

## COOPERATIVE GAMES for GROUP MANAGEMENT Iowa Afterschool In-Service: November 29, 2007

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### GENERAL RULES FOR GAMES:

#### Just for fun games:

1. Give instructions once
2. Give an active demonstration once
3. Start playing
4. Everyone plays
5. Just for fun games-quit while they are still having fun
6. Make sure you have the next activity ready before you quit
7. No one gets out-every one participates all the time
8. Set them up for success by using soft items to throw and catch like beanie babies...

#### For “challenging” activities:

In the activities where the group must work together toward a common goal,

1. Set up the situation
2. Keep the rules simple
3. Everyone participates in some way!
4. Avoid helping them no matter how stressful it is to watch them struggle.
5. Focus on building on their strengths and support each other-positive comments only-if they have an issue-they need to come up with a solution!
6. After **doing** the activity, help them **reflect** on their performance and **apply** what they learned to their club experience.
7. Extend the game in another direction another day...

We want them to realize the importance of working with the group as a whole, communication and supporting the entire group by participation. The group is stronger b/c of who we are and what we bring to it!

### DIFFERENT WAYS TO GET INTO PAIRS/GROUPS

1. Have everyone line up (blindfolded) by birthdate, shoe size, whatever else and choose from there.
2. Play Amoeba Amoeba and get into groups that way. (Included with this packet)
3. Those with red on get in a group, then those with green, etc.
4. Middle initial line up
5. Get into a circle and stick your hand in-whoever you grab is your partner.
6. Keep in mind that you can keep switching groups until you have the people you want in a group (and the people you don't want in a group) together!

## **BUILD A WORD**

### **What you need: nothing**

Get the children into small groups. You will tell them a word and using everyone in the group, they have to spell that word with their bodies.

## **LINE UP**

### **What you need: blindfold or nothing**

Give each person a number and tell them not to tell anyone what that number is. Without seeing or talking, the group must get in order from lowest to highest number. (Make the numbers spread out like 1, 7, 12, 30 etc.)

## **FROZEN BEAN BAGS**

### **What you need: beanie animals**

All children move from one end of the room to the other end with a bean bag on their shoulders. If the bag falls off-that child is frozen. The only way to get unfrozen is to have someone pick up the beanbag and put it on the frozen child's shoulder without losing his beanbag. Try to get the entire group to the other side of the room in a specified time.

## **BALLOON JUGGLE**

### **What you need: different color balloons**

Place balloons on the floor. Tell the group, that on your mark, they will have to get and keep all the balloons up in the air until you say stop.

## **GROUP SIT/LAY DOWN**

### **What you need: nothing**

Everyone stands single file in a line-one behind the other. The first person reaches his left hand between his legs and grabs the right hand of the person behind him. That person does the same with the person behind her. Everyone should be holding hands with the person in front and back of them. The last person sits down (eventually lays down) and the person in front, must walk over him backwards until she is sitting down. Continue until everyone is laying down. Then try to stand up in reverse order.

## **PASS THE PILLOW**

### **What you need: A pillow**

Everyone lays down shoulder to shoulder. Pass a pillow without using hands down the line.

## **AMOEBA AMOEBA**

### **What you need: nothing**

Amoebas are microscopic animals who are constantly looking for other amoebas like themselves. In this game, everyone is an amoeba. They wander around saying "Amoeba, Amoeba, amoeba until you say a category. (Start with simple choices like basketball or wrestling then you can move onto things like birthday month, shoe size etc.). Then they yell out their answer to find other amoebas like themselves. When they get together they celebrate!

## **NAME GAME 2**

### **What you need: Beanie animals**

Get the throwing order as described above. After the order has been established and they can go through it without dropping the beanie, add another beanie. Then add another and another on different times. The goal is to get as many beanies and people in the circle going.

## **MOONBALL**

### **What you need: Bouncy ball**

**To play:** Everyone must participate. After one person hits the ball someone else must hit it before the first person can hit it again. Must hit the ball up with fingers. Have the group set a goal of how many times they think they can hit the ball before it hits the ground. Then, they must figure out how they can accomplish that goal.

## **NAME GAME 3**

### **What you need: blanket**

Divide the group into 2 teams. Have another person help you hold a blanket up between the 2 teams who are sitting on the floor. Each team chooses a person to stand behind the blanket on their side. On your mark, you quickly lower the blanket and the 2 standing people must try to say the other person's name before s/he says theirs.

## **GROUP VOLLEYBALL**

**What you need: 2 blankets, a bouncy ball, tape**  
Place tape across the floor to divide the area.

Divide the group into 2 smaller groups. These are not teams working against each other, but one team working with each other. The first team must use the blanket to get the ball across the tape to the other team who catches it and send it back.

