

GAMES IN A CIRCLE – JMU HPAI 2025
ACTIVITY LIST/HANDOUT – CHIP CANDY
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1. Reach for the sky...higher, then higher again!
2. Zoom
3. Find Someone Who... (Human Bingo)
4. Have You Ever/Never
5. You're Out
6. Moose Antlers
7. Samurai
8. Look Up
9. Clap, Jump, Spin, Run
10. Relay Tag
11. World View (Blinders/Binoculars/One Eye (Pirate)/Monocular
12. Paper Shake Dance
13. Group Statue
14. Get Down
15. True/False
16. Pose Dance
17. Clap, Stomp, Swing, Move Dance
18. Duck Stuck/Duck, Duck, Go
19. Paper Perspective

Circle Games and Activities

Zoom – How fast can the group pass the word ZOOM around the circle?

Rules – 1 zoom per person...everyone must say zoom...there are no short-cuts, the zoom must go around...so long as the group has a better score (faster) each round, they may continue to try for improvement.

Name Zoom – Instead of passing zoom around the circle, the group must say their own first name.

Have You Ever? – Simply ask “Have you ever” questions to the group to find out more about each other. If you “have ever”, you walk to the other side of the circle, exchanging high-5’s with others who “have ever”. Examples...Have you ever...Been

to Disney? Been to a foreign country? Been surfing? Caught a fish? Watched the sun rise? Jumped out of a plane? Owned a dog? Eaten Sushi?

Moose Antlers – One-person (or 2, 3, or 4 people) walks around the inside of the circle and directly points at someone. The point is executed by placing the hands together palm to palm and thrusting all 10 fingers and thumbs towards them. That person quickly places both thumbs to either side of their head (on the temples) and extends the fingers into moose antlers. The person to their right puts their left thumb to their own temple in a single moose antler, and the person to the left does the same with their right hand. So...a double in the middle, and two singles on either side (hand closest to the moose). If it is done quickly and correctly, the pointer moves on. If any of the three are too slow or incorrect in their antler “show”, that person is the new pointer in the middle.

Samurai – This game is played like Moose Antlers, however when the person in the circle is pointed at, they must duck FAST, because the persons on their right and left reach across with a samurai/karate style chop over their head with a loud “hhhhiiiiiii”. Failure to duck, or chop, or yell and that person takes the place of the pointer.

Look Up – This is a Project Adventure activity with many variations. Someone in the circle says, “look down” (everyone looks at the floor). That same person then says, “look up” and everyone picks their heads up and looks directly at someone else in the circle. If that person happens to be looking back at you, the two of you scream and run across the middle of the circle (or around the outside of the circle), and the two take each other’s place in the game.

Once the game is established, create two circles a good distance away from each other and play two separate games. If you lock eyes with someone, both of you scream and run to the other circle.

Clap, Jump, Spin, Run – Everyone begins in a large circle. One person starts the game action with a single clap. The person to his/her immediate right jumps. The next person in the circle spins around one time, and continuing to the right, the fourth person runs across the circle and squeezes in between two people. A clap from the runner sends the pattern to the right again, and the game continues. Once everyone “gets the hang of it”, change the game allowing the clap to send the jump, spin, run to the right **and** the left.

Variations – The sky is the limit when changing the movements in this activity. One example would be to start everyone in a circle, all seated. When the leader says “go”, the person to their right does a push-up, the next person does a sit-up, and the last person animal walks (bear, crab, cat, etc.) to a new position in the circle and yells “go”.

Then... for the brave only...could the runner/animal walker send the activity both ways again, however, combine the two games. So...when the runner or animal walker finds their way to a new spot in the circle, they clap and yell “go” at the same time. The signal sent to the right is jump, spin, run. The signal sent to the left is push-up, sit-up, and animal walk.

Could we change it to include balls? The leader hands the ball off to the right, the next person bounces it and passes it to the right. The next person throws it up, catches it and passes it to the right. The final person dribbles or carries it to a new spot, and it’s then pass, bounce, throw, run (or dribble)

Relay Tag – Groups of 3 line-up single file Line up outside the circle (facing in). The first person enters the circle and then 3 seconds later the 2nd person enters and tags person #1. Once tagged, person #1 exits the game and high 5’s the next person (#3) in line, who enters the circle to tag #2...relay style.

