



PLAY



SALT & LIGHT
YOUTH GROUPS



EASTERN PRELACY OF THE ARMENIAN APOSTOLIC CHURCH OF AMERICA



TRENCH-TESTED SMALL GROUP GAMES
WITH (ALMOST) NO SUPPLIES NEEDED

THIS IS A WASTE OF TIME.

Why should you spend 10 of your precious minutes together as a small group playing a game that has nothing to do with Jesus, the Church, or living faith?

Playing games in a group setting is a time tested approach to help young people engage their small group. Why? The reasons are many and they can actually be quantified by science! Playing a game activates endorphins in the brain giving the players a sense of euphoria. This feeling gets attached to the group itself making their time together a more positive experience all around.

For younger, less mature groups, games help activate their ability to pay attention: paying attention to guidelines of the game can help them pay attention later as you dive into the important content and subsequent discussion.

Is your group unruly? Playing a game can help them burn off excess energy so they can better focus. Savvy small group leaders will even take a break and play a game in the middle of their small group time if things are not going well.

There are two important things to keep in mind: First, know your group. Some groups hate games. Some groups love them. Don't force it. Do what works best for your group. By the way, middle schoolers tend to like games more than high schoolers. But it doesn't mean high schoolers don't like them at all. If you don't know, ask! Second, set limitations. A good small group activity is like salt in a recipe. The right amount brings out the flavor of the food itself. But too much ruins it. Set a time limit for your activity. A fun or silly game like the ones we are about to share should not take up more than 10-15 minutes. Doing something like playing a sport together can go longer.

All of the games provided here have been tested and tried by NET Missionaries over many years. So you can be confident that what you are looking at have worked with real teenagers in real ministry settings.

These games are designed to be played with little preparation and no more supplies than you would already have in your small group meeting space such as scraps of paper.

So waste time. 10 minutes "wasted" on a game in the beginning can result in better conversation later. Trust us, it will be an investment.

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TAPS

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- HAVE THE GROUP SIT IN A CIRCLE AROUND A TABLE.
- EVERYONE PUTS BOTH HANDS FLAT ON THE TABLE, WITH THEIR HAND ON THE OTHER SIDE OF THE PEOPLE NEXT TO THEM, SO THEIR ARMS ARE DIAGONAL AND CROSSED WITH THEIR NEIGHBOR.
- THE LEADER STARTS BY TAPPING THE TABLE GENTLY WITH THEIR HAND ONCE. THE TAP TRAVELS AROUND THE TABLE CLOCKWISE, WITH EACH PERSON TAPPING ONLY WHEN IT'S THEIR TURN. THIS IS THE TRICKY PART, SINCE HANDS ARE OUT OF ORDER.
- AT ANY TIME A PERSON MAY CHANGE THE PATTERN BY: 1) TAPPING TWICE, WHICH SWITCHES THE DIRECTION OF THE TAPS, OR 2) MAKING A FIST AND POUNDING THE TABLE ONCE (LIGHTLY) INSTEAD OF TAPPING, WHICH SKIPS THE NEXT HAND IN THE CIRCLE.
- IF YOU MISS A TURN OR TAP OUT OF TURN, YOU REMOVE THAT HAND FROM THE TABLE. KEEP GOING UNTIL TWO PEOPLE REMAIN.



TOOTHLESS VEGETABLES

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: MIDDLE
SCHOOL

SETTING: ONLINE OR IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- SIT IN A CIRCLE AS A GROUP. HAVE EACH PERSON PICK A VEGETABLE THAT THEY WILL BE FOR THE GAME AND SAY THE VEGETABLE THAT THEY CHOSE.
- ONCE THE GAME BEGINS, EVERYONE MUST KEEP THEIR LIPS CURLED OVER THEIR TEETH SO THAT THEIR TEETH ARE NOT SHOWING AT ALL.
- TO START THE GAME, ONE PERSON SAYS THE NAME OF THEIR VEGETABLE TWICE AND THEN THE NAME OF SOMEONE ELSE'S VEGETABLE TWICE, WITHOUT LETTING THEIR TEETH SHOW (E.G. CUCUMBER-CUCUMBER, BROCCOLI-BROCCOLI).
- THE PERSON WHOSE VEGETABLE WAS CALLED MUST SAY THEIR VEGETABLE TWICE AND THEN ANOTHER PERSON'S VEGETABLE TWICE. THIS CONTINUES IN THE SAME FASHION.
- ANYONE WHO SHOWS THEIR TEETH (WHILE LAUGHING, TALKING, OR AT ANY TIME DURING THE GAME), GOES OUT OF TURN, OR DOESN'T SAY HIS OWN VEGETABLE TWICE BEFORE ANOTHER PERSON'S VEGETABLE, IS ELIMINATED. IT IS PERMISSIBLE TO GO BACK TO THE SAME PERSON WHO SAID YOUR VEGETABLE (EX. IF "BROCCOLI" CALLS ON "CUCUMBER", "CUCUMBER CAN IMMEDIATELY SEND IT BACK TO "BROCCOLI").
- THE GAME CONTINUES UNTIL ONE PERSON REMAINS.



