

Game/Description	Suggested Time	Equipment
<p><b>Bite Yer Legs:</b> Avoid getting hit by the rope/foam ring.</p> <p>As young people arrive invite them to join a circle of people. Game leader is in the centre with a rope, slowly swinging it around him. As young people get hit, they are eliminated from the circle.</p> <p>The person with the fewest hits from the rope at the end wins.</p>	6 minutes	Rope with a knot/foam ring tied in the end.
<p><b>Vicious Circles:</b> find a circle to stand on when the music stops.</p> <p>Paper circles are scattered on the floor. As music plays young people are encouraged to move around the room and when it stops, they must find a circle to stand on.</p> <p>After each round a circle is removed and the others are rearranged. Anyone left without a circle must leave the game.</p>	5 minutes	Paper/Newspaper circles Music
<p><b>Powerball:</b> Score points by dropping balls into buckets.</p> <p>Set out buckets with one in the centre of the room and others grouped around it. (middle=10 points, others= 5)</p> <p>Identify four equal teams, allocating different coloured balls to each team. One player from each team plays each time, taking a ball from his team and attempting to place it in a bucket of his choice then returning to tag the next player.</p> <p>Leaders must 'patrol' the buckets, tagging players (who if tagged must return to their team with the ball. If the player drops the ball, or shoots and misses he must leave it and return to his team to tag the next player.</p>	4 minutes	Coloured plastic balls Buckets (5 for large group/ 3 or 4 for smaller group or room)
<p><b>Don't Squash me:</b> squash the other players' models.</p> <p>Everyone to make a model of themselves out of play doh. When completed, ask everyone to to hold out their model on an open hand.</p> <p>At the word 'go' players should try to squash other people's models, whilst trying to avoid having their own squashed.</p>	6 minutes	Play Doh

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<p>If a model is squashed, the player is out. If a model is knocked to the ground but remains intact, the player can pick it up and continue. The last player left with an intact model wins.</p>		
<p><b>Card Chaos:</b> throw playing cards so they land in the circle.</p> <p>Mark out a circle (roughly 2m diameter) on the floor.            Divide the group into 4 teams, each is given a suit from deck of cards and must stand approx 3m back from the circle.            At 'go' players begin to throw their cards, aiming for the circle. Once a card touches the floor it cannot be touched again.            When all cards have been thrown, the team with the most of their suit within the circle wins.</p>	5 minutes	Playing cards Chalk or Masking tape (to mark out the circle)
<p><b>Miss the Word:</b> guess the missing word.</p> <p>A headline is read out missing a word or phrase – young people must guess what's missing.            Prize is given to correct guesses</p>	5 minutes	Newspaper Headlines (the more obscure the better)
<p><b>Random Rumour Ruckus:</b> to demonstrate how rumours can be spread.</p> <p>Divide the group into 3 lines (teams) at the end of room.            Each team must start a rumour about one of the leaders using words from the pile at the other end of the room.            Working in relay, each team member must run to the other end of the room to pick a word.            At the end, they will have two minutes to rearrange their words into a coherent rumour.</p>	5 minutes	Cut out words from Newspapers/magazines or Fridge poetry etc.
<p><b>Sweet or Soaking:</b> win a prize and avoid getting wet.</p> <p>Stand the group in a circle, with a leader in the centre who has both a water pistol and some sweets.            Young people are challenged to take turns saying words that are connected to a category (e.g. Summer = sun, beach etc).            The leader in the centre has been provided with a list of 10 'trigger words' 5 of which allow those who say them to win a sweet. If any of the other 5 are said, the speaker gets squirted.</p>	5 minutes	Sweets Water gun

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<p><b>Revels Roulette:</b> avoid the coffee flavoured sweet.</p> <p>Stand in a circle. The first player takes a sweet from the bag and eats it. He must then say what flavour it was.</p> <p>If they get a coffee flavoured sweet, they are out. Continue until everyone has had a sweet.</p> <p>Next round – players must select a sweet for the person on their left. Continue as time allows/sweets are gone.</p>	5 minutes	Bag of Revels (* peanut allergies)
<p><b>Higher or Lower?:</b> learning when to risk and when to play safe.</p> <p>Split the group into two teams that must nominate a leader each.</p> <p>Line up 10 playing cards face down, turning the first face up.</p> <p>One team starts by guessing if the next card is higher or lower. If they get it right they continue along the line. When they get it wrong play passes to the other team.</p> <p>When it gets to the last card, the team to correctly guess wins a prize.</p>	6 minutes	Playing cards (make it clear at the start value of Aces etc)
<p><b>Extreme Laundrette:</b> get all the extreme sports equipment pegged to the line.</p> <p>Select two teams of three, giving them six pegs and a piece of string. Send them to areas which are equidistant from the middle of the room.</p> <p>Each team must choose a runner, whilst the other two hold the string like a washing line.</p> <p>At 'go' each runner must run to pick a picture from their pile and run back to peg it on their line. The first team to peg all their pictures to the line, including the helmet wins.</p>	6 minutes	String Pegs Pictures of Extreme sports' clothing/equipment – <i>spikes, parachute, life jacket, knee pads, trainers, gum guard, ice axe</i> (arranged in 2 piles) Helmet (to be placed in between the piles)
<p><b>FLEE!:</b> avoid getting hit.</p> <p>Everyone is assigned a number.</p> <p>Game leader throws the ball in the air and calls out a number. Everyone is free to flee except that number</p>	7 minutes	Ball

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<p>– they are to get hold of the ball asap and shout 'Freeze'. Then they try to hit someone with the ball (below the knee). When a person is hit they are assigned a letter (F,L,E or E) but if it's a miss, the thrower gets a letter. People are eliminated once they have collected all 4 letters. Start each round with a new thrower.</p>		
<p><b>Extreme All 4s Football:</b> score more goals than the other team.</p> <p>Divide the group into 2 teams to sit at either end of the room. Set up a goal at either end. The game is football but must be played on all fours. You can still only touch the ball with your feet. The team to score the most goals wins.</p>	5 minutes	A Soft Football Goal Markers
<p><b>Extreme Flamingo:</b> knock your opponent out of the circle.</p> <p>Mark a circle on the floor. Select two volunteers- these are your flamingo wrestlers. Players are to try to nudge each other out of the circle whilst standing on one leg. If a player leaves the circle or puts both feet down they lose.</p>	5 minutes	Rope/Chalk/Tape to mark circle.
<p><b>Who Are You?:</b> thinking about how they describe people.</p> <p>Each player has a post-it stuck to their forehead with a famous persons' name on. Everyone must identify their name by asking yes or no questions.</p>	5 minutes	Pre-prepared post-its
<p><b>Identi-feet:</b> identifying objects with your feet.</p> <p>Choose a volunteer who must take their shoes off and put a blindfold on. Place an object in front of them. They have 3 guesses to try and identify the object. Correct guesses win prizes.</p>	5 minutes	Objects – <i>fruit, vegetables, stationary etc.</i> Blindfolds
<p><b>Take Your Pick:</b> pick the best prize.</p> <p>Everyone must write their name on a small piece of paper which they then fold up and place in a hat. Names are drawn one by one from the hat and each person is asked a 'simple' question - “what day is it?” - If they get it right, they are offered a prize from the tray. Each person is praised if they win.</p>	5 minutes	Paper Assorted prizes – <i>sweets, toys, etc</i> <i>'Junk' – screwed up paper balls, used pens etc</i>

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Play continues until there is only junk left.		Pound coin disguised in a paper ball. Tray Hat/ Bowl.
<p><b>You Can't Handle It:</b> get the balloons to the other side of the room.</p> <p>Groups of 5. Explain that each group will be given 10 balloons and the must move them from one end of the room to the other without using their hands. They must then try and burst the balloons, without using their hands. If a balloon is dropped, it must be left. Winners are the team to get the most balloons moved.</p>	5 minutes	Balloons
<p><b>Hula Hoop for Hula Hoops:</b> who can hula hoop for the longest?</p> <p>For every second that each volunteer is able to keep hula-hooping they win a Hula-Hoop snack. The person with the longest time wins a bonus prize.</p>	5 minutes	Hula Hoops Hula Hoop snacks Stopwatch
<p><b>Hoopla:</b> land your ring on the bottle.</p> <p>Choose two players. Each has 3 rings to throw, aiming to land them over a bottle placed at the other end of the room. If no one gets a ring on the bottle, the person who gets closest wins.</p>	5 minutes	Throwing rings Bottle
<p><b>Balloon Beach Volleyball:</b> keep the balloon from touching the floor on your side.</p> <p>Divide the group into teams of 3. Two teams play at a time, each gets 3 attempts to get the balloon over the net and must not let the balloon touch the floor. If it does, the team whose side it lands on loses. The team that defeats the most opponents wins.</p>	5 minutes	Balloons Volleyball net/ line of chairs
<p><b>Pass the Bomb:</b> avoid getting wet.</p> <p>Divide the group into 2 lines, which must stand facing each other about 1m apart. Everyone in one line is</p>	5 minutes	Water balloons

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<p>given a water balloon and must pass it to the person standing opposite them. This person must throw it back and they take one step backwards for each successful throw. If the balloon is dropped but remains intact, they take a step forward.</p> <p>The winners are the pair that lasts the longest without dropping or bursting their balloon.</p>		
<p><b>Don't Bottle It: fill your team's bottle.</b></p> <p>Divide the group into 2 lines, assigning each team a leader who must lie at the other end of the room holding a water bottle on their forehead.</p> <p>Each team had a bucket of water next to them whilst each player is given a cup. Taking turns, players fill their cup with water and run down to their leader to pour their water into their bottle. The first team to fill their bottle wins.</p>	5 minutes	Bucket Water Cups
<p><b>Body Words: use your body to communicate.</b></p> <p>Teams of 4. The leader is going to call out a short word and each team must try and spell out the word using their body. The first team to spell out the word correctly wins a point – the team with the most point wins.</p>	5 minutes	
<p><b>Lego Men: show how good our bodies are.</b></p> <p>A volunteer is asked to perform an everyday task with the limited movement that a lego man has – e.g. making tea, brushing teeth, standing up from a chair...</p> <p>Prize for everyone who has a go.</p>	5 minutes	Assorted props (for everyday tasks) Lego man
<p><b>Barbie's Leap of Death: having fun with Barbie.</b></p> <p>Set up a see saw with the wood over the brick with Barbie on the end that rests on the floor. Place the</p>	5 minutes	Barbie doll Short piece of wood Brick

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<p>bucket about 6ft away. Each player must stamp on the end of the wood trying to catapult Barbie into the bucket.</p> <p>Those that get win a prize.</p>		Bucket
<p><b>Fitness First:</b> demonstrate how people become obsessed with fitness.</p> <p>Divide the group into 2 lines at one end of the room. Place 3 cones in a line about 2m apart in front of each team.</p> <p>In a race, each player must run to the first cone and do 3 push ups. They then run to the second cone and do 3 star jumps. Finally, at the third cone they do 3 sit ups before running back to their team.</p> <p>First team to complete the course wins.</p>	5 minutes	Cones
<p><b>All Important:</b> everyone is precious to God.</p> <p>Split into 2 teams at either end of the room. Explain that a leader will call out some body characteristics and each team must send the person who best fits that characteristic runs to the leader. The two people sent will then compete to see who fits the characteristic best, winning a point for their team.</p> <p>The team with the most points wins.</p>	5 minutes	Suggestions for characteristics: tallest longest legs fastest big hands smallest feet
<p><b>Balloon Craze:</b> test the groups honesty.</p> <p>Divide the group into 2 teams. Place a bucket at each end of the room and ask a team to stand by each bucket. At 'go' each team must try to burst as many balloons (from the centre of the room) as possible and place the remains in their bucket.</p> <p>Once all the balloons are burst, ask the teams to count their own balloons and then shout out their scores. Then check if the number adds up to the number of balloons you had originally.</p>	7 minutes	2 Buckets Lots of Balloons

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<p><b>Call My Bluff: can you tell when someone is lying?</b></p> <p>One leader will say an unusual word while 3 others will tell them what the word means, but only 1 definition is true. The group then individually decides who they think is telling the truth and stands by their choice.</p> <p>Once everyone has chosen, those standing with the bluffers will be sprayed with water.</p>	5 minutes	Definition sheet (session 8) Water Guns.
<p><b>Crows and Cranes: get moving!</b></p> <p>Divide the group into 2 lines in the centre of the room - one team 'Cranes' and the other 'Crows'. Explain that when you shout their team name, they must try to run to the wall on their side of the room whilst the other team tries to tag them.</p> <p>If more players reach the wall then are tagged then the runners win, if more are tagged, then the others win.</p> <p>Try using other 'cr' words to confuse the teams. If any players run the wrong way or respond to the wrong words then their team loses a point.</p>	6 minutes	
<p><b>Apple Bobbing: how easily can you fool people?</b></p> <p>Ask 2 volunteers to sit in front of a bowl of water each. They must get as many pieces of apple out of the bowl as they can, whilst blindfolded and using only their mouths. Give each round 2 minutes, with a prize for the winner.</p> <p>Repeat the game, but take all the pieces of apple out of the bowl after the player has been blindfolded – see how long it takes for them to realise they have been fooled. Give them both a prize.</p>	5 minutes	2 Bowls of Water Apples

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<p><b>Trust and Power:</b> experience what it is to trust and have power.</p> <p>Divide into 2 teams. All but one of the film will be blindfolded. Standing in a line with the sighted person at the front, they will lead their team through the obstacle by leading and calling out instructions to their team members.</p> <p>The team that takes the least time wins.</p>	6 minutes	Scarves/Blinfolds Various Obstacles (to be set up in a course before hand)
<p><b>Warm Up:</b> get moving!</p> <p>Ask everyone to stand at one end of the room. They must jog from one end of the room to the other while you shout instructions such as 'sprint', 'jog' or 'skip' as well as silly ones like 'limp', 'dance' or 'wriggle'.</p>	5 minutes	
<p><b>Heddit:</b> head or catch the ball at the right time.</p> <p>Stand in a circle with a leader in the middle. The leader is to throw the ball to people at random, if he shouts 'Head it' then the player must catch it. If he shouts 'Catch it' then the player must head it.</p> <p>If a player performs the wrong action, they're out. Play until one person is left.</p>	5 minutes	Soft ball
<p><b>Heads-up:</b> be the first to get the keys.</p> <p>Divide the group into 2 lines (3 or 4 if its a large group) holding hands with a leader holding some keys at one end and a chair at the other. You will toss a coin with only the 2 players nearest you watching the result. If it's heads then they must squeeze the hand of the person next to them which is then passed down the line and the last person must grab the keys when they feel their hand being squeezed and go to the top of the line. If it's tails, you must toss the coin again. Anyone who grabs the keys when they shouldn't must be penalised.</p> <p>The first team to all move down the line wins.</p>	5 minutes	Coin 2 sets of keys
<p><b>World Cup Callout:</b> score more goals than the other team.</p> <p>Divide the group into 2 lines at either side of the room. Ask them to shout out their countries and make a note of who is where.</p>	5 minutes	Ball Goals

