



WILDERNESS EXPERTISE

“Party Tricks” booklet

**A plethora of games, tasks and
competitions for young groups**

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Contents

| | |
|----------------------------|----|
| Introduction | 1 |
| A note on safety | 2 |
| Icebreakers and Energisers | 2 |
| Long Games | 13 |
| Party Games | 19 |
| Practical Learning Tasks | 25 |
| Processing the Experience | 27 |

Introduction

Due to popular demand, we have collated examples of games and tasks to help you keep your young charges occupied and have tried to categorise them according to their relevance to a particular situation or required outcome. This is a treasure chest of ideas that has been gathered over many years from all sorts of resources (sorry for not being able to attribute origins directly, please don't sue!)

There are four sections: Icebreakers and Energisers, Long Games, Party Games and Practical learning tasks (PLTs). Each section will detail the activity and its application with different groups. It will also clearly state the learning opportunities (outcomes) that may be derived from the activity. Apologies to visual learners – no photos as yet!

Essentially, each activity should be a lot of fun, and can be used 'just for fun' or equally as a learning exercise if the group is in need of a bit of direction.

We have tried to include as many games as possible that require little or no props. However, the PLTs section will focus more on the props-dependent activities.

A lot of the games may well depend on you releasing your 'inner child' (i.e. an excuse to regress to 'birthday party' mode), whereas as some them are rather less, well, 'Crackerjack-style'.

Take your pick, there's something for every type of Trainer and group. We like to think of it as a big bag of party tricks, and your audience will never be disappointed!

Sam McElligott (Trainer Liaison Manager)

March 2008

A note on safety

Although not specifically described for each activity, it is critically important that the safety of the group comes first before you use any of the activities in this booklet. Risk Management is a culture in any organisation and more so for the Outdoor Industry. We should always complete a dynamic Risk Assessment before partaking in any activity with your group.

To assist with this process, please refer to the Trainers handbook and the Health and Safety policy.

Icebreakers and Energisers

The purpose of these games is to “warm” the group up, allow you to learn names and get a feel for the dynamics/attitude of the group and its individuals. They should be inclusive, simple and fun. Some of the games can be played on a bigger scale (e.g. Human Bingo) as an icebreaker to a large group before they divide into smaller teams.

Some of the Energisers are more appropriate for later on, when a group has become better acquainted (e.g. personal space issues!)

Human Bingo

Each person in the room receives a pre-printed sheet, with a number of ‘tasks’ on it – they have to get a separate signature for each task, from someone else in the group – winner is the first to get every box signed by different people – encourages communicating with others.

Birthday Circle

In complete silence, the whole group has to make a line (or circle) in birth date order, starting with January 1st – check at the end.

Hoop Race

Everyone stands in a circle holding hands/wrists. A sling/hoop is placed over someone's shoulder and head (like a 'Miss World sash) and they have to pass it round the group by climbing through it and not letting go of hands. Once they have had a practice go, you can time them, or split into two groups and compete. Equally you can have one circle with two hoops, and the two hoops cannot catch each other up.

Human Knot

Everyone in a huddle – right hands in the air, grab a free right hand, now left hands aloft and grab a different persons left hand. Without letting go, they must untangle the knot to form one circle. Sometimes tricky and will need careful reviewing.

Magic Stick

Everyone stands in two lines facing each other, very close. They all hold out left and right index fingers at waist height (elbows into the body). You place the stick along the lines of fingers and they simply have to lower the stick straight down, slowly to the ground (harder than it sounds)

Pen War

Indoor game around a table. Even teams sit facing each other across a table. Place a marker pen (one that will stand on its end) at one end of the table within reach of the two competitors at the end. Make a big play of getting it in the exact centre.

Everyone has hands below the table. You sit at the other end with a coin. You can only show the coin to the two competitors at your end of the table. If you toss the coin and it is heads, they must communicate down the line for the person at the end to pick up the pen before the other team do. They are NOT allowed to talk. If it is tails, they must not pick the pen up.

Once you have shown the coin (regardless of whether the pen has moved or not), everyone moves down the table, so all get a go at picking the pen up.

If the pen is correctly picked up on a 'heads', they team who pick it up get 1 point. If a team picks it up on a 'tails', they lose 1 point. It is the first team to get to 3 points (this can be upped to 4, 5 etc, etc. If you have uneven numbers, get someone to score. A brilliant game.

