**NMRC Workshop May 24, 2012**

**Facilitator Games/Activities List**

**“Four Sheets to the Wind”**

Participants: Any number

Supplies: 1 piece of paper per participant

Setting: In or out, seating/standing

Facilitator: Provides directions, discourages questions.

Outcomes: n/a

Instruct participants to close eyes, then give the following directions:  
1- Fold the sheet of paper in half and tear off the bottom right hand corner

2- Fold the paper in half again and tear off the upper right hand corner

3 – Fold the paper in half again and tear off the lower left hand corner

Have participants hold up paper and compare, there should be differences. This is used to illustrate the importance of explicit directions and how things may be interpreted differently by different people.

**“Sponge Tag”**

Participants: 6 or more

Supplies: lots of sponges; dry erase or poster board with list of activities

Setting: in or out, with room to move around (establish boundaries)

Facilitator: Provides directions, encouragement; demonstrates all of the exercises first, make certain the participants try

Outcomes: physical; use as warm up for other activity

Give one sponge to each person, or spread in the playing area

1-Everyone is ‘it’

2-Object is to hit others with a sponge

3-Once you are hit, you must perform the exercise before returning to play

4-“Exercisers” cannot hit or be hit

Adaptation for visual impairment: have each player wear a small jingle bell if needed to improve the ability to locate and tag and avoid running into each other. In a small inside area, this may not be necessary.

List of exercises:

Slow, cat-like walk forward (“Tai chi walking”) (5 steps each foot)

Shoulder rolls (5 x front, 5 x back)

Stand on each foot for 2-5 seconds (5 x each side)

Slow, large arm circles, one at a time with rotation (freestyle swim stroke)

Slow, cat-like walk backward (5 steps each foot)

Simultaneous arm circles (butterfly swim stroke)

**“Gotcha”**

Participants: 10 +

Supplies: None

Setting: In or out (enough room for participants to form a circle)

Facilitator: Provide directions and call “Go”

Outcomes: social; physical (fine motor)

Have participants form a circle

1-Hold out left hand, palm facing up

2-Insert right index finger downward into the adjacent person’s left palm

3-On facilitator’s cue (“Go”), grab finger and try to avoid having your finger grabbed

Variations: switch hands, reverse hands (palm down)

Facilitator may ask if anyone failed to capture a finger, then direct to catch own finger (ha, ha).

**“Clap Trap”**

Participants: Any even number

Supplies: None

Setting: In or out

Facilitator: Direct and judge, if needed; demonstrate initially

Outcomes: social; physical (hand-eye coordination); cognitive (memory, counting)

Pairs face each other, standing

1-Cross arms on shoulders; slap thighs

2-Clap own hands together, then clap crossed hand with partner, clap own hands together, then clap other cross hand with partner

3-Clap hands together, clap both hands with partner

4-Clap hands together twice, clap both hands with partner twice

5- Clap hands together 3x, clap both hands with partner three times

6-Clap hands together 2x, clap both hands with partner 2x, then one time

(End of sequence)

7-Allow participants to try for 1-2 minutes

8-Challenge for speed

9-Challenge for perfection; (pairs stop when they make an error and become DHs “Designated harassers”)

**“Instant Replay”**

Participants: Any number

Supplies: none

Setting: In or out (enough room for participants to make a circle

Facilitator: Direct, demonstrate, participate

Outcomes: social (communication); physical; cognitive (memory, creativity)

Allow participants a few seconds after providing directions to come up with ideas

Participants form a circle

1-Each participant in turn, steps into the circle and says his/her name (can add an adjective) accompanied by a motion of some type

2-After the participant introduces his/herself, the entire group takes a step forward and echoes

Variation: No speaking, just motion. OR No motion, just speak and make another sound, squeeze hands of next person after your turn.

Group goes one at a time, beginning with person next to introducing person (a circular ‘wave’ of naming)

**“Rubber Chicken Relay”**

Participants:10 or more

Supplies: 1 rubber chicken per team

Setting: In or out, enough room for everyone to move comfortably and form distinct lines

Facilitator: Direct, initiate, make judgment calls

Outcomes: physical (coordination, balance); social (cooperation)

1-First player has to pick up the chicken between his/her legs (can omit this step if too difficult), then spin around clockwise at least one full turn, then pass the chicken to player #2 who must receive it between his/her legs. No other body parts may be used in passing.

2-Player #2 spins, passes.

3-When the chicken reaches the end of the line, last player spins COUNTERclockwise, then passes the chicken back up to the head.

4-When the chicken reaches player #1, he/she must walk with it and deposit it to a designated area/line. First team to do so ‘wins.’

“Fowl foul.” If a player drops the bird 3 times during his/her possession, either: a) the team starts over, or b)that player is given a free pass (i.e., he/she can pick the bird up after the third drop and place it between the next player’s legs). Facilitators use discretion in applying this rule.

**“Instant Impulse”**

Participants: 10 or more

Supplies: 1 ball, 1 coin

Setting: Large enough area to accommodate everyone lined up

Facilitator: Direct, toss coin.

Outcomes: cognitive (attentiveness, response time); physical (fine motor)

Divide group into two halves. Line up with everyone facing each other and holding hands (sitting or standing). Place the ball halfway between the last people in the line. Everyone but the two head people closes their eyes (or wears blindfolds)

1- Facilitator tosses a coin. If it is heads, the front people squeeze the hand of the next person, who passes the ‘impulse’ down the line. If tails, flip again (until it is heads)

2-When the last person receives the impulse, he/she goes for the ball. Grabbing the ball is a score.

3-After a score, the head of the winning line moves to the end (becomes the grabber).

4-If a grab is made on a ‘tails’ flip, the line is penalized, and players back up

5-Winning line is the line that moves all players through the line such that the initial first person returns to the head of the line (or to some predetermined number of points)

**“Kung Fu Baseball”**

Participants: Even number; 4 – 20 (with more, split into multiple games)

Supplies: 4 poly dots or other ‘bases’ per game

Setting: Inside or out; size of game field is determined by placement of bases

Facilitator: Explain, demonstrate, participates if needed

Outcomes: physical (gross motor, balance, coordination); cognitive (memory, attentiveness); social

Arrange 4 poly dots like a baseball diamond. Divide participants into two even groups.

1- At facilitator’s signal, one member of each group proceeds around the bases clockwise while the other travels counterclockwise (one is going toward ‘first,’ the other is going toward ‘third’). Participants must walk heel-toe-heel-toe

2- Whenever a participant comes to a base, he she must jump and spin completely around before proceeding on.

3-When the two participants come into contact, they execute a hand movement (slapping, clapping, etc., with or without spoken words), then play a round of rock-paper-scissors. Rock-paper-scissors repeats until there is a winner.

4-The losing runner returns to home. As soon as he/she returns, the next member of the team starts around the bases in the same direction as the losing runner.

5-Repeat until a score, or several scores, or you have played long enough

Adaptations: use cones and rope (travel on one side or the other) for blind players. Omit base spin if necessary. Use a sighted judge for rock-paper-scissors. Make sounds while going around so players avoid collision.

**“Mating Game”**

Participants: 10 or more

Supplies: 3 x 5 cards, pen or pencil

Setting: Inside or confined outside space

Facilitator: Explain and demonstrate

Outcomes: cognitive (memory, communication); physical (varies)

1-Participants are given a card with the name of an animal on it.

2-Blindfold or have participants close eyes.

3-Travel around the area making the animal sound, trying to find the other(s) like animals

4-Can have as few as two or as many as needed of each

DO NOT ASSIGN ANY SