STUDENT MINISTRIES

Bridgewater Student Ministries Games Cookbook

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Other Resources

Pre-Games

These are games and activities students can play when they arrive before the organized activities begin. During this "free time," students can choose to participate in the games or chat with their friends.

Ga-Ga Ball

<u>Prep Time</u>: 10min
Ingredients: Ga-Ga pit, Volleyball
<u>Ideal Size</u>: 3+ players
<u>How to Play</u>: There is a Ga-Ga pit with 8 walls, and all the students are inside. This is a free for all game where the goal is to eliminate the other players, and the last man standing wins. The game is played with a ball that students can only hit with their hands. If the ball touches a students knee or below, they are out and must step outside of the pit. A student can only hit the ball once until it touches another student or a wall; then the student may touch it again. If a student touches the ball twice before it has hit a wall or another student, it is called a double touch and that student is out. If someone hits the ball and it goes outside of the pit, they are out. If someone hits the ball, and it touches someone and then goes out of the pit, the last person to touch the ball is out. If a player is not moving or going for the ball, their legs need to be at a minimum of a 90 degree angle to prevent camping and unfair squatting. You cannot grab the side of the wall and use it to jump out of the way of the ball.

Some people play with a hands-in rule. When there are two people left, everyone who has been out and is watching can stick their hands in the pit and try to get one of the two final players out. This is up to the discretion of the leaders and the culture of your group.

Jackpot

<u>Prep Time</u>: 0 Min
<u>Ingredients</u>: Football
<u>Ideal Size</u>: 3+ players
<u>How to Play</u>: One person is the caller and they hold the football. They will call out a number, like 100 or 200, then throw the football. The person who catches the football now has that many points. The first person to reach 1,000 or more points wins and now becomes the new caller. The caller can call jackpot and throw the ball, then the person who catches the football wins. The caller can also call mystery box and he will not announce the number of points until after the ball is caught. He is allowed to call negative numbers. If the ball touches the ground it is a dead ball and points cannot be collected.

Knock Out

Prep Time: 0 Min
Ingredients: Basket Ball Hoop, 2 Basketballs
Ideal Size: 4+ players
How to Play: The game begins with all participants lined up in a straight line starting at the free throw line. The first two students have basketballs. The first student shoots, and if they make the basket, they will grab the ball and pass it to the next person in line without a ball. If they miss the shot, they must grab the ball and may run up to the hoop and try to get it in the basket. The second person with a basketball can shoot as soon as the first person's shot connects with the hoop, backboard, or ground. If the first person misses their shot, the second person will try to get their ball in the hoop before the first person can. If the second person succeeds, the first person is knocked out and they pass their basketball to the next person in line. This continues down the line, constantly rotating until there is only one person left.

Spike

Prep Time: 0 Min
Ingredients: Volleyball
Ideal Size: 8+ players
How to Play: Everyone will stand in a circle facing inward and begin a volley with the volleyball. The first person to make a mistake is in the middle. The ball must be served, hit, and then spiked (spike will always be the third hit). The spike needs to hit the person in the middle, if it misses then the person who missed joins the person in the middle. If the person in the middle catches the ball when it is spiked then the last person to hit the ball is now in the middle. If someone messes up the sequence and spikes out of turn or the 3rd person doesn't spike, that person also joins the middle. If there is a group of people in the middle and the ball is caught then everyone in the middle gets up. Play as long as you want.

9 Square

Prep Time: 10min
Ingredients: 9 Square, Ball
Ideal Size: 10+ players
How to Play: In the 9 square arena, there are nine students, one in each square, while the rest are in line waiting to join. The person in the middle square will serve the ball and have it fall into another square. When the ball goes into a square, the person in that square must hit the ball up through the same square and fall into somebody else's square. If they fail to get the ball back through the square, they are out. If they hit the ball in a way where it lands outside the arena (not in a square) they are out. If they touch the ball twice to get it out of their square they are out. There is freedom, after the

serve, to attempt to spike the ball into somebody else's square. Once someone is out, everyone in a square behind that person will move forward one square. This will rotate all the people who are not currently playing into the game.