World View Tag – Using any tag game (relay tag works well), all of the participants play with reduced vision (and reduced speed/more care each round)

- a. Blinders – both hands on the sides of the eyes (horse blinder style)
- b. Binoculars – two hands circle the eyes binoculars style
- c. Cyclops – cover one eye with one hand
- d. Monocular – cover one eye and circle the other eye with the other hand

***REMEMBER SAFETY...elbows down and in by the sides! As the game progresses, the speed should decrease!

Duck, Duck, Go – Participants stand (or sit) in a large circle and pass a duck around to the right for “best time”. The duck may not be thrown, and it may not skip anyone. The group may continue trying for their “PR” with a new round being allowed if they beat their previous time. When the duck fails to make its way around faster than the previous time, the group is finished. THEN...

- a. Try passing the duck to the left
- b. Add ducks each round
- c. Try using one hand only

Duck Stuck - Pass 2 or 3 yellow ducks in one direction and a different colored duck in the opposite direction. If any person gets “duck stuck” meaning they have a yellow duck and the different colored duck in their hands at the same time, they must step out of the game, run one lap around the group circle, then re-join the group in their original spot. If/when someone gets duck stuck, they are out and running, BUT the game continues...ducks keep moving!

Pose Dance (or the Freeze) –

cts. 1–4 – Move around/dance around randomly

cts. 5-8 – Pose (freeze in place)

Round 2 – With a partner...on the freeze part, change levels...one partner high, one partner low switching jobs each round.

Round 3 – Add the band (students with rhythm instruments for movement). Beat, beat, beat, beat the instruments and everyone moves 4. Then silent 2, 3, 4 and everyone (including the band) freezes.

Round 4 – Add music...include the band...have fun!

Round 5 – Change the beat...1, 2, 3, pose; 1, 2, 3, pose

Round 6 – Everyone begins in a large circle, then moves towards the center 1, 2, 3, 4, then pose 5, 6, 7, 8. Continue until everyone comes together in the middle attaching to each other in one large statue. Continue moving (changing) in place 4 beats, then pose/statue 4 beats.

The Easy Stomp/Swing Dance – a beginner partner dance

Facing a partner...begin using no music, then add any music with a good beat...I love “Soul Man” by Sam and Dave, and “Fireball” by Pitbull

cts. 1-4 – Clap Hands (self, or with partner) 4 X

cts. 5-8 – Stomp foot (or feet) 4 X

cts. 9-12 – R arm swing with partner 4 beats

cts. 13-16 – March away to any new partner 4 steps

*Variation...instead of the swing, add your own dance move.

Paper Shake- Using regular copy paper...shake it, throw it, crumble it, clap it...just follow the leader and make it up as you go along! Music- “I’m Gonna Get You” by Bizarre Inc. followed by “Enter Sandman” by Metallica. For Christian groups, use “Big House” by Audio Adrenaline”

Get Down – Large Circle Dance – the set-up is everyone in a circle with one person starting the action in the middle.

The “Middle Dance” (only done in the middle by the people who are invited in) ...

And Up chooka choo, chooka choo, chooka cho (point hands up)

And Down chooka choo, chooka choo, chooka choo (point hands down)

To the Right chooka choo, chooka choo, chooka choo (hands to the right)

To the Left chooka choo, chooka choo, chooka choo (hands to the left)

Middle person or persons walk to the outside, point to someone, and say, “Hey man you look like a real cool cat, you gotta lot of this and you gotta lot of that, so come on in and **Get Down!**”. With a high-5, that new person, or persons join the group in the middle for the up, down, right, left dance. It starts with one person, then there are 2, then 4, then 8...16, 32, 64, 128, 256, so it multiplies FAST!

Paper Perception – Give everyone one piece of paper and tell them to listen very carefully to the directions that you will be giving them! Do not tell them exactly how you want them to do the activity (example...when you tell them to fold the paper in half, let them decide which way they want to fold it...long way or short way). The directions should be specific...

1. Fold the paper in half and tear off the top R corner
2. Fold the paper in half (again)and tear off the bottom L corner
3. Fold the paper in half (again) and tear off the top L corner
4. Finally, fold the paper in half (last time) and tear off the bottom R corner

Now we unfold our papers and see what we have. Everyone was given the EXACT same directions, yet we have many different responses...the papers do not look alike!