TWO TRUTHS AND YOUR MAMA

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: ONLINE OR IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- EACH SMALL GROUP MEMBER IS ASKED TO COME UP WITH THREE FACTS ABOUT THEMSELVES, TWO BEING TRUE AND ONE BEING SOMETHING TRUE ABOUT THEIR MOM.
- THE GROUP IS INVITED TO GUESS WHICH FACT IS ABOUT THEIR MOM.
- THE SPEAKER THEN REVEALS TO THE GROUP THE FACT THAT IS TRUE ABOUT THEIR MOM.
- THE NEXT GROUP MEMBER SHARES THEIR THREE FACTS AND THE ACTIVITY PROCEEDS IN THE SAME WAY.



DUDE

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- EVERYONE STANDS IN A CIRCLE SHOULDER TO SHOULDER.
- THE LEADER SAYS, “HEADS DOWN” AND EVERYONE PUTS THEIR HEADS DOWN.
- THE LEADER THEN COUNTS DOWN FROM 3 AND SAYS “LOOK”. WHEN THE LEADER SAYS “LOOK”, EVERYONE PUTS THEIR HEAD UP AND LOOKS AT SOMEONE’S EYES.
- IF THEY ARE MAKING EYE CONTACT WITH ANOTHER PERSON, THEN THE TWO OF THEM SAY “DUDE” AND THEY ARE BOTH ELIMINATED FROM THE GAME.
- THE GAME CONTINUES UNTIL ONE PLAYER REMAINS.



RED-HANDED

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- THE GROUP SITS IN A CIRCLE AND ONE VOLUNTEER SITS IN THE MIDDLE.
- THE VOLUNTEER CLOSSES THEIR EYES AND COUNTS SLOWLY TO 10.
- WHILE THE VOLUNTEER IS COUNTING TO 10, EVERYONE PRETENDS TO BE PASSING A SMALL OBJECT TO EACH OTHER, WITH ONLY ONE PERSON REALLY PASSING SOMETHING (THE OBJECT COULD BE A COIN, A PENCIL, OR ANY OTHER SMALL OBJECT).
- THEY CONTINUE PASSING EVEN AFTER THE VOLUNTEER HAS FINISHED COUNTING TO 10.
- WHEN THE PERSON SITTING IN THE MIDDLE OF THE CIRCLE THINKS THEY KNOW WHO HAS THE COIN OR PENCIL, HE/SHE POINTS TO THE PERSON.
- IF HE/SHE IS RIGHT, THE PERSON CAUGHT RED-HANDED (WHOMEVER WAS THE PASSER IN THE TRANSACTION) MOVES TO THE MIDDLE, THE CENTER PERSON TAKES THEIR PLACE, AND THE GAME CONTINUES WITH THE NEXT ROUND.



NUMBERS

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- THE GROUP STANDS IN A CIRCLE AND NUMBERS OFF EACH PERSON FROM 1 ON UP (WORKS BEST IN LARGER SMALL GROUPS).
- PERSON NUMBER ONE BEGINS BY SAYING ANYONE ELSE'S NUMBER, THAT PERSON QUICKLY CALLS OUT ANOTHER NUMBER (OTHER THAN THEIR OWN), THEY QUICKLY SAY ANOTHER, ETC. UNTIL SOMEONE MESSES UP. YOU MESS UP BY SAYING YOUR OWN NUMBER, SAYING A NUMBER THAT'S HIGHER THAN YOUR GROUP'S TOP NUMBER, RESPONDING TO A NUMBER THAT ISN'T YOURS, OR NOT PAYING ATTENTION AND MISSING WHEN YOUR NUMBER IS SAID (THERE'S A ONE SECOND GRACE PERIOD).
- THE PERSON WHO MESSED UP NOW LEAVES THEIR PLACE AND MOVES TO THE SPOT WITH THE HIGHEST NUMBER. EVERYONE ELSE SHIFTS IN THE CIRCLE, FILLING IN FOR WHOMEVER MOVED AND THEIR NUMBERS CHANGE ACCORDINGLY. AS THE GAME GOES ON, THE SPEED WILL NATURALLY INCREASE, AS WILL THE MISTAKES WHEN PEOPLE'S NUMBERS CHANGE. NUMBER ONE ALWAYS STARTS, AND IT IS TYPICALLY HARDEST TO REMOVE THAT PERSON FROM THE NUMBER ONE SPOT.



