**Booklet Template**

The hip pocket booklets are easy to make and cheap to produce. Each booklet consists of 6 pieces of paper, printer ink and 2 staples. Staff can easily keep them in their back pocket or backpack.

In the template you will notice that the first two pages are the covers of the booklet. I did this in case you want to use white cardstock paper for the cover of your booklets (I suggest using cardstock for the cover. It makes the booklet a bit more durable). If you do not want to use cardstock, then start with page 3 of the template.

* **Step 1**

Print out the odd pages of the PDF.

(When you go to **Print**, make sure that **Page Scaling** is set to **None.)**

* **Step 2**

Print the even pages on the backside of the odd pages.

* **Step 3**

Cut the pages in half, creating two sets of booklet pages.

* **Step 4**

Put together the booklet.

* **Step 5**

Staple the booklet together using two staples.

* **Step 6**

Fold to make the booklet. That’s it.

**Hip Pocket Activities**

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These are activities that can be done at the drop of a hat.

Most of the activities do not require any props.

The last few pages include teambuilding activities that are separate from the hip pocket activities. The teambuilding games will require props, most of which you can carry in a backpack.

**Notes**

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SummerCampProgramDirector.com

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**1**

RIDDLES

1. How many letters are in the alphabet?
2. There are 11 letters in “the alphabet”.
3. If you were running a race, and you passed the person in 2nd place, what place would you be in now?
4. You would be in 2nd place, not first.
5. How many sides does a circle have?
6. Two, an inside and an outside.
7. How many animals of each species did Moses take in the Ark?
8. None. It was Noah’s Ark.
9. You only have one match and you walk into a cabin with a wood burning stove, a candle and a kerosene lamp. Which one do you light first?
10. The match.
11. Seven months of the year have 31 days, how many months have 28 days?
12. They all have at least 28 days.
13. If a plane crashed on the border of California and Nevada, where would they bury the survivors?
14. You don’t bury survivors.

42

Each catcher should be in a spotter’s stance (one foot in front and one in the back making a solid stance with hands up in front of them, like they are trying to push a wall over).

The faller places his/her feet together and crosses their arms over their chest (this helps to keep their arms from flailing and hitting others).

The faller, while keeping their body rigid, falls in any direction.

The catchers gently push the faller into the opposite direction, not allowing them to fall, for 60 sec.

Talk about Trust.

41

Set two objects (shoes, stuffed animals, etc.) about 100 feet away from the starting point.

Each team will verbally guide their blindfolded teammate to the object.

The first team to successfully lead their member to the object wins.

With the exception of the blindfolded team member the team must stay at the starting point.

There is no running.

Talk about communication.

Trust Walk

Have each kid pair up with another one.

Give each pair a blindfold and have one of them put it on.

The other kid will lead his blindfolded partner.

Safety is the primary concern. Make sure the kids understand this. If the leader is making his/her partner run into, or trip over, obstacles, trust cannot be built.

Lead the group over, under and through obstacles that are either natural (trees, logs, etc) or have been laid out by you (chairs, tables, etc.)

Each kid should get a chance to lead and to be blindfolded.

Talk about Trust, Respect and Communication.

Trust Circle

Have the group (the catchers) form a tight circle with one person in the middle (the faller).

2

1. You’re driving a bus with 21 people on board. At the first stop 3 people get off and 6 get on. At the second stop 8 people get off and 4 get on. At the third, and final, stop everyone gets off the bus. What is the name of the driver.
2. Your name. You are the one driving the bus.
3. If a rooster lays an egg on the top of the house roof, which way would the egg roll?
4. Roosters don’t lay eggs.
5. What word can be written forward, backward or upside down, and can still be read from left to right?
6. NOON
7. He who makes it, sells it.

He who buys it, doesn’t use it. He who uses it, doesn’t know it. What is it?

1. A Coffin.
2. What gets wetter the more it dries?
3. A towel.
4. When I point up it’s bright, but when I point down it’s dark. What am I?
5. A light switch.

39

Person #2 will be giving Person #3 verbal instructions on how to draw the design.

Person #2 cannot talk either and will draw the design that he or she is being told to draw.

At the end they will compare the drawing with the original design.

You can have the teams compete at the same time, using the same design and see who got the closest. Or you can have each team try their own design one at a time.

Draw It (2 person)

Have each person partner up with one other.

Give one partner (the receiver) a pad and pencil.

Now give the other partner (the sender) a picture of a design.

The partners should not be facing each other.

Have the sender give directions to the receiver while he/she draws what their partner is telling them. The object is to draw the same design.

The receiver is not allowed to speak.

Once a certain amount of time is given see how the kids did.

Now have them switch roles with new designs.