Gambling Jan-Ken-Pon

Rock, Scissors, Paper – Divide into two teams, and then into pairs. Each person has three playing cards and they must make a bet with their cards before they play. Winning team is the one with most cards at the end. Good to teach bad habits early in life...

Riverbank

Mark two lines on the floor/use rope. The lines represent a river with a bank on each side. Divide the group into two and get them to line up on each 'bank' facing each other. (This is great if it is a big group). You make two calls repeatedly – 'in the river' and 'on the bank'. At each command, the participants have to jump with BOTH feet either out of, or into, the 'river'. Anyone who falls/stumbles/uses one foot at a time/gets it wrong, is out. Wittles slowly down to two players and then a winner. You can call quickly ('bank!', 'river!') so as to make it more difficult.

Sticky Rope

Tie half a reef knot around a pole or post. Demonstrate a couple of times how to tie a reef knot to the group. Divide into two and get each group to hold the tails. Once they have placed their hands on the rope they are 'glued' and cannot move. They then have to tie the rest of the knot without moving hands at all (no sliding). Let them really mess it up, and then let them have a second go with planning time.

Chinese Sitting Circle

Everyone gets into a really tight circle (better if you stand out so you can 'spot') and then takes a 90 degree turn to the right so they are all facing the person in front's back. Get them to squeeze in even closer and put hands on shoulders. Once they are as tightly packed as possible, on a count of 3 they must sit on the lap of the person behind them. It is crucial they sit and not stoop – all their weight must be on the lap of the person behind, otherwise they will fall. Once they are sitting unsupported, get them to put hands in the air. A progression of this is to get them to 'walk' round in their circle formation whilst sitting.

You can add interest by telling them that rice field workers used to do this in order to get a sit-down rest (as the fields are waterlogged) when working for long hours.

Send a Message

Divide the group into two. One group is given a short sentence, e.g. 'we like fish and chips' (or something profoundly 'team' orientated!) and using only charades type actions they must convey the message to the other team – give them a minute to plan. Bonus points for enthusiastic and original acting. You can keep a points chart as to which team guesses the most messages correctly. No talking, you could instigate a maximum of 3 guesses per message, and so on.

Fruit Salad

Everyone in a big circle (the bigger the group, the better!). Go around and give everyone a name – orange, lemon, pineapple, banana (whatever you fancy, just try and remember them all). You randomly shout a fruit and all those named have to run across the circle (no next door swaps) and swap places with another of the named fruits. Keep doing this, then randomly throw in 'fruit salad' at which point, everyone needs to move (carnage). You can use this as an eliminator – perhaps

last person to swap has to do the calling/is out etc.

Juggling Balls

The ultimate Trainer resource...traditional ball throwing to learn names, learning to juggle and teaching each other, throw ball up, turn around and catch ball/throw up, clap twice/three times etc and then catch, throw up, step forward and still catch. Try using three or four balls to throw around the circle for name learning etc. Can be used to pass under necks/between elbows. Set out on the floor as 'cones' and have relay races running in and out of the cones. Improvised rounders/tennis – using hands instead of bats...and so it goes on...

Synchronised Throwing

For the committed juggling ball fans – everyone in a circle, start with one ball and create an order of who the ball is thrown to. They must practice this sequence and get it right before you throw in another ball, and then another, and another. Keep going until they reach an optimum. Good game to spread over a day course, as you can keep coming back to it in-between other tasks. You can do the sequence initially shouting names (so you learn!) and then progress to silence...

3D Noughts and Crosses

Wicked game, high on risk and competition...be warned. Arrange 9 chairs/upside down crates/logs on the floor in three rows of three. Line up two teams facing the chairs, one person standing behind the other. One team is 'noughts', the other 'crosses'. Number each person in the teams, then shout a number. Both teams must respond with that numbered person running at full, deadly-paced pelt towards the chairs (with their sharp corners and pointy legs) and sit down on a chair. The idea is to get three in a row from one team. After the first game, you can allow them a minute each to plan their tactics...Just be careful with flying chairs and people running into each other/fighting over a seat...

Paddle Game

Great for water activities when you happen to have paddles handy (obviously can use broom handles/canes/magic sticks etc). Two teams lined up, shout go – they run towards the paddle (place a few metres away), they now hold the paddle ‘t’ grip, with the paddle face touching the ground, put their forehead on the ‘t’ grip and spin round three times (you’ll need to count – they cheat like mad on this game), then run back to their team and tag the next runner – once all have run, they must sit down in their straight line. It’s hilarious watching them dizzily run back to their team... again, just watch for obvious death and destruction whilst they are, well, incapacitated.

