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Scream, Laugh and Run

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Participants will engage in a variety of activities (physically active) to promote problem-solving, communication, and cooperation. The focus will be on instant activities that require no equipment and last less than five minutes. The purpose of these activities is to build a positive classroom climate and to energize or refocus your group.

A. Large Group: Scatter Formation

FREEZE FRAME

Players: Minimum of twelve people.
Formation: Scattered formation.

Group spreads evenly throughout open space. Ask group to wander aimlessly within the boundaries of the space, observing other people as they wander. No talking, touching, just wandering. Explain at any point any one or more people can choose to “freeze” their movement, remaining absolutely still. This will trigger everyone who observes this freeze to freeze his or her movements too. The object is for the group to see how long it takes the entire group to freeze. Hold the “group freeze” for a second or two then start wandering again.

Extension: Change to a jog.

ME YOU YOU ME

Players: Minimum six, not more than twenty.
Formation: Scattered.

Whilst meeting each person, try to meet as many other people in the room. First person says their NAME, other person says their NAME, first person repeats NAME of second person, then second person repeats NAME of first person (e.g. Sandy says “Sandy”, John says “John”, then Sandy says “John” and John says “Sandy”) **Sandy, John, John, Sandy**. When you have completed this sequence move on to a new person.

Extension: Instead of shaking hands, bow and say person’s name Japanese style.

FOLLOW ME

Players: Minimum of twenty people
Formation: Scattered formation.

Group spreads evenly throughout open space. Ask each person to slowly mingle and attempt to “fill the empty spaces.” No talking or touching. Next, ask each person to secretly identify someone on the other side of the space. That other person doesn’t know you’ve selected them. Then, keeping that person in mind, try to follow within arms length of them. Maintain a walking pace at all times. After a few minutes resume mingling, then choose a new secret admirer.

Extensions: Secretly identify a person close to you, and then keep as far away as possible (within boundaries) from this player.

COWS AND DUCKS

Players: 10-50
Formation: Start in circle, then scattered.

Bring the players together in a fairly close circle. Each player has to decide whether he/she is a cow or a duck (and must not let anyone else know). Have the group move slowly outward ‘til they are scattered around the gym. Once scattered tell them to shut their eyes (tight) and put their bumpers up (hands up in front). The goal is for all each species to find and join others of the same species by linking arms. Each player must make the sound of his/her animal to locate others (remember eyes closed). The game is finished when all the cows and all the ducks have found one another.

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PSYCHIC HANDSHAKE

Players: Minimum of ten.
Formation: Scattered.

Decide on number of groups you want (e.g. groups of 4), and then ask each group member to think of a number (1 through 4). The goal of the task is to get in a group with all the same numbers by shaking hands with other group members. NO TALKING or otherwise communicating. Rule when shaking hands with someone...as soon as you have done your number of shakes you must immediately draw your hand away. Must shake simultaneously. Game is over when everyone thinks they are in the correct group.

Extensions: Same set-up – blindfolded.

DETECTIVE

Players: Minimum of twenty.
Formation: Open space (indoors or outdoors). Sitting in a circle, facing toward centre

Players sitting in circle. One player leaves room. Group decides who is leader (suspect). Leader (suspect) starts a movement (e.g. finger snapping). Player (detective) re-enters room stands inside circle and must guess who is the suspect. Suspect must change moves (rest of group follows) without getting caught by detective. Detective gets 3 guesses. If correct...the suspect becomes new detective. If detective uses up all 3 guesses, he/she reenters circle and a new detective is chosen.

Adaptation: Sleeper version – “suspect” winks others...when winked at – player must Yawn and go down to sleep. Detective is trying to identify the sleeper.

ANTONYM

Players: Minimum ten, up to 30-40.
Formation: Scattered area

In partners, each partnership decides on their own “antonyms” (e.g. hot/cold, night/day) and chooses to be one of the two antonyms. Split up the partners moving each to opposite sides of the gym. Partners put on blindfolds and turn in place three times. ON signal from leader, partners must call out their antonym and move to find their partner (may call antonym only). (Reminder of the “bumpers up” protective strategy for the blindfolded person)

Extensions: (a) Each partnership decides on an animal (and sound). Blindfolded and starting on opposite sides of the gym, crawling on all fours, AND making their animal sound only, partners must find each other; (b) Partners choose two things that go together (e.g. salt and pepper), using same rules as antonym, players must find their partner.