Talk about Communication.

4

TONGUE TWISTERS

A skunk sat on a stump and thunk the stump stunk, but the stump thunk the skunk stunk.

Toy boat. Toy boat. Toy boat.

We surely shall see the sun shine soon.

Two toads, totally tired.

Selfish shellfish.

How much wood

Would a woodchuck chuck

If a woodchuck could chuck wood?

He'd chuck all the wood

That a woodchuck could

If a woodchuck could chuck wood.

Fuzzy Wuzzy was a bear, Fuzzy Wuzzy had no hair, Fuzzy Wuzzy wasn't very fuzzy, was he?

Magic Carpet

Grab a tarp. Depending on the size of your group you can

fold the tarp in half or smaller.

Have the group stand on the tarp.

1. I'm not an airplane, but I can fly through the sky. I'm not a river, but I'm full of water.

What am I?

1. A Cloud.
2. What has a head, a tail, is brown, and has no legs?
3. A penny.
4. If a Mr. Green’s rooster lays an egg in Mr. Brown’s yard who’s egg is it?
5. Roosters don’t lay eggs.
6. Do they have 4th of July in England?
7. Yes. They also have 5th of July and 6th of July…
8. How can you throw a ball so that it goes a short distance, comes to a stop, and then goes back the opposite way?
9. Throw it straight up in the air.
10. You are a bus driver and you are carrying 11 people. On the first stop 4 people get off the bus and 2 get on. At the second stop 7 people get off the bus and 3 get on. At the third and final stop 2 people get off the bus and 6 get on. What color are the bus driver’s eyes?
11. Whatever color your eyes are. You are the bus driver.

40

Tell them that they are on a Magic Carpet” and that they are flying thousands of feet above the grounds.

Now tell them that the instructions to land the carpet are underneath the Magic Carpet and the whole thing needs to be turned over without anyone touching the ground surrounding the carpet (after all we don’t want anyone falling off and dropping thousands of feet to their doom).

If anyone touches the ground the group must start over.

Warp Speed

Have the group circle up.

The first person tosses a ball (Nerf, Koosh, etc.) to a person across the circle.

That person tosses it to someone else. This should continue until everyone has had the ball once only.

Ask the group to remember who they threw it to.

Ask the group to pass it to the same people in the same sequence. Time them.

Once finished ask them if they can do it faster.

After a 2nd (and hopefully faster) time ask them if they can beat their time. Let them brainstorm.

Two Rules: No more than two people touch the ball at the same time, and the ball must be passed using the same sequence. After that anything goes.

Blindfold Race

Divide the group into two teams.

Blindfold one player of each team.

5

MINUTE MYSTERIES

The object of Minute Mysteries is for the group to solve the mysterious scenario. The scenario gives very few clues. The kids can ask as many yes/no questions as they need to. Every once in a while you may need to give them a clue to keep things moving and keep the group interested.

**The Scenario**

A man is sentenced to death. The king tells the man that he must choose between three rooms, and if he chooses the correct room he may have a chance to live. The king tells the man that the first room is full of raging fires, the second is full of assassins with loaded guns, and the third is full of lions that haven't eaten in 3 years. After some thought, the

man picks a door and lives. Which door did he choose? **The Answer**

He picks the third door. Since the lion’s haven’t eaten in 3 years, they are already dead.

**The Scenario**

John, Susan, Oscar and Wanda all live in the same house. John and Susan go out to a movie. When they return, Wanda is lying dead on the floor in a puddle of water and glass. It is obvious that Oscar killed Wanda, but Oscar is not prosecuted or severely punished. Why not?

**The Answer**

Wanda is a gold fish and Oscar is a cat.

38

If the blindfolded player hits a “mine” they are to go back to the start and begin again.

Make sure the team stays behind the starting line.

The first team to get their object wins.

Just One Word

Before doing this activity you will need to create cards. Each card should have a different letter on it. You can use index cards or something larger like cardstock paper. Here are the letters, remember just one letter should be on each card.

W N E T S D J O U O R

Gather your group and tell them you are going to give them a set of cards. Each one will have a letter and they have (a certain amount of time, i.e. 15 minutes) to spell out “just one word” using the cards.

Start the time and let them go at it.

The cards spell out “Just One Word”, of course it may take them a while to figure this out.

The game is secondary. Watch to see how the group works together. Talk about it afterwards.

Draw It (3 person)

For this activity you’ll need paper, clipboards, markers, and a some pre-made designs on paper. Have your group get into teams of three.

Person #1 will be looking at a design on a piece of paper that nobody else can see. He or she cannot talk and will be pantomiming the design to Person #2.