5 ←	4 ←	3
6	9	2
7 →	8	1
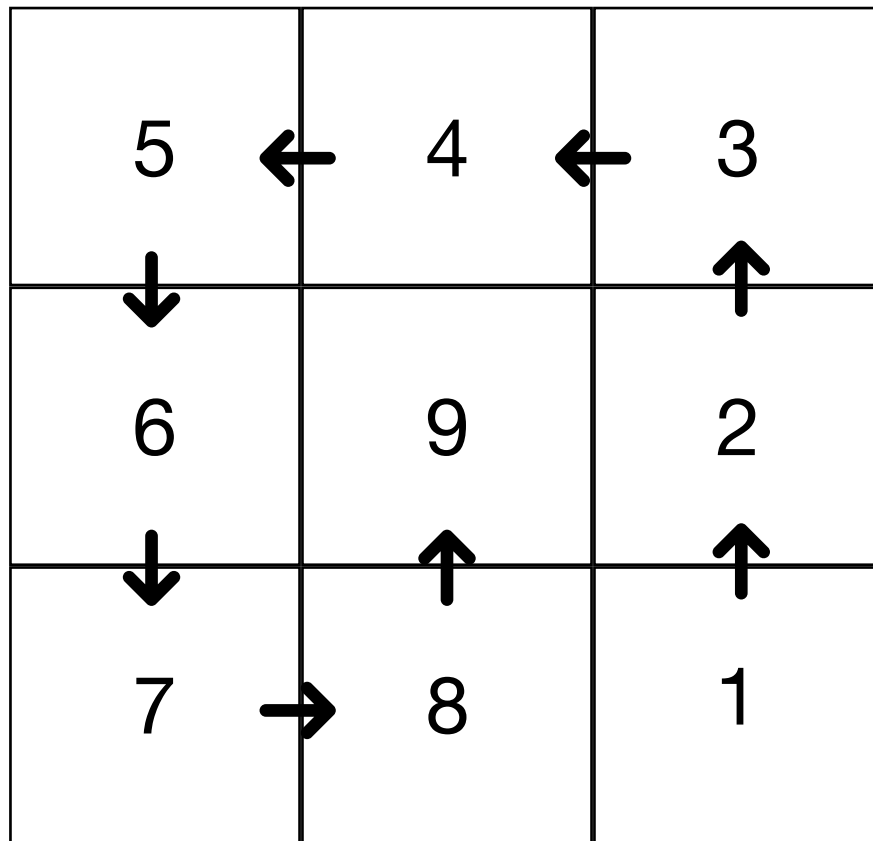
Icebreakers

Icebreaker games are typically done before game time or the lesson depending on your nights schedule. Usually all the students are gathered together (if your students separate by Craz and Fusion these will typically be done when they are still together) and they play a game before they go to the lesson or game time. These games are quick rounds, easy to explain, and easy to play.

Bang

Prep Time: 0 min
Ingredients: Space
Ideal Size: 8+ players
How to Play: Have all the students stand in a circle facing inward while the game leader stands in the center. The game leader will point at someone, making his fingers look like a gun, and yell "bang." The person they point/shoot at must duck down, and the two people on either side of that person must turn and shoot at each other and say "bang." The person who calls bang last is out. If someone calls "bang" at the wrong time, or if someone doesn't duck fast enough, they are also out. The person in the center has the final say. Repeat this process until there are only two people left. When there are only two people, they both must stand back to back. The caller then starts counting from 1, while the final two competitors take a step away from each other with each count. The caller then yells bang randomly, and the final two competitors turn to face each other and yell "BANG." The fastest wins, and gets to be the caller in the next round.

Birdie on a Perch

Prep Time: 0 min
Ingredients: Space
Ideal Size: Any
How to Play: Have everyone choose a partner and make two circles; one circle encircling the other. One partner will be on the outside circle and the other partner on the inside. When the music starts, one circle walks clockwise and the other circle walks counterclockwise. When the music stops, students must find their partner. The inner circle partner kneels on one knee, and the outer circle partner sits on the knee. The last ones to be a 'birdie on the perch' lose and must sit down. Continue playing until you have one group remaining.

Digits

Prep Time: 0 min
Ingredients: Space
Ideal Size: Any
How to Play: Each person must stand up facing a partner, with their hands behind their backs. They will then hold out any number of digits of their choice. On the count of three, each partner brings their hands to the front and whoever adds up all digits (their hands included) first, wins. The person who loses sits down, while the winner goes on to pair up with another person who won. Continue this way until you are down to 6-8 and then bring them to the front for everyone to watch.

Elephant, Moose, Mouse

Prep Time: 0 min
Ingredients: Someone who knows the song, drum set can set the mood but not necessary
Ideal Size: Any
How to Play: This is a rock, paper scissors type game. Everyone gets a partner and gets back to back. Sing the song with the motions to get started.

"Back to back, get back to back, everybody in the house get back to back. Back to back get back to back, everybody in the house get back to back. Elephant beats the moose, the moose beats the mouse, the mouse beats the elephant, if you tie you die. Elephant beats moose, the moose beats the mouse, the mouse beats the elephant if you tie you die. Three, two, one go!"

- Elephant (arm in front of your face like a trunk)
- Moose (hands with fingers extended on both sides of your head like antlers)
- Mouse (both hands in front of your chest, trying to make yourself really small)

At the end of the song, you turn around and then follow the rules of the song. If you "die" you sit down. If you win, find a new partner and keep going until there is only one person left, that person is the winner. We recommend hyping up the last few games for engagement.

Gospel Aerobics

Prep Time: 2 min
Ingredients: Sound system and a banger song
How to Play: Select an aerobics instructor to lead the students in Gospel Aerobics. When the music plays, the leader or student will begin to "dance" and everyone else copies their moves. During the chorus everyone freestyles. The goal of this activity is to make everyone "look silly" so they don't need to be self-conscious or insecure about looking dumb or silly later in the night.

Head, Shoulders, Knees and Cup

Prep Time: 2 min
Ingredients: Plastic Cups or Cones
Ideal Size: 2+ players
How to Play: Everyone finds a partner and each pair of students grabs one cup. The cup or cone is put between the two participants. When the game leader calls it, players touch their head, shoulders or knees. Feel free to add in ears, feet, or other instructions to keep them on their toes. When the leader calls cup (or cone) the first person to grab the cup wins while the other participant is eliminated. The winner finds a new partner that also won, and this repeats until there is one person left. During the commands, if someone grabs the cup before the command is called, they are out. We would recommend when there are a few student pairs left to hype up the finalists to get students engaged.

