Contents

This booklet contains a series of activities/exercises and games which you can adapt and use in your Club. Don’t be frightened to change the contents to suit your needs but make sure you are totally familiar with the game/activity and that you have worked out how you are going to use and present the activity before using it with members.

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The Bench

Introduction:
This is a good introduction or warm up to team games as well as a way to break the ice.

Number of People:
Any size group.

Instructions:
Without telling them what they are going to do ask everyone to stand on the bench. Then simply tell them that they have to get themselves in height order without touching the ground. Other options are age order, house numbers or anything you like.

Hedgehog

Introduction:
This is a quick little icebreaker that gets harder as it moves on.

Number of People:
Any size group, split into teams.

Instructions:
For this you will need one marshmallow per group and a cocktail stick per person. Everyone places the cocktail stick in their mouth and the person at the front of the team puts a marshmallow on the end of theirs. They then pass the marshmallow down the line leaving their cocktail stick in as the marshmallow is passed. This soon starts to form a hedgehog that gets quite tricky to pass. The first team to finish wins.
Balloon Stomp

**Introduction:**
A classic ice breaker that is just for the fun of it. If you want to start the night off with a bang look no further.

**Number of People:**
Any size group.

**Instructions:**
Give everyone a balloon and a piece of string with which they tie the balloon to their ankle. On the whistle everyone has to try and stomp on other balloons whilst not getting their own burst. If your balloon is burst you are out. The person with their balloon in tact at the end wins.

Hearts, Clubs, Diamonds, Spades

**Introduction:**
All you need for this ice breaker is a chair per person and a pack of cards.

**Number of People:**
Any size group.

**Instructions:**
Get everyone sitting on chairs in a circle. Go round and label everyone hearts, clubs, diamonds, spades until everyone has been named. Then simply take a pack of cards and turn them over shouting the suit as you do. When some one’s suit is called, they must move to the chair on their right. So if you shout hearts all the hearts stand up and move to the chair on their right and sit down on the person who is sitting there. A person can only move when no-one is sitting on them. Keep going through the pack getting quicker as you do and stop when either you run out of cards or when everyone collapses in a heap laughing.

Lemon Fencing

**Introduction:**
This icebreaker always goes down well and you can use it as a knock out contest.

**Number of People:**
Any size group.

**Instructions:**
Each person needs two spoons and a lemon. They get into pairs place the lemon on one spoon and hold it out in front of them, as does their opponent. Then using the other spoon they have to try and knock their opponents’ lemon off whilst defending their own. This works well as a knock out tournament and it’s surprising how competitive it becomes. Desert spoons are about the right size and it works equally well with oranges or eggs.

Steal A Peg

**Introduction:**
A game of skill, defence and getting whacked by a piece of pipe lagging!

**Number of People:**
Any size group.

**Instructions:**
Get everyone to make a large circle and sit down. One person stands in the middle blindfolded holding a piece of pipe lagging (foam tube). Clip 5 or so pegs (clothes pegs or bulldog clips) to them. The people in the circle have to sneak in and remove a peg without getting whacked by the pipe lagging. If someone removes 3 pegs they take the place in the centre.
Take What You Need

Introduction:
This simple icebreaker uses a toilet roll in a creative way to break the ice.

Number of People:
Any size group.

Instructions:
Throw out a roll of toilet paper or more if you have large group and ask each person to take as much as they need, but don’t tell them what it is for. When everyone has what they feel they need, get them to tear each sheet into squares at the perforation. Now for each square they have they must share one fact about themselves. You can guarantee that at least one person will need to give a short life story due to the quantity taken!

After Eight

Introduction:
A simple icebreaker using an After Eight mint. Any excuse!

Number of People:
Any size group.

Instructions:
Give everyone an After Eight and on the word go they have to remove the mint and eat it and proceed to turn the packet inside out without ripping the edges. It can be done but is incredibly hard. It is interesting to see who loses their rag with it and those who have no patience. Some will keep at it for hours. What ever they think of it, it is a great excuse to eat after eights!