7

Helium

Use a Hula Hoop for this activity (or a long stick).

The group gathers around the Hula Hoop and rests the Hoop on their two index fingers only. Their hands should be waist level with their index fingers our as if they are pointing to someone across from them.

Keep your hand on the Hula Hoop until everyone in the circle has it resting on their index fingers.

The object is to lower the Hula Hoop as a group down to their knees, but nobody’s fingers can lose contact with the Hula Hoop. Seems easy enough.

Strangely, the Hula Hoop will go up as though it is filled with helium.

Ask the group to be accountable for their actions. If any of their fingers lose contact they should start over.

Minefield

Divide the group into teams.

Have each team choose a person to be blindfolded.

Place two objects (stuffed animals are good) 25 yards or so form the teams. Between the team and the object lay out other objects that will represent “mines”. The number of “mines” should depend on the age and ability of the players. Objects can include sticks, backpacks, Frisbees, and anything else you can find.

On “Go!” the teams are to **verbally** guide their blindfolded player to the object at the end of the “minefield” without them hitting a “mine”.

6

**The Scenario**

A father and his son are in a car accident. They are both rushed to a hospital. The father dies on arrival, but the boy is taken to surgery. The doctor looks at the boy and says, "I cannot operate on this boy, he's my son." How can this be?

**The Answer**

The doctor is the boy’s mother.

**The Scenario**

A train pulls into a station, but none of the waiting passengers move. Why don’t they move?

**The Answer**

It’s a model train set

**The Scenario**

A man pushes his car in front of a hotel. He say that he is broke and out. What happened?

**The Answer**

He is playing Monopoly.

**The Scenario**

A man is lying, dead, face down in the desert wearing a backpack.

**The Answer**

He’s a skydiver and his parachute failed to open.

**The Scenario**

Joe wants to go home, but he can't, because there’s man in a mask waiting for him at home. What’s going on?

**The Answer**

It’s a baseball game. A runner is on third and the catcher is

35

If someone else wants to speak they must raise their hand and wait until they receive the Talking Stick.

Counselors also must follow the rules for this to work.

Talk about Respect.

Knots

Have the group get into a circle.

Each kid should raise their left hand and grab another person’s left hand.

Now have each kid raise their right hand and grab the hand of a different person.

The group now untangles themselves without letting go of each other to make a circle again.

Variations include not talking, having one or two players blindfolded, or not allowing the obvious leaders to talk, giving the quieter kids a chance to lead.

Talk about Communication.

8

WOULD YOU RATHER…

Kids love answering “would you rather…” questions. These will get you started, then add in some of your own.

...drink Pepsi or Coke?

...have ice cream or cake?

...have the ability to fly or be invisible?

...have only one leg or only one arm?

...go on a hike or watch television?

...be covered with cockroaches or spiders?

...be a movie star or a rock star?

...watch the Disney channel or Nickelodeon?

...be really hot or really cold?

...live without television or music?

The Line-Up

Have the group line-up by their height.

This should be fairly easy.

Now have them line-up by their birthdates, or by shoe size without talking.

Talk about communication.

***Variation:*** If you would like to make it a bit harder thenyou can blindfold everyone or have them close their eyes. Talk about “accountability” if the are just closing their eyes. “Everyone

...have a cat or a dog?

...be blind or deaf?

...be friends with Jimmy Neutron or Timmy Turner?

...eat pizza with thin crust or thick crust?

...be inside on a sunny day or outside on a rainy day?

...eat at McDonalds or Taco Bell?

...be a rich Muggle or a poor Wizard?

...live in a mountain cabin or a beach house?

...have lots of good friends or one great friend?

7

**The Scenario**

A father and his son are in a car accident. They are both rushed to a hospital. The father dies on arrival, but the boy is taken to surgery. The doctor looks at the boy and says, "I cannot operate on this boy, he's my son." How can this be?

**The Answer**

The doctor is the boy’s mother.

**The Scenario**

During an archaeological dig in the

Antarctic, the frozen bodies of a man and woman are found. One of the archaeologists realize that the remains are those of Adam and Eve. How does he know?

**The Answer**

The bodies didn’t have bellybuttons.

**The Scenario**

A man walks into a bar and asks for a drink. The bartender pulls out a gun and points it at him. The man says, "Thank you," and walks out.

**The Answer**

The man has the hiccups and the bartender pulls out a gun to scare them away.

**The Scenario**

A black dog is sleeping in the middle of a black road that has no streetlights and there is no moon. A car coming down the road with its lights off steers around the dog. How did the driver know the dog was there?

**The Answer**

It’s daytime.

36

needs to be accountable for their actions. Do not cheat. If you do, you’re only cheating yourself out of the experience.”