Bedros, Bedros, Boghos, Boghos

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: MIDDLE
SCHOOL

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- SIT IN A CIRCLE AND COUNT OFF STARTING WITH YOURSELF. HOWEVER, THE FIRST TWO PEOPLE (YOURSELF AND THE PERSON ON YOUR RIGHT) INSTEAD OF BEING ONE AND TWO ARE Bedros (YOU) AND PAUL (PERSON TO THE RIGHT) FOLLOWED BY X (THE NUMBER OF PEOPLE LEFT IN THE GROUP). THE OBJECT OF THIS GAME IS TO BECOME Bedros.
- TO BEGIN THE GAME, SET A RHYTHM. START BY SLAPPING YOUR KNEES TWICE THEN SNAPPING TWICE. SO IT IS SLAP, SLAP, SNAP, SNAP.
- PETER WILL ALWAYS BE THE ONE TO DETERMINE HOW FAST THE GROUP WILL BE GOING AND CAN CHANGE IT AT ANY TIME. PETER ALWAYS STARTS WHILE HE/SHE IS HITTING THEIR KNEES TWICE, THEN NEED TO CALL OUT THEIR NAME AT THE SAME TIME. THEN WHEN THEY ARE SNAPPING, THEY NEED TO CALL OUT ANOTHER NAME OR NUMBER. FOR EXAMPLE, LET'S SAY Bedros WOULD START BY SAYING "Bedros, Bedros, Boghos" THEN Boghos WOULD NEED TO TURN AROUND AND SAY HIS NAME TWICE AND THEN ANOTHER. SO IT WILL SOUND SOMETHING LIKE THIS: Bedros, Bedros, Boghos, Boghos... Boghos, Boghos, 2, 2...2, 2, 8, 8... 8, 8, Boghos, Boghos...
- THE WAY YOU BECOME Bedros IS IF SOMEONE MAKES A MISTAKE (NOT CALLING IN RHYTHM, FORGETTING THEIR NUMBER, ETC). THEY HAVE TO GET UP AND MOVE TO THE LAST IN LINE AND THE NUMBERS WILL THEN CHANGE. FOR EXAMPLE, IF #4 MAKES A MISTAKE, HE/SHE MOVES INTO THE LAST PLACE AND EVERYONE ELSE CHANGES THEIR NUMBER. SO NUMBER 5 IS NOW NUMBER 4 AND NUMBER 6 IS NUMBER 5, ETC. THIS MAKES THE GAME VERY CONFUSING BECAUSE EVERYONE'S NAME IS OFTEN CHANGING, SO THEY NEED TO PAY CLOSE ATTENTION TO THEIR CURRENT NUMBER. TO BECOME BEDROS, HE/SHE NEEDS TO MAKE A MISTAKE AFTER A WHILE OF PLAYING, IF YOU ARE STILL BEDROS, YOU MIGHT WANT TO DEFER IT TO SOMEONE ELSE.



ISLANDS

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: HIGH

INSTRUCTIONS

- PLACE A FEW OBJECTS (PAPER PLATES, SHEETS OF PAPER, BALLS, ETC.) SPREAD OUT ON THE GROUND. THESE WILL ACT AS YOUR “ISLANDS.” THERE SHOULD BE HALF AS MANY ISLANDS AS THERE ARE PEOPLE IN YOUR GROUP.
- HAVE EVERYONE START WALKING AROUND THEM.
- WHEN THE SMALL GROUP LEADER SAYS “ISLANDS”, EVERYONE RUNS TO TOUCH ONE OF THE DESIGNATED “ISLANDS”.
- THE LAST PERSON TO GET TO AN “ISLAND” IS OUT.
- THE CHALLENGING FEATURE IS THAT IF ANY TWO PEOPLE TOUCH IN THE PROCESS OF SCRAMBLING FOR THE “ISLANDS”, THEY’RE BOTH OUT OF THE GAME.
- AS THE GROUP GETS SMALLER, REDUCE THE NUMBER OF “ISLANDS” UNTIL THERE ARE ONLY A FEW PEOPLE READY TO POUNCE ON A SINGLE ISLAND.
- THE PERSON WHO REACHES THE “ISLAND” FIRST WINS.