NEGOTIATION

Players: Four groups of equal numbers
Formation: Large open space.

Separate group into four groups. Explain to each group to go to their own area (e.g. corner of the room) and secretly agree upon a group physical gesture (e.g. jazz hands). After a minute, have all groups return to the center and on “Go,” every group member simultaneously demonstrates the gesture while at the same time observing all the other gestures. Now the goal is to establish consensus by having all groups show the same gesture within the fewest rounds as possible. Each group goes back to their corner and decides which gesture their group will show and returns to the center. On “Go,” all players show demonstrate their gesture. Communication between groups is not allowed.

ROCK/PAPER/SCISSORS CONGA LINE

Players: Minimum 2 players.
Formation: Scatter

Make sure everyone knows the rules of Rock/Paper/Scissors (Rock=closed fist, Paper=open hand palm down, Scissors=fingers in a V, cutting motion). On the “one, two – signal” count, the partners simultaneously do one of the three signals. Rock smashes Scissors, Scissors cuts Paper, and Paper covers Rock. Players start in scatter formation, on signal they find a partner and do “RPS.” The “loser” joins the back of the winner’s line “hands on shoulder “ (conga line format). When moving they do conga rhythm. When leader meets another group – do RPS --- game is over when there is ONE giant conga line.

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B. Partner Activities and Small Group Activities

GOTCHA

Players: Minimum 2 players. No maximum.
Formation: Form an arms-length circle; side-by-side facing inward

Stand with right arm outstretched palm up; left index finger pointing over palm of right hand. On GO signal, each player tries to catch the finger of the person on his or her right AND avoid getting his or her left finger caught. If a player catches a finger they shout GOTCHA!!

Extensions: Reverse to left hands out, right finger to catch; **start in partners.**

ME SWITCH

Players: Minimum 2 players.
Formation: Stand back to back

In partners, players identify 3 movements that each can remember and perform. It doesn't matter what they are (e.g. arms across chest, hand over heart, and hand cupped to ear). Then have each pair designate a person who is the "counter." This person counts to three (rock, paper, scissors style); at which point both people simultaneously turn face to face and perform one of the movements. The "counter" wants the other person to NOT do the same actions. The goal is to have as many "NON-matches" in a row as possible.

TIE YOUR SHOES

Players: Minimum 2 players.
Formation: Stand face to face

Each pair should have at least one person with tied shoes or the ability to borrow a laced shoe from someone else. The shoe(s) are untied, and the task is to re-tie the shoe(s). The problem is that each person in the pair can use only one hand.

FIVE FINGER FLING

Players: In groups of 4 or 5
Formation: Each group standing in small circle

Have members of each group face one another – one hand behind their backs and the other in front, fist closed. At the count of, "One, Two, Fling!" group members each fling out zero to five fingers. The challenge is, without any talking, to have the combined fingers add up to a certain number, such as 13 (leader picks the number). It's likely to take several "flings" before they reach the exact number. Reminder: NO talking amongst group members.

NEGATIVE SPACE

Players: Groups of 5-6

Ask each group to form a line behind the boundary and number themselves: 1, 2, 3, etc. On "go", instruct the number 1s to run out about 15 feet and pose in a unique position. On the next call, instruct the number 2s to fill the 'negative space' in 1's pose. Continue in this way until all the numbers are called and each group is in a team pose. Call 1s again and they must repeat the cycle again

Rules:
Students must remain posed until their number is called
The group must be posed in a way that can be supported; no teammate should fall over

C. Large Group: Circle Formation

WAVE STRETCH

Players: Minimum of eight wavers.
Formation: Circle formation facing toward centre

Leader starts a simple move. Immediately, the person to left of leader repeats the move, then on to the next person. Movement is passed around the circle much like the wave. When the wave returns to leader, NEXT person starts a new move and continues the wave. Go around full circle, everyone doing a different move.