Penguin Racing

Great for young kiddies. Good warm-up game. Everyone in a circle, they have to pretend to be a penguin, so get them all to waddle on the spot like a penguin. Fab, now they bend over slightly and they have to make drum roll noises on their legs with their hands, whilst waddling on the spot. Talk them through a ‘race’ - “and the penguins are off!” (everyone taps hands on legs really fast), “they come to the first hurdle – it’s a jump!” (they all jump in the air), “then they come to a sharp right turn” (everyone waddles side step to the right), “then a left!” (same again to the left), “and they come to the final fifty paces” (tap and waddle really fast) “and it’s first to finish!”...and other excited phrases to get them all sweaty. Obviously you can make up any animal for the racing (e.g. horses jostling in the starting blocks etc).

Cat and Mouse

Great for warm ups (works best in a climbing wall with lots of crash mats). All but one person in a tight circle (link elbows) and the remaining person is on the outside of the circle. This person is the ‘cat’. Pick someone in the circle to be the ‘mouse’. Then shout go! The circle has to move around to try and stop the ‘cat’ from

touching the 'mouse' (very gently on the back, obviously). Once 'mouse' has been caught, swap people around. Quite often ends up in a heap on the floor, hence the crash mats...

I like Karaoke

Great for remembering names (and looking silly). Everyone in the usual circle. Start off by saying, 'Hi, my name's Samantha (use your own name, obviously) and I like karaoke/sword fighting/jousting/trainspotting/taxidermy etc. The exciting part is coming up with a suitable action to accompany your 'hobby'. Sometimes, groups tend to be a bit lame at this; they are so focused on what they should do, that they don't listen to those around them. Get them to write their hobby on a tag and stick it to them/write on their hand/bit of paper on the floor etc. Really give it some welly and give them plenty of encouragement. Bonus points for something more exciting than the usual dancing, tennis, cricket, driving and so on. Can move it up a step and get everyone to repeat each others actions.

Balloon Faces

Get group into pairs and give them a couple of balloons. They have to blow the balloons up and then draw their partners face on the balloon. They must also find out 3 really exciting facts about them, as well as their name. Everyone has to present their partner (they can hide behind the balloons) and their 3 really exciting facts. Again, tendencies to be a bit lame (e.g. this is Bob, he's a boy, he has hair and two eyes), so you might like to steer them (e.g. 'their proudest moment', 'their funniest moment', 'their earliest memory', 'their most exciting adventure')

2 Truths, 1 Lie

Each person has a couple of minutes to prepare. They then have to take turns to tell the rest of the group three things about themselves, one of which must be a lie.

The others must try and guess which one is the lie (this is harder than it sounds, unless you are a practised liar, hence planning time). To help learn more about each other, you could write up the truths on a board.

Trust Falls

NB. – Not for all groups!!!

Two versions:

- 1) In small groups create a circle, pick one member and tell them to close their eyes. The rest of the group need to put arms out in front of them, bent at the elbows, with palms up. They say '1, 2, 3, Fall' – the person falls backwards onto the awaiting palms. Take turns doing this.
- 2) Keep one person in the group and once they have fallen backwards, the group must pass them across the circle, so they stay in motion (be careful they don't speed up and end up pushing them over, little monkeys!). Mind out if it's a mixed group – perhaps get the 'falling' student to put arms across chest to stop stray hands...

Sticky Noses

Great for eliminating personal space boundaries, not so great if people have bad breath. Each person has a piece of sellotape stuck to the end of their nose (you'll need to fold it over so it sticks to their schnoz, but also has sticky side facing outwards). Each person must go up to another player and put nose to nose, in order to try and 'win the other person's sticky tape. Once they have commandeered someone's sticky tape, they'll need a fresh piece. The person who lost their tape must then stand behind the 'winner' and follow them to the next player and be their personal cheering squad as they try to win again. Should end up with two people left who have lots of people cheering behind them.

Alphabet Plank

On a kerb/plank/log get everyone to line up side by side. Now they must get themselves in alphabetical order/birth date order/height order and so on. They are not allowed to step off their 'platform'. Progression is to get them to do it in silence or even with one person blindfolded (always fun).