TP Shuffle

Find a log, a tree that has fallen.

Now divide the group into two groups.

Have both groups stand on the log, one group at one end and the other group at the other end.

Have the groups face each other.

Now have the two groups change sides without touching the ground while you time them.

Add 15 seconds to the total time for every touch of the ground.

Once complete allow the groups to try and beat there time by doing it a few more times.

Talk about cooperation and communication.

The Four Winds

Have the group make a circle and hold hands.

Have two players grasp hands through a hula hoop.

The groups mission is to get the hula hoop around the circle and back to the starting point without unlocking hands.

Time them.

After they have completed it. Ask them to beat there time. You can also have two groups of the same size race against

each other. All you need are two hoops.

9

IF?

Here are some fun questions to ask your group when you have some down time or before lights out.

If you could go anywhere in time by way of a time machine where would you want to go?

If you could have one super power what would it be? Why?

If you could be drawn into any cartoon which one would you choose?

If you found a wallet with $500 in it would you turn it in?

If you could be any animal what would you be?

If a game show offered you $1,000 to eat a bowl of live crickets would you do it?

If you could create a new television show for the Disney Channel what kind of show would it be?

If you could be famous for anything what would you want to be famous for?

If you could only watch three movies for the next two years which ones would you choose?

34

TEAMBUILDING

ACTIVITIES

The team building activities require props, unlike most of the other activities in this booklet. However, having your group participate in these activities can be very beneficial to the group dynamic, especially in the beginning of the group’s formation (i.e. the first day).

Pay attention to the roles each child takes.

Who are the leaders?

The quiet ones?

The thinkers?

Who needs constant attention?

After each activity debrief with the group. Ask questions like:

How do you think that went?

What could have been done better?

Did anyone have a suggestion that was ignored?

How did that make you feel?

Talking Stick

Find a thick stick that is about a foot long.

Have your group decorate the stick with paint, yarn, etc. Once complete let your group know that while having a

serious discussion the only person that should be talking is the one holding the Talking Stick.

33

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Sample List of Words |  |
| McDonalds | Wonder Woman | Refrigerator |
| Fried Chicken | Scooby Doo | Toaster |
| Taco Bell | Superman | Microwave |
| French Fries | Jimmy Neutron | Blender |
| Big Mac | Bugs Bunny | Can Opener |
| Burger King | Danny Phantom | Air Conditioner |
| Onion Rings | Batman | Dishwasher |
| Pepsi | Incredible Hulk | Washer/Dryer |
| Choc. Shake | Spiderman | Vacuum |
| Burrito | Kim Possible | Coffee Maker |
| Whopper | Homer Simpson | Iron |

Poop Deck

Mark off three sections on the ground with tape, chalk or in the dirt. The three sections are the Poop Deck, Main Deck, and Quarter Deck.

Poop Main Quarter

Deck Deck Deck

Everyone starts on the Poop Deck.

The leader calls the name of a deck and all the players run to that particular area.

The last player to reach the deck is out.

If the leader calls the same deck that the players are already in any player that crosses the line into a different deck is out.

The game continues until there is one player left\10

If you could invent one thing what would it be?

If you had to paint your room one color what color would you pick?

If you could listen to only one musical artist or group for the next year which would you pick?

If you could only have one kind of ice cream for the next year which would you pick?

If you had the power to stop time for 24 hours what would you do.

If you only needed one hour of sleep per day what would you do with the rest of your time during the middle of the night?

If you could be the most gifted athlete in one sport which sport would you choose?

If you could be a film actor or a cartoon voice actor which would you be?

If you found a book of magic spells who would you tell?

If you could talk to one kind of animal which would you choose?

If you could meet anyone, living or dead, real or fictional, who would it be?

31

The winning team then chases the losing team and attempts to tag as many of them as possible.

The losing team races to their safety zone (another rope or line that is 30’-60’ away) to avoid getting caught (tagged).

The tagged players become part of the other team.

Continue until everyone is on one team.

Chief

Have the group stand in a circle One player is sent out of the circle.

The leader chooses one player to be the “Chief”.

The “Chief” starts doing a motion (i.e. clapping hands, foot stomp, a dance, etc.).

The group does everything the “Chief” does.

The player on the outside is asked to rejoin the circle and stands in the middle.

The player gets 3 attempts to guess who the “Chief” is.

The “Chief” must frequently change the motions.

Assassin

The group is lined up with their eyes closed.

The leader walks behind the group and taps one player on the shoulder or back. That player is the Assassin.

The leader then says “Mingle” and everyone walks around and chats with each other.

The Assassin kills off players by winking at them.

12

Black Magic

This mind reading trick requires 2 people.