Heads Tails Combo

Prep Time: 0 Min
Ingredients: 2 Quarters
Ideal Size: Any
How to Play: Two leaders will each have a quarter. When both leaders flip their quarters there are three outcomes: Double Heads, Double Tails, and Heads Tails Combo. Before the leaders flip their coins, students will have to guess what they believe the outcome is going to be. They can change their guess until the coin is in the air then they are locked in to their guess. Students will indicate what their guess is by demonstrating the outcome. All students who guess the incorrect answer will sit down. Play until one student remains. If there are two or three students remaining, they cannot choose the same answer.
Double Heads - both hands on their heads
Double Tails - Both hands on their rear
Heads Tails Combo - one hand on head and the other on rear

Knock Em' Over

Prep Time: 0 Min
Ingredients: People to Knock Over
Ideal Size: Any
How to Play: Have each student find a partner and have them get back to back. When the game leader says go, each student needs to stand on one foot and turn around, usually by jumping or hopping. Whoever loses balance first and puts their foot on the ground loses. Students are allowed to push and try to knock each other over. Whatever foot a student chooses, they must stick with balancing on that foot; they cannot switch feet. Once a student loses, the winner will find another winner and they will play each other.

Poop Deck

Prep Time: 0
Ingredients: None
Ideal Size: Any
How to Play: Divide the room into three equal sections with duct tape (or lines in a gym.) Each section is labeled as, left deck, poop deck, and right deck. Each person gets a partner and begins in poop deck (the middle section). Call off one of the decks, and the kids have to run there. The last person to cross the line is out. You can also yell "man over board" (where one person picks up their partner), or "hit the deck," (where everyone falls to the ground). The group or person that gets in either position last is out. Play until you have one person remaining.

Quick Fingers

Prep Time: 5 Min
Ingredients: Cell Phone (needs to be able to text)
Ideal Size: Any
How to Play: The game leader is going to give their phone number to the students (recommend having a slide/screen where all the students can see it), and the game leader is going to say a phrase or word that the students must type correctly to the leader. The Leader will say or choose who wins by giving instructions like, "first person to text this wins" or "the second, third, or fourth person wins." This is also a great way to get students contact information.

Shuffle Your Buns

Prep Time: 2 Min
Ingredients: Chairs
Ideal Size: 10+ players
How to Play: Have each student grab a chair and create a circle facing inward. Have one student stand in the middle, creating one empty seat. When the game leader says go, the student needs to try to sit in the open chair. But, all the other students are working together to try to prevent the student in the middle from sitting down. A student sitting beside the empty chair needs to "shuffle their buns" and slide over into the empty seat; this creates a new empty seat, so the next student needs to slide into that chair. The empty chair will constantly be shifting its position so the student in the middle is chasing the moving chair. When the student in the middle sits down, the person who should have moved into the empty chair now becomes the person in the middle.

Sit Down If…

Prep Time: 0 Min
Ingredients: Chairs (optional)
Ideal Size: Any
How to Play: Have all students standing, either by their chairs or they can all be in a circle. The game leader will call out "sit down if_____." Students must sit down if the command applies to them. For example, "Sit down if you have ever seen the movie Frozen" all the students who have seen Frozen now have to sit down. Play as many rounds as you like, the focus is not on a winner but a get to know you activity to see what students have in common.
Example Commands: "Sit down if you…" have a brown belt on, are wearing Nike shoes, didn't brush your teeth this morning, have blue eyes, are wearing anything red, have glasses, have braces, are in any athletics, have ever been to Florida, didn't shower this morning, has a white shirt on, has black shoes on, has a hat on, is in 6th grade, is wearing a coat right now, has seen a movie in the last week.

Strike a Pose

Prep Time: 0 Min
Ingredients: Space
Ideal Size: Any
How to Play: Choose 4 different yoga poses and demonstrate them to the audience. The game leader is going to turn around and say "strike a pose." Everyone is going to choose one of the four poses. Then the game leader will call out a pose and all of the students who are in that pose are eliminated and will step off to the side. Repeat this until there is only one person left. Feel free to have another leader or student become the "yoga master"…the person who calls out poses. We would also recommend narrowing down the number of poses when there are under 10 students or discourage students from picking the same pose.
Example Poses (feel free to make up your own)
- Mountain (arms above your head creating a peak)
- Downward dog (no instruction needed)

Telephone

Prep Time: 0 min
Ingredients: None
Ideal Size: The bigger the better
How to Play: Have all the students standing or sitting making a circle facing inwards. Begin with a student and say something in their ear. It can be a word or phrase. We recommend having a phrase as it will more likely get distorted. You can start with small words or phrases and make them longer as you do more rounds. Once you tell the student the word or phrase they will repeat it into the next students ear. They can only say the phrase once, no repeats. Then the next student repeats what they heard, or

what they think they heard to the next student. This continues all the way around the circle and the last student will say the phrase that they heard and see how close or far it was from the original phrase.

Suggestions
- Pretty pink petunia's
- Don't worry be silly
- I'm sending a silly message
- Education is important, but big muscles are importanter
- The store ran out of yoga mats
- Jeremy's real name is Jeremiah and he prefers his real name

Ultimate Rock Paper Scissors

Prep Time: 0 min
Ingredients: None
Ideal Size: The bigger the better
How to Play: Everyone in the room finds a partner. When they have found a partner, they play Rock Paper Scissors, and **_on_** shoot, the student makes their selection. When someone wins, the loser of the game has to then cheer and shout for the person that beat them because they are now their biggest fan. The winner finds a new partner and the game repeats. If the person the student is cheering for looses, they now cheer for the new winner. This will repeat until there are two students left to play Rock Paper Scissors, with the entire student body cheering on their winner. We recommend that when there are two students left you pause the event to make a big deal out of the students and hype up their final game. If any students tie during the event just have them play the person again until there is a winner.

Large Group Games

Bucket Ball

Prep Time: 2 Min.
Ingredients: 2 Baskets, 2 Dodgeballs, 2 Chairs
Ideal Size: 12+ players
How to Play: Each team has a "goalie" the goalie is on the opposite side of their team and they are standing on a chair with a bucket on their heads. The team has to pass the ball around without dropping the ball or throwing it to the other team. The person holding the ball can only take 3 steps. To score, a teammate must throw the ball at their goalie while the goalie tries to catch the ball in the bucket on their head and keep the ball in the bucket. If they do then they score and the ball is turned to the opposing team. The goalie must keep the bucket on their head for the points to count. Play to whatever number you want. We recommend adding another ball, or changing the ball to any object (giant foam dice, rubber chicken, or schmerlet).

Blob Tag

Prep Time: 0 Min
Ingredients: Participants
Ideal Size: 10+ players
How to Play: The game begins as regular tag, students will spread out around the gym or designated area, and two (or more) people will begin as "it." When the person who is "it" tags someone, they now hold hands or link arms and they become a blob. When another student is tagged, they join the blob. When there are 3 or more, only the people on the two edges can tag people. Students who become trapped by the blob are not allowed to run through the arms and legs of the people in the center of the blob, but must run around the edges of the blob. Play until everyone is part of the blob. A variation that you can play, is that when there are 4 people in a blob, they can break off into two blobs. Or you can select a higher even number and break that blob in half, this creates more blobs and more chaos.

Body Body

Prep Time: 5 Min
Ingredients: Ability to make the play area dark
Ideal Size: 8+ players
How to Play: To begin, all the students will make a circle facing inward. The game leader will have all the students close their eyes and put their heads down. Make sure there is no peeking. The game leader will select two killers and two cops leaving everyone else as civilians (feel free to create any variation of titles for fun and

engagement). The game leader can select the two killers first by tapping them on the shoulders then have them open their eyes so the killers know who their teammate is. Repeat this process with the cops. Then everyone can open their eyes. Have all the students spread out around the room then turn the lights off. Once it is dark, the killers goal is to kill both of the cops. The killers can tap someone on the head or shoulder to kill them. If someone is killed they must lie down on the floor. The killers may kill as many people as they desire. When someone stumbles across a body they yell, "Body! Body!" This pauses the game and the lights come back on. Everyone will gather around the body and the group will determine who the killer is. Everyone will debate and then vote on one person who they all believe the killer to be, and then that person is "killed." All the "bodies" at that point can move off to the side, everyone spreads out, then the lights go out again. This will continue until everyone is dead aside from the killers, both the cops are killed, or both the killers are killed by voting. Feel free to do multiple rounds as time permits.

Capture the Flag

Prep Time: 5 Min
Ingredients: Flags, Space
Ideal Size: 10+ players
How to Play: Create two teams which will be on opposite sides of the game area. Each team will have a side and a flag that they will have to defend. Upon entering the enemies side, the student can be tagged, and if tagged, will be out. The goal is to cross the enemies side, grab their flag, and return to your side with the flag to win. For some variety, you may have a safe area that the person who crosses into enemy territory may be safe before they return to their own side with the flag. It can be as simple as a hula hoop and they keep one foot in to be safe or cross off an entire area as a safe zone.

 For those who get tagged and are out, you can place a chair on the side of the boundaries, on the opposite end of the middle line. Every time a student gets out, they go to the chair. The first student who is out must be touching the chair and they can reach as far as possible in the hopes that their teammate tags them and they get back in (the person in jail gets a free walk back to their side, but the teammate who rescued them does not). If the first person is still there, the next person to get out is now touching the chair and the first person no longer has to be touching the chair. But they do need to be touching someone who is touching the chair. This allows the first person to gain a farther reach and a greater likely hood of getting back in. This pattern continues for however many students get out. Only one person can be saved at a time. If the person touching the chair or someone in the middle gets tagged to be rescued, only the person on the end of the line can be saved.

Cat and Mouse

Prep Time: 5-10 min
Ingredients Chairs
Ideal Size: 20+ players
How to Play: To play Cat and Mouse, set up a line of chairs with running space in between each, and with every other chair facing the opposite direction. Divide the students into two teams, one is team cats and the other team mice. The cats sit on the chairs while the mice line up on one side of the "wall" of chairs. After starting a timer, the cat and mouse begin running, with the cat chasing the mouse. The cat must begin on the opposite side of the mouse. The mouse can run anywhere around and through the chairs, but the cat can only stay on one side. In order to cross through the chairs and get to the other side, the cat can tag someone who is sitting in a chair and facing the side that the mouse is on. The tapped participant then switches places with the cat, and becomes the new cat and can tap the mouse if they stay on their side of the chairs. However, if the mouse changes sides again, the cat must tap someone who is sitting facing the other direction, to become the new cat. Once the mouse is caught, they go to the end of their teams line, the next mouse enters, and the cat must return to the opposite side of the "wall" that the mouse is on. The goal is to have the longest time. Once all the mice have had a chance to run, the teams switch sides with the mice team now sitting in the chairs as cats and the cat team lines up and become mice.

Catch the Dragon's Tail

Prep Time: 0 min
Ingredients: Scarf or Bandanna…something to become a tail
Ideal Size: The more the merrier
How to Play: All players line up and put their hands on the waist of the person in front of them. The last person in line tucks one end of the scarf or tail in their back pocket, belt, or waistband. The first person in line tries to grab the scarf.
When the "head" gets the "tail," they don the scarf and become the new tail. The person second in line becomes the head. If it is too uncomfortable, or you find it not appropriate for your group, you may have everyone in the line hold hands instead of the persons waist. Feel free to have multiple dragons at once making the students work around other "dragons" or trying to grab the other dragon's tails and eliminate them.