Wriggle

Introduction:
For this ice breaker you need people in pairs and a beach ball or balloon per pair. It is quick and very funny to watch.

Number of People:
Any size group, split into pairs.

Instructions:
Get everyone to pair off then stand and face each other. They then put the beach ball between their foreheads and place their hands behind their backs. The challenge is to wriggle the ball to their knees and back up to their heads without using their hands, arms or elbows. The fastest pair wins.

The Pringle Challenge

Introduction:
This is a great icebreaker for either a whole group as it eliminates people quickly or as a stage game.

Number of People:
Any size group.

Instructions:
Place the Pringle tube in front of a person and ask them to pick it up using their teeth. They must have two feet touching the floor at all times; no other part of their body is allowed to touch the floor at any time. If this happens they are out of the contest. Having eliminated a reasonable number at this point, repeat using the small snack size pots. Should anyone be left set the final challenge of the lid off the Pringles tube.
**Toilet Roll Wrap**

**Introduction:**
This game shows yet another use for a toilet roll.

**Number of People:**
Any size group split into teams.

**Instructions:**
Get every one into teams and have them stand behind each other in a straight line. Give the person at the front a toilet roll and on the whistle they have to pass the roll under their legs and over their heads. The person at the front holds the paper so that it unwinds as it is passed. The team that wins is the first to use the whole toilet roll.

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**Hoop around**

**Introduction:**
All you need for this is a hula hoop or two different sized ones if you want to try the harder version.

**Number of People:**
Any size group.

**Instructions:**
Get everyone to stand in a circle and hold hands, put the hula hoop on someone’s arm and get them to hold hands again. The task is for them to manoeuvre the hoop around the circle in the quickest possible time without letting go of their hands. When they have completed this add a smaller hoop at the same time and have both hoops going in different directions. It’s interesting when one person gets both the hoops! If you have large numbers have teams compete against each other.

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**Floating Feet**

**Introduction:**
An entertaining life saver with one simple solution.

**Number of People:**
Minimum of 6 people, the more the better.

**Instructions:**
Like all good life savers this needs no equipment what so ever. This is a simple task that seems to cause a few problems to those taking part. Simply set the challenge that as a team they have to get themselves off the ground except for their hands. Do not allow any furniture to be used. The simple solution is to crouch on the ground and stand on your own fingers/hands! If the group catches onto this however, reset the task asking them to find another way.

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**Knee Sit**

**Introduction:**
A good fun life saver that will cause loads of smiles.

**Number of People:**
At least 5.

**Instructions:**
Get everyone to stand in a circle so they are looking at the back of the person in fronts head. Get them all to shuffle close together and on a count down everyone sits on the person’s knee behind them. This will cause much groaning. If they succeed first go try getting them to walk round in a circle or put their hands in the air.
Machines

Introduction:
This uses a very small amount of acting skill, uses no equipment and is very funny. If there are a large number of groups it can take quite a time.

Number of People:
Any size group, divided into teams of about 5.

Instructions:
Get everyone into groups of around 5. Tell them they have 5 minutes to become a machine. Each person has to be a part of the machine. At the end of the time invite each team to demonstrate their machine in action.

Get Knotted

Introduction:
A quick lifesaver that needs no equipment but involves a little brainpower and some flexibility.

Number of People:
Any size group, split into groups of 6.

Instructions:
Get people split into groups of 6 to stand facing each other within their groups. Get them all to put their left hand into the circle and take hold of someone else’s hand. Then repeat this with their right hands. After doing this they should look like a big tangled mess. The task is to untangle themselves so that they are back in a circle without letting go of their hands.

If the groups do this easily join two groups together, this is a lot harder.

Elephant, cow, rabbit

Introduction:
This is a mad little life saver, it is all about reactions.

Number of People:
Any size group.

