

BLIND CROSSING

What: trust activities suitable for all groups.

Time: 30 Minutes

Props: One blindfold per person.

Site: a level open space, clear of any obstacles.

Instructions:

1. Ask participants to find a partner for the activity.
2. Ask participants to face their partners so that there are two straight lines, each person facing his/her partner. The lines (and therefore the partners) should be approximately three yards away from each other at the start.
3. On cue, the line you designate will walk towards the other line with blindfolds on. For them to do this safely, they will use the "bumpers up" position.
 - "Bumpers up" means that the person has both arms extended straight forward from the shoulders with elbows slightly bent and the palms turned forward (like you were motioning "stop" with both hands at once). Demonstrate for them the "bumpers up" position and check for understanding.
4. The "stationary" line will meet the walking line with its "bumpers up," that is, if all goes well, each sighted partner will meet their blind counterpart palm-to-palm.
 - Note that "stationary" is in quotes above and that the sighted partner meets the blindfolded walker. The person with sight must take the responsibility for shifting to either side in order to meet his/her partner. Blindfolded walkers don't necessarily walk in a straight line, hence the responsibility on the sighted partner. This point is **CRUCIAL** for the safety of this exercise. Make sure your group understands this clearly.
 - Once the first line of walkers completes their blind crossing, they remove their blindfolds and go back to their starting point. Once they are resituated, the lines will switch roles and repeat the exercise. At the end of this step, everyone has made the crossing once.
 - Instruct both lines to move backwards until they are 5 yards apart. Repeat steps 1-5.
 - Instruct both lines to move backwards until they are 10 yards apart. Repeat steps 1-5.

Facilitator Notes:

Whenever you have blindfolded participants, you as facilitator must be extra conscious of safety. Before doing this exercise, review with the group your use of the "s- word," i.e., STOP. Should the group ever hear you say this, they are to freeze in their tracks - you have seen a potential safety issue (e.g., a participant about to walk into another participant) that you will need to correct and you will tell the group when to begin again.

Amoeba

This game starts out with one or more 'its' (depending on size of group) The 'its' are the amoeba trying to grow by tagging the other players. If the amoeba tags someone, then that player joins the amoeba by joining hands and they continue to tag others until everyone is caught. Only the two on the ends can tag, so everyone tagged gets a chance to tag someone else (except the last one tagged!).

Bombs Over Baghdad

Play: Have the players stand in a circle in pairs, then have everyone lie down on the ground, still in the circle with their 'partner.' There are two people out side of the circle – a runner and a chaser. The chaser chases the runner counter clock-wise around the circle. When the runner gets tired he can lie down on the left side of a pair of players; the person on the right then gets up and starts to chase the 'chaser' (who has become the runner) clock-wise around the circle. The cycle continues until either everyone has run or it becomes boring.

Bucket Ball

Materials: Two chairs, two buckets, one ball that fits easily into the buckets (rope or markers, ex. Pylons), large open space

Play: Divide the group into two teams, one on each side of the field. Each team selects someone to be their goalie, or bucket holder. That person goes to the opposite end of the field, behind the opposing team, where they stand on a chair and hold a bucket. The object of the game is to score as many goals as possible in your own bucket. The ball can be thrown, passed, or kicked. However, each person may only take three steps with the ball before it has to be passed. It is helpful to have a circle marked out around each goal where no one may stand to shoot a goal.

CHICKEN

Group Size: Two or more teams, 6 to 8 player each

Props: Sticks (one for each player)

Teams of an equal number of players are arranged in files behind a starting line, with all on one team in the same file. As many sticks as there are players in each team are placed in front of each team, with the sticks lying parallel to the starting line and about eight feet apart. Upon the signal to start, the first player in each file runs, leaping over each stick in order; after leaping over the last stick (the one farthest from the starting line), he picks it up, runs back to the starting line, leaping over each stick again, tags the next player, and takes a place at the end of his team's file. Each player, in turn, is tagged, runs, leaping over the remaining sticks, picks up the last stick, tags the next player, and takes a place at the end of his team's file until the last stick is picked up.

The team which finishes first with all their sticks picked up and all their players back in their original places wins.

NOTE: Sticks shouldn't be too large or pointy.

Crows and Cranes

Play: Divide players into two teams and have them line up three feet apart, facing each other. One team is called the Crows and the other is called the Cranes. A goal line is marked about 25 feet behind each team. When the leader calls out “Cranes”, the Cranes turn and dash back to their own goal line while the Crows chase them and try to catch them. The opposite happens when “Crows” is called. Whoever gets caught, when their team is called, becomes part of the team that caught them. The team that captures all the players wins. VARIATION: Telling a story using words that start with “Cr...” adds to the suspense of the game.