Clumps

Prep Time: 0 min
Ingredients: None
Ideal Size: The more the merrier
How to Play: All the students are inside the boundaries. The game leader will call out a number and all the students must get into a group of that number. Any students who fail to get into a group during the allotted time or if their group has the incorrect number, they are out. Numbers can be as big or small as your student count allows.

This continues until there are only 3 people left and the game leader calls out a group of 2, those two are the winners.

Clump Tag

Prep Time: 0 min
Ingredients: None
Ideal Size: more the merrier
How to Play: Same rules as clumps, except you select one student to be "it". The game leader will call out a number and after a few seconds, the tagger can tag anyone who is not part of a group, or a group that has an incorrect number. When someone is tagged they are out. When there are a few students left the game will turn into regular clumps until there are two people left.

Dodgeball (Traditional)

Prep Time: 5 Min
Ingredients: Dodgeballs, Space
Ideal Size: 8+ players
How to Play: Students are divided into two teams and begin on opposite sides with all the dodgeballs lined up in the middle. When the game starts the teams run to the middle to try and get the dodgeballs before the other team. The students must return the dodgeballs to their teams back boundary before they may throw it at the opposing team. If a student is hit by a ball thrown by the other team they are out and they must go to the designating boundary line and line up in the order they got out. If someone on their team catches a ball then the person who threw it is out and someone on the catchers team (next person in line) is back in. If someone is hit by a ball and it gets popped up in the air then the person that is hit is the only one that is able to catch it to remain in. If someone crosses the middle line they are out. If someone has a ball in their hand and use it to block a ball then they are still in, but if they drop the ball they used to block, then they are out. Once a team eliminates all the players on the other team, they win!
Optional Rule: If your area of play has a basketball hoop, you may allow a team that throws a ball into the hoop on the opposite side of their team to get their entire team back in.

- Bridgewater Dodgeball

Prep Time: 5 Min
Ingredients: Dodgeballs, Space
Ideal Size: 8+ players
How to Play: Same rules as traditional dodgeball, except when someone gets out, they sit down. Even though that student is sitting down, they are not out of the game. If the person who got the student out gets out, the student is back in. If the person that is out and sitting comes across a dodgeball, they can throw it (while remaining seated). If

they hit someone who is in, then the thrower who was previously out is now back in while the person they hit is now out.

- Adams Dodgeball

<u>Prep Time</u>: 2 min
<u>Ingredients</u>: Dodgeball
<u>Ideal Size</u>: 12+ players
<u>How to Play</u>: Begin the game with one dodgeball, you can add more later to make it more interesting. The game plays like Bridgewater Dodgeball but with no teams. When a student gets hit with a dodgeball, they must exit the boundaries, and when the person who got them out gets out, they are back in. Students cannot tag people with the ball, it has to leave their hand. If the ball is thrown and caught, the person who threw it is out. No limit on how many steps a student may take.

- Doctor Dodgeball

<u>Prep Time</u>: 5 Min
<u>Ingredients</u>: Dodgeball, Space
<u>Ideal Size</u>: 12+ players
<u>How to Play</u>: Played the same way as traditional dodgeball, except when it comes to getting out and winning. When someone gets out, they sit down and call for a doctor. A student who has been pre-selected by their team to be the doctor is the only one who can get someone back into the game. There is freedom into how the doctor can heal: tag the person, touch their shoulder and count to ten, tag with a pool noodle, it's up to you. Depending on how the doctor heals, the opposing team may not know who the doctor is and has to figure out who it is and vice versa for the other team. If the doctor is out, there is no way for any of the teammates who are out to be revived, and it turns into last team standing.
If you have the option of using the rule of the basketball hoop, then there may be hope for a team who's doctor got out.

- Dodgeball Dragon

<u>Prep Time</u>: 2 Min
<u>Ingredients</u>: Dodgeballs
<u>Ideal Size</u>: 15+ players
<u>How to Play</u>: Have the entire group make a circle facing inward. Pick four to five people to go into the center of the circle and form a line by attaching their hands to the waist of the person in front of them. The people who make up the circle throw the ball at the "dragon," trying to hit the last person, the tail, below the waist. Once hit, the last person returns to the outside circle and players continue to hit the new person at the end of the dragon until there is only one person left and they too are hit. A new group then goes into the middle. Time each team to see which one can last the longest. You may let students pick their own teams. Also, you can split up the teams to be the same gender, up to you.

- Hit the Pin (dodgeball)

Prep Time: 5 Min
Ingredients: Pins, Dodgeball, Space
Ideal Size: 12+ players
How to Play: Same rules as normal dodgeball, but there is a new target to aim for. There are three pins on each side at the back of the teams. The team needs to protect their pins from getting knocked down. If all three pins are knocked over, that team loses. If the pin falls for any reason other than randomly falling over, then the pin is counted as down. You can try to block the ball with your body, but if you are hit by the ball in the air then you are still out. You can determine the method of getting out and back in.

- Tankball

Prep Time: 5 Min
Ingredients: Dodgeballs, Blindfolds
Ideal Size: 10+ players
How to Play: Everyone will find a partner, one of them will become the tank and the other the pilot. The tank puts on a blindfold and will crawl on all fours while the pilot gives them instructions. All the dodgeballs are in the middle, so the pilot directs the tank where to go to find a ball and where to throw it. The pilot must stay outside the boundaries yelling the instructions to the tank. Once a tank is destroyed there is no way to get back in. Last tank standing wins.

