

# Activities for Children Made Simple

## Volume 1: Games Guide

By David Priestley & James Ebbett

Section 1 – Warm Up Games

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## Games Introduction

Games can be a great way to break down barriers between children of all ages, take part in physical exercise and allows the breakdown of inhibitions (feelings of embarrassment). Games such as the ones you find in this guide are great ways for children to get to know each other and are important in building a strong rapport amongst group members. Games are also just a great way to lift the mood of your group and share some fun and laughter.

The majority of the games require little equipment and no experience from the leader. The ideal length of each activity is between 5-10 minutes - these can be increased or decreased depending on the response of the group.

There is an amazing level of flexibility with each game, but some general guidelines will help you present a successful experience for your entire group.

## Who can use the Games?

The short answer is anyone. Regardless of age, ability, group games are a fun way for children to work together, take part in physical challenges and interact in a fun environment. Whether you are a team leader, a sports coach or a teacher trying to encourage cooperation and rapport among your group, the games within this guide will provide ideas for warm up games at the start of your class or activities to get to know your group that are full of energy.

## The Role of the Leader

Before leading the games, you must make sure that you understand the activity, gather any equipment required, ensure that you have enough space for the game you are playing, and then present the task to the children.

All games in this guide can easily be adapted to suit the group and activity you are teaching and have that level of flexibility that you can incorporate certain skills that you are trying to promote as either key phrases or actions during the games. Be creative and look at each game with the view to changing it to suit you and your own specialist activity or sport.

Leading the Games:

1. Read the game to make sure you understand it.
2. Look and see whether you can adapt the game to suit the group you are leading and any learning outcomes that you have.
3. Gather any necessary equipment.
4. Setup the game ensuring that the area is large enough to lead the game and free of any safety hazards.
5. Brief the group and check their understanding of the game.
6. Explain any safety points before starting the game (if any).
7. Set the time and let the game begin.

Once the game has started step back and observe, letting the group enjoy themselves, occasionally offering encouragement to participants to keep them motivated. If they are unsure of anything, stop the game and clarify on any questions they have.

## **Leader Notes**

- Each game should be chosen dependent upon various factors such as age, maturity and the physical ability of your group. Consider each group individually as certain games may not be suitable for older groups and younger groups may not understand some tasks that are too challenging and complicated.
- Games should always be promoted in a fun manner. Physical games are ideal for the start or end of your group's activity when they need to either warm up or cool down.
- It is important to think about what you are trying to achieve by each game, is it for reasons of fun, ice breaking, warming up, skill development, cooperation or teamwork. Once you have a learning outcome, consider which games would be the most appropriate for the group you have.
- Make sure the rules and safety procedures for each game are clear and precise. You will be responsible for monitoring the behaviour and safety of the group during your games session.
- Your delivery of a game will depend on its success, games may be delivered in many different ways, choose a style that is most appropriate to you and suitable for the particular group.
- Keep a log and write notes and reviews on the games you present. During each game you will be able to gauge what works and where improvements can be made for next time. These improvements should be based on the group's response and your own delivery style.

## **Section 1 - Warm-Up Games**

Until now, warming up and cooling down has always been seen as hard work—a boring start to an activity or class where you struggle to keep the children's attention. But not anymore. When your group take part in these games, they will be engaged fully, having fun, and effectively preparing their minds and bodies for the game or activity that lies ahead. All games are easy to run and require little or no equipment whatsoever.

### **TOUCH BLUE**

Minimum Group Size: 6

Equipment Requirements: Random coloured objects

Participants have to find an object or an item of clothing of a specific colour that you tell them. However, they cannot touch something on themselves or another person. The last person to touch the colour is out. To make this activity game difficult, try using unusual colours or even patterns, making the children run further to reach the objects as well as providing an opportunity to use their creative thinking skills.

If there are a lot of participants it may be difficult to spot which child is last and therefore 'out', once children are out of the game you could use them as judges and help keep track on the game.