20 PIECES

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: ONLINE OR IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- EACH MEMBER IN THE SMALL GROUP IS GIVEN A SHEET OF PAPER AND INSTRUCTED TO TEAR IT INTO 20 PIECES.
- NEXT, A SMALL GROUP MEMBER SAYS SOMETHING ABOUT THEMSELVES. FOR EXAMPLE, "I HAVE 1 BROTHER AND 1 SISTER."
- EVERYONE FOR WHOM THAT STATEMENT DOES NOT APPLY PUTS A PIECE OF PAPER IN THE MIDDLE. IF THE STATEMENT DOES APPLY FOR SOMEONE, THEY KEEP THE SAME AMOUNT OF PAPERS.
- GO AROUND THE CIRCLE AT LEAST ONCE, SO THAT EVERYONE HAS THE OPPORTUNITY TO SHARE SOMETHING ABOUT THEMSELVES.
- AT THE END OF THE GAME, THE PERSON WHO HAS KEPT THE MOST PIECES OF PAPER WINS THE GAME.
- ONLINE ADAPTATION: ASK EVERYONE TO GET A PIECE OF PAPER AND TEAR IT INTO 20 PIECES. THEN PLAY THE GAME AS DESCRIBED IN THE PREVIOUS STEPS.



JENNI'S GAME

STATS

PLAY TIME: 15+ MINUTES

DIFFICULTY: MODERATE

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: HIGH

INSTRUCTIONS

- JENNI'S GAME IS A VARIATION OF HOT POTATO. THIS ACTIVITY IS BEST WITH LARGER SMALL GROUPS, SO THAT IT CAN BE SPLIT INTO TWO OR MORE GROUPS.
- EVERYONE SITS IN CHAIRS OR ON THE FLOOR IN A CIRCLE WITH THEIR SMALL GROUP (OR OTHER GROUPS OF 4 TO 8 PEOPLE), AND EACH GROUP IS GIVEN AN OBJECT TO PASS AROUND. HAVE MUSIC READY TO PLAY AND STOP.
- START THE MUSIC, AND THE OBJECT GETS PASSED TO THE RIGHT, WITH EACH PERSON IN THE SMALL GROUP HANDING IT OFF TO THE PERSON ON THEIR RIGHT. STOP THE MUSIC AND ANNOUNCE AN ACTIVITY WHICH THE PERSON HOLDING THE OBJECT MUST PERFORM (FOR EXAMPLE: 3 JUMPING JACKS).
- START THE MUSIC, AND THE OBJECT WILL BE PASSED AROUND THE CIRCLE AGAIN. EVERY TIME THE OBJECT COMES TO THE PERSON, S/HE DOES THE ACTIVITY. THIS CONTINUES THROUGHOUT THE GAME.
- EVERY TIME A PERSON GETS CAUGHT WHEN THE MUSIC STOPS, THEY DO AN ACTIVITY AND THAT ACTIVITY BELONGS TO THAT PERSON THROUGH ALL ROUNDS OF THE GAME.
- IF THEY GET CAUGHT TWICE, THEY CAN PASS THE OBJECT TO SOMEONE WHO HASN'T HAD IT YET. END THE GAME BY HAVING THE LAST ACTIVITY BE ALL OF THE PREVIOUS ACTIVITIES!



NINJA

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: HIGH

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- GATHER ALL OF THE PLAYERS INTO A CIRCLE.
- AT THE COUNT OF 3, EACH PLAYER STRIKES A UNIQUE “NINJA POSE” AND FREEZES IN THAT POSITION.
- DESIGNATE ONE PLAYER TO GO FIRST. THEY WILL MAKE ONE MOVEMENT, STRIKING ANOTHER NINJA POSE, AND ATTEMPT TO TAG ANY OTHER PLAYER BETWEEN THEIR ELBOW AND FINGERTIPS.
- THE PLAYER THAT IS BEING TARGETED MAY MOVE THEIR ARM IN AN ATTEMPT TO NOT BE TAGGED (THIS WOULD BE IN JUST ONE MOTION, AND THE TARGETED PLAYER WOULD REMAIN FROZEN IN THAT POSITION). PLAY PROCEEDS IN A CLOCKWISE FASHION.
- ONCE ONE PLAYER HAS COMPLETED THEIR ACTION, THE TURN IMMEDIATELY SHIFTS TO THE NEXT PLAYER.
- IF A PLAYER IS TAGGED BETWEEN THEIR ELBOW AND FINGERTIPS, THEN THAT ARM IS OUT AND THEY WILL PUT THEIR ARM BEHIND THEIR BACK. IF A PLAYER GETS BOTH OF THEIR ARMS OUT, THEN THEY ARE ELIMINATED FROM THE GAME.
- THE GAME CONTINUES UNTIL ONE PLAYER REMAINS.