Hello, Goodbye (aka You’re Out) – Groups of 5 to 7 stand in a circle...ready to kick someone out of their “clan”. The leader may say, “the oldest in the group”. The group must then determine who the oldest in their “clan” is...and they are “kicked out” of the circle. The leader may follow with; “the tallest in the group”, and they must exit the circle. This continues until people realize that a. our group is shrinking (you may want to pull some people who were kicked out, into your group), or b. the people who get “kicked out” realize that they might want to get together and form their own clan. How does it feel to get kicked out? How does it feel to be pulled back in? What can groups do (or not do)?

Class/School Statue – Begin with one person posing in the middle of the circle, then add people one at a time, each one connecting to any part of the growing statue. In the all-school statue, begin with a grade level (we always liked starting with the youngest students...kindergartners), then add grade levels one at a time, creating a giant sprawling, connected statue. Once everyone is added/connected, begin calling people to exit the statue without disrupting anyone or any part of the creation!

HUMAN BODY TRUE/FALSE

Directions – Provide a dividing line for the group, and designate one side as the true answer, and the other as the false side. State each fact and let the group to the side they believe is correct. Allow time for discussion!

1. The human eye is about the size of a marble (False...it is about the size of a ping pong ball).
2. The colored part of your eye, called the iris, is a muscle (True)
3. Your mouth (tongue) has about 1 million taste buds (False...it has up to 10,000)
4. The largest organ(s) in the body are your lungs (False...the skin, also known as the integumentary system, is the largest)
5. Every part of your body can repair itself (False...most of the body can repair itself, not all, example teeth)
6. The hardest bone in your body is the jawbone/mandible (True)
7. Your heart beats approximately 10,000 times a day (False...based on a resting heart rate of about 70 beats per minute, the heart beats about 100,000 times a day)
8. Most people dream in color (True...approximately 12% dream in black and white)
9. The blood vessels in a human can circle the world/globe twice (True...they can stretch to over 60,000 miles, or 2 to possibly 4 times around the earth)
10. There are about 300 muscles in the human body (False...there are over 600 muscles in the body)
11. The strongest muscle in the human body is the masseter muscle in the jaw (True)
12. The largest muscle in the human body is the quadriceps muscles also called the quads, or thigh muscles (False...the Gluteus Maximus/Behind/Butt muscle is the largest)
13. Humans blink 15 to 20 times a minute (True)
14. Humans replace the surface (epidermis) of their skin once a week (False...once a month)
15. Your toes never stop growing (False...your ears and nose never stop growing)
16. Humans are the only species known to blush (True)
17. It is not possible to tickle yourself (True)
18. Sneezes exit the human body at about 50 mph (False...sneezes exit at 100 mph or more)
18. Every human has a unique smell (False...identical twins smell the same)

19. Cartilage is the only part of the human body without blood vessels (False...the cornea, the clear cover of the eye, does not have blood vessels as well)
20. The human heart can “synch up” to the music that one listens to (True)
21. The human brain weighs just over 6 lbs. (False...the brain weighs about 3 lbs.)
22. The body is made up of 80% water (False...the body is closer to 60% water)
23. Babies have less bones than adults (False...babies are born with about 300 bones. As babies grow, some bones fuse until adults end up with about 206 bones)
24. The longest bone in the body is the humerus (False...the longest bone is the femur)
25. 20% of the people in the world are left-handed (False...10% are left-handed)
26. Right-handed people have a higher IQ than lefties (False...about the same)
27. Fingernails grow faster than toenails (True)
28. The Human brain is approximately the size of a person’s 2 fists (True...sad but true)
29. The human heart is approximately the size of a single fist (True)
30. 10 out of 2 billion people reach the age of 116 years old (False...only 1 out of every 2 billion reach the age of 116)
31. Humans are slightly taller in the morning than the evening (True...gravity “shortens” us during our waking hours)
32. The heart is the only organ that can regenerate itself (False...the liver is the only organ that can regenerate)
33. On average, humans swallow 8 small spiders in a lifetime (True)
34. The left lung takes in more air than the right lung (False...the right lung is larger and takes in more air)
35. It is impossible to sneeze with your eyes open (True...try it)
36. The tallest person in recorded history was 8’2” (False...the tallest, Robert Wadlow, was 8’11” tall. Sadly he died at 22 years old, and his dad was only 6’ tall)
37. Relative to its size, the heart is the strongest muscle in the body (False, the tongue is)
38. The human body contains approximately 37 million cells (False...37 trillion cells)
39. The bones in the human foot are denser than steel (True)
40. Ear wax is a type of sweat (True)