Dynamite

Materials: 1-3 large utility balls

Play: This game is everyone for his/herself. There is one ball that must remain on the ground at all times. Participants can hit this ball with their hands in attempts to hit another participant below the waist with the ball. If hit a player must sit down and terminate play. In order for the hit to count, however, “Dynamite” must be called before the participant in possession of the ball hits it at a player. A player wins when there is no one else left standing. NOTE: To make the game more interesting more balls can be added as the game goes on or participants who are down can be allowed to ‘tag’ passing players or play rock, paper, scissors with each other in order to get up and resume play.

Field Flags

Materials: Even number of bean bags or flagging tape strips, 2 hoola hoops, pylons to mark middle line and jail.

Play: Players are split up into two teams and each team has their own side of the field, which is split up by a centreline. At the back of each of the territories there is a hoola hoop lying on the grass with the beanbags inside it, these are the “flags” and the hoola hoop is a “safety circle”. Jails are also marker on both sides. The idea of the game is for one team to get all of the other team’s flags onto their side. Players do this by venturing onto the other team’s side and taking their flags. While on the other team’s side, a trespasser can be tagged and taken to jail except when they are inside the safety circle. Only one person can be in the safety circle at a time and once a person leaves the circle he cannot go back in. Trespassers do not get a free walk back once they have a flag but must wait in the safety circle until it is safe to run. If caught on the way back the flag goes back in the hoola hoop and the trespasser goes to jail. To save someone from jail, a member of the jailbird’s team must cross onto the other team’s side and tag the jailbird without getting tagged him/herself. S/He then must touch the jailbird the whole way back to their side in order to be safe from the other team. In a single pass, a player can only save a jailbird or take a flag, not both. The game is over when a player crosses the middle line safely with the last flag from his/her opponent’s side.

Frisbee Baseball

Materials: Bases, Frisbee

Play: (Each team should have at least nine players.) The game is played as in softball, except there is no pitcher. That position remains as an extra infielder, to field short

throws. The batter stands adjacent to home plate and throws the frisbee into the playing field. He then runs the bases as in softball. In addition to regular softball outs, two foul throws by a batter in succession will constitute an out. Leading off base is also an out.

Hoop Relay

Group Size: Two or more teams, 4 to 6 couples each

Play: This is shuttle relay wherein half the players of each team are placed in one of two files; each file of players is behind one of two starting lines which are approximately 50 feet apart; each file is opposite the other file of the same team; and players stand facing the opposite file.

In this relay, partners are selected and the 'girls' stand in a file behind one starting line facing the 'boys' who are in a file behind the other starting line, standing in the same order as their partners. The first girl in each team's file holds a hoop. On a signal, each places the hoop on the ground and rolls it with one hand to her partner in the 'boy's' line; she takes her place at the end of the 'boy's' line as the boy rolls the hoop back to the 'girl's' line and takes his place at the end of their line. The relay continues until all the 'girls' are where the 'boys' started and all the 'boys' are where the 'girls' started. The first team done wins.

Horse, Knight, and Cavalier

Play: Have the players pair up into groups of two. Have one person from each group in an inside circle and the other players in a larger circle around the inside circle. Have the inside circle walk in the opposite direction of the outside circle. The players walk around until the leader calls one of the following actions: Knight (one player gets down on one knee while the other player sits on the other knee), Horse (one player gets down on all fours while the other straddles his back – like a horse), Cavalier (one player carries the other 'damsel style'). After the action has been called the players have to find their partners and get into formation. The last pair to get into formation is eliminated. The last pair left wins. Instead of elimination you can also make the last pair to get into formation sing a song.

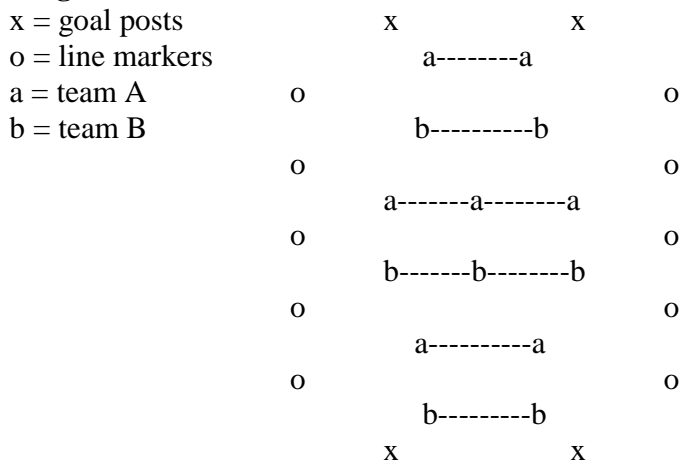
Human Foosball

Materials: Sticks or rope (for players to hold), pylons or markers (for rows), four pylons or markers (for goal posts), 1- 4 balls (soccer sized)

Players: 10 - 14 players

Play: Set out pylons to mark off rectangular sections in field (see diagram). Divide the group into two teams. Each team should have 1 -2 goalies (depending on the size of group), 2 offence, and 2 -3 defence, arranged according to the diagram. The players in each row are separated by holding onto sticks or equal lengths of rope. The teams are organized so that team A's goalie is facing 2 of team B's offence, which are facing 2 -3 of team A's defence, etc.

