

The  
**GROUP  
GAMES  
GUIDE**

**DAVID PRIESTLEY**

Featuring warm-ups, ice  
breakers, 5 minute fillers and  
camp games

**VENTURE TEAM BUILDING**  
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# **Group Games for Fun**

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**Second Edition**

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## **Introduction**

Group games can be a great way to break down barriers between children of all ages, encourage them to participate in physical exercise, and allow them to breakdown their inhibitions or feelings of embarrassment. Games, such as the ones you find in this guide, are a great way for children to become acquainted, and are important in building a strong rapport amongst group members. They are a great way to lift the mood of any group and share fun and laughter in a group setting.

The majority of games require little to no equipment, and absolutely no experience from the leader. The ideal length of time for each game in this guide is between 5 to 10 minutes - which can, of course, be increased or decreased depending on the response of the group.

There is an amazing level of flexibility with each game, but some general guidelines will help you present a successful experience for your entire group.

### Who's this book for?

The short answer is anyone. Regardless of age or ability, group games are a fun way for children to work together, take part in physical challenges and interact in a fun environment. Whether you are a team leader, a sports coach or a teacher, this guide will provide some ideas for warm up games, fun fillers and ice breakers to keep your group fully entertained.

### The Role of the Leader

Before leading the games, you must make sure that you understand the activity, gather any equipment required, ensure that you have enough space for the game you are playing, and then present the task to the children in a way they can easily understand.

All games in this guide can easily be adapted to suit the group and the subject you are teaching. They also have the flexibility to allow you to incorporate certain skills that you are trying to promote as either key phrases or actions during the games. Be creative and look at each game with the view to adapting it to suit you and your own specialist activity or sport.

### Leading the Games

- Read the game to make sure you understand it.
- Consider whether you can adapt the game to suit the group you are leading and any learning outcomes that you have.
- Gather any necessary equipment.
- Setup the game ensuring that the area is large enough to lead the game and free of any safety hazards.
- Brief the group and check their understanding of the game.
- Explain any safety points before starting the game (if any).



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- Set the time and let the game begin.

Once the game has started step back and observe, letting the group enjoy themselves, occasionally offering encouragement to participants to keep them motivated. If they are unsure of anything, stop the game and clarify any issues they have.

### Leader Notes

Each game should be chosen based upon factors such as age, maturity and the physical ability of your group. Consider each group individually as certain games may not be suitable for older groups and younger groups may not understand some tasks that are too challenging and complicated.

Games should always be promoted in a fun manner. Physical games are ideal for the start or end of your group's activity when they need to either warm up or cool down.

It is important to think about what you are trying to achieve for each game – fun, ice breaking, warming up, skill development, cooperation, teamwork. Once you have a learning outcome, consider which games would be the most appropriate for the group you have.

Make sure the rules and safety procedures for each game are clear and precise. You will be responsible for monitoring the behaviour and safety of the group during your games session.

Your success will depend on your delivery of a game. Games may be delivered in many different ways – choose a style that is most appropriate to you and suitable for the particular group.

Keep a log and write notes and reviews on the games you present. During each game you will be able to gauge what works and where improvements can be made for next time. These improvements should be based on the group's response and your own delivery style.

## Part One – Warm-Up Games

Until now, warming up and cooling down have always been seen as work - a boring start to an activity or class where you struggle to keep the children's attention. But not anymore. When your group takes part in these games, they will be engaged fully, having fun, and effectively preparing their minds and bodies for the game or activity that lies ahead. All games are easy to run and require little or no equipment.

### Touch Blue

Minimum Group Size: 6

Resources: Random coloured objects

Participants must find an object or item of clothing pertaining to a specific colour in which they are told. However, they cannot touch anything on themselves or on another person. The last person to touch the colour is out of the game. To make this game difficult, it's best to only use unusual colours or patterns, making the children run further to reach the objects. They will be provided an opportunity to use their creative thinking skills.

If there are a lot of participants during this game, it may be difficult to spot which child is last, and therefore 'out'. Once children are out, they can be used as judges to help keep track on the game.

### Deflector Bomb

Minimum Group Size: 10

Resources: None

Participants pick two people from the group: one person is the bomb and the other the deflector shield. The object is to keep the deflector shield between you and the bomb without revealing which is which to the rest of the group. At the end of a given time (say 1 minute) the game stops and you see at that moment who has their deflector shield in between them and their bomb. If they fail to protect themselves from the bomb, then they sit out the rest of the game.

### Vary your Speed

Minimum Group Size: 10 (depending on venue and space provisions)

Resources: None

Individuals pick a spot on the floor some distance away and focus on it. When the game starts, they must walk towards the spot in a straight line. The object is to reach your spot on the floor without coming in to contact with any other person. You may not stop or change direction but you may alter speed. This game is great for group awareness.

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### Buzzy Bees

Minimum Group Size: 15

Resources: None

In this game, the children get into pairs. They then run around separately, buzzing and pretending to be bees. The person nominated to be 'it' shouts, 'Buzzy bee, buzzy bee touch [body part]' After this phrase is said, the participants run back and find their partners. Whichever body part has been called out, they must touch together. e.g. 'touch knees', they have to touch their knees together.

### Cat and Mouse

Minimum Group Size: 12

Resources: Numbered paper

One person is the cat and the rest are mice. The mice run around in the meadow until the cat meows. When this happens, the mice must run and get on a piece of numbered newspaper to be safe. The numbers of that piece of newspaper indicate the maximum number of mice allowed to stand on the paper. Any mouse with no home becomes a cat.

### Ladders

Minimum Group Size: 10 (even number)

Resources: None

First, pair up the group members and sit them down, with legs flat, leaving space between pairs to prevent injury from occurring. Now give each pair a number starting from the number one. Once all pairs have a number, you then call a number and that pair will jump up, step over the other pairs legs one at a time then run round the whole of their team and sit back down in their original place. The first one to sit back in place is the winner. Alternatively, you can play as a team. After the first pair has completed their turn, the next person gets up and runs, until the whole team have been and the leader declares a winning team.

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### Horses and Jockeys

Minimum Group Size: 10

Resources: None

Group members need to get into pairs, and decide on one person being the horse and the other being the jockey. All pairs stand around in a circle, with the horses on the inside and the jockey on the outside. When the leader calls out 'horses', all of the horses have to run clockwise around the circle, back to their partner, under their legs and then the jockeys have to jump on their back. The last pair to do this is out and has to 'neigh'. If the leader calls out 'jockeys', the jockeys do the running around the circle and on their return to their partner, jump on their backs (in this case they don't crawl through their partner's legs).

### Clumps

Minimum Group Size: 10

Resources: None

This is a very simple run around game. Children start by running around, the leader then calls out a number and the children have to form a clump of that many people. You do not necessarily have to penalise anyone who does not find a group – it's just for fun!

### Jack in the Box

Minimum Group Size: 8

Resources: None

Choose one person to be the leader; everyone else must stand in a circle around them. When the leader shouts, 'Jack in the box' participants must squat down. When the leader shouts 'Jack out of the box' participants must all jump up. The leader can repeat the commands, say them fast or slow in an attempt to confuse the children. Anyone who does the wrong action is then out of the game.

### Stuck in the Mud

Minimum Group Size: 10

Resources: None

In a boundary area, one person is 'it'. They must then run around trying to tag as many people as they can. Once a person has been caught, they then have to stand with feet shoulder width apart and can only be freed if someone crawls between their legs.

### Fruit Salad

Minimum Group Size: 10 (even number)

Resources: None

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Children pair up and each pair chooses a different type of fruit. They then stand opposite each other in two lines (similar to line dancing) and make a tunnel with their hands. The leader then calls out fruit names randomly. Once a pair's fruit has been called, they run through the tunnel, then back round the outside and race back to their original places. This can be made more interesting by using animals and making the noise of the animal rather than calling out just the name. You can also make it competitive by making each line one team and scoring the winning participant from each race.

### Under, Over Race

Minimum Group Size: 8

Resources: 2 x Balls

The group is split into two equal teams and each team should form a straight line. Each team is given a ball. The person at the front of the line passes the ball over their head followed by the person behind them taking the ball and passing it through their own legs to the next person. The ball continues going over then under until it reaches the person at the back of the line. The person at the back takes the ball and runs to the front of the line where the process starts again. In order to complete the challenge, all team members must have a turn with the team that returns to their starting order the quickest winning the game.

A variation on this game can be played called tunnel ball. In this game the ball is rolled through the legs of all the team members until the person at the back catches it and runs to the front of the line, where the process begins again.

### Traffic Lights

Minimum Group Size: 6

Resources: None

An easy warm-up game for children to play, which is ideal for younger children. On the word 'red', the children must stand very still. On the word 'amber', they can walk around. On the word 'green', they should run. If any of the participants do the wrong thing at the wrong time, they are out of the game and act as a judge for the remainder of the game. The leader of this game can make things confusing by shouting 'Speed camera', slow motion, 'roundabout', sit and spin, etc.

### Penguin Race

Minimum Group Size: 6

Resources: None

Participants start off by slapping their hands against their thighs and running on the spot mimicking how a penguin runs. The leader should get participants to do this slowly to start with, so they become accustomed to it and have them to speed up at a later stage. Leaders should introduce further commands such as left bends, right

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bends and double bends, which all include speeding sound effects and actions whilst still running on the spot.

Other actions to include:

*Penguin going through a tunnel*

*Penguin on ice*

*Penguin at the disco*

*Penguin over a ski jump*

### Giants, Wizards and Dwarfs

Minimum Group Size: 10

Resources: Markers (to define boundaries)

This is a giant team game of rock, paper, scissors. Divide the group into two teams. Define a playing area with two end safety zones and a middle line. Each team decides their character and approaches the middle line. On the count of three the teams perform the action and noise (which signifies their character). The winning team pursues the losing team and tries to tag them before they make their safety zone. Any person tagged joins the opposite team. This continues until one team has all the players.

As in rock, paper, scissors each character beats one other;

*Wizard beats the Dwarf by casting a spell on him*

*Giant beats the Wizard by crushing him*

*Dwarf beats the Giant by tickling his feet*

### Fishy, Fishy, Sharky, Sharky

Minimum Group Size: 10

Resources: Markers (to define boundaries)

The leader selects a shark from the group. Everyone else must then line up at the other end of an allocated area. The shark decides who to call forward. For example, it could be '*anyone wearing red*' or '*anyone wearing a hat*'. Those chosen run to the opposite end of the allocated space, past the shark who will try to catch them. If the shark catches them, they then become seaweed. As seaweed the children cannot move their feet but they can reach out with their arms and attempt to try to catch others in the group. The game continues in the same way with anyone the shark or seaweed catches becoming seaweed. The last person in becomes the shark in the next game.

### Bump Tag

Ideal Group Size: 10

Resources: None

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The leader must select a cat and a mouse from the group. The aim of the game is for the cat to chase the mouse. If the cat manages to catch the mouse, they then become the cat and have to do the chasing. Everyone else in the group pairs up and stands side-by-side spread out in the activity area. The mouse changes throughout the game by the mouse linking to the side of a pair, the person on the opposite side to where the mouse has linked themselves then becomes the mouse and the cat has to chase them instead.

### Freeze Tag

Minimum Group Size: 12

Resources: 2 Balls (2 different colours)

Similar to 'stuck in the mud'. During the game there are two different coloured balls and two ball carriers are selected from the group. The blue ball carrier can freeze people by touching them with the ball. The yellow ball unfreezes. When the yellow ball is handed to someone who is frozen, they defrost and become the yellow ball carrier instead. The blue ball carrier stays the same throughout the game. More than one of the same coloured ball can be added during the game to make this a faster paced game.

### Sticky Parts

Minimum Group Size: 8

Resources: Beanbag for each participant

All children are given a beanbag. When instructed by their leader, all children have to run, skip or hop around until the leader calls out a body part. Once the leader calls out the body part, all children have to try to balance the beanbag on that specific body part. The last person to complete this is out of the game. The winner is the person left after all rounds. They then get to take over from the leader in the next game and give instructions to the rest of the group.

### Kung Fu

Minimum Group Size: 8

Resources: None

In this game, the group creates a closed circle around the leader, ensuring that they have enough space between each other. The leader goes through three actions, including stance, kicking, and the chop. The instructor gets the group jumping up and down on the spot and then does a countdown from five to one. When they get down to one, each group member must perform an action. If the action they choose is the same as what the kung-fu master (the leader) chooses, they are out of the game. This game can be adapted to suit a specific sport that the children are learning by just changing the actions.

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### Everybody's It

Minimum Group Size: 10

Resources: None

Good warm up game. Everyone in the group is it and they must try and tag each other, if they get caught they must stand still with both hands in the air, the only way to free them is for another person to give them a high 10 and then the game continues.

### Band Game

Minimum Group Size: 10

Resources: Bands for each participant

Everyone starts with a band tucked into their shorts or trousers. The idea of the game is to get as many bands as possible from the other participants. Children can only steal if they have a band tucked in to their own shorts or trousers. When a child loses their band, they continue jogging until the time is up.

### Knee Slaps

Minimum Group Size: 10

Resources: None

Ask people to pair up and bend down facing each other. The object of the exercise is to try and slap each other's knees. Participants defend their own knees by fending off attacks with their hands. After each successful 'strike' they break contact and prepare to start again. The contest ends when someone has scored three strikes and the contestants find new partners to start again. Warn participants before about hitting hard and sticking to light slaps.

### Man the Lifeboats

Minimum Group Size: 10

Resources: None

A fun and energetic game for younger children. The leader shouts commands in which the group have to action as quickly as possible – the last person to complete the action is out of the game.

To play the game, name four sides of the room bow (front of the room), stern (back of the room), starboard (right side) and port (left side). The leader shouts these commands out in any order and the group have to run to side called out. If you say, "man the lifeboats", everyone must sit on the floor. Other commands that can be used include:

- "Boom coming over" – Participants lie flat on the floor, hand clasping their heads.



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- “Captain coming” – Stand to attention and salute.
- “Climb the rigging” – Mime climbing ropes.
- “Man overboard” – Grab a partner.
- “2, 3 or 4 in a boat” – In groups of 2,3 or 4 the participants sit down and mime rowing a boat.

Set the boundaries about a metre from the wall to prevent participants from into the walls.

### Mirroring

Minimum Group Size: 10

Resources: None

Split the group into pairs and organise them so they are standing opposite each other. One person makes a movement, the other tries to mirror them as well as they can, they then continue this for the time allocated (say a minute). Swap roles. When both have played both roles, they can try to coordinate movements with each other, so that both become player and mirror at the same time. This works best with slow movements and needs a lot of concentration.

### Body Parts

Minimum Group Size: 10

Resources: None

Have the group walking (or running if a warm-up) around the space and then call out a number and body part, for example 5 elbows. So people get into groups of 5 and touch elbows. Repeat with different numbers and body parts. Whatever number you want in each group call out that number for the final clump.

### Share a Stretch

Minimum Group Size: 10

Resources: None

Simple to do but still effective as an end of session cool down. Form a circle and invite participants to do a physical stretch and the rest of the group copies. People can go at random or you can work around the circle.

### Categories

Minimum Group Size: 10

Resources: None

A fast paced way of getting to know commonalities among group members. Ask the group to divide into smaller groups according to a category, i.e. yell out eye colour or shoe size, clothing colour, type of pet or toothbrush colour, favourite colour, hair colour, people with number of brothers or sisters, etc, any category (excluding any

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that could be deemed as discriminatory in any way). Make it quick and fast paced, get everyone moving.

### Dog and Bone

Minimum Group Size: 10

Resources: None

Split the group in two with one group on each side of the playing area along a line. Place a ball/beanbag (the bone) in the middle of the playing area. Each team must be numbered 1 to 12 (change this depending on group size). The instructor shouts a number and the two people with that number (on opposite teams) must try to get the bone before the other one. When one gets the bone, the other can try to tag them before they get back to their team line. The team scores points depending on how many times they manage to get the bone. You can mix it up by choosing different numbers on each team to go against each other.

### Donkey Tails

Minimum Group Size: 10

Resources: None

Everyone tucks a piece of scrap material in the back of their trousers so it is hanging out like a tail. Next set a boundary for the game. In this game, everyone is out for themselves and trying to steal as many tails as possible. Participants are not allowed to hold on to their own tail. There must be a sufficient amount of material hanging out so that others can grab it. Once someone wins a tail they must tuck it into your trousers. At the end of the game the winner is the person with the most tails.

NB: you will need enough bits of scrap material for everyone (sports bibs work well).

## Part Two – Five Minute Filler Games

If you have time left at the end of the day or you need to fill time at the end of your coaching session, why not try a few of these games. Five-minute filler games are fun, energising activities that can be played at any time and require little equipment and no planning.

### Dick, Duck, Goose

Minimum Group Size: 10

Resources: None

In this game, the children sit in a circle. One person is selected to be the player by the leader in the game. This player walks around the outside of the circle, touching everyone on the head as they go around. As they touch a person's head, they must say either 'duck' or 'goose'. If they say 'duck', the child sitting remains seated, if they say 'goose', the child sitting has to get up and then chase them around the circle. The child who chased the player must try to get back to their place before the player takes it. The last one to run back and sit in the space within the circle becomes the next player.

### Head it, Catch It

Minimum Group Size: 8

Resources: Soft play ball

The group forms a circle, with the leader standing in the middle. The leader throws the ball to one of the children in the circle. The leader has to shout either, 'head it' or 'catch it' with the child in the circle doing the opposite. If they get it wrong then they are then out of the game. You can also include the three-strike rule in this game.

### Number Ball

Minimum Group Size: 8

Resources: Soft play ball

Everyone stands in a circle with one person in the centre to start. Each child is given a number. The person in the middle throws the ball up high in the air and shouts a number. The child, whose number is called out has to run into the circle and catch the ball. They then throw the ball again and shout another number. If anyone drops the ball they are out of the game.

### Butt Off

Minimum Group Size: 8

Resources: Chairs

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Sit everybody on chairs around the circle. Ask for a volunteer to stand in the middle, leaving just one chair empty. The person in the circle has to try and regain a seat - the group prevents this by moving clockwise, one place at a time to constantly fill the space. If the centre person gets a seat, the person who let them have it (to the left) takes the middle.

### Time Bomb

Minimum Group Size: 8

Resources: Soft play ball

The children have to stand in a circle and throw the ball (bomb) to each other. The bomb is safe until it's activated, but as soon as it is dropped, it starts a countdown to explosion (from 10 or 20). Once the countdown has started, it cannot be stopped and the children must continue to throw the ball to one another. Whoever has the ball when it explodes is out of the game.

### Sharks

Minimum Group Size: 12

Resources: Hoops (Chalk indoors)

Lay out a few hoops or draw chalk circles as the islands. The area around the hoops is known as the shark-infested sea. The children must walk around the hoops, with no one standing still or hanging around only one hoop, etc. The leader then shouts 'Sharks' and gives chase. All the children must take refuge in a hoop, with as many as possible in each hoop. Any child caught by the shark (the leader) are out of the game. Once the leader shouts 'all clear', the children start to walk around again. Repeat, and remove hoops each time around so that the children have to crowd into fewer and fewer hoops. The idea of the game is for the children to help each other to stay in the hoops.

### Guess Who

Minimum Group Size: 15

Resources: Cover

This only works if you have a large group of children (at least 15). Before you start to play, it's important that everyone knows one another's names. Someone is chosen to do the guessing and has to stand away from everyone else with their eyes closed. Everyone else has to crouch down. The leader then has to put a blanket/cover over someone and then invite the guesser to come back and guess who is underneath the blanket. They only get three guesses.

### Pass the Expression

Minimum Group Size: 8

Resources: None

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Like Chinese Whispers. One person starts off by pulling an expression and shows it to the next person in line, they then pass it on to the next person in the group, this continues until it gets to the end of the line.

### Sleeping Lions

Minimum Group Size: 10

Resources: None

After a lively session, this is the perfect way to calm down a group of children. Everyone has to lie on the floor and be still and quiet; if they move or laugh, they are out. Depending on how long the leader wants it to last, just watch them for a while, or they can go around and pull silly faces at them, getting the children who are out of the game to help.

### Flinch Ball

Minimum Group Size: 8

Resources: Soft play ball

The children stand in a circle with their hands behind their backs. The leader stands in the middle with a ball. They have to pretend to throw the ball at the child to see if they flinch. If they flinch and the leader hasn't thrown the ball, they are out. If the leader does throw the ball and they fail to catch it, they are also out.

### Pass a Different Mime

Minimum Group Size: 8

Resources: None

Choose a participant (person one) to start off with an obvious mime (e.g. brushing teeth); the next person (when they know what they are doing) says, "What are you doing?" person one says, "I am riding a horse." Person two then has to mime riding a horse and person three asks "what are you doing?" this continues with the rest of the group. Reverse after one round to allow for revenge.

### Pass Shape/Object Mime

Minimum Group Size: 8

Resources: None

Form a circle. First person passes an imaginary object to the person next to them. They do this in the style of the imaginary object. It is collected by the recipient and transformed in to something else before being passed on again. An imaginary football for example would be kicked to the next person. They might catch it, turn it in to a bowling ball and roll it to the next person.

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### Fizz Buzz

Minimum Group Size: 8

Resources: None

The children stand in a circle and have to count clockwise around the circle, taking a number each. Whenever a number contains two, they have to say 'fizz' and whenever it contains a four they have to say 'buzz'. To make it more complicated the leader can substitute more words for numbers or have a key word that you would say to change the direction of the game.

### Use the Chair as a Prop

Minimum Group Size: 4

Resources: Chair

Form a standing circle with a chair in middle. Someone in the group goes to the middle and uses the chair as a prop. People on the outside have to guess what the prop is. They call out their guesses. If correct that person goes to the middle and invents a new prop. Examples could be using the chair as a bicycle or trumpet or hat etc.

### Opposite Game

Minimum Group Size: 10

Resources: None

The children sit in a circle with one person chosen to sit in the middle. The person in the middle has to make a gesture (i.e. lift their left leg) and the others have to do the opposite (i.e. lift their right leg). Let the child in the middle go for a minute or so and then switch over.

To make it harder: The group stands in a circle, the leader is in the centre with a ball. The group is told that when the following instructions are called out they must pass the ball back in a certain way.

*Head= they must kick the ball back.*

*Foot= they must head the ball back.*

*Knees= they must catch the ball and throw it back.*

When a participant makes a mistake, either they can be out straight away or the leader can operate a lives system.

### I Went on Holiday

Minimum Group Size: 10

Resources: None

## *Group Games for Fun*

The children sit in a circle. The first person to start has to say 'I went on holiday and I packed my anorak'. The second person has to say 'I went on holiday and I packed my anorak and my balloons'. The third person has to say 'I went on holiday and I packed my anorak, my balloons and my cap'. This continues through the alphabet. With younger children, it may be easier to forego the repetition of previous letters.

### Wink Murder

Minimum Group Size: 10

Resources: None

Have the group sit or stand in a circle with one person appointed as the detective. The detective has to leave the group and shut their eyes whilst the leader chooses the murderer. The leader should get the group to close their eyes as they walk round and pick the murderer. When the murderer is chosen, the detective is recalled to solve the crime. The murderer will kill their victims by winking at them when the detective is not looking. Anyone who is winked at has to die spectacularly! Can the detective guess who the murderer is before everyone is killed?

### Rhythm

Minimum Group Size: 10

Resources: None

The children stand or sit in a circle with one person appointed as the investigator. The investigator has to leave the group and close their eyes while the rhythm leader is chosen. The chosen leader then starts clapping their hands or clicking their fingers. Everyone copies whatever they do. The investigator returns and has to try to find out who is leading the change of action. Remind the children not to stare at the leader.

### Animal Farm

Minimum Group Size: 12

Resources: None

Each of the children has to come up to the leader in turn and the leader whispers the name of an animal in their ear. Once everyone knows what they are, they have to find the other people with the same animal. They have to do this by running around making their animal's noise and listening to see who else is making the same noise. As an alternative, you can make the children do actions instead of noises, or combine the two.

### Snakes

Minimum Group Size: 12

Resources: None

## *Group Games for Fun*

Starting with pairs, each player lies on their stomach with arms outstretched, holding the ankles of the player in front. The aim is to move along the floor as a snake without letting go of the ankles. When this has been mastered in pairs, increase to fours, eights and so on. The longer the snake the more fun and the greater cooperation needed. For a variation, form two or more snakes to race over a set course, with obstacles if they are good enough.

### What's the Time Mr Wolf

Minimum Group Size: 10

Resources: Markers (to define boundaries)

In a boundary area, one person is 'Mr Wolf' who stands with his back to the group. Everyone else stands in a line, side-by-side facing Mr Wolf. Everyone in the line shouts 'What time is it Mr Wolf' and then Mr Wolf will give a time. For example, should Mr Wolf shout '5 o'clock' then everyone in the line can take five equal steps. This is repeated until the line gets very close to Mr Wolf. When Mr Wolf decides they are close enough to be tagged, he shouts 'dinner time' instead and attempts to tag anyone running back to the starting line. Any child who is tagged joins Mr Wolf.

### Steeple Chase

Minimum Group Size: 4

Resources: None

The group forms a circle. They then practice slapping hands on thighs to make a galloping horse sound. Brief group that it is the Grand National and that on the word 'go' the horse race will start. There will be a commentary that will describe the hazards and jumps. A jump is tackled by lifting the hands off the thighs to symbolize flight over a fence. A triple for example would be shown by gallop flight gallop flight gallop flight gallop. Water jumps will be gallop flight splash gallop. The group leans to go round corners and body swerves to avoid animal rights protester. Include any other obstacles you feel like. Constant commentary is essential.

### Chinese Dragon

Minimum Group Size: 12

Resources: Scarfs (or bibs, old t shirts, etc.)

Split the group into two smaller groups. Each group forms a line, one behind the other, facing the same way and facing the other team. Participants place their hands on the waist of the person in front of them. The last person in each team has a scarf tucked in to the waistband of their trousers. The object is for the front person of each team to grab the scarf of the other team without the chain letting go.



## Group Games for Fun

### Splat

Minimum Group Size: 12

Resources: None

The group stand in a circle with the 'splat master' in the middle. If the splat master points at you and says 'splat' you must duck down quickly. The people either side of the splatted person must put their arm out and shout splat. Whoever out of the three people is the slowest is out of the game. When only two people are remaining, they stand in the centre of the circle back to back for the final 'Splat off'. Every time the splat master says a word (these can be themed such as cars, chocolate etc), they step forward. However when the splat master says splat they turn round and try to say splat before their opponent does. The winner can become the splat master for the next game.