Wizards, Knights and Maidens

Groups of 2. If you shout 'wizards' the pair must assume the following position as fast as possible – both pretending to duel with imaginary wands. 'Knights' is one kneeling on all fours, the other pretending to ride horseback with sword aloft. 'Maidens' – one has to hold the other in their arms, as if carrying across a threshold. You can give them a minute to plan who plays which roles before you begin. Simple game of speed, competition and elimination – just for fun.

Human Bridge

Pick a start and end point. The group must span the gap using only their bodies. Once they have done a simple stretch across the gap, get them to use only certain body parts touching the floor, e.g. 5 feet, 2 backs, 4 hands, 2 bottoms (try and remember what rules you set!) – you'll need to judge what is feasible across the given gap. You can keep going, just making it more difficult.

Who Am I?

Each person has a post-it note stuck to their head with a famous person's name on it (equally you could describe an action, an emotion, a skill or a quality, e.g. leader, listener), and they pair up and try and guess their own identity (asking questions). Good warm up game to get them talking.

Monkey

Back to the juggling balls. Everyone in a circle, they throw the ball(s) to each other. If someone drops a ball,

they have to put one arm behind their back. Two drops means one arm behind back, down on one knee. Three drops means standing on one leg. Four drops means turning round and putting arms through legs (apparently like a monkey...) to try and catch the ball. Even if they continue to catch the ball, they can't 'upgrade' their punishment

Wink Murder

What a game! Choose one person to leave the room. Then choose a 'murderer'. Everyone sits in a circle and the 'detective' comes back into the room and stands in the circle. The 'murderer' has to wink at another person in order to 'kill' them. Everyone has to die a particularly loud and dramatic death. The detective must guess who the murderer is, and then two other people take on the roles.

Charades

Do I need to explain? You can pick a theme, or just give them random titles (usually books, film, TV, play, song etc). Be careful with 'Free Willy'... You can play normal scoring (each team guess their own), or fight scoring (both teams can guess, if it's their own team they get one point, if it's the opposition, they get 3 points, or whatever system you think befits their efforts). Penalty shoot-out

Great for time filling/picking which team are to climb first/get dinner first etc. Each team has to pick a goalie whilst the other team sends someone to take a penalty (use a ball/some random object to make it harder – rugby ball is great). You can make it harder by having several goalies and several shooters. Equally you can do it blindfolded, both for goalie and shooter, with encouragement and direction from their team.

Comedy Tai Chi

Good, fun warm up. Basically make up your own tai chi moves and add sound effects, you may like to name

your moves. Feel free to get the group to take over one at a time and introduce new moves (be careful...). Great for canoeing – tai chi draw stroke, tai chi back stroke and so on.

Draw!

Either as one team, or a simultaneous competition between two teams. The Trainer draws a shape (e.g. a clock face but with symbols instead of numbers, using different colours etc) and then a member from each team must come and describe the drawing to the rest of the group who will try and replicate the picture. The person describing must have their back to the rest of the group so they can't see what they are drawing. You can get them to draw shapes for the other team/each other. Can work in trios.

Duck, Duck, Goose

Everyone sits in a circle. Pick one person to walk around the circle, patting everyone on the head as they say 'duck'. When they decide, they can tap someone and call them 'goose'. At this point, the 'goose' stands up and has to chase the other person around the circle, to try and beat them back to their space in the circle. Usually the 'duck' beats them back to the empty space so you end up with a new person walking around the circle.

Long Games

Does what it says – games that last a long time, you know the scene; it's a long summer's evening, you've got an hour and a half to occupy the hordes of wee sparkle monkeys and you need the ultimate in run-around games. All obvious risks aside, let's just concentrate on good old-fashioned fun...

Survivor

Pick a group to be 'on' and the rest run and hide. They have to make their way back to the centre (base) without being tagged (bit like Block). However, best played at night and then you can use torches to try and catch them (i.e. shine light on them, not club them with torches) – they can't leave their torches on permanently, must turn them on only to try and catch someone sneaking up to base.

