

RESOURCES

<http://www.residentassistant.com/games>

Jim Cain/Teambuilding Activities

This is 4-H Project Book

Public Speaking...4-H Style. Texas Agricultural
Extension Service

Gibbs, Jeanne. Tribes, Center Source
Publications, 1994



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RAIN/THUNDER: This is a game of “follow the leader.” Closed eyes create the rainstorm effect. Participants sit in a circle with eyes closed. The leader begins by very quickly rubbing his/her hands together. As the person to the left hears this, he/she begins rubbing his/her hands together until it contagiously goes around the circle (an also be done going side to side with large group). As soon as this sound reaches the leader again, he/she begins to snap his/her fingers as does the person to the left, until eventually, the entire circle give the illusionary sound of a rainstorm. When the sound reaches the leader, he/she begins clapping his/her thighs until the entire circle follows suit. The final circle of sound is created by stomping feet. All of these sounds give the feeling of a thunderstorm rising to a climax. At this point, the leader reverses the motions (foot stomping, thigh slapping, fingers snapping, and hands rubbing together) until the sounds of the storm have fully subsided.

DEAD FISH: The group starts by getting into a comfortable position that can be sustained for a long period of time. Once everybody has established a position, the leader will count down from ten to zero. At zero, the game will begin. Once the game has begun, nobody is allowed to talk or move, with the exception of the eyes and chest for breathing. If the leader and only the leader should notice anyone talk or move, they will verbally remove the person from the game. Anyone removed from playing may persuade others to talk or move, but they may not physically touch those players still in the game. The winner is the last person remaining, and they become the leader of the next game.

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THINK FAST: Have group stand and form a circle. When the group is in position, the leader explains that they will be playing a game that requires them to think quickly. A volunteer is asked to stand in the middle of the circle. The volunteer is to close his/her eyes and keep them closed throughout their entire time in the center. A person standing in the circle is then given a small object. When the center person says, "Start!", the object is to be passed around the circle counterclockwise from one participant to the next. The center person can call out "Stop!" at any time. The center person then quickly says a letter of the alphabet and the person holding the object must QUICKLY say three nouns that begin with the specified letter. If the participant says three words within five seconds, the game continues with the same leader. If the person cannot think of three nouns in that amount of time, he/she becomes the leader. Game continues until peak fun is reached.

"YOUR NAME" GAME: Have your group divide itself into two groups. Tell them to sit on the floor facing each other. Once seated, have everyone close their eyes. On the count of three, have everyone open their eyes. Whoever says the other person's name first, wins. Whoever loses goes to the other team. *Modified*

MOTION NAME GAME: Have everyone stand in a circle. Anyone can begin the game by saying his/her name and demonstrating a physical motion to go with it. When the person is done, the entire group repeats the name and the motion. Then, the second person (on either side of the first) introduces him/herself and does a motion. The entire group repeats that name/motion and then the first name/motion. This will continue until each person has given their name and done their motion, and the entire group has repeated everyone's name and motions.

COUNT OFF: Ask the group to count to 20 without pre-panning who is going to say each number. There is a catch...there are no verbal or signals allowed, and the group must do it without any two people saying the number simultaneously. See how fast they can do it!

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CONCENTRATION: The rhythm for the game is slap, slap (on the knees), snap, snap (one on each hand (right, then left)). Group sits in a circle. One person is designated as the leader, and he/she sets the pace. The object of the game is to get to the leader's spot. The leader begins the rhythm, and on one set of snaps says his/her name on the first and someone else's on the second (the names MUST always be said on the two snaps). The person who's name is said must respond on the next set of slaps and snaps by saying his/her own name and then someone else's. If the player does it correctly, the game continues. If the player does not do it quickly enough, that player must move to the seat to the right of the leader, and the rest of the group moves up a seat (toward the leader's spot) to fill in the seats. Game continues until group has learned names well. The pace can be as fast as desired.

BODY ENGLISH:

Split the group into two groups. Each group must plan and spell out the words by using their bodies only (no hand signals or signs). The other group must figure out what they are spelling. Start with single words and move onto phrases as the groups get better at spelling in this fashion.

BIRTHDAY LINE: Explain to the group that is a nonverbal exercise. The group is to form a single straight line, according to birthdays. For example, persons with January birthdays will be at the beginning of the line, earliest January dates first followed in order by later dates. The line progresses by months and days with December birthdays at the end. Persons with the same birthday share the same place in line. You must communicate nonverbally (no lip-reading or spelling in the dirt allowed). When the line is completed, each person will shout out his/her birthday, beginning in January.

CHICKEN, CHICKEN: This game is very similar to "Bang! Bang!" One person starts by saying (dramatically), "(Clear throat) Chicken, chicken, who's got the chicken?" Players must guess who has "got" the chicken. In order to have the chicken, player must say phrase STARTING WITH A CLEAR OF THE THROAT. This can be done rather inconspicuously at first and much more dramatic as people begin to get frustrated from not being able to figure out the game. Players can make whatever motions they want and say the phrase however they want

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PASS THE PEBBLE:

All players stand about while one goes around pretending to drop a pebble into the hands of each of the players, who hold their palms together. When the pebble has been completely around the group and has been left in one player's hands, the one who has it slyly slips away and runs for the goal previously determined by the group, and all try to catch him/her. The one who succeeds passes the pebble in the next round. If no one succeeds in catching the player, that player passes the pebble in the next round. HINT: Ask players to spread out so no one knows who holds the pebble.

SHOE GAME: Have the group stand in a large circle shoulder to shoulder. Then have everyone remove their shoes, tie them together, and place in center. Have one volunteer choose a pair of shoes other than their own and makes one statement about the owner of the shoes (i.e. "The owner of these shoes must be very thrifty and economical to wear shoes in this condition!"). The owner of the shoes than comes forward, introduces him/herself, and picks out another pair of shoes to introduce. Game continues until all participants have introduced themselves.

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UNCLE FRED'S SUITCASE: The group forms a circle. The first person states their name and the reason they picked this group. You continue going around the group, repeating the names of the people preceding their name and why they chose to come. You also can substitute the "why you came here" with other things. Another version of the game is to begin with, I packed Uncle Fred's suitcase with....." and continue around like that. The real trick is the last person in the group who has to name all the people and why they came, what they like, etc.

SHOE 'N TELL: Sit in a circle or around a table. Have everyone take off his or her shoe. Each member will use his or her shoe as a puppet and tell "what it is like being the shoe that belongs to the person sharing." VARIATIONS: Have members share how these shoes help them do the things they like to do. Share from the point of view of the shoe (how I'd like to be taken care of if I could have it my way).

SILENT SPEAKERS: Each member comes to the lectern, or to the front of the room, makes eye contact with the entire group, smiles and walks back to his chair. Objective - to build self confidence.

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