

Games

&

Activities

**For Girl Scout troops and
groups of all sizes**



Introduction/ Get to Know You Games

Found Object: Each girl will bring in an object that tells something about herself. Have the girls form a circle and introduce themselves and share the object they have brought in.

M&M Game (can also be adapted for any candies or tokens): Pass around a bag of M&M's. Tell the girls she is to take as many M&Ms as she wants but she is not allowed to eat them just yet. Once all of the girls have their M&M's in front of them, tell the girls that for each M&M she has, she has to say one thing about herself. After every girl has gone, the girls may eat the M&Ms.

Interviewer: Have the girl's pair up. As the work together, they can each take turns acting like an interviewer. They can ask each other basic questions about one another "Where are you from?" "How old are you" "What is your favorite food?" tell the girls to come up with 5 questions to ask each other. Once time is up, the girls will report back to the group and introduce their partners.

Four Corners: Give everyone a sheet of paper. Have them divide the paper into 4 squares. In each of these squares, the girls will describe themselves by drawing. In advance, choose the 4 topics that the girls will draw. This can be favorite foods, hobbies, family, and dreams (or as you choose.) Give the girls time to draw. Once everyone is finished have them share at their tables or come together to share with the group.

Name Games

Action Syllables: With the group standing in a circle, have the participants each choose an action for each syllable of their name. Example: Elvis has 2 syllables, so he does a “hi shake” with “EL” and snaps his fingers for “vis” once Elvis has done his action while saying his name, the whole group repeats. After the 2nd person does his/her name, the whole group repeats, then does Elvis’s again. Continue.

Name Relation Games: Get the group standing in a circle. Then start out by saying your name and a food that begins with the same letter. Then the next person does theirs, plus yours. Then the third person does theirs, the second’s and the first’s name and food. It then moves on down on down the line, so that the last person has to do everyone within the group. Different variations of this can be played but it is great for getting the group to know one another and their names.

Name toss: Arrange the group in a circle. One person starts off by saying the name of someone else in the circle, and tossing the ball to them. That person then in turn says the name of a different person, and tosses the ball to someone else who has not yet received the ball. That continues until everyone in the circle has received the ball once. Generally, the objective is to pass the ball around the circle without dropping it. If the ball is dropped, the group restarts until completed without dropping. You can add a "thank-you, (name)" from the receiving person if you like.

Games for Smaller Groups

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

What Are You Doing?: Two players stand on “stage”. The first player starts doing an action. For example, she starts brushing her teeth. The next player asks, “What are you doing?”. The first player replies with an action other than brushing teeth. For example the player brushing her teeth might say, “I’m jump roping of course.” The second player must now do that action while the first player leaves the stage. As the second player is “jump roping” the next player comes up and asks, “What are you doing?” The player responds with a different action of his or her choice, “I’m acting like a monkey of course.” The new player must now act like a monkey...

Head It Catch It: For this game you will be using a ball that the kids can hit with their head. Soft dodge balls, foursquare balls and beach balls are good depending on the ages of the kids. Have the group stand in a circle. The leader stands in the middle and tosses the ball to a player saying either “Head it” or “Catch it.” If the leader says “Head it” the player must catch it without dropping it. If the leader says “Catch it” the player must head it (hit it with their head). It’s a simple game of opposites. The leader is the one who always tosses the ball and calls out an action. Players who do the wrong thing are out until the next round.

2 Truths and a Lie: If you have over ten people, break the group into two groups. Each person needs to think of 2 truths and 1 lie about themselves. They then tell the group two truths and a lie and the group tries to guess which one is the lie. Once the group guesses, the person tells them which one is a lie. Everyone gets a chance to tell about themselves including the counselors.

Evolution: Everyone starts as an egg by squatting down. On “Go!” everyone finds another egg. Each pair will play rock, paper, scissors. Winners go up the evolution chart and losers go down. The winner becomes a chicken, standing up with their arms like wings and walking like a chicken. Chickens become Dinosaurs by placing their hands near their chest like little arms and roaring. Dinosaurs who win become humans by placing their hands out like they are Superman flying. Once a player becomes human they must play rock, paper, scissors one more time. If they win they evolve out of the game. The loser, of course, goes back to being a dinosaur.

Buzz: Have the group sit in a circle. The leader chooses a number. Seven is the most popular number for this game. So any time a number with a 7 or any number divisible by 7 comes up it needs to be replaced by the word “buzz”. The leader begins the round by saying “1”. The next person in the circle says “2” and so forth. If a player takes too long or doesn’t say “buzz” at the right time is out. Variations: For younger kids 5 is a good number to use. You can also have two numbers like 5 and 7. The number 5 would be “bizz” and 7 would be “buzz”. Yikes!