Sweaty Alphabetty

Can be done ad hoc, or with a bit of prep using score sheets and alphabet sheets. Divide into teams and give out pieces of paper with letters of the alphabet on. Each group has to return at least three/all of its members to the meeting point every ten minutes to report in. For every minute they are late, devise a point deduction system. The idea is that each team must produce an object (nothing living, stolen, borrowed without permission or deliberately broken) for each letter of the alphabet. Give extra points for harder letters (q, x, y or whatever you choose). You may decide to go with lateral thinking (e.g. something yellow for 'y', a coin with the Queen's head for 'q') and award extra points...extra points for originality and so on. Reporting in allows you to keep tabs on where they are and what they are stealing. Put a time limit on the game (maybe an hour).

Stealth Orienteering

In small groups, take them to a point away from the finish area (the camp), they must then work their way back, perhaps you may have some orienteering maps and compasses (depends on the ability of the group) from which to work. The idea is to make their way back without being spotted by you, or other helpers. You can make it uber exciting by doing it at night (just make sure they don't get properly lost!)

Block

One from long ago. Choose a post/tree/whatever which is 'home'. One person is 'on' and counts to 100 with eyes closed. Everyone else has to go and hide. When s/he reaches 100, s/he shouts 'Block 1, 2, 3, coming ready or not' (or similar) and then goes to hunt for everyone. The idea is that everyone has to try and make their way back to 'home' without getting tagged by the person who is 'on' (this person has to go and find people, they can't just sit on the base) – results in lots of running and chasing. You can get one team 'on' and one team hiding to make it better.

Sardines

Advanced hide and seek. One person goes to hide, everyone else counts to 50/100. They then have to go and find the person. Once they find them, they have to squash into the hiding place in silence as well. Ultimately everyone will find the hiding place and all will be squished in together.

French Cricket

Requires a tennis racquet. Batter has tennis racquet in front of their feet and knees (upside down). The bowler has to try and hit the batter's legs below the knee with a tennis ball. The other players all field and each one can take a turn at being bowler only if they catch the ball themselves. They can only get closer to the batter if they catch the ball near to the batter. The batter cannot

turn around, only twist their body and move the tennis racquet to protect the back of their legs. Great game.

Flags

Each team has a base and a flag (far away from each other). Each player has a piece of tape stuck to their back (needs to identify which team they are on). The teams must try and get the other team's flag without being tagged (become a prisoner at opposition's base) and without losing too many pieces of tape from their team. First team to win flag and get it back to their own base wins. However, if no flag is stolen, you can count up number of pieces of tape stolen. Usually tea towels make good flags (different colours helps...)

Blindline

Tie a really long rope, or several around a few trees, under a net, over a log, around various other obstacles. Then blindfold the whole team (can be split into two and start them at either end and cross in the middle – always good fun!), each has one hand on the rope and one hand on the shoulder of the person in front, all are blindfolded and must communicate along the line what to do, where to step etc. All good fun, and you can make it as long or as short as you like. If you put a few loops in, that tends to add a bit more confusion and fun.

Obstacle Relay

Basically race two teams over an obstacle course, either all have to complete the entire course then run back, or you could place a member of each team at the start of the next 'obstacle' so they tag each other before the next person can move forward. If you don't have much space and you're indoors, simply use people to create obstacles (bridges, tunnels, 'logs' and so on) – you can always blindfold the participant and get the others to shout directions. Good for getting everyone involved.

Night Walk

Er, going for a walk at night...make it as exciting as possible – add in some mud and stories about pumas and bats and get them to turn all torches off. You can hide spare Trainers in strategic positions for extra fear. For more ambitious groups, you can do night orienteering (but must be supervised closely!)

Fire Making

Great for using up lots of time and energy. Talk through how to make a fire, and then deploy small groups to collect different types of firewood, tinder, kindling etc (sounds simple, but is great for getting them to help each other and do something that benefits everybody).

Record Breakers

Creative thinking time – try and think of ridiculous situations that you can try and ‘beat’, e.g. how many people standing on one leg blindfolded on a log, how many synchronised juggles, how long you can make a human bridge, how fast you can complete a hoop circle/obstacle course etc. Get them to set challenges for each other.

Rounders

The ultimate game. Make sure you ask them what rules they play at school, otherwise you’ll get tirades of abuse if you make a ‘wrong’ call. For variation, use a beach ball/bouncy ball/tennis racquet/cricket bat.

Stuck-in-the-mud

Surprisingly popular. Two teams, one is ‘on’ and has to try and tag the other team’s players. If you are tagged you have to stand in star jump position until someone crawls through your legs to free you. Swap over once everyone has been caught/they’ve had enough. If it’s a massive group, you can set time limits.