TIPS

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: HIGH

INSTRUCTIONS

- A BASKETBALL OR VOLLEYBALL IS NEEDED FOR THIS GAME.
- SIMPLY TOSS THE BALL ACROSS THE CIRCLE TO WHOMEVER YOU WANT, BUT IF YOU'RE TOUCHING THE BALL, YOUR FEET CAN'T BE ON THE GROUND.
- IF YOUR FEET TOUCH THE GROUND WHILE PASSING THE BALL, YOU ARE OUT.
- THE LAST PERSON REMAINING WINS THE GAME.



HOW'S YOURS?

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: ONLINE OR IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- HAVE THE SMALL GROUP GATHER IN A CIRCLE WHILE ONE PERSON IS SENT OUT OF THE ROOM. THAT PERSON IS "IT".
- THE GROUP THEN CHOOSES A NOUN (SUCH AS A SOCK, SPORT, CAR, ETC.)
- WHEN THE PERSON COMES BACK INTO THE ROOM THEY ASK, "HOW'S YOURS?"
- EACH PERSON THEY ASK MUST ANSWER WITH AN ADJECTIVE THAT DESCRIBES THE NOUN CHOSEN BY THE GROUP.
- THE PERSON WHO IS "IT" MUST GUESS AFTER EACH RESPONSE AND CONTINUE AROUND THE CIRCLE UNTIL S/HE CAN GUESS THE NOUN CHOSEN.
- THE LAST PERSON TO GIVE AN ADJECTIVE BEFORE THE "IT" PERSON GUESSES THE CORRECT NOUN BECOMES THE NEXT PERSON WHO IS "IT."
- ONLINE ADAPTATION: SEND A MESSAGE PRIVATELY TO EACH GROUP MEMBER WHO IS NOT "IT" WITH THE CHOSEN NOUN. THE GAME PROCEEDS AS NORMAL STARTING WITH THE THIRD INSTRUCTION.



HIGH ROLLER, HIGH WRITER

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: ONLINE OR IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- HAVE THE GROUP AROUND A TABLE, AND PLACE ONE SIX SIDED DIE AND ONE PENCIL IN THE MIDDLE. GIVE EACH PLAYER A SHEET OF PAPER.
- ONE PERSON ROLLS THE DIE ONCE, THEN PASSES IT CLOCKWISE TO THE NEXT PLAYER TO ROLL.
- WHEN A PLAYER ROLLS A 6, THEY GRAB THE PENCIL AND BEGIN WRITING NUMBERS FROM 1 TO 100 (1 2 3 4 5...).
- MEANWHILE, THE DIE IS PASSED FROM PLAYER TO PLAYER UNTIL SOMEONE ELSE ROLLS A 6. THE WRITER'S GOAL IS TO REACH 100 BEFORE ANOTHER PLAYER ROLLS A 6. ONCE SOMEONE ELSE ROLLS A 6, THEY GRAB THE PENCIL FROM THE FIRST WRITER AND BEGIN TO WRITE THEIR OWN NUMBERS. PLAYERS PICK UP WITH NUMBERS WHERE THEY PERSONALLY LEFT OFF WHEN THEY ROLL ANOTHER 6.
- THE FIRST PLAYER TO REACH 100 WINS!
- ONLINE ADAPTATION: FOR ROLLING THE DIE, YOU CAN USE A VIRTUAL DICE ROLL WEBSITE OR AN APP FOR YOUR PHONE LIKE "DICE ROLLER AR". USING AN APP WOULD BE IDEAL, SINCE EVERY PERSON COULD ROLL A DICE ON THEIR PHONE AND SHOW IT TO THE SCREEN WHEN THEY HIT A SIX. INSTEAD OF WRITING THE NUMBERS ON A PAPER AND PASSING THE PENCIL AROUND, USE THE CHAT FEATURE ON THE VIDEO METHOD YOU USE (E.G. ZOOM). HAVE EACH PERSON TYPE THE NUMBERS 1, 2, 3... AND HIT ENTER. WHEN ANOTHER PERSON ROLLS THE SIX, THEY CAN STOP TYPING AND THE NEXT PERSON CAN PICK UP FROM THE LAST NUMBER THAT WAS TYPED. THE FIRST PLAYER TO REACH 100 WINS!



ASK ME, ANSWER ME

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: ALL AGES

SETTING: IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- EACH PERSON IS GIVEN TWO PIECES OF PAPER.
- ON ONE PIECE THEY WRITE A QUESTION (THE MORE RANDOM THE BETTER).
- PUT ALL THE QUESTIONS IN THE MIDDLE AND HAVE EVERYONE DRAW. NOW THEY MUST ANSWER THAT QUESTION ON THEIR OTHER SHEET OF PAPER.
- AFTER THIS, COLLECT ALL THE QUESTIONS IN ONE PILE AND ALL THE ANSWERS IN ANOTHER PILE.
- HAND OUT A QUESTION AND ANSWER TO EVERYONE RANDOMLY. THE QUESTIONS AND ANSWERS WILL NOT BE RELATED.
- EACH PERSON THEN READS ALOUD THE QUESTION AND THE ANSWER THEY HAVE. THE MORE BIZARRE THEY ARE, THE FUNNIER THE GAME IS. (HELPFUL HINT: THE ACTIVITY FLOWS BETTER IF ALL THE QUESTIONS AND ANSWERS ARE IN THE SAME FORMAT (EXAMPLE: “WHY...? BECAUSE...” OR “WHAT IF...? THEN,...”))



FITZEL-SPITZEL

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: ONLINE OR IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- HAVE ALL PLAYERS STAND IN A CIRCLE, FACING THE CENTER.
- THE LEADER STARTS THE ACTION BY TAKING A BALL (ANY OBJECT WILL DO) AND HANDING IT TO THE PERSON ON HIS RIGHT, SAYING, "THIS IS A FITZLE."
- THE PERSON WHO NOW HOLDS THE BALL INQUIRES, "A WHAT??" THE FIRST PLAYER REPEATS, "A FITZLE!" THE PERSON NOW SAYS "OH, A FITZLE".
- PERSON NUMBER TWO, NOW HANDS THE BALL TO THE PERSON ON HIS RIGHT AND SAYS, "THIS IS A FITZLE." NOW PERSON NUMBER THREE SAYS, "A WHAT??" HE ASKS NUMBER TWO. PERSON NUMBER TWO THEN TURNS BACK TO PERSON NUMBER ONE AND ASKS AGAIN, "A WHAT??" "A FITZLE!" PERSON NUMBER ONE SAYS. NUMBER TWO TURNS BACK TO NUMBER THREE AND CONFIRMS IT. "A FITZLE!!" NUMBER TWO SAYS.
- NOW THAT NUMBER THREE IS ENLIGHTENED, HE CAN HAND THE BALL HE'S BEEN HOLDING TO THE PERSON TO HIS RIGHT. NUMBER THREE SAYS "THIS IS A FITZLE." NUMBER FOUR ASKS, "A WHAT???" THE WHOLE SEQUENCE GETS PLAYED BACK TO NUMBER ONE: "A WHAT???" "A WHAT??" "A FITZLE!" "A FITZLE!!" "A FITZLE!!!" THIS CONTINUES IN A COUNTERCLOCKWISE MOTION. AFTER THE FITZLE HAS MADE IT TO THE THIRD OR FOURTH PERSON, START A SIMILAR PROCESS WITH A SECOND ITEM CALLED A "SPITZLE" MOVING IN A CLOCKWISE FASHION.
- THE GAME CONTINUES UNTIL THE LAST PERSON IN THE CIRCLE IS FINISHED WITH THEIR TURN.



FROGS AND FLIES

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: MIDDLE
SCHOOL

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- EVERYONE SITS IN A CIRCLE AND ONE PERSON VOLUNTEERS TO STEP OUTSIDE THE ROOM.
- AS THAT PERSON WAITS, THE GROUP DECIDES WHO WILL BE THE FROG. THE REST OF THE GROUP BECOME THE FLIES.
- WHEN THE PERSON COMES BACK, THEY STAND IN THE MIDDLE OF THE CIRCLE. THE FROG WILL BEGIN TO KILL THE FLIES BY STICKING ITS TONGUE OUT SUBTLY AT EACH MEMBER.
- WHEN A FLY SEES THE FROG'S TONGUE, IT DIES BY DRAMATICALLY CRYING OUT AND FALLING OVER.
- THE PERSON IN THE MIDDLE MUST GUESS WHO THE FROG IS BEFORE THE FROG KILLS OFF ALL THE FLIES. IF THE PERSON IN THE MIDDLE GUESSES CORRECTLY, THE FLIES WIN. IF NOT, THE FROG WINS.