- Ultimate Dodgeball

Prep Time: 2 Min
Ingredients: Space, Dodgeballs
Ideal Size: Any
How to Play: There are no teams, this is a free for all. Same rules of getting hit or catching a ball to get out. When someone gets out they sit down where they were hit, and they cannot get back in until the person that got them out gets out. Someone who is sitting down can get back in if they gain access to a dodgeball, they can try to hit someone who is still in. If they get them out, then they can get back in. For students who are in, when they gain access to a dodgeball they may take 3 steps with the ball and can hold it for no longer than 5 seconds. This game will never end so stop when you want to.

Everyone's It

Prep Time: 0 Min
Ingredients: Space
Ideal Size: Any
How to Play: In this version of tag, like the name of the game says, everyone is "it." So you need to tag someone else before you get tagged. If you get tagged at the same

time someone tags you, you are both out, if you get tagged you sit down and are out. You can't do anything while you are out. If there is a game leader they can call groups of people to get back in (everyone with a blue shirt, in 6th grade, all girls). When there are two people left, it turns to a duel. Last person standing wins.

Everyone Who…

Prep Time: 5 Min
Ingredients: Chairs
Ideal Size: 8+ players
How to Play: Before starting this game, set up a circle of chairs, one less than the total number of participants, and select one person to stand in the center to be the caller. Once everyone is sitting in a chair the caller says "Everyone who…," followed by a statement that is true for them, for example "is wearing shorts." or "was born overseas," or "likes eating chocolate." Any participant who fits that statement (i.e. They are also wearing shorts), must jump out of their chair and run to a new empty chair, trying to avoid getting caught in the center without a seat. They cannot sit in their own chair or either chair directly next to them. At the same time the caller is also trying to find an empty chair, leaving someone else to be the caller. The participant left in the center then says another statement starting with "Everyone who…" and the game continues. Repeat as necessary.

Food Chain

Prep Time: 5 Min

Ingredients: Pool Noodle and Chairs

Ideal Size: 12+ players

How to Play: Start by getting all the students to sit in chairs in a circle. Make sure they have plenty of elbow room between each chair. When everyone is seated, instruct everyone to think of an animal they like. Next, go around the room and have everyone say the name of their animal. (So, one person is dog, another is tiger, another is lama, etc.) No one in the circle can have the same animal; everyone must have a different animal chosen for themselves. Go around the circle a couple of times, asking teens to repeat their animal name. (By the way, the shorter the animal name, the better…but you don't have to tell them that!) Now that everyone has an animal selected for themselves, explain that you are going to play a game called Food Chain, because, as we all know, animals in the wild eat other animals. Select one person to stand in the middle of the group with the pool noodle. Then choose another person (let's say the guy who picked zebra) to start the game by saying he eats another student's animal in the circle. He might say, "zebra eats octopus." As soon as the student says, "zebra eats octopus," the student holding the newspaper/noodle begins looking for the student who is the octopus so he can whack them. Meanwhile, the octopus tries to avoid getting whacked by saying, "octopus eats eagle," or whatever other animal they choose. If the whacker hits the octopus before that student can spit out a name, that student is out of the game, and must leave the circle. However, if that student re-directs to another animal in time (by saying they eat a different animal), the whacker just keeps on going until they finally whack someone before they can spit out their line. The last two people left in the circle, wins. Here are a few rules to help govern play of this really fun little game.

Other Rules:
- No going back and forth between players. For example: "Cow eats cat!" "Cat eats cow!" No one can call out the animal's name that called them out. If they do, they go out of the circle.
- If someone sitting in the circle accidentally says the animal name of the person holding the newspaper/noodle, they get whacked and sent out of the circle. For example, if cow says, "cow eats dolphin," and the dolphin is the whacker, then the student who is "cow" is out.
- If a student calls out the name of an animal not in the game, or the name of an animal who has been put out of the game already, he/she is also out.
- Headshots are off limits.

Foxtrot

Prep Time: 0 Min
Ingredients: Paper Towels, Cloth, or any material that can be used as a tail.
Ideal Size: Any
How to Play: In this free for all elimination game, every person will have a tail tucked into their pants. The tail needs to be about a foot long, and to help keep things appropriate you can have kids keep the tail on their sides. When the game begins, students will attempt to pull other peoples tails. If a tail is pulled, the person who lost their tail is out and will stand on the side lines. Students cannot hit peoples hands away from pulling their tails, instead they need to dodge and twist to get away. Students who are out and on the sidelines are allowed to reach into the arena, without having their feet cross the boundary line, and can pull players tails to get them out. As there are fewer and fewer players left in, feel free to make the boundaries smaller. When there are two people left, have all the students make a circle around them. During this time, they cannot pull the surviving players flags. The two of them will duel until one of them pulls the other's tail.

Giants, Leprechauns, Maidens

Prep Time: 2 Min
Ingredients: Space
Ideal Size: 10+ players
How to Play: Divide Students into two teams where they will play a rock, paper, scissors type game against the opposing team. Each team will huddle up on opposite sides of the gym and will pick to be either Giants, Leprechauns, or Maidens. Giants beat Leprechauns, Leprechauns beat Maidens, and Maidens beat Giants. When both teams have decided their move they will line up facing each other. On the count of three, both teams will do the action associated with their choice (the entire team needs to do the same pose). The winning side will chase and tag the losing side while the losing side are running back to their side where they will be safe. Everyone who was tagged now joins the other team. Continue as long as you desire. If both teams pick the same action, nothing happens and both return to their sides and try again.
- Giants (raise hands above head and say Giants in a low voice)
- Leprechauns (flick out hands in a magical way and say leprechauns in a slightly higher pitched voice)
- Maidens (do a curtsy and say maidens in a high pitch voice)

Grog

Prep Time: 5 Min
Ingredients: Flashlight, Spoon, and Pool Noodle
Ideal Size: 10+ players
How to Play: Recommend using the majority of your building to play Grog. Keep all the students in one area of the building while one is selected to be the Grog, and they get a pool noodle. When the game begins the Grog's goal is to tag every player with

the pool noodle. When a student is tagged they sit down. But all hope is not lost for the students. Hidden in the building is a flashlight and a spoon (they will need to be hidden in different places each round). When a student finds the spoon, they can tag students with the spoon for them to get back in. When a student finds the flashlight, they must shine it on the Grog to beat the Grog. The person who finds the flashlight and kills the Grog will now become the grog next round.