### **DODGEBALL**

Minimum Group Size: 12

Equipment Requirements: Soft play ball

A child in the group is selected by you to be the 'Dodgeball Master'. All the other children have to try and get from one safe zone to the other (typically the other side of the hall). Whilst the group are trying to get from one side to the other, the Dodgeball Master must try to get group members out of the game by throwing the ball underarm and trying to hit their legs. Once the participant has been hit they are then out and become a judge. Cones should be used to define a playing area outside.

### **BUZZY BEES**

Minimum Group Size: 15

Equipment Requirements: None

All the children have to get into pairs, they then run around separately, buzzing and pretending to be bees. The person nominated to be 'it' then shouts 'Buzzy bee, buzzy bee touch...' they then have to run back and find their partners and whichever body part has been called out they have to touch together. e.g. 'touch knees', they have to touch their knees together.

## **LADDERS**

Minimum Group Size: 10 (even number)

Equipment Requirements: None

First, pair up the group members and sit them down, with legs flat, leaving space between pairs to prevent injury from occurring. Now give each pair a number starting from the number one.

Once all pairs have a number, you then call a number and that pair will jump up, step over the other pairs legs one at a time then run round the whole of their team and sit back down in their original place. The first one to sit back in place is the winner. Alternatively, you can play as a team. After the first pair has completed their turn, the next person gets up and runs, until the whole team have been and the leader declares a winning team.

## **HORSES AND JOCKEYS**

Minimum Group Size: 10

Equipment Requirements: None

Group members need to get into pairs, and decide on one being the horse and the other being the jockey. All of the pairs have to stand around in a circle, with the horses on the inside and the jockey on the outside. When the leader calls out 'horses', all of the horses have to run clockwise around the circle, back to their partner, under their legs and then the jockeys have to jump on their back. The last pair to do this is out and has to 'neigh'. If the leader calls out 'jockeys', the jockeys do the running around the circle and on their return to their partner, jump on their backs (in this case they don't crawl through their partners legs).

## **CLUMPS**

Minimum Group Size: 10

Equipment Requirements: None

This is a very simple run around game. Children start by running around, the leader then calls out a number and the children have to form a clump of that many people. You do not necessarily have to penalise anyone who does not find a group - it is just for fun!

## **JACK IN THE BOX**

Minimum Group Size: 8

Equipment Requirements: None

Choose one person to be the leader; everyone else must stand in a circle around them. When the leader shouts, 'Jack in the box' participants must squat down. When the leader shouts 'Jack out of the box' participants must all jump up. The leader can repeat the commands, say them fast or slow in an attempt to confuse the children. Anyone who does the wrong action is then out of the game.

## **STUCK IN THE MUD**

Minimum Group Size: 10

Equipment Requirements: None

In a boundary area, one person is 'it'. They must then run around trying to tag as many people as they can. Once a person has been caught, they then have to stand with feet shoulder width apart and can only be freed if someone crawls between their legs.

## **FRUIT SALAD**

Minimum Group Size: 10 (even number)

Equipment Requirements: None

Children pair up and each pair chooses a type of fruit. They then stand opposite each other in two lines (similar to line dancing) and make a tunnel with their hands. The leader then calls out fruit names randomly. Once a pair's fruit has been called, they run through the tunnel, then back round the outside and race back to their original places. This can be made more interesting by using animals and making the noise of the animal rather than calling out just the name. You can also make it competitive by making each line one team and scoring the winning participant from each race.

## **UNDER, OVER RACE**

Minimum Group Size: 8

Equipment Requirements: 2 x Balls

The group is split into two equal teams and each team should form a straight line. Each team is given a ball. The person at the front of the line passes the ball over their head followed by the person behind them taking the ball and passing it through their own legs to the next person. The ball continues going over then under until it reaches the person at the back of the line. The person at the back takes the ball and runs to the front of the line where the process starts again. In order to complete the challenge, all team members must have a turn with the team that returns to their starting order the quickest winning the game.

A variation on this game can be played called **tunnel ball**. In this game the ball is rolled through the legs of all the team members until the person at the back catches it and runs to the front of the line, where the process begins again.

## **TRAFFIC LIGHTS**

Minimum Group Size: 6

Equipment Requirements: None

An easy warm-up game to play, which is ideal for younger children. On the word, 'red' the children have to stand very still. On the word, 'amber' they walk around. On the word, 'green' they start to run. If any of the participants do the wrong thing they are out and can act as a judge for the remainder of the game. The leader can make things confusing by shouting, 'Speed camera' - slow motion, 'roundabout' - sit and spin etc.

## **PENGUIN RACE**

Minimum Group Size: 6

Equipment Requirements: None

Participants start off by slapping their hands against their thighs and running on the spot mimicking how a penguin runs. The leader should get participants do this slowly to start with, so they get to use to it and get them to speed up at a later stage. Leaders should introduce further commands such as, left bends right bends and double bends, which all include speeding sound effects and actions whilst still running on the spot.

Other actions to include:

*Penguin going through a tunnel*

*Penguin on ice*

*Penguin at the disco*

*Penguin over a ski jump*

## **DWARFS WIZARDS AND GIANTS**

Game Type: Group

Minimum Group Size: 10

Equipment Requirements: Markers (to define boundaries)

This is a giant team game of rock, paper, scissors. Two teams line up facing each other. Each team huddles together and decides whether they are going to be a dwarf, a wizard or a giant. The teams then face each other, walk towards each other and when they meet on the count of three they make the decided action of their chosen character (dwarf, wizard or giant).

As in rock, paper, scissors each character beats one other.

*Wizard beats the Dwarf by casting a spell on him*

*Giant beats the Wizard by crushing him*

*Dwarf beats the Giant by tickling his feet*

Whichever team loses turns and runs back to their area as fast as they can. The winning team try to chase them and tag them before they get back to their base. Anyone from the losing team they tag joins their team for the rest of the game. This continues until one team has all the players.

## **FISHY, FISHY, SHARKY, SHARKY**

Minimum Group Size: 10

Equipment Requirements: Markers (to define boundaries)

The leader selects a shark from the group. Everyone else must then line up at the other end of an allocated area. The shark decides who to call forward. For example, it could be '*anyone wearing red*' or '*anyone wearing a hat*'. Those chosen run to the opposite end of the allocated space, past the shark who will try to catch them. If the shark catches them, they then become seaweed. As seaweed the children cannot move but they can reach out with their arms and attempt to try to catch others in the group. The game continues in the same way with anyone the shark or seaweed catches becoming seaweed. The last person in becomes the shark in the next game.

## **BUMP TAG**

Ideal Group Size: 10

Equipment Requirements: None

The leader must select a cat and a mouse from the group. The aim of the game is for the cat to chase the mouse, if the cat manages to catch the mouse they then become the cat and have to do the chasing. Everyone else in the group must pair up and stand side-by-side spread out in the activity area. The mouse changes throughout the game by the mouse linking to the side of a pair, the person on the opposite side to where the mouse has linked themselves, then becomes the mouse and the cat has to chase them instead.

## **FREEZE TAG**

Minimum Group Size: 12

Equipment Requirements: 2 Balls (2 different colours)

Similar to 'stuck in the mud'. During the game there are 2 different coloured balls, 2 ball carriers are selected from the group. The blue ball carrier can freeze people by touching them with the ball. The Yellow ball unfreezes. When the yellow ball is handed to someone that is frozen, they defrost and become the yellow ball carrier instead. The blue ball carrier stays the same throughout the game. More than one of the same coloured ball can be added during the game to make this game faster paced.

## **STICKY PARTS**

Minimum Group Size: 8

Equipment Requirements: Beanbag for each participant

All children are given a beanbag. When instructed by their leader, all children have to run, skip or hop around until the leader calls out a body part. Once the leader calls out the body part, all children have to try to balance the beanbag on that specific body part. The last person to complete this is out of the game. The winner is the person left after all rounds. They then get to take over from the leader in the next game and give instructions to the rest of the group.

## **KUNG FU**

Minimum Group Size: 8

Equipment Requirements: None

The group makes a closed circle around the leader, ensuring they have enough space between each other. The leader goes through three actions, which are stance, kicking, and the chop. The instructor gets the group jumping up and down and does a countdown from five to one, when they get down to one each group member must perform an action if the action is the same as the kung fu master (the leader) they are then out of the game. This game can be adapted to suit a specific sport that the group is learning with the leader just changing the actions.

## **EVERYBODY'S IT**

Minimum Group Size: 10

Equipment Requirements: None

Good warm up game. Everyone in the group is it and they must try and tag each other, if they get caught they must stand still with both hands in the air, the only way to free them is for another person to give them a high ten and then the game continues.

## **BAND GAME**

Minimum Group Size: 10

Equipment Requirements: Bands for each participant

Everyone starts with a band tucked into their shorts or trousers. The idea of the game is to get as many bands as possible from the other participants. Children can only steal if they have a band tucked in to their own shorts or trousers. When a child loses all their bands, they continue jogging until the time is up.

## **Section 2 – Ice Breakers**

Whether you're teaching a class, instructing a sports session, hosting a group, or holding a children's birthday party, getting to know the children in the group can be either a struggle or very fun. Icebreakers are a great tool for getting children to learn about each other. They are ideal for breaking down barriers and nervousness with the children as well as providing a positive atmosphere. The best time to use these activities is when the group first meet. By doing some of these simple tasks, you help the children to develop trust and rapport, which in-turn will lead to more of a positive experience for the participant during the main activity.

### **NAME GAME**

Form a circle, the first person to go will state and a word that describes themselves that starts with the first letter of their name followed by their first name (i.e. Giant George or Footie Fred). The following people to go will need to state all the previous people's names and finish up with their own name. If someone messes up, the previous person that went has to repeat their turn and the game continues from there. The last person to go will need to state everyone's name and then finish up by stating their name.

### **ANIMAL NAME GAME**

Participants sit in a circle, someone starts by saying their name, and animal that begins with the same letter as the first letter in their name (i.e. Chris the crocodile). The next person in the circle would say, 'Chris the crocodile' and then add their own name and animal. This carries on all the way round the group until the last person has to state everyone's name and animal and then add their own.

### **THE LAST LINE**

Split everyone up into groups and give them a silly sentence on a piece of paper. Tell the group that they have to make up a story, act it out, and have the story end with the sentence that you have given them.

### **WHO AM I?**

Write the names of famous people (or places) on post-it notes and put the post-it notes on the back of the participants. Have the participants go to different people and have them ask each other yes/no questions to figure out who their person is. The person who finds out who they are first wins.

### **2 TRUTHS AND A LIE**

Go around the room and have each child state two true statements about themselves and one false statement. After each person says their statement, the other children in the group have to try to figure out which one they made up. The children in the group are allowed to ask the speaker a limited amount of questions to figure out which statement is the lie.

### **TOILET PAPER GAME**

Pass a roll of toilet paper around the room and tell everyone to take as much as they want (or you could tell everyone to take the amount of toilet paper that they use in an average day). After the children have taken at least one square of toilet paper, have them go around the room and share one fact about themselves for each square of toilet paper they have taken.

### **INTERVIEW AND INTRODUCTIONS**

Have the children pair up (if there is an odd number of people the leader can pair up with someone). Each child will take around 3-4 minutes interviewing the other person and at the end of the allotted time, everyone will introduce the person that they interviewed to the rest of the group.

### **ANIMALS**

Write down the names of animals that makes a distinct noise on different slips of paper. Give the slips out to everyone and tell them that they have to find the people that have the same animal without talking. Most children will start making animal noises and/or gestures. This is a fun way to put children into groups for other activities, games or ice breakers.

### **WE HAVE ALL THIS IN COMMON**

Divide the participants into smaller groups of 3-5 children. The task of the group is to find 5 things that each member of the group has in common with each other. (A restriction you may want to put is that you're not allowed to list obvious or common human characteristics i.e. I drink water, I have teeth, or I am wearing socks.) After the time is up, each group will go around and share their list of common items to everyone else.

## **Section 3 – 5 Minute Filler Games**

If you have time left at the end of the day or you need to fill in time at the end of your coaching session, why not try a few of these games. 5-minute filler games are fun energising activities that can be played at any time and require little equipment and no planning.

### **DUCK, DUCK, GOOSE**

Minimum Group Size: 10

Equipment Requirements: None

The children all sit around in a circle and one person is selected to be the player by the leader. This child then walks around the outside of the circle, touching everyone's heads as they go round. As they touch a person's head, they must say either 'duck' or 'goose'. If they say 'duck' the child remains seated, if they say 'goose', the goose then has to chase them around the circle. They then have to try to get back to their place before the player takes it. The last one back to the space in the circle becomes the next player.

### **HEAD IT, CATCH IT**

Minimum Group Size: 8

Equipment Requirements: Soft play ball

The group form a circle, with the leader standing in the middle. The leader throws the ball to one of the children in the circle. The leader has to shout either, 'head it' or 'catch it' with child in the circle doing the opposite. If they get it wrong then they are then out of the game. You can also include the three-strike rule in this game.

### **NUMBER BALL**

Minimum Group Size: 8

Equipment Requirements: Soft play ball

Everyone stands in a circle with one person in the centre to start. Each child is given a number. The person in the middle throws the ball up high in the air and shouts a number. The child, whose number is called out, then has to run into the circle and catch the ball. They then throw the ball again and shout another number. If anyone drops the ball they are then out of the game.

## **TIME BOMB**

Minimum Group Size: 8

Equipment Requirements: Soft play ball

The children have to stand in a circle and throw the ball (bomb) to each other. The bomb is safe until it's activated, but as soon as it is dropped, it starts a countdown to explosion (From 10 or 20). Once the countdown has started, it can't be stopped and the children must continue to throw the ball to one another. Whoever has the ball when it explodes is out of the game.

## **SHARKS**

Minimum Group Size: 12

Equipment Requirements: Hoops (Chalk indoors)

Lay out a few hoops (or draw chalk circles), these are the islands. The area around the hoops is shark-infested sea. The children must walk around the hoops with no one standing still, hanging around one hoop etc. The leader shouts 'Sharks' and all the children should take refuge in a hoop, with as many as possible in each hoop. Any children caught by the shark (the leader) are out of the game. Once the leader shouts 'all clear', the children walk around again. Repeat, but remove some hoops so that the children really have to crowd into a few hoops. The idea of the game is that they help each other to stay in the hoop.

## **CAT AND MOUSE**

Minimum Group Size: 12

Equipment Requirements: Numbered Papers

One person is the cat and the rest are mice. The mice run around in the meadow until the cat meows. When this happens, the mice must run and get on a piece of newspaper to be safe. The pieces of newspaper have numbers written on them and there are to be no more mice stood on the paper than the number states. Any mouse with no home becomes a cat.

## **GUESS WHO**

Minimum Group Size: 15

Equipment Requirements: Cover

This only works if you have a large group of children (at least fifteen). Before you start to play, it's important that everyone knows one another's names. Someone is chosen to do the guessing and has to stand away from everyone else with their eyes closed. Everyone else has to crouch down. The leader then has to put a blanket/cover over someone and then invite the guesser to come back and guess who is underneath the blanket. They only get three guesses.

## **SLEEPING LIONS**

Minimum Group Size: 10

Equipment Requirements: None

After a lively session, this is the perfect way to calm down a group of children. Everyone has to lie on the floor and be still and quiet; if they move or laugh, they are out. Depending on how long the leader wants it to last, just watch them for a while, or they can go around and pull silly faces at them, getting the children who are out to help.

## **FLINCH BALL**

Minimum Group Size: 8

Equipment Requirements: Soft play ball

The children stand in a circle with their hands behind their backs. The leader stands in the middle with a ball. They have to pretend to throw the ball at the child to see if they flinch. If they flinch and the leader hasn't thrown the ball, they are out. If the leader does throw the ball and they fail to catch it, they are also out.

## **FIZZ BUZZ**

Minimum Group Size: 8

Equipment Requirements: None

The children stand in a circle and have to count clockwise around the circle, taking a number each. Whenever a number contains two, they have to say 'fizz' and whenever it contains a four they have to say 'buzz'. To make it more complicated the leader can substitute more words for numbers or have a key word that you would say to change the direction of the game.

