

# BACK POCKET GAMES

## All on One Side (cooperative)

Your whole team starts on one side of a volleyball net with no one on the other side. The object is to get your team to the other side of the net and back as many times as possible. Using a balloon for a ball, each player volleys the balloon to another player and then scoots under the net to the other side. The last player to touch the balloon taps it over the net and scoots under. The receiving players try to keep the balloon in play and repeat the process.

## Back to Back (active/back pocket game)

Players stand about by pairs, except one player who is it. When it calls, "Back to back!" the players must back up to a partner. When it calls "Face to Face!" these partners must face each other and shake hands. On the next call "Back to back!" and each time here after, all players must change partners. It tries to get a partner during the change. The player left out becomes it.

## 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.

## Blanket Toss (active/cooperative)

Equipment: Blanket and waterballoon All players should be standing around the blanket holding an edge. The leader of the game will launch (by catapult or throwing) waterballoons into the air. The object of the game is to catch the waterballoons in the blanket.

## Buzz (circle/passive/backpocket)

The players start counting substituting buzz for the number seven and multiples of seven. If a player makes a mistake he must drop out or the whole group must start again.

## 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, eager to lash to the right and left in order to escape the head. Until the signal GO is given, the dragon must be a straight line. 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.

### 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

### 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.

### Fight for My Attention (drama/passive)

Two people are challenged to come up to the front of the room and the audience then chooses a topic. The two people must talk about that topic for one minute in front of the crowd, BUT they are both talking about the topic AT THE SAME TIME! The audience must then vote on which person held their attention for longer.

### Good Morning Captain (passive)

The captain sits slightly apart from the group and is blindfolded. The leader indicates a player who says "Good Morning Captain!" The captain tries to name the speaker. If he responds "I said good morning captain!" If the captain correctly identifies the speaker he retains his position. If not the player becomes the new captain. Players should try to disguise their voices.

### Guard the Pin (active)

Equipment: ball and pin

Everyone stands in the circle facing in. A 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.

### Guess Who (moderate/icebreaker)

Equipment: pieces of paper with names on them, tape Each player needs a name taped to their back. The object of the game is to figure out who you are. Everyone goes around and asks the other players questions. The players can only answer yes or no.

This game is great when a theme is incorporated. (ex. cartoon characters, book characters )

## H

### Hazoo (passive)

Choose someone to be it and divide the group into 2 parallel lines. The person who is it has to walk down the column without laughing or smiling. The rest of the people, try to make the person laugh without touching them. This game can also be done in a circle and the person in the centre can be put in the hot seat. Specific questions can be asked and if successful they become the Grand Pooba.

## I

### 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.

## J

### 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.

### Juggling (Group) (cooperative/circle/moderate)

Players stand in a circle, hands in the air. The leader throws the ball to a player on the other side of the circle. The player throws the ball to a third and so on. When a player has caught the ball once, he puts his arms down. The last player to catch the ball throws it back to the leader and the game starts over again only faster. A 2nd, 3rd, and 4th ball is added.

## K

### Keep it up (cooperative/circle/moderate)

See "Juggling (group)      Kick it Up (cooperative/circle)

Equipment: ball      Players start in a circle with their feet towards the middle. A ball is put in the center and the players have to keep the ball up in the air with their feet. If the ball is dropped, it is a point against themselves.

### Knots (moderate/circle/cooperative)

Groups of eight stand in a circle facing into the center. Shake hands with person directly across from you, then join left hands with a different person in the group. Must untangle the human knot without letting go of hands.

## L

### Ladders (active)

Two lines are formed, facing each other. Sit down, legs straight out, feet just touching. Each pair is numbered or given a name. When a name or number is called, the two jump up, run over the legs of the other pairs in one direction, then run outside until they get to the opposite end of the line and then continue to run over the legs of the other pairs until they get back to their original place in line. The first person back to their original position gets a point for their team.

