

THE GROUP GAMES *Guide*



87 WARM-UPS, ICEBREAKERS,
AND 5-MINUTE FILLERS



Venture Team Building

The Group Games Guide

**87 WARM-UPS, ICEBREAKERS AND
5-MINUTE FILERS**



www.ventureteambuilding.co.uk

Produced for: Venture Team Building

Email: web@ventureteambuilding.co.uk
Website: www.ventureteambuilding.co.uk

First Edition: November 2013
Second Edition: November 2015
Third Edition: June, 2016

© 2016 by Venture Team Building

The materials that appear in this book may be reproduced for educational and training activities. There is no requirement to obtain special permission for such uses. This permission statement is limited to reproduction of materials for educational or training events.

Any reproduction or distribution—or inclusion of items in publications for sale or available to the public through the internet or otherwise – may only be carried out only with prior written permission from Venture Team Building.

Author Note

While care has been taken in the preparation of this activity book, the author does not accept any liability arising from the use of any of the activities described in this book. Before using the activities, please ensure you have adequate insurance cover.

Contents

Introduction.....	1
Part One: Warm-Up Games	3
Touch Blue	3
Deflector Bomb	3
Vary Your Speed	3
Buzzy Bees	4
Cat and Mouse	4
Ladders	4
Stuck in the Mud	5
Clumps	5
Jack in the Box.....	5
Fruit Salad	6
Under, Over Race	6
Traffic Lights	6
Penguin Race	7
Giants, Wizards and Dwarfs.....	7
Fishy, Fishy, Sharky, Sharky	7
Bump Tag.....	8
Freeze Tag.....	8
Sticky Parts	8
Kung Fu	9
Everybody's It.....	9
Band Game	9
Knee Slaps	9
Man the Lifeboats	10
Mirroring	10
Body Parts	10
Share a Stretch	11
Donkey Tails	12
Part Two: Five Minute Filler Games	13
Duck, Duck, Goose.....	13

SAMPLE

This page has been left intentionally blank

Introduction

Group games can be a great way to break down barriers between participants 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 participants 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 listed in this guide 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 here are some general guidelines to help you make it a successful experience for your entire group.

Who Is This Book For?

This book is for anyone! Regardless of age or ability, group games are a fun way for participants 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 participants in a way they can easily understand.

All the 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 adapt the activity to suit you and your own specialist activity or sport.

Leading the Games

- Read the game to make sure you understand it.

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 participants' 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. These warm-up games are easy to run and require little or no equipment.

Touch Blue

Minimum Group Size: 6

Resources: Random coloured objects

Participants are instructed to find an object or item of clothing pertaining to a specific colour. 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 participants 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, it may be difficult to spot which participant is last, and therefore 'out'. Once participants 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