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<p>Place a ball in the middle and a goal at either end of the room. You shout out 2 countries at a time who must get up and try to score in their opponent's goal.</p> <p>Keep a note of the scores to see who wins.</p>		
<p><b>Shoot-Out/Beat the Goalie:</b> survive the penalty shoot-out.</p> <p>Put a leader in a goal at one end of the room. Ask players one by one to take a penalty kick. If they score, they stay in for the next round, if they miss they're out. Last player wins.</p>	5 minutes	Ball Goal
<p><b>Move the Goalposts:</b> adjusting to sudden rule changes.</p> <p>Start a game of football with 2 teams (balanced in age, skill etc). When the game has run for 2 minutes, move a set of goalposts – see how the players react. After another minute or so, move the other set of posts. Continue to move the posts around, making changes more frequently – move the direction of play, add a goal which each team can score.</p>	5 minutes	Ball Goals
<p><b>Three Tribes:</b> catch members of the other team.</p> <p>Divide the group into 3 teams giving them stickers of different colours to identify who belongs to which tribe. Choose a team to be as 'catchers' who must eliminate as many players from the other teams as possible. After a few seconds, call out another colour to be catchers. Give the 3<sup>rd</sup> team longer as catchers as they are likely to have fewer players left.</p> <p>Repeat the process until there is only one team left.</p>	7 minutes	Coloured stickers
<p><b>Baby Change:</b> change the baby as quickly as possible.</p> <p>Set up a table in the centre of the room with a doll dressed in baby clothes on it. Also put a clean nappy and wet wipes out. Divide players into teams of 3 or 4, who will be asked to change the baby as quickly as possible. While they are doing this, the other teams will scream and squirt water pistols at them to emulate the way babies react to being changed.</p> <p>The team that changes the baby fastest wins.</p>	6 minutes	Dolls Nappies Wet Wipes Water pistols Stopwatch

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<p><b>Scene Change:</b> change the message of a scene by changing one detail.</p> <p>Get into a circle. Ask 2 volunteers to create a still scene – people on a bus, a fishing trip, a fight, a patient and doctor. The only rules is that they must be silent and must be a freeze frame.</p> <p>Explain that anyone can change the scene by tapping one of the actors on the shoulder and taking their place with a different pose which changes the message of the scene. e.g. someone going to hit someone else turns into shaking hands.</p> <p>Once an actor is replaced they rejoin the circle and anyone can replace an actor at any time.</p> <p>If ideas aren't coming encourage the leaders to join in, or change the scene.</p>	7 minutes	
<p><b>Kissing in the Dark:</b> who can kiss the bullseye?</p> <p>Divide into 2 lines that each face a bullseye. The first player must choose whether they will put on the lip balm or lipstick and be blindfolded. They are the spun around and must attempt to kiss the bullseye on the target, guided by their teams' shouts. Then they run back to their team to give the next player a go. The team who gets to 100 points 1<sup>st</sup> wins.</p>	5 minutes	2 Blindfolds 2 lipsticks 2 lip balms 2 Targets ( marked with points in the concentric circles – 10, 25, 50)
<p><b>Love at First Sight:</b> boys v. girls.</p> <p>Sit the teams down facing one another, as closely together as possible. Leaders should hold a sheet/blanket between the two teams as a curtain to hide the other team. A volunteer is chosen from each team who kneels facing the middle of the blanket on their side. When both teams are ready the</p>	5 minutes	Large blanket/sheet *make sure everyone knows everyone's name before you play.

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<p>leaders are to drop the blanket. The first player to shout the name of the other team's volunteer wins a point. Make sure everyone gets to play.</p>		
<p><b>Islands in the Stream:</b> a wind-up to catch people out.</p> <p>Explain that this is a romance test to see who loves who. Select 2 or 3 suitable volunteers of either sex. As each volunteer to pull out a hair and place it on the water on the tray – they should be spread around the edges and each volunteer should stand by their hair. At 'go' the players are to blow their hairs across the tray – if hairs touch it means that a deep romance will form between them ( or friendship if its members of the same sex).</p> <p>While the volunteers are blowing, splash each of them.</p>	5 minutes	Table Tray of water
<p><b>Gobble Mower:</b> work as a team to eat all the food.</p> <p>A wheelbarrow race with a difference – line up 4 plates, with a different food item on each across the room in front of each team. The person who is the wheelbarrow –'or mower'- must eat off each plate before moving on to the next. The first team to move across the room wins.</p>	5 minutes	Paper plates Fruit Sweets
<p><b>Swing Feeding:</b> co-operation.</p> <p>Divide the group into pairs standing shoulder to shoulder. Give one side the marshmallows on string – they put one of the marshmallows in their mouth. The aim is for them to swing the other end into their partners mouth without using their hands and staying in position.</p>	5 minutes	Thread Marshmallows
<p><b>Who Knows?:</b> how well do you know your friends?</p> <p>Ask everyone to write down a funny story or interesting fact about themselves that not everyone will know(and name) on a piece of paper. Place them in a hat/box. Read out the stories one by one and ask the group to guess whose it is. Correct answers win prizes.</p>	6 minutes	Paper Pens Hat/Box Prizes
<p><b>Are These Your Friends?:</b> get moving</p>	5 minutes	Chairs

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<p>Everyone sits on chairs in a circle – except one person standing in the middle. The standing person can walk up to any player and ask 'are these your friends?' to which the person on the chair must say yes or no. If they say yes then the 2 either side of them have to swap seats before the standing player gets them. If they say no then they can say who they friends are (e.g. my friends wear watched/socks/like red etc) and everyone that applies to swaps seat. Keep playing until most people have had a chance at being in the middle.</p>		
<p><b>Chair Take-away:</b> stay in position longer than the other team.</p> <p>Position 2 sets of 4 chairs into squares with the chairs all touching in the middle. Ask for 2 groups of 4 volunteers to sit on the chairs with the left side of their bodies against the back of the seat. Ask them to lean back onto each others knees and remove chairs one by one. Winners= those who stay in position longest.</p>	5 minutes	Chairs
<p><b>Spaghetti Hoopla:</b> transfer the spaghetti between bowls.</p> <p>Divide the group into 2 teams. Players run to the table and put a drinking straw in their mouth. They must use the drinking straw (hands behind backs) to hook 1 spaghetti hoop and move it to another dish. When they return, the next person goes. Winners = 1<sup>st</sup> team with 15 hoops in a dish.</p>	5 minutes	Spaghetti Hoops Straws Bowls
<p><b>One Strike and You're Out:</b> testing reactions.</p> <p>Circle game. Clapping out a 'We will rock you' rhythm they insert names after the clap to pass play to each other. eg. 1<sup>st</sup> player: 2 knee taps 1 clap Laura, 2 knee 1 clap Sam 2<sup>nd</sup> Player: 2 Knee taps 1 clap Sam, 2 Knee 1 clap Luke If someone gets it wrong or is out of rhythm they're out – you only get one chance! Nor mercy – no forgiveness.</p>	8 minutes	
<p><b>What's it Going to Be?:</b> how much would you be prepared to forgive.</p> <p>As you read out a scenario, the group must decide if they would be prepared to forgive or not. Once they</p>	5 minutes	Sheets of paper with 'yes' and 'no' to stick on the walls.

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<p>have decided they must run to the appropriate side of the room to indicate their answer.</p>		<p>Scenario Sheet (accompanying artwork)</p>
<p><b>Water Face: soak someone's face!</b></p> <p>Bend the piece of hose into a horseshoe shape and fill with half a mug of water. Choose 2 volunteers to hold either end of the hose, maintaining the shape. After a countdown they must blow as hard as they can down the hose. When one player runs out of breath the air pressure forces the water into their face.</p>	<p>6 minutes</p>	<p>Garden hose (75cm long, wide enough to fit a finger through) Water Towels to dry faces</p>
<p><b>Play-Doh Pictionary: make an item in play-doh.</b></p> <p>2 teams playing pictionary, but instead of drawing use play-doh to model the words out. Have 5 words ready, first team to guess all 5 wins.</p>	<p>5 minutes</p>	<p>Play-doh</p>
<p><b>Lean on Me: hold the position for a minute.</b></p> <p>Everyone stands in a circle facing one direction so they are looking at the back of the person in front. Next, everyone sits on the knees of the person behind them without the circle collapsing – see if they can hold it for 1 minute.</p>	<p>5 minutes</p>	
<p><b>Friends to Z: be the first to finish the list of words!</b></p> <p>Rough groups of 4, with 1 person elected as scribe. They must go through the alphabet writing a quality they look for in a friend or a role model beginning with each letter. Winners= 1<sup>st</sup> team to get a word for every letter of the alphabet.</p>	<p>5 minutes</p>	<p>Large sheets of paper Pens Prize (optional)</p>
<p><b>Skittle Battle: everyone needs protecting sometimes.</b></p> <p>Make a court similar to the size of a badminton court with a waist high barrier in the middle and 5 skittles set up like bowling pins at either end of the court. Divide the group into 2 and stand facing each other over the barrier. As you throw balls onto the court, the teams must attempting to knock over the skittles behind their opponents. Teams can arrange themselves as attackers and defenders but cannot stand in front of the skittles.</p>	<p>5 minutes</p>	<p>3 Soft balls 10 Skittles/plastic cups Chairs/Net</p>