One person (the mind reader) will go out of the room and the second (the accomplice) will stay in the room with the kids.

One of the kids chooses an object in the room. The object can be anything.

Once everyone knows what the chosen object is the “mind reader” returns to the room.

The “mind reader” asks which kid chose the object. With showmanship he should then try to “read the kid’s mind”. Play this up.

The accomplice asks the “mind reader” to choose the correct object, by giving him/her options.

Here is an example of how it will sound:

Accomplice: Is it that door?

Mind Reader: No.

Accomplice: Is it Kevin’s hair?

Mind Reader: No.

Accomplice: Is it that (black) notebook?

Mind Reader: No

Accomplice: Is it Jenny’s hat?

Mind Reader: Yes.

The “mind reader” will know what the chosen object is because it comes after the black object.

That’s the secret of **Black Magic.**

11

MIND READING

Never give the “mind reading” secrets away. If the kids learn the secret then that “mind reading” game is dead. You will not be able to perform it until you get a completely different group of kids. You also won’t be able to use the game next year if any of those kids return. Keep it all a secret. They can learn how to “read minds” when they become staff.

32

The players that have been winked at must wait 10 seconds, yell “I’m dead”, and die a dramatic death.

Players that are out of the game should stand back.

Any player that is still in the game may take a guess at who the Assassin is at anytime. If they are wrong they’re out. If they are right they win.

The game continues until the Assassin is caught or everyone is dead.

**FFEACH** (**f**ast **f**ood, **e**lectrical **a**ppliance, **c**artoon **h**ero)

This is a charades game for 2 or more teams.

Each team should be far enough from the other teams that they cannot hear their answers.

The leader (counselor) stands at a spot that is equal distance from each team.

The first player of each team stands next to the leader.

The leader gives the players their first word and the players run to their groups to act it out.

Once a team has correctly guessed the word a new player from that team runs to the leader, tells the leader the word, and gets a new word.

Each player must go at least once.

The team that guesses all the words first (without cheating, of course) wins.

**Just For Fun**

Focus on the dot in the center and move your head back and forth. Cool huh? Now show the kids.

*(A list of sample words are on the next page.)*

13

The Name Game

This impressive “mind reading” trick requires a partner and some practice, but it’s worth it.—

The “mind reader” goes out of ear shot of the group.

One of the kids tells the other leader (the accomplice) a name of someone famous.

The “mind reader” returns and attempts to read the mind of the kid on the kid who the secret name.

The “mind reader” then announces the name of the famous person.

The whole group is astonished and wants to see it done again.

Secret:

The accomplice pretends to give support to the “mind reader” as he or she attempts to guess the secret name. The support phrases are actually cryptic clues to the name.

Example: Tom Cruise — When the “mind reader” returns to the group he or she sets the mood and attempts to read their minds. The accomplice spells out the name through his or her support phrases. The first letter of each phrase spells out the secret name. For Tom Cruise your partner might say:

|  |  |  |
| --- | --- | --- |
| **C**’mon you can get it. | 4. | **U**nlock his/her thoughts. |
| **R** | ead his/her mind. | 5. | **S** | o close. |
| **I** | think you have it. | 6. | **E** | veryone quiet. |
|  |  |  |  |  |

Again, the first letter of each phrase spells out Cruise.

30

Variation: The *minnows* that get caught must freeze where they are and try to tag the remaining *minnows* as they ”swim” by. The *shark* is always able to move around the field.

Giants, Wizards and Elves

Divide the group into 2 teams.

Teach the players the three characters:

**Giants** (Giants stand on their toes, stretch theirarms over their head and growl.)

**Wizards** (Wizards hunch over, cast a spell bywiggling fingers and say “Abracadabra!”)

**Elves** (crouch down, cup hands for big ears andsqueals.)

Teams line up facing each other and are separated by a rope on the ground.

Teams decide as a whole what character they want to be; Giants, Wizards, or Elves.

Teams then face each other while the leader counts down 3...2...1...Go!

|  |  |  |  |
| --- | --- | --- | --- |
| S |  |  | S |
| A |  |  | A |
| F | TEAM 1 | TEAM 2 | F |
| E | E |
| T |  |  | T |
| Y |  |  | Y |
|  |  |  |  |

Teams imitate the characters they have chosen.

Giants beat Elves

Elves beat Wizards

Wizards beat Giants

9

People to People

While this game can be played with a small group it’s more fun to play with a larger group. Have everyone get in pairs.

The leader (the person who does not have a partner) calls out a “connection”, for example “hand to hand”, “knee to knee”, “toe to toe”.

The partners perform the connection. So if knee to knee is called the partners connect their knees.