Diagram:



Human Pinball

Materials: 1 – 2 utility balls

Play: Have the group stand in a circle with their legs spread as far apart as possible with their feet touching. Have them clasp their hands, like an elephants trunk, and bend over so that their arms are between their legs. The players use their clasped hands to hit the ball and keep it from going between their legs. Try to keep the ball from going too high off the ground. The object of the game is to get the ball out of the circle by hitting it between someone else's legs and to keep the ball from going between your legs. This game can be played with elimination.

MOONBALL

Group Size: From 4 - 40.

Space Required: a large, relatively flat open space with a high ceiling (e.g., a gym) or no ceiling (e.g., a football field).

Time Required: 20 to 40 minutes.

Props Required: one 16" inflatable ball.

Objective: for the group to hit the ball aloft as many times as possible (or to a predetermined goal) before the ball touches the ground.

Rules:

1. Each hit equals one point.
2. You may hit it with any body part.
3. No player may hit the ball twice in succession.

Variations:

1. Two points for kicks.
2. The team scores one point when everyone on the team has touched the ball before it hits the ground. With a large group, a score of one is excellent, a score of two is world class!

Facilitator Notes:

1. The task and rules are easy to understand so a new group, or one that has never participated in experience-based training, can easily begin. The play itself is engrossing, the individual task -- hitting an inflated beach ball up -- is doable by even the most non-athletic participants, the center of attention is the ball rather than the players ... Despite its non-threatening nature, the activity can provide the basis for intense team development in the areas of goal setting, individual roles, and work processes. It's a gem. TRY IT.

Minefield

Materials: A larger boundary rope and land mine (set mouse traps, sponges, pylons, etc.), blindfolds, stuffed animal.

Play: Make a large circle with the rope and place the land mines throughout with the stuffed animal placed in the centre. Have the group split up into partners and stand around the edge of the minefield. Have one person from each pair blindfolded. The mission for the non-blindfolded people is to guide the blindfolded people through the minefield to the centre of the circle where they must touch the stuffed animal and return back to safety with only the use of words. The people guiding may not enter the circle but have to call out directions from the edge. If someone touches a mine he may continue but the object is to get to the centre and return without touching any.

Pip, Squeak, and Wilbur

Material: Markers such as bean bags

Play: Teams of three stand in a large circle. Each team designates someone to be Pip, someone to be Squeak, and someone to be Wilbur. Place one less marker in the middle of the circle than there are teams. Call out either, Pip, Squeak, or Wilbur. Each team then sends that person out to run around the circle and then through the bridge that the two remaining players make with their arms. And dive into the middle, but not head first!, to grab a marker. The team that doesn't get a marker is either eliminated or gets a letter against them, and the first to spell the chosen word loses. The game can be switched up a bit by calling out different actions that each player has to do as they go around the circle (i.e. doing the crab walk, skipping, singing, crawling, etc.) If you do this make sure you call out the action before you call out the name. NOTE: Having teams sing a song instead of sitting out when they don't get a marker is a way to avoid excluding people from the game.

Slap Red Rover

Play: This is a safe adaptation of original Red Rover. In this version, two equally sized teams line up a fair distance apart. Team A starts by calling a member of Team B over using the same chant as in the original version and then each member of Team A holds both hands out in front of them with their palms up. The participant that was called over from Team B has to make his way over to Team A. When he reaches Team A he slaps someone's hands and that person has to chase the Team B member back to Team B's side. If the chaser from Team A tags the person from Team B before he reaches Team B then that person joins Team A. If the person who was called from Team B makes it to his team before the chaser from Team A tags him then the chaser joins Team B. Then Team A and Team B switch roles and Team B calls a member of Team A over. The game continues until all the members of one team have joined the other.

Ultimate Frisbee

Materials: Frisbee, large open space

Play: Divide the group into two teams. Each team is trying to score in the opposite end field. To score the Frisbee must be thrown into the end field and caught. Once someone

catches the Frisbee, that person cannot move his feet until he throws it. If a thrown Frisbee is not intercepted and it falls to the ground it automatically goes to the team opposite of the team that threw it.