



# Have Team Building Games... Will Travel

**A Guide to Games, Skits and Songs for all ages.**  
**Additional resources for planning Theme Camps**



The Have Team Building Games...Will Travel project was funded by a grant from the California 4-H Foundation. Teams of teens from seven counties (Placer, Nevada, Siskiyou, Lake, Humboldt, Mendocino, and Del Norte) researched and identified team building games, skits and songs to include in a how to manual and prop kit for each county who participated.

2007-2008





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**Acknowledgments:** This workbook was completed by a dedicated group of 4-H youth, volunteers and 4-H staff. We hope that you find the activities helpful for many years to come.

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## How to select a game or activity!

## Game Selection

**Qualities** (What type of game or activity should you use and what environment are you trying to set?)

- Energetic
- Open to new ideas
- Loud and clear voice!
- Be fun
- Flexible
- The purpose in the game (learning names, leadership skills, communication, "awakener", listening, get to know each other)

### The Game

- Know rules & procedure of game!
- Stop – When someone cheats, gets hurt, or gets out of control
- Choose your game and song for the next event (calm down or get excited)

**Ground Rules/Attention Getters** (How will you get everyone's attention?)

- Sushi - ew, yuck! Raw fish!
- Aye Aye – Captain
- Four - H
- How do you feel? We feel good.....
- If you can hear me...."Clap"
- Snap – Clap
- Hi, my name is.... – "Hi \_\_\_\_\_"
- Noisemakers – Chimes, hand clappers
- Silent signal "Aye Aye..." "Honk Honk..."

**Why** (Why have teambuilding games or icebreakers?)

- Get everyone involved!
- Get to know each other!
- Have Fun J
- Team Building!
- Teach to friends!
- Gain a sense of belonging!
- Be more productive

### Things to Consider

- Number of people
- Can everyone participate?
- Space (indoor, outdoor)
- Age appropriate
- Weather
- Props & Supplies
- Time
- Audience & ability (young kids, adults, less energy)
- Kids who don't want to participate (keep involved as scorekeeper or monitor)

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# Have Team Building Games... Will Travel

## AS MUCH SENSE AS A GOOSE

Source: Author unknown— Shared at State Leadership Conference 2003 Submitted by Siskiyou County 4-H

### Do We Have As Much Sense As A Goose?

This spring when you see geese heading back north for the summer, flying along in a “V” formation you might be interested in knowing what scientists have discovered about why they fly that way. It has been learned that as each bird flaps its wings, it creates an uplift for the bird immediately following.

By flying in a “V” formation, the whole flock adds at least 71% greater flying range than if each bird flew on its own. Basic Truth #1: People who share a common direction and sense of community can get where they are going quicker and easier because they are traveling on the thrust of one another.

Whenever a goose falls out of formation, it suddenly feels the drag and resistance of trying to go it alone and quickly gets back into formation to take advantage of the lifting power of the bird immediately in front. Basic Truth #2: It is easier if we stay in formation with those who are headed the same way we are going.

When the lead goose gets tired, it rotates back in the wing and another goose flies point. Basic Truth #3: It pays to take turns doing hard jobs. Leadership can be shared—with people or with geese flying north.

The geese honk from behind to encourage those up front to keep their speed. Basic Truth #4: We need to be careful what we say when we honk from behind. Make it positive and encouraging!

Finally, when a goose gets sick, or is wounded by a gun shot and falls out, two geese fall out of formation and follow it down to help and protect the injured goose. They stay until the goose is able to fly or is dead, and then they launch out on their own or with another formation to catch up with their group. Final Truth: If we have the sense of a goose, we will stand by each other!

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\*\*\*Information on using lycra tubes for teambuilding games and the construction of the lycra tubes are located on pages

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# Have Team Building Games... Will Travel

## YOU NEVER KNOW—FOOD FOR THOUGHT

Source: Author unknown— Shared at State Leadership  
Conference 2003 Submitted by Placer County 4-H

You never know when someone  
May catch a dream from you,  
You never know when a little word  
Or something you may do  
May open up the windows  
Of a mind that seeks the light,  
The way you live may not matter at all  
But you never know—it might.

And just in case it could be  
That another's life, through you,  
Might change for the better,  
With a broader and bright view,  
It seems it might be worth a try  
At pointing the way to what's right,  
Of course, it may not matter at all.  
But then again— it might.

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# Have Team Building Games... Will Travel

## ALASKAN BASEBALL

Shared at 2008 CA Camping Conference  
Submitted by Placer County 4-H

Games with props

### Required Props

One throwable item that can go a good distance!

### Space Needed:

Outside or large open room

### Size of Group:

Two large groups of equal size

### Object of Game:

Communication—Score as many “runs” as possible...played in innings.

### Directions:

Break the group into two teams. One team starts with the ball. They throw it as far as they can. After they throw it, get into tight circle, and 1 person runs around it, counting how many times. Each time they run around the circle completely it's a point. This is going on while the other team goes to retrieve the ball and forms a line. They pick the ball up and pass it down the line, over/under, over/under. Once the last person gets the ball, they yell STOP! The team that threw it stops running. The person with the ball throws it, and roles switch.

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# Have Team Building Games... Will Travel

## ALL TIED UP

Submitted by Mendocino County Coast 4-H

Source: Team-Building Activities for Every Group—by Alanna Jones

**Games with props**

### **Required Props:**

Strips of cloth or soft rope to tie all the wrists of the group together

### **Space Needed:**

Medium size room, classroom, or large open room.

### **Size of Group:**

2 or more per group- several groups

### **Object of Game:**

To work as a team while your wrists are tied together.

### **Directions:**

You may want to break a larger group into smaller groups for this activity. Ask group to stand in a circle facing each other and to hold out their arms. Tie the group together so that each person is tied to both neighbor's wrists. Now that the group is "all tied up", give them a task to do together. Some ideas follow.

### **All Tied Up Ideas:**

Make root beer floats for everyone in the group.

Wrap packages with gift wrap, bows, and a card,

Eat lunch, make a snack

Create an art project

Get water in a cup or pitcher and give everyone in group a drink.

Complete an art project

Anything else that is fun and crazy

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# Have Team Building Games... Will Travel

## AUCTION YARD

Submitted by Humboldt County 4-H

**Games with props**

### **Required Props:**

Chairs for each person except one

### **Space Needed:**

A large empty area. It can be inside or outside. It must be large enough for the chairs to form a large circle.

### **Size of Group:**

Best if played with 15 or more people

### **Object of Game:**

The object of the game is to not be the last person to find a new seat.

### **Directions:**

One person is in the middle with everyone else sitting in chairs that form a large circle around them. One by one, the people sitting in the chairs name of an animal that they will "be". Try not to have more than three people per animal. The person in the middle starts by saying, "I'm taking to the Auction. . ." and then lists some of the animals that were said. After they list them, the middle person yells GO! The "animals" that were listed (animals being the people who chose them) then get up and have to run to a new chair. The person in the middle also has to try and find a chair. One person will not have a chair and they become the person in the middle. At any point, the one in the center can yell just "AUCTION!" when this happens, everyone gets up and tries to find a new chair.

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# Have Team Building Games... Will Travel

## BALLOON SCORE!

Submitted by Humboldt County 4-H

**Games with props**

### Required Props:

1-5 large balloons.  
Chairs optional.

### Space Needed:

An area big enough for the size of your group to sit on the ground (or in chairs if preferred) foot to foot as two teams. Can be indoors or outdoors.

### Size of Group:

10 or more. Works well with large groups in team competitions.

### Object of Game: (competitive)

To get the group to bonded as a team and to score points. This is great upper body exercise.

### Directions:

Divide the group into two teams and have them choose a team name. Then have them sit on the ground (or in chairs if they can't sit on the ground) facing each other with their feet against the feet of the opposite team. Let them know the object of the game is to make points. The team with the most points wins. To score you must get a balloon to hit the floor/ground behind the other team. You must keep your feet in contact with your opponent at all times. Drop a balloon (or two or more) between the teams and have them start hitting the balloon across. Play to reach a certain score or until the time limit is reached. The team with the most points wins.

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# Have Team Building Games... Will Travel

## BALLOON STOMP GAME

Submitted by Humboldt County 4-H

**Games with props**

### **Required Props:**

One small balloon per person (make sure there is extras incase of pre-game popping) 1 ½ ft. of string per person.

### **Space Needed:**

A large clear area with enough room for people to run around in. A space about the size of a basketball court works well.

### **Size of Group:**

Any size, bigger then five, works. Remember the more people, the more fun it is!

### **Object of Game:**

To stomp on other peoples balloons while protection yours.

### **Directions:**

Blow up enough balloons so each person has one. Tie a piece of string about 1 ½ ft. long onto the balloon. Tie the balloon around one ankle of each player. **THE BALLOON MUST TOUCH THE GROUND!!** Start after everyone has their balloon. You can't use your hands to pop the balloons, only your feet. You can stand on one foot, hide in a corner, or do anything you want to try to save your balloon, however, if you do hide in a corner, nobody is going to get out!! The last person with a balloon wins! This can also be a team game where the last team in wins.

If played indoors, play in stocking feet to make smashed feet less of a problem.

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# Have Team Building Games... Will Travel

## BASEBALL, VOLLEYBALL, BASKETBALL (BVB)

Submitted by Camp Adventure—University of Northern Iowa

Games with props

### Required Props:

Equipment 1 rubber ball; 1 basketball hoop; 4 bases (optional)

### Space Needed:

Facility Gym/Outside

### Size of Group:

Four to Twenty-Four. Ages 6 and up.

### Directions:

Divide into 2 teams. One team plays "in the field" while the other bats. The pitcher throws or bounces the ball to the batter who hits it with a fist and runs around all bases. The outfield team must get the ball, pass it to three different players, and make a basket. If the basket is made before the runner crosses home plate, the runner is out. If the runner makes it back to home plate before the basket is made, a run is scored. Teams switch places after three outs or a pre-determined number of runs is reached. Small groups: Children bat and staff field.

### Rules:

Each player must bat on their turn

If the attempted basket is missed, any player in the field may rebound and try again.

Foul balls are not playable: keeping track of strikes is optional

### Safety

With younger players, the activity leader may want to do all the pitching.

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# Have Team Building Games... Will Travel

## BEACH BALL OR BALLOON THROW

Submitted by Placer County 4-H

**Games with props**

### **Required Props:**

Beach ball or large balloon

### **Space Needed:**

Any

### **Size of Group:**

Any

### **Object of Game:**

To learn about a particular subject or get acquainted with each other.

### **Directions:**

This is a fun game that can either be used as a get acquainted game or it can be used as an educational tool. Blow up a Beach Ball or large Balloon. On the Balloon or Bal, write questions that you want the people to answer. You can write them on masking tape and stick them to the ball if you want to use the ball over and over again. Place the group in a circle and toss the balloon between members. When they catch the ball, the questions that is closest to their right thumb (you decide which finger) is the one that they must answer. Then they throw the ball to someone else. Members of all ages love this game and it can be used in many different ways to teach or get a group acquainted.

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# Have Team Building Games... Will Travel

## BIGGER AND BETTER!

### Games with props

#### Required Props:

Paper clips or other small objects

#### Space Needed:

Outdoors

#### Size of Group:

Teams of 2-10 people, Ages: 14 and up

#### Object of Game:

A team-building activity in which teams are given a small object (e.g. paperclips) and must keep trading and upgrading their objects to get the biggest, best objects possible until the time limit expires. The objects are judged for size, value, and creativity.

#### Directions:

How is it possible to turn a paperclip into a guitar, laundry machine, bicycle, or other huge objects like a yacht? Through a team-building activity called Bigger and Better! Split the teams into groups of two to ten, depending on the size of your overall group. Distribute paper clips (or some other small object) to each group. Clearly indicate the time limit for this activity (e.g. 2-3 hours), and let them go off to trade. The goal is to come back with the biggest, best, most creative object after a series of trading and upgrading. When the time expires, everyone reconvenes at a predefined location for the show-and-tell and judging process.

Judges choose the best items on various criteria: size, value, creativity, and overall best. This game has benefits of having team members work together and think creatively on how to upgrade their items. Camaraderie is gained through this fun process—enjoy!

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# Have Team Building Games... Will Travel

## BITE THE BAG

Submitted by Mendocino County Coast 4-H

Source: *Team-Building Activities for Every Group-* by Alanna Jones

**Games with props**

### **Required Props:**

Enough brown paper shopping bags and a pair of scissors for each team.

### **Space Needed:**

Indoor or outdoor space large enough to accommodate the size of your group all standing and bending over or squatting during the activity. There is little overt movement involved.

### **Size of Group:**

4 or more.

### **Object of Game:**

To increase group interaction and support of one another by playing this crazy challenging game.

### **Directions:**

Divide the group into teams of at least two people each but no more than ten. Place one large paper grocery sack in front of each team, open and on the ground. Each person must take a turn trying to “bite the bag”, you cannot use your hands, and the only part of your body that can touch the ground is your feet. If anyone falls over, can't bite the bag, or uses his or her hands, they are eliminated.

Once everyone on each team has attempted to bite the bag, cut two inches off the top of the bag. The remaining players now play a second round. Keep cutting the bag after each round and giving all remaining players a chance to try the shorter bag while their teammates cheer them on. The person who can bite the shortest bag wins the game for his or her team.

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# Have Team Building Games... Will Travel

## BLANKET STAND

Games with props

### Required Props:

Blanket

### Space Needed:

Outside or large open room.

### Size of Group:

Depends on size of blanket.

### Object of Game:

Working together as a group and strengthening the team building closeness.

### Directions:

Spread out a blanket. The whole group must get on it so that no appendages are touching the ground off the blanket. If the group complete the stand, have them get off and fold blanket in half. Repeat the above process for as long as possible.

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# Have Team Building Games... Will Travel

## BLIND SQUARE

Submitted by Mendocino County Coast 4-H

Source: *Team-Building Activities for Every Group-* by Alanna Jones

**Games with props**

**Required Props:** blindfolds and a long piece of rope or string tied together to form a loop

**Space Needed:**

Medium size room, classroom, or large open room.

**Size of Group:**

4 to 20 is ideal

**Object of Game:**

To accomplish a challenging task using only verbal communication.

**Directions:**

Blindfold everyone in the group and place the rope (with the ends tied together) at the feet of the group members. Challenge the group to form a square out of the rope. Once the group thinks they have create a square, allow everyone to take off their blindfolds and to look at what shape they actually created. You can try to do this with other shapes and letters too.

**Discussion Prompts**

1. How did you start this activity?
2. Did anyone emerge as a leader? If so, why- and why didn't other take the lead?
3. Do you tend to lead or follow when in a group? Why?

**Variations**

Videotape the group without them knowing it. Show the tape to the group after they finished and observe the different roles people took on during the activity.

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# Have Team Building Games... Will Travel

## BLINDFOLD BALL TAG

Submitted by Mendocino County Coast 4-H

Source: *Youth in Governance workshop*-State Leadership Conference

**Games with props**

### **Required Props:**

Blindfolds and small, lightweight plastic golf balls.

### **Space Needed:**

Large grassy area 50 x 50 feet or a large carpeted sparsely furnished room.

### **Size of Group:**

10 to 20 people divided into teams of two.

### **Object of Game:**

Teams of two- one blindfolded work together to tag the other blindfolded participants by throwing a small plastic ball.

### **Directions:**

Divide group into pairs. One member elects to be blindfolded and will follow the verbal instructions from their partner. The game starts by the non blindfolded partner directing the other person, with verbal clues only, to get into a position to throw the ball at another blindfolded person.

If the ball misses then seeing partner gives directions directing the blindfolded partner to retrieve the ball. (The team members move together throughout the activity without touching.)

If the ball hits the target, another blindfolded person, then that team is out of the game. The game continues on until only one team is left.

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# Have Team Building Games... Will Travel

## BOARDWALKING

Source: Teamwork & Teampay—Jim Cain & Barry Jolliff

Games with props

### Required Props:

Eight and ten foot long boards

Boardwalking is certainly one of the most clever ideas ever invented. Getting an entire group to walk in a synchronized manner is not an easy task.

#### The Challenge

For the group to create a method for successfully moving the boardwalkers through a planned space. This can be a short distance to retrieve an object, or simply to coordinate the synchronized movement of the group through a winding path.

#### Typical Presentation, Storyline or Metaphor

While visiting the boardwalk at the beach on one of the hottest days of the year, your group has encountered an incredibly hot patch of sand on the way back to the ocean. Your entire team ends up cooling their heels on some rather unusual looking boards, that just might be able to transport you to the cool water, just 20 years (or meters) away. But you'll have to maneuver these boards around the various sunbathers, sandcastles and other beach debris that you encounter along the way.

A series of new high speed team sleds are being designed for the next winter athletic games. Your team has been chosen to test drive the new concept.

#### Variations

One of the most unique variations for this activity is to begin by placing each participant on some of the wooden platforms used for All Aboard and River Crossing. With participants scattered in this manner, place one complete line of the boardwalkers near at least one of the platforms, and the other line near a close but different set of platforms. The challenge of the group is now to find a way to pull the boardwalkers together, and then to collect all of the various participants scattered about on the different wooden platforms. A storyline for this version might be that your intergalactic taxi has been called to collect the inhabitants from a variety of different planets for the first ever intergalactic summit meeting.

A reverse version of this variation would be to begin the activity with all participants on the boardwalker, and then droop off "passengers" at various places, like a school buses returning students to their homes.

Another variation involves providing the group with individual boardwalkers and a supply of quick links, and having them create the most efficient configuration they can to transport the entire group. Be sure to mention that a safety inspection of the "vehicle" will be required before the journey can begin. This variation adds some construction activity to the event, and an additional level of problem solving as the group attempts to define the best way to join the boardwalkers together.

The path that the group takes can add many elements of challenge to this activity. Generally going around some objects is better than going over them, although slight inclines can be interesting. Having the group turn a corner, or even backing up, provides some additional challenges.

Participants often try to call out "left-right" or "one-two" to indicate which one of the boardwalkers they wish to move. As a facilitator, you can limit their choices, or perhaps more appropriately, encourage their creativity by asking them to use phrases other than "one-two" or "left-right".

If a member of the group happens to accidentally touch the ground during the movement of the boardwalkers, have them turn around so that they are now facing backwards. Be sure that there is adequate spotting for this variation by both the facilitator and other group members in the vicinity of this person. If the group has been keeping a cadence or using words to indicate which boardwalker they are about to move, the position of this inverted participant will now be the opposite of the rest of the group. A point for debriefing at a later time.

If any of the boardwalking ropes happen to touch the ground during the activity, you can request that these ropes not be used for the remainder of the activity. This will typically encourage a greater level of contact between group members in this region of the boardwalkers.

If you happen to have two sets of boardwalkers, try having the two groups pass each other with the right side boardwalkers of the first group going between the legs of the second group. Very challenging. Still another activity involves using two boardwalkers with a rope between them to travel and retrieve a bucket filled with water, or some other easily hooked object.

Finally, you can also begin this activity with participants facing in different directions.

#### Important Points

Boardwalking is an excellent activity for discussing the occurrence of "breakdown." Breakdown is the process by which a working technique suddenly falls apart. Establishing a method for successfully keeping in step is one thing. Keeping this technique going is quite another. Typically breakdown occurs because the technique or method does not allow for any small variations from the plan. A slight overstep or an error in timing can make the difference between moving the group forward, and going nowhere.

#### Discussion and Debriefing Topics

How did your group decide on the technique they were going to use? Was this technique useful for keeping the group in step with each other/ did your group experience breakdown? What happened then? Which was easier, going straight, turning, or backing up? Did your group find it harder to turn to the left or the right? Did your group's technique require a change when you recovered the object? Did you group begin and end with the same technique? Are there any other techniques for using the boardwalkers.

#### Sequence

As a challenge and adventure activity, Boardwalking is one of the few activities that necessitates the exact timing of the groups effort for success.

\*\*\*Instructions for making boardwalkers are located on page 195.

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2007-2008





# Have Team Building Games... Will Travel

## BUILDING BLOCKS

Submitted by Siskiyou County 4-H

Source: Lyndsay Swinton, Owner, Management for the Rest of Us

Games with props

### **Space Needed:**

Large room

### **Size of Group:**

Minimum 3 people, up to 7. (Can have duplicate exercise running in parallel if group is larger, but will need more sets of building blocks).

### **Directions:**

There are 4 roles in this communication skills game.

Person A—director

Person B—runner

Person C—builder

Person(s) D—Observer(s)

### **Required Props:**

2 matching sets of children's building blocks, (e.g. Lego), with at least 10 blocks

Person A is given a pre-built set of blocks, and is the only person who can see the object. It is the director's job to give clear instructions to Person B, the runner, so that person C can build an exact replica of the model.

Person B listens to the director's instructions, without seeing the building blocks, to Person C the builder. The runner can make as many trips as required within the time allowed for the exercise.

Person listens to the runner's instructions and builds the object from the set of building blocks. The builder is the only person who can see the object under construction, and building materials.

Person(s) D observe the communication game, and make notes about what works, what doesn't work, and how people behaved under pressure etc., to pass onto the group later.

Set a Time limit for the exercise of 10 minutes.

When the time is up, allow the group to compare the model and the replica, and see how closely it matches. Generally the replica will bear little resemblance to the original, which usually causes heated discussion! Allow the observers to lead the group in reflection of how the exercise went, and agree on one thing they did well, one thing that didn't work, and one thing they would change for next time. Run the exercise again, either switching or keeping original roles, and see if any improvements have been made. Make sure you de-construct the "original" model and create a new design!

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2007-2008







# Have Team Building Games... Will Travel

## BULL RING

Source: Teamwork & Teamplay—Jim Cain & Barry Jolliff

Games with props

### Required Props:

1 1/2 inch diameter metal ring and several pieces of string or twine and a tennis or golf ball.

### The Challenge

The challenge is to carry a small ball using a metal ring and twine Bull Ring through a series of obstacles and place the ball into a goal, such as a tin can, plastic bucket or onto a segment of PVC tubing.

### Typical Presentation, Storyline or Metaphor

The newest Mars probe returns to Earth with several new rocks from our closest neighboring planet. The re-entry on Earth however, was a little bumpier than Mars, and a few of the precious stones end up bouncing around the salt flats of the western United States. Your team has been assembled to retrieve these stones, using a new prototype Bull Ring Retrieval System—Mark I. First you must elevate the stone, and then carry this to the awaiting containment cylinder.

### Variations

This activity can be made more difficult by transporting the ball around objects such as trees, table, chairs and fences. Gentle slopes, stairways and narrow doorways also provide additional challenges. Heavier and larger balls are more difficult to transport and harder to keep on the metal ring. Smaller balls such as golf balls fit further into the metal ring and are easier to transport. Ping-Pong balls can also be used, but are greatly affected by winds. You can accommodate more participants, and include the additional element of thrust building by blindfolding the participants than strings, just allow participants to hold more than one string. You can increase the difficulty of the goal by placing the container at an angle, or attaching the container at a higher elevation (such as on a fence, door knob or wall hook). You can substitute a PVC plastic tube (1 inch in diameter, 15 inches long, pressed into the ground) instead of a container, as the final goal. For this goal, the ring needs to be carefully dropped over the tube so that the ball rests on the tube. For additional difficulty, try placing the goal under a table or near a wall. The most impossible location for placing the goal is in the corner of a room. Try this sometime, and ask the group to brainstorm ideas for reaching the goal.

Additional Bull Ring variations include using a rubber band instead of the metal ring. Using various lengths of string attached to the Bull Ring may also allow the group to successfully navigate some more interesting and challenging obstacles. Participants should hold only the very ends of each string.

If your group has any participants in manual wheelchairs, you can use a short segment of shock (bungee) cord to tie the Bull Ring string on the railing of the wheel chair. This will leave both of this participant's hand free to maneuver the chair.

A final variation is to replace the string or twine with dental floss. Because the floss is easily broken, participants must not be overly aggressive or they will physically eliminate themselves from the activity.

### Important Points

Do not allow participants to tie the string around their fingers or wrists, because a sudden movement may cause rope rash rather quickly. Make sure to choose an appropriate ball for the location. Using heavy billiard balls or metal ball bearings on a gymnasium floor not only produces a rather loud thump if the ball is dropped, it also produces a rather large dent! It can make for an interesting discussion to ask the group what minimum number of strings are required to keep the ball from falling off the Bull Ring.