## **OPPOSITE GAME**

Minimum Group Size: 10

Equipment Requirements: None

The children sit in a circle with one person chosen to sit in the middle. The person in the middle has to make a gesture (i.e. lift their left leg) and the others have to do the opposite (i.e. lift their right leg). Let the child in the middle go for a minute or so and then switch over.

To make it harder: The group stand in a circle, the leader is in the centre with a ball. The group are told that when the following instructions are called out they must pass the ball back in a certain way.

*Head= they must kick the ball back.*

*Foot= they must head the ball back.*

*Knees= they must catch the ball and throw it back.*

When a participant makes a mistake, either they can be out straight away or the leader can operate a lives system.

## **I WENT ON HOLIDAY**

Minimum Group Size: 10

Equipment Requirements: None

The children sit in a circle with one person starting. The first person to start has to say 'I went on holiday and I packed my Anorak'. The second person has to say 'I went on holiday and I packed my Anorak and my Balloons'. The third person has to say 'I went on holiday and I packed my Anorak, my Balloons and my Cap'.

This continues through the alphabet. With younger children, it may be easier to forego the repetition of previous letters.

## **WINK MURDER**

Minimum Group Size: 10

Equipment Requirements: None

The children sit or stand in a circle with one person appointed as the detective. The detective has to leave the group and shut their eyes whilst the leader chooses the murderer. The leader should get the group to close their eyes as they walk round and pick the murderer. When the murderer is chosen, the detective is recalled to solve the crime. The murderer will kill their victims by winking at them when the detective is not looking. Anyone who is winked at has to die spectacularly! Can the detective guess who the murderer is before everyone is killed?

## **RHYTHM**

Minimum Group Size: 10

Equipment Requirements: None

The children stand or sit in a circle with one person appointed as the detective. The detective has to leave the group and close their eyes while the rhythm leader is chosen. The chosen leader then starts clapping their hands or clicking their fingers. Everyone copies whatever he/she does. The detective returns and has to try to find out who is leading the change of action. Remind the children not to stare at the leader.

## **ANIMAL FARM**

Minimum Group Size: 12

Equipment Requirements: None

Each of the children has to come up to you in turn and you whisper the name of an animal in their ear. Once everyone knows what they are, they have to find the other people in their group. They have to do this by running around making their animal's noise and listening to see who else is making the same noise. As an alternative, you can make the children do actions instead of the noises, or combine the two.

## **SNAKES**

Minimum Group Size: 12

Equipment Requirements: None

Starting with pairs, each player lies on their stomach with arms outstretched, holding the ankles of the player in front. The aim is to move along the floor as a snake without letting go of the ankles. When this has been mastered in pairs, increase to fours, eights and so on. The longer the snake the more fun and the greater cooperation needed. For a variation, form two or more snakes to race over a set course, with obstacles if they are good enough.

## **WHAT'S THE TIME MR WOLF**

Minimum Group Size: 10

Equipment Requirements: Markers (to define boundaries)

In a boundary area, one person is 'Mr Wolf' who stands with his back to the group. Everyone else stands in a line, side by side, facing Mr Wolf. Everyone in the line shouts 'What time is it Mr Wolf' and then Mr Wolf will give a time. For example, should Mr Wolf shout '5 o'clock' then everyone in the line can take 5 equal steps. This is repeated until the line gets very close to Mr Wolf. At any point, Mr Wolf will turn around and attempt to tag anyone running back to the starting line. Any child who is tagged joins Mr Wolf.

## **SPLAT**

Minimum Group Size: 12

Equipment Requirements: None

The group stand in a circle with the 'splat master' in the middle. If the splat master points at you and says 'splat' you must duck down quickly. The people either side of the splatted person must put their arm out and shout splat. Whoever out of the three people is the slowest is out of the game. When only two people are remaining, they stand in the centre of the circle back to back. Every time the splat master says a word (these can be themed such as cars, chocolate etc), they step forward. However when the splat master says splat they turn round and try to say splat before their opponent does. The winner can become the splat master for the next game.