When “people to people” is called then everyone has to find a new partner.

The person who is left without a partner becomes the leader or “caller”.

Sharks and Minnows

Designate boundaries of a field.

Inside the field is the *shark*.

At one end of the field are the *minnows*.

When the leader says go or “swim” the *minnows* try to get to the other end of the field without getting tagged or “eaten” by the *shark*.

If a *minnow* is tagged they become a *shark*. All the *sharks* are able to move around the playing field. They cannot, however, go into the *minnow* “safety areas” on either ends of the field.

Once the remaining *minnows* have made it to the other end of the field they wait for the leader to say go and then they run back to the other end of the field avoiding the *sharks*.

14

BRAIN

This mind reading trick requires 2 people.

The “mind reader” leaves the room and “the accomplice” stays in the room with the kids.

Five objects are placed in front of the group.

The group chooses an object and the “mind reader” is called back into the room.

The “mind reader” chooses the correct object.

***Secret:***

The five objects are laid out in a line. Each object represents one of the letters in “BRAIN”.

Object 1= “B”

Object 2= “R”

Object 3= “A”

Object 4= “I”

Object 5= “N”

When the accomplice calls in the “mind reader” he or she uses a phrase that starts with the correct letter. For example, if the kids choose the 2nd object the accomplice will yell out “Ready! You can come back in.” or anything else that starts with R, which represents the 2nd object.

27

If the player says “No!” then the “energy” passes back to the previous who said “Koh”.

That person will now start again with “Ah”

If a player takes to long, does the wrong action or says the wrong word they are out.

Players who are out can move around the outside of the circle “heckling” or try to confuse other players.

Baby, Do You Love Me?

The group sits in a circle with one player (player 1) standing in the middle.

Player 1 chooses another player (player 2) sitting in the circle and tires to get them to laugh by saying “Baby if you love me you’ll smile”.

Player 1 can say the phrase however he/she wants in order to get the player 2 to laugh, but he/she cannot physically touch player 2.

Player 2 must respond by saying "Baby, I love you but I just can't smile", without smiling or laughing.

If player 2 laughs, he/she goes into the center.

If player 2 does not laugh, player 1 picks someone else and tries to get them to smile or laugh.

**Alternate Version:** “Will you be my ducky wucky?”

Response: “No, I will not be your ducky wucky.”

16

The leader tells them who is “It”.

The leader does “Click, Click, Bang, Bang” again pointing at different people and the kids guess again.

Secret: The first person to speak after the leader says “click, click, bang, bang” is the one who got shot.

Quick Draw

Partners face each other a couple of feet apart. Person #1 has their hands together as though they are praying, but their fingers are pointing to the other player.

Person #2 has their hands down at their side as though they are getting ready to draw their guns in the Old West

Person #2 tries to (lightly) slap the hands of Person #1. They can try to (lightly) slap using either hand.

Person #1 tries to avoid the slap by moving their hands.

If Person #2 misses the two people change roles. Now it’s Person #1 who is trying to (lightly) slap the hands of Person #2.

RPS

The rules for Rock - Paper - Scissors are well known. Here are the basic rules taken from the World RPS Society website (Yes, there is such a thing).

The Game is played where the players substitute the three elements of Rock (a closed fist), Paper (an opened hand) and

15

GRAB BAG

Grab Bags are always fun. You never know what you’re going to get. Here area a few games that just don’t seem to fit anywhere else.

Whoops Johnny

Tell the group to do exactly what you do.

Raise your hand with your palm facing you.

Starting with the little finger, touch the fingers one by one and say "Johnny" at each finger.

Next, slide down the index finger and up the thumb while saying, “Whoops”. At the thumb, say “Johnny”.

Then reverse the steps going the other way. It should sound like this: “Johnny, Johnny, Johnny, Johnny, Whoops, Johnny, Whoops, Johnny, Johnny, Johnny, Johnny”

At the end cross your arms.

Have the kids try watch you and then try it. In order for them to be correct they must cross their arms at the end.

Click Click Bang Bang

The leader points at someone and says “Click”, points to someone else and says ”Click”, points at yet another person and says “Bang”, and finally points at someone else and says “Bang”.

The leader stops and asks, “Who got shot?”

The kids will make guesses but will most likely be stumped.

28

Impulse

Divide the group into 2 teams.

Each team sits in a line, shoulder-to-shoulder.

Teams face each other.



|  |  |
| --- | --- |
|  | TEAM 1 faces |
| LEADER | XObject |
| Players hold hands. | TEAM 2 faces |
|  |

All players, except the first and last player of each team, must close their eyes.

The last player keeps his/her eyes on the “object”. The “object” can be anything; backpack, Frisbee, stuffed animal, shirt, acorn, etc.