### Discussion and Debriefing Topics

Did your group have a single leader, or was everyone part of the leadership? What techniques did you use to overcome the obstacles? What if the tennis ball was replaced with a bowling ball? If you were blindfolded, did you trust the person assisting you?

### Object of the Game:

Bull Ring utilizes physical movement and cooperation. It also takes a little coordination to keep the ball on the ring. This is a great activity for early in the challenge program.

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2007-2008





# Have Team Building Games... Will Travel

## CELEBRITY ID

Games with props

### Required Props:

Several labels with famous names on them

### Space Needed:

Any

### Size of Group:

Six or more

### Object of Game:

The Celebrity ID Game is a good way to get a large group to mingle and break the ice by interacting with lots of people rapidly.

### Directions:

To set up, the moderator prepares several labels with famous celebrity or well-known names (e.g. Tom Hanks, Mickey Mouse, Barry Bonds, etc.) The moderator sticks a label on each person's back. Then, the moderator announces it is time for the game to begin. At this point everybody mingles and intrudes themselves to each other, and then each person asks yes or no questions to gain clues about the name. When a person correctly identifies the name, he or she removes the label and continues to mingle until a preset amount of time.

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2007-2008





# Have Team Building Games... Will Travel

## DON'T LOSE YOUR MARBLES

Submitted by Lake County 4-H

Source: Alanna Jones, "Team Building Activities", 1999

**Games with props**

### Required Props:

- 1 marble for each team
- 1 spoon for each player

### Space Needed:

Open and large enough for teams to stand in a line.

### Size of Group:

4 or more participants

### Description:

Each group stands in a circle.

The object is to pass the marble from spoon to spoon without using your hands.

Members hold the handle of the spoon in their mouth.

Place the marble in the first person's spoon.

Before passing the marble to the next member, each member must turn-around twice.

If the marble hits the floor, the group starts over.

If the group is large, divide into teams of 4 or 6 members.

The team who gets the marble all the way around is the winner.

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2007-2008





# Have Team Building Games... Will Travel

## EARTHBALL

Games with props

### Required Props:

Beach Ball

### Space Needed:

Large open room or outside.

### Size of Group:

Any

### Object of Game:

Working together, communication.

### Directions:

Using a beach ball or other light inflatable object, the group task is to hit the object, keeping it in the air without letting it touch the ground. Additionally, no one person can touch the object twice in a row. Set a goal with the group for the number of hits that the group can make following the rules. This fun activity is much harder than it seems.

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2007-2008





# Have Team Building Games... Will Travel

## FEATHER RELAY

Submitted by Marin County 4-H

**Games with props**

### Required Props:

Feather

### Space Needed:

Any

### Size of Group:

Any

### Object of Game:

Relay, working in teams.

### Directions:

The first player in each team is given a feather. The player must blow the feather in a designated goal or spot across the room without letting it touch ground/floor. If it lands on the floor, he must pick it up and continue from there. After he/she reaches the goal, he/she runs back and gives the feather to the next player. The team finishing first wins.

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2007-2008





# Have Team Building Games... Will Travel

## FILL THAT SEAT

Submitted by Mendocino County Coast 4-H

**Games with props**

### **Required Props:**

Chairs in the room

### **Space Needed:**

An area large enough for group to make a circle standing 6 inches apart.

### **Size of Group:**

10 or more

### **Object of Game**

To learn more about the members of the group.

### **Directions:**

A circle is made with enough chairs (minus one) for the participants (or if needed they can all sit on the floor in a close circle. The leader or one person in the group stands in the middle of the circle and asks a question that can apply to others such as "everyone who likes pickles stand up." Those who can identify with the question stand and then on the word "go", they all rush to find a new seat.

Other question ideas are 4-H projects, school subjects, music, hobbies, sports, feelings, siblings, etc. Get creative with the questions!

### **Variation:**

Give every one a handicap such as crawl to a seat, hop on one leg, walk backwards, or duck walk to find a new seat.

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2007-2008







# Have Team Building Games... Will Travel

## FOREHEAD BALLOON RELAY

Submitted by Placer County 4-H

**Games with props**

### **Required Props:**

Balloon

### **Space Needed:**

Large, open room or outside.

### **Size of Group:**

6 or more

### **Object of Game:**

Working together

### **Directions:**

Organize a group into relay teams of couples. The first couple in each team places a balloon between their foreheads. They move to a line 15 feet in front of the teams and return to place. The next couple in line stands opposite so they can press their foreheads against the balloon before. The first couple releases the balloon the first team finished with all couples participating is the winner.

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2007-2008





# Have Team Building Games... Will Travel

## GLOVES AND GUM

Submitted by Placer County 4-H

**Games with props**

### **Required Props:**

Garden gloves, chewing gum

### **Space Needed:**

Any

### **Size of Group:**

Any

### **Object of Game:**

Fun dexterity game.

### **Directions:**

In front of each team are a pair of garden gloves and a package of gum. The first person must put the gloves on and then try to remove the wrapper from the gum. When he/she finishes, he passes the gloves on to the second person who then opens another package. The first team to finish is the winner. (You can use a stick of gum rather than a package).

**Fun spin: Use bubble gum. It's harder to get the wrapper off, and then have the whole group blow bubbles at once when their group has finished.**

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2007-2008





# Have Team Building Games... Will Travel

## GROUP JUGGLE

Submitted by Del Norte County 4-H

**Games with props**

### **Required Props:**

6 or 7 crushed paper balls

### **Space Needed:**

An area big enough for the size of your group to stand in a circle.

### **Size of Group:**

Six or more. Works well with large groups in team competitions.

### **Object of Game:**

To get the group to bonded as a team.

### **Directions:**

1. Everyone stands in a circle about one arm's length apart.
2. The first player throws a crushed paper ball to someone on the other side of the circle, who throws it to a third person, and so forth. This continues until the ball makes its way to everyone once and returns to the original person. Each player should receive the ball only once. Players are to remember to whom they throw the ball. When a pattern is set it is never broken throughout the game.
3. The leader throws the first ball. As the rhythm of the pattern becomes smoother and throwers and receivers get used to it, another ball is added, then a third, then a fourth. Players should be able, depending on the size of the group, to keep six or seven balls moving at once.
4. To help keep the rhythm of the group moving in a steady flow, try having everyone sing a song, such as "Row, Row, Row Your Boat," or repeat a silly chant - "Pass the ball, not the wall!" - that follows the beats of catching and throwing.

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2007-2008





# Have Team Building Games... Will Travel

## HAND SLAP GAME

Submitted by Humboldt County 4-H

Games with props

### Required Props:

Any large flat surface (table or floor)

### Space Needed:

A large area with enough room for everyone who plays to either sit, stand, or lay down.

### Size of Group:

Five players and up.

### Object of Game:

The object of the Game is to be the last person with both or one hand in the circle.

### Directions:

Everyone is sitting, standing, or laying down in a circle. Everyone places their hands in front of them (on a flat surface), palms down. Each person places their right hand across the left hand of the person sitting to their right. To begin, a direction (counterclockwise or clockwise) is chosen, plus a hand to begin. Play occurs by each hand in the circle slapping in turn in the order the hands fall. At any time during the rotation, a person can:

**Double Slap:** means the direction of rotation shall reverse.

**Fist Slam:** means skip the next hand.

Any player who slaps out of turn must remove that hand from the circle and any player who fails to slap on their turn, must remove the hand that should have slapped. The last person with a hand in the circle wins.

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2007-2008





# Have Team Building Games... Will Travel

## HATS

Games with props

### Required Props:

Collection of a variety of hats

### Space Needed:

Any

### Size of Group:

Any

### Object of Game:

Share stories and get acquainted.

### Directions:

Spread out a collection of various hats. Have everyone choose one that reminds them of a story that's happened in their life. Have everyone share.

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2007-2008





# Have Team Building Games... Will Travel

## HULA HOOP

Submitted by Placer County 4-H

Games with props

**Required Props:**  
Hula Hoop

**Space Needed:**

Open room or outside.

**Size of Group:**

6 or more.

**Object of Game:**

Dexterity and working together.

**Directions:**

You get a group of people and a hula hoop and you all connect hands, and you have to get the hoola hoop around the whole circle as fast as you can without disconnecting hands.

Variation: Add an additional hula hoop to the circle and see if you can catch the original hoop being passed around the group.

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2007-2008







# Have Team Building Games... Will Travel

## INVENT AN ICEBREAKER

Source: Shares Space Michigan State University  
Submitted by Placer County 4-H

Games with props

### Required Props:

Bandannas or balloons, Newsprint or other large paper, Markers

### Space Needed:

Room with tables and chairs.

### Size of Group:

Teams of three to five people to work together.

### Directions:

1. Divide the group into teams of two to three people each. Give each team a bandanna or balloon. Be sure that you have an even number of groups.
2. Read or paraphrase the following:  
People invent things all the time. They create new ideas, materials or ways of doing things. Sometimes they invent new games and that's what you're going to do now. Each team will have five minutes to invent an icebreaker that uses a bandanna or balloon. Then the teams will teach their icebreaker to another group. Before we start, can you think of some things that might make a good icebreaker?
3. Ask someone to write down what the group says on a sheet of newsprint. Some of the things that might appear on their list are included below:
  - \* High energy, wakes people up and gets them moving
  - \* Chance for people to introduce themselves, tell why they're here
  - \* Nonthreatening, creates "safe" environment for people who might be shy
  - \* Everyone feels welcome, part of group
4. Allow about five minutes for the teams to invent their icebreakers, then ask each team to find another team. Tell them they will each have five minutes to teach the other team their icebreaker.

After about 10 minutes, bring the group together as a whole and debrief with such questions as:

1. How did your team come up with ideas for your icebreaker? What did you do to "invent an icebreaker"?
2. Did your icebreaker work the way you thought it would? Do you think inventions always work right the first time?

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2007-2008





# Have Team Building Games... Will Travel

## LAVA FLOW

Submitted by Siskiyou County 4-H

Games with props

### Space Needed:

Large open room or outside.

### Directions:

Lay two ropes on the ground horizontally (lie =), with about seven giant steps in between. Have the campers line up on one side of the rope, and tell them that they are looking at a giant lava flow. They must get their entire team across the flow, but it is too hot to swim across the lava, and too deep to walk across without getting burnt. (Obviously, they cannot walk around the lava flow, since it does not end just because the ropes do.)

The only way to get across is by using the large, logs that you have been provided (carpet squares or tarp pieces). (The group should have been given 8 to 9 squares, so that they have enough to get across with one or two left over. This isn't about physical abilities, but rather communication.) Unfortunately, the flow of the lava is so strong that it actually seeps the logs away if someone is not holding them down (with a hand, foot, or other safe appendage). Also, the logs catch fire once placed on the lava, and they become impossible to move again, so they must remain where they are placed.

This seems like a simple exercise, but kids, especially youth in middle school, have a lot of trouble with it. It will take a good 30 minutes for them to begin to communicate with each other, and you will probably need another set of eyes to make sure that all the logs are being anchored down.

Possibly debrief options include: Team Responsibility (did it matter if only a few of you made it across the river?), Communication (the importance of checking on the person behind you before stepping onto the next log), and Individual Strengths and Weaknesses.

### **Required Props:**

2 ropes or other way of marking off the edges. 8 or 9 carpet squares, tarp pieces, or anything else to use as steps

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2007-2008





# Have Team Building Games... Will Travel

## LIFESAVER RELAY

Submitted by Humboldt County 4-H

**Games with props**

### **Required Props:**

Lifesaver candy, Toothpicks

### **Space Needed:**

Any area big enough for each team to stand in a straight line

### **Size of Group:**

Five or more people per team

### **Object of Game:**

Pass the Lifesaver down the line using only the toothpick that is in their mouth.

### **Directions:**

Line each team up in single file line. Each person should have a toothpick in their mouth. The first person in line starts by passing a Lifesaver to the next person using only the toothpick. No Hands! If the Lifesaver is dropped, it must start at the first person again. Which ever team passes it the fastest wins!

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2007-2008





# Have Team Building Games... Will Travel

## MAGIC CARPET

Source: <http://ultimatecampresource.com>  
Submitted by Siskiyou County 4-H

Games with props

**Required Props:**  
6' x 8' Tarp

### **Space Needed:**

Area large enough for the tarp to lie flat and a little additional work space.

### **Size of Group:**

Need large groups that nearly fill the tarp space.

### **Directions:**

Ask the group to stand on a 6' x 8" "magic carpet" (tarp). The entire group must be on the tarp completely.

Once everyone is settled, advise the group that they are going on a magic carpet ride. Tell them that they have already risen 100 feet in the air and are ready to go.

Unfortunately, the instructions on how to steer and land the carpet are on the other side of the carpet. So, they must flip the carpet over while standing on it. No one is allowed to step off the carpet at any time. If a group loses a member due to a mid air disaster/fall they must start over again.

There is no time limit to this exercise.

Allow the group to reflect on how the exercise went. What helped the team accomplish their goal. What could have been done to help the group reach their goal.

Ask the group to if they think that they can improve upon their previous attempt to complete this task.

Allow the group time to complete the exercise for a second time.

Provide a quick re-cap of why the team thinks that the second attempt was easier or more difficult.

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2007-2008





# Have Team Building Games... Will Travel

## MARSHMALLOW SOAK'EM

Submitted by Lake County 4-H

Source: Alanna Jones, "Team Building Activities", 1999

**Games with props**

### Required Props:

2 Bags of fresh large Marshmallows

### Size of Group:

20 or more participants

### Object of Game

The object is to eliminate the other team entirely!

### Directions:

Divide the group into two teams and give each team a bag of marshmallows.

The play area should be a large open space with a line across the center to divide it into two areas.

Each team is on a different side and cannot cross the line to the other side.

On the signal "go" the members of each team try to eliminate the members of the opposite team by hitting them with marshmallows.

If you are hit by a marshmallow, you must go to the sideline and get into line with your other teammates who have been hit.

When a person on your own team catches a marshmallow that was thrown by someone on the other team, the first person in line may return to the game.

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2007-2008





# Have Team Building Games... Will Travel

## MINE FIELD

Submitted by Del Norte County 4-H

**Games with props**

### **Required Props:**

Markers or lengths of rope to indicate boundaries (e.g., 50 yard rectangular field), bowling pins or many soft objects, such as larger balls and stuff - the more the better and blind folds

### **Space Needed:**

An area big enough for the size of your group.

### **Size of Group:**

Six or more.

### **Object of Game:**

To get to know each other.

### **Directions:**

1. Distribute "mines" e.g., balls or other objects such as bowling pins, cones, foam noodles, etc.
2. Participants operate in pairs. Consider how the pairs are formed - it's a chance to work on relationships. One person is blindfolded (or keeps eyes closed) and cannot talk (optional). The other person can see and talk, but cannot enter the field or touch the person.
3. The challenge is for each blindfolded person to walk from one side of the field to the other, avoiding the "mines", by listening to the verbal instructions of their partners.
4. Allow participants a short period (e.g., 3 minutes) of planning time to decide on their communication commands, then begin the activity. It can help participants if you suggest that they develop a unique communication system.
5. Be wary of blindfolded people bumping into each other. The instructor (s) can float around the playing area to help prevent collisions.
6. Decide on the penalty for hitting a "mine". It could be a restart (serious consequence) or time penalty or simply a count of hits, but without penalty.

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2007-2008





# Have Team Building Games... Will Travel

## NAME BALLOON POP

Submitted by Mendocino County Coast 4-H

Source: Team-Building Activities for Every Group by Alana Jones

**Games with props**

### **Required Props:**

Balloons (all the same color is best),  
small slips of paper, pens or pencils

### **Space Needed:**

Medium size room or classroom.

### **Size of Group:**

12 or more

### **Object of Game:**

To become familiar with each other's names and energize a group.

### **Directions:**

Divide the group into two or more teams of six or more people each. Each team must select the person in the group who has the easiest name to remember. After this, each team sits in a circle and everyone (except for the person who was selected) is given a balloon, slip of paper and pen or pencil. Everyone now writes down his/her name the paper, puts the slip of paper into his/her balloon, then blows it up and ties it. Each team piles all of their balloons in the middle of their circle and mixes them up.

The person on each team who had the easiest name to remember starts the game by selecting a balloon out of the pile. This game is a race. On the signal "go, the person holding the balloon must pop it anyway he or she can and then call out the name that is inside on the slip of paper. The person whose name was called then must grab a balloon and do the same. Continue in this manner until all the balloons have been popped. The first team to finish wins.

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2007-2008





# Have Team Building Games... Will Travel

## ONE MINUTE INTERVIEWS

**Games with props**

### **Required Props:**

Written questions (optional)

### **Space Needed:**

Any

### **Size of Group:**

Any

### **Object of Game:**

Quick get-to-know several people.

### **Directions:**

Give the group 1 minute to interview a partner, then switch who's interviewing. Then switch partners. Repeat. Have written questions ready to make it faster.

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2007-2008







# Have Team Building Games... Will Travel

## ORANGE NECK PASS RELAY

Submitted by Humboldt County 4-H

**Games with props**

### **Required Props:**

An orange for each team

### **Space Needed:**

Any area big enough for each team to stand in a straight line

### **Size of Group:**

People per team= 5 and up.

### **Object of Game:**

To pass the orange, by using only your neck and chin, down the line faster than the other teams.

### **Directions:**

Line each team up in a single file line. The first person in line has the orange held by their neck/chin. That person then passes the orange off to the next person in line by using just their necks. No Hands! If the orange is dropped it must start at the beginning again. The first team done wins!

Variation: Other objects than an orange can be substituted.

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2007-2008





# Have Team Building Games... Will Travel

## PEEK A WHO?

Submitted by Placer County 4-H

**Games with props**

### **Required Props:**

Two chairs and a large blanket or sheet.

### **Space Needed:**

Any

### **Size of Group:**

4 or more

### **Object of Game:**

Get to know each other.

### **Directions:**

This is a good game to play to get to know people in a group. Supplies needed are two chairs and a large blanket or sheet that you can't see through. Split the group into two groups and have everyone introduce themselves one by one. After introductions, have one group move to one side of the sheet that is held between the two chairs which are facing each other. Each group will select one person to sit in the chair. At the count of three, the blanket or sheet is dropped and the two in the chairs try to name each other. The person who is last moves to the other side. This is repeated until everyone has a chance to sit in the chair or until there is only one group.

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2007-2008





# Have Team Building Games... Will Travel

## PLUNGER CAP & GOLF BALL RELAY

Submitted by Mendocino County 4-H

**Games with props**

### **Required Props:**

Plungers and golf ball.

### **Directions:**

Divide into teams. Each team unscrews the wooden stick and places the golf ball where the stick screwed in. Players must walk a relay course (down and around a chair) with the plunger cap balanced on their heads. Players, who drop the ball, need to start over at the beginning.

Get the cameras....this is hilarious.

Variations: walk it backwards, place obstacles in the path.

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2007-2008





# Have Team Building Games... Will Travel

## SHIP TO SHORE - COMMUNICATION GAME

Shared at 2008 CA Camping Conference  
Submitted by Placer County 4-H

Games with props

**Required Props:**  
Boundary markers

**Space Needed:**

**Size of Group:**

At least 10

**Object of Game:**

Obey orders from the Captain.

**Directions:**

Set up boundaries that make up your ship and give directional names to your ship (bow, stern, starboard, port). Whenever a command is called, everyone has to abide by the command.

**"Captain's Coming":** everyone stands saluting, no one can move until you say 'At ease'

**"Seasick":** partner is on knees, other person pretends to puke over them

**"Man Overboard":** 2 people connect arms to make a lifesaver, 1 person in middle waving arms

**"King's Table":** 4 people squat and pretend to feast on food

**"Walk the plank":** 5 people in a line, hands on shoulder's in front of them.

When call a directional command (starboard is right and port is left), people must run to that part of the ship. Whenever people don't have the right amount of people in a group or don't react fast enough, they are out.

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2007-2008





# Have Team Building Games... Will Travel

## SHOE SCRAMBLE— Appreciating Diversity Game

By Shared Space Michigan  
State University  
Submitted by Placer  
County 4-H

Games with props

### Required Props:

Pencils, markers or pens, Newsprint or other large paper, Masking Tape

### Space Needed:

A comfortable room or yard

### Size of Group:

10

### Object of Game:

### Directions:

1. Ask the kids to form a circle. (If your group is larger than ten kids, divide into two or more groups. Have the groups share their responses with each other throughout the activity.) Ask the kids to remove both of their shoes and place them in a pile in the middle of the group.
2. Give newsprint and a marker to the group. Ask the kids to focus on the shoes and brainstorm a list of how the shoes are alike (for example, they all have soles or they all appear worn). Make sure someone writes down the ideas. Give them about five minutes to do this.

### **LEADER'S HINT:**

Have your kids follow these rules as they do their brainstorming:

Rule 1: Do not judge ideas!

Rule 2: It's okay to be far-out!

Rule 3: Think of as many ideas as you can.

Rule 4: Piggyback on someone else's ideas.

You may want to write these rules on a sheet of newsprint and display it where all the kids can see it.

3. Next, have the kids focus on the pile of shoes and brainstorm a list of how the shoes are different (for example, they are different colors and sizes). Give them about five minutes to do this.

### **TALKING IT OVER:**

How are shoes like people? (You might want to point out that some people look different on the outside. Frequently we let the outward differences influence how we perceive people who are different from ourselves.)

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2007-2008





# Have Team Building Games... Will Travel

## SLIPPED DISC

Submitted by Del Norte County 4-H

**Games with props**

### **Required Props:**

A Frisbee, a plastic plate, or a metal cover

### **Space Needed:**

An area big enough for the size of your group to form a circle.

### **Size of Group:**

Six or more. Works well with large groups in team competitions.

### **Object of Game:**

To get the group to bonded as a team.

### **Directions:**

1. Everyone forms a circle on hands and knees with heads facing inward.
2. An object, such as a Frisbee, plastic plate, or metal cover, is placed in the middle of one person's back. The object of the game is to pass the object around the circle, from back to back, without using hands.
3. If the object falls, it is picked up by hand and placed on the back of the last person who had it. The game continues until the disc is passed successfully around the entire circle.

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2007-2008





# Have Team Building Games... Will Travel

## SPACE CARRIERS

Submitted by Del Norte County 4-H

Games with props

### Required Props:

Paper cups, water, rubber bands (just large enough to fit snugly around the cups, string, strips of cloth for blindfolds. You need to prepare carriers in advance, one for each 8 - 10 people. Tie 4 or 5 three foot lengths of string to a rubber band (four for eight people, five for ten). See picture below. Do not put around cup in advance.

### Space Needed:

An area big enough for the size of your groups to form circles.

### Size of Group:

Groups of 8 - 10.

### Object of Game:

To get to know each other.

### Directions:

1. Break into group of 8 or 10. Each group forms a circle and everyone picks a partner. Blindfold one partner from each pair, and hand each blindfolded person one of the strings.
2. Set a paper or Styrofoam cup of water on the floor in the center of each group. Tell groups they have to use the carrier to pick up the cup, lift it off the ground without spilling and move it 20 feet to a second designated spot. Members are not allowed to touch the cup, or rubber bands! When participants pull on all strings equally, they can stretch the rubber band large enough to fit it over the cup. When they slowly release the strings, the rubber band fits snugly around the cup so it can be lifted.
3. The partners of each pair may talk to one another, but not to other pairs. The blindfolded partner is the only one of the two allowed to touch the string.
4. Give the groups five minutes to work. Don't tell them how to do the task. If they spill a little, say "Oops! Careful!", but keep going. If the cup falls over, make them start over; or stop and talk, depending on time and frustration levels. When one group succeeds or time runs out take off blindfolds and discuss.



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2007-2008





# Have Team Building Games... Will Travel

## STRANDED ON A ISLAND

Games with props

**Required Props:**  
Paper and pen

**Space Needed:**

Indoors

**Size of Group:**

Groups of 5-10. Ages: 12 and up

**Object of Game:**

A teambuilding activity that asks people to identify what object they would bring if they were to be stranded on a deserted island. Each person discusses why they brought the object. Within groups, people decide how to improve their chances of survival by combining various objects.