### Leader (circle)

The children all sit in a large circle. A person is picked to be it. He leaves the room or sits with his back to the circle. The group then decides on a leader who is to start a motion in which all the children copy. The motion can be anything at all, and the person who is it, comes in to find the leader of the motion. The leader changes the motion from time to time and the person who is it has three guesses to determine who the leader is. If 'it' guesses correctly then the leader becomes 'it'. If 'it' does not guess correctly a new game is started by choosing a new 'it'.

## M

### Machines (cooperative/drama)

Groups of 6-10 must create a moving machine by miming it all together, (each person is a part of the machine). Others must try to guess what the machine is. No talking or noises are allowed.

### Musical Roper/Hoops

Equipment: music This game is similar to musical chairs, but does not eliminate anybody. Scatter a number of hoops and ropes around the area in which you are playing the game. The number of ropes or hoops will vary with the number of people playing. Play music loud enough for everyone to hear and instruct them to move around (hop, skip, backwards, run etc.) When the music is stopped, the group must be holding onto one of the ropes or hoops. Each time the music stops you remove one hoop or rope until everyone is holding onto or standing inside one.

## **N**

### Numbers (circle / passive)

The leader has a bunch of sticks. The leader then throws down the sticks and asks, "How many sticks are there?" This number depends on the number of fingers the leader shows not the number of sticks.

### No See Em's (icebreaker)

Equipment: tarp and blanket Group is divided in half (no, not each of them!). Leaders hold up a tarp so that the two groups are unable to see each other (hence the name no see em's). One person from each group crawls up to the tarp and puts their nose up to it. The leaders drop the tarp and the two people must shout out the other person's name. The person who says the correct name first takes the other person to their team.

## **O**

### Objectification (drama)

Give them the names of objects that they must act out. Each person in the group must be a part of the object and they cannot act as a person. So for example, if the object was a lawn mower. 2 people might work together to be the mower and those left over could be the grass. No one would be a person pushing the lawn mower. The groups then present them and the other groups must guess what the objects are.

### 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.

## P

### People to People (moderate)

This is a good way to divide campers into groups in an interesting way. The campers should mingle while snapping and saying, "people to people". The leader will call out commands like, "back to back" or "knee to knee". The leader can also throw in group commands like, "a group that uses the same toothpaste" or "same colour eyes". Be creative!

### Pip, Squeek and Wilbur (active)

Equipment: 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.

### Pompadour (cooperative/icebreaker)

Equipment: Name tags      Players must find another player with at least four letters in their name that are the same. Join hands. Idea is for the entire group to be joined at the end of the game.

### 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

These are only a few examples of movements. Feel free to add your own. Children are eliminated from the game after each order given by the Captain. The last to obey are counted as out.

### Prisoner's Base (active)

There are 2 teams, each with its own home base. Also mark out a prison - both teams will use it. The members of each team links hands, stretching out from their home bases. The last person in the chain (the one farthest from the base) breaks away and runs into the field. Then the last link on the opposite team's chain breaks away and chases them. While that chase goes on., the players continue to break from their team's chain and pair off with a member of the opposite team. In this way, each chaser has a particular player they must tag. When a player is tagged, they go to prison and their captor stands on guard. The prisoner can be released only if a member of their own team runs through the prison and tags any would-be rescuer. If several players of the same team are in prison, they may call out "ELECTRICITY!" and join hands, stretching a chain out and away from the prison boundaries. A teammate may touch the last person in the chain and release all the prisoners. The game is finished when all the members of the first team are captured.

OR

Each game began with one person, usually the youngest and smallest player from each team, being a prisoner. The object was for each team to free its captured members. There were three lines drawn across the vacant lot: a centre line and each team's end line. The "prisons" were on opposite corners of the lot. Team A's prison line was in the south east corner of the lot; Team B's prison line was in the north west corner of the lot. The prisoner had to have one foot on the opposing team's endline. He/she would stand at right angles to the captor's prison line with his/her legs spread apart and arm extended. As the team members ran across the centre line to touch their team member's hand to free their captured team member, the opposing team would try to catch them. The centre line was the safety line. You were safe only if you were on your side of the vacant lot. If a player was tagged by a member of the opposite team while he/she was across the centre line, he/she also became a prisoner and was taken to the corner of the lot and put in prison. The most recently captured team member had to go to the back of the prisoner line with his/her foot on the captors' end line and the previously captured prisoners would move up closer to the centre line. A player could only free one prisoner at a time. After a prisoner was freed, the liberator and the freed prisoner had to run all the way to the other end of the vacant lot, without being re-captured, and cross the end line before they could go and free a new prisoner. Contributed by Fred Reekie