The leader flips a coin. If it’s heads the first player of each team gently squeezes the hand of the next player on their team.

The 2nd player sends the “impulse” down the line by squeezing the 3rd player’s hand, and so on.

The last player grabs the object when their hand is squeezed.

The team to grab the object first wins 1 point.

The first team to 10 points wins.

Teams lose 1 point for grabbing the object early. This usually happens when the flipped coin is tails and the first player mistakenly sends the “impulse”.

No one should talk during the game. This is to prevent players from tipping off the last person.

Change the order of players frequently.

17

Scissors (a closed fist with the index and middle fingers fully extended) with representative hand signals.

The hand signals are delivered simultaneously by the players

The Outcome of play is determined by the following Rock beats Scissors,

Scissors beats Paper

Paper beats Rock

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GAMES FOR

LARGER GROUPS

These games are for larger groups. Groups of 15+ are ideal. If your group and another group, or two, are sitting around waiting for the next activity, talk with the other leaders and get the kids together to play one of the games.

Other times that are good to play these games are when the kids first arrive for the day or after lunch, when there seems to always be downtime, waiting for the next program.

Ah Soh Ko (a.k.a. Zen Clap)

Have the group get in a circle.

The first person starts by saying “Ah” and placing their open palm hand across their chest. Depending on where their fingers are pointing, the person to either their right or left will go next.

The next person says “Soh” while placing their hand on their head with fingers pointing to either their right or left. Whichever person their fingers are pointing at will go next.

That person will say “Ko” while pointing with their open palm (the Zen clap) to anyone in the circle.

The selected person can either start again with “Ah” or they can raise their hands to their face (like they are crying into their hands) and loudly saying “No!”

25

I’m Going On A Picnic

The leader begins by saying, “I’m going on a picnic and I’m bringing \_\_\_\_\_\_\_\_\_”. What the leader brings depends on his/her name. The first letter of the item must start with the first letter of their name. For example, if the leaders name is **J**ohn he can bring **J**ell-O or **j**ambalaya. If the leaders name is **S**arah she can bring a **s**alad or **s**andwiches.

Going around the circle, each person tells the group what they are bringing.

The leader will either say “Yes, you can come to the picnic”, or “No, you cannot come to the picnic with that”.

Make sure the players know not to tell the secret once they’ve figured it out.

Counting to 20

Have the group get in a circle.

The leader starts the count at 1.

Then one of the kids, anywhere in the circle, says “2”, the next one says “3”, and so on. Nobody knows who is going to say the next number.

If two or more kids say the same number, the group starts again at 1.

The kids try to get to 20 without talking over each other and saying the same number.

As with any game, continue as long as the group is enjoying it (or you get to 20).

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GAMES FOR

SMALL GROUPS

Everyone loves to play games. These particular games are geared towards the small group of 8 to 12 players.

Try not to over play a game. You don’t want to play a game so much that your group gets bored of it. At the height of a game, when everyone is excited and having a lot of fun, is about the time you’ll want to wrap it up and start a different game. It’s better to have a group of kids talk about how they can’t wait to play that game again, then to have a group of kids talking about how that game got really boring after a while.

Shoe Kick

This is an oldie but goodie. Don’t let the simplicity of the game fool you. Boys and girls alike enjoy this game.

Make sure there is plenty of room.

Have the kids line up shoulder to shoulder.

Have the players take off one shoe and hang it off the end of their foot.

One by one have the players kick their shoe as far as they can.

Make sure the players stay where they are until everyone has had their turn.

23

Bats use echolocation to find their prey. The *bat* moves around the circle and says “Bat”.

As soon as the *bat* says “Bat” the *moth* must immediately reply with “Moth”.

The *bat* tries to tag the *moth* by listening to where the *moth* is. He or she continues to say “bat” every few seconds or so. (Do not allow the *bat* to say “Bat, bat, bat, bat...in rapid succession.)

The rest of the group should remain quiet.

When the *bat* tags the *moth* change players.

Indian Pebble Game (2 players

Place 15 rocks in 5 rows:

5 in the first row O O O O O

4 in the second row O O O O

3 in the third row O O O

2 in the fourth row O O

1 in the fifth row O

Two players alternate taking rocks. Each player can take away as many or as few rocks as they like during their turn, however on each turn the rocks must be taken from the same row. For example, a player can take three rocks from row 5, but cannot take two rocks from row 4 and one from row 2.

The player to take the last rock loses.

Taxi Cab

Have the group line up.

20

During round 3 players must do their scene in complete silence.

*If the kids are too young or shy for this activity have the leaders act out the scenes.*

2 Truths and a Lie

If you have over ten people, break the group into two groups.

