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# **Big Book O' Games!**

*Volume 1*

Complete instructions to 53 of the world's best icebreakers, games and teambuilding activities

**High quality, play-tested, fun-approved games for classrooms, parties, camps, youth groups, churches, the workplace – and for many other settings.**

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## Action Games

Action-Oriented group games typically are high-energy games that may require running or other wacky antics. Games in this section:

- **Amoeba** - An action oriented game where people hold hands and form an amoeba-like shape, and try to get others out of the game.
- **Banana Pass** - A high-paced, messy relay race in which players pass a banana using their feet and the last person must eat the mushy fruit.
- **Capture the Flag** - A team based action game in which the goal is to locate and recover the opposing team's flag before they do the same. A "jail" houses those who have been caught (tagged by the opposing team).
- **Dragon Tag** - An action-based game that is like tag, but with a twist! Teams of 4-8 people form "dragons" by linking elbows and attempt to grab the "tail" of another team's dragon. Last team remaining wins.
- **Drip, Drip, Drop** - An action game that has some similarities to Duck, Duck, Goose. It involves guessing and potentially getting a cup of water dumped on you!
- **Follow the Leader** - A hilarious copycat game in which people try to imitate one leader's actions, and the person in the center attempts to identify who is the originator of the actions (the leader).
- **Ghost in the Graveyard** - An action game that is typically played outdoors at night. One person is the "ghost" who hides. The others search for the ghost and when he or she is discovered, he or she yells "Ghost in the Graveyard!" and everyone must try to run back to base before the ghost tags them.
- **Mother May I?** - Mother May I is a classic kids' game in which kids request to take a certain number and type of steps (baby, normal, giant, etc.) towards the "mother". Kids must remember to ask "Mother May I?" The first to touch the mother wins and becomes the new mother.
- **Pulse Game** - An action oriented icebreaker that works especially well with large groups of people. A game of quick reflexes and passing on the pulse!
- **Sardines** - Like the game Hide-and-Seek, only in reverse! one person hides, and the rest of the players look for the one hidden person. When someone finds the hidden

person, they quietly join them in hiding — after a while, the group begins to look like sardines!

- **Spud Game** - An action game that incorporates some elements of dodge ball. The ball is tossed up high, someone catches it, yells “SPUD!”, take three big steps, and tries to get someone out!
- **Thirsty Straws** – A funny relay race in which players must quickly drink as much water as they can and then pass it on to the next person.
- **Ultimate Ninja** - An action-packed, fast paced, hilarious game in which the object is to be the “ultimate ninja” — the person with the quickest reflexes! Dodge the other player’s attacks and get the others out.
- **Wall Ball** - Wall Ball is a classic playground game that involves throwing the ball against a wall, catching it without fumbling the ball, and trying to get others out! Many variations exist for this simple group game.

## Amoeba

Summary: An action oriented game where people hold hands and form an amoeba-like shape, and try to get others out of the game.

Ages: 10 and up. Recommended # of People: 10-20. Messiness Factor: Sweaty. Materials Required: Safe, Durable Object. Recommended Setting: Indoors or Outdoors

### **The Amoeba Game**

Instructions: Instruct all players to hold hands and form a large circle. Put a safe, durable object in the middle of the circle. The object of the game is to try and have other people touch the object, by pulling, pushing, etc, but the circular link cannot be broken. If a person touches the object in the center of the circle, he or she is out of the game. The game is over when there is only one person left.

Note: This “elimination” aspect of this game may not be ideal in terms of inclusivity and allowing people to play longer. Variations include: having those who touched the object leave the first amoeba, but start to form a second amoeba. You get negative points in the second amoeba by touching the object in the center. This means one amoeba is shrinking while the second one is growing. The end of the game is when there is only one person left in the one amoeba, and everyone else moving around in the second amoeba.

For more details, visit: <http://www.group-games.com/action-games/amoeba.html>

## Banana Pass

Summary: A high-paced, messy relay race in which players pass a banana using their feet and the last person must eat the mushy fruit.

