. The team with the most points wins. **Please ensure safety for this game**

Swat (active/circle)

Equipment: frisbee, sword/boffer.

Players form a circle. In the centre of the circle a sword is placed on top of a frisbee. Player A grabs the sword and swats a player from the circle. "A" replaces the sword on top of the frisbee. "B" runs behind "A" to pick up the sword after it has been placed upon the frisbee. He tries to hit "A" before he goes back to his own place in the circle. If he doesn't make it he (B) becomes the new "hitter".

The Thicket Game (active)

Object: Boffer

You obviously need a thicket or a forest for this game. Blindfold one person to be the predator. The predator counts to 15 slowly while the others hide. The hiding players must be able to see the predator at all times. The predator can not move location but can swat and turn. The object of the game is for the players to try and get as close to the predator as possible without being swatted.

Toma Hawk Snatch (active)

The children form two straight lines, six feet apart, with a bean bag in the middle. Number the children from opposite ends so that the highest number of one team is opposite the lowest number of the other team. Leader calls a number and the who players of that number run forward, try to snatch the tomahawk and return to their place without being touched by their opponent. If he succeeds he scores a point. If the opponent tags him, then that team gets a point.

True and False (active)

The player are divided into 2 equal teams standing on either side of a centre line. One of these is the "True" team and the other is the "False" team. Each team has a goal on either side of the centre line. When the leader gives a true statement, such as "Grass is Green", the true players run for their goal, chased by the false team. If tagged, the members of the true team become members of the false team run for their goal. The team that has the most players at the end of the playing time is the winner. Similar in set up to Giants, Wizards, Elves.

Ultimate Frisbee (active)

This game is a modification of football, netball and skilled frisbee. There are two teams and instead of a football a frisbee is used. The object of the game is to get the frisbee across the end zone. Players may not run or walk with the frisbee. The only way to get a turnover is to drop the frisbee or to intercept. This is a non contact game.

Ultimate Foxtail (active)

The same as ultimate frisbee but a foxtail is used. You can easily make a foxtail by putting a tennis ball inside a nylon stocking. For older players, make sure you use the rule that you may only catch the foxtail by its tail and not the ball. Younger players may catch it by the ball.

Uncle Sam (active)

The person who is IT is situated in the middle of the playground and the others are lined up in a long line at the side. The object of the game is to get across to the other side of the playground without being caught. The children at the side call out "Uncle Sam, Uncle Sam, may we cross your river dam?" The leader answers "Yes you may, yes you may, if you're wearing green today!" Those who are in green attempt to cross to the other side without being caught. If you are caught you must help catch the others when new colours are called.

Wacky Walkers (active)

Equipment: A frisbee or a paper plate for each pair of players. Divide group into pairs. Give each person a frisbee or a paper plate. Mark a start and finish line. Pairs line up at the start line. Partners hold their plate or frisbee between them. The object of the game is to race to the finish line as fast as possible while stepping over the frisbee or paper plate, one foot at a time, without letting go of it. When the leader says "Go", partners twist and turn each taking a turn to step. Although this is not difficult to do, it can be confusing so players should start off slowly. Players that let go of their frisbee must go back to the line and start again.

What Time is it Mr. Wolf (active)

The children line up at one end with Mr. Wolf at the opposite end of the playing area with his back to the rest of the group. The children advance together asking " What time is it Mr. Wolf?". The wolf responds with any time (for each hour the children take one step forward. ie. 2 O'clock is 2 steps forward) but when he calls "Dinnertime", the children must run back to the starting line without getting caught by the wolf. If the wolf catches someone then that person also becomes a wolf. The last person left wins.