



ENHANCING THE CLUB EXPERIENCE.....

RECREATION

Everybody's It

Number of Players:

5 - 50+

When to Play the Game:

A great game to start with, or for any time. Great for a group needing movement, and a good preliminary trust activity because it involves minimal nonthreatening touching.

Safety instructions:

As with most active games, when players are moving about quickly, there is danger of collisions. Remind players to be aware of where they are running to avoid crashes. If that doesn't work, try a fast walk (one foot must be down before the other is up) or some other way of moving.

Equipment Needed:

Boundary markers such as cones, poly spots, Frisbees, or other such indicators are useful. Using existing boundaries such as trees, sidewalks, and bushes also works.

Description of Game:

Whoever heard of a tag game where everyone was it? I did, for one, As unlikely as it sounds, it is easy to involve all players in this easy-to-do game.

Yes, this IS a tag game (the one who is IT attempts to tag someone else to make him or her IT) where everybody is IT, and can tag everyone else, However, once a person is tagged, she or he must freeze until the end of the game, which in fact comes quickly. However, if someone who is not frozen come too near a frozen person, the one who is frozen can temporarily unfreeze an arm (and only an arm!) To reach out to tag and freeze the runner, before going back to being frozen. The game goes until everyone is frozen, or just one is left.

A variation of this is "Hospital Tag." In this game, you keep running the first and second times you are tagged, but you must hold the place you were tagged in both instances. The third time you are tagged, you are frozen, like for the above game, and once again you can temporarily unfreeze an arm to tag others who come too close.

Another variation for Clover Kids (5-8 year olds) is when you get tagged, you are frozen, and when you are tagged again by anyone, you are unfrozen, so the game can keep on going till everybody is tired.



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Base Tag

Number of Players:

10 to 50+

Safety Instructions:

As with any fast moving game, there is always a danger of collisions, especially when the game is played in a confined space. Remind players to be alert so they can avoid crashes.

Equipment Needed:

A base for every 3 players and a ball for every 5.

Description of Game:

Spread bases throughout the desired play area, with approximately one base for every three players. Have a player with a foam ball (an "It") for every five players. If you are not IT and are hit with a ball, you become IT and take the ball to hit someone else who is not IT.

If you are on a base, you are safe and cannot be hit (and if you are hit, you are still not IT). However, if someone comes up and wants the base, you must move and cannot immediately return to the same base. (The person wanting the base can say something to let the person on the base know that they must go such as "Go" or "Bye-bye.") Remember, when someone is running and they need a base, they have no friends. So be prepared to move.



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Ship Ahoy!

Number of Players:

5 to 50+

Safety Instructions:

Remind players to look after one another when they have to run in a certain direction to avoid running into someone going the wrong direction. For commands where physical contact is required, make sure the group is comfortable with doing this, or find a way that is acceptable (instead of holding hands in “shipwreck,” for instance, players can take hold of a sleeve with their hands.)

Age Level:

For any age. For younger players, start with few commands and add new commands as the group feels comfortable.

Equipment Needed:

None necessary, Markers of some kind to designate forward, aft, and sides of the ship outside are useful, but can be improvised.

Description of Game:

One player is designated the caller for the rest of the players. A “ship” is defined with boundary markers; this could also be the walls of a room, if played indoors. The caller give different instructions to the players, and the group must respond quickly. If a player is slow or gives the wrong response and is seen by the caller, that player changes places with the caller. Also, for certain calls players will need to run to one place or another on the “ship.” If the caller can catch someone before that person gets to his destination, the person caught becomes the new caller.

The caller can make these commands:

- “Ship Ahoy!” where all players put both hands up over their eyebrows as if to shade their eyes from the sun.
- “Scrub the decks!” means everyone must get on hands and knees and pretend to scrub the floor / ground.
- “Captain’s coming!” causes players to stand up straight at attention and give a right-handed salute.
- “Forward” means all players must go to the place identified as the front of the ship.
- “Aft” means everyone goes to the back of the ship.
- “Port” means all players go to the left side of the ship.
- “Starboard” means all go to the right side of the ship.

Later, as players learn these commands, others can be added:

- “Man overboard” means everyone pretends to throw a life preserver to the person who when overboard.
- “Shipwreck” causes everyone to gather in groups of three, with one person in the middle and the other two holding hands around him to form a lifeboat.

As players become familiar with these commands, they can make up additional commands. If they can stand any more, that is.



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Little Ernie

Number of Players:

5 to 50+

Description of Game:

Little Ernie has a family and a story, but the story does not exist yet. It is made up on the spot by a storyteller.

Start by making lines with five or six people in each line. Have each line stand at least 5 feet from its nearest neighbors. The object is to have enough room between each line so that every line can have a player running around it at the same time without any of the runners colliding.

Each person in the line will get a role to play in the story about little Ernie and his family. The first person is little Ernie and the next people are members of his family, such as big sister, little brother, father, mother, grandparents, Spot the dog, Tiger the cat, and so on.

The leader then acts as storyteller. Later, we can change storytellers. Every time one of the people in the line is mentioned in the story, he or she must run around his or her whole line. If they "all" are mentioned, they all go.

The story goes on for a few minutes. It really gets to be fun if the characters act out the story as they run around. Generally, the story only lasts a few minutes, depending on the group's response. If the story is dragging, ask the storyteller to wind it up.



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Choo Choo Name Train

Number of Players:

10 - 50+

When to Play the Game:

Not a game to start with normally because players may feel silly doing it, but after a group has begun to open up and relax by playing together and building up some trust, this is a game that can really lower the barriers of the groups' inhibitions. When players see this game, they often literally fall over laughing. After this game, they will be ready for almost anything.