### Pruie (moderate)

Everyone walks around with their eyes closed in a small space. When you bump into someone say "pruie?" If they say "pruie?" back to you then they are not the person you are looking for and you continue looking amongst the crowd. The referee has whispered to one person, telling him that he is the "Pruie". The pruie does not have to close their eyes and if someone bumps into them and asks "pruie?" they do not respond. This is your clue to join onto their hand and open your eyes. The fun comes when there is only one person left to find the Pruie!

Q

## Quack (icebreaker)

This game is played in the same formation as jamaquacks. The group forms a circle and about six players are chosen to go into the middle of the circle, where they bend over and grab their ankles, and walk around backwards. If they bump another player then they must introduce themselves by sticking their head between their legs and shaking the other player's hand.

## R

### Races (very active)

Cartwheel races - self explanatory

Consecutive Jumps - everyone jumps in predetermined fashion.

Newspaper Race - Two newspaper sheets required per player. Each player must race to the turning point and back, stepping only on his newspapers. He steps on one, lays the other in front of him steps on it, moves the first forward, and steps on it and so on.

No hand get up - Players run to turning point, stop, lie down on their backs, fold hands across chest and get up without moving their arms, and run back to finish line.

Skip and Through - Children stand in partners in a double circle. The partners skip around the circle. On signal, inside person stops, folds arms and puts legs apart. The outside person runs around the circle, goes through partner's tunnel and sits cross-legged on the inside of the circle.

Spider Race - Team formation, Players #1 stand facing the goal. Player #2 stands beside him, with his back to the goal. The two players link elbows and on the signal, the pair run to the goal and back. One person runs backward each time. The rest of the players repeat the same action until every person has a turn.

Toe and heel (circle) - Runner advances by placing one foot in front of the other so that the heel of the advancing foot touches the toes of the hind foot. Great for small places

Wheel Barrow Race - Partners assume the Wheel barrow and pusher position and on the signal advance to the turning point where they change positions and return to the starting line.

### Relays

Animal Relay - The players form two lines with equal numbers on each team. The first animal on each team is an animal, the second a different animal. On the word "go", the first person acts like the animal they represent, run, hop or crawl to a given place and back. The next person then acts like their animals and so on until one team is finished and sitting down. Use animals such as kangaroos, bunnies, dogs, cats etc...

Bean Bag Relays - Walk/run/hop with bag on head/between knees/between feet.

Ball of String Relay- The players should be in two teams standing in two circles with a ball of string. The captain holds one end, while the ball is passed rapidly from hand to hand until it is unwound. It is then passed back and rewound.

Car Relay - Have teams line up and each person in the team has a certain action to do ie. First person in each group is a flat tire and hops on one foot. Second person is a broken steering wheel and runs zig-zag. The third person is a rusty transmission and takes three steps forward and two backwards. Fourth person is stuck in reverse and runs backwards. Fifth and sixth people are a car with a trailer one runs behind the other grabbing on.

Corner Spry Relay - Teams arrange themselves in lines at the four corners of the playing space. Each team has a captain. The four captains stand in the centre, facing their teams. Each team has one beanbag, ball, or even an apple. The Captain throws the bean bag to each player on his team in turn. The players toss it back. As the captain throws to the last he calls "corner spry" and runs to the head of the line. The last player in the line rushes to the centre and begins to throw the bean bag. This continues until the captain is back in the centre with the bean bag.

