

## 10 Minute Games

### Rock, Paper, Scissor Posse

- To play, first review the standard rules of rock, paper, scissors.
- Ask players to spread out and find a partner. Each pair plays a best of three round of Rock, Paper, Scissors. The losing player then stands behind the winning player and enthusiastically cheers for that player.
- This new team then finds another team to play a new round of Rock, Paper, Scissors. Each time a team wins, it collects the other team's players, and they line up behind the unbeaten leader.
- At the end, there will be two large teams, led by the unbeaten leader in front. After the final match, the celebration begins!

### Rock, Paper, Scissor Olympics

- Start by defining three areas of your room. A 'Gold' area, 'Silver'; and 'Bronze'. It doesn't matter how you do this, just as long as it is clear where to go.
- Everyone starts in Bronze.
- Campers pair off, play 'Rock Paper Scissors' once, and the winners move up to Silver.
- Once there they pair off again and the winners in Silver move up to Gold, and losers move back down to Bronze.
- Once in Gold if they win they stay there, and if they lose they move back down to Silver.
- If they win a Gold Medal match, they become champions and get to observe

### Superhero Surprise

- Begin by introducing the motions:
- Superman: Put your hands on your hips and say "Da NaNa Naaa" (Superman Theme)
- Wonder Woman: Making a lassoing motion and sound (Wonder Woman's Lasso of Truth)
- Batman: Put the first two fingers of each hand behind head pointing towards the sky to show Batman's pointy ears on his mask.
- Ask everyone to find a partner. They stand back to back.
- Tell them that they are going to try to match one of the three motions with their partner. There is no talking or planning!!
- Count to three and say "Go!"
- Both partners turn and face each other and immediately make the motion and sound that they had chosen.
- If the pair match, they give a resounding "Yes!" and pump their fist in the air. If they do not match they say "D'Oh" and lightly bump themselves on the head.
- Try it again with the same partner or have everyone switch partners and see if a match can be created with someone new.

## 10 Minute Games

### Evolution aka Ultimate Person or Transformation

- This is a "rock-paper-scissors" themed game.
- Everyone starts out as an egg by squatting down low and waddling like an egg. "Eggs" find another egg and play a game of rock-paper-scissors. The winners turn into a chicken.
- Chickens move on to find other chickens, and eggs continue to play against other eggs.
- Each time a player wins a r-p-s bout, they evolve into the next stage. Inevitably, one person will be left as the lone player in each stage of evolution until the end of the game as the winner of the final pair in each stage wins and moves on.
- The game ends when all but the lone person in each stage evolves to the final stage.
- The "evolutions" and actions are:
  - Egg: squatting down low near ground
  - Chicken: putting thumbs under armpits and flapping elbows
  - Eagle: flapping arms by sides
  - Pterodactyl - arms out at shoulder length and moving body back and forth as if soaring through the skies
  - Nerdy human: act nervous, hike up shorts, etc.
  - "Super cool" human or "Ultimate Person": Strikes a relaxed, confident, "cool" pose off to the side of the group.

### Everybody's It!!!

- Proclaim, "everybody's it!" in an open space and the participants begin trying to tag others, while avoiding getting tagged.
- Decide beforehand if simultaneous tags result in both sitting down, or both remaining free.
- Once tagged, participants sit down, extend their arms, and try to tag those left running around.

### Giants, Wizards and Elves

- Split group up into 2 teams, designate 2 safety zones, one on each teams side, and designate a middle area.
- Each team then gets in a huddle and one of those three
- Giants put their hands up over their heads, wizards put their hands our straight in front of them wiggling their fingers, and elves make pointy ears on their head with their pointer fingers.
- Once the teams have decided their character they come up to the center spot and line up face to face. On a count of 3, everyone does the teams action.
- Giants beat elves, elves beat wizards and wizards beat giants, so the team that beats the winning team chases the other and tries to tag as many members on the other team as possible before they reach the safety zone.
- The members from the team that get tagged become a part of the other team.
- Repeat until all players are on one side.

## 10 Minute Games

### People to People

- Pair up in groups of two and stand back to back. Make sure participants introduce themselves to one another.
- Then the leader will say different combinations that the group has to try to get to while staying back to back (right hand to right hand, left foot to right foot, head to head, right hand to left leg, etc...). The pairs must maintain all called combination until they switch partner.
- Once the leader says People to People they will then go switch partners.
- If you have an odd number of participants, the odd person is the leader. Once pairs switch, the odd person out is the new leader.

### Bobsled

- Break into groups of four, have them stand in a line while placing their hands on the person in front of them, shoulders facing forward. The first person is number 1, then 2, 3 and number 4 is the caboose.
- The primary instructions, "change, switch, rotate and loose caboose"
  - Change means the first person (#1) will have to switch with the last person (#4)
  - Switch means that the second person (#2) must switch places with the fourth person (#4)
  - Rotate means the whole group must turn in the opposite direction (#4 is now #1)
  - Loose caboose means that the fourth person (#4) must leave their Bobsled and join the sled of another team.
- Once teams are comfortable with those commands, have them "race" to a certain destination while also following all of the commands.

### Wizards & Gelflings

- Choose 2 or 3 Wizards; taggers (can use their hands or soft throwing balls)
- All others are Gelflings.
- When tagged Gelflings stand in one spot call out in a high voice, "Help me, help me, help me!" Other Gelflings may free a tagged Gelfling by forming a circle of two around the tagged Gelfling holding hands and dancing around the tagged Gelfling saying, "Be free little Gelfling, be free little Gelfling, be free." "
- Gelfling rescuers need to beware that as they are dancing around a frozen Gelfling they are vulnerable and may be tagged by the wizard themselves.