Description of Game:

Trains are not only a good form of transportation, they are also good places to meet people. And on this train, you can meet a lot of people who will cheer your name.

The game starts in a circle. The leader, after explaining that it is a name game that is easier to do than explain, starts chugging along moving and sounding like a steam engine. He stops in front of a person, asks her name, and then give her a little cheer using her name, such as "Edna, Edna, Edna, Edna, Edna!"

At the same time, he also makes body movements, which may vary with each added person. The leader then invites the person to join the train by turning his back to her and putting her hands on his waist (or shoulders). Once a person joins the train, she can make train sounds and motions, too.

When they come to the next person, Aaron, they ask his name and when they hear it, they both give a cheer, "Aaron, Aaron, Aaron, Aaron, Aaron!" Aaron is asked to join and the game continues.

After the train has about seven people, split the train in two. For a large group, repeat splitting as many times as necessary until everyone is given a cheer within a few minutes.



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Knots And Giant Knot

Number of Players:

5 to 10 for one small Knot, although if there are 12 or more players, you can make two groups. Up to 50 can play Giant Knot.

When to Play the Game:

A good opening game for a small group of adults. Teens and children may be resistant to the touching and close physical proximity of other players. However, after a few games when young players relax a bit, this is a good preliminary trust activity.

Safety Instructions:

Remind players that if they start to feel their wrists or arms getting twisted they need not maintain a hand clasp, but merely need to keep touching. Also, remind everyone that if they are being hurt, they can simply say, "Stop," and everyone will stop, thereby avoiding a painful situation.

Description of Game:

Here is a good metaphor for representing a group that is experiencing complications. We literally represent this by getting knotted up physically.

A circle of players starts by standing close together facing in. They put their hands in a clump on top of one another in the middle and start mingling them. Everyone can then close their eyes and, when told, find two hands to clasp. Upon opening their eyes, check to see that all players have two different hands. To add challenge, see that players do not keep the hand of a person next to them. Players, without losing contact by hand, although not necessarily with a tight grip, try to untangle into a circle. Facing in or out does not matter.

If the knot is insoluble, allow the players to pick one grip to let go and reconnect in a better way. Then the players can see if they can unwind the knot. If not, have the group choose another grip to undo and redo. They can continue in this manner until the knot is solved. This way, there is no knot that cannot be unwound. After doing this with a group, everyone will feel a lot more comfortable with one another.



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Captain Video

Number of Players:

5 to 10; for more players, make two circles after demonstrating the game with the whole group.

When to Do the Game:

When a group is tired and can use a little rest. Not a game recommended to start with a group of young people because it's too slow.

Description of Game:

This game is played in a circle, and after you demonstrate how the game works, players face out from the center. To start, one player (at first, the person demonstrating the game) stands in the middle and taps someone on the back (everyone will be facing outward at this point). The second player turns around to face the middle to watch the first, who makes a simple movement or two and then takes the place of the second player in the circle and faces toward the inside of the circle. The second player then taps someone new on the shoulder that is facing out, and repeats the movements, remembering them to the best of his or her ability.

This goes on from player to player until the last player turns around and is shown the movement(s). The last player and the first meet in the middle, stand back to back, and at the count of three do the movement so players can then see how much the movement has changed.

To finish, have the first and last player face each other and at the count of three do the movement again.

Ask for a new leader to start to begin the game again!. You can usually do this at least three times with a group before moving on. It is really fun to watch the movement change and change again. Once in a while, it even ends up changing back to the original movement!



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Bumpity Bump Bump Bump

Number of Players:

5 to 35

When to Play the Game:

Not necessarily for the best game to start with, because it does single players out for embarrassment, even if slight. Good to play after the group is a little loosened up and can laugh at their mistakes.

Safety instructions:

Don't insist on someone going in the middle if they are uncomfortable.

Description of Game:

Are you afraid of things that go "bump" in the night? Just imagine how you will feel if they go "bumpity bump bump bump!" Actually, there is nothing serious to be afraid of here, other than the embarrassment of not being able to think of a person's name quickly.

This is a circle name game. Each person in the circle asks the name of the player on the immediate left and right. The person in the middle (the pointer) will point at someone and say either "left" or "right" followed immediately by "bumpity bump bump bump!" If the person pointed at names the person on the side called before the pointer finishes, the pointer moves on to someone else.

If the person pointed at does not say the name on time or gets it wrong, she changes places with the pointer. After the group gets the idea of the game and becomes good at it, add the command "middle" which indicates naming the person who is pointing.

If no one in the circle is making mistakes, have everyone in the circle change places.

A suggestion for groups of over 10: After the group starts getting good at naming people, you can increase the challenge by trying two people in the middle. Or three. Then watch the chaos!



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Word Up!

Number of Players:

10 to 50+

Supplies:

Give each team a set of alphabet letters. These can be made of index cards or you can use the magnetic letters found in the toy departments.

Description of the Game:

Divide your bigger group into smaller groups of 4, 5 or 6 people. Each group should have the same number of people so that teams are equal. If you have extra people (1 or 2), they could assist as word spotters and score keepers.

Have each team line up facing you, the leader, in a single file line where you can see all of the team members. Using the list of words that match the number of team members (4 letter word list if teams of 4, etc.), you will call out a word and the team will pick up the correct letters and get in line to spell the word where you as the leader can read the word. Each person should be holding only one letter. The first team to spell the word correctly and display it where you the leader can read it wins a point. Continue down the list of words until all words have been called. Tally the points and celebrate a winner!

You may make up your own list of words. For older groups, come up with words that are longer. If words contain duplicate letters, you may need to provide team members with more than one set of letters or have them use their creativity to spell the missing letters. For example, using their body to spell the word, writing the letter on a piece of paper, etc.

For more challenge, teams use only themselves to spell the words.