Jumpball Relay - Teams line up with team members behind their team captains in file formation. At a distance of about 10 yards are placed play balls. One for each one on another straight line. On the word GO, the first member of each team runs to his team's ball and places it between his ankles. The next person then runs back to the far line, places the ball between his feet and hops back. If the ball is dropped, the player must return to the line and start over. The first team finished and sitting down is the winner.

Leap Frog - Well..... You know.

Obstacle Relay - Players run the course from the head of the team to the turning point and back to the head of the team performing along the course of the run three or more stunts, with or without apparatus. The use of hoops, skipping ropes, Indian clubs, mats, low vaulting boxes, basketball hoops, or what-have-you offer an almost endless selection of obstacles.

Over and Under - Team assumes astride position and all bend over and place their hands on their knees. The rear man of the team is runner No. 1. He must leap frog the first man in front of him, crawl under the legs of the second, leap the third and so on the front of the team.

Paul Revere Relay - Divide children into teams of 6 -12. Place teams in column 20 feet or more apart, the back man being the latest and the most active on the team.

On the work "go" he dashes forward and jumps pick-a-back on number 2, who dashes forward to #3 and the transfer of the light rider must be made. The rider must not touch the ground. First team to have their rider reach the beginning of the line wins.

Stunt Relay - In stunt relays, the runners advance to the turning point, stop, perform a stunt and return to tag the next runner on their team. There is hardly and end to the number of stunts which can be performed.

Tunnel Relay - All members in the team stand astride. Runners must first crawl under the legs of all players in the team, run forward to the turning point and return to tag the next man of the team who does the same.

Wiggle Worm Relay- Form relay lines. Everyone in each line puts their left hand between their legs and the person behind, then signals to grab them from behind with their right hand. Then they run at a given signal to the other end of the playing area and back. The first team to return 'intact' wins!

#### Romeo and Juliet (active)

First, everyone chooses a partner, If someone is left over he or she can be your 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.

#### Row Ball (active)

Equipment: ball The players should be split into 2 groups. Each team should sit with their legs extended in a row. The teams should be facing opposite directions and should be about a meter apart. The object of the game is to hit the ball out the end of the row in the direction that your team is facing. The players can only use their inside arm and the ball should be on the ground at all times.

#### Run Sheep Run (active)

Group is divided in half (no not each of them). One group is the sheep and the other group is the foxes. The sheep are the hiding group and the foxes are the hunting group. A home base and boundaries must be designated before the game begins. The sheep elect a group leader. The whole group then goes and hides, as a group, they must stay together. The foxes may not look while the sheep are hiding. The group leader from the

sheep goes back to the foxes and tells them that the group is ready. The foxes then hunt for the sheep, as a group, they must stay together. The group leader from the sheep stays with the foxes and when the foxes are not near the sheep OR the home base, the leader shouts out "Run sheep Run!!" The object of the game is for the sheep to make it back to the home base before the foxes do. If they succeed then they get to be the sheep again.

### Running bases

There are two "bases" which could be anything including just two squares on the sidewalk. Three people minimum, probably 5 max but there could be more than one game going on at once....basically two people had mits and are basemen they throw the ball back and forth and the "runner" runs back and forth daring the catchers to tag them out. This went on indefinitely until the runner got tagged out three times and had to become a thrower. The person who tagged the third time became the runner.

Contributed by Kristel

### Rutabaga Rutabaga! (circle/passive)

Each player is given the name of a veggie. The main rule of this game is that you are not allowed to show your teeth at all. Your lips must always be covering them. You then must say the name of your vegetable and the name of another person's vegetable. That person then must say the same thing. If you make a mistake or show your teeth in any way at all then you are out.

## **S**

### Scavenger Hunt

Equipment: pencils, lists, paper bags

This is a great activity. Make sure to send campers in groups. You might want them holding onto a rope to ensure that they stay together and everyone is participating. Make your hunt challenging. Ask for a mouthful of water, something fuzzy - BE CREATIVE !!!