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Extension: Send a wave of movements at the same time, but in different directions.

OOH, AAH

Players: Eight to twelve or larger
Formation: Standing in a circle, all facing inward holding hands.

1. Leaders, begin the game by squeezing the hand of the person on your right, and say "Ooh!" That player then squeezes the hand of the player on his or her right, and so on, around the circle.
2. Leaders, after the first signal is on its way, send a second signal by saying "Aah!" and squeezing the hand of the player on your left.
3. Both signals continue around the circle until they meet. That player is "zapped" and must run to the middle of the circle and bow or cheer to the sky, then return to the circle and is the new Aah/Ooh starter.
4. Any player can reverse the direction when someone gives you an "Ooh" and "Aah," by giving it back to them.
5. If both "Ooh" and "Aah" are traveling in the same direction, see if one can catch the other.

LOOK UP and SCREAM

Players: Large group
Formation: Three or four groups each in a circle, each circle at a distance from each other

1. The group stands in a circle.
2. Tell everyone to look down at someone else's shoes. When you say, "look up," they should look that person directly in the face.
3. If that person is looking at someone else, nothing happens.
4. If that person is looking directly back – making eye contact – then both parties act surprised by letting out an enthusiastic scream/yell and meet in centre of circle "do high five" and switch places.

Adaptation: (multiple circles)

5. Instead of switching places in same circle, those who make eye contact then run to join the group on their right (counter-clockwise).
6. Go again

ZIP ZAP

Players: Minimum ten, up to thirty
Formation: Circle, standing side-by-side.

Stand in center of circle with group facing you. Approach someone in the circle, look then straight in the eye and "Zip!" At the same time, press your two hands together with fingers pointing to person (NOT like a gun). Person you point at must duck down. This action causes his/her neighbour to face toward the ducker. Both must make a duck bill movement (fingers pressed together and quick jab toward ducker) and side players yell, "Zap." If ducker and Zappers respond quickly, without delay or error, they each survive to play another round. However, if the ducker doesn't duck quickly enough, or one of the Zappers doesn't perform a Zap movement or yell Zap, then Zipper takes their place. And new Zipper continues.

Extension: Add several ZIPPERS. Change ZAP movement continuously.

GROUP SPEED RABBIT

Players: Minimum of ten people.
Formation: Form circle; side-by-side facing inward

First, establish three animal moves that must be created with three people (middle and two neighbours). Sample animals: (1) Rabbit: center person does rabbit teeth and puts both hands by mouth in "hopping action", neighbours raise inside arms for ears; (2) Fish: center person pushes cheeks together to make fish mouth, neighbours must reach inside hand around centre's head to form gills, wave in gill movement; (3) Elephant: center person uses both arms to do the trunk movement, neighbours make big arm movements for ears. Have group practice animals. Pointer in middle starts the game by pointing at an individual and calling one of the animals, trio must make animal as quickly as possible. If one of them makes an error or is too slow, they take the place of pointer.

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Extensions: Experiment with other forms, such as famous people, machines etc. Add more animals.

COUNT 10

Players: Ten or more.

Formation: Stand in a circle.

Someone starts counting from 1 and say's one or two numbers. Then moving in a clockwise direction the next person says one or two numbers counting up from where the last person left off.

A person is eliminated when they have to say "10." The game continues again from "1" starting with the person to the eliminated's left. e.g. "1", "2,3" "4,5" "6,7" "8" "9" "10" then the person who said 10 is eliminated.

Many of these activities (but not all) are included in these three resources:

Collard, M. (2005). *No props –great games with no equipment*. Beverly, MA: Project Adventure.

Frank, L. (2004). *Journey toward the caring classroom – Using adventure to create community in the classroom & beyond*. Oklahoma City, OK: Wood 'N' Barnes Publishing.

Panicucci, J., Faulkingham Hunt, L., Prouty, S., & Masterson, C. (2008). *Achieving fitness: An adventure activity guide. Middle school to adult*. Beverly, MA: Project Adventure, Inc.