Instructions:
Everyone gets into a circle and one person stands in the centre. When the game starts the centre person looks around and then points at one person and says either elephant, cow or rabbit. If they say elephant the person pointed at must stick out an arm to become the trunk and the two people either side must imitate two big ears. They must achieve the transformation before the centre person can tag them. If cow is said the person pointed to must make udders with their fingers and the two each side become horns. If rabbit the centre person becomes the paws and those either side hold up an arm to imitate rabbit ears. If a person is tagged they take a turn in the centre. It becomes really funny as people get into the roles and add noises and facial expressions.
**Egg Propulsion**

**Introduction:**
A team game requiring a fair amount of equipment, but a good challenge.

**Number of People:**
Any size group, split into teams of 3 or 4.

**Equipment needed per team**
- Two sheets of paper (approx 50 x 50 cm).
- Ten filing cards.
- Length of string (3m).
- Packet of elastic bands.
- Paper clips (twenty).
- Pair of scissors.
- Length of adhesive tape (3m).
- Packet of drinking straws (about 20).
- Two balloons.
- Two rulers.
- Three fresh eggs.
- A plastic carrier bag, containing the materials.

**Instructions:**
Teams have sixty minutes to construct a suitable contraption to project an egg through the air over a distance of at least four metres. The egg should survive the journey unbroken. Teams will be issued with the above set of materials and may use these to construct suitable vehicles. Only the materials provided can be used. The winning team will be the one that gets an undamaged egg furthest from the launch line. The eggs are fresh and must not be tampered with in any way. All members of the team must stay behind the launch line until all trials have taken place. Teams will be issued with three eggs and therefore have up to three attempts.

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**River Crossing**

**Introduction:**
This is an easy to set up challenge that is trickier than it first looks.

**Number of People:**
Any size group.

**Instructions:**
Each team will need 3 milk crates 2 short planks of wood that won't snap with lots of people on them and some objects that are difficult to carry. Mark a start and finish line in the room and on the word go the teams using only the given equipment have to get themselves and all the equipment to the finish line in the fastest possible time. If a team member, plank or part of an object to be carried touches the floor make them start again or give a time penalty.

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**Tangle**

**Introduction:**
This is another easy to set up task involving a rope.

**Number of People:**
A group of 8-10 people.

**Instructions:**
Take a length of rope of a decent thickness, about 3m long and loosely tie 4 or 5 overhand knots evenly spaced and lay the rope stretched out on the floor. Then get your group to come forward and pick up the rope with both hands anywhere but on the knots. Once their hands are placed they must not move them or take them off. The task is as a team in the fastest time to untie all the knots without letting go of the rope. Award penalties for anyone found taking their hands off or moving them. If you have more people set up two ropes as a race.
**Cling Together**

*Introduction:*  
A quick and easy team game that is great at the start of a session, fun to watch and a must for your camera.

*Number of People:*  
Any size group.

*Instructions:*  
You will need a roll off cling film about 150mm wide. Get your group to stand close together so there are no gaps then wrap the Clingfilm around them waist height so it makes a strong band. Then give them a time challenge around some cones how far is up to you. They have to communicate and work as a team to succeed.

**Giants Finger**

*Introduction:*  
This team builder needs good teamwork and a bit of physical exertion.

*Number of People:*  
Any size group.

*Instructions:*  
You need a pole fixed firmly in the ground with about 9 foot sticking out of the ground (make sure this is really solid - scaffold tubes are good for this), six standard broom handles and a tyre. The team must place the tyre gently on the giant’s finger whilst he sleeps. The tyre must be lifted up only using the broom handles and placed over the pole and lowered gently to the ground in the fastest time. (Before the giant wakes up). If they touch the pole or drop the tyre they must start again having run to a designated point and back (after all they just woke the giant up!). The next team can steal the giants ring to save taking it off each time. This has always proved popular and is harder than it first appears.

**Key Pad**

*Introduction:*  
This will take you a little bit of effort to prepare but it really is a fantastic team building exercise. You can set it up anywhere and it is challenging physically and mentally.

*Number of People:*  
Any size group.

*Instructions:*  
Lay out 30 markers numbered 1 - 30 (A4 laminated sheets would be ideal) and use masking tape to mark out the keypad if in doors or rope if out doors. The numbers may be in any order.  