### Shadow Tracks (passive)

Equipment: A box of chalk and a clock. Players must become private eyes as they follow the mysterious movements of the "Shadow." The shadow has been accused of slowly travelling up and down the sides of the buildings and creeping across playgrounds and yards. Collection substantial evidence requires an all-day stakeout and should be planned as a supplement to other investigations. For this project you will need the sun, a shadow to trace - such as that of a tree, flagpole, or building- and a paved surface on which to draw with chalk. Give each player a piece of chalk. Start the investigation first thing in the morning. At first, shadows will be stretched out and long. Have players trace whatever shadow is cast on the pavement. Allegedly, shadows get

shorter because the sun gets higher in the sky. Private eyes will have to check this out every hour by tracing the shadow and checking the sun's position. As detectives keep tabs on the sun's route, they might notice the shadows shrinking to almost nothing by midday and the reversing their position to grow again.

#### Shoe Twister (cooperative/circle/moderate)

Everyone takes off one shoe and puts it in the centre of the circle. Everyone joins hands. On "Go", everyone gets a shoe from centre and finds the person who owns it, and puts it back on that person without letting go of hands of people beside them.

#### Siamese Soccer (active/coop)

Set up for a regular game of soccer. The only modification is that two people are tied together by the ankles. For more variety add two balls so everyone is active.

#### Sign Your Name if You Can (passive)

Fasten a sheet of paper to a wall. Players take turns. With a pencil in hand, standing in front of the paper, he starts to swing his left leg in a circle. Doing this, he tries to write his name on the paper. And tries and tries ...

#### Spud (active)

Equipment: Ball     Throw the ball up in the air and call a number. Ask number 1 is called, if he catches the ball he calls another number. (Each player has been given his own number.) If he doesn't catch the ball he calls "FREEZE" and takes three giant steps and tries to hit a person with the ball below the waist. If he hits the person then they get a point against them and get to call a new number. If the player misses the person he is trying to hit then he gets a point against him and has to throw the ball up.

#### Stand in a line (moderate)

Players are divided into teams. They close their eyes or cannot speak. They form lines according to height, dates of birth, or alphabetically according to their first names.

#### Stealing Sticks (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.

Stickup also known as Sticky Fingers (active)

Select one player to be Sticky fingers. Start the game by saying " This is a stick up!" as players scatter around the playground. When Sticky fingers tags a player, the tagged player must place a hand on the place touched while still continuing to run. As more and more players become stuck on themselves, sticky fingers has a better chance to totally immobilize one player. Usually when both hands of a player are stuck, the third touch stick him or her with being the next Sticky Fingers.

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.

**T**

TAG (active)

Arch Tag The children are in a circle. One couple forms an arch. Circle rotates through the arch. On signal, circle stops and arch traps someone. The person trapped goes in centre and waits for another person to be caught. Then they form a second arch. The last person caught is the winner.

Ball Tag Equipment: Ball Like simple tag, but you run with ball, and must throw it at the person and hit them below the waist to tag them. If a person is hit then he becomes IT.

Catch one Catch all One player is chosen as IT. When IT tags another player that other player also becomes IT. ITS must keep an arm raised overhead so that they may be identified.

Colour Tag Scatter - Leader calls a colour. If you are wearing that colour you are It and proceed to tag other children. If a child is tagged he must walk in a crab walk until a new colour is called.

Elbow Tag (circle) Partners stand scattered over play area, inside arms linked, outside hand on hip. Runner reaches safety by hooking on to an arm, thus securing a partner. The other partner must drop off to be chased. If caught before reaching safety, then the runner becomes IT. If the runner is constantly evading the chaser, the supervisor can call "Switch!" which means that now the runner is the chaser.

This game can also be played in a more confined circular area with a very large group. The IT is in the middle of the circle along with the person being chased. In order for the person to avoid being caught he may link elbows with someone forming the circle. The runner is now on the other side of the person with whom the old runner linked elbows. Epidemic Tag See "Sticky Fingers"

**Follow Tag** Ask all players to find a partner. One person in each pair is the "leader" and the other is the "follower". The follower must follow as closely as possible (without touching) the leader. The instructor may control the form of locomotion by asking them to skip, walk, run, hop, etc. or the leader may be given the option of choosing or changing the form of locomotion as he chooses with the follower being obligated to do the same as the leader. The leader tries to make it difficult for the follower to follow. And it's always fun to stop abruptly.