Mini-Olympics

Set up a sequence of Olympic events (throwing the Kisu, running the gauntlet, 50m race, rucksack hurdles, tarp crawl, etc, etc) and divide into small teams.

Anyone not taking part in a particular event must be cheering squad. They can design posters beforehand and come up with team names/fancy dress and so on.

Fashion Show

Get hold of a lot of plastic bags, papers, magazines, any bits of material and props you can find, and divide into small teams. Give them one hour to prepare costumes, routine, choreography, voice over and posters. They need to be resourceful, good at planning and be able to compromise with each other. To step up the challenge, you can ask them to complete various PLT type tasks in order to 'win' equipment. Equally you can give a theme for each group, e.g. star wars, eco-warriors, soldiers, WAGS and so on.

Egg Curling

Stores can supply kit and scoring cards – you'll just need to buy eggs. Basically a planning exercise, as they must state what scores they are aiming for and then try and achieve those scores when they come to 'curl'. Usually takes about an hour.

Kit-Cars

Very much resource driven – need lots of cardboard, coloured paper, string, ropes, bits of tat, anything that they could try and make their own car with (Flintstones, or pimp my ride style). This takes about an hour or so to plan and create (again they could do tasks to earn kit). Once completed, two members of each team will get in/on/under their car and 'drive' it around an obstacle track. Teams get points for car design and construction and time around the lap (and bonus point if car is still intact at the end. All other team members are cheering squad if not racing.

Human Chain-Tag

Usual tag idea, a couple of people start, and when they tag someone, they have to link arms and join forces, so ultimately you end up with several chains of people running around (safety point – make sure they don't start flying people at the end of the chain, it'll all end in tears...)

Desert Island

Stores can provide briefing and score sheets. They have to determine what equipment they would need from a given list, if they were stranded on a desert island, and why. Good planning and thinking exercise – lots of compromise needed. You could bring the game to life by actually placing the kit at the end of a task (e.g. crossing the 'Abyss') and they have to retrieve it in pairs/trios.

Shelter

Divide into small teams. Give them a tarp, some ropes and a Kisu, and tell them they have 1 hour to make the best shelter possible (need a forest/woodland for this). The shelter inspection team will come to each dwelling and score for shelter efficacy, appearance, décor, home comforts, styling and so on. Encourage them to be resourceful, but don't break any branches/pick wild flowers!

Party Games

My favourite! Time to regress to those birthday parties of old...Party games are the ultimate in mini-competitions, and are great fun. You need to have a head for noise and silliness – good for old and young alike. Groups will particularly welcome their teachers joining in.

Marble Race

Two teams with players staggered over a course. Giant marble on the floor (could easily use a ping pong ball/tennis ball) and the players have to roll it, using only their nose, to the next player. First to cross the finish line.

Dressing-up Race

Divide into small teams. Each player has to run forward, put on a set of waterproofs, run forward again, put on gloves, run forward, put on a helmet and harness, run forward, put on a rucksack (and so on – use whatever kit you can find, as long as it is equal among teams, of course!), then they can either run forward and use a knife and fork to cut a piece of chocolate and eat it, or (if there's no chocolate), they have to run forward and run around the paddle three times (as in 'the paddle game') before running back to the team and handing over all kit for them to next run the gauntlet. Chocolate version is incredibly popular... despite excessive drool over it...

Flap the Fish

Cut a giant fish shape (about A4 size) from a newspaper/bivvy bag. Each team has a fish and has to flap behind the fish (using a rolled up magazine/anything that generates some 'wind' power) to the end point and then back to the next player, or for speed purposes, you can allow each team member only

3 'flaps' before they run back to the rest of the team and send the next player for their 3 flaps.

Musical Chairs/Statues

Who doesn't know how to play this? Obvious without a stereo, the group are required to sing (will have to be well coordinated...)

Chinese Whispers

Pick a sentence and get them to pass it along the line/circle – obvious communication exercise to stress need for good transfer of messages

Primary School Sports Day

(to include: Egg and Spoon Race, Skipping Race, Sack Race, 3-Legged Race, Relay Race, Obstacle Course). Same as Mini-Olympics – get them really enthused, encourage them to dress up as primary school kids, draw posters, have a team chant etc. Use whatever resources you have and play any games that could be construed as kids' races! Perhaps have a prize handy...