The object is for the team to touch every key (number) in order starting with number 1 to reboot the system and stop a global catastrophe using the following rules:

- Only one person can be on the keypad at a time.  
- Once a player has crossed the start line the clock starts.  
- Once the time has started there can be no verbal communication.  
- Every team member must be involved in the rebooting of the system.  
- Any part of the body can be used to press the keypads.  
- The clock will stop when every team member is behind the start line after the number 30 has been pressed.  

Penalty points (say 30 seconds) are given for the following:

- If a number is pressed out of sequence.  
- If any verbal communication is used.  
- If more than one person is on the keypad at a time.  

The team has 20 minutes or five attempts to gain the fastest time possible. If you want to set a challenge give the group a target of say 50 seconds to beat. I have seen this done in 21 seconds. It is best for groups to be no bigger than 6 and no smaller than 3.
A4 Tower

Introduction:
This is a simple challenge which is surprisingly difficult but requires minimum equipment.

Number of People:
Any size group split into any size teams.

Instructions:
All you need for this challenge is teams of 2 or 3 and one piece of A4 card per team. The aim is in the given time they have to build the tallest free-standing tower they can, using only the card. They may cut it, fold it, tear it or manipulate it in any way they want. Give the group 10 minutes with the rule that they must not touch the card for the first 5, this encourages them to plan and come up with a strategy first. When time is called set them off. At the end measure the towers to find out who wins.

Magic Carpet

Introduction:
This is an amusing team building game that uses little equipment and does not take much preparation.

Number of People:
Any size group divided into teams depending on rugs.

Instructions:
Stand each team on a mat or rug that is big enough to hold the whole team and still leave 1/4 to 1/3 exposed. The idea is that they have found a magic carpet and went flying around but found that they could not land because the carpet was upside down! Without anyone getting off, the team must flip the carpet over. The first team to do this wins! About the only way to do this is to get the team in one corner and flip the opposite corner, bow-tie style. If anyone touches the floor the task must be started again.

The Invisible Maze

Introduction:
This is a great team building game that requires mental skill.

Number of People:
Any size group.

Instructions:
Using masking tape mark out a grid on the floor that is 6 squares wide by 8 squares long. The squares must be big enough for a person to stand in. Mark out on a piece of paper (route card) a correct route through the maze made up by you. The aim is for the team to find their way across the invisible maze one at a time. Give the team the route card and let them begin. Only one person can be in the maze at a time. You can only step on an adjacent square. If you step on a square that is incorrect you go back to the beginning and a different team member takes their turn. Once someone is on the maze there can be no talking. No writing down or marking the route. Whenever a bad square is stepped on a whistle is blown. If a bad square is stepped onto more than once impose a penalty. The route card can not be taken through the maze and once members have passed through the maze they are not allowed to see the route card.

This can be a timed event if more than one team or try two grids next to each other, which adds a real competitive edge and can lead to more mistakes being made.
**Crate Stack**

**Introduction:**
This game is fun and can be very competitive if competing in teams.

**Number of People:**
Any number, depending on amount of crates, split into teams of 3 or 4.

**Instructions:**
For this you will need a large amount of milk crates or bottle crates the type that stack on top of each other and a board to stand them on if using outside. Split into groups of 3 or 4 and on the whistle the teams simply have to build their stack as high as possible. They can use whatever method they like but you need to make sure they are safe. It is a very addictive challenge especially if more than one team is competing at a time. A time limit adds to the tension. It is quite amazing how high some teams can stack these.

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**Sand Cone**

**Introduction:**
Unfortunately for this one you do need a sandy beach, lots of seaside spades and sunshine is best but optional!

**Number of People:**
Any size group, can be split into teams of no less than 4 or done as one large group.

**Instructions:**
Give each team member a spade. Draw a line on the sand and then another 300mm in front of it. The task is in the given time the teams have to construct a sand cone that must be 1 metre high behind the first line and around it build a marble run that must allow the marble to pass around the cone 3 times before reaching the ground. The marble must then cross the second line to win. Let each team have a marble so that they can test their runs. The large marbles are best. This activity will easily fill an hour and is harder than it sounds.