**Frozen Tag** Children scatter in a designated area of the park. Two children are IT. When the others are touched by IT, they freeze. A frozen person may become unfrozen by one of the other children crawling through his legs. The object is to try to unfreeze people as fast as they are frozen. If you are frozen 3 times then you also become an IT.

**Follow Tag** Ask all players to find a partner. One person in each pair is the "leader" and the other is the "follower". The follower must follow as closely as possible (without Touching) the leader. The instructor may control the form of locomotion by asking them to skip, walk, run, hop, etc. or the leader may be given the option of choosing or changing the form of locomotion he chooses with the follower being obligated to do the same as the leader. The leader tries to make it difficult for the follower to follow. And its always fun to stop abruptly!

**Hip** One player is IT. Any player that IT tags becomes IT's helper. The Helpers must try to catch those not yet caught and hold them until IT can come to tag them. They signal to IT that they are holding someone by calling "HIP! HIP!"

**Hug Tag** A player is safe from being tagged only when they are hugging another player. For more hugging, propose that only three children hugging are safe, then four, then five.....

**Imitation Tag** Simple tag but with the manner of locomotion set by the chaser. The chaser may change his manner of running to hopping, skipping, crawling, crab walking etc. and all players must imitate his style.

**Immunity Tag** There is a number of variations of this game, however the general structure is as follows: Play is the same as simple tag except that those that are being chased can make themselves immune by doing some predetermined activity which gives them immunity. Beginner gymnasts for example may be able to make themselves immune by balancing on one foot. For more advanced gymnasts it may be doing a handstand. IT is not permitted to guard the immune person, for example waiting until the person comes down from the handstand. NB. you can only be immune 3 times then you are IT.

**Jump The Shot** One person in the centre swings a long rope in a circle while holding it low, this person may vary the speed he swings it. Everyone must jump over it to stay in the game. When touched by the rope that person must drop out of the circle.

**Line Tag** This is played on a gym floor or similar area on which lines are marked. The game continues as simple tag with the restriction that chaser and chased must run on the lines. To go off the line means you become an IT.

**Mount Tag** A man to be safe must be mounted on the back of another player. Then both horse and rider are safe. **Partner Tag** Divide the group into pairs. Partners decide who will be it and who will be the runner. When the leader says "Go", partners begin to run around, then its trying to tag the runners. When a partner tags the other, they switch roles.

### Serpent Tag

Four players link their arms together forming a chain, these people are the serpent. The serpent runs around and tries to catch as many players at one time as it can by forming a circle around them. As soon as one or more of the players is circled by the serpent, they must link arms with the others in the serpent and help capture the remaining players.

### Shadow Tag

One player is chosen to be it. The object of the game is for the person who is it to try and tag another player by stepping on his or her shadow. Define boundaries. When the person who is it steps on someone's shadow, he or she shouts "Sun Tag!". The player whose shadow was tagged becomes the next person to be IT, but that player must stand still for three counts before chasing the shadows.

### Spoke Tag

A bicycle wheel picture is drawn or taped to the floor, the players are not allowed to move off of the spokes, and the IT must also move on the spokes. When a player is tagged, they become IT. There is also a ball that may be thrown around amongst the players, when a player has the ball, they are safe from IT. **Triangle Tag** The group needs to be split into groups of four. Three people hold hands. One player in the triangle is chosen to be chased. The person who is not in the circle is "it" and chases the person. The other two people are the chased person's shield. Keep changing roles.