Amoeba Tag: Two people are it. They hold hands and chase people. Any person they catch joins the chain by linking hands. When another person is caught they can stay together or split 2 and 2, but they must split even numbers and can link together at will. This game is played until nobody is left

Heads down, Thumbs up (heads up seven up): Two or more children, depending on the size of your group, are chosen to stand up and all the others put their heads down with their eyes closed and thumbs sticking up. The two left standing must then creep around and gently touch one person each on the thumb. Everyone is then told to open their eyes and the children who were touched stand up and try to guess which child touched them. If they get it right the children swap places if not the children have another go.

Games for Large Groups

These games are for larger groups. Groups of 15+ are ideal.

Crows & Cranes: Divide the children into two equal teams. Have teams face each other across from an imaginary line. You could use a rope divider if you like. Assign one side to be "Crows" and the other to be "Cranes." The leader stands at the end of the group in the center so all players can see and hear him/her. The leader calls out either "Crows" or "Cranes." If "Crows" are called, the Cranes must turn and run a short distance to their "base" before the Crows tag them. If any Cranes are tagged, they become Crows, and head to the other side for another round. The same applies when "Cranes" are called. Play until everyone is on one side.

Immobile Bovine: Choose 2 people in the group to start as "The Jokers." The rest of the group become the "Immobile Bovine" and must lay down on their backs. The Jokers walk from Bovine to Bovine trying to make them laugh without touching them. Once a Bovine laughs, they stand up and become a joker. The game continues until there are only two Immobile Bovines left.

Dead Ant: A tag game that will wear your kids out!! Make really big boundaries. One person is "it." This person has to chase the others. When he tags someone, that person must lay down with both hands and feet sticking straight up, like a dead ant (because everyone knows that's what dead ants look like). In order for the dead ant to come alive, four people must tag one limb each. Once someone has been a dead ant three times (this is on the honor system), they are now "it". It's always possible to have multiple people being "it" and makes it crazier when you don't know who to run from!

Spud: This game is played with a large ball, each kid picks a number in the beginning of the game. Then the game is started by one person throwing it up in the air and calling out a number. The child whose number is called grabs the ball and yells 'freeze'. Then the child with the ball takes three steps toward another player and throws the ball under arm at that player. If they are hit, the child gets a S, but if they miss the thrower gets a S. Each time there is a mistake, a letter is given out, until someone is a S-P-U-D.

Team Building Activities

Having your group participate in these activities can be very beneficial to the group dynamic, especially in the beginning of the group's formation (i.e. the first day). Pay attention to the roles each child takes. Who are the leaders? The quiet ones? Thinkers? Who needs constant attention? After each activity debrief with the group. Ask questions like: How do you think that went? What could have been better? Did anyone have a suggestion that was ignored? How did that make you feel?

Human Knot: Have the group get into a circle. Each kid should raise their left hand and grab another person's left hand. Now have each kid raise their right hand and grab the hand of a different person. The group now untangles themselves without letting go of each other to make a circle again. Variations include not talking, having one or two players blindfolded, or not allowing the obvious leaders to talk; giving the quieter kids a chance to lead. Talk about Communication.

The Line-Up: Have the group line-up by their height. This should be fairly easy. Now have them line-up by their birthdates or by shoe size without talking. Talk about communication. Variation: Blindfold everyone or have them close their eyes. Talk about "accountability" if they are just closing their eyes. "Everyone needs to be accountable for their actions. Do not cheat. If you do, you're only cheating yourself out of the experience."

The Four Winds: Have the group make a circle and hold hands. Have two players grasp hands through a hula hoop. The group's mission is to get the hula hoop around the circle and back to the starting point without unlocking hands. Time them then try to improve

Minefield: Divide the group into teams. Have each team choose a person to be blindfolded. Place two objects (stuffed animals are good) 25 yards or so from the teams. Between the team and the object lay out other objects that will represent "mines". The number of "mines" should depend on the age and ability of the players. Objects can include sticks, backpacks, Frisbees, and anything else you can find. - On "Go!" the teams are to verbally guide their blindfolded player to the object at the end of the "minefield" without them hitting a "mine". If the blindfolded player hits a "mine" they are to go back to the start and begin again. Make sure the team stays behind the starting line. The first team to get their object wins.

Just One Word: You will need to create cards each with a different letter on it. You can use index cards or something larger like cardstock paper. Here are the letters. W N E T S D J O U O R Gather your group and tell them you are going to give them a set of cards and they have a certain amount of time to spell out “just one word” using the cards. The cards spell out “Just One Word”, of course it may take them a while to figure this out. The game is secondary. Watch to see how the group works together. Talk about it afterwards.

Draw It:(3 person) For this activity you’ll need paper, clipboards, markers, and a some pre-made designs on paper. Have your group get into teams of three.