WHO STARTED THE MOTION?

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: MIDDLE SCHOOL

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- PLAYERS FORM A CIRCLE AND SEND ONE PERSON OUT OF EARSHOT.
- THE REST OF THE GROUP DECIDES WHO IS "IT." THIS PERSON WILL START A SIMPLE REPETITIVE MOMENT (TAPPING THEIR KNEES, SNAPPING, SCRATCHING THEIR HEAD, ETC). EVERYONE IN THE CIRCLE THEN DOES WHAT THIS PERSON DOES.
- THE PERSON WHO IS "IT" WILL SWITCH ACTIONS AT THEIR LEISURE.
- WHEN THE PERSON SENT OUT RETURNS, THEY STAND IN THE MIDDLE AND TRY TO GUESS WHO IS STARTING THE MOTION. THE MOTION WILL CHANGE PERIODICALLY.
- IF THEY GUESS THE CORRECT PERSON, THEN THEY REJOIN THE GROUP AND TWO NEW PEOPLE ARE CHOSEN, ONE TO BE THE GUESSER AND THE OTHER WHO IS "IT".



CONCENTRATION

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: HIGH

AGE GROUP: MIDDLE
SCHOOL

SETTING: IN PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- EVERYONE SITS OR STANDS IN A CIRCLE WITH THEIR HANDS OUT TO THEIR SIDES AND PALMS IN THE AIR.
- THE GROUP WILL THEN SAY THE FOLLOWING LINES AS THEY PASS A SLAP AROUND THE CIRCLE. (YOU GENTLY SLAP THE HAND OF THE PERSON NEXT TO YOU, KIND OF LIKE “DOWN BY THE BANK”) THE LINES: “LET’S PLAY CONCENTRATION, NO REPEATS OR HESITATION, CATEGORY IS...” (THE SLAP SHOULD FOLLOW THE BEAT OF THE SONG)
- THE PERSON WHOSE HAND GETS SLAPPED LAST IS THE ONE THAT SAYS A CATEGORY (FOR EXAMPLE: TYPES OF CARS, COLORS, COUNTRIES, ETC). THE PERSON TO THE LEFT OF THE “CATEGORY CALLER” WILL THEN START WITH AN ANSWER AND PASS THE SLAP AGAIN AS THE ANSWER IS BEING SAID.
- THE SLAP AND ANSWER CONTINUES AROUND THE CIRCLE UNTIL SOMEONE HESITATES, REPEATS A WORD, OR CANNOT THINK OF AN ANSWER. WHEN THAT HAPPENS, THAT PERSON IS OUT.
- THE GROUP THEN CONTINUES WITH REPEATING THE SONG AND A NEW CATEGORY. THIS PROCESS CONTINUES UNTIL THERE IS ONLY ONE PERSON LEFT.



ANIMAL NOISES

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: LOW

AGE GROUP: MIDDLE
SCHOOL

SETTING: IN PERSON

PHYSICALITY: LOW

INSTRUCTIONS

- HAVE EVERYONE GET INTO A CIRCLE WITH ONE PERSON VOLUNTEERING TO BE IN THE MIDDLE.
- THE PERSON IN THE MIDDLE CLOSES THEIR EYES WHILE THE PEOPLE ON THE OUTSIDE CONTINUOUSLY CHANGE POSITIONS IN THE GROUP.
- THE PERSON IN THE MIDDLE, STILL WITH THEIR EYES CLOSED, SAYS “STOP” (ALL FREEZE), AND THEN PROCEEDS TO POINT TO SOMEONE IN THE GROUP AND CALL OUT AN ANIMAL.
- THE PLAYER WHO IS BEING POINTED AT THEN PROCEEDS TO MAKE THE SOUND OF THAT ANIMAL. THE PERSON IN THE MIDDLE TRIES TO GUESS WHO IT IS THAT IS MAKING THAT NOISE.
- IF THE PERSON IN THE MIDDLE GUESSES CORRECTLY, THEN THE PERSON WHO MADE THE NOISE IS IN THE MIDDLE AND IT STARTS OVER AGAIN. IF THEY DON'T GUESS CORRECTLY, THEY ARE IN THE MIDDLE AGAIN.