Each person, kids and adults, need to think of two truths about themselves and one lie.

They then tell the group two truths and a lie and the group tries to guess which one is the lie.

For example: “I have broken three bones.” I have won a school spelling bee.” “I have learned how to fly a helicopter.”

Once the group guesses, the person tells them which one is a lie. “I never won a school spelling bee.”

Everyone gets a chance to tell about themselves including the counselors.

Head It Catch It

For this game you will be using a ball that the kids can hit with their head. Soft dodgeballs, foursquare balls and beach balls are good depending on the ages of the kids. Have the group stand in a circle.

The leader stands in the middle and tosses the ball to a player saying either “Head it” or “Catch it.”

If the leader says “Head it” the player must catch it without dropping it. If the leader says “Catch it” the player must

19

What Are You Doing?

Two players stand on “stage”.

The first player starts doing an action. For example, she starts brushing her teeth.

The next player asks, “What are you doing?”

The first player replies with an action other than brushing teeth. For example the player brushing her teeth might say, “I’m jump roping of course.”

The second player must now do that action while the first player leaves the stage.

As the second player is “jump roping” the next player comes up and asks, “What are you doing?”

The player responds with a different action of his or her choice, “I’m acting like a monkey of course.”

The new player must now act like a monkey...

Team Movie and TV Charades

Break the group into 2-4 person teams and have them act out a scene from a movie or TV show.

Give them a few minutes to practice.

When everyone is ready have the teams go in front of the group to act out their scene.

Teams get points for correct guesses.

Go three rounds

During round 1 the players can talk.

During Round 2 the players can make noises but cannot say words.

24

The first four players sit down as if they are in a taxi cab.

Two players are in front, two in back.

The player sitting behind the driver has a certain personality that the rest of the players must copy (i.e. loud, goofy, upset, wealthy, tired, British, etc.).

A new player stands on the “curb” and hails for the taxi cab to pick him or her up.

The new player takes the seat behind the driver and everyone shifts to a new seat. The driver gets out and goes to the back of the line.

The driver and passengers must now take on the personality of the new player.

Continue until everyone has had a turn.

Endless Word

Have the group sit in a circle.

The first player starts off with a word, any word, and then starts counting to five.

Before reaching five, the next player must say a word that starts with the last letter of the previous word. For example, if the first player said “cow” the next player must say a word that starts with w (wild, worm, whip, etc.).

Then the next player goes.

Words cannot be repeated.

If a player does not say a word before the count of five or repeats a word, he/she gets a strike. Three strikes, you’re out.

The leader may adjust the count to make the game easier or

harder

21

The leader is the one who always tosses the ball and calls out an action.

Players who do the wrong thing are out until the next round.

This game moves quick so players won’t be out for long.

22

the game. The loser, of course goes back to being a dinosaur. Play continues until the few players left cannot find a partner. For example, two players are left and one is an egg and the other is a dinosaur.

Evolution

Have the group star off in a circle.

Everyone starts out as an egg by squatting down.

On “Go!” everyone finds another egg.

Each pair will play rock. paper, scissors

The winner becomes a chicken by standing up and making their arms look like wings and walking like a chicken. The loser stays an egg.

Chickens now look for another chicken and eggs look for eggs. Once they have found a partner they play rock, paper scissors again.

Chickens who win become dinosaurs by placing their hands near their chest like little arms and roaring. Chickens that lose go back to being an egg.

Dinosaurs now look for dinosaurs, chickens look for chickens and eggs look for eggs.

Again partners play rock, paper, scissors to evolve. Winners go up the evolution chart and losers go down. Dinosaurs who win become humans by placing their hands out like they are Superman flying.

Play for a specified amount of time.

Variation: Once a player becomes human they must play rock, paper scissors one more time. If they win they have evolved out of

Buzz

Have the group sit in a circle.

The leader chooses a number. Seven is the most popular number for this game. So any time a number with a 7 or any number divisible by 7 comes up it needs to be replaced by the word “buzz”.

The leader begins the round by saying “1”. The next person in the circle says “2” and so forth. Here’s how it would go. 1, 2, 3, 4, 5, 6, buzz, 8, 9, 10, 11, 12, 13, buzz, 15 16 buzz 18 19 20.

If a player takes too long or doesn’t say “buzz” at the right time is out.

Variations: For younger kids 5 is a good number to use. You can also have two numbers like 5 and 7. The number 5 would be “bizz” and 7 would be “buzz”. Yikes!

Bat and Moth

Have the group stand in a wide circle.

Two players are inside the circle. One is the *bat* and the other is the *moth*.

Bats have bad eyesight. Blindfold the *bat*.