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<p><b>Bit of Random Fun.</b></p> <p>Stand in a circle with a skipping rope in the middle. Get the leaders to spin the rope, players must take turns to jump over it. If they are caught they must sit down until the game is over (when one person – the winner – is left).</p>	5 minutes	A rope
<p><b>Deal or No Deal: try to win a good prize.</b></p> <p>Choose 3 volunteers, each must choose one of the bags as a prize. Each volunteer then has the opportunity to swap their bag for the last one before opening the bags. Encourage the others to shout out what they should do. Players open their chosen bags to receive their prizes.</p>	6 minutes	<p>4 numbered gift bags (2 with good prizes in, 2 with bad)</p> <p>- the game can be played with more volunteers depending on size of group.</p>
<p><b>Where's That Tub?: show the world isn't always fair.</b></p> <p>Ask for a pair of boys and a pair of girls. Blindfold the girls 1<sup>st</sup>, then the boys – but once the boys are blindfolded take off the girls' blindfolds. Lead the pairs to separate ends of the room, explain there is a large tub in the middle of the room which they must try and throw balls into. Say that no one can see it so its an ultimate test of awareness – the girls should win because they can see, if they are struggling move them closer. After a while, blindfold the girls again and get the boys to take off theirs first. Count the balls in the tub – girls win!</p>	5 minutes	<p>Large Tub Soft balls in 2 different colours Blindfolds</p>
<p><b>Scale It!: think about our opinions on certain topics.</b></p> <p>For this exercise one end of the room will represent 'strongly agree' while the other 'strongly disagree'. Begin with a simple statement, allowing the young people to individually decide where on the scale they'd like to stand according to how strongly they degree or disagree.</p>	6 minutes	<p>A list of statements around the theme of justice and poverty. e.g. “everyone should have free water” “everyone should be innocent until proven guilty”</p>

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<p><b>Auction:</b> help the group understand the uneven distribution of wealth.</p> <p>Ask the young people to take hold of their slips of paper. Hold an auction for the expensive items you have on screen, allowing the young people to bid for them. The young people can bid for any item but only up to the amount that is on their slip of paper. Some will have slips that mean they are unable to bid on any of the items – ask them how it felt not to be able to bid when others were. Is it fair?</p>	7 minutes	Slips of paper with amounts of money on – some really small other large. Laptop and Projector
<p><b>Scrap Ball:</b> see what it is like for those who don't have much to play with.</p> <p>Split the group into teams of 4/5 and set them a task to use the scrap materials to make a ball they can use in the game. In your group form a single-file line. At 'go' the ball must be passed over their heads then between their legs etc. As each player passes they must run to the back of the line. The winners are those to reach the opposite wall of the room.</p>	8 minutes	Lots of paper and Sticky tape and other scrap materials to make objects out of.
<p><b>Face Fit:</b> work together to find the right face to match the image.</p> <p>Divide into equal teams, give each a pair of scissors. They must find images to match whatever the leader calls out and get a designated runner to take the image to the leader – teams cannot use the same image twice. First to the leader gains a point.</p>	6 minutes	Magazines/ Newspapers/ Catalogues Scissors
<p><b>Crafty Card Chain Challenge:</b> work together to complete the challenge.</p> <p>Split the group into equal teams, giving them a pile of cards and sticky tape. They must work together to make the longest paper chain in the time limit. Suggest they organise the team to work quicker. Measure chains to find winners.</p>	5 minutes	Old greetings cards Sticky Tape Tape Measure
<p><b>Tag Along:</b> collect tags from the other team without losing yours!</p> <p>Split the group into equal teams, placing a team tag on each players' back. The first 2 teams position themselves in the playing area. 1 by 1 players are sent across the line to get tags off 2 of the other team and must return to their own side without losing their own tag. If they succeed they get 10 points, fail the other others get 5. Time each game to 3 minutes and bring the next teams up.</p>	10 minutes	Stickers/Tags Stuff to mark out court (with a centre line)

Game/Description	Suggested Time	Equipment
<p><b>The Brilliant Bashing Beat Bonanza:</b> identify songs by their rhythm.</p> <p>Divide group into equal teams. Teams take it in turns to perform a song using whatever they can find – one team member sets aside to guess what they are playing. Teams have 3 guesses before the other teams are allowed to guess. If the volunteer gets it right then 5 points are awarded, if the other teams guess they get 2 points.</p>	5 minutes	<p>Cutlery, boxes, bags, pans etc.</p> <p>Make a list of songs for the teams to perform, select current songs with easy beats.</p>
<p><b>The Querky Chocolate Conundrum:</b> identify makes of chocolate by taste.</p> <p>Sit equal teams around tables and blindfold them. Tell them they must identify the chocolate by taste and write down their guess at the end of each round. Have 7 or 8 rounds getting the teams to swap answer sheets at the end. The team with the most correct answers wins.</p> <p>*can be played with different soft drinks/crisps as well.</p>	5 minutes	<p>Blindfolds Bowls Chocolate bars (supermarket own, cheap brands, well known makes) divided into chunks to put into bowls before each round. Paper and Pens</p>
<p><b>TV Times:</b> avoid being tagged.</p> <p>A game of 'tag' or 'it' with a difference, when the person who is 'it' is about to tag you, you can suck and say the name of a TV show to avoid being tagged. However, you're stuck until another player frees you.</p>	5 minutes	
<p><b>Costume Drama:</b> get acting!</p> <p>Teams of 3-5 people – each group is given a genre of TV show which they must keep secret from the other groups. Place a pile of dressing up clothes in the middle of the room. The teams have 3 minutes to make a 1 minute sketch in the style of their genre that starts with the line “Mr Brown was on his way to the supermarket when...” using any of the props or clothes available. After the 3 minutes is up, each team must perform their sketch while the others guess their theme.</p>	8 minutes	<p>Dressing up clothes Props</p>
<p><b>Grandstand:</b> get moving!</p>	5 minutes	<p>Footballs</p>