AH SO KO

STATS

PLAY TIME: 5-7 MINUTES

DIFFICULTY: MODERATE

AGE GROUP: MIDDLE
SCHOOL

SETTING: ONLINE OR IN
PERSON

PHYSICALITY: MODERATE

INSTRUCTIONS

- BEGIN BY SITTING IN A CIRCLE AND FACING EACH OTHER.
- ONE OF THE PLAYERS STARTS THE ACTION BY PLACING EITHER HAND, WITH FINGERS EXTENDED, ON TOP OF THEIR HEAD, SAYING "AH!"
- WHOEVER GOES NEXT DEPENDS ON WHICH WAY THE STARTER'S FINGERS ARE POINTING (E.G. IF HE USED HIS LEFT HAND, HIS FINGERS WOULD BE POINTING TO THE PERSON IN THE CIRCLE TO HIS RIGHT, AND THAT PERSON WOULD GO NEXT).
- THE NEXT PLAYER PLACES EITHER HAND, WITH FINGERS EXTENDED UNDER HIS CHIN AND SAYS, "SO!". THE WAY HIS FINGERS ARE POINTING, LEFT OR RIGHT, INDICATES WHO IN THE CIRCLE GOES NEXT.
- THE THIRD PLAYER DOES A SINGLE ONE-HANDED CLAP AND POINTS HIS FINGERTIPS TOWARD ANYONE ELSE IN THE CIRCLE WHILE SAYING "KO!" THE WAY HIS FINGERTIPS POINT INDICATES A NEW STARTER, WHO GETS THE WHOLE PROCESS ROLLING AGAIN BY PLACING ONE HAND ON TOP OF HIS HEAD AND SAYING "AH!"
- THE GAME CONTINUES "AH!" "SO!" "KO!" AT AS RAPID OF A PACE AS POSSIBLE. IF A PLAYER HESITATES FOR TOO LONG, PERFORMS THE WRONG ACTION OR SAYS THE WRONG WORD, THEN THEY ARE OUT.
- PLAY CONTINUES UNTIL THREE PLAYERS REMAIN.
- ONLINE ADAPTATION: AFTER SAYING THE KEY WORDS "AH!" "SO!" "KO!" AND DOING THE MOTIONS THAT GO ALONG WITH EACH ADD THE NAME OF THE PERSON TO ASSIGN THE PERSON THAT GOES NEXT INSTEAD OF DETERMINING THAT BY POINTING FINGERS AS DESCRIBED IN STEPS 2, 4 AND 5. (EX. FIRST PERSON SAYS: AH! JAMES, WHILE PLACING THEIR HAND FLAT ON THE TOP OF THEIR HEAD AS EXPLAINED IN STEP 2. JAMES NOW SAYS: SO! ROB, WHILE PLACING THEIR FIST UNDER THEIR CHIN...ETC)



CHOOSE YOUR CONTEST

STATS

PLAY TIME: 10 MINUTES

DIFFICULTY: LOW

AGE GROUP: ALL AGES

SETTING: IN PERSON OR ONLINE

PHYSICALITY: MODERATE

POSSIBLE EVENTS:

1. LOUDEST SCREAM
2. BEST TARZAN YELL
3. WHO'S LIVED IN THE MOST STATES
4. ODDDEST BODY TRICK
5. FLY PAPER AIRPLANE THE FARTHEST
6. FUNNIEST FACE
7. HAS THE MOST SIBLINGS
8. WALK ON HANDS THE FARTHEST
9. GUESS # OF SOMETHING (E.G. PENCILS IN THE BOX)
10. BEST WHISTLING OF "MARY HAD A LITTLE LAMB"

INSTRUCTIONS

- DIVIDE THE GROUP INTO 2 TEAMS (OR MORE IF NEEDED, DEPENDING ON SIZE OF THE GROUP). EXPLAIN THAT FROM THE LIST OF COMPETITIONS YOU READ (SEE PROVIDED LIST OR COME UP WITH YOUR OWN IDEAS), EACH TEAM MUST ELECT ONE PERSON TO COMPETE IN THAT CONTEST.
- EVERYONE ON EACH TEAM MUST DO ONE THING. ONCE TEAMS HAVE DECIDED WHO DOES WHAT, GO THROUGH THE LIST AND HAVE EACH TEAM'S REPRESENTATIVE COMPETE FOR THEIR TEAM.
- YOU AND/OR ANOTHER GROUP LEADER CAN BE THE JUDGE(S). AWARD POINTS FOR EACH EVENT: 1ST-3PTS, 2ND-2PTS, 3RD-1PT. THE TEAM WITH THE MOST POINTS WINS. TIP: THIS GAME IS BEST USED WHEN THE SMALL GROUP HAS BEEN MEETING FOR A WHILE AND ARE ALREADY FAIRLY COMFORTABLE WITH EACH OTHER.