## **OOGLY BOOGLY BOP**

Minimum Group Size: 12

Equipment Requirements: None

Similar to Splat. The group stand in a circle with you leader in the middle. The leader has several instructions, if at any point you are too slow or do the wrong thing you are then out of the game.

*If the leaders points at a child and says 'oogly boogly bop' they have to say bop before the leaders does.*

*If the leader points at a participant and says 'kangaroo' the child must make a pouch with their hands., with the people either side of jumping up and down.*

*If the leader points at a child and says elephant that child must make a trunk, with the people either side making an ear shape with their arms.*

*If the leader points at you and says Homer, you and the people either side must say 'doh' and hit your palm against your forehead.*

When only two people remain they stand in the middle of the circle back to back. As the leader says 'oogly' they walk forward. When the instructor finishes the word 'boogly' they must turn round and say 'bop' as quickly as possible before the other person does to win.

## **PULSE**

Minimum Group Size: 10

Equipment Requirements: None

The group lie on their fronts in a circle. Each person puts their left arm underneath the right arm of the person on their left. One group member then starts a pulse going round the circle. They tap the floor once with their hand. This continues round the circle. If the person gives two taps instead of one the direction of the pulse is reversed. If anyone taps out of turn or forgets to tap they lose the hand that made the mistake, giving them in effect two lives (once they lose both hands they are then out of the game). When playing with a big group to complicate the game further, try to add more than one pulse in the circle at the same time.

## **MONKEY FOOTBALL**

Minimum Group Size: 10

Equipment Requirements: Soft play ball

The team all stand in a circle with their legs apart and feet touching the feet of the people either side of them. Each person bends forward and has to defend the space between their legs. This is their 'goal'. A ball is added to the circle and everyone must try to push the ball through the other participant's legs, whilst defending their own goal. If the ball passes between your legs, you lose a life and you can only defend your goal with one hand. If another life is lost, you lose both hands. When a third life is lost you have turn round with your back to the circle and defend looking through your legs. Fourth life lost you go down to backwards with only one hand, then no hands then finally you are out. Last man in is the winner.

## **BUY ME A MONKEY**

Minimum Group Size: 10

Equipment Requirements: None

The group makes a circle. Two participants are chosen to stand in the centre of it. One of them is acting as a monkey the other is trying to sell the monkey. They walk up to someone in the circle and the seller says '*would you like to buy my monkey?*' The person in the circle answers by saying '*what can your monkey do?*' The seller says something the monkey can do and the monkey demonstrates. If the person laughs then they become the monkey and the monkey becomes the seller. If they hold a straight face, the pair must try to sell the monkey to someone else in the circle instead.

## **EVOLUTION**

Minimum Group Size: 8

Equipment Requirements: None

Group members wobble round as eggs. The eggs must meet another egg and play rock, paper, scissors. The winner of the match up then evolves into a chicken and the loser stays an egg. Chickens then have to find another chicken to play, the winner then moves up the ladder to being a Prince/princess, then a king or queen, then a champion. The loser always goes back to being an egg.

*Rock kills scissors by blunting them*

*Paper kills the rock by wrapping around it*

*Scissors kill paper by cutting it*

## **Games Guide**

This is Volume 1 of our 'Activities for Children Made Simple' eBook. This volume contains 50 Warm-Up Games, Ice Breakers and Filler Games to add an extra dimension to your group sessions. This eBook has been created as a free activity resource for Schools and groups and is ideal for anyone that teaches children that is seeking ideas to expand their knowledge base.

If you have found this eBook helpful, please forward to your colleagues, friends or anyone else you feel with find this eBook of use. We appreciate all feedback, so if you have any comments then please contact us.

If you would like to receive our weekly newsletter direct to your inbox that contains a new Team Building challenge in each edition, then please contact us on: [ventureteambuilding@yahoo.co.uk](mailto:ventureteambuilding@yahoo.co.uk)

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Activities for Children Made Simple: Games Guide (eBook Web Version)

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Contact the author/s on: [ventureteambuilding@yahoo.co.uk](mailto:ventureteambuilding@yahoo.co.uk)