

## Human Cat's Cradle

**Materials:** a long rope (a climbing rope is good)

**People:** 4-5

**How to "Play":** Tie the two ends of the rope together and try to play cat's cradle using the people in place of hands. Tip – use your arms and legs as you would your fingers. It also helps to have a mini cat's cradle going at the same time to see how the rope should look! Have fun!

## 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.

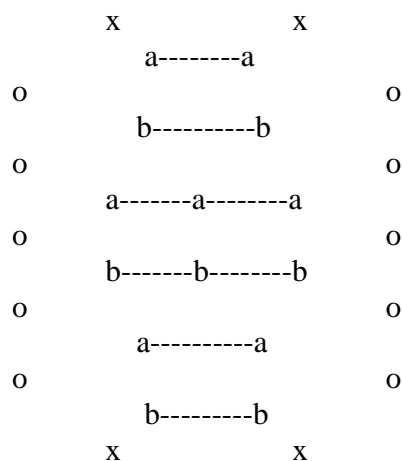
**Diagram:**

x = goal posts

o = line markers

a = team A

b = team B



## Human Knot

Have everyone stand in a circle reach across to take hold of two hands that belong to two separate people. Then try to untangle yourselves without letting go of each other.

## 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 elephant's 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.

### **Hot Chocolate River (a.k.a. Snot River)**

**Scenario:** Your group is on an archaeological excavation trip when you get word that ruthless robbers will attack you in a certain amount of time (determined by the size of the group.) Your group can only find safety on the other side of the river.

**Play:** The objective is to try to get everyone from one side of the river to the other. However, the only way to cross the river is with a pair of magic boots that can only be worn once by each player. NOTE: Have a magic butterfly that will bite those participants that are taking too much control of the team (i.e., not allowing for teamwork). This bite will make it impossible for that person to talk, either for the rest of the game, or for five minutes.

### **Four Legged Race**

Eight people standing on four legs move 5 meters.

### **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.

### **Switching Places**

**Materials:** Long benches or very sturdy chairs. You want something relatively narrow and just high enough off the ground to make a fall obvious but not dangerous.

**Scenario:** Something about balancing on a small limb or beam about the Grand Canyon and the people on one side had to reach the other side and vice versa for everyone to survive.

**Play:** The objective is for one group to switch places with the other group and end up with each group on the other bench in the same order they were at the start and facing each other. Divide the group in half with the two benches lined up with a gap between them, half the group stands on one bench and the other half stands on the other bench facing each other. They are not allowed to come into contact with the ground or any other object other than the benches and the other people on the benches. If anyone does come into contact with something, both groups return to their original positions and start over

## GROUP JUGGLE

**Group Size:** 6-15

**Time:** 30 Minutes

**Props Required:** one soft throw-able (9" round nerf balls work well) equal to the number of participants.

### **Activity Instructions:**

1. Ask your group to form a circle. You will also form part of the circle with the throwables within easy reach.
2. Explain: "I'm going to start by tossing this ball to someone else in the circle. If you receive it, toss it to someone else in the circle not immediately on either side of you. That person will toss it to another person who has not yet received it and again not immediately on either side of him or her. Throwing continues until the last person tosses the ball back to me. Remember who you tossed to because we will try to recreate the pattern in the next phase. Any questions?"
3. Toss the ball to someone across from you. The cycle continues until the ball comes back to you. Repeat one more time so that everyone is clear who they toss the ball to and from whom they receive it. The ball must follow the same pattern both times.
4. Explain: "Now we are going to try to repeat the process, but we are going to see how many balls we can keep up in the air at any one time. Any questions?" Once any questions have been answered, toss the ball to the first person. As soon as they toss the ball, grab another one from your stash and toss it. Repeat until a) there is exactly the number of balls going as there are participants (an almost Herculean task) or b) the process begins to break down. Notice how many balls the group has going, and retrieve them as they come back to you.
5. Inform the group as to how many balls they had in the air when they were doing their best. Ask the group to consider how they might improve their performance. Typical modifications allow for participants to move their position, make agreements as to how they will throw to each other (e.g., "I'll toss mine to you high" or "I'll roll mine across the floor"), agree to pause the process when one ball goes awry, etc.

### **Facilitator Notes:**

1. Lots of energy; if you select different coloured balls, there is an exciting visual effect.
2. This activity works well early in a program. You can ask each participant to call out the name of the person they are throwing to if they still need to learn others' names.
3. Consider adding in some different throwables. Rubber chickens work well, as do fleece balls.

## **Taffy Pull**

**Play:** Have the group divide into two. Give the first group time to tangle themselves up, locking arms, legs, and holding on as tight as possible. The second group then comes back and tries to pull them apart. Then the groups switch!

## **TRUST GUMBO**

[Before beginning, decide in your mind and then designate a boundary that will allow space for everyone in the group to be moving at once without anyone bumping into one another. Then shrink that by a quarter as this activity works best in a relatively confined space.] Have each person pair with one other and then decide who will start off with their eyes closed and who will start with their eyes open (one of each, please). The object is for the sighted person to guide the blind person throughout the playing area without the blind person touching anyone else, and, of course, all pairs are moving at the same time. For safety, each blind participant must have "bumpers up": 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. Begin play with all pairs moving slowly, then encourage them to SAFELY move faster, then faster until the group is full of energy. Switch roles, and play again.