**Directions:**

Stranded on a Island is a useful team building activity to help people get to know each other better. Form groups of about five to ten people and give the following instructions: "Unfortunately, you will be relocated and stranded on a deserted island for an indefinite amount of time. You may only bring one item to the island, and you only have a few minutes notice. What will you bring? Share with your group your object, why you chose it, and what you plan to do with it." Have each person briefly share their item, why it is important to them, and what they plan to do with it. After everyone has shared, instruct the groups to figure out how they can improve their chances of survival by combining the items in creative ways. Allow ten to fifteen minutes of brainstorming time, and then have each group present their ideas. Give a prize to the winner (most creative group) if desired.

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2007-2008







# Have Team Building Games... Will Travel

## SWAT

Submitted by Humboldt County 4-H

**Games with props**

### **Required Props:**

Rolled up newspaper (like a stick)  
held together with masking tape

### **Space Needed:**

An area big enough for the size of your group to sit (chairs, floor, lawn). Can be indoors or outdoors.

### **Size of Group:**

Ten to twenty. Works well with large groups divided into smaller groups.

### **Object of Game:** (non-competitive)

To get the group to know each other's names.

### **Directions:**

The group forms a circle and sits (in chairs or on the ground). A person is designated as "it" and placed in the middle of the circle. The circle must be back far enough that "it" must take a step to reach the rest. Another person is designated as the starter. He/she calls the name of someone in the circle. "It" then tries to hit the person on the knee with the newspaper before that person calls out the name of someone else in the circle. If a person is "swatted" before they call another name, they become "it" and change places with the past "it". The past "it" then starts the cycle again by calling the name of anyone in the circle.

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2007-2008





# Have Team Building Games... Will Travel

## TEAM RADAR

Source: Ghost Ranch Ropes Course Manual, by Dr. Sylvia Shirley  
Submitted by Siskiyou County 4-H

**Games with props**

### **Required Props:**

Blindfolds for everyone and a rope that is between 10 & 20 feet in length for each group.

### **Size of Group:**

2 to 15 people per group.

### **Directions:**

The group is given minutes to “landmark,: pace, and work out how they will find the marker that is located on the opposite side of a obstacle course. They should be able to see the final marker. The team will be blindfolded when they attempt to locate their marker.

Note: They may not disturb the vegetation or ground!!

When they begin, all must be blindfolded and holding onto the rope.

The facilitator(s) must be alert to the group “running” into obstacles and use the word “STOP”. If the group gets “lost” they may begin again.

Allow the group to reflect on how the exercise went. What helped the team accomplish their goal.

What could have been done to help the group reach their goal. Did anyone become the non-official group leader or was it a team effort?

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2007-2008





# Have Team Building Games... Will Travel

## THE BALLOON RACE GAME

Submitted by Humboldt County 4-H

Games with props

### Required Props:

Balloon(s) or small ball(s), one per team.

### Space Needed:

An area big enough for the size of your group to race or maneuver around an obstacle course. Can be indoors or outdoors.

### Size of Group:

Six or more. Works well with large groups in team competitions.

### Object of Game: (competitive as a team or against yourself)

To get the group to bonded as a team.

### Directions:

Either ask for volunteers to represent their teams or have teams line up by pairs. Take one balloon or ball per team and designate a race course or obstacle course (no longer than 50 yards). Place the balloon/ball between a body part (noses, bellies, hands, elbows, knees, bottoms, ankles, etc.) and keep hands clasped in front or behind to resist touching the balloon.

You must keep the balloon off the ground or return to the starting line to try again. You can walk, run, scoot, or whatever works to get to the goal and back.

Variations: You can vary the course and the way the balloon is held depending on the age and composition of your group. The course can also be a "Challenge" course for individuals to compete against themselves for the "best time" they did the course. Music can be added if desired.

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2007-2008





# Have Team Building Games... Will Travel

## THE MATING GAME

Submitted by Mendocino County 4-H

**Games with props**

### **Required Props:**

Noise maker, blindfold, pieces of cloth, taste items, small items.

### **Directions:**

Divide the players into pairs, and give each pair the name of a herbivore. Each pair is given the opportunity to devise a strategy for 30 seconds before each round of the game is played.

One person is chosen to be the carnivore. He is given the noise-maker and a blindfold. The pairs of herbivores divide after their strategy session, and each move to opposite ends of the playing area (an open field is ideal). There, they put on their blindfolds.

On "go" each half of the pair tries to locate his partner. The carnivore stands at the center of the playing area, and tries to capture (tag) as many herbivores as possible. The carnivore may stand still and remain quiet, but every time he walks or runs he is required to use the noise-maker, so that herbivores will know that he is on the prowl. If a herbivore is tagged before he finds his mate, he loses a life. When a player has lost five lives, he is eliminated from the game.

Each time the game is played, the herbivores are asked to locate their mate by different methods such as:

1. Sound—a prearranged mating call is given when a herbivore touches one knee to the ground. No sound may be made when players are moving.
2. Touch—a silent game in which each person has a piece of cloth, which is matched (in texture) to his partner's piece of cloth.
3. Smell—Each pair is given with a particular odor. Partners must find their mate with the same odor.
4. Taste—Each pair is given a small jar with a food item. Players taste other player's food items until they locate the one who has the same taste.

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2007-2008





# Have Team Building Games... Will Travel

## TOSS ACROSS!

Submitted by Humboldt County 4-H

Games with props

### Required Props:

A variety of objects you can safely toss at someone else. Keep them in a bag and bring them out one at a time.

### Space Needed:

An area big enough for the size of your group to stand in a circle/oval arms distance apart.

### Size of Group:

Ten to 25. Works well with large groups that are divided into groups of ten or twenty.

### Object of Game:

To get the group to know each others names and to work together as a group.

### Directions:

Explain that as a group we are going to toss an object across the circle to another person in our group and call their name before tossing the object. No person can be used twice and every person needs to be included. Start with an easy to toss ball and complete the task. Start with a small foam ball and add a small plastic ball, a koosh ball, a small nerf football, and end with a (surprise) rubber chicken. Then ask the group if they think they can do it faster than they just did. Have them try and time them. Do they think they can beat that time? Do it again. Then tell them you are going to add a second object and see if they can keep their best time. Have them do this a couple of times and then bring out another object to add to the mix. Use as many objects as the group can handle and end with a funny object... like the rubber chicken. This game brings lots of laughter and can be debriefed on what was easy, what was hard, what was the optimum number of objects, etc. Compare this to a task that a group takes on.

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2007-2008





# Have Team Building Games... Will Travel

## TOXIC WASTE - COMMUNICATION GAME

Shared at State Leadership Conference  
Submitted by Placer County 4-H

Games with props

### Required props:

Toxic Waste Kit  
Bungee loop, 4 ft. Cords attached  
Vinegar & baking soda, 2 containers (bucket & small can),  
Long rope to create circle

### Size of Group:

7 to 9 would be ideal, but can be done with as few as 4 or as many as 12.

### Object of Game:

**Challenge** is to move the toxic waste contents to the neutralization container using minimal equipment and maintaining a safe distance within a time limit.

### Set-Up:

1. Use the rope to create a circle at least 8 feet in diameter on the ground to represent the toxic waste radiation zone. The larger the radiation zone, the more difficult the activity.
2. Place Toxic Waste Kit—bungee loop and cords in pile by circle.
3. Place the small container in which a cup of baking soda has been placed in the center of the radiation zone.
4. Place the neutralization bucket in which about two cups of vinegar has been placed approximately 30 to 50 feet away. The greater the distance, the more difficult the activity.

### Directions:

1. The challenge is for the group to work out how to transfer the toxic waste from the small bucket into the large bucket where it will be "neutralized", using only the equipment provided and within a time frame. The waste will blow up and destroy the world after 20 minutes if it is not neutralized.
2. Anyone who ventures into the radiation zone will suffer injury and possibly even death, and spillage will create partial death and destruction. Therefore, the group should aim to save the world and do so without injury to any group members.
3. The rope circle represents the radiation zone emanating from the toxic waste in the bucket. Emphasize that everyone must maintain a distance (circle radius) from the toxic waste wherever it goes, otherwise they will suffer severe injury, such as loss of a limb or even death.
4. Give the group some planning time with no action e.g. 5 min., then start the clock and indicate its time for action, e.g., 15 or 20 minutes. Toxic Waste is not an easy exercise and most groups will benefit from some coaching along the way.

**Note:** Moderately difficult—works best towards the end of a program after the group has come together.

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2007-2008





# Have Team Building Games... Will Travel

## TRAIN WRECK

Submitted by Placer County 4-H

Games with props

### Required Props:

Chairs

### Directions:

Have participants sit in a circle (in chairs). There should be one less chair than there are people. The person without a chair stands in the center of the circle and makes a statement that applies to him/herself (for example, I have brown hair, or I was born in December). Everyone to whom this also applies must get up and find a new chair. The person left standing is the new leader. Should the leader be stumped for a new statement, he/she can say "train wreck!" at which point everyone must get up and find a new chair. This game is fun for kids, teens and adults.

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2007-2008





# Have Team Building Games... Will Travel

## WIN/WIN ROPE-IN Communication Game

Source: "Shared Space" - Michigan State University  
Submitted by Placer County 4-H

Games with props

### Required Props:

Long Rope (allow a minimum of 18 inches a person)

### Size of Group:

Minimum 6 people, up to 20 or more.

### Directions:

1. Divide the kids into two groups. There are many ways to creatively divide kids into groups. For example, one group could include kids born in January through June, and another could include kids born in July through December. You can also divide kids based on those wearing tennis shoes versus hard-soled shoes or those who use a gel toothpaste versus those who use a cream toothpaste. Whatever method you choose, make sure the groups are about the same size.
2. Have the two groups use the rope to do a tug-of-war. After one team has won, ask the groups to sit in a circle and talk about what determines which side wins in a tug-of-war. (Physical strength is usually the reason.) Ask if the kids would like to have all their conflicts resolved like a tug-of-war? Who would usually win? Do they think a tug-of-war would be a fair way to resolve problems?
3. Explain that a tug-of-war is a win/lose situation. Ask the kids what they think it means to have a win/lose situation. Have them describe the feelings of the loser and the winner. Relate the tug-of-war to a conflict situation. Point out that resolving a conflict in a win/lose manner often creates a feeling of hostility.
4. Ask the kids to think of a way to have a tug-of-peace so that both sides win. Give the kids about 10 minutes to create their own version of a win/win tug-of-peace.
5. After the kids have shared their ideas for a tug-of-peace, have them experience their own tug-of-peace. Tie the long rope to form a circle (allow at least 18 inches for each person). Lay the rope to form a circle on the ground and ask the kids to sit along the outside of the circle and grab hold. Explain that the purpose of the tug-of-peace is for all the kids to pull themselves to a standing position. Slowly count down from 10 and have the group "lift off". If necessary, have them repeat the tug.

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# Have Team Building Games... Will Travel

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The Have Team Building Games...Will Travel project was funded by a grant from the California 4-H Foundation. Teams of teens from seven counties (Placer, Nevada, Siskiyou, Lake, Humboldt, Mendocino, and Del Norte) researched and identified team building games, skits and songs to include in a how to manual and prop kit for each county who participated.

2007-2008







# Have Team Building Games... Will Travel

## "4-H SAYS" ENERGIZING GAME

Source:: 2003 State 4-H Leadership Conference  
Submitted by Placer County 4-H

Games without props

**Required Props:**  
None

### Size of Group:

Any. Facilitators: 1-2 persons to be callers

### Object of Game:

1. 4-H Says is a variation on the game "Simon Says". The facilitator(s) need to make a list of stretching and active movements for participants to do. Include movements which can be done individually (i.e. touch your elbows to your toes; touch your nose to your knees; jump up and down six times; etc.) as well as movements that require another person (i.e. touch your finger to someone else's toe; touch someone's knee with your elbow) which will result in long lines of people touching and being touched. Be thoughtful and selective about activities asking delegates to touch each other. Use Good Sense.
2. At the beginning of the game remember to say "4-H Says" a lot to get everyone up and moving. Then slowly begin to leave the phrase out to narrow the number of participants.
3. Limit the game to 3-5 minutes including explanation.

### Directions:

We are going to play a quick game of "4-H Says." For those of you who might not know this game it is a variation of "Simon Says." I will call out movements. You will do the movement but only if I preface the request with "4-H Says." If you do not hear the phrase first do not do the movement. Let's try it.

4-H Says stretch up to the ceiling.

4-H Says put your finger on your toes

4-H Says put your finger on someone else's toe.

Stand up.

Oops! I didn't say "4-H Says" During the game, those who stood up would be out of the game.

Are there any questions? Here we go.

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2007-2008





# Have Team Building Games... Will Travel

## 3 PERSON TRUST FALL

Submitted by Lake County 4-H

Games without props

### Required Props:

None

### Directions:

Divide up into groups of three.

This activity adds verbal communication to the stance.

Tell the group in this activity a person will fall backward and they need to know how to do this to make it safe.

There will be one faller and two catchers.

The faller and catchers have a set of statements they make.

The group needs to remember these statements for all the following activities.

Faller: My name is: \_\_\_\_\_. Can I trust you?

Catcher: Yes, (name of person). You can trust me.

Faller: Ready to fall

Catcher: Ready to Catch

Faller: falling

The Faller should stand ridged with their hands clasped, knees and body straight, falling directly backwards.

The Catchers should be in the spotter's stance ready to catch.

Every triad should do the three-person trust falls.

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2007-2008





# Have Team Building Games... Will Travel

## 8 COUNT SHAKE DOWN

Submitted by Mendocino County Coast 4-H

Games without props

### Required Props:

None

### Space Needed:

An area large enough for group to make a circle with a few feet between each person.

### Size of Group:

5 or more

### Object of Game

Energize a group by shaking arms and legs to full count of 8 and back down.

### Directions:

Group forms a circle, the leader explains to the group that they will altogether begin shaking one arm at a time (holding them over the heads) and one leg at a time to a full count of one to eight (arm, arm, leg, leg.) After they count to 8 then immediately, the group will start all over again this time counting down from eight to one.

This is repeated starting with 7 to 1, 6-1 and so forth. The group leader should start it out by being very enthusiastic, energetic and shout out the numbers.

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2007-2008





# Have Team Building Games... Will Travel

## A WHAT?

Submitted by Siskiyou County 4-H

**Games**  
Without Props

**Required Props:**  
None

### Size of Group:

Best if completed in group circles of 8-12 people.

### Directions:

Find two small objects of any variety. (e.g. shoes, pens, apple, orange)

The leader of the game starts by passing the first object the person on their right (Person A) and saying, "This is a whit."

Person A replies, "A What?"

The leader would then clarify, "A whit."

Person A then turns to the person on their right (Person A) and says, "This is a whit."

Person B replies, "A What?"

Person A, turns to Leader, and asks, "This is a What?"

Leader to Person A, "A whit!"

Person A to Person B, "A whit!"

Person B then turns to Person C, and the game continues....

This game can be confused by adding an additional object called a Watt in the opposite direction. Eventually, people are receiving and passing two words at a time...

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2007-2008





# Have Team Building Games... Will Travel

## ARE YOU REALLY LOOKING AT ME “KEEN EYES”?

Source: Michigan 4-H Volunteer & Club Development “Group-building Ideas for 4-H Clubs & Group Meetings”

Submitted by Siskiyou County 4-H

Games without props

### Required Props:

None

### Size of Group:

Two equal teams of any size.

### Directions:

Two equal teams stand facing each other several yards apart. One team is “It” and its members carefully observe the appearance of the players opposite them (e.g. the way the team opposite is dressed, their hair is combed, etc.) At a signal from the leader, the “It” team turns around. Each member of the other team changes something about their appearance (e.g. they may untie shoelaces, change the part in their hair, etc.)

When the signal is given, the “It” team turns around. Each of the “It” team members has 30 seconds to try to find out what change the player opposite has made. If he or she guesses the change correctly, a point is given to the “It” team. Teams switch and repeat the above sequence.

Give enough time for each team to complete the challenge at least three times. Did the teams become more observant with each chance? Was the group surprised with how easy/difficult this challenge was? Do you think that you really see other people and notice them for what they wear or change?

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2007-2008





# Have Team Building Games... Will Travel

## BOBSLEDDING BODIES

Games without props

### Required Props:

None

### Space Needed:

Outside or large open room.

### Size of Group:

Teams of 4-6 players

### Object of Game:

This is a team relay.

### Directions:

Form teams of 4-6 players. Teams sit in a line and wrap their legs around the person in front of them. Place masking tape about 10-15 feet away to mark the end line. On "GO", teams must only use their hands to slide their way to the end. If a team breaks apart, they must get back together before they continue.

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2007-2008







# Have Team Building Games... Will Travel

## BUMPITY, BUMP, BUMP

Games without props

### Required Props:

None

### Object of Game:

Quick reaction.

### Directions:

Stand in a circle. 1 person is in the middle. They point to someone and say either "left", "right", "me" or "you". The person they point to must say the person's name the caller asked for before they say "bumpity, bump, bump".

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2007-2008





# Have Team Building Games... Will Travel

## DUCKS AND COWS

Games without props

### Required Props:

None

### Directions:

This is a great way to divide a large group into two smaller groups. Players close their eyes while one person goes around tapping them on the shoulders designating them either a duck or a cow. On a given signal, players keep their eyes closed and must find other members of their duck or cow team by “mooing” or “quacking”.

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2007-2008





# Have Team Building Games... Will Travel

## ELBOW TAG

Submitted by Humboldt County 4-H

Games without props

**Required Props:**  
People.

### **Space Needed:**

An area big enough for the size of your group to run around, indoors or outdoors.

### **Size of Group:**

Six or more. Works well with large groups in team competitions.

### **Object of Game:** (non-competitive)

Fun! To get the group moving and pumped up.

### **Directions:**

Form as large a circle as you can while still holding hands. Have every other person pair up with the person next to them by interlocking their elbows and having their hands on their hips.

One person is designated as the chaser and another as the one being chased (cat and mouse). The chaser wants to tag the person being chased. If this happens, the roles reverse. The person being chased wants to safely get away from the chaser and not get tagged. They look for a "free" elbow of someone in the circle to lock their arm with. When this happens the person on the other side must run to prevent being tagged. (The leader can replace the teams at any time with a new team.)

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2007-2008





# Have Team Building Games... Will Travel

**HA HA HA**

Submitted by Mendocino County 4-H

**Games without props**

**Required Props:**

None

**Directions:**

Have everyone lie in a circle with each other's head on each other's stomach. On "go", the first person will shout "HA" and then it will be repeated one by one clock-wise around the circle (When you do this everyone's heads will bound up and down on the persons Stomach). Then you shout two HA HA's and go around. Continue doing this and increase the number of "HA HA's". See if you can get up to 10 HA HA's without everyone going bananas laughing!

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2007-2008





# Have Team Building Games... Will Travel

## HAND SLAP GAME

Submitted by Humboldt County 4-H

Games without props

### Required Props:

Any large flat surface (table or floor)

### Space Needed:

A large area with enough room for everyone who plays to either sit, stand, or lay down.

### Size of Group:

Five players and up.

### Object of Game:

The object of the Game is to be the last person with both or one hand in the circle.

### Directions:

Everyone is sitting, standing, or laying down in a circle. Everyone places their hands in front of them (on a flat surface), palms down. Each person places their right hand across the left hand of the person sitting to their right. To begin, a direction (counterclockwise or clockwise) is chosen, plus a hand to begin. Play occurs by each hand in the circle slapping in turn in the order the hands fall. At anytime during the rotation, a person can:

**Double Slap:** means the direction of rotation shall reverse.

**Fist Slam:** means skip the next hand.

Any player who slaps out of turn must remove that hand from the circle and any player who fails to slap on their turn, must remove the hand that should have slapped. The last person with a hand in the circle wins.

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2007-2008





# Have Team Building Games... Will Travel

## HUMAN KNOT

Submitted by Mendocino County Coast 4-H

Games without props

### Required Props:

None

### Space Needed:

An area large enough for group to make a circle standing about 6 inches apart.

### Size of Group:

6 or more but activity can be done with just 5.

### Object of Game

Group gets tangled up holding each other's hands then work together to get untangled.

### Directions:

The group makes a circle and everyone closes eyes, then extends arms into the circle. As the members touch hands they should then hold the hand of that person. Once you are holding both hands with another person say "okay" or some other agreed upon cue.

After everyone has made contact they all open their eyes then attempt to untangle their human knot without letting go of each other.

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2007-2008





# Have Team Building Games... Will Travel

## JOHNNY WENT TO SLEEP

Submitted by Del Norte County 4-H

Games without props

### Required Props:

None

### Space Needed:

An area big enough for the size of your group to form a circle.

### Size of Group:

Six or more.

### Object of Game:

To get the group to bonded as a team.

### Directions:

1. Everyone stands in a circle. The first player begins by saying "Johnny went to sleep.:" The rest of the group answers "How did Johnny go to sleep?" The leader then says "Johnny went to sleep like this, like this," repeating a small gesture such as nodding the head or twisting the wrist. The rest of the group mimics the gesture and answers "Like this, like this."

2. The entire group continues to repeat the gesture as the next player in line says "Johnny went to sleep," and the other respond as before. The second player adds another gesture to the first, so that now there are two movements to keep going.

3. The game continues around the circle, each player adding a gesture.

4. By the end of the game, the entire group should be a foot-wiggling, eye-blinking, head shaking, nose-twitching mess. Try to add as many gestures as possible before the game totally falls apart. Since it is difficult to do more than ten gestures at once, you may not get to everyone in the group, but the challenge is to see how far you do get. Start off slowly with small things, such as toes and fingers, and work up to the bigger things, such as arms and legs. But whatever happens, don't get too shook up!

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2007-2008





# Have Team Building Games... Will Travel

## KEEP STANDING

Submitted by Mendocino County 4-H

Games without props

### Required Props:

None

### Directions:

Someone is IT. They say “keep standing is” , (and they choose a category: Blue socks or Likes cookies, etc...) They continue each time being more specific until there’s only one person left standing.

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2007-2008







# Have Team Building Games... Will Travel

## LIFELINE

Submitted by Mendocino County Coast 4-H

Source: Team-Building Activities for Every Group by Alanna Jones.

**Games without props**

### Required Props:

None— can use personal items of clothing or random items found on location

### Space Needed:

Large open room or large outdoor playground or grassy area.

### Size of Group:

5 or more

### Object of Game

A group of people work together to problem-solve and to be resourceful when given a challenging task.

### Directions:

Create an area that is to be a “fast-moving river” by marking off an area on the ground at least twenty feet across (make it a bigger distance for larger groups). Ask for one or two volunteers from the group to go to the other side of the “river.” Once the team members are across the river, tell the rest of the group that their friends have become stranded on the far side of the river after their boat tipped over, and the group on the far side of the river after their boat tipped over, and the group must create a lifeline so that they can pull their comrades to safety.

The group must make a chain of items that are tied together out of anything they can find (clothes, shoelaces, tree branches, etc). Once the group makes a chain, they must be able to hold onto one end and throw the other end to their stranded teammates. The lifeline must make it all the way to the other side when thrown. If it goes into the river it must be reeled in and thrown again.

Once the lifeline reaches the other side, the teammates may be pulled to safety one at a time.

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2007-2008





# Have Team Building Games... Will Travel

## MINGLE, MINGLE

Games without props

### Required Props:

None

### Object of Game:

Get to know people in chaos.

### Directions:

Have group mingle around dancing and singing, "Mingle, mingle, mingle!" Then, shout out a category (favorite color). Everyone must as quickly as possible get in a group with everyone else who has the same answer.

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2007-2008





# Have Team Building Games... Will Travel

## OCTOPUS TAG

Source: Camp Adventure—University of Northern Iowa

Games without props

### Required Props:

None

### Space Needed:

Facility Gym/Outside

### Size of Group:

8—30 people, Ages 6 and up.

### Object of Game:

### Directions:

Everyone lines up at one end of the playing area. One person is the octopus. Standing in the middle, the octopus says: “Fishy, Fishy, come into my ocean.” The remaining players (the fish) run to the other end of the gym, avoiding being tagged by the octopus. If tagged, they sit down where they are tagged. If not tagged, they run in the opposite direction when the octopus calls. Tagged fish become tentacle and stay stationary except for their arms which they use to tag fish. When all but one fish is caught, that fish becomes the new octopus.