Sweetie Game

They'll fight over this one - long piece of string tied between two points with lots of sweeties (jelly rings, shrimps etc) hanging from it (works best if you thread each sweet to a separate piece of string and then tie that to the long piece – means they swing about more). Each player must try and eat a sweetie off the string (hands behind back) before the next player can go – team who eats the most, wins. You can make it harder by tying the long string a little bit higher than it is comfortable for them to reach...

How Many?

Planning game, you give each team a number and they

must work out a sum that equals that number, e.g. $24 - 4 \times 6 = 24$, or $3 \times 8 = 24$, or $2 \times 8 + 8 = 24$. The trick is that they must use only hands and fingers to represent each character of the sum (including the plus sign, and equals etc). They present the sum, and the other team has to guess the final number.

Pigglethwaite

The aim of the game is for everyone to find his or her 'family'. Each family is made up of three characters – Mr, Mrs and Baby (ensure the group will be divided into threes, any extra players will have to sit out, or you will have to join in). Each family has a surname ending in '-igglethwaite', for example, Pigglethwaite, Tiggletwaite, Siggletwaite, Biggletwaite and so on. You assign a character to each person by giving them a piece of paper with either Mr, Mrs or Baby plus a variation of the surname on it. When you shout go, everyone has to start shouting for his or her family members (of course they all sound the same). Once you have your family you have to assume the following positions: If you are Mr -igglethwaite you sit on the floor, if you are Mrs – igglethwaite you sit on Mr's lap, if you are baby, you sit on Mrs' lap. First team to find all three players and sit in the right order, wins. Mad game, great fun.

Bobbing

Apple bobbing, pear bobbing, Walkers crisp bag bobbing...you get the idea...

Piñata

The group get to make their own piñata with newspaper and water/glue – they can use whatever resources they have to make it pretty/look ace etc. The piñata needs to be filled with sweeties and then you blindfold a player from each team and they get to beat the living daylight out of the piñata (now hanging from a tree) until all the sweeties fall out. Senseless violence with sweeties as a reward, marvellous. A cereal box makes a good starting point for the piñata.

Pin the tail on the donkey

r whatever animal you can reasonably draw. Cut out a shape for the tail, blindfold players one at a time and get them to try and stick the tail in the right place (spin them first for added amusement). You can make it live by pairing them up and getting them to chase (not blindfolded) each other to try and stick (not with pins!) a 'tail' onto their opponent.

Neck, Knees and Elbows

In teams get them to stand in a line one behind the other. Start with a balloon between the knees of the first player. This has to be passed by the next person using elbows to put it between the next persons knees and so on. Equally you can use oranges, juggling balls, a combination of objects...you can get them to put a smaller object (orange, ball) under their chin and they have to pass chin to chin, perhaps even coordinating the elbows and knees with the balloon at the same time.

Through the tunnel

Divide into teams, everyone stands with legs astride in one long line. Last player in the line has to crawl through the legs and then join the line at the front, next person from the back, through the legs, join at the front – they keep going until they have reached a finish line. First team to cross ALL players over the line, wins.

Blow football

Tray of water, some straws and a ping pong ball. Divide into teams and they all crowd around the tray and try and score goals against the other team. They are not allowed to move places. Beware, gets very wet. If it gets out of hand, just slap your hand in the middle of the tray and soak them all...tee hee...

Burst a Balloon

Each person has a balloon sellotaped to their right leg, everyone has to go around trying to pop the other peoples balloons using only their legs, and whilst keeping guard of their own balloon. You can step it up so that they have a balloon on each leg. Can do this in teams (use different coloured/marked balloons).

Hoopla

Like at the fairground – they have to throw hoops (slings/handmade paper hoops) over the objects to win them – these could be items of climbing rack so they get to go climbing, or equally, bits of packed lunch, and so on.

Crufts

In teams, one person is the dog owner, another person is the dog and everyone else has to make human obstacles (e.g. tunnel, bridge). Each team takes it in turns (get teachers to be independent judging panel). The 'dog' is blindfolded and has to be led by the owner around the obstacle course (on all fours). You can be compere and get the 'dog' and owner to do other 'tricks' if you like. They can have practice time before any of the teams begin.

Hum it

In small teams, each player comes to you and is given a song to hum, and then they go back to the group and have to hum the tune until the team guess correctly. Every person has a go. They have to guess without letting the other team hear. Group with the most correct guesses, wins.