Infection

Prep Time: 5-15 Min
Ingredients: dodgeballs, pool noodles, obstacles
Ideal Size:10+
How to Play: This game is based on the Game Mode "Infection" from the Halo Franchise. Designate your area to play, it can just be the gym or your entire building. You may also choose to have obstacles set up like chair racks or tables. Pick a location which will be the starting location for the zombies. Have 3-5 starter zombies (called alpha zombies) and they will be armed with a pool noodle. The remaining students are humans who need to survive as long as possible because when a zombie tags a human they turn into a zombie. When a human is converted to a zombie they must keep one hand on their head to indicate they are a zombie and tag with the other. Upon being tagged by a zombie the new zombie must return to the zombie starting area to begin. Each human will begin with a dodgeball (or to make it more challenging only have 10 or 15 total dodgeballs in the game at once) which the humans can hit a zombie with. If a zombie is hit with a dodgeball they must return to the zombie starting area. The game goes until everyone becomes a zombie.

Juggernaut

Prep Time: 5-15 Min
Ingredients: Building, Dodgeballs, 2 "Shields", 2 Pool Noodles, "Flags"
Ideal Size: 20+ players
How to Play: Determine the boundaries first. There are the two team sides and the space in between. Teams start on their own side and in each of the teams, there are specific roles. There is a medic that can heal people by touching them for 10 seconds. A Juggernaut who is carrying a shield and pool noodle. The Jug has 3 lives and if they hit you with the noodle you are out immediately. If you get out then you can either sit down and wait for the medic or you go to jail where you have to wait 2 min to get back in and then you have to go back to your base to continue to play. The objective of the game is to get the flags on the enemies side and bring all of the flags to your side. You either have all the flags or have more flags at the end. There are also dodgeballs, which are treated with the same rules for getting hit, catching, and blocking. If you get out and you are holding a dodgeball, it must be dropped onto the ground.

Kickball (Traditional)

Prep Time: 2 Min
Ingredients: Bases, Kickball
Ideal Size: 15-30 players
How to Play: Once teams are assembled, one team takes the field and the other prepares to kick. Play begins when the pitcher rolls the ball to the kicker. Once the kicker kicks the ball, they run around the bases in order, depending on how far they kick the ball – further kicks will afford the runner more time to travel more bases. If the ball lands in the foul zone (outside the 1st and 3rd bases), the kicker must try again and the foul will count as a strike. If a fielding player catches the ball before it touches the ground, the kicker is automatically out. If a fielding player manages to get the ball and pass it to one of the players on the base the runner is going to before the runner gets there, the runner is out. If any fielding player manages to touch the runner with the ball while holding it in their hand, the runner is out. When a player makes it around all bases and returns to the home base, the kicking team scores a run. The kicking team should aim to score as many runs as possible in an inning without getting out. If three of the kicking team's players get out, the teams switch positions. Once both teams have had a turn in the field and at the plate, the inning ends. Whichever team has the most points at the end of 7 innings (or fewer, if you want to play a shorter game) wins the game.

6 Base Kickball

Prep Time: 2 Min
Ingredients: 6 Mats or large Bases
Ideal Size: 15-30 players
How to Play: In this version of kickball there are two extra bases but has the same rules as normal kickball except that there are only force outs at first base (touch the base before the person gets there and they are out). Also you can have as many people on a base as you want but if you are on the 5th base then the runner must go home if the ball lands fair. Also, if it's your time to bat and you are still on base, then you are automatically out or must try to reach home. There is no stealing or tagging out on any bases. Game Leader determines the length of the game and home run, foul and out lines.
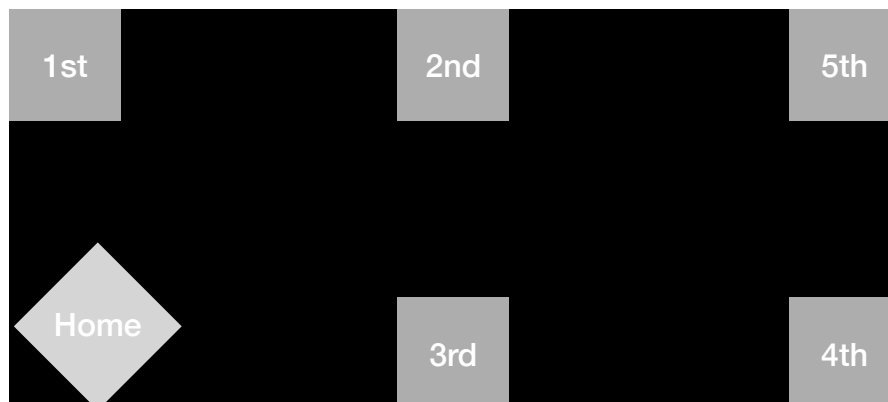
Link-up Tag

<u>Prep Time</u>: 2 Min
<u>Ingredients</u>: Space
<u>Ideal Size</u>: 20+ players
<u>How to Play</u>: Depending on the size you will either have one tagger or a couple. Everyone other than the tagger finds a partner and link arms so that everyone is in pairs. Then those pairs form a circle. For however many taggers, there needs to be people who are running away from them in the middle of the circle. The tagger is trying to tag the other person in the middle and the person in the middle needs to run to someone and link arms with that person. Then there will be 3 people with arms linked together, so the person on the other side of the person in the middle now has to run and try to find a new partner without getting tagged. You cannot just link arms with the pair right next to you. If you get in the middle and are being chased, you cannot run outside of the circle or you are automatically it. If you get tagged when trying to reach a new group, you are it and the person who tagged you is trying to find a new group. Play as long as the game leader says.

