

## **Games and Initiatives Activity List**

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*“Few things are impossible to diligence and skill. Great works are performed not by strength, but perseverance.” Samuel Johnson (1709-1784)*

**Name Exchange:** Invite participants to introduce themselves and one fact (e.g., favorite movie) to another person. Once this is accomplished, they take on the identity (e.g., name and movie) of the person they just met. Continue 4-5 rounds. Then “check” to see if you have the right answers. Great for discussion about communication and identity!

**Name Tag:** Form a circle with one person in the middle who is “It”. The person in the middle says his/her name and the name of someone in the circle. That person says his/her name and the name of someone else in the group. The “It” person then tries to tag the named person before s/he can name someone else. Use this for just a name game or discuss pressure and being caught in the middle!

**Brain Gym:** A few brain teasers to get us thinking. With hands in front of you, stick one finger out and one thumb up then switch! Try another! Stick one leg out and move in clockwise direction with the same hand in a counter clockwise direction. Ready for one more! Show the 6-count. With your right arm going up and down and the left arm going up middle and down, to the count of six! Great for energizers or discussion about strategies and strengths and practice.

**Bumper Cars:** In pairs, one person is the car (with eyes closed) and one person is the driver. Drive the car along windy county roads, busy city streets with stop signs, and the highway. Discussion can include support and safety. A variation is to use a foam noodle for a bumper.

**Conversation Tag:** In four groups, have each group select a sign they can create (e.g., peace sign). This is their tag sign. When you say go, everyone tries to tag anyone not in their group. If you are tagged, you have to convert to the other sign and keep tagging with that sign. If you tag someone, they have to convert to their sign. A variation is everyone with their own sign. Talk about strategies, belonging, competition, etc.

**Look Up, Look Down:** In a circle, invite participants to look at their feet when you say look down then look at someone’s eyes (one person - no changing) when they look up. If you have eye contact, switch and give a high five! Variations include trying to increase the switching or a person in the middle taking a space. Discuss strategies, pressure, cheating, etc.

**Run and Spin:** In a circle, invite one participant to run across circle with eyes closed and the participants in the circle gently and carefully (circus grip) spin the participant back into the circle. Go 3-5 rounds. Discuss safety, vulnerability, etc.

**Human Camera:** In pairs, one person is the camera (with eyes closed) and one person is the photographer. Take three pictures (e.g., something that is important to the photographer, a strength of the photographer, etc). Discuss safety, support, pictures shared, etc.

**Action Switch:** In pairs, have one person mime one action (e.g., basketball) and SAY a different action (e.g., I love swimming). The partner then mimes swimming and says a different action (e.g., I love cooking). Switch back and fourth about 10 times. Discuss strategies, pressure, mistakes, etc.

**Walk Around the Clock:** In a circle, invite participants to connect all of their feet then move completely around a clock (choose someone to be 12 o'clock) without losing foot contact. Variation includes sitting and also carrying a glass of water. Discuss strategies, problem solving, etc.

**Have You Ever Closing:** In a circle, invite one participant in the middle to share an appreciation or a learning. If it is true for other participants, switch places. The person left in the middle continues.