Ages: 10 and up. Recommended # of People: Teams of 7-10. Messiness Factor: Quite messy!  
Materials: Bananas, at least 1 per team. Setting: Outdoor.

### The Banana Pass Game

The banana pass is an outdoor action game that is essentially a messy relay race. The “baton” is a banana — except the catch is that you can only use your feet to pass it! Eww..

#### *How to Play*

Players lie down on the grass, head to toe in a straight line with each person’s toes about 2 feet away from the next teammate’s head. When the game begins, the first person in line grabs hold of the banana with their feet and passes it over their heads to the next person’s feet. The next person receives the banana with his or her feet and passes it again until the entire team is done. When the banana has been passed to the last person, this person must peel the banana and eat it (ewww!). After eating it, the person then must run back to the starting line, finishing the race for the team.

For more details, visit: <http://www.group-games.com/action-games/banana-pass.html>

## Capture the Flag

Summary: A team based action game in which the goal is to locate and recover the opposing team's flag before they do the same. A "jail" houses those who have been caught (tagged by the opposing team).

Ages: 10 and up. Recommended # of People: 20+. Messiness Factor: Sweaty. Materials Required: Two flags (any durable, safe, and noticeable object). Recommended Setting: Outdoors.

### Capture the Flag

Capture the Flag is a popular team-based action game that is typically held outdoors. It is a fast paced cousin of "It Tag," with lots of running and chasing, and some strategy. The following is the traditional version, although there are many variations of the game.

#### *How to Play*

Divide the players into two teams. Agree upon the legal boundaries of play, determine the location of two "jails" (one for each team) and set up a middle boundary between the two teams. At the beginning of each round, each team hides and defends their own "flag," which is any object that is durable and safe to toss around and run with (e.g. a bright T-shirt or cone). The flag must not be obscured; it needs to be more than 50% visible. Optionally, you may have more than one flag if there are enough people. The object of the game is for one team to grab the flag of the other team and bring it over to their own side. When a member of the opposing team crosses over the middle boundary into the opposing team's territory, the other team is allowed to tag the person and take them to a "jail" where they stay until they are released (tagged) by one of their own team members who has not yet been captured.

Be sure there is plenty of space outdoors, as there will be lots of running involved. Also remember: safety first. Clear the area of any dangerous obstacles or hazards.

For more details, visit: <http://www.group-games.com/action-games/capture-the-flag.html>



## Dragon Tag

Summary: Dragon Tag is an action-based game that is like tag, but with a twist! Teams of 4-8 people form “dragons” by linking elbows and attempt to grab the “tail” of another team’s dragon. Last team remaining wins.

Ages: 12 and up. Recommended # of people: Groups of 4-8 people. Messiness Factor: Might break a sweat! Materials required: One scarf or bandana for each team. Recommended Setting: Outdoors.

### Instructions for Dragon Tag

#### *Setup for the Dragon Tag Game*

You need an area with a lot of space. Form teams of 4-8 people. Make human chains by having team members hold on to each others waists or link elbows. Each team of connected people is now a “dragon” with a head and a tail. Place a scarf or bandana hanging in the back pocket of the last person in the chain (the tail of the dragon).

#### *Rules for the Dragon Tag Game*

People who are part of a human chain cannot let go and get separated! The goal of the game is to have the head of each dragon (the front of the chain) to grab the scarf or bandana off the tail of another team’s dragon while staying linked. If any part of a team’s dragon gets separated, the detached tail end cannot move; only the head and the people attached to the head can move. You cannot go after another team until you have reconnected your body together.

A team can perform defense by curling up into a ball. You can curl up as a whole dragon or just the tail if the head has been detached. All teams attempt to do this simultaneously. When any team loses their flag (i.e., when another team grabs their flag) they are out. The last remaining team is the winner!

For more details, visit: <http://www.group-games.com/action-games/dragon-tag.html>