Game/Description	Suggested Time	Equipment
<p>Divide into 2 teams. Explain that Grandstand was on every Saturday and showed a variety of sports. Then tell the 1<sup>st</sup> team they will take it in turns to complete the challenge course – dribble ball around cones, 10 skips on skipping rope, bounce tennis ball 10 times on racket, jump 2 hurdles then run back to team. Time the teams to see who is fastest.</p>		<p>Cones            Skipping ropes            Tennis balls and rackets            Chairs, Poles (for hurdles)</p> <p>*set up beforehand</p>
<p><b>Big Brother:</b> time to look silly in the style of a BB challenge.</p> <p>Choose 3 volunteers and place a plate of jelly in front of each. At 'go' they must try and eat the jelly as quickly as possible without using their hands. Give a prize to the winner.</p>	5 minutes	<p>Jellies            Plates</p>
<p><b>Top Gear:</b> get the best time around the track.</p> <p>4 volunteers -2boys, 2 girls. Give one boy and girl a space hopper each and have them stand back to back on the start/finish line. They must do a lap of the track in different directions and pass the hopper to the next contestant. 1<sup>st</sup> team to complete both laps wins.</p>	5 minutes	<p>Space hoppers            Masking tape (to mark out the track)</p>
<p><b>Gotta Do It:</b> introduce the theme of temptation.</p> <p>Divide into 4 teams – each have to choose a volunteer to start. The 1<sup>st</sup> team's player must try to answer questions without saying any of the forbidden words for 30 seconds at a time. However, they won't know which colour they can't say so have to avoid saying any. Teams take it in turns to compete with play following on to the next player until everyone has a go. Each player to survive to whole 30 seconds wins a point for their team.</p>	5 minutes	<p>Watch            Gotta Say It questions (accompanying artwork)</p>
<p><b>Some Like It Hot</b></p> <p>Ask for 3 volunteers. Announce that it's an endurance contest to see who can resist temptation. Volunteers are told to start putting on the layers provided. Once they have put everything on they must be helped into the sleeping bags and sat on the chairs provided. Position cups of ice drinks in front of each payer once they are sitting. Now add the hot water bottle on the outside of the sleeping bags – once this is</p>	5 minutes	<p>Over-sized clothing – T shirts, jumpers, coats, scarves, gloves, hats (more than one t shirt and jumper so players can layer up)            Sleeping bags</p>

Game/Description	Suggested Time	Equipment
<p>done the leader must start to time contestants. The leader can monitor the players while the next activity starts. The aim is to see how long the increasingly hot volunteers can resist their cold drinks.</p>		<p>Hot water bottles Stop Watch Chairs Ice cold drinks with extra ice</p>
<p><b>Bargain Central:</b> think before grabbing a bargain.</p> <p>4 equal teams. The teams race to arrange the items in order of cost with one person at a time placing the card on the far wall. The most expensive item on the left and cheapest on the right. Any player can rearrange the cards, with the final player having control to completely change the order. Read out the true order and the team who had it first wins. Bonus points for the team that guesses the closest price of the most expensive item.</p>	5 minutes	<p>Tables Chairs Sticky tack Bargain central items (accompanying artwork)</p>
<p><b>Bust a Move:</b> tempt everyone into relaxing.</p> <p>Divide into groups of 2 or 3. Ask them to listen to the music and say what they think about it. Remain silent while the beat starts and see if any of the young people will instinctively dance.</p>	2 minutes	Music
<p><b>What-R Rush:</b> enjoy the temptation to get messy and childlike.</p> <p>Outside on a slope, tell them they can go down the slide as fast as they want. Only one person can go down the slide at a time. Once they have reached the bottom they have to move out the way for the next person – no one can run down until the sheet is clear of people. Give marks for creative slides.</p>	10 minutes	<p>Hose, washing up liquid Tarpaulin Towels</p> <p>Spread the tarp on a slope and spread suds across it to make it slippery.</p>
<p><b>Only Ones a Winner:</b> who can be the last man standing?</p> <p>Each person has a piece of cloth to use as a tail and a card with another player's name on it. Players must sneak up on that person and take their tail. Once someone has taken your tail you must sit down and give them your card. Everyone hunts the person whose name is on their card. The last person standing wins.</p>	5 minutes	<p>Bands of cloth (for tails) Name cards</p>