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**Card Sort**

**Introduction:**
This is a very quick and simple team building game that is great to see how groups organise themselves.

**Number of People:**
Any size group, as a single team or split into smaller teams.

**Instructions:**
Give at least 3 packs of cards mixed together to each team. The object is to sort the cards into packs and suits in order and display them face up on a table. If the cards have different designs on them make them sort these out too. Time the team and then see if they can beat the record. Simple but effective.
**Electric Fence**

**Introduction:**
This is one of the best and most simple team building games, it is a great opener for team building.

**Number of People:**
Minimum of 5 people.

**Instructions:**
For this set a rope between two poles or trees to the maximum height of 1.8 metres. This represents an electric fence. The object of the task is for a whole team to get over the fence without touching it. Stand the whole team one side of the rope and let them work out how to get the team over. They must adhere to the following rules; person cannot be thrown over, or run and jump, they must work as a team and if a person touches the rope they must go back and start again. Note the rope height needs to be set to a level depending on age and height. Around shoulder height of the tallest team member is a good guide. This is easy to set up but harder than it sounds. It works well as a time challenge. If you want to make it harder try blindfolding a couple of the team. Small bells can always be added to the rope as an indicator of contacting the rope.

**Bridge Building**

**Introduction:**
A physical team building game that also requires a few brains.

**Number of People:**
A minimum of two teams of 5.

**Instructions:**
Mark out a start line at one end of the room, close to the wall. The aim of this game is for the teams to place a small object (e.g. a mug) as far as possible from the start line. However no part of any players’ body, other than their hands, may touch the ground over the start line. Set the teams a time limit (15-20 minutes is normally enough) in which they’ve to place the object as far across the room as possible. Once the object is placed the team must then get back to the start line again only hands may touch the ground. One person’s feet must always remain behind the start line. The only solution is to build a bridge out of people, placing there hands on the ground and there feet on another persons shoulders and so on to form a line (its always best to start with the heaviest and strongest people and work from there). Any break of the rules means the team must start from the beginning. Teams have as many attempts as they want within the time to place the object or better their previous effort.
**Duplicate**

**Introduction:**
This is a good exercise to develop communication skills and is interesting to observe who takes charge of what roll.

**Number of People:**
Ideally no more than 16, split into two groups.

**Instructions:**
Split the group into two teams (no bigger than 8 is best). Put the teams in two separate rooms containing a table, two boxes of sugar lumps one white, one brown and a mobile phone. One team has to build a structure using all the sugar lumps and at the same time using only the mobile phone communicate to the team in the other room how to build an exact copy. The task ends two minutes after the first team has completed their structure. Encourage them to make the structure complex. This is quite a difficult task and needs 20-30 minutes. Lego can be used instead of sugar lumps. If you don’t want to use mobiles put a screen up and have them sit either side of it. If groups are too big it will result in members being uninvolved at the edge of the group.

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**Blindfolded shape make**

**Introduction:**
This is one of those exercises that sounds really simple to achieve but in reality is a lot harder to do. It requires good communication skills and every team member plays an essential role.

**Number of People:**
Groups of 6.

**Instructions:**
For this you will need a long length of rope, the thicker the better (anything up to 10 metres long but make it suitable to the space you have) and a blindfold for everyone. Blindfold the team and lead them into the area where the rope is placed. Their task is to find the rope and form a structure with 6 equal sides under the following conditions:

- The rope must be fully extended.
- Every team member must be touching the rope with both hands.
- All sides must be the same length.
- They have 20 minutes to complete the task.
- They can ask for the time remaining as often as they want.

When the team feel they have finished stop the watch and remove their blindfolds allowing them to see their effort, If they have time remaining replace their blindfolds and let them try and improve on it if they feel they can.
**Body Surfing**

**Introduction:**
This is a great challenge a lot of fun and all you need is a cheap lilo.

**Number of people:**
A minimum of 10 people.

**Instructions:**
Get everyone lying on the floor so that one person feet faces one wall and the next persons to the opposite wall and so that their heads are close together. Then get them to put their arms in the air and on top of them place the lilo. The object of the game is to get one player on the lilo across the length of the hall. When the lilo has passed by a player they have to get up and join the front of the queue to keep a continuous motion. Choose a light person for on top and have a couple of practice runs with just the lilo. When the person is on top have someone walk each side to steady it if it starts to slide off. If you have large numbers try having two teams racing.