### Rules

Fish must run as soon as the octopus calls them

May also skip, etc.

### Safety

Players may not leap over the tentacles. Tentacles need to be careful not to trip the fish.

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2007-2008





# Have Team Building Games... Will Travel

## OH DEER

Submitted by Mendocino County 4-H

**Games without props**

### Required Props:

None

### Directions:

1. Place two parallel lines on the floor or ground, ten to twenty feet apart.
2. Count group off in fours (1,2,3,4,1,2....)
3. Ones become deer, the others are needs of the deer, which are three: food, water and shelter
4. Show the groups what the symbols are for each of the needs, which include: holding hands over head for shelter, holding hands on stomach for food and holding hands on mouth for water.
5. The groups (both deer and needs) turn their backs to each other and pick a need by placing hands in one of the three positions.
6. At your signal (count of three), both groups turn towards each other holding their signs clearly.
7. The deer must then run to "need" that is holding the same sign. Each need may only have one deer.
8. Any deer who find the "need" they are searching for, then stakes the "food", "shelter" or "water" back to their side of the lines. Those needs then become deer as well, as deer are able to reproduce if they find what they need. Any deer who does not find that they are looking for, dies and becomes part of the habitat, or stays on the need side on the line.

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2007-2008





# Have Team Building Games... Will Travel

## PAIR OF THINGS

Submitted by Placer County 4-H

Games without props

### Required Props:

None

### Space Needed:

Open area

### Object of Game:

The point of the game is to reunite partners.

### Directions:

Divide the group into pairs. Each pair decides on a pair of things to be. (for example)

- Hearts & flowers
- Bow & Arrow
- Cloak & Dagger
- Milk & Honey
- Sweet & Sour
- Nuts & Bolts

One partner picks one of the pair of things while the other partner picks the other one.

Players scatter around the playground. All players close their eyes and shout the name of whatever their partner picked. It's hard to distinguish one call from another while everyone is shouting. Occasionally, two pairs will select the same things to shout, which results in some mismatched matches. The game ends when all pairs have been matched and the last players open their eyes.

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2007-2008





# Have Team Building Games... Will Travel

## PRETZEL GAME

Submitted by Placer County 4-H

Games without props

### Required Props:

None

### Directions:

One player leaves the room. The others join hands in a circle, and without letting go, form themselves into a complicated twisted mass of bodies. This is done by maneuvering about, raising arms, ducking under, lifting feet over joined hands, and climbing over or under each other. The players are drawn closer together until they become a tight knot with heads, arms and feet protruding in different directions. The player outside returns and tries to unravel the human pretzel. He tries to return it to the circle shape without loosening any of the players' hands. This may be performed as a competitive race between two teams.

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2007-2008





# Have Team Building Games... Will Travel

## PULSE

### Games without props

**Required Props:**  
None

There is something exciting about an activity that requires absolutely no equipment, and can easily keep a group busy for 20 minutes or more.

You'll need a suitable table and chairs for pulse. There are variations however that can be played by slapping hands on neighboring players knees, or even on the floor.

Begin by having each player place their right hand palm down in front of the person on their right. Next have everyone place their left hand palm down, in front of the person on their left, crossing over the right hand in front of them. You'll now have a series of crossed arms going completely around the table.

As the leader, first demonstrate that a pulse is just a slap with the hand, that keeps the wrist of the player in contact with the table, somewhat like a hinge.

Begin by passing the pulse to the right around the group. The leader demonstrates this move, and the next hand (not the next person) to the right goes next. Continue this motion until the pulse is passed completely around the circle and returns to the right hand of the leader. Next practice this motion by passing the pulse to the left around the circle, until it again reaches the left hand of the leader. These two practice rounds are important, and help to acquaint the group with the activity.

Next demonstrate with a quick double slap, that a double pulse reverses the direction of the pulse as it travels around the circle.

Now you are ready to play pulse in its full contact mode. Have a new leader begin the activity. Any time a hand is lifted out of turn, or someone slaps the table when it is not their turn, they must remove that hand from the table. The person removing one of their hands from the table then begins the game again with a single pulse to the right.

This activity plays quickly. It is not necessary to play to the very last hand, especially when some players have been completely eliminated. After seven or eight hands have been removed, begin a new game.

A third motion that is available is to make a quick fist with the hand, and thump the table instead of slapping it. This motion means that the pulse skips the next hand, and continues moving in the same direction. This also means that you can make up additional motions to suit the skill and needs of your group, such as a thumping a fist motion twice to reverse directions and skip the next hand.

Finally, this is one activity, however briefly, that eliminates players during the contest. Perhaps there could be a way that participants could regain a position at the table, such as every third time the pulse comes by them, they can rejoin with one hand. This would keep the game constantly changing, and include everyone, all the time. Players could even work together to regain a participant that had just lost a hand position at the table.

If you find this activity a little too confusing because of crossing arms with neighboring players, try the same motions without crossing arms.

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2007-2008





# Have Team Building Games... Will Travel

## QUESTIONS ONLY

Submitted by Mendocino County 4-H

**Games without props**

### Required Props:

None

### Object of Game:

The object of the game is to talk only in questions.

### Directions:

If you say something not in a question form, you are disqualified.

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2007-2008







# Have Team Building Games... Will Travel

## SCREAMING TOES

Games without props

### Required Props:

None

### Object of Game:

Stay in the game the longest by being quick at knowing names.

### Directions:

Stand in a circle. Everyone looks up, then looks down, and then at each other. One must look at one person and keep looking, no changing in midstream. If the person being looked at is looking at someone else, then the looker is safe. If eye contact is made, then the two race to see who says the other's name first. Whoever loses is eliminated from the circle, but can heckle from the outside to distract others still playing.

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2007-2008





# Have Team Building Games... Will Travel

## STORY STRETCH

Submitted by Lake County 4-H

**Games without props**

### Required Props:

None

### Directions:

Everyone is standing in a circle.

Explain that there is a story to tell and everyone knows a piece of it.

Begin a fabricated story (a nice one you could share with your grandmother) where you need to do actions with.

Give them 3-4 sentences and the person next to you continues the story line using lots of actions.

The idea is to bend, move around and stretch in fun ways.

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2007-2008





# Have Team Building Games... Will Travel

## SWAB THE DECK

Source: <http://ultimatecampresource.com>  
Submitted by Siskiyou County 4-H

**Games without props**

### Required Props:

None

### Size of Group:

Should have large group to play. This activity works well for mixed ages of youth and adults.

### Object of Game:

This is a memory and cooperation game.

### Directions:

There are five commands for playing this game:

Command 1: Swab the Deck! (individuals make the motion of swabbing the deck while saying "swab, swab, swab")

Command 2: Light House! (two people step together back to back with their right arms extended in front of them saying (Beep, Beep, Beep as they spin in a slow circle)

Command 3: Man over Board! (two people grab hands around a third individual who stands in the middle and calls out, "Man over board")

Command 4: row the Boat! (Four people get in a single line and pretend to be rowing a boat while saying, "Row, Row, Row..")

Command 5: Eat some Grub! (Five people get in a circle and pretend to be leaning over a table eating grub while saying, "Grub, Grub, Grub..")

The group leader will call out one of these five commands in any order. Participants work together to form the correct number of people for the command. If you are unable to make a group to complete the task then you are eliminated. The game continues until only two people are left.

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2007-2008





# Have Team Building Games... Will Travel

## TEXAS BIG FOOT

Submitted by Del Norte County 4-H

Games without props

### Required Props:

None

### Space Needed:

An area big enough for the size of your group to form a circle.

### Size of Group:

Six or more.

### Object of Game:

To get to know each other.

### Directions:

1. Ask the group to form a circle (with you included) so that everyone is holding onto partners on both sides - arms around shoulders. Then announce that this activity is extremely difficult to accomplish and that morphological cooperation is essential to success and avoidance of injury. Indicate that to accomplish the task the group has to (in their present arm-over-shoulder configuration) take three giant steps toward the center of the circle. To be successful, the final step must end with the group still intact and standing.
2. Count off the first step, then stop. Give encouragement and praise. Count the second step - no comments are necessary or useful at this point because laughter and convolution of the former circle. The final giant step invariably results in falling down by some participants or complete disfiguration of the circle; i.e., failure to achieve the announced goal.
3. Admittedly a "lightweight" activity, but a nice tone-setter toward sharing laughter and unselfconscious touching.

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2007-2008





# Have Team Building Games... Will Travel

## THE BIG WIND BLOWS

Source: Michigan 4-H Volunteer & Club Development  
"Group-building Ideas for 4-H Clubs & Group Meetings"

**Games without props**

### Required Props:

None

### Object of Game:

This is a get to know your neighbor game.

### Directions:

Have everyone stand in a circle with one person in the middle. Something marks the spot of each person in the circle. (Shoes work well or chairs)

The person in the middle gives a command: "The Big Wind Blows for anyone \_\_\_\_\_"> They fill in the blank with something like "wearing socks", "with birthdays in September" etc.

After the command is made, all the people who have the given characteristic must move and find a new position around the outside of the circle. The simple rules are that participants cannot stay in their own spot and they cannot go to the spot immediately beside them. The person giving the command will also try to take over a position on the outside of the circle. The person who does not get a position becomes "IT" and the process starts over.

The big wind can also blow on "everyone" in which case the entire group needs to find a new position around the circle.

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2007-2008





# Have Team Building Games... Will Travel

## THE COLOR JACUZZI GAMES

Submitted by Humboldt County 4-H

Games without props

**Required Props:**  
People

**Space Needed:**

An area big enough for the size of your group to mingle and mix.

**Size of Group:**

Six or more. Works well with large groups.

**Object of Game:** (non-competitive)

To get the group to quickly meet the other members and share information.

**Directions:**

Have all the people walk around and mingle. Then ask them to find a partner. Once they have a partner you read off one of the colors and what it stands for. With this in mind, have them answer (what they can disclose in public) about the connected question with their partner. Only allow a short time. You can tell by watching when both people have had time to answer and when teams are done. Then you can either have them mingle again and choose a new partner or ask a person to bravely share their answer with the whole group. The amount of time can be increased by sharing or decreased by using fewer colors.

Red – is the color of a stop light & stop sign and things that turn off. Tell your partner what is something that is a real “turn-off” to them.

Orange – is a motivational color. Tell your partner what motivates you!

Yellow - is the color of inspiration and creativity. Share with your partner what was the best idea that you've had or at least one of your good ideas!

Blue – is the “sky’s the limit” color. What is your favorite fantasy about your future.

Indigo – is an unusual color. What is the most daring thing you have ever done?

Purple – is the color of royalty. If you were ruler of the universe for a day, what is the one thing you would do?

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2007-2008





# Have Team Building Games... Will Travel

## THE DIMINISHING LOAD PROBLEM

Submitted by Lake County 4-H

Games without props

### Required Props:

None

### Object of Game:

The object of this is to move a group or a series of groups or teams across an open field as quickly as possible.

### Directions:

The distance can vary with the strength of the group.

To cross the open area, a person must be carried.

The carrier must return and be carried him/herself.

The only person allowed to walk across the area is the last person.

If the carried person touches the ground while being transported, both members must be returned to the start.

The number of people being carried and carrying can vary with the strength and imagination of the group (i.e....one to one is not the only way).

The activity can be tried over and over again to improve time and techniques.

The emphasis can be changed from speed to efficiency.

For efficiency the group tries to move the entire group in as few trips as possible.

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2007-2008





# Have Team Building Games... Will Travel

## THE PONY GAME

Submitted by Humboldt County 4-H

Games without props

**Required Props:**  
People

### Space Needed:

A very large area. It is best if it is outside.

### Size of Group:

There should be at least 25 people. The more the better!

### Object of Game:

The object is to have fun and meet new people.

### Directions:

First, get everyone into a large circle. Make sure there is enough room for dancing in between each person. Next, have just under half the people in the circle go into the center of the circle. They will be the first group to start the game. The dance is started with the inner circle/group skipping in a counter-clockwise circle while everyone is singing, or yelling, and clapping to the following lyrics: "HERE WE GO! Ride that pony, ride around That big fat pony

HERE WE GO! Ride that pony This is how we do it!"

Following these lyrics, the people in the inner circle move to the nearest person on the outer circle. They both dance. First they dance facing each other, then facing away from each other, and then to the side of each other. The lyrics for this part of the dance are as follows:

"Front to front to front, my baby      Back to back to back, my baby,  
Side to side to side, my baby,      THIS IS HOW WE DO IT

Then the person who has received the dance proceeds to the inner circle and restarts the game.

If played indoors, play in stocking feet to make smashed feet less of a problem.

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2007-2008







# Have Team Building Games... Will Travel

## UP JENKINS

Games without props

### Required Props:

None

We've been told that Up Jenkins was played as far back as the American Civil War. It is not that we doubt it, we just have no way to prove it!

For those times when you find your group sitting around a rectangular table, here is a fun activity to pass the time. Let's imagine that you have a total of eight people in your group. Four people, Team A, are seated on one of the long sides of the table, and four people, Team B, are seated on the other. Team A begins with a coin, such as an American quarter, or a British pound, or a Canadian two-dollar coin (games can be so international). They place their hands below the table, and begin passing the coin up and down their line of players, so that Team B cannot see who has the coin. At some point in the passing, Team B say, "Up Jenkins," as which point all of Team A simultaneously lifts their arms up, with hands closed tightly into fists, and places their elbows on the table. On the count of three, all the members of Team A. slam their hands down on the table with hands open, palms down, finger together. If their technique is good, it will be hard for Team B to tell who has the coin. Team B now begins choosing hands based on where they think the coin is. Each guess counts as a point. Team B keeps guessing until they find the coin. It is not uncommon for the coin to be under the very last hand chosen. Team A now gives the coin to Team B, and the fun begins all over .

Another version of Up Jenkins is called Slammers and Creepers. After the opposite team has called Up Jenkins as mentioned above, they can also call for slammers, or they can call for creepers. If they call for slammers, the opposite team slams down their hands, just as they did in the above version. If however, they call for creepers, the opposite team must slowly lower their hands to the table, keeping their fists closed, until they touch the table. Now they must slowly open their fingers until their hands are completely open, fingers together, palms down on the table. It is usually somewhere in this slow creeping motion that the coin makes a loud entrance, but some players become masters, and even in creepers mode, can conceal the coin successfully.

Although it is easy to keep score In this game, it is far more fun just to see how many guesses it takes during each round to find the coin. You can even reverse this game and try to make the last hand the one with the coin.

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# Have Team Building Games... Will Travel

## WORD OR SOUND BALL CATCH

Submitted by Mendocino County Coast 4-H

Source: *Impromptu Workshops* by Doug Nunn

**Games without props**

### Required Props:

None

### Space Needed:

Large open room or large outdoor playground or grassy area.

### Size of Group:

6 to 15

### Object of Game

Circle of people get acquainted by tossing a word or a sound from one person to another.

### Directions:

The group forms a circle; the leader begins by throwing a word of their choice (or a sound) to another person, then that person catches the word, repeats it then throws or tosses a new word/sound (the first one that comes into their mind) to a new person. It is important that the word or sound is accompanied by a strong hand gesture of tossing or throwing and to be vocally loud and expressive.

The game continues in a random fashion until all members have had several chances to throw and receive a word or sound. The first round should just be either a word or just a sound. It is usually easier to do the word format first.

After tossing and catching words do a round with just sounds.

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# Have Team Building Games... Will Travel

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# Have Team Building Games... Will Travel

## BACH

Submitted by Siskiyou County 4-H

**Skit**

### Required Props:

None

Two of the people are standing pretending to play a violin.

Larry and Bubba mosey up and one of them says "Whatcha doin'?"

Person playing the violin says "We are playing the violin"

Larry: "Whatcha playin'?"

Bubba: "Howdy do dah day!"

Violinist: "We are playing Mozart"

Bubba: "Neva' herd o' him"

Violinist: "Here is another piece"

Larry: "What's that?"

Violinist: "That is Beethoven"

Bubba: "Neva' heard o' him neither"

Violinist: "Here's another"

Larry: "What's that?"

Violinist: "That's Bach"

Bubba: "We've heard of bak, we hear that one all the time on the farm!"

Then Larry and Bubba start running around screaming "Bak! Bak!" like chickens

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# Have Team Building Games... Will Travel

## CHICKEN FARMER

Submitted by Siskiyou County 4-H

**Skit**

### Required Props:

None

The skit starts out, with 3(or 4) campers in a line and another camper (playing the hatchery owner) over on the other side of the stage.

The first camper (playing the farmer) in the line pretends to start a truck, and the whole group “drives” over to the hatchery owner.

When they get there, the Farmer gets out of the truck, and walks over to the owner while the other campers (playing the crew) stay in the truck.

The farmer and owner greet, and the farmer announces that he would like to buy 4 dozen chickens, the owner says alright, and they agree upon a price. Upon agreeing on the price, the two spit in their hands and shake.

The farmer then turns to his truck, and shouts, “Hey you guys, get on outta that truck and’ load up these here chickens!” (note: for a good laugh, the farmer can slur all of the words together, so almost nobody can understand him.)

The Crew gets out, and they load up the chickens. While the chickens are being loaded, the farmer and the owner can chat about the weather.

Once all of the chickens are loaded, the farmer gets back in his truck, and he and the crew all drive back to the Farm. Narrator comes onto stage and announces: “One week later” then the cast repeats the process 2 more times....

On the third time through, farmer announces that he would like to buy 5 dozen chickens. The owner whistles, and says, “man, you must have a pretty good sized farm going on now.”

The farmer then replies, “Well, I really can’t tell yet, but I think I’m either planting them too deep, or too far apart.”

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# Have Team Building Games... Will Travel

## EMPIRE STATE BUILDING REPORTER

Submitted by Mendocino County 4-H

## Skit

### Required Props:

News hat with paper on the label  
Any other hats or equipment needed to represent the occupation the player is portraying.

(News Reporter) The reporter walks out on the stage and tell the audience: "I am on top of the Empire State Building and I do not have anything to write about. I think I will jump", *Bends knees and swing arms and goes "One, Two"*.

(Simmer Camp Counselor) Another person runs in and says "Stop, don't jump!" The person then asked the reported, "Why are you going to jump?"

(News Reporter) "I am a new reporter and I don't have anything to write about!"

(Simmer Camp Counselor) "I am a Summer Camp Counselor and all of my 4-H campers have run away. I think I will jump with you!" *The two people begin by bending their knees and saying in unison, "One, Two"*

(teacher) "Stop! Don't jump!" The person then asks the reporter and summer camp counselor, "Why are you going to jump?"

(News Reporter) "I am a reporter and I don't have anything tow rite about."

(Simmer Camp Counselor) "I am a summer camp counselor and all of my 4-H campers have run away!"

(Teacher) Well, I am a teacher and all of my students did not show up for class. I think I will jump with you. *The three then bend their knees and swing their arms back and forth and say, "One, Two"*

Add as many people and occupations as you want until you have involved all of your players. The last player will state whey they are going to jump and everyone jumps together on "Three" except the reporter. When all of the players have fallen to the ground, the reporter says...

(News Reporter0 "Now I have something tow rite about".

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# Have Team Building Games... Will Travel

## FASHION FOLLIES

Submitted by Lake County 4-H

**Skit**

**Required Props:**  
Costumes

### Action:

A crazy fashion show always makes a great skit if it's done with a little creativity.

The following ideas work great when you set up the stage for a fashion show; with a good announcer to describe the fashions and good "fashion models" who try to walk and wiggle like real models, the result can be really fun.

Use these or think of some of your own:

1. Sack Dress—a dress made of a paper sack or feed sack.
2. Dinner Dress—a dress with menus, napkins, salt and pepper shakers, plates, food, and so on.
3. Spring Flowered Dress—dress with real flowers and springs all over it. Purse can be a bucket with fertilizer and tools.
4. Multicolored Skirt and Scatter-Pin Sweater - skirt with crayons and coloring book pictures all over it; sweater with dozens of safety pins or ball -point pens all over it.
5. TV Jacket - robe with TV Guides and antennas all over it.
6. Brushed Denim Jacket - denim jacket with brushes sewn onto it.
7. Popcorn Weave Sweater - sweater with popcorn attached.
8. Checkered Skirt/Pants - skirt/pants with plastic checkers sewn on it.
9. Pancake Make-Up - real pancakes taped to one's checks.
10. Lipstick -wax lips on a big stick
11. Handbag - make an outline of a hand, and place it on a purse.
12. Straw Hat -attach drinking straws to a hat.

(Minnesota 4-H Camp Counselor Handbook Revised 2001)

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2007-2008







# Have Team Building Games... Will Travel

## GETTING READY FOR SCHOOL

Submitted by Lake County 4-H

Source: Minnesota 4-H Camp Counselor Handbook Revised 2001

# Skit

### Required Props:

Large Shirt, Sheet

### Size of Group:

2 people or several couples and a Narrator

### **Set up:**

One person sits behind a table.

The other stands behind.

The person in front wears a large shirt backwards, fastened out the neck.

The persons behind reaches around the front person into the arms of the shirt, becoming the "hands."

The person behind can be covered by a drape or two assistants can hold up a sheet as a backdrop behind the head of the person in front so only the arms can be seen.

### **Action:**

The narrator describes all the chores that must be done in the morning before going off to school and gives instructions to the hands.

The "hands" pour breakfast cereal and begin eating; brush their teeth, wash their face; comb their hair, apply make up, etc.

Since the person doing all the work cannot see the face, this can become very funny.

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# Have Team Building Games... Will Travel

## HAIRY HAMBURGERS

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

None

A man sits down in a restaurant and orders a hamburger. The man starts eating his hamburger and finds a hair in it: complains to the waiter and another one is brought out. The second hamburger has a hair in it and is taken back. The third hamburger also has a hair in it. The man gets upset and demands to see the cook. The cook comes out and the man asks him how he makes his hamburgers. The cook says that all he does is roll the meat and demonstrates making patties by placing the meat under his arm and squeezes.

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2007-2008





# Have Team Building Games... Will Travel

## IMPROMPTU DIALOG FOR TWO

Submitted by Mendocino County Coast 4-H

**Skit**

### Required Props:

None

### Space Needed:

A quiet room, classroom, or outdoor space

### Size of Group:

4 or more

### Object of Game

To create a short improv skit, on the spot, that encourages imagination, self confidence and acting out.

### Directions:

Two people in the group volunteer to start; the others in the group provides the following for their skit:

1. Location
2. Situation
3. Relationship (mother/daughter, customer/ clerk, teacher/student, grandparent/ grandchild, etc.
4. Word or three words (the word can be a noun, proper noun, or a verb)

The group tells the pair which role each one will play in the skit. The pair then begins the skit by using just the one word to develop the scenario. They should be encouraged to use vocal variety, gestures, body language and to be as creative as possible. The skit continues until the group leader feels they have reached a point of completion. Usually this works best with no more than one minute or even shorter.

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# Have Team Building Games... Will Travel

## INVISIBLE BENCH

Submitted by Mendocino County Coast 4-H

**Skit**

### Required Props:

None

Camper 1: is on the invisible bench already.

Camper 2: (walks up to Camper 1) "What ya doin?"

Camper 1: "Sitting on this here invisible bench."

Camper 2: "Can I join you?"

Camper 1: "Sure!"

Repeat until all but one of the Campers are sitting on the invisible bench.

Counselor: "What are you doing?"

Camper 1: "Sitting on this invisible bench."

Counselor: "How can you? I moved it over there yesterday! (pointing somewhere else.)"

All the campers sitting fall down.

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# Have Team Building Games... Will Travel

## MONOLOG RANT

## Skit

### Required Props:

One chair but can be done without it.