## NAME GAME

### **What you need:** beanie animals

Have everyone get in a circle. They are going to throw the beanie to each other. Explain proper throwing for the game. The first person (starter) throws to someone else and says his/her name. That person catches and throws to someone else. Everyone must throw and catch the ball. Tell them to remember who they threw it to because they are going to throw to the same person the next time. The last person throws the ball to the "starter". If the ball is dropped, it must be returned to the starter who starts over. After they have the order of throwing established, time them to see how quickly they can accomplish the task.

## BLINDFOLD THROW

### **What you need:** Blindfolds, Beanie animals

Scatter beanie babies on the floor. Get partners in a creative way. One person puts on a blindfold. Without touching the blindfolded person, the sighted person must lead the blindfolded person to a beanie, have him/her pick it up, toss it (lightly underhand) and try to hit another blindfolded person. If they accomplish this, they switch places. Talk about challenges, what was easy, difficult, what strengths about the partner made this work etc. Try it again, but this time, the team gets to choose only 3 words that they are going to say.

## SHARED PICTURES

Everyone should start drawing a picture. After 30 seconds, pass the paper to the right and draw on the picture you have now. After 30 seconds pass again. Etc

## MINUTE TALK

### **What you need:** nothing

You whisper a topic into the child's ear. They try to talk for a minute about the topic. Let the group guess what the topic was.

## HULA HOOP RACE

### **What you need:** a hula hoop

Everyone stands in a circle holding hands. One person has a hula hoop over his/her arm. One at a time-still holding hands-everyone in the group must get the hula hoop over his/her body to the next person until it has gone all the way around the circle. See how fast you can do it!

## TENNIS BALL TOUCH

### **What you need:** tennis ball halves numbered 1-24

Lay the tennis ball halves on a blanket or table – all mixed up. The challenge is to have the entire team touch the balls in order from 1-24. They can not move the balls around. Everyone must participate. No one may have their hand "over the area" while another person has his/her hand over the area.

## STRING WASHER PICK UP

### **What you need:** Large washers with 5-8 long strings tied to them, tennis balls

Tie five to eight long cord pieces to the washer (Like 4-6 feet long!) Place the washer on the ground with the cords coming out from it like rays of sunshine. Place the tennis ball on top of the washer. The challenge is to pick up the washer and tennis ball by hanging onto the strings only – without the tennis ball falling off.

When they can do that – add walking with the strings and washer/ball up in the air. Add – teach the ball a trick. Add – switch strings with another group so you have their washer and they have yours – without letting the ball fall!

## TOWEL TOSS

### **What you need:** towels and beanie animals

Choose partners in a creative way. Give each pair a towel. They must practice throwing the beanie up and catching it in the towel. Then they choose another set of partners and practice throwing and catching with them. Line everyone up and see if they can get the beanies to go all the way down the line and back with you throwing the beanies to the first group. another set of partners and try to throw and catch the beanie between the groups.

## UPCHUCK

### **What you need:** beanie animals

Give each person a soft item to throw (beanie animals-socks rolled up) They are going to throw the item up into the air about 5 feet and try to catch something they didn't throw. After the first time, count the number of items on the ground. Have them set a goal for how many on the ground is acceptable, then work toward that goal.

### **SPEED NAME GAME (nothing)**

This is a great game for large groups with new members. All everyone has to do is say his/her own name. The trick is that they have to do it as fast as they can and no one can say his/her name at the same time as anyone else. Let them figure out the best method for accomplishing the task. See what their "best time" is.

### **READY, AIM..... (beanie babies and blindfolds)**

Partner up the group into teams of 2. One person gets blindfolded. Then quickly, scatter beanie babies all around the floor. The blindfolded person may NOT talk. The sighted partner may NOT touch the blindfolded person. They must use only words to lead the blindfolded person to a beanie and have them pick it up and gently toss it at another blindfolded person. It only counts as a hit if it hits a blindfolded person. After they hit someone they switch roles. Then, for more of a challenge, tell them they are only allowed to use 3 words.

### **MOONWALK**

**What you need:** String or duct tape, carpet squares

Use the string or duct tape to tie the participants legs together. Make a path using the carpet squares – placing them just a step away from each other – so it is difficult to just walk on them. Working together, the group must keep their legs tied together and walk only on the carpet squares to get from one area to the next. (The story is the space ship broke – and they can walk on these asteroids, but only if they are together b/c that is the only way they weigh enough to not float off into space!)

### **MIRROR WALK**

**What you need:** Hand held mirrors, obstacles

Place obstacles in the area – spread out all over. The challenge is to have everyone walk BACKWARDS from one side of the area to the other using only mirrors to see. Extensions: Others can talk and help them, One person holds the mirror and the other person walking without talking and try it a fourth time with one person holding the mirror and the other person walking – and they can talk.