### Ooogly Boogly Bop

Minimum Group Size: 12

Resources: None

Similar to Splat. The group stands in a circle with the leader in the middle. The leader has several instructions; if at any point a child is too slow or does the wrong thing they are then out of the game.

*If the leader points at a child and says 'oogly boogly bop' they have to say bop before the leaders does.*

*If the leader points at a participant and says 'kangaroo' the child must make a pouch with their hands, with the people either side of jumping up and down.*

*If the leader points at a child and says elephant that child must make a trunk, with the people either side making an ear shape with their arms.*

*If the leader points at you and says Homer, you and the people either side must say 'doh' and hit your palm against your forehead.*

When only two people remain they stand in the middle of the circle back to back. As the leader says 'oogly' they walk forward. When the instructor finishes the word 'boogly' they must turn round and say 'bop' as quickly as possible before the other person does to win.

### Pulse

Minimum Group Size: 10

Resources: None

The group lies on their fronts in a circle. Each person puts their left arm underneath the right arm of the person on their left. One group member then starts a pulse going round the circle. They tap the floor once with their hand. This continues round the

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circle. If the person gives two taps instead of one the direction of the pulse is reversed. If anyone taps out of turn or forgets to tap they lose the hand that made the mistake, giving them in effect two lives (once they lose both hands they are then out of the game). When playing with a big group to complicate the game further, try to add more than one pulse in the circle at the same time.

### Monkey Football

Minimum Group Size: 10

Resources: Soft play ball

The group all stands in a circle with their legs apart and feet touching the feet of the people either side of them. Each person bends forward and has to defend the space between their legs. This is their 'goal'. A ball is added to the circle and everyone must try to push the ball through other group member's legs, whilst defending their own goal. If the ball passes between your legs, you lose a life and you can only defend your goal with one hand. If another life is lost, you lose both hands. When a third life is lost you have to turn round with your back to the circle and defend looking through your legs. Fourth life lost you go down to backwards with only one hand, then no hands then finally you are out. Last person in is the winner.

### Buy me a Monkey

Minimum Group Size: 10

Resources: None

The group makes a circle. Two participants are chosen to stand in the centre of it. One of them is acting as a monkey the other is trying to sell the monkey. They walk up to someone in the circle and the seller says '*would you like to buy my monkey?*' The person in the circle answers by saying '*what can your monkey do?*' The seller says something the monkey can do and the monkey demonstrates. If the person laughs then they become the monkey and the monkey becomes the seller. If they hold a straight face, the pair must try to sell the monkey to someone else in the circle instead.

### 1,2,3... Look Up

Minimum Group Size: 8

Resources: None

Get the group to form a circle, either sitting or standing. On the count of three each member of the group is to look at someone. If two people in the group look at each other than they are out of the game.

### Keep your Distance

Minimum Group Size: 8

Resources: None

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Each person mentally selects two people and thinks of a distance for each of them. The object is to walk round the room whilst maintaining the chosen distance from each of the two people, e.g. stay two feet from one person and seven feet from the other.

### Evolution

Minimum Group Size: 8

Resources: None

Group members wobble round as eggs. The eggs must meet another egg and play rock, paper, scissors. The winner of the match up then evolves into a chicken and the loser stays an egg. Chickens then have to find another chicken to play, the winner then moves up the ladder to being a prince/princess, then a king or queen, then a champion. The loser always goes back to being an egg.

*Rock beats scissors by blunting them*

*Paper beats the rock by wrapping around it*

*Scissors beat paper by cutting it*

### Hidden Numbers

Minimum Group Size: 10

Resources: None

Sit your group down and organise them into an inward facing semi-circle facing you. You will then place a shoestring on the ground and layout a shape, your group then have to guess which number it represents between one and ten.

Once you've laid the shoestring on the ground, put your hands on your thighs then ask the group, 'what number is this?' The group will then review the shape you've created and try to guess what number it represents. Give the group a couple of guesses and then tell them the answer.

The catch is you must show the 'number' with your fingers, which are placed on your thighs. For example, if the number is five, you have only five fingers out. If it's one then you have one finger on your thighs, with the others folded.

When organising a shape with the shoestring, you should try to make it fun and use some theatrics (by doing this, you are distracting them as they think this links to the number – in reality, the shape makes no difference to the number).

### Body Part Twister

Minimum Group Size: 10

Resources: None

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Body Part Twister is great for getting people working together and energised, it is physical and needs participants to be comfortable leaning on each other.

Call out different body parts, these are the only parts of the body the whole group can have touching the floor. Encourage everyone to work together to find a solution and balance on each other if they need to. For example, to a group of nine people you could call out four bums, two feet, one head, two hands, four knees. Call out the next set of instructions as soon as everyone is in position.

Just remember to think before you call out combinations or you could call out something that is physically or numerically impossible!

### Hockey by Numbers

Minimum Group Size: 10

Resources: None

Divide your group into two teams who sit on opposite sides of the room; each team member is numbered. At each end of the room there is a goal (can be two chairs and a table). In the centre is a balloon and two hockey sticks made up of rolled-up newspaper.

The leader shouts a number and that numbered player from each side runs up, picks up a stick and tries to propel the balloon through the opponent's goal. After a goal, or at any time during play, the leader can shout another number; the current players immediately drop their sticks and two new players enter the game and take over. The team with the most goals wins.

### Shoeing Horses

Minimum Group Size: 10

Resources: None

Two chairs are placed opposite each other and about five metres apart in the middle of the circle of viewers. Two people are chosen from the group to be JOCKEYS and they sit on the chairs. Both are blindfolded. Six or seven shoes are placed around the floor near the chairs. When told to begin, the jockeys must hunt for the 'horse shoes' and put them on the legs of their 'horses' (the chairs). The jockey to have shoes on all four legs is declared the winner.

- Only one shoe can be carried at a time
- Either player may rob horse shoes from the others horse, unless the other jockey is sitting on the horse

### Big Races

Minimum Group Size: 10

Resources: None

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Organise the group into two or three separate teams (depending on the size of the group – the larger the better!) and get them to sit in a line facing forwards. In front of them place a pile of clothes (make these as wacky as possible). The object of the game is that each person must dress up in the clothes and then run to the post or cone, then hop back, undress and tag the next person in to do the same. The team that has all team members complete this and sits down, wins the challenge.

### Gas Stopping

Minimum Group Size: 10

Resources: None

Get the participants to stand in a spaced circle facing inwards, all except one person who is 'on'. The 'on' player walks around the outside of the circle, at any time they can touch another person on the back – once they do the race is on and they have to run around the circle in opposite directions to return to the gap left. The participant that fails to reach the gap first becomes the 'on'.