Baby, if you love me, smile

Just for fun. Choose one person (has to be an extrovert) to stand in the middle of a circle. S/he has to go up really close to any person they choose in the

circle and say, 'Baby, if you love me, smile'. The idea is to try and get someone to smile/laugh and then they swap places. They can use silly faces or voices, if they so choose.

Staring competition

In pairs, winner stays on and stares out other players until left with final two for championship staring. No laughing, smiling, talking, winking, mad blinking or other underhand tricks – it's plain and simple staring the other person out.

X Factor

Talent contest (give them time to prepare), elect teachers as judges panel, and be the compere with gusto. Worth planting the seed for this nice and early to gauge how many will be brave enough to do it. Great if you have a stereo, even better if you have a microphone...

Practical Learning Tasks

A whole host of team building tasks designed to achieve specific outcomes. The success of each task will depend greatly on your reviewing and facilitation techniques. Excellent reviewing combined with a lot of energy will have them oozing team spirit. The idea here is not to go through each task, as the briefs will always be included. What we have done is to try and associate relevant learning outcomes to each task, so that you have a bit of direction when using them – and can therefore fit the task to the need of the group, depending on what they need to work on.

Abyss – planning (especially towards the end of the task), cooperation, physical support, delegating roles (leader, last person).

Rescue – planning, listening to each others ideas, using appropriate resources, persistence, refining a plan.

Spiders Web – Working together, planning (again, right to the very last person getting through on their own), physical support, delegating roles.

Marble Roll – planning, creative thinking, adapting a plan, listening to others, goal setting

Olympic Torch – coordinating team members, patience, working together

See-Saw – planning, trial and error, physical support, refining a plan

Number Crunch – logical thinking, planning, patience, leadership

Blindfold Tent – good communication, planning, organising team members, leadership

Shrinking Island/Flip Island – physical support, working together, good communications

Sheep and Shepherd – planning, good communications, preparation, leadership

Sinking Ship – working as one team, using resources effectively

Land Skis – coordination, communication, working together effectively

Islands – logical thinking, planning, leadership

Buggy – planning, creativity, practical learning, role and task delegation, competition

Tyre Teaser – logical thinking, leadership, patience

Brain Drain – planning, leadership, effective use of resources and team members

Magic Squares – logical thinking, planning, leadership, coordination

Lego Build – good communication

Newspaper Tower – planning, cooperation, design and creativity

Spaghetti Tower – planning, patience, design

Blindfold Shapes – good communication, leadership

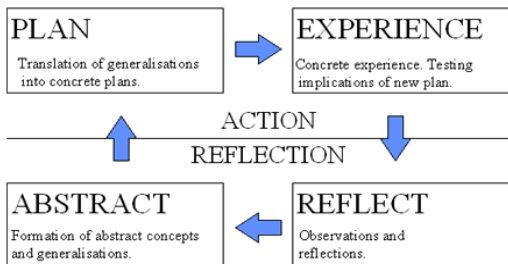
Wobble Ball – good communication and planning, leadership

Obstacle Carry – solving problems, planning, using team members effectively

This list is not exhaustive, and neither are the outcomes limited to those stated above – we just want to help you categorise their usefulness and relevant application.

Processing the Experience

The basis of experiential learning is the idea that only doing (experiences) is not enough. It is the reflecting upon the experience and the learning from this experience that can lead to better understanding and/or change. Kolb's experiential learning cycle makes this basis clear.



Kolb's Experiential Learning Cycle

This method is productive in encouraging review and evaluation of the activity experience.

The 'Leadership Pack' contains a number of other Personal Development models and exercises.

This is where we add value to the activity experience. The activity is about personal development so ensure you give the young people every opportunity to learn and review.

To be a little cheesy....

“Give someone a fish and they will not be hungry for that day, teach someone to fish and they will not be hungry in life.”

Give someone an experience and they will be content for that moment. Teach someone to review and learn from their mistakes then they will continue to learn throughout life.

Encourage questioning and reflection

This booklet was put together after years of practical research and trial and error, and is no way a definitive guide, it is an on-going life mission and all ideas are welcome. It is a supplement to help you in blank moments, to help fill up those empty time spaces and to give you a few ideas to stretch your groups, or wear them out, or simply to inject a bit more fun and motivation.

Whatever you're doing, make sure you're all having fun; it really is the best way to learn...

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