### Requirements

1. Ask for three to four actors and one director (the first director should be a leader or someone familiar with the activity).
2. The rest of the group will be the audience.
3. Hand signals for the director to be explained before they begin.
  - Pointing means to talk
  - A hand held palm up means to stop
  - Motion with hand moving upward means to talk louder
  - Motion with hand moving downward means to talk softer
  - Both hands sweeping together and outward means for everyone to stop talking

### Instructions

- Ask the group to suggest a topic to be discussed. It is helpful if it is something that just about everyone would have an opinion about and talk about freely such as bubble gum, Halloween, swimming, shopping, eating ice cream, etc.
- The actors stand at the front of rest of the group as if they were on stage with the director a few feet back and facing them.
- The director begins by pointing or signaling to one person to start talking about the chosen subject. What they talk about is up to them— it is all impromptu and can be personal or impersonal.
- It is entirely up to the director to decide how long the first person talks. Then the director uses the hand signal to stop the first person and points to another person to talk. This is random and the director should give everyone a chance to rant before pointing to someone that has already spoken but that is up to the director.
- THE KEY for the actors is this- they need to start speaking exactly where they left off when they were stopped and continue using the same story line. Also, the actors should not blend their story in with another story, because this is a monolog!
- The group needs to pay attention to the director who will decide if he wants more or less volume or if he would like to have 2 or more people talk at the same time or to have all of them ranting away at different volumes. It is fun to have some of the actors talking very loud and another one very soft.
- After a few minutes the director will get a sense of when it is time to wind it down (after crescendos, group rants, etc.) The director brings the monolog rant to an end by having one actor speaking and then listen for a good point to stop.
- Start over with a set of new volunteers and pick a new topic to discuss.

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# Have Team Building Games... Will Travel

## PAPER BAG SKIT

### Skit

#### Required Props:

None

One of the best rainy day activities we have ever seen was presented by Jayne Roth, a 4-H Extension Agent in northwest Ohio. Jayne probably has as many rooms in her house filled with boxes of programming materials as Barry Jolliff and Jim Cain put together, and that would be quite a bit.

Anyway, paper bag skits involve a little preparation. Namely, filling several paper bags with a variety of cool and colorful items, such as: big sunglasses, funny hats, party supplies, string, construction paper, tape, tennis balls, a rubber chicken, stuffed animals, magazines, kitchen utensils, and more.

The object is to create a skit, song, television commercial or story using all the props including the bag. Providing a wide variety of objects helps create a wide variety of skits. If you desire, you can use props with a nautical theme, or a tropical theme, or an arctic theme, or a desert theme, or a carnival theme, or a beach theme.....

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2007-2008





# Have Team Building Games... Will Travel

## MOTORCYCLE GANG

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

2 campers

3-5 Motorcycle gang members

Bench

Two campers make a camp on the stage. One gets the bench, and one gets the ground. They lay down and "sleep." The motorcycle gang comes onto the stage and "roughs up" the camper on the ground. The gang exits the stage and the camper on the ground wakes up the camper on the bench. He says, "I was attached!" etc.

They go back to sleep and the gang comes one or two more times, and again the camper on the ground wakes up the camper on the bench. The campers switch places and go back to sleep.

The motorcycle gang comes back and just before they begin to mess with the camper on the ground, the leaders says, "Wait! Let's get the guy on the bench this time!" and "rough up" the camper on the bench.

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2007-2008





# Have Team Building Games... Will Travel

## MOVIE THEATER SKIT

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

2 people to be the dating boy and girl  
3 to be extras (or more depends on room)

Log or maybe some chairs, cup and bag

The couple is going to a movie and they are buying popcorn and pop and stuff and hurrying to their movie (they're running late).

When they get inside the theater, the only two available seats are apart from each other. So they sit on opposite ends of the 3 folds already seated.

The boy has the pop and the girl has the popcorn. The boy asks the person next to him to ask her for the popcorn. They do it and she passes the popcorn. As it is coming back from the boy everyone takes some popcorn and then when it gets to the boy there is no more. (repeat with pop).

While passing anything in both directions the people are looking at each other (oddly, shrugging their shoulders not sure what they are doing)

Next pass a candy bar, with each person taking a bite.

Next pass a hug, the other direction pass a kiss (on the cheek)

After time passes, the girl gets up and leaves with the person next to her, and everyone else slowly leaves with the last guy leaving with "his new friend".

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2007-2008







# Have Team Building Games... Will Travel

## QUICK DRAW

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

2 people  
2 fake pistols

A person goes into an arcade. Once inside they see a "Robotic Cowboy"

Person: Walks up and puts a quarter into the robot.

Quick Draw: Standing still and looking like a turned off robot, comes to life when the quarter is inserted. "Howdy, y'all! My name's QUICK DRAW. And if you can beat me, yous perdy good. I'll count to three, I'll throw you a gun and we's draw".

Person: Backs up a little.

Quick Draw: Counts to three, tosses the pistol and shoots the player while the gun is in the air> (Cheats in other words).

Player not wanting to loose, plays again.

Quick Draw: Repeats the rules, but comes up with a different way to cheat.. i.e. doesn't toss the pistol etc. (Be creative, come up with other ways to cheat)

After the 4th try the player leaves.

Quick Draw: Takes out the quarters and says quite loud. Hey Jimmy! We really got those suckers today! Or something like that, then leaves the stage.

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2007-2008





# Have Team Building Games... Will Travel

## SNAKE BITE

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

2 hikers

1 Doctor

Something to identify the Doctor.

Two friends are hiking in the woods.

Hiker 1: Walking behind Hiker 2, goes down on the ground, grabbing his thigh and screaming in pain

Hiker 2: Turns around and asks, "What is wrong?"

Hiker 1: "I've been bitten by a snake, you need to run to town and get the doctor."

Hiker 2: Runs to get help. Usually around the cap fire or one end of the stage to the other.

Hiker 2: Finds the doctor and says, "Doctor, my friend has been bitten by a snake."

Doctor: "What color was the snake?"

Hiker 2: "Don't know, I'll go check" (runs around the stage or camp until he gets back to his buddy.

Hiker 1: Looking ill, gives some weird colors, such as magenta with a touch of green, etc.

Hiker 2: runs back to the doctor and gives the information. Plus adds a little extra himself.

Repeat this tow more times, with the doctor wanting to know things like; length or eye color. After each time hiker #2 runs all over the place. Each time he see's hiker #1, he should be looking worse.

Doctor: "Looks like the snake is poisonous and you are going to have to suck the poison out."

Hiker 2: Runs back to his buddy.

Hiker 2: "Tell me where the snake bit you.:

Hiker 1: Points to his butt and says, "Tell me what did the doctor say."

Hiker 2: There should be a little pause here, then say slowly. "The doctor says you are going to die."

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2007-2008





# Have Team Building Games... Will Travel

## STRANDED IN THE DESERT

Submitted by Lake County 4-H

**Skit**

### Required Props:

3 or more stranded people

1 person : a genie

### Action:

A thirsty group trudges through the desert.  
They complain of their thirst and mourn that they will never reach water.  
Suddenly one finds a magic lamp in the sand.  
He rubs the lamp and a genie appears. The genie grants each of them one wish.  
The first says, "I wish I were back home eating dinner!"  
He whirls off stage en route back home.  
They are all excited now and clamor for a turn; "Wow! It really works!"  
The second wishes to be home watching her favorite TV show.  
She whirls offstage too.  
(Repeat this until all of the stranded people except one have been whisked away.)

### Ending:

The last stranded person is left alone in the desert.  
He looks around, sits down, and says how lonely he is now that his friends are gone.  
He wishes they were all back with him.  
The escaped friends will back in from off stage.  
All look at the last wisher, realized what he has done, and chase him offstage in a rage.  
(Minnesota 4-H Camp Counselor Handbook Revised 2001)

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2007-2008





# Have Team Building Games... Will Travel

## THE ART SHOW

Submitted by Lake County 4-H

Source: Minnesota 4-H Camp Counselor Handbook Revised 2001

# Skit

### Required Props:

4 or more people, Paintings  
Raincoats or overcoats for all,  
participants. Coat hanger, Hat.

### Action:

Have pictures of painting hung on a wall at different heights.

Have several kids file by the pictures, stopping at each one to look for a moment or to comment to someone about the pictures.

All should be dressed in raincoats or overcoats.

The final kid comes by with an overcoat which he holds over his head on a coat hanger.

A hat is placed over the hanger's hook.

As he reaches each picture he "adjusts his height" by raising or lowering the coat.

The effect is hysterical.

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2007-2008





# Have Team Building Games... Will Travel

## THE ENLARGING MACHINE

Submitted by Lake County 4-H

Source: Minnesota 4-H Camp Counselor Handbook Revised 2001

## Skit

### Required Props:

Large Refrigerator box

- a hole in it with dials, - knobs, - meters painted on like a computer  
Inside the box, concealed from the audience is a helper.

Handkerchief, Sheet, String, Rope, Ping-pong ball, Basketball, Baby doll

### Action:

The creator of the machine, Dr. \_\_\_\_\_, demonstrates—he throws a handkerchief into the hold and out comes a sheet;

In goes a piece of string, out comes a rope;

In goes a Ping- Pong ball, out comes a basket ball.

Applause follows each demonstration.

A lady then walks by carrying a baby (doll).

Just as she gets in front of the machine, she trips and accidentally tosses the baby into the machine.

The scientists yells “Oh, No!” and out of the machine busts the “helper” a big guy in diapers with a bottle, shouting, “Mommy!”

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2007-2008





# Have Team Building Games... Will Travel

## THE ELEVATOR RIDERS

Submitted by Siskiyou County 4-H

## Skits

### Required Props:

Stick

The elevator operator moves the stick and opens the elevator door while shouting "First Floor...Lobby"

One or two other campers enter the elevator, and the operator moves the stick to close the door. As the elevator moves from floor to floor, the passengers bounce up and down while repeating the phrase "Come on Ten."

The elevator operator stops the elevator and opens the door while shouting "Second Floor...Sporting Goods" One or two more campers enter. After the door closes, all passengers bounce up and down, repeating the phrase "Come on Ten."

This continues for each floor, and each time the passengers become more frantic and more agitated while repeating "Come on Ten"

By the time the elevator reaches the tenth floor, the car full of passengers should be almost out of control shouting "Come on Ten!"

The elevator operator opens the door, and shouts "Tenth Floor...Restrooms" All of the passengers scream with relief and run out of the elevators and off stage.

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2007-2008





# Have Team Building Games... Will Travel

## THE OPERATION

Submitted by Lake County 4-H

**Skit**

### Required Props:

Doctor , Patient, Nurse, Sheet  
A wrench, , a toilet plunger, yards of rope, etc.

### Scene:

An operating room. A patient is on a table, hidden under a sheet.

### Action:

The intern announces that the famous surgeon, Dr. \_\_\_\_\_, is about to operate.

The doctor comes on stage with much fanfare and begins to operate.

She pulls out a series of absurd items from the patient's stomach; A wrench, a toilet plunger, yards of rope, etc..

Each time the doctor exclaims, "Oh, I see the trouble now," but there is always more to pull out.

### Ending:

The doctor pulls out something very tiny and exclaims, "Oh, it was just the appendix causing all this trouble."

The doctor dumps everything else back in and sews the patient up.

### Variation:

This skit can be performed in silhouette behind a sheet, with a light source casting shadow.

In that case, the objects pulled from the stomach can be cardboard cutouts, held up before the light.

You might want to add disgusting sound effects as the doctor operates.

Try the ripping sound of a knife plunged into a cabbage, the scraping of metal on a bone, etc.

(Minnesota 4-H Camp Counselor Handbook Revised 2001)

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2007-2008





# Have Team Building Games... Will Travel

## THE REPORTER AND THE CLIFF

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

None

Reporter walks on stage and stands behind the log.

REPORTER: I haven't had a good story in ages and my boss said if I don't get one today I'm fired. I'm not going to get one, so I'm going to jump off this cliff.

Reporter sits down on the log, looking down towards the ground.

Robber walks on stage, reporter sees him and speaks to him.

REPORTER: What happened to you? You look really sad.

ROBBER: I am. I just stole millions and millions of dollars then left it on the bus I was traveling on. I'm here to jump off this cliff.

REPORTER: Sit down with me and we will do it together.

Robber sits down next to the reporter.

Basketball player walks on stage.

ROBBER: What's wrong with you? You look sad.

BASKETBALL PLAYER: I am, I just missed the basket that would have won the championship, I'm here to jump off the cliff.

REPORTER: WOW! You better sit down with us.

Basketball player sits down next to robber.

Clown walks on stage:

BASKETBALL PLAYER: What's wrong with you? You look really sad.

CLOWN: I'm not funny and today the children booed me when I was on stage. I'm here to jump off this cliff.

ROBBER: You better sit down with us here.

Clown sits next to Basketball player.

REPORTER: OK, let's all stand up and jump together.

REPORTER: On the count of three. One, two

ALL SAY TOGETHER: Three!

Everyone jumps except the reporter.

REPORTER> WOW! What a story. Three people jump off cliff. I can hardly wait to write it down.

Reporter runs off stage.

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2007-2008







# Have Team Building Games... Will Travel

## THROWING

Submitted by Mendocino County 4-H

**Skit**

### Required Props:

None

Stand in a circle and the first person “throws” an imaginary object. It can be anything. The person they throw it too must catch the item. This continues as the item is thrown around the circle.

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2007-2008





# Have Team Building Games... Will Travel

## WHERE'S MY WALLET?

Submitted by Siskiyou County 4-H

**Skit**

### Required Props:

Strong people  
wallet

Host of T.V. Show: Welcome to another episode of "Did You See That Crime?" This week's crime was committed in (City/Town). Let's take a look...

3 (or 4) Pedestrians walk down the street (stage). They pass a pedestrian going in the opposite direction. They bump into each other and exchange their sorry's and excuse me's. The lone pedestrian gets to the end of the stage and says "Where's My Wallet?"

Host: "Did you guys see where the man's wallet went? Let's take another look in slow motion.

Pedestrians back up as if being rewound. They repeat the same actions in slow motion.

Hose: "Did you see it that time?" Let's take a look in super slow motion.

Pedestrians rewind again. This time they bump into each other walking down the street in even slower motion. When they meet the group of pedestrians flips over the pedestrian traveling in opposite directions, grab him by the ankles, shake him up and down, flip him back over, collect his wallet and exchange excuse me's and sorry's and continue traveling in opposite directions.

The lone pedestrian gets to the end of the stage and says, "Where's my wallet?" very slowly.

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# Have Team Building Games... Will Travel

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If You're Happy and You Know It!.....	136		
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2007-2008







# Have Team Building Games... Will Travel

## 4-H WILL SHINE TONIGHT!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This is a great song for a 4-H meeting or event!  
It is sung to tune of "Our Boys Will Shine".*

**Required Props:**  
None

4-H will shine tonight, 4-H will shine.  
4-H will shine tonight, all down the line.  
We'll tend our sheep and goats  
We'll feed our swine.  
When the sun goes down,  
and the moon comes up,  
4-H will shine.

4-H will shine tonight, 4-H will shine.  
4-H will shine tonight, all down the line.  
We'll learn to cook and sew  
We're doing fine.  
When the sun goes down,  
and the moon comes up  
4-H will shine.

Additional verses can be made up by participants!

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# Have Team Building Games... Will Travel

## AN AUSTRIAN WENT YODELING

Submitted by Mendocino County 4-H

**Song**

**Required Props:**  
None

An Austrian went yodeling on a mountain high,  
When along came a skier, interrupting his cry!

### CHORUS:

Yo-delayyy, kee  
Yo-delayyy ki ki, you-delay ki koo (swish!)  
Yo-delayyy ki ki, you-delay ki koo (swish!)  
Yo-delayyy ki ki, you-delay ki koo (swish!)  
Yo-delayyy ki ki, yo!

### Other versus:

Banan Slug: Squishy Squishy  
Grizzly bear: grrr!  
Saint Bernard: pant, pant!  
Jersey cow: squirt, squirt!  
Pretty girl: kiss, kiss!  
Her father: hey you!  
A farmer: hey Ethel What's for dinner?

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# Have Team Building Games... Will Travel

## ANNOUNCEMENTS!

Submitted by Humboldt County 4-H

**Song**

**Description:** *For those times when the word “announcements” is mentioned, comes this spontaneous song.*

### Required Props:

None

Announcements, announcements, announcements  
A terrible death to die, a terrible death to die  
A terrible death, to be talked to death  
A terrible death to die.  
Announcements, announcements, announcements

The old gray mare she ain't what  
she used to be  
Ain't what she used to be, ain't  
what she used to be  
The old gray mare she ain't what  
she used to be  
Many long years ago

The cheese stands alone, the  
cheese stands alone  
High hoe the dairy hoe, the  
cheese stands alone  
Announcements, announcements,  
announcements

Have you ever seen a windbag, a  
windbag, a windbag  
Have you ever seen a windbag?  
Well you've seen one now

1 little, 2 little, 3 little  
announcements,  
4 little, 5 little, 6 little  
announcements,  
7 little, 8 little, 9 little  
announcements,  
10 little announcements now.

Make your speeches nice and  
short  
Nice and short, nice and short  
Make your speeches nice and  
short  
Cause we don't like them!

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# Have Team Building Games... Will Travel

## AROOSTASHA!

Submitted by Humboldt County 4-H

**Song**

**Description:** *When you are needing an action song that brings some laughs... chose this one!*

**Required Props:**  
None

Chorus:

Aroostasha Aroostasha  
Aroostasha-sha  
Aroostasha Aroostasha  
Aroostasha-sha

(repeat the following motions after song leader  
Then repeat the above chorus)

- (a) thumbs up
- (b) wrists together
- (c) elbows in
- (d) knees bent
- (e) toes in
- (f) arms out
- (g) chest out
- (h) Tongue out

Directions:

Everyone stands and sings the chorus together.  
The leader then says the words and does the action of each item on the list, one at a time . That item is kept and each succeeding motion is added until at the end you are doing ALL of the actions!  
It's hilarious!

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# Have Team Building Games... Will Travel

## BABY BUMBLE BEE

Submitted by Mendocino County 4-H

**Song**

**Required Props:**  
None

I'm bringing home my baby bumble bee  
Won't my mommy be so proud of me  
I'm bringing home my baby bumble bee  
OUCH, it stung me!

I'm squishing up my baby bumble bee  
Won't my mommy be so proud of me  
I'm squishing up my baby bumble bee  
OUCH, it's all over me!

I'm licking up my baby bumble bee  
Won't my mommy be so proud of me  
I'm licking up my baby bumble bee  
UGH! I don't feel so good!

I'm barfing up my baby bumble bee  
Won't my mommy be so proud of me  
I'm barfing up my baby bumble bee  
On, eww what a mess!

I'm sweeping up my baby bumble bee  
Won't my mommy be so proud of me  
I'm sweeping up my baby bumble bee  
Oh, my mommy wasn't so proud of me!

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2007-2008





# Have Team Building Games... Will Travel

## BAZOOKA BUBBLEGUM SONG

Submitted by Mendocino County 4-H

**Song**

**Required Props:**  
None

My momma  
She gave me a dollar  
She told me to buy a collar  
But I didn't buy no collar  
Instead I bought some bubblegum  
BAZOOKA< ZOOKA bubble gum (x2)

My momma  
She gave me a quarter  
She told me to tip the porter  
But I didn't tip no porter  
Instead I bought some bubblegum  
BAZOOKA< ZOOKA bubble gum (x2)

My momma  
She gave me a dime  
She told me to buy a lime  
But I didn't buy no lime  
Instead I bought some bubblegum  
BAZOOKA, ZOOKA bubble gum (x2)

My Momma  
She gave me a nickel  
She told me to buy a pickle  
But I didn't buy no pickle  
Instead I bought some bubblegum

My Momma  
She gave me a penny  
She told me to buy some bubblegum  
But I didn't buy no bubblegum  
Because I sick of bubblegum  
BAZOOKA, ZOOKA bubblegum (x2)

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# Have Team Building Games... Will Travel

## BICYCLE BUILT FOR TWO!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This old fashioned song has been around for years but brings smiles to old and young alike.*

**Required Props:**  
None

Daisy, daisy, give me your answer, do-  
I'm half crazy, All for the love of you –  
It won't be a stylish marriage –  
I can't afford a carriage, -  
But you'll look sweet upon the seat of  
A bicycle built for two.

Harry, Harry, here is your answer true,  
I'm NOT crazy, All for the love of you -  
If there won't be a stylish carriage  
There WON'T be any marriage  
Cuz I'll be switched, if I'll be hitched  
To a bicycle built for two.

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2007-2008





# Have Team Building Games... Will Travel

## BILL GROGANS GOAT

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

Bill Grogans Goat  
Was feeling fine  
Ate three red shirts  
Right off the line  
Bill took a stick  
Gave him a whack  
And tied him too  
The railroad track  
The whistle blew  
The train grew nye  
Bill Grogans Goat  
Was doomed to die  
He gave three groans  
Of awwwful pain  
Coughed up the shirts  
And flagged the train  
But one of those shirts  
Got caught in his throat  
And that was the end  
Of Bill Grogans Goat

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2007-2008





# Have Team Building Games... Will Travel

## BOOM, CHICKA BOOM!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This song has endless options for theatrical verses.*

**Required Props:**  
None

I said a boom!  
I said a boom chicka-boom!  
I said booma-chicka-rockachicka-  
rocka-chicka-boom!  
Uh huh!  
Oh yeah!  
One more time...

**Other Verses:**

**Underwater:**

Sing with fingers dribbling against your lips

**Loud:** As loud as you can!

**Slowly:** As slow and drawn out as possible

**Opera:** Sing in an opera voice

Tongue in Cheek

**Valley Girl:**

I said, like, boom!  
I said, like, boom chicka-boom!  
I said, like, booma-chicka, like, rockachicka,  
like, gag me with a spoon!  
Like, uh-huh!  
Like, for sure!  
Like, same thing...

**Astronaut Style:**

I said a moon.  
I said a shoot-me-to-the-moon.  
I said a shoot me blast me shoot me  
blast me shoot-me-to-the-moon...

**Janitor style:**

I said a Broom-Pusha-Broom,  
I said a Broom-Pusha-Broom,  
I said a Broom-push-a-mopa-pushamopa-  
pusha-broom

**Barn-yard Style:**

I said a moo chicka moo  
I said a moo chicka moo  
I said a moo chicka bocka chicka  
bocka chicka moo...

**Flower Style:**

I said a bloom.  
I said a bloom chica bloom.  
I said a bloom chica blossom chica  
blossom chica bloom...

**Race Car Style:**

I said a vroom.  
I said a vroom shift-a vroom.  
I said a vroom shift-a grind-a shift-a  
grind-a shift-a vroom...

**Mr. Rogers Style:**

Can you say boom?  
Can you say boom chica boom?  
Can you say boom chica rock-a chica  
rock-a chica boom?  
Can you say uh-huh?  
Can you say oh yeah?  
I knew you could!

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2007-2008





# Have Team Building Games... Will Travel

## CHIQUITA BANANA

Submitted by Mendocino County 4-H

**Song**

**Required Props:**  
None

Chiquita bananas unite

Peel bananas peel peel bananas

Peel bananas peel peel bananas

Eat bananas eat eat bananas

Eat bananas eat eat bananas

Go bananas go go bananas

Go bananas go go bananas

Chiquita bananas unite

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2007-2008





# Have Team Building Games... Will Travel

## EDELWEISS!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This is a sentimental song that sounds lovely around the campfire.*

**Required Props:**  
None

### EDELWEISS

Edelweiss, Edelweiss,  
Every morning you greet me  
Small and white, clean and bright,  
you look happy to meet me.  
Blossom of snow,  
may you bloom and grow,  
bloom and grow forever,  
Edelweiss, Edelweiss,  
bless my homeland forever.

### FAREWELL SONG

#### Tune: "Edelweiss"

Time for you to say adieu,  
Though we'll miss you we know,  
You're going on  
to things undone,  
your days ahead will just glow.  
Happy days when the love you've  
spread, fill our lives with pleasure,  
Missing you, missing you, years of joy we can treasure.

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2007-2008





# Have Team Building Games... Will Travel

## GHOST CHICKENS IN THE SKY

Submitted by Siskiyou County 4-H

**Song**

**Description:** Song Tune: "Ghost Riders in the Sky"

**Required Props:**  
None

A chicken farmer went out one dark and dreary day.  
He rested by the coop as he went along his way.  
When all at once a rotten egg hit him the eye.  
It was the sight he dreaded: Ghost Chickens in the Sky!

Chorus:  
Bok, Bok, Bok, Bok.  
Bok, Bok, Bok, Bok.  
Ghost Chickens in the Sky!

The farmer had raised chickens since he was 24,  
Workin' for the Colonel for 30 years or more,  
Killing all those chickens and sending them to fry.  
Now they want revenge...Ghost Chickens in the Sky!

Chorus

Their feet were black and shiny. Their eyes were burning red.  
They had no meat or feathers. These chickens all were dead.  
They picked the farmer up and he died by the claw.  
They cooked him extra crispy, and ate him with cole slaw.

Chorus

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2007-2008







# Have Team Building Games... Will Travel

## GRAND OL' DUKE OF YORK

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

The Grand ol' Duke of York  
He had ten thousand men  
He marched them up the hill  
And then he marched them down again

And when you're up you're up  
And when you're down you're down  
And when you're only halfway up  
You're neither up nor down.

(Stand up when you sing "up", Sit when you sing "down"  
And be halfway up for "halfway up")

Repeat the song speeding up the motions and the words.

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2007-2008





# Have Team Building Games... Will Travel

## GREY SQUIRREL

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

(Whisper) Grey Squirrel,  
Grey Squirrel,  
Shake your bushy tail!  
Grey Squirrel,  
Grey Squirrel,  
Shake your bushy tail!  
Take a peanut from your hand....  
(Shout) AND SHOVE IT UP YOUR NOSE!!!  
(Whisper) Grey Squirrel,  
Grey Squirrel,  
Shake your bushy tail!

When saying "grey squirrel: make bowing action with arms. When saying "shake your bushy tail" turn around and shake your bottom.

When saying "Take a peanut from your hand" pretend to take a peanut from your hand.

When saying "AND SHOVE IT UP YOUR NOSE!" pretend to shove the peanut up your nose.

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2007-2008





# Have Team Building Games... Will Travel

## HAD A LITTLE DOG

Submitted by Mendocino County 4-H

**Song**

**Required Props:**  
None

Had a little dog (hand make floppy dog ears)

Skinny as a rail (pinched fingers stretched apart)

He had fleas all over his tail (right hand “sprinkles” to the left arm)

Every time his tail went flop (flip left arm over)

The fleas on the bottom (“sprinkle” bottom of left arm)

All hopped on top (“sprinkle” top of left arm)

**Start low and slow, repeat going higher and faster**

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2007-2008





# Have Team Building Games... Will Travel

## HIPPO SONG

Submitted by Siskiyou County 4-H

**Song**

### Required Props:

None

What can make a hippopotamus smile?  
What can make him run for more than a mile?  
It's not a party with a paper hat  
Or a bag of candy that will make him fat.  
That's not what hippos do  
I said that's not what hippos do!

(Chorus)  
They ooze through the goose without any shoes  
They wade through the water 'till their lips turn  
blue  
That's what hippos do  
I said that's what hippos do!

What can make a hippopotamus smile?  
What can make him run for more than a mile?  
It's not a tune on the old violin  
Or listening to the sound of the whistling wind  
That's not what hippos do  
I said that's not what hippos do!

(Chorus)

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2007-2008





# Have Team Building Games... Will Travel

## HOLE IN THE BOTTOM OF THE SEA!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This song builds as it repeats all the previous parts along with the new ones.*

**Required Props:**  
None

There's a hole in the bottom of  
the sea  
There's a hole in the bottom of  
the sea  
There's a hole, there's a hole  
There's a hole in the bottom of  
the sea.

There's a log in the hole in the  
bottom of the sea  
There's a log in the hole in the  
bottom of the sea  
There's a log, there's a log  
There's a log in the hole in the  
bottom of the sea.

[Continue to expand using a  
smile, on the flea,  
on the hair, on the wart, on the  
toe, on the foot,  
on the leg, on the frog, on the  
bump, on the log  
in the hole in the bottom of the  
sea.]

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2007-2008





# Have Team Building Games... Will Travel

## I'M A LITTLE PILE OF TIN

Submitted by Lake County 4-H

**Song**

### Required Props:

None

I'm a little pile of tin, no one knows what shape I'm in.

Got four wheels and a runnin' board, I'm

A four-door, I'm a Ford.

### Chorus:

Honk honk rattle rattle rattle crash beep beep

Honk honk rattle rattle rattle crash beep beep

Honk honk rattle rattle rattle crash beep beep

Honk honk rattle rattle rattle crash beep beep

I thought I'd drive this heap to heaven, started out at half past seven.

When I found I had no breaks, rolled right past those pearly gates.

(chorus)

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2007-2008





# Have Team Building Games... Will Travel

## I'M A NUT!

Submitted by Humboldt County 4-H

**Song**

**Required Props:**  
None

I'm a little acorn round,  
Lying on the cold, cold ground,  
Somebody came and stepped on me,  
That is why I'm cracked you see,  
I'm a nut (clap clap) in a rut (clap clap) I'm crazy.  
Called myself on the telephone,  
Just to see if I was home,  
Asked myself out for a date,  
Gotta be ready by half past eight!  
I'm a nut (clap clap) in a rut, (clap clap) I'm crazy.  
Took myself to the picture show,  
Sat myself in the very first row,  
Wrapped my arms around my waist,  
Got so fresh I slapped my face!  
I'm a nut (clap clap) in a rut (clap clap) I'm crazy.  
shout hooray!

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2007-2008





# Have Team Building Games... Will Travel

## IF YOU'RE HAPPY AND YOU KNOW IT!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This song has great movement and verses can be added to fit the occasion.*

**Required Props:**  
None

If you're happy and you know it,  
clap your hands!  
If you're happy and you know it,  
clap your hands!  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
clap your hands!  
If you're happy and you know it,  
stamp your feet!  
If you're happy and you know it,  
stamp your feet!  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
stamp your feet!  
If you're happy and you know it,  
shout hooray!  
If you're happy and you know it,  
shout hooray!  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
shout hooray!

If you're happy and you know it,  
do all three!  
If you're happy and you know it,  
do all three!  
If you're happy and you know it,  
And you really want to show it,  
If you're happy and you know it,  
do all three!

(This is an optional verse, good  
when you ring a bell before  
meals, you can replace happy  
with hungry)  
If you're hungry and you know it,  
ring the bell,  
If you're hungry and you know it,  
ring the bell,  
If you're hungry and you know it,  
And you really want to show it,  
If you're hungry and you know it,  
ring the bell!

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2007-2008







# Have Team Building Games... Will Travel

## I Met A Bear

Submitted by Siskiyou County 4-H

## Songs

### Required Props:

None

The other day, I met a bear,  
A great big bear, Oh way out there.

He looked at me, I looked at him,  
He sized up me, I sized up him.

He said to me, "Why don't you run?"  
I see you ain't, Got any gun."

I says to him, "That's a good idea.  
Now legs get going, Get me out of here!"

And so I ran, Away from there,  
But right behind me, Was that bear.

In Front of me, There was a tree,

A great big tree, Oh glory be!

The lowest branch, Was ten feet up,  
So I thought I'd jump, And trust my luck.

And so I jumped, Into the air,  
But I missed that branch, A way up there.

Now don't you fret, And don't you frown,  
I caught that branch, On the way back down!

This is the end, There ain't no more,  
Unless I see, That bear once more.

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2007-2008





# Have Team Building Games... Will Travel

## JUST A BOY AND A GIRL

Submitted by Mendocino County 4-H

## Songs

### Required Props:

None

Just a boy and a girl in a little canoe (arms crossed, like rocking a baby)

With the moon shinin' all around (left palm holds right elbow, right hand swings up)

And they paddled and they paddled (paddling motion) till you couldn't even hear a sound (hand to ear).

And they talked and they talked (arms straight out, make two big claps)

Till the moon grew dim (left palm holds right elbow, right hand swings down)

Said "You'd better kiss me or get out and swim" (thumb over shoulder)

So what you gonna do in a little canoe (shrug shoulders, make canoe motion)

With the moon shinin' all a...(left palm holds right elbow, right hand swings up)

Boat floatin' all a...(both palms face down, moving slightly)

Girls/Boys swimming all around! (girls sing "Boys" boys sing "Girls" on this last line, very loudly!)

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2007-2008





# Have Team Building Games... Will Travel

## KOOKABURRA!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This song can be sung in a round too.*

**Required Props:**  
None

1 Koo-ka-bur-ra sits in an old gum tree.  
2 Merry, merry king of the bush is he,  
3 Laugh, Kookaburra, laugh Kookaburra,  
4 Gay your life must be, ha, ha, ha!

Kookaburra sits in the old gum tree,  
Eating all the gumdrops he can see,  
Stop, Kookaburra, stop, kookaburra,  
Save some there for me, ha, ha, ha!

Kookaburra sits in the old gum tree,  
Counting all the monkeys he can see,  
Stop, Kookaburra, stop, Kookaburra,  
That's not a monkey, that's me,  
ha, ha, ha!

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2007-2008





# Have Team Building Games... Will Travel

## LITTLE GREEN FROG SONG

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

Eaa Ah went the little green frog one day  
Eee Ah went the little green frog  
Eee Ah went the little green frog one day  
His eyes went Eee Ah

Honk, Honk went the big mack truck one day  
Split Splat, went the little green frog  
Little Green frog doesn't go Eee Ah any more  
'Cause he got licked up by a dog. Woof! Woof!

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2007-2008





# Have Team Building Games... Will Travel

## MAMA GOONIE BIRD

Submitted by Placer County 4-H

**Song**

### Required Props:

5 people and one main singer

Mama goonie bird  
Mama goonie bird  
five chicks and momma goonie bird  
and they cant dance and they cant sing so all they do is this  
right wing (flap your right wing)

Mama goonie bird  
five chicks and momma goonie bird  
and they cant dance and they cant sing so all they do is this  
right wing left wing (flap right and left wings)

Mama goonie bird  
Mama goonie bird  
five chicks and momma goonie bird  
and they cant dance and they cant sing so all they do is this  
right wing left wing right foot (flap wings and raise right foot)

Mama goonie bird  
Mama goonie bird  
five chicks and momma goonie bird  
and they cant dance and they cant sing so all they do is this  
right wing left wing right foot left foot (flap wing and raise left and right foot)

(continue all motions through the song,  
one person will leave the group each time)

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2007-2008





# Have Team Building Games... Will Travel

## MILK SONG

Submitted by Mendocino County 4-H

**Song**

### Required Props

None

Give me a long M  
M.....  
Give me a short m  
m.....

#### Repeat Verse:

Don't want no pop no pop  
Don't want no tea no tea  
Don't want no pop  
Don't want no tea  
Just give me milk  
Moo moo moo moo (one person sticks out thumbs  
and another pulls them as if milking a cow)  
Wisconsin milk  
Moo moo moo moo

Give me a long I  
I.....  
Give me a short I  
i.....  
(Back to Repeat Verse)  
Give me a long L  
L.....  
Give me a short I  
L.....  
(Back to Repeat Verse)  
Give me a long K  
K.....  
Give me a short k  
K.....  
(Back to Repeat Verse)  
Give me a long milk  
MILK.....  
Give me a short milk  
Milk.....  
(Back to Repeat Verse and End)

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2007-2008





# Have Team Building Games... Will Travel

## MISSISSIPPI SONG

Submitted by Mendocino County 4-H

**Song**

### Required Props

None

(two people leading song)

Hey \_\_\_\_\_

Hey what?

Are you ready?

To what?

To miss?

Miss what?

Mississippi

Well, I got my hands up high and my feet down low, I got my 1,2,3 and I'm ready to go.

I got my "M", my "I", my crooked letter, crooked letter

My "M", my "I", my butterfly my butterfly,

Jump back jump back criss-cross tough

Jump front jump front criss-cross tough

**(move right and clap to the beat)**

**Miss issippi, miss miss issippi, Miss issippi, miss miss issippi**

**(Repeat)**

**MISSISSIPPI! (after second time going down low)**

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2007-2008





# Have Team Building Games... Will Travel

## PENGUIN SONG

Submitted by Mendocino County 4-H

Song

### Required Props

None

Have you ever seen a penguin go to tea?  
If you look at me a penguin you should see  
Penguins attention penguins start (Right Arm)  
**Have you ever seen a penguin go to tea?**  
**If you look at me a penguin you should see**  
**Penguins attention penguins start (Right Arm, left arm)**

Have you ever seen a penguin go to tea?  
If you look at me a penguin you should see  
Penguins attention penguins start (Right arm, left arm, right leg)

**Have you ever seen a penguin go to tea?**  
**If you look at me a penguin you should see**  
**Penguins attention penguins tart (Right arm, left arm, right leg, left leg)**

Have you ever seen a penguin go to tea?  
If you look at me a penguin you should see

Penguins attention penguins start (Right arm, left arm, right leg, left leg, nod your head)

**Have you ever seen a penguin go to tea?**  
**If you look at me a penguin you should see**  
**Penguins attention penguins start (Right arm, left arm, right leg, left leg, nod your head, turn around)**

Have you ever seen a penguin go to tea?  
If you look at me a penguin you should see  
Penguins attention penguins HALT

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2007-2008







# Have Team Building Games... Will Travel

## PINK PAJAMAS

Submitted by Humboldt County 4-H

**Song**

**Description:** *This song is sung to the tune of the "Battle Hymn of the Republic".*

**Required Props:**  
None

I wear my pink pajamas I  
in the summer when it's hot  
and I wear my flannel nighty  
In the winter when it's not  
and sometimes in the springtime  
and sometimes in the fall  
I jump between the sheets with  
nothing on at all.

Glory, glory what's it to you  
Glory, glory what's it to you  
Glory, glory what's it to you  
If I jump between the sheets  
With nothing on at all.

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2007-2008





# Have Team Building Games... Will Travel

## SQUEGIE HUNT

Submitted by Placer County 4-H

**Song**

### Required Props

None

This is a repeat after me song

I'm going on a squegie hunt  
gonna catch a big one (hand motion for big)  
I'm not afraid (point a your self)

What's that up ahead? (put hand on head like looking for some thing)  
Its a field of grass got to walk through it (lift legs up high and pretend to walk)

I'm going on a swuegie hunt  
gonna catch a big one (hand motion for big)  
I'm not afraid (point a your self)

What's that up ahead? (put hand on head like looking for some thing)  
Its a lake got to swim through it (pretend to swim)

I'm going on a squegie hunt  
gonna catch a big one (hand motion for big)  
I'm not afraid (point a your self)

What's that up ahead? (put hand on head like looking for some thing)  
its a tree got to climb it (pretend to climb a tree)

I'm going on a squegie hunt  
gonna catch a big one (hand motion for big)  
I'm not afraid (point a your self)

What's that up ahead? (put hand on head like looking for some thing)  
its a cave got to run through it (pretend to run)

I'm going on a squegie hunt  
gonna catch a big one (hand motion for big)  
I'm not afraid (point a your self)

What's that up ahead? (put hand on head like looking for some thing)  
SQUIGIE!!!! AAAAAAA  
Got to run back home  
run through the cave (pretend to run)  
climb back down the tree (pretend to climb a tree)  
swim through the lake (pretend to swim)  
walk through the field of grass (lift legs up high and pretend to walk)  
Awh were home

I was never afraid (point a your self)

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2007-2008





# Have Team Building Games... Will Travel

## SQUIRTY ORANGE

Submitted by Siskiyou County 4-H

**Song**

### Required Props:

None

Oh I wish I was a little squirty orange  
(squirty orange)  
Oh I wish I was a little squirty orange  
(squirty orange)  
I'd go squirty, squirty over everybody's shirty  
Oh I wish I was a little squirty orange  
(squirty orange)

Oh I wish I was a little bar of soap  
(bar of soap)  
Oh I wish I was a little bar of soap  
(bar of soap)  
I'd go slippy, slippy over everybody's heiny,  
Oh I wish I was little bar of soap.  
(bar of soap)

Oh I wish I was a little sip of coke  
(sip of coke)  
Oh I wish I was a little sip of coke  
(sip of coke)  
I'd go down with a slurp and up with a burp  
Oh I wish I was a little sip of coke  
(sip of coke)

Oh I wish I was a little mosquito  
(mosquito)  
Oh I wish I was a little mosquito  
(mosquito)  
I'd go bitey, bitey under everbody's nighty  
Oh I wish I was a little mosquito  
(mosquito)

Oh I wish I was a fishy in a well  
(in a well)  
Oh I wish I was a fishy in a well  
(in a well)  
I'd go scooty, scooty, without even my swimsuity  
Oh I wish I was a fishy in a well  
(in a well)

Oh I wish I was a little tweety bird  
(tweety bird)  
Oh I wish I was a little tweety bird  
(tweety bird)  
I'd sit up on my steeple, and doo-doo on the people  
Oh I wish I was a little tweety bird  
(tweety bird)

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2007-2008





# Have Team Building Games... Will Travel

## SWIMMING

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

Swimming, swimming (swim motion),  
in a swimming  
Pool (make a square)  
Some days are hot (fan yourself),  
some days are cold (shiver),  
in the swimming Pool  
Breast stroke (breast stroke motion),  
Side stroke (side stroke motion),  
Fancy diving too (diving motion)  
Now don't you wish you never had anything else to do?  
(repeat song again but a little faster)

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2007-2008





# Have Team Building Games... Will Travel

## THE BEAR SONG!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This is a fun repeat back song.*  
(Audience repeats each short line after the leader, then everyone sings the whole verse together.)

The other day, (repeat back)  
I met a bear,  
Out in the woods,  
A way out there. [Point]

**Everyone:** The other day, I met a bear.  
Out in the woods, away out there.

He looked at me,  
I looked at him,  
He sized up me,  
I sized up him.  
**Everyone:** He looked at me,  
I looked at him.  
He sized up me,  
I sized up him.

He says to me,  
'Why don't you run?'  
I see you ain't,  
Got any gun.'  
**Everyone:** He said to me,  
'Why don't you run?'  
I see you ain't got any gun.'

I says to him,  
'That's a good idea.'

'Now legs get going,  
get me out of here!'

And so I ran,  
Away from there,  
But right behind,  
Me was that bear.  
**Everyone:** And so I ran  
Right out of there,  
But right behind,  
Me was that bear.

Ahead of me,  
There was a tree,  
A great big tree,  
Oh, glory me.  
**Everyone:** Ahead of me,  
There was a tree,  
A great big tree,  
Oh glory me.

The lowest branch,  
Was ten feet up,  
I'd have to jump,  
And trust my luck.  
**Everyone:** The lowest brach,

**Required Props:**  
None

Was ten feet up,  
I'd have to jump,  
And trust my luck.

And so I jumped,  
Into the air,  
But I missed that branch,  
A way up there.  
**Everyone:** And so I jumped,  
Into the air,  
But I missed that branch,  
A way up there.

Now don't you fret,  
Now don't you frown,  
Cause I caught that branch,  
On the way back down.  
**Everyone:** Now don't you fret,  
Now don't you frown,  
Cause I caught that branch,  
On the way back down.

That's all there is,  
There ain't no more,  
Unless I meet  
That bear once more.

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2007-2008





# Have Team Building Games... Will Travel

## THE DEAF WOMAN'S COURTSHIP!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This is a fun repeat back song.*  
(Audience repeats each short line after the leader,  
then everyone sings the whole verse together.)

**Required Props:**  
None

(echo leader)  
Old woman, old woman,  
are you fond of cooking. (echo)  
Speak a little louder, sir  
I'm rather hard of hearing. (echo)

Old woman, old woman  
Will you let me court you?  
Speak a little louder, sir,  
I'm rather hard of hearing. (echo)

Old woman, old woman,  
are you fond of sewing? (echo)  
Speak a little louder, sir,  
I'm rather hard of hearing. (echo)

Old woman, old woman,  
Do you want to marry me? (echo)  
Lord, have mercy on my soul,  
I do believe I hear you! (echo)

Old woman, old woman,  
Will you darn my stocking? (echo)  
Speak a little louder, sir,  
I'm rather hard

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2007-2008





# Have Team Building Games... Will Travel

## THE LITTLEST WORM!

Submitted by Humboldt County 4-H and Lake County 4-H

**Song**

**Description:** *This is a fun repeat back song. (Audience repeats each short line after the leader, then everyone sings the whole verse together.)*

**Required Props:**  
None

(Same tune as *The Bear Song*)

The littlest worm

I ever saw

was stuck inside

my soda straw.

**Everyone:** The littlest worm

I ever saw,

Was stuck inside

My soda straw.

I took a sip

and he went down

right through my pipes

He'll surely drown.

**Everyone:** I took a sip

And he went down,

Right through my pipes

He'll surely drown.

I burped him up

and he was dead.

I buried him

in a flower bed.

**Everyone:** I burped him up

And he was dead,

I buried him,

In a flower bed.

He was my pal,

He was my friend

and now he's gone

This is the end!

**Everyone:** He was my pal,

He was my friend

And now he's gone

This is the end..

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2007-2008





# Have Team Building Games... Will Travel

## THE PRETTIEST GIRL!

Submitted by Humboldt County 4-H

**Song**

**Description:** *This is a fun repeat back song. (Audience repeats each short line after the leader, then everyone sings the whole verse together.)*

**Required Props:**  
None

(Same tune as *The Bear Song*)

The prettiest girl,  
I ever saw,  
Was sippin' cider  
Through a straw.

**Everyone:** The prettiest girl,  
I ever saw,  
Was sippin' cider,  
Through a straw.

I asked her if  
She'd teach me how  
To sip cider  
Through a straw.  
**Everyone:** I asked her if  
She'd teach me how  
To sip cider  
Through a straw.

First cheek to cheek  
Then jaw to jaw  
We sipped that cider  
Through that straw.  
**Everyone:** First cheek to cheek  
Then jaw to jaw,  
We sipped that cider  
Through that straw.

And now and then  
That straw did slip  
And we'd sip cider  
Lip to lip.

**Everyone:** And now and then  
That straw did slip,  
And we'd sip  
Cider lip to lip.

Now 49 kids  
All call me 'pa'  
From sippin' cider  
Through a straw.  
**Everyone:** Now 49 kids,  
All call me 'pa',  
From sippin' cider,  
Through a straw.

The moral of  
This little joke  
Is don't sip cider  
Sip a coke!  
**Everyone:** The moral of  
This little joke,  
Is don't sip cider,  
Sip a coke!

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2007-2008







# Have Team Building Games... Will Travel

## THE TARZAN SONG

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

#### TAR-ZAN!

Was swingin' on a rubber band  
Crashed into a frying pan  
Now Tarzan has a TAN!

#### JA-ANE!

Was flying in an aero-plane  
Crashed into a freeway lane  
Now Jane has a pain!.. And now Tarzan has a TAN!

#### SHA-AMU

Was swimming in the ocean blue  
Crashed into a big canoe  
Now Shamu's gonna sue!... Now Jane has a pain...and now Tarzan has a TAN!

#### CHEE-EE-TAH!

Was dancing' down the street-a  
Crashed into a cheese truck  
Now Cheetah is Velveeta'...now Shamu's gonna sue...now Jane has a pain...and now Tarzan has a TAN

#### BA-ATAMAN!

Was eating pasta from a can  
Crashed into a moving van  
Now Batman needs a cat scan!...now Cheetah is Velveeta... Now Shamu's gonna sue...Now Jane has a pain...and now Tarzan has a Tan!  
Well, my friends, that is the end. (end)

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2007-2008





# Have Team Building Games... Will Travel

## TOM THE TOAD

Submitted by Mendocino County 4-H

**Song**

### Required Props:

None

Oh, Tom the toad, oh Tom the toad, why are you lying in the road? (Repeat)  
You did not see the truck ahead, and now your looking oh so dead.  
Oh, Tom the toad, oh Tom the Toad, so sad you're lying in the road!

Oh Tom the toad, oh Tom the toad, why did you jump out in the road? (Repeat)  
You were so big and green and fat, but now you're small and red and flat.  
Oh, Tom the toad, oh Tom the toad, why did you jump out in the road?

Oh, Tom the toad, oh Tom the toad, why did you jump out in the road? (Repeat)  
You were alive but now you're dead, your face looks like a tire tread.  
Oh, Tom the toad, oh Tom the toad, why did you jump out in the road?

Oh, Tom the toad, oh Tom the toad, why are you lying in the road? (Repeat)  
You used to hop and jump about, and now your guts are spilling out.  
Oh, Tom the toad, oh Tom the toad, so sad you're lying in the road.

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2007-2008





# Have Team Building Games... Will Travel

## WATCH US GROW!

Submitted by Humboldt County 4-H

**Song**

### Required Props:

None

### Space Needed:

### Size of Group:

Four or eight part round to the tune: "Are You Sleeping"

Four-H club work,  
2) Four-H Club Work,  
3) Watch us grow,  
4) Watch us grow,  
Here in California,  
Here in California,  
See us go,  
See us go.

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2007-2008





# Have Team Building Games... Will Travel

## WATER HELPS ME MOVE!

Submitted by Mendocino County Coast 4-H

Source: *Project WET Curriculum & Activity Guide," Aqua Tunes"*

**Song**

### Required Props:

None

### Space Needed:

Classroom, outdoors, campfire, car, bus

### Purpose of Song:

This song is about the purpose of water and how it helps your body.

### Tips for making the song fun and appealing

**Sing** to the tune of "Are you Sleeping". Sing the original song to the group and demonstrate the possible body motions that accompany the song.

### **Lyrics**

(Sing to the tune of "Are you Sleeping") **make body motions to follow the lyrics**

Bend your elbow, move your shoulder

Up and down, Up and down.

If your joints lacked water  
this would not be easy.

Bend you knee!

Flex your foot!

Suck your tummy in, swing your middle

Twist and shout

Twist and shout

Imagine what this'd feel like

Without water padding.

Shake your head!

Take a breath!

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2007-2008





# Have Team Building Games... Will Travel

## WE'RE FOR CLUB WORK!

Submitted by Humboldt County 4-H

## Song

### Required Props:

None

We're for club work, hard and steady club work,  
We're for club work, all the year around,  
See our pigs so big and fat.  
See our pigs so big and fat.  
Pigs so fat. 2) Pigs so fat.  
Think of that. 2) Think of that. OH!

We're for club work, hard and steady club work,  
We're for club work, all the year around,  
Count the eggs our chickens lay  
Count the eggs our chickens lay  
Chickens lay. 2) Chickens lay.  
Pigs so fat. 2) Pigs so fat.  
Think of that. 2) Think of that. OH!

We're for club work, hard and steady club work,  
We're for club work, all the year around,  
See the dresses that we make,  
See the dresses that we make,,  
Dresses make. 2) Dresses make.  
Calves that pay. 2) Calves that pay.  
Chickens lay, 2) Chickens lay  
Pigs so fat, 2) Pigs so fat  
Think of that! 2) Think of that! OH!  
We're for club work, hard and steady club work,  
We're for club work, all the year around,

See the bread and cakes we bake,  
See the bread and cakes we bake,  
Cakes we bake. 2) Cakes we bake.  
Dresses make. 2) Dresses make.  
Calves that pay. 2) Calves that pay.  
Chickens lay. 2) Chickens lay.  
Pigs so fat. 2) Pigs so fat.  
Think of that. 2) Think of that. OH!

We're for club work, hard and steady club work.,  
We're for club work, all the year around,  
We raise calves and make them pay.  
We raise calves and make them pay.  
Calves that pay. 2) Calves that pay.  
Chickens lay. 2) Chickens lay.  
Pigs so fat. 2) Pigs so fat.  
Think of that. 2) Think of that. OH!

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2007-2008





# Have Team Building Games... Will Travel

## YOU NEED WATER

Submitted by Mendocino County Coast 4-H

Source: *Project WET Curriculum- "Aqua Notes"*

**Song**

### Required Props:

None

### Purpose of Song:

This song is about the purpose of water and how it helps your body.

### **Tips for making the song fun and appealing**

Sing to the tune of "Do Your Ears Hang Low". Sing a few lines of the original song to the group and also demonstrate the possible motions that accompany the song.

### **Lyrics**

Do you shiver when it's cold (**shiver**)  
Do you sweat when it's hot (**wipe Brow**)  
Does your temperature stay even  
When you're smiling or you're not? (**smile/don't smile**)  
Water helps to keep you cool (**act cool**)  
Water helps to keep you warm (**act warm**)  
You need water in your body  
So your temperature can conform.

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# Have Team Building Games... Will Travel

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2007-2008









# Have Team Building Games... Will Travel

## AUTOGRAPH BINGO

## Icebreaker

**Required Props:**

Bingo Cards prepared in advance and writing utensils.

**Space Needed:**

Indoors

**Size of Group:**

Larger groups of 24+ people. Ages: 12 and up

**Object of Game:**

Autograph Bingo is an icebreaker that ask people to mingle and find people that match interesting facts on a bingo card. The game causes players to discover interesting and humorous facts about each other.

**Directions:**

Autograph Bingo is a fun way to help both new acquaintances and old friends discover facts about each other. The goal of this icebreaker game is to mingle and obtain the signatures of people who have the facts listed on their bingo card. Just as regular bingo rules, once a player successfully obtains a full row (5 in a row) on his or her Bingo sheet, whether obtained horizontally, vertically, or diagonally, he or she shouts "BINGO!"

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2007-2008





# Have Team Building Games... Will Travel

## BOTTOMS UP

Submitted by Del Norte County 4-H

**Icebreaker**

### Required Props:

None

### Space Needed:

An area big enough for the size of your group.

### Size of Group:

Six or more.

### Object of Game:

To get to know each other.

### Directions:

1. Sit on the turf facing one another and place the bottom of your feet against the bottom of your partner's feet. Legs should be bent, feet held high, and posteriors skootched fairly close to one another. Then attempt to push against your partner's feet (while putting all your weight on your arms), until both of your derrieres come off the ground. You will notice (poignantly) a tightening of the tricep muscles in your arms, considerable laughter, and not much movement on the first couple of tries.
2. If your bottom remains permanently welded to the ground, blame it on your partner and find someone more your size to blame the next time.

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2007-2008





# Have Team Building Games... Will Travel

## COMMONALITIES AND UNIQUITIES

### Icebreaker

**Required Props:**

Two sheets of paper and a pen for each group

**Space Needed:**

Indoors

**Size of Group:**

Groups of 5-8. Ages 12 and up.

**Object of Game:**

A group team-building activity in which people identify common things that everyone has in common, along with interesting characteristics that are unique to a person in the group.

**Directions:**

Form groups of five to eight people and give them two sheets of paper and a pencil or pen. The first part of the activity is Commonalities, where each subgroup compiles a list of the things they have in common. In order for it to make the list, it must apply to everyone in the subgroup. You want to avoid writing things that people can see (e.g. "everyone has hair," or "we are all wearing clothes"). Try to get them to dig deeper. After about 5 minutes, have a spokesperson from each subgroup read their list.

Then, depending on your goals for the session, you can have half of each subgroup rotate to another group for Uniquities or you can leave everyone in the same group. On the second sheet of paper have them record unquities, meaning that each item applies to only one person in the group. The group tries to find at least 2 unquities for each person. After 5-7 minutes, you can have each person say one of their unquities or have a person read them one by one, having others try to guess who it was. (Again, you want to go beyond the superficial, avoid those things that people can readily see). This is an excellent team-building activity because it promotes unity, gets people to realize that they have more in common than they first might realize. The awareness of their own unique characteristics is also beneficial in that people can feel empowered to offer the group something unique.

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2007-2008





# Have Team Building Games... Will Travel

## CREATING TEACHABLE MOMENTS

Submitted by Niki Nestor McNeely

## Icebreaker

### Required Props:

1. You are taking the short cut path to the lake with a group of campers. Suddenly, one of the campers stops and points at a large snake sunning himself on a rock. What can you do and say to make this a teachable moment?
2. One of the campers in your cabin is really homesick. When your co-counselor takes the homesick camper to the nurse, the other campers ask you why the camper is crying and if there is anything that they can do to make him/her feel better. What can you do and say to make this a teachable moment?
3. You are on a nature scavenger hunt. One of the campers in your group lifts up a rock and sees something dark and small scurrying. What can you do and say to make this a teachable moment?
4. You are in a secluded area of the woods supervising the campers in your group during a cook out. They are waiting impatiently for the wood to burn out to charcoal in order to put their food on the fire to cook. What can you do and say to make this a teachable moment?
5. You are trying to get the last camper to go to sleep after lights out. The camper hears some branches and twigs snapping rapidly in the woods behind the cabin and become frightened. What can you do and say to make this a teachable moment?
6. You are taking three campers to the bathroom after lights out. They see something flutter in front of the light pole. What can you do and say to make this a teachable moment?
7. You are walking to breakfast in the morning with your campers. The grass on the ball field is wet. One camper asks if it rained during the night. What can you do and say to make this a teachable moment?
8. You are leading a group of campers on a night hike. You ask them to sit down and quietly listen to the night sounds of insects, birds, animals, and the surroundings. What can you do and say to make this a teachable moment?

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2007-2008





# Have Team Building Games... Will Travel

## FLYING MY FLAG—SELF-ESTEEM

Source: Inner Space—Michigan State University  
Submitted by Placer County 4-H

Icebreaker

### Required Props::

Large sheets of paper, Markers and crayons

### Space Needed:

A comfortable room where the kids can sit in a circle.

### Size of Group:

### Object of Game:

### Directions:

1. Tell the kids they're going to introduce themselves to one another by creating a flag using the letters of their first name. For each letter of their name, they should write down something special about themselves that they would like to share with the rest of the group.

Here's an example (you might want to share an example using your own name):

S—saves stamps from foreign countries  
T—thirteen years old  
E—entomology is 4-H project  
P—plays drums  
H—has a cat named Elmer  
E—earns money mowing lawns  
N—new kid in school this year

2. Hand out the paper, markers and crayons and give the kids about 10 minutes to create their flags.
3. When the kids are finished, have them sit in a circle and introduce themselves by sharing the information on their flags. Post the flags around the room.

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2007-2008





# Have Team Building Games... Will Travel

## FROZEN T'S

Submitted by Del Norte County 4-H

## Icebreaker

### Required Props:

Large t-shirts, plastic bags, water and a freezer

### Space Needed:

An area big enough for the size of your group.

### Size of Group:

Six or more.

### Object of Game:

To get to know each other.

### Directions:

1. For each team you'll need one T-shirt and one plastic bag. Place one nicely folded T-shirt in each bag, then pour in about 2 cups of water and freeze all of them overnight. If this wasn't done where the event is taking place bring the T-shirt in a cooler filled with ice to keep them frozen. Instruct the teams that they'll be playing an Ice Breaker game. Then hand out the bagged T-shirts to each team. On "Go" the teams will have to get their T-shirts thawed out so that one person from their team can put the T-shirt on. Teams will get creative in their attempts to win. They could run the shirts underwater, put them in the microwave and even pound the ice out of them. The first team to come back with one person in the T-shirt is the winner.

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2007-2008





# Have Team Building Games... Will Travel

## GUESS WHO

## Icebreaker

### Required Props:

1 nametag per person, markers

### Object of Game:

To become more familiar with one another once everyone knows names.

### Directions:

Have each person write their name on a nametag. Collect them, mix them up, and put a name on each person's back. Have group mingle around asking yes/no questions to try and figure out whose name is on their back. Only ask one question/person. Once a person guesses correctly, have them wear name tag. Then, to start next activity, have them sit next to the person whose name they have.

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2007-2008





# Have Team Building Games... Will Travel

## HUMAN SCULPTURES GAME

### Icebreaker

**Required Props:**

Sheets of paper and pens.

**Space Needed:**

Indoors or outdoors

**Size of Group:**

Groups of at least three. Ages 12 and up.

**Object of Game:**

Human Sculptures (also known as Human Clay) is an icebreaker group game that involves posing people into large human sculptures based on predefined topics. Two versions exist: a competitive version based on a guessing game, and a version that is more about coming up with a creative interpretation.

**Directions:**

**Guessing Game Version.** The facilitator should announce a category (e.g. famous movies or famous songs—the more specific the better). All players are then divided into smaller groups and one team leader is given a pen and paper. Each group brainstorms an idea that goes along with the topic and each team leader must write down the idea on a sheet of paper and turn it in to the leader, who checks that the idea is appropriate for use. Each group then creates a sculpture using their bodies. Every member of the group should comprise some part of the entire sculpture. After a predefined time limit (for example, five minutes), each team looks at each other's sculpture. Each team is allowed two guesses for what the other team has formed. Whatever group guesses the other group's sculpture the closest is the winner.

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2007-2008







# Have Team Building Games... Will Travel

## LIFE WITH THE WRIGHT FAMILY!

Submitted by Humboldt County 4-H  
Source: Activities that Teach by Tom Jackson

## Icebreaker

**Description:** *This activity can be used in many settings. You could select a few campers to perform on stage for fun and laughs or use at a workshop with the whole group in a circle as an ice breaker*

**Required Props:**  
None

One day the Wright family decided to take a vacation. The first thing they had to decide was who would be left at home since there was not enough room in the Wright family car for all of them. Mr. Wright decided that Aunt Linda Wright would be the one left at home. Of course this made Aunt Linda Wright so mad that she left the house immediately yelling, "It will be a right cold day before I return."

The Wright family now bundled up the children, Tommy Wright, Susan Wright, Timmy Wright, and Shelly Wright and got in the car and left.

Unfortunately as they turned out of the driveway someone had left a trash can in the street so they had to turn right around and stop the car. They told Tommy Wright to get out of the car and move the trash can so they could get going. Tommy took so long that they almost left him in the street. Once the Wright family got on the road, Mother Wright wondered if she had left the stove on. Father Wright told her not to worry he had checked the stove and she had not left it on. As they turned right at the corner, everyone started to think about other things that they might have left undone.

No need to worry now, they were off on a right fine vacation. When they arrived at the gas station, Father Wright put gas in the car and they discovered that he had left his wallet at home. So Timmy Wright ran home to get the money that was left behind. After Timmy had left, Susan Wright started to feel sick. She left the car saying that she had to throw up. This of course got Mother Wright's attention and she left the car in a hurry. Shelly Wright wanted to watch Susan get sick, so she left the car too. Father Wright was left with Tommy Wright who was playing a game in the backseat.

With all of this going on Father Wright decided that this was not the right time to take a vacation, so he gathered up all of the family and left the gas station as quickly as he could. When he arrived home, he turned left into the driveway and said "I wish the Wright family had never left the house today!"

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2007-2008





# Have Team Building Games... Will Travel

**M&M**

**Icebreaker**

**Required Props:**  
Candy

**Space Needed:**

Indoors or outdoors

**Size of Group:**

**Object of Game:**

This icebreaker is a simple way to help people introduce facts about themselves. It's very flexible and adaptable—and (if you have a sweet tooth) delicious too! The M&Ms Game goes by other name: the Skittles Game, the Candy Game, the Color Game, among other names.

**Directions:**

Set up—Pour M&Ms or any other multicolor candy into a bowl. Have everyone in the group grab as much or as little as they like from the bowl. Make sure that no one eats their candy right away.

How to play—For each piece of M&M candy they took, they will have to answer a question, depending on its color. For example, you can designate:

- Red candy: favorite hobbies
- Green candy: favorite foods
- Yellow candy: favorite movies
- Orange candy: favorite places to travel
- Brown candy: most memorable or embarrassing moments
- Blue candy: wild cards (they can share anyone they choose)

You can be creative and choose any questions you think would be fitting for your group. The facilitator will then call out the color topic and everyone will go around the room sharing 1 answer per M&M. As an example: if you chose two red pieces of candy, you will have to name two of your favorite hobbies. After the individual has shared that color with the group, he/she may then eat their candy. Continue to go around the room until each color topic has been shared.

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2007-2008





# Have Team Building Games... Will Travel

## NAME by NAME

Submitted by Lake County 4-H

**Icebreaker**

### Required Props:

None

### **Directions:**

Do this activity before people know each other's names.

Everyone is in a circle standing.

Tell the group that everyone will say their name once.

First name only.

Tell the group the name should be said loudly – you are proud of your name!

If anyone can't hear your name the person calls out REPEAT!

Repeat your name if anyone says REPEAT.

After you have made it around the circle tell the group that without talking, gesturing, pointing, or showing ID cards they are to rearrange themselves alphabetically by first names.

This ends round one.

Take a test by everyone saying his or her name in order.

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2007-2008





# Have Team Building Games... Will Travel

## NEVER HAVE I EVER

## Icebreaker

### Required Props:

None

### Space Needed:

Indoors

### Size of Group:

10-20 People, Ages: 8 and up.

### Object of Game:

An icebreaker where players sit in a circle and take turns saying interesting things they have never done. Each player starts with ten fingers. Each time someone says something that you've done, you drop a finger. The goal is to be the last player remaining.

### Directions:

Tell everyone to sit in a circle. Each player holds out all ten of your fingers and places them on the floor. One by one, each person announces something that they have never done; for example, they say, "Never have I ever been to Canada." For each statement, all the other players remove a finger if they have done that statement. So, if three other people have been to Canada before, those three people must put down a finger, leaving them with nine fingers. The goal is to stay in the game the longest (to have fingers remaining). Thus, it is a good strategy to say statements that most people have done, but you haven't. This can be humorous (e.g. "Never have I ever skipped a class in school" or "Never have I ever soiled my pants.") The game provides a good way to find out unique experiences and facts about people.

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2007-2008





# Have Team Building Games... Will Travel

## SNOWBALL GAME

Submitted by Placer County 4-H

**Icebreaker**

### Required Props:

Paper and pencils

### **Directions:**

Give each person in the group a blank sheet of paper. Have participants write three things about themselves on the piece of paper (not their name). Then tell them to crumble up the paper into a “snowball” and have a one-minute snowball fight. At the end of the minute, everyone grabs the closest snowball and has to try to find the person who wrote it. They can then introduce that person to the rest of the group, sharing the three facts.

*Variation*—You can make this an educational game. Have each member write one question about their livestock project on the sheet, and then who ever gets that sheet reads the question and gives the answer.

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2007-2008





# Have Team Building Games... Will Travel

## TELEPHONE CHARADES

### Icebreaker

**Required Props:**

None

**Space Needed:**

Indoors

**Size of Group:**

5-6 people. Ages 10 and up

**Object of Game:**

An icebreaker/stationary game in which a person acts out an action only for the next person in line, who in turn acts out for the next person. The action becomes mutated and usually very funny, as the last person in line tries to guess what the original clue was.

**Directions:**

Telephone Charades or "Charades Down the Line" is an icebreaker/stationary game that is a hilarious blend of telephone down the line and charades. This group game is fairly simple to play. Select five to six participants and ask them to leave the room. The audience chooses an action that is specific, silly, and obscure to act out (e.g. "a nerd's romantic first date", "washing an elephant", "going skydiving", etc.) Once the clue has been decided, bring in all the participants and instruct them to face the right side. The moderator reveals the clue to the first person, who taps the second person on the shoulder and acts out the topic using charades rules (no talking allowed, no noises). The second person then taps the third person and acts out his or her understanding of what was acted out. This continues until it reaches the last person in line, who must guess what the action is. This game is funny because the action mutates and changes based upon each person's interpretation of what is going on, often leading to confusion and silly motions.

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2007-2008





# Have Team Building Games... Will Travel

## TOILET PAPER INTRO

### Icebreaker

**Required Props:**

1 roll of toilet paper

**Object of Game:**

Learn about each other.

**Directions:**

Pass a roll of toilet paper around, telling participants they need to take as much as they think they'll need. If they ask any questions, just tell them they need to take as much as they think they'll need. Once everyone has some, tell them they need to think of something to tell everyone about themselves for every square of TP they have.

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2007-2008





# Have Team Building Games... Will Travel

## TWO TRUE, ONE FALSE

Submitted by Del Norte County 4-H

**Icebreaker**

### Required Props:

None

### Space Needed:

An area big enough for the size of your group.

### Size of Group:

Six or more.

### Object of Game:

To get to know each other.

### Directions:

1. Go around the group and everyone has to say two true statements about themselves and one false. The rest of the group has to guess which one is false. You may be surprised. You can learn some crazy things about each other.

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2007-2008







# Have Team Building Games... Will Travel

## TWO TRUTHS AND LIE

### Icebreaker

**Required Props:**

None

**Space Needed:**

Indoors

**Size of Group:**

6-10 people. Ages: All

**Object of Game:**

A good get-to-know-you icebreaker in which each person says two truths and one lie. The goal is to figure out which statement is the lie.

**Directions:**

Two Truths and a Lie is the classic icebreaker game in which one attempts to identify which of three statements is bogus. Have everyone sit in a circle. Each person prepares three statements, two of which are true and one of which is a lie. In any order, the person shares the three statements to the entire group. The object of the game is to figure out which statement is a lie. The rest of the group votes on each statement, and the person reveals which one is the lie.

Variation: Two Truths and a Dream Wish. As an interesting variation to the classic Two Truths and a Lie icebreaker, people may also play a version called Two Truths and a Dream Wish. Instead of stating a lie, a person says something that is not true—yet something that they wish to be true. For example, someone that has never been to Hawaii might say: “I have visited Hawaii when I was young.” This interesting spin often leads to unexpected, fascinating results, as people often share touching wishes about their lives.

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2007-2008





# Have Team Building Games... Will Travel

## WHOSE STORY IS IT?

Submitted by Placer County 4-H

**Icebreaker**

### Required Props:

None

### Object of Game:

An icebreaker in which you read various (bizarre) stories and try to guess whose true story it is.

### Directions:

Pass out slips of paper and pens. Have everyone briefly write down a true story or experience that happened to them on the paper along with their name. The more bizarre, the better. Fold the slips of paper and put them into the container, shuffling them and mixing them up. A mediator picks out four slips of paper and calls out the names of the people. These people go and sit on chairs or a couch apart from the group. The mediator reads off the stories and then the group tries to figure out whose story is whose. The group does this by asking different people to tell different stories. The people on the couch try to convince the group that the story they tell really is theirs. After everyone on the couch has told a few different stories, the group votes. Then repeat until everyone has gone up. The main goal of the game is to have fun telling stories and learn a few interesting or humorous facts about each other.

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# Have Team Building Games... Will Travel

## Camp Theme Program Planning

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2007-2008





## All-Camp Theme Program Planning

There are three basic types of all-camp themed programs. Some are for the whole week, some for one day and some for just one evening. The planning process and tasks are usually a little different for each. For example, if it is for the whole week you may want to include it in the camp brochure so campers can be prepared and bring costumes. Regardless of the type always consider how the campers can be involved. (making their costumes, decorating, etc.)

Type of All-Camp Program	Decisions and Tasks
Theme for Week	Select topic before camp Decide who selects it
	Determine how and when it is announced
	Determine what campers and staff should bring to camp
	Plan schedule of week include time for getting things ready include campers Decide how to integrate into other activities during the week
	Determine how campers can be involved and help plan not just participate or watch
	Plan big event activities and responsibilities
	Determine resources needed to bring or those available on site
	Determine responsibilities for cleaning up after event
Theme for Day	Decide on whether topic is selected before or during camp Select topic
	Determine how and when it is announced
	If decided before what can campers and staff bring
	Plan schedule of day include time for getting things ready include campers Determine how to integrate into other activities during the day
	Determine how campers can be involved and help plan not just participate or watch
	Plan activities for the day and responsibilities
	Determine resources needed to bring or those available on site
	Determine responsibilities for cleaning up after event
Theme for Evening Program	Select topic before or during the week
	Determine how and when it is announced
	If during be creative about things available on site If decided before what can campers and staff bring
	Plan schedule for the evening include time for getting things ready include campers Will it include dinner?
	Plan activities for the evening
	Determine resources needed to bring or those available on site
	Determine responsibilities for cleaning up after event

# Planning Guide for All-Camp Themed Program

**Theme:**

**Purpose:**

**When:**

**Number of participants:**

**Location/boundaries:**

**When and how to announce the program:**

**How might campers be involved?**

**How could it be integrated into camp program?**

**Materials needed:**

**Program Schedule and Activities:**

**Instructions for activities and other tasks and who (individual or group) is responsible:**

## Planning Guide for All-Camp Themed Program

Theme: **California Gold Rush**

**Purpose:** Building community with an all-camp evening program

**Number of participants:** approximately 112 participants (10 teams of 10 -12)

**Location/boundaries:**

**When and how to announce the program:**

**How to involve campers:**

**How integrated into camp program?**

### Materials needed:

2 cans Gold spray paint  
Small stack of Newspapers  
Bag of rocks  
Bandana material  
Scissors  
Package of lunch bags  
Poster board/newsprint or roll of white paper  
Markers  
Masking tape  
One sponge and jar of brown tempura paint  
Prizes for top 3 teams  
Bandit questions

### Activities:

Opening Skit  
Gold Rush  
Bank Deposits  
Closing

### Program Schedule

1:30 Meeting for information and planning/creating time  
6:00 Leader's Meeting at dinner with Amran  
7:00 Decorate town square  
7:30 Opening Activity in the Town Square  
7:40 Form "49er" teams  
7:50 Gold Fever - Sheriff explains rules  
8:00 Activities: Gold Rush  
8:45 Final bank deposits and snack  
9:00 Closing Activity: Celebration and closing

### Instructions:

Cut up attached instruction cards for each task/leader  
Prepare a supply and work tables for planning and prep time.





<b>Time</b>	<b>Decorator Team</b>	<b>Tasks</b>
7:00	1. Pre Opening Decorations Objective: Plan, create and decorate town square prior to opening	<p>Leader:</p> <p>Plan and decorate the town square. Return your supplies and help clean up after. During the program participate on team of "49ers".</p> <p>Materials: Poster boards or newsprint, markers, masking tape, small sponges, paint, plates</p>
<b>Time</b>	<b>Opening Skit Team</b>	<b>Tasks</b>
6:15 and 7:30	2. Opening Activity: Welcome Skit Objective: Introduce the evening program	<p>Leader:</p> <p>Plan and present skit. Design 2 skits (announcement at dinner and opening) to explain that gold was just discovered and what is going to happen tonight. (see background piece) Help clean up after. During the program participate on team of "49ers".</p>
<b>Time</b>	<b>Bandana Costume team</b>	<b>Tasks</b>
7:40	3. Activity 49ers Teams Objective: To divide the total group into 10 teams	<p>Leader:</p> <p>Make 12 bandanas in each of 10 colors Put each group in a paper bag. Paper bag is for 49ers teams to gather gold. Return your supplies and help clean up after. During the program participate on team of "49ers".</p> <p>Materials: Cloth in 10 colors, scissors, 10 paper bags.</p>
<b>Time</b>	<b>Sheriff and deputies</b>	<b>Tasks</b>
7:50	4. Activity: Gold Fever Objective: To explain the rules of the hunt for gold.	<p>Leader</p> <p>Divide into teams of "49ers" and give instructions playing your part, provide each team with bag with their bandanas.</p> <p>Instructions:</p> <ul style="list-style-type: none"> <li>• Gold is hidden (boundaries)</li> <li>• Teams must stay together.</li> <li>• If stopped by bandits you must answer their question correctly or surrender your gold.</li> <li>• 49ers can not rob another 49er team.</li> <li>• Return to the bank often to deposit your money so you don't get robbed.</li> <li>• Return by 8:45 to get credit for your gold, the bank closes at 9</li> </ul> <p>Send the teams out to hunt gold Help clean up after</p>



<b>Time</b>	<b>Gold Seeders</b>	<b>Tasks</b>
7:00-8:30	5. Gold Objective: Make and Hide gold	<p>Leader:</p> <p>Spray rocks with gold and hide the gold in small stacks in predetermined area. During the program pick up gold from bank and rehide it. Help clean up after</p> <p>Materials: Rocks, newspapers (for spraying on outside), gold spray paint and sacks. Large grocery bag to carry rocks.</p>
<b>Time</b>	<b>Bankers</b>	<b>Tasks</b>
7:15-9:00	6. Deposit Gold Objective: set up bank and collect and tally deposits on a chart	<p>Leader:</p> <p>Make a board to tally gold by team. "Weigh in" the gold and chart number of pieces on the board for each team. Tell teams how much time they have to get more. They should return often to avoid robbers and be back by 8:45 because the bank closes at 9 PM. Help clean up after</p> <p>Materials: poster or newsprint and markers to make chart.</p>
<b>Time</b>	<b>Bandits</b>	<b>Tasks</b>
7:15-8:45	7. Bandits Objective: to rob 49er teams of their gold if they can't answer your question correctly	<p>Leader:</p> <p>Dress up like bandits and rob teams of their gold. Divide into pairs and carry a sack. Catch a team of "49ers" and ask them answer a question. If they get it right they can keep their gold. If not they must surrender their gold. The 49ers can keep their sack to get more gold. (Bandits can rehide the gold) Help clean up after.</p> <p>Materials: carry a bag to keep bounty</p>
<b>Time</b>	<b>Grub Team</b>	<b>Tasks</b>
8:45	8. Grub (Snacks) Objective: to prepare snacks and during the closing activity	<p>Leader:</p> <p>Get snacks ready and distribute. Help clean up after</p>
<b>Time</b>	<b>Closing Team</b>	<b>Tasks</b>
9:00-9:15	9. Closing Activity Objective: to celebrate the winners and close the evening program	<p>Leader:</p> <p>Ask the banker for the totals and announce winners. Give prizes. Thank the planning team. Help clean up after</p> <p>Materials: prizes</p>





## Bandit Questions

When you find a team of 49ers "hold them up". Tell them this is very serious they can't laugh or you will just take their gold and go. You are giving them one change to keep their gold. They have to answer a question right. Select a question and read the question and their choice of answers. (you might want to know if they have

been help up before and if so what their question was.) The correct answer is in bold but don't read the information after the answer until they have guessed.

Who first discovered gold in California?

- a. John Sutter
- b. Sam Brannan
- c. **James Marshall** (while building a sawmill on the American River for John Sutter)
- d. James Polk

Where was gold first found?

- a. **American River** (by James Marshall while building a sawmill)
- b. Sacramento
- c. San Francisco
- d. Donner Pass

The American River, where gold was discovered, is closest to what major city?

- a. Oakland
- b. **Sacramento** (on John Sutter's land 50 miles from his fort)
- c. San Francisco
- d. Los Angeles

What was the age of typical 49ers?

- a. **Teens and 20s** (Many of the 49ers were teenagers who left home on a 2,000 mile journey to California. Some walked the entire distance on foot!)
- b. 30s and 40s
- c. 50s and 60s
- d. 60s and 70s

James Marshall and John Sutter who discovered the gold made a pact to keep it a secret. Why did Sam Brannan run up and down the streets of San Francisco with a bottle of gold dust in his hand, shouting, "Gold! Gold! Gold from the American River!"

- a. He thought he had already gathered it all.
- b. He had gold fever.
- c. **He wanted to make money from selling equipment.** (he had already bought up all the picks, pans and shovels in the area)
- d. He was going to buy land on the American River

Why were the 49ers called 49ers when gold was discovered in 1848?

- a. It was kept secret for over a year
- b. It was their average age
- c. It took that long for companies to hire enough of them
- d. **Most of them left home in 1849** (by 1849 thousands were en route to California from all over the world, regardless of the route, it was a long difficult journey)



## Background on the Gold Rush

(Adapted from Idaho State University Teachers Guide)

In the early 1840s, California was a distant outpost that only a handful of Americans had seen. The sleepy port that would become San Francisco had just a few hundred residents.

One of the wealthiest people in the region was John Sutter—a Swiss immigrant who came to California in 1839, intent on building his own private empire. Sutter soon built a fort, amassed 12,000 head of cattle, and took on hundreds of workers. By the mid 1840s, more and more Americans were trickling into California by wagon and ship. Sutter had no idea that the trickle would become a flood—a deluge of humanity that would destroy his dream.

Sutter's undoing began 50 miles northeast of his fort on the American River. In late 1847, James Marshall and about 20 men were sent to the river by Sutter to build a sawmill—to provide lumber for Sutter's growing ranch. The sawmill was nearly complete when a glint of something caught Marshall's eye. It was January 24th, 1848. "I reached my hand down and picked it up; it made my heart thump, for I was certain it was gold. The piece was about half the size and shape of a pea. Then I saw another." After making the greatest find in the history of the West, Marshall and the other workers went back to work. But they kept stumbling upon more gold.

Still in disbelief, Marshall took samples back to Sutter's Fort. Sutter and Marshall tested the shiny metal as best they could—a tattered encyclopedia gave them clues. It was gold, they concluded—but neither man was happy about it. Sutter was building an agricultural fiefdom—he didn't want the competition that gold-seekers might bring. And Marshall had a sawmill to build—gold hunters would just get in his way. So they made a pact to keep the discovery a secret.

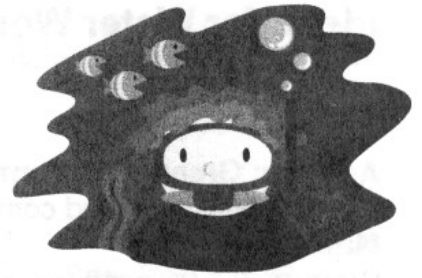
But it wasn't long before stories of gold filtered into the surrounding countryside. Yet there was no race to the American River. The news of Marshall's gold was just another fantastic tale—too unlikely to be believed.

The gold rush needed a booster, and Sam Brannan was the man. A San Francisco merchant, Brannan was a skilled craftsman of hype. Eventually, the gold rush would make him the richest person in California—but Sam Brannan never mined for gold. He had a different scheme—a plan he set into motion by running through the streets of San Francisco shouting: "Gold! Gold! Gold from the American River!" about Marshall's discovery. As proof, Brannan held up a bottle of gold dust. It was a masterstroke that would spark the rush for gold—and make Brannan rich.

Brannan keenly understood the laws of supply and demand. His wild run through San Francisco came just after he had purchased every pick axe, pan and shovel in the region. A metal pan that sold for twenty cents a few days earlier was now available from Brannan for fifteen dollars. In just nine weeks he made thirty-six thousand dollars.

The new American dream: to get rich; to make a fortune—quickly. Instant wealth was here for the taking. All across America, young men made the decision to go to California. The gold-seekers were dubbed "49ers" because most left home in 1849. Importantly, 49ers were not uniquely American. Quite the contrary, the California gold rush was a world event, attracting gold-seekers from Mexico, China, Germany, France, Turkey—nearly every country in the world.

# Planning Guide for All-Camp Themed Program



Theme: **Water World**

**Purpose:** Team building with problems to solve and competitions to win.  
Good program for a hot day. Could be a theme for the week, day, or just an evening.

**When:**

**Number of participants:** \_\_\_\_\_ Divided into living groups or other division for teams

**Location/boundaries:** large open area and swimming pool or lake (if not available have watermelon as snack)

**When and how to announce the program:** In the brochure prior to camp or at the theme dinner

**How to involve campers:**

Use a Camper Council (one person from each cabin as the planning team with several staff)

**How integrated into camp program?**

Hold a theme dinner

In a craft session make Water World team tee-shirts to wear over their bathing suits. Tie dye or use crayons and iron colors under paper to make them permanent.

**Materials needed:**

See list in each activity

**Activities:**

Greased Watermelon

Sink the ship

Pearl Dive

Shark Attack

Shipwreck Dinner (optional)

**Program Schedule**

Theme dinner (optional)

Afternoon or evening program

**Instructions for activities and other tasks and who (individual or group) is responsible:**

Each activity is a competition between two teams, decide who will set up and run each activity. Rotate teams to 4 stations. Number or have a map with stations. Assign each team number to start with so each station has two teams One half of the teams rotate to from their first number up and the other half rotate from their first number down. Add additional activities and stations depending on the total number of stations needed. Each activity should take 10 or 15 minutes. The team with the most points wins.



## **Ideas for Water World Activities** (add or change as desired)

**Activity: Greased Watermelon** (life guard is necessary)

**Objective:** Snack and competition between two teams

**Materials:**

Watermelon for each team

Shortening

Cookie sheets

Carving knife

**How to:**

Grease the watermelon and float in the middle of the deep end of the pool. Ask each team to pick 4 of their best swimmers to line up on opposite sides of the deep end of the pool. (Younger camper teams can do it in the shallow end) On the Go signal the team to get the watermelon out of the water wins. Looser team serves winners before they can eat and the winning team gets a point.

**Activity: Pearl Dive**

**Objective:**

**Materials:**

Two golf balls

Two Spoons

3 buckets of water

**How to:**

Each team lines up for a relay. Teams must have equal numbers. Place buckets of water with a golf ball in each at the front of line. Place a second bucket of water about 15 feet in front of the lines (this bucket will be shared by both teams. Give the first person in each line a spoon. Explain they are to dive with the spoon, get the pearl and carry it on the spoon to the shared bucket and run back and give the next person the spoon. The second person will have to dive in the shared bucket and may have competition. If a pearl falls off the spoon they must put it back in the bucket and try again. The first team to have all their players successfully carry a pearl wins a point.

**Activity: Sink the ship**

**Objective:** A water balloon toss with two teams

**Materials:**

8 small balloons filled with water

2 buckets

**How to:**

Divide each team in half and ask them to line up facing each other about three feet apart. Give the person at the beginning of each line the bucket of 6 balloons placed in the middle. Explain that at "go" the first person on each team goes to the bucket and gets a balloon goes back to their place and tosses the balloon to the person across from them. The balloon is tossed back and forth across between the lines until it reaches the last person who returns it to the bucket. When both teams either have a balloon in the bucket or have broken their balloon, the game stops and the leader tells them to take one step back and says go for the relay to start again. This process continues until one team has no balloons left and is sunk. The other team wins a point.

**Activity: Shark Attack**

**Objective:** To fill up their team's water bucket before the other team fills theirs. (bucket must run over)

**Materials:**

Two buckets

Paper cups (small bathroom or medicine cups)

Water source

Write a set of a 3 x 5 cards with the following roles Whale, Shark, Dolphin, Sea Otter, Lobster, Starfish, Plankton

**How to:**

Explain that each team has a bucket placed about 200 feet away from a water source. (Lake, faucet, baby pool) Ask the team to choose a Whale to be in charge. Gather all Whales and give each enough cups for each player and cards with names on them. Anyone not receiving a card is plankton. The Whale gives each team member a cup and a card. Explain that the goal is to fill your bucket until it overflows.

When the leader says go team members are to go to the water source and fill their cup and travel to the bucket and pour it in. You can not tag anyone while filling their cup or emptying their cup. En route you can tag or be tagged by someone on the opposite team both must have water in their cup. If the person tagged is a smaller sea animal he must empty his cup. If he is equal they part friends. If the person tagged is larger, the tagger must empty his cup. If you are tagged or tag a shark he must empty the cup and give his card to the shark. He can continue to play as plankton. If game is going to long set a time limit. The team with a bucket that overflows or is the fullest when the game stops receives a point.

**Activity: Shipwreck Dinner****Objective:**

**Materials:** Decorate dining area with fishnets, life jackets, canoe paddles, sea shell for the tables etc.

**How to:** Ask cooks to prepare a special meal. Have a menu printed for each table i.e. Shark (fish), coral or seaweed (Cauliflower with pink food coloring or broccoli), dried fish, (fish crackers), drift wood (potato sticks), Ocean treat, (Blue Jello with a gummy fish), Ocean Water (Green Kool-aid) Make an announcement about the program and how to dress. (bathing suit with t-shirt top or something they can get wet, tennis shoes).

**Other optional ideas:** Create additional activities such as a Slip and Slide or something using a treasure map called Finding Land, Walk the Plank, Water Battle with water guns, row boat or canoe challenge, have a fish pond and fish for treasures, Sponge Bop - counselor puts his/her head through a poncho and campers give a try at splat the counselor with a sponge, etc. Teach and sing sea songs.



# Have Team Building Games... Will Travel

## Prop Construction & Additional Activities

Lycra Tube Activities..... 192-193  
How to construct a Lycra Tube..... 194  
How to construct Boardwalkers ..... 195-196

**Lycra Tube Activities and How to construct boardwalkers are provided from Teamwork & Teamplay. You can find more information about additional teambuilding equipment, books, workshops and staff training programs at their website: [www.teamworkandteamplay.com](http://www.teamworkandteamplay.com).**

The Have Team Building Games...Will Travel project was funded by a grant from the California 4-H Foundation. Teams of teens from seven counties (Placer, Nevada, Siskiyou, Lake, Humboldt, Mendocino, and Del Norte) researched and identified team building games, skits and songs to include in a how to manual and prop kit for each county who participated.

2007-2008







## *The Lycra Tube*

Here are a few activities that you can do with a Lycra Tube.

**LEAN ON IT** - Have participants stand inside the Lycra Tube facing the center. Slowly back up until the Lycra Tube is completely stretched tight. At this point, participants can lean outward slightly and feel the support of the Lycra Tube.

**SIT IN IT** - Beginning with a moderately stretched Lycra Tube, have all participants sit on the Lycra Tube, with their legs extended towards the center of the circle, and the top of the Lycra Tube above the shoulders of each participant. Each participant should now be able to lean backwards and be fully supported by the tube. This is a great position for processing. You can even create a “wave” motion by having a single participant lean backwards and then forward, followed by the person to their right, passing a wave around the circle.

**THE GIANT ROLL** - This activity is the same as Around the World except that all participants roll at the same time and in the same direction. Encourage participants to keep adequate space between themselves to minimize contact during this activity.

**ROUND UP CIRCLE** - With the Lycra Tube well stretched around the group, have participants hold the top of the tube, and pull the lycra to the top of their shoulders. From this position, the group can now skip sideways to the left and the right. This is a useful activity for teaching observation and empathy for other participants. By watching others in the group, the speed of the movement can be tailored to the abilities of the group. Encourage participants to move only as quickly as other members of the group are comfortable with.

**AROUND THE WORLD or ROCK AND ROLL** - With the group standing inside a very limp Lycra Tube, have a single participant back up, stretching the Lycra Tube in the process. This participant will now roll to the right completely around the inside perimeter of the Lycra Tube, until they reach their original starting position. The next person to the right then begins their journey. Encourage participants to stand near the center of the tube, so that they do not contact the person rolling around the perimeter. This activity has been known to make some participants dizzy. Proceed with caution, and encourage participants to stay in control during their journey around the tube.

**4x4 CROSS OVER** - No question about it, this is “the activity” to do in a Lycra Tube. It is also the most energetic activity, and one that requires some appropriate safety considerations.

Begin with four participants of nearly the same weight in the Lycra Tube, equally spaced around the perimeter. Assign two opposite participants to be partners for Group 1, and the other two opposite participants to be partners for Group 2.

Safety tip: Proceed through these next few steps at a walking pace, before attempting these same movements at a faster pace. Also, ask participants to hold up their right hands about shoulder high, during each passing event. This simple reminder really helps participants remember on which side they are to pass their partner. Equal weight participants are encouraged, because this activity has been known to launch some lightweight participants that were joined by heavyweights.

Begin by asking Group 1 partners to back up. As they do, they pull the Lycra Tube tighter. The Group 2 partners now walk forward, almost touching right hands, changing places with their partner, and then backing up. As Group 2 partners back up, Group 1 partners come forward, almost touching right hands, changing places with their partners, and begin backing up. Walk this section of the activity at least four times before speeding up the cross overs. This cross over process continues indefinitely. As each group backs up, the Lycra Tube gives a firm push forward to the other group. The harder each group backs up, the stronger the push forward for the other group.

This particular activity requires an awareness of other group members, so that all participants are able to stay in control at all times. It is critical that group partners remember on which side to cross with their partners.



**POPCORN** - Here is an activity for small children. With three or four adults acting as fence posts, the Lycra Tube is fully stretched. Children now inside the Lycra Tube are said to be kernels of pop corn inside a frying pan. As the temperature warms up, the kernels begin to pop, and the popcorn bounces around the inside of the Lycra Tube. Explain to participants that they should bounce off the Lycra Tube, not other children!

**THE RACETRACK** – Begin with about 6 participants standing back-to-back inside the lycra tube, holding the top edge. Next, have 8-12 additional participants on the outside pull the bottom edge outward, forming a giant racetrack. You can race stuffed animals around the track, or use two different colored balls. Bounce the blue ball to the left while bouncing the red ball to the right, around the racetrack for X number of laps.

**PROCESS IN IT** - The Lycra Tube can be a great place for processing and debriefing after another challenge activity.

**INSTANT SHADE** - If it happens to be a sunny day, and there are few trees in sight, the Lycra Tube can be used to provide shade for the group. Just stretch the Lycra Tube into a large circle, and lift the top of the Lycra Tube over the heads of all participants by about 24 inches (610 mm). The stretch within the Lycra Tube will create a canopy that blocks the sun.

**SCAVENGER HUNTS** - Pile the entire group into a Lycra Tube and send them off on a scavenger hunt. They'll need to stay inside the Lycra Tube for the whole event. If they stop for a drink of water, they'll need to work together.

**FACE IT** - Have three participants stretch the Lycra Tube into a large triangle. With all remaining participants, except one, facing one of the sides of the triangle. From the center of the Lycra Tube, the remaining "unknown" person then presses only their face against the Lycra Tube, and the members of the group outside the Lycra Tube attempt to recognize this person, only by their facial imprint. When guessed correctly, this participant joins the outside group, now standing with eyes closed, and taps the next person to participate.

**GET SOME PRIVACY** - Sometimes when you are leading a single group in a large area with many other groups nearby, it can be helpful to use the Lycra Tube to block out some of the surroundings that can distract the group. The Lycra Tube won't block much sound, but it can be used as a visual barrier, and allow the group to focus on the challenge confronting them, rather than the distractions come from all directions.

### **Important Points**

Always keep the Lycra Tube above the shoulders and below the hips of all participants. Sometimes tubes have a tendency to bunch up, looking more like a rubber rope than a wide rubber band. If this happens, stop the activity and resume again with the Lycra Tube spread fully open.

Lycra Tube activities are best supervised at all times. You shouldn't leave a Lycra Tube lying around for unsupervised play any more than you would a climbing rope or similar piece of challenge equipment. It is a useful tool in the hands of a skilled facilitator, but can be a major risk if left for unsupervised activities.

Thanks for purchasing this teambuilding prop from Teamwork & Teamplay. You can find out more information about additional teambuilding equipment, books, workshops and staff training programs at our website: [www.teamworkandteamplay.com](http://www.teamworkandteamplay.com). You can also purchase Jim Cain's complete series of teambuilding books and other teambuilding equipment from Training Wheels Inc., at [www.training-wheels.com](http://www.training-wheels.com) or via telephone at 1-888-553-0147.



## Directions for making Lycra tubes:

You'll need 5 yards of fabric (I often use 4 yards) that is 36-60 inches wide. Make sure it is 4 way stretch fabric, color and pattern doesn't really matter.

To make the tube you sew the two ends of the material together with a French seam. First make a seam about  $\frac{3}{8}$  in from the end of the lycra, the full width of the tube. There is no need to use elastic thread if you simply stretch the lycra as it is being sewn. For this first pass, the Lycra Tube is right side out.

For the second step, turn the lycra tube inside out. Now sew a second seam the full width of the tube about  $\frac{1}{2}$  inch from the edge, stretching the lycra as the seam is created.

Finally, turn the Lycra Tube right side out, and from the inside of the tube sew the flap flat against one side of the Lycra Tube. This completes the stitching for the Lycra Tube.





# Acrobat Document



## Boardwalking-Assembly Instructions Continued

With a router and a  $\frac{1}{2}$  inch (12 mm) core box bit (the kind that makes a complete round channel), connect these two holes with a  $\frac{1}{2}$  inch (12 mm) deep channel on the bottom surface of each Boardwalking board.

Using a rounding cove molding bit, round each of the four edges of each Boardwalking board using the router. Then sand all corners of each board.

Now install the screw eyes using a long handled screwdriver or rod to twist each screw eye into place. The circular eye should be just at the surface of the wood. Now you are ready to install the ropes.

Pass one end of each  $\frac{3}{8}$  inch (9 mm) rope downward through one hole in each board and upward through the other hole. Pull tightly on each end of the rope, and make sure that each end of the rope is the same length. Tie an overhand knot near the board with one end of the rope, then pull the other end of the rope tightly, and tie another overhand knot. This secures the rope to the board. Attach the other seven ropes to the remaining Boardwalking boards in the same fashion.

Now place the Boardwalking boards on the ground, so that the middle four boards each have two screw eyes in place, and the end four boards have a

single screw eye. Use three quick links to connect each line of four Boardwalking boards together.

## Special Instructions

For convenience, you may want to disconnect the quick links when transporting the Boardwalking boards.

One variation to this activity involves providing the group with individual boardwalkers and a supply of quick links, and having them create the most efficient configuration they can to transport the entire group. Be sure to mention that a safety inspection of the "vehicle" will be required before the journey can begin. This variation adds some construction activity to the event, and an additional level of problem solving as the group attempts to define the best way to join the boardwalkers together.

Another activity involves using two boardwalkers with a rope between them to travel and retrieve a bucket filled with water, or some other easily hooked object.