Game/Description	Suggested Time	Equipment
<p><b>Alpha-beat:</b> recite the whole alphabet.</p> <p>Sit in a circle. The group has to recite the alphabet with their eyes closed with people calling out the letters in order with no previous system agreed. If 2 people call out at the same time, the alphabet must start again. See how far the group can get. Only give a prize if they make it to Z.</p>	5 minutes	
<p><b>Banana Face:</b> simple task can be tricky.</p> <p>3 Volunteers. Contestants place a knee high stocking over their head/face and are given a banana. Explain that they are in a race to see who can get the banana through the nylon first. Eating a banana suddenly becomes difficult. Give a prize to the winner.</p>	5 minutes	Bananas Stockings
<p><b>Lose to Win:</b> lose all your pegs.</p> <p>Everyone must peg 5 pegs all over themselves. The idea is to get rid of your own pegs by placing them on other players. You can only have one peg in your hand at a time and if you drop a peg you must pick it up. Once you've got rid of all your pegs you can sit down. They have 3 minutes to do this. Give prizes to the winners.</p>	5 minutes	Clothes pegs
<p><b>A Chance for Success:</b> show that everyone has the same chance.</p> <p>Stack 10 cups on a table in a triangle shape. The players come up 1 by 1 to take 2 throws at the stack. The aim is to knock as many off as possible. The player receives the same amount of skittles as the amount of cups they knock off.</p>	6 minutes	Cups Tennis balls Table Skittles (the sweets)
<p><b>Bucket Balance:</b> teamwork!</p> <p>Get a team of 8 people to lie in a circle with their legs in the air and a bucket in the middle being supported by their feet. All feet must be touching the bucket to start with. One by one, each player removes a foot, takes off a shoe and puts their foot back. Can they keep the bucket in the air while the whole team slowly takes their shoes off. It can be a race between teams or the bucket can be filled with water.</p>	5 minutes	Two buckets

Game/Description	Suggested Time	Equipment
<p><b>Save Them?:</b> demonstrate how difficult it is to save everyone.</p> <p>Groups of 4. Tell them they have 6 rolls of the dice to get all 4 of their team down the tracks to safety – a dot on the dice = one space on the tracks. Play the game – if things are going badly suggest they could try carrying players to safety – emphasis that it is their response to the challenge that is key to winning.</p>	5 minutes	Dice Tape – create a set of tracks with 9 squares as in a ladder.
<p><b>Ice Breaker:</b> work as a team to melt the ice.</p> <p>Divide into 3s or 4s, giving each group a block of ice on some plastic sheets or a washing up bowl. Explain that they must try to melt as much of the ice as possible in 5 minutes by breaking it, blowing, holding it in the hands etc. The group to melt ice 1<sup>st</sup> wins.</p>	7 minutes	Blocks of ice (or a uniform size) Washing up bowls/plastic sheets.
<p><b>The Great Drink Race:</b> be the first team to finish the drink!</p> <p>Divide into teams of 4 and place a bowl with 2 litres of juice for each at one end of the room. Give everyone a straw and explain that they must run a relay with each player running up to the bowl and drink as much as they can in 5 seconds. The first team to finish their drink wins.</p>	5 minutes	A large bowl Drinks Straws
<p><b>Hover Rod:</b> sometimes you need to work together to be successful.</p> <p>Place the rod on the floor and get the group to stand facing each other on either side of it. Ask them to hold their hands in gun shapes pointed at the person opposite. Tell them that you are going to place the rod across their fingers and they must keep their fingers touching it on the underneath side, keeping them straight. The object is for them to lower the rod to the ground and they have to work together to do it.</p>	5 minutes	Large tent pole or rod.
<p><b>Paper Chase:</b> work out the message.</p> <p>Divide the group into 2 teams, assigning them a colour each. Explain that there are lots of tiny pieces of paper hidden around the room that they must find and arrange like a puzzle to reveal a hidden message. The first team wins.</p>	7 minutes	Coloured paper (with a written message on the back and cut into small pieces)

Game/Description	Suggested Time	Equipment
<p><b>The Super Balloon Challenge:</b> keep the balloon in the air for as long as possible.</p> <p>Teams of 4, give each team a balloon and ask them to blow it up. Explain that they must try to keep their balloon in the air just by blowing it. Give them some time to practise before asking the teams to come forward one at a time for 2 attempts that are timed. The best time wins.</p>	5 minutes	Balloons Stopwatch
<p><b>Mix-up Mash-up:</b> work together.</p> <p>Divide the group into 3s and give them a copy of phot-fit faces and a pen. They have to work together as a team to work out who the features belong to and write the name next to the face. They have 3 minutes to do this. Then get them to swap sheets and read out the answers.</p>	5 minutes	Photo-fits of celebrity faces Pens
<p><b>Cotton Wool Leap of Death:</b> persisting can pay off.</p> <p>Split the group into 2 teams and place them in lines at either end of the room. Stand a bucket in the middle and put a mark on the floor 2m away from it on either side. This is the firing line. Each team is given a pile of cotton wool balls and the first person a spoon. Each person must run up to the firing line and flick a cotton ball into the bucket. They can have as many goes as necessary until they succeed and run back to pass the spoon to the next player.</p>	6 minutes	Cotton wool balls Bucket Spoons
<p><b>After-eight challenge</b></p> <p>Volunteers place an after-eight on their forehead and must get it into their mouths by wiggling their faces. If it falls, they must pick up a new one and start again.</p>	5 minutes	After-eight mints