### Elbow Tag

- Get a partner and link arms, well spread out in the playing area.
- Two people are chosen to split up. One will be "it" and the other will be chased.
- Whenever the "it" links with a pair of players, the person on the opposite end must break off. They will now become chased by the "it." If the person gets tagged, they become it.

## 2 Minute Games

### Screaming Toes

- Everyone stands in a tight circle, with their heads down looking at their shoes.
- When 'Heads Up' is called, everyone looks up and stares at someone else in the circle.
- If that person is staring right back at you, then you scream really loud and jump back out of the circle.
- If the person you're looking at is not looking at you, put your head back down and wait for the next round.
- Keep going until there are only two players remaining.

### NASCAR

- This activity uses a rubber chicken and rubber fish, although you can use any two soft throwing items.
- Participants stand in a circle and count off 1,2,1,2, etc and remain in their location.
- Team 1 is assigned the chicken and Team 2 is assigned the Fish. Each team can only touch their object!
- Hand the props to people on at one end of the circle.
- Once you begin, the object is to pass your object around the circle (both clockwise) in order to the original location before the other team. You can not skip players on your team while playing.
- Teams are awarded one point for each time they pass the other's prop or get to the finish line first.

### Marvel Master

- Introduce the 3 Marvel Heroes.
- Hulk: make a bodybuilder pose and say, "Hulk Smash!"
- Ironman: push palms forward and make blaster noise, "choo! choo!"
- Black Panther: Cross arms against chest and shout, "Wakanda Forever!"
- The Master stands with their back to the group.
- Master counts out loud "1,2,3". On 3 the Master turns around and does one of the hero poses.
- Simultaneously members of the group each choose and make a hero pose.
- If you match the Master you are out.
- If you do not match you stay in and Master turns back and play resumes until there is only one person left.
- That person is the new Master and may lead the group.



## 2 Minute Games

### Rock Paper Scissor Stretch

- Start with a partner.
- Stand heel to toe; and toe to toe with your partner (you and your partner's feet making a straight line.)
- Play a game of rock, paper, scissors but make sure you stay in position.
- If you win, place your front foot behind your back foot (toe to heel)
- The partner that lost then slides their front foot forward so that they are toe to toe with their partner (they should have a slight lunge in their standing position).
- Continue to play rock, paper, scissors. Each time a partner loses, continue to stretch out.
- The game ends when someone loses their balance

### Heads or Tails

- The group leader holds up a coin and asks all participants to decide whether they think the coin, when flipped, will land on heads or tails by putting their hands either on their head or their tail (their bottom) respectively.
- The leader calls out, "Pick em and Stick em" and players position their hands in the heads or tails position. Once everyone has chosen, the leader then flips the coin and calls out the results.
- Anyone who has chosen correctly advance to the next round.
- Play repeats again until only one participant remains.

### Fly Swatter Tag

- Partners stand facing each other.
- Imagine a square in between you about shoulder width
- One player makes their hand a fly by simply holding the tips of their fingers together
- The other player makes a swatter by extending their hand flat
- The fly then zips around the imaginary box while the swatter attempts to tag it
- If the swatter is successful they switch and the swatter is now the fly

### Toe Tag

- Arrange your group of 6-12 participants in a circle with their arms on each other's shoulders.
- One person is chosen as "it."
- This person must try to tap the foot of another player with their foot. Be sure to remind the group that the instructions are "tap," not "stomp."
- The other players must try to avoid being tagged and all player must stay connected at all times.
- When a person is tagged, he or she becomes the new it and quickly tries to tag another player.

## 2 Minute Games

### Reflex Test

- Participants stand in a circle and turn to the left so they are facing the back of their neighbor's head.
- Each person then places the upturned palm of their left hand onto their left shoulder.
- Next, each player places the index finger of their right hand into upturned palm of the person in front of them.
- When the leader calls "GO", each player tries to catch the finger of the player behind him or her while pulling your finger out and preventing their own from being caught.

### Add 'em Up

- Two participants stand facing one another with one hand behind their backs.
- They then put out a hand and extend any number of fingers 0-5.
- The first one to add them together correctly gets a point.
- The first person to call two out of three rounds correctly wins.
- Players rotate challengers after each round of three.
- You can have an "advanced" round that uses both hands.
- Everyone is in a circle. One camper closes their eyes or steps out of the room.
- The leader chooses a secret leader or Indian Chief. Be sure to choose quietly so the "guesser" can't hear you.
- The Leader begins an action such as snapping fingers, patting the tummy, or slapping knees, and everyone in the circle imitates the Leader.
- The guesser returns and tries to figure out who the leader is with in three guesses. As the guesser looks around, the Leader should change the action without being detected.

### How's Yours?

- This is a quiet, low activity game.
- One participant leaves the group and the rest decide upon something they all have in common (i.e. shoes, bicycles, umbrella, etc.)
- When the participant returns he gets to ask each member of the group "How's yours?"
- The group members use one word to describe that item. The object is for the player to determine what the mystery item is.
- Once the guesser completes the round, he/she can choose the guesser for the next round.

**Trainings • Workshops**

**Assessments**

**[webeccg.com](http://webeccg.com)**