Noodle Smacking Game

<u>Prep Time</u>: 5 Min
<u>Ingredients</u>: Pool Noodle, Chairs
<u>Ideal Size</u>: 10-30 players
<u>How to Play</u>: Have each student grab a chair and create a circle facing inward. Have one person with a chair be in the middle of the circle. They will have a pool noodle. The person with the noodle will hit someone below the knee with the noodle and run back to the center chair to place the noodle on it without the noodle falling onto the ground. After placing the noodle, that student must steal the chair of the person they hit. During this time, the student who was hit by the pool noodle grabs the noodle off the chair and tries to tag the person who hit them with the noodle. If the student successfully tags the person in the middle, the middle person must try again. If the middle person successfully steals the seat, then the other student is now in the middle and the game continues.

Shark

Prep Time: 5 min
Ingredients: Tape
<u>Ideal Size</u>: 10+ players
<u>How to Play</u>: Have areas of the floor marked to create islands. They can be big or small, (smaller may keep the game more engaging). The students will be in the area around the islands (water/ocean) and the game caller will yell shark. Then all the students get completely on the island. If any student is too slow or falls off the island, then they are out. As the game goes on you can limit the amount of islands students can choose. Play as many rounds as you desire.

Sharks and Minnows

Prep Time: 2 min
Ingredients: Participants
Ideal Size: 10+ players
How to Play: Everyone will begin on one side of the gym or designated area. Select two (or more) people who will be the sharks. When the sharks say swim, the rest of the students (the minnows) need to cross the gym and get to the other side where they are safe. While the "minnows" are "swimming" the sharks are trying to tag the them. When a student is tagged, they must sit on the ground and they become seaweed. Seaweed can tag minnows that swim by, and if a minnow is tagged they become seaweed as well and must sit where they were tagged. Once all the minnows cross the gym, the sharks say go again, and the rounds continue until the last person gets tagged. Feel free to give the sharks dodgeballs or pool noodles to make the game more interesting.

Schnoods

Prep Time: 2 min
Ingredients: Music
Ideal Size: 20+ players
How to Play: Everyone gets a partner, and two circles are made with one circle inside the other. The partners have to get in different circles. Once the circles are formed, the music will start and the circles have to move in opposite directions. The music is going to stop and when the music stops, the game leader calls out a position the the pairs must get into. Princess (one partner jumps into the arms of the other), Eagle (one partner jump on the others back and flaps arms and says "Ka-Kaw"), Peasant (one partner gets on hands and knees and the other sits on their back), an Farmer (one partner hold the other feet like a wheelbarrow) are the positions and if you are one of the last groups to get in position or do the wrong position then you are out. The last pair standing wins.

Sticky Tag

Prep Time: 2 min
Ingredients: Participants
Ideal Size: 8+ players
How to Play: It's like regular tag, someone begins as "it" (you can have as many starting taggers as you want). When the person who is "it" tags someone, they become "it" with the tagger. This continues until everyone is it.

Toast

Prep Time: 5-10 Min (plus buying/bringing condiments before the night)
Ingredients: Bread, Toaster, Table, Condiments of your choice
Ideal Size: 6-15 players per line
How to Play: Start with a piece of toast on a table and a piece of toast toasting in the toaster; when you start the toaster the game begins. Students will take turns putting a condiment on the piece of toast not in the toaster, when they finish, the next student will put a condiment on the piece of toast. We recommend having a relay race type line, where a student runs up, puts on the condiment, and runs back to the line where the next person will run up. You can choose, depending on the number of students, to have multiple pieces of toast and multiple lines. When the toaster pops, whatever student is running up to the toast or putting on a condiment, now has to take a bite out of the piece of toast. You can choose to continue playing, (we would recommend getting a fresh piece of toast) as long you desire…which may not be long.

What Am I Eating?

Prep Time: 15-30 min
Ingredients: Food to blend, Baby food, or another type of food. It could be anything.
Ideal Size: Any
How to Play: Depending on the food, you might have to blend up the food and separate and label them so you know what they are. (You also may want to designate a leader to create this…beverage…before Youth Group begins). All the students will be divided up into groups, the size does not matter, could be small groups, friend groups, grade, it is up to you. Make sure each group has a piece of paper and a pen. Divide up the substance into containers to give to the groups so they can each taste what the concoction is (we recommend having this done ahead of time). Bring out the samples to the groups that are divided up and make sure they have a piece of paper so they can mark down their best guess of the mixture. The groups will try the sample and guess what they think it is. Then bring out the next food and repeat until all the food has been tested. Then read off the list and see how many the students got right and whoever got the most correct wins.

Other Resources

Download Youth Ministry

This is a ministry that is designed to equip and inspire youth groups with games, lessons, and activities to keep their students engaged. They encourage youth groups to submit games or lessons that they have done and, "take each great resource and make it as user-friendly as possible so another youth worker can adapt it to their ministry context with ease." The majority of their games are screen based games, so you will want to use your projector. This can be a great way to involve kids who may not be as athletic and harder to get them engaged with some of the games. https://www.downloadyouthministry.com