1. **Frisbee Touch/Touch My Can/How Many on a Penny** - Begin with one Frisbee for every five students. The object of the activity is to have everyone in the group touching a Frisbee, all at the same time, without body contact. After each successful attempt, have the groups move to a new Frisbee, eliminating a Frisbee each time to increase the challenge. Originally done with a soda can, it’s also very cool with a penny.

2. **Modified All-Aboard** - Begin the activity with two students per poly spot (or carpet rectangle, flat base, hula hoop, etc.). The object of the activity is to have the entire group on spots, with no body parts touching the floor. Eliminate spots as the group feels comfortable and gets better at the solution. Hint: one foot on the spot, balancing/holding a partner across from you. Spotters may be needed!

3. **Half of the Feet** - Participants should be divided into groups of two, four, or six, with no equipment provided. The group is to move across the area provided (about the width of a basketball court), using only half, or less, of their collective feet. (Examples…everyone hopping on one foot, or piggybacks, or wheelbarrows, etc.) Invite the groups to make as many SAFE trips as possible across the area, with no repeats.

4. **One vs. Five Tag** - A large playing area needs to be divided in half, with side lines, and end lines. Two teams are assigned to either side, with the “players” on one side having five to ten (depending on the skill level of the group) times as many people as the “taggers” on the other side. In a group of 30, begin with 5 taggers, and 25 players. The object of the game is for the players to pass through the taggers area, and make it to the opposite end line, without being tagged. If a player is successful, they walk up one sideline, register their score with a high five to the teacher, and try again. If they are tagged, they exit the game on the other sideline, walk back to their zone, and try again. The players are trying to score as many in two minutes as possible, and the taggers are trying to keep the score as low as possible. Once the score has been set in round #1, allow strategy time, and play round #2 with the players trying to break their record and the taggers trying to prevent it. This is a great goal setting/strategy activity, and a good one to debrief.

5. **The Web Site** - Two teams evenly split, with one group having one jump band, or rope, or Chinese jump rope, etc. per person. Team #1 with the bands, arranges themselves into two evenly split lines facing each other. This team creates a web by holding the ropes across the middle from foot to foot, or hand to hand, or foot to hand, etc. making it as hard to pass through as possible. Team #2 must travel through the web without touching a band or rope.

6. **Hit the Spot** - This is a partner activity using verbal and nonverbal communication. Partner #1 stands with their back to a poly spot (or a cup, bucket, piece of paper, etc.), and tries to throw a ball over their head, trying to hit the spot. Partner #2 retrieves the ball and verbally directs Partner #1 to help them be more accurate on their next throw. Partner #1 may not peek! The next level of this activity is for the partners to work nonverbally.
7. **Amoeba Run**- Have the group of 5 or more, link together in some way, creating a closed formation (example- hand held circle). The group must run the course without breaking any connections. The crazier the course, the more fun the run.

8. **Triangle Tag**- Three people form a hand to hand circle (really a triangle). The fourth person in the group is on the outside of the triangle, and is the tagger. The object of the game is for the tagger to touch one of the designated people in the triangle. The other two people in the triangle work together by moving in a circle to block the path to the target. The circle may not break, and the tagger may not reach across or through the group.

9. **Statues**- Have one person pose in the middle, then slowly add to the statue. Each person must be connected by two touches with different people. Then try eliminating pieces of the statue who must exit without disturbing any of the pieces on their way out. It is also fun to have the statue move, rotate, change levels from low to high, etc.

10. **Statue Guess**- Have groups build a statue so well that the other groups will be able to guess what they are.

11. **Penny Puzzle**- The group may use as many pennies as needed, with the following directions given:
   - Three people touching each penny with a finger.
   - Each person must be attached to two different pennies.
   - Nobody is allowed to touch a penny with the same person anywhere.
   - All pennies must have three people touching them. Every hand must be attached to a penny (no free hands).

12. **Gauntlet**- Split the group in half forming two teams. One team begins at one end of the basketball court, the other splits and covers the two sidelines. Team #1 (at the end) must make it through the middle of the court to the other side, without getting hit by a foam ball that is rolled by team #2. If the person makes it through, they return on one side, slapping the teachers hand on the way back to register the score. If hit, the person exits on the other side and tries again. Play for one to two minutes, then allow strategy time and begin round two. After three attempts, teams switch positions.

13. **Evolution**- This is the higher form of Rock, Paper, Scissors. To begin, everyone is an egg and moves around in a crouched position, challenging others to a R.P.S. game. The winner stands up and becomes a chicken (wings flapping, and clucking). The loser continues playing as an egg. Once a chicken you may challenge only another chicken…winner becomes a dinosaur (hands over the head making loud dino-noises), and the loser goes back to egg status. Dinosaurs play dinosaurs…winner becomes a human, loser back to a chicken. Once a human you may play anyone, but you cannot devolve…or lose, therefore humans become helpers to those lower on the chain.

14. **Cooperative World Records**- The group is invited to set world records in categories chosen by the leader. Strict times must be kept to fulfill the Guiness Book regulations. Category examples might be- a) the group must form a straight line and clap 3 times in unison, b) give and receive a high five from every other person in the group, c) run 127 times around the basketball court, d) form a letter or a shape.

15. **Inside Out Circle**- Students form a circle. One name from the group is called, and that person begins speed walking around the outside of the circle. As each person is passed, they follow the line around. When they return to their spots, they sit down and yell (in unison) “We’re done!”
16. **Canoe Race**- A team of people straddle a pole, with the front person facing the course to be completed, the rest of the people face backward. The team must negotiate the course with only the front person to steer them. Add over and under obstacles to induce verbal communication. This is a great partner activity also, one going forward, the other backward, and then changing the leader on the way back. This activity originated in Nigeria.

17. **Am-Pe (Jump and Clap)** - Partners face each other and jump and clap 3 times mirroring each other. On the third jump partner #1 kicks out either foot while partner #2 does the same, trying to predict/guess which foot to “shoot” to oppose their partner. Partner #2 does not want the foot to be on the same side as their partner. Switch roles after 3 turns. This is a game from Ghana.

18. **Crab-Up**- Partners sit down facing each other in crab position, with the soles of their feet together. The goal is to push their bodies up onto their hands only, by pushing against each other’s feet.

19. **Shoe Pile**- Four people are needed, three to do the activity, one to spot. Standing in a circle, one person puts their foot in the middle, the next person puts their foot on top of that first foot, and then the third does the same. One more trip around the circle will have all of the feet on top of each other in one stacked pile. **Older groups only!**

   **Spotters are a must!**

20. **Lima Bean Yes/No**- Everyone begins with 10 lima beans (or pennies, pebbles, chips, dominoes, etc.). If in the course of conversation, another person says yes or no to you, collect one lima bean from them. How many can you collect by the end of the day?

21. **Look Up**- Split the group into 2 different circles. A leader in each group says look down and everyone looks at the ground. When the leader says look up, everyone picks their head up, and looks directly at another person in the group. If that person is looking back at you, both must scream and move to a new circle. If not, look down and try again. How long can you stay in your original circle?

   - **Variation 1**- The first time two people are looking at each other they lose a foot, the second time they lose an eye, third time and your outta there to a new circle.
   - **Variation 2**- Fitness Style...Have multiple circles spread out around the playing area so that participants must run a distance when knocked out.

22. **Stop on 25**- The group does a synchronized movement (Jumping Jacks/Jills) with the leader counting the first 5 to 10 repetitions out loud. The class must continue to 25 and all stop at the exact same time without other verbal communication. Try weird movements, odd numbers to stop on, or count backwards, etc.

23. **Circle Run... Me, You, You, Me**- In a large circle, one person runs across to shake hands with another participant. Person 1 says their own name…the other person (#2) says their own name…person 1 repeats #2’s name…then person #2 says #1’s name (Me, You, You, Me). The new person then runs across to someone else. Add multiple runners as the group feels like they’ve got it. (It should sound like…Bob, Sue, Sue, Bob)

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