**Piggyback Tag** Play is same as simple tag but players are in pairs with one mounted on the other's back.

**Simple Tag** Players are free to run anywhere they wish. One player (or more if desired) chases the other players. If he succeeds in tagging a player the tagged player becomes the chaser and the game continues without interruption. **Rhythm Tag** While the music plays (or the leader sings), campers walk around the area. When the music stops, the players should stop moving. Without taking a step, the players must try to tag another player. Two people can not tag each other, therefore the first tag counts. All the players that were tagged must make another movement when the music starts

again. (hopping, crawling etc) Each time the music stops, those previously tagged try to tag those who have not been tagged. Walkers may also try to tag each other. The winner is the last walker remaining untagged.

### Tent Erection (cooperative)

Equipment: tents, blindfolds    Object: To erect a tent within a given time period to house all members of the group.    Rules: All members but two are blindfolded. Seeing people may not move, nor may they call people by their proper names. Considerations: Tent must be large enough to house all members of the group. Different types of tents within the same bag makes for added confusion and laughs. Setting: "A new type of bomb has been dropped blinding all the people in the world except for 2 - you and you - unfortunately these 2 people are paralyzed. You can all regain your sight and movement by getting into these super special tents within a short time. Once inside don't touch the walls! Time is short and of essence! Go!!

### Things Aren't What They Seem (passive)

Equipment: Several household articles - cutlery, hair pins, plastic jewellery etc.    Each child must choose an object, study and make up a story about it. The story must not be typical of the object, but must be a new and different use for it. Example, (Hairbrush) this may look like a hairbrush but what it really is a toothbrush for a giant. Since there are no giants left in the world and haven't been for some time, there are very few of these toothbrushes remaining.

### Thrill of a Lifetime (cooperative/passive)

This is a fantasy game that makes the whole group work together to achieve a common role. Each person is asked to write down their "thrill of a lifetime" on a piece of paper and place it in a bowl or a hat. Draw one or more of these papers (depending on time) and challenge the group to create this "thrill of a lifetime" within a certain time limit. This activity also uses the creative time limit.

### 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.

### Twelve feet off the Ground (cooperative)

Object is to get the whole group 12 feet off the ground. Timed event, easy solution is to lift 12 feet off the ground.

## **U**

Ultimate Frisbee (active) This game is a modification of football. 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 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. For older campers, make sure you use the rule that you may only catch the foxtail by its tail and not the ball. Younger campers 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.

**V**

Viking (circle/passive)

All of the players sit in a circle. One person starts as the viking by putting their fingers at their side of their head like horns on their hat. This viking passes the role of being a viking by pointing their horns at someone. If you are pointed at, you become a viking (horns and all) and the person on the right has to start paddling to the right and the person on the left has to start paddling on the left. The last person of the threesome to assume their position is out. The rest of the players slap their legs during the game in a constant rhythm.

**W**

Wacky Walkers (active)

Equipment: A frisbee or a paper plate for each pair of players. Divide group into pairs. Give each pair 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's Missing? (passive)

Have a tray with a number of different objects (ie. pens, crayons, scissors etc...). Have the children study it for 30 seconds, then cover it up and remove one article. Rearrange the objects, and show it to the children again. The first child to guess what is missing gets to organize the tray for the next time.

### Who am I? (moderate/icebreaker)

Each person has pinned on his back a picture or name of a famous person. By asking questions to the other people that can be only answered "yes" or "no", he must figure out who is on his back.

### Z

Zip Zap (passive) It points to a person in the circle repeating the word "zip" or "zap" and counting to five. If they say "zip" the person must reply with the name of the person on his right, "zap" he must reply with the name on his left. If he is wrong then he goes into the centre of the circle.

### Zoom Schwartz Pifigliano (passive) \*\*\*for older campers

Players sit in a circle on the ground. The first person starts by looking at someone and saying Zoom. That person may then look at someone else and say Zoom. Whenever you say Zoom, you look at the person who you are Zooming. If you want to send the Zoom back to the same person, you must say Schwartz, but you may not look at the person. That person then has the option of Zooming it to a new player. However, if the player wants to get the same person back again then they must say Pifigliano. It is a pure concentration game and a lot of fun, but do not expect campers to get it the first time they play it.