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**Square Shuffle Puzzle**

**Introduction:**
This is a good communication game that is based on those sliding puzzles that are all jumbled up.

**Number of People:**
Minimum of 9 people.

**Instructions:**
Use masking tape to mark a grid that consists of nine squares that make up a bigger square. Each square needs to be big enough to stand in. Get people to stand in the squares leaving one free and give each person a number 1 - 8 that hangs around their neck. Make sure the numbers are not in order. Stand another person on a chair in front of the grid and they have to give instructions to get the group in number order 1 being the far left and 8 the middle right nearest the caller. Numbers can only move horizontally or vertically into an empty space. Either do this as a time challenge or if you have enough people two at the same time.
MESSY GAMES

Egg Catch

Introduction:
This is an outdoor game and is a test of skill and nerve.

Number of People:
Any size group split into pairs.

Instructions:
Pair everyone off and have them stand in a long line with each pair facing each other with an arms gap between each group. Give each group a raw egg and get each person to take two paces away from each other. The aim of the game is then to throw the egg to one another without breaking it. After every complete throw everyone takes two more steps and throws the egg to their partner. Keep doing this until only one pair is left; the winners, but make them keep going until they break their egg.

Wotsit Head

Introduction:
This is a stage game and very messy.

Number of People:
Any size group split into pairs.

Instructions:
Within each pair cover one persons face in shaving foam and give the other person a packet of Wotsits. The aim of the game is for each person to throw wotsits at their partners face from 1 to 2 metres away. The one with the most stuck to their face at the end is the winner.

Egg Catch

Introduction:
This game can get very messy and is best played outside.

Number of People:
Any size group.

Instructions:
You can do this with a couple or have a knock out tournament. Get two people to stand face to face and place a raw egg under each armpit, they then clasp hands and on the word push each other backwards. The person whose eggs break first is the loser.

Sprung a leak

Introduction:
This game takes a bit of effort to make but once done can be used over and over again.

Number of People:
A group of 5 or 6.

Instructions:
For this you need a large plastic tube about 6 foot long fixed to a board so it is free standing plastic soil pipe works well but just have a look in your local DIY store and be creative. It is best about 6 inches wide. You then need to drill about twenty holes of various sizes around the tube and place a ping pong ball in the bottom. The challenge is timed and the object is for the group to try and fill the tube and remove the ping pong ball when it reaches the top. One member fills the tube with a bucket and the rest of the team must cover the holes to stop it leaking. The result is very funny and people get soaked. Most teams want to try and break the record set.
### Balloon Shaving

**Introduction:**
This game can be played inside but be wary of exploding foam balloons!

**Number of People:**
Any size group split into pairs, preferably male and female pairs.

**Instructions:**
Sit the males on a chair with a balloon in their mouths. Cover the balloons in shaving foam. Then give all the females a bic disposable razor, the aim is for them to shave their partner’s balloon. The winner can be either the best shaved balloon or fastest time. This game normally results in one or more balloons bursting resulting in both people getting splattered with shaving foam.

### Pass the Tube

**Introduction:**
For this you will need a length of plastic tube about 1 1/2 metres long (waste pipe is good) jugs or watering cans, large buckets and of course, water!

**Number of People:**
A minimum of two teams of 6.

**Instructions:**
This works as a relay, teams line up in a line at least 1 metre apart from which they don't move. The person at the top of each team has the tube and places a hand over the end. This is filled from the water supply using the jugs. They then try to pass the tube from player to player depositing as much water as they can at the end in the buckets the tube then gets passed back to the top and it starts over again. This sounds easy but make sure people aren’t moving too close together and it makes the task a lot harder. The winner is the team with the most water in the time limit set.