### Mars Bar Eating

Minimum Group Size: 10

Resources: None

Get your group to sit in a circle. In the middle of the circle there is: a Mars bar (or any other chocolate bar), knife, fork, hat, scarf, coat, shirt and trousers. You will also need a large dice.

Each person in the group has a turn at rolling the dice. Every time someone in the group rolls a six, they must run into the middle, put on all the clothes, pick up the knife and fork and cut open the Mars bar – they continue to eat it (each piece being no longer than 1cm) until someone else in the group rolls a six. They must then stop and take off all the clothes. The person who rolled the six then comes into the circle, puts on the clothes and attempts to eat as much of the Mars bar as they can until someone else rolls a six and they switch again. Continue until the bar has been eaten.

### Pirates Treasure

Minimum Group Size: 10

Resources: None

Select a volunteer to be blindfolded and sit them on a chair in the middle of a circle with an item located under the chair. The objective of the game is for someone in the group to capture the treasure from the blindfolded participant without them noticing.

Get the group running around in a circle to begin with and then point to someone in the group to move as silently as possible and try to capture the treasure – if the blindfolded participant points in their direction, they are then out of the game. If they retrieve the treasure they switch places.

### Action Murder

Minimum Group Size: 10

Resources: None

Similar to wink murder but the chosen person starts an action which everyone in the circle must copy. They could change this action regularly. The detective has three guesses to identify who is leading the action.

### Rain Making

Minimum Group Size: 10

Resources: None

This game is aimed at young children and involves a lot of cooperation and group togetherness. Divide the group into three smaller teams. Explain that they are going to create a rainstorm by making four simple sounds in a round. The sounds are as follows:

- Drizzle – gently rub your palms together to produce a whispering noise
- Light rain – move your hands up and down in opposite directions, with the palms brushing against each other, as if you are brushing sand off the palms.
- Heavy rain – clap your hands together.
- Hail – cup your palms and clap them against your thighs.

Start off group one with making drizzle. Once that's under way turn and signal to group two to start with drizzle, then group three. Turn back to group one and get them to start light rain whilst the other maintain their drizzle, then turn to group two and do the same, then group three. Keep the round alive until all segments are making hail. Then work backwards so that group one stop hailing and make heavy rain, then two, then three, until you work back through light rain to drizzle and then silence!

### Prohibited Movements

Minimum Group Size: 10

Resources: None

Organise the group into a circle., ensuring enough space between each other (stretched arm length). Stand in the middle of the circle. The aim of the game is for all participants to exactly copy your movements – all except two of them. Instead of these two movements, they must make another movement which has been set by you prior to the game e.g. when put your hands on the back of the head, the players must squat, or when the when you bend forward, the players must clap their hands etc. Anyone that makes a mistake is out of the game.

You can adapt this to suit the sport or subject that you are teaching.

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### Not Worse than a Kangaroo

Minimum Group Size: 10

Resources: None

A fun game to play with younger groups. Each player must cover the distance set out by jumping with the small box or tennis ball between their knees. The time is noted down. If the player drops either the ball or the small box, they have to retrieve the item as quickly as possible and place between their knees again and continue to jump towards the finish line. The player who covers the distance in the shortest time is the winner.

### Peruvian Ball

Minimum Group Size: 10

Resources: None

Everyone in the group has an imaginary ball. Each ball has its own special movement pattern, and its own sound which the participant decides. The participants practice “throwing” or “bouncing” the invisible balls by themselves, while simultaneously making the sounds (“boi-oi-oing,” “zip-zap,” “wheeeee”). After everyone has the movements and sounds finalised, they start walking around the space. The leader calls out, “freeze,” and then instructs everyone to trade balls with someone. There is no talking allowed, only demonstrating the sounds and movements of the balls.

Once everyone has traded, everyone continues walking around the space again, this time with their new balls. The leader again calls out, “freeze” again, and instructs everyone to trade with another person. After four to six trades have been made (depending on the size of the group), the leader instructs everyone to find their original balls. Everyone must then move about, demonstrating the balls they are holding, while searching for the ball they originally created. If a participant finds their ball, they trade with the person who has it, and then takes their ball to the side out of the playing space.

It is rare for everyone to find their original balls in this game. If someone can't find them, use this during the review and ask the participants why. This is a great way to start talking about miscommunications at work, how to give specific instructions, or communicating without words.

### Dots

Minimum Group Size: 10

Resources: None

Great for organising smaller groups and works well with both adults and children. Fix a coloured dot onto the forehead of each participant. Ask the participants to stand up and move around the room in silence. Participants must find out what colour their dot is without talking. Once they know what colour their dot is, they find others with

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the same colour and that will be their group. This is a great game for encouraging non-verbal communication. Don't forget to give some thought to how you want to mix the groups.

Equipment: Sticky dots in a range of colours.

### Body Parts

Minimum Group Size: 10

Resources: None

Have the group walking (or running if a warm-up) around the space and then call out a number and body part, for example 5 elbows. So people get into groups of 5 and touch elbows. Repeat with different numbers and body parts. Whatever number you want in each group call out that number for the final clump.

### The Clapping Game

Minimum Group Size: 10

Resources: None

The Clapping Game is a variation on the game Pulse. Organise your group into a circle on the floor or around a table. Get everyone to place their hands flat on the surface, with their arms crossing over with those of the neighbours. Start the game by clapping one hand on the surface.

Let the clap run around the circle, so that always the hand claps that is next to the one that clapped last. After practicing this for a couple of rounds, introduce a complication. If a hand claps twice, the direction of the clap changes direction. Again, practice.

When everyone has understood the rules, start the game proper. Any hand that claps out of turn or doesn't clap should be put behind the person's back. When somebody has both hands out of the game, then they have to drop out of the game. Increase the speed of the game as you go along. The more people there are in the group, the less exciting it is for the individual player.

It is a good idea to form two or more groups for the game if there are more than twelve in a group.

### Balloon in the Middle

Minimum Group Size: 10

Resources: None

Throw a balloon into the middle of the group and everyone has to keep it from touching the ground, you can add rules like participants cannot touch it more than



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once in a row. You can also do this by having everyone lay on the ground with their feet or heads touching in the centre of a circle and then throw the balloon in the middle. Try and be creative – it's amazing what you can do with a balloon.

### Zip Zap Zop

Minimum Group Size: 10

Resources: None

Standing in a circle, participants place their palms together in front of them, explain that inside their palms is a ball of energy. Next up explain to the group that Zip Zap Zop all refer to different directions that they will point their hands.

- Zip: left
- Zap: right
- Zop: across the circle (or whatever you like)

Whoever starts chooses one of Zip, Zap or Zop says it out loud for example “Zip” and passes/points their hands to the person on their left, it carries on (domino effect) with each person turning to the left with their hands and saying “Zip” until someone says something different such as “Zap” and then the direction changes to the right. It can just get faster or people who slip up sit down. And you can add different sounds like ‘boing’ that bounce the energy back to the person who sent it to you.

A variation of this game is that again you get everyone to form a circle. This time however, you have one person quickly clap and points at another, while saying “zip.” The person who received the “zip” then claps and points at another, while saying “zap.” That person then claps and points to someone while saying “zop.” The pattern continues, “zip, zap, zop, zip, zap, zop....” The goal is to pass the words and energy around as quickly as possible, which is harder than it seems. Many theatre companies use this as a warm-up before going on stage, to establish teamwork and to encourage quick thinking. If you use this with a group who find it takes several tries to get into the rhythm of the game. Keep going! Eventually, the group will begin to go at lightning speed and you'll find it hard to keep up yourself.

### Reactor

Minimum Group Size: 10

Resources: None

Standing or sitting in a circle, get participants to hold their right thumb and index finger in a circle to their right, next get them to hold up their left index finger and place inside the hold created by the person on the left. When everyone has done this and fingers are placed inside the circles, the leader shouts, “go” or counts to three and each person has to try to free their finger from the left and catch the finger on their opposite side.

### Train Smash

Minimum Group Size: 10

Resources: None

Standing in a circle holding hands 3 or so people are nominated as 'train stations' (TS) and 2 as 'junctions' (J) depending on the size of the group. Facilitator squeezes the hand of a person next to them and sends a 'pulse' which is the train around the circle. When the train reaches a TS they make a sound i.e.: "toot toot" and when it reaches a J it can change direction if the J chooses. Then a person has to go into the middle of the circle (train spotter) to guess where the train is at by touching the person they think has it. When they are correct they swap with that person and the game continues.

### Everyone with...

Minimum Group Size: 10

Resources: None

Form a circle of chairs (one for each person) and then take one away. One person stands in the middle and calls out something like "Everyone with blue eyes". Everyone with blue eyes then jumps up and moves to a place vacated by someone else who has moved. The last person who is left without a seat remains in middle to call out something else. Instead of using chairs, you can also use cones.

### What are you doing?

Minimum Group Size: 10

Resources: None

Get the group to form an inward facing circle. One person moves to the centre and begins acting an activity, such as walking the dog (it is important that the people really do the activity). A second person enters the circle and asks, "What are you doing?" The first person then responds, while still doing the original activity: "driving a go-kart" The second person then begins to pretend they are driving a go-kart, and the first person re-joins the circle. A third person enters and asks, "What are you doing?" The person in the centre, while still doing their activity, replies: "Climbing a tree" (or any other activity they can think of). This continues until everyone has been in the centre circle.

It can be suggested that actions link or relate to the content and learning objective of your programme. This is a good game to use once people at least slightly know each other. As the game grows there are lots of laughs. It is good to encourage people not to think of 'what to do' and just say/do anything. You can also play it and have everyone stay in the circle until everyone is in.

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### Who's Missing?

Minimum Group Size: 10

Resources: None

An easy to deliver game for groups of any age (ideally with more than 10 participants). Organise your group into a sitting inward facing circle with their eyes closed or heads down. Next tap one of them on the shoulder and remove them from the circle. The first one to guess who is not there wins. Great as a quick game or an ice breaker when you are trying to participants to learn each other's names.

### Ghost

Minimum Group Size: 10

Resources: None

Three or four players are chosen to be the ghosts. The rest of the group needs to scatter across the playing space and choose a spot to stand in. All players need to close their eyes. The ghosts will roam about the playing space. They will try to eliminate the others by standing close behind the players for 10 seconds without them knowing. If this happens, the ghost will tap them on their head and they will sit down quietly. If a person suspects a person behind them, they would ask, "Is there a ghost behind me?" If they are right then they become a ghost. If they are wrong they are out and should sit down. This is a great game is you want to quiet your camp down.

### Fill the Space

Minimum Group Size: 10

Resources: None

Have everyone, except one sat on chairs spread around the room. The person without the chair stands in the corner of the room. The object of the game is for the person standing to try and reach the empty chair, however they have to walk as if their legs were tied together (i.e. tiny steps). Everyone else has to try and stop them reaching the empty chair by moving chairs. Once a person has got up from their chair to fill an empty chair, they cannot go back to their own chair. The standing person must try to get into an empty chair before anyone else. If they get into an empty chair before anyone else, the game starts again with the new person left standing. Always start the game with the empty chair far away from the person standing.

### Tadpole to Superman

Minimum Group Size: 10

Resources: None

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Everyone in the group starts the game as a tadpole, in order to move through the ranking, each tadpole challenges another tadpole to a game of rock, paper, scissors. The winner moves up the rankings, becoming a chicken (they must walk around flapping their wings and clucking like a chicken). Chickens can challenge other chickens to rock, paper, scissors. The winner moves up again, becoming a monkey (they must walk like a monkey and make monkey sounds).

- The loser goes back to being a tadpole.
- Monkeys can challenge other monkeys
- The winner becomes Superman
- The loser goes back to being a chicken
- The first person to become Superman wins

Note that, tadpoles can only challenge tadpoles, chickens can only challenge chickens and monkeys can only challenge monkeys.

This is a very similar game to Evolution.

## Part Three – Camp Games

If you have time left at the end of the day or you need to fill time at the end of your coaching session, why not try a few of these games. Five-minute filler games are fun, energising activities that can be played at any time and require little equipment and no planning.

### Capture the Flag

Minimum Group Size: 10 or more (Minimum of 5 per team)

Resources: 2 flags (or bright items to retrieve such as jumpers, cones etc), cones to mark area

Total Time: 30 minutes

Two teams compete against each to try and find the other team's flag. Once they have located the flag, they must then try to bring it back to their home zone, without getting caught and tagged by the opposite team. It involves a lot of teamwork and running and is a great game to use if you have a large.

Prepare a playing area that is large enough for the game. Organise the group into 2 separate teams.

The aim of the game is to find and grab the other team's flag and bring it back to the team's zone without getting tagged by a member of the opposite team. If a player is tagged holding the flag they are then placed in jail and hand the flag to the person that caught them (they must then re-hide it).

When a team hides a flag, they cannot move it once it is set in its original place (at the start of the game). If the flag is moved by the opposite team, they can then re-hide it later on once they have tagged the opposite player carrying the flag. Once both teams are ready, the round begins.

Allocate 2 zones for "jails" for each team. Mark a centre line that separates two zones. Provide each team with a flag (you can use any bright object such as a t-shirt or cone).

Have each group hide their flag somewhere in their zone (or half). Flag's must be partially visible and possible to retrieve.

### **Rules**

If any member of the opposite team enters a team's zone, they can tag them to "imprison" them. Likewise, if an opposite team player tags a player when they are in the opposing team's territory, then they will be need to go to the other team's prison.

To get released from prison, they must be set free by a team mate who has to enter the opposition area to tag their team-mate out.

## Group Games for Fun

### Useful hints and tips

If you have a small group reduce the size of the area appropriately. Explain any out of bounds areas including dangerous places. Brief the team on how to hide their flag, ensuring you warn them of areas where you have safety concerns such as woodland with exposed tree branches, nettles etc.

The game can get quite physical (especially with older groups) so make sure you keep an eye on any foul play and place the player in prison should you have any concerns.

If you have an odd number of participants – get one of them to assist you in refereeing the match and organise the game prison area. If you have too many players for a single game. Split into smaller teams and play a tournament style game instead.

Ensure you have plenty of water, to prevent heat exhaustion and dehydration of your group.

### Parachute Games

Minimum Group Size: 10 or more (Minimum of 5 per team)

Resources: Play Parachute and ball

Total Time: 60 minutes

Parachute games are easy to deliver and great fun for all. All you require is a parachute and a ball. The games encourage cooperative, non-competitive play and are normally quite physically active. What's more they can be played with kids of all ages (including adults).

#### Main Activity

**Mushroom:** Get everyone to hold the parachute. The participants should be spread out so the parachute is fairly taught. Participants should then lower the chute to the ground then count to 3 and on 3 everyone pulls the chute upwards. As a result, the parachute will inflate like a mushroom and slowly collapse back down again.

Try to get the mushroom as high as possible encourage everyone to work as a team. Once the mushroom has been mastered you can then try some variations:

Everyone mushrooms the chute and then runs to the centre, still holding onto it.

Everyone mushrooms and let's go, it's good fun to get everyone running after the chute as it's blowing away.

Everybody let's go at the exactly the same time (only do this one if there is minimal wind) the chute should rise upwards and remain in its shape. For everyone to let go at exactly the same time requires practice and concentration.

#### Other Games

Anyone with – Mushroom the chute then the instructor calls out a description that identifies one or more of the players, e.g. 'anyone with blonde hair' or 'anyone who had toast for breakfast'. Those described have to let go and run underneath and switch places with

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another player before the chute comes down on top of them. Once the group have the idea, let everyone have a go at calling out a description.

Funny Changeover – Similar to the activity 'anyone with'. Number the group by three's, so you have group 1, group 2 and group 3 all evenly spread out. Mushroom the chute then call out a number and who or what you would like them to become when they go under the chute e.g. 'number 1's are dogs' or 'number 3's are ballet dancers'. Once again when the group get the hang of it let them have a go at calling out.

### Safety Tips

Great care must to be taken before the start of the games to explain safety rules to participants in order to get the maximum fun out of the activity.

## Part Four – Brain Teasers and Riddles

Below is a collection of the brain teasers and riddles which are great to have at hand when you have a couple of minutes spare at the end of your session or even as a fun and interesting way to interact with your team. Give them a go and see how you get on.

Question) A woman is travelling around London when she passes Trafalgar Square she is sent straight to jail but she has done nothing wrong. Why is this?

*Answer) She is playing monopoly.*

Question) Forwards I am heavy, backwards I am not.

*Answer) Weight.*

Question) Brothers and sisters I have none but this man's father is my father's son. Who is the man?

*Answer) The man is my son*

Question) A cowboy rides into town on Friday he spends two nights there. Then leaves on Friday. How is this possible?

*Answer) His horse is called Friday.*

Question) Two fathers and two sons go fishing they each catch a fish and return with three fish only why?

*Answer) There was a grandfather a father and a son.*

Question) A man is travelling towards the centre of a field; he knows that when he gets there he is going to be badly injured. Why does he know this?

*Answer) He has jumped from an aeroplane and his parachute has failed to open.*

Question) A man lives on the 20th floor of a block of flats every night when he returns home he takes the lift up 10 floors and walks the rest of the way but in the morning he takes the lift from the 20th floor to the ground floor. Why does he do this?

*Answer) The man is very short and cannot reach the button that takes him to the 20th floor.*

Question) There are twenty sick sheep grazing in a field, overnight three sheep sadly die leaving 17 sheep. How is this possible?

*Answer) 20 sick will be heard as 26.*

Question) A man is stuck inside a concrete dome; the dome has no windows and no doors. All he has is a cake and a penknife. How does he escape?

*Answer) He cuts the cake in to halves. Two halves make a hole and he crawls out through the hole.*

Question) Each morning I appear to lie at your feet. All day I will follow you no matter how fast you run. Yet I nearly perish in the midday sun.

*Answer) Shadow*



## Group Games for Fun

Question) You can see nothing else when you look in my face. I'll look you in the eye but will never lie.

*Answer) Reflection*

Question) At the sound of me, men may dream or stamp their feet. At the sound of me, women may laugh or sometimes weep

*Answer) Music*

Question) Until I am measured I am not known, yet how you miss me when I have flown away.

*Answer) Time*

Question) What occurs once in a minute, twice in a moment but never in an hour?

*Answer) The letter 'm'*

Question) I go up and down stairs without moving.

*Answer) A carpet*

Question) Give it food and it will live.

*Answer) Fire*

## Optical Illusion



## Author Information

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David Priestley is a team building and training specialist based in the UK. David began his career as an activity instructor back in 2003 and today offers team development programmes and training consultancy to a number of private and public sector organisations across the UK and Europe.

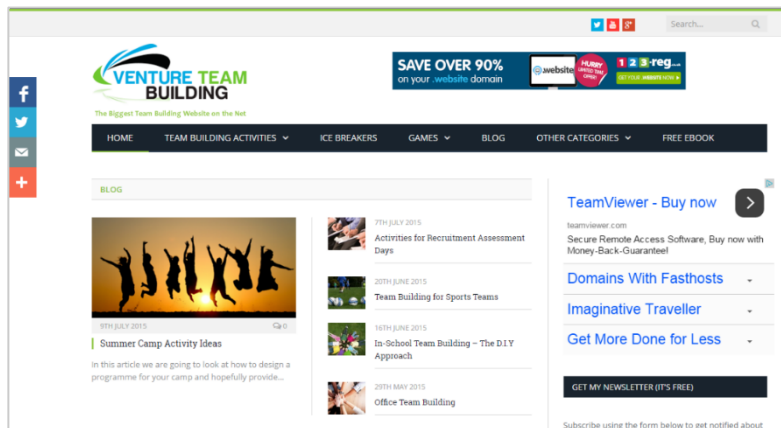
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