Person

#1 will be looking at a design on a piece of paper that nobody else can see. He or she cannot talk and will be pantomiming the design to Person #2. Person #2 will be giving Person #3 verbal instructions on how to draw the design. Person #2 cannot talk either and will draw the design that he or she is being told to draw. At the end they will compare the drawing with the original design. You can have the teams compete at the same time, using the same design and see who got the closest. Or you can have each team try their own design one at a time.

Earthball: The group task is to keep a beach ball or balloon in the air for a specified number of hits without letting it hit the ground. Additionally, no one person can touch the object twice in a row. Set a goal with the group for the number of hits that the group can make following the rules. After your group meets its goal, it can increase the target number or go for a world record and see how many hits the group can accomplish.

How to Debrief Teambuilding Activities, Questions to Ask:

- Do you see a pattern here?
- How do you account for _____?
- What was significant about ___?
- What connections to you see?
- What does _____ suggest to you?
- What can we infer/conclude from _____?
- Does _____ remind you of anything?
- What principle do you see operating here?
- What does this help you explain?
- How does this relate to other experiences or things you already knew?
- How can you use that information?
- What does this new information say about our own actions/lives?
- What are the consequences of doing or not doing ___?
- How can you adapt this information to make it applicable to you?

IF Questions

Here are some fun questions to ask your group when you have some down time.

- If you could go anywhere in time in a time machine where would you want to go?
- If you could have one super power what would it be? Why?
- If you could be drawn into any cartoon which one would you choose?
- If you found a wallet with \$500 in it would you turn it in?
- If you could be any animal what would you be?
- If a game show offered you \$1,000 to eat a bowl of live crickets would you?
- If you could create a new television show for the Disney Channel what would it be?
- If you could be famous for anything what would you want to be famous for?
- If you could only watch 3 movies for the next year which would you choose?
- If you could invent one thing what would it be?
- If you had to paint your room one color what color would you pick?
- If you could listen to only 1 band for the next year which would you pick?
- If you could only have 1 kind of ice cream for a year which would you pick?
- If you had the power to stop time for 24 hours what would you do?
- If you only needed one hour of sleep per day what would you do with the rest of your time during the middle of the night?
- If you could be the most gifted athlete in 1 sport which would you choose?
- If you could be a film actor or a cartoon voice actor which would you be?
- If you found a book of magic spells who would you tell?
- If you could talk to one kind of animal which would you choose?
- If you could meet anyone, living or dead, real or fictional, who would it be?
- If you could have had the starring role in one film already made, which movie would you pick?
- If you were to perform in the circus, what would you do?
- If you could have any job in the world, which one would you want?
- If you could be one for just 24 hours, what cereal box cartoon character would you be? Why?
- If you could play any musical instrument, what would it be and why? If you already play an instrument(s), what do you play and why?
- If a movie was being made of your life and you could choose the actor/actress to play you, who would you choose and why?
- If you were given 24 hours to live, what would you do?
- If you were in the "Miss America" talent competition, what would your talent be?
- If you could spend 15 minutes with any living person, who would it be and why?
- If you were to write a book what would it be about?
- If you won a million dollars, what would you do with it?
- If you knew you could not fail, what would you do?

Would You Rather

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

- ...drink Pepsi or Coke?
- ...have ice cream or cake?
- ...have the ability to fly or be invisible?
- ...have only one leg or only one arm?
- ...go on a hike or watch television?
- ...be covered with cockroaches or spiders?
- ...be a movie star or a rock star?
- ...watch the Disney channel or Nickelodeon?
- ...be really hot or really cold?
- ...live without television or music?
- ...have a cat or a dog?
- ...be blind or deaf?
- ...eat pizza with thin crust or thick crust?
- ...be inside on a sunny day or outside on a rainy day?
- ...eat at McDonalds or Taco Bell?
- ...be a rich Muggle or a poor Wizard?
- ...live in a mountain cabin or a beach house?
- ...have lots of good friends or one great friend?
- ...be poor w/ a job you love or rich w/ a job you hate?
- ...take an ice cold shower or not shower for a week?
- ...eat a stick of butter or tablespoon of salt?
- ...be 4'5" or 7'7"?
- ...be the best player of a bad team or the worst player on a great team?
- ...give bad advice or receive bad advice?
- ...be really hairy or completely bald?
- ...wear pajamas all day or a suit?
- ...go without internet for a month or walk everywhere for a month?
- ...sit all day or stand all day?
- ...be rich and single or poor with true love?
- ...be super strong or super-fast?
- ...be the most popular or the smartest kid in school?
- ...lose half your hair or half your hearing?
- ...go to jail for a year or live in a car for a year?
- ...Go back in time and meet your ancestors or go into the future and meet your grandkids?
- ... Have free Starbucks for a year, or free I Tunes for a year?
- ...be famous, or be best friends with someone famous
- ...have a baby penguin or baby monkey
- ...be weird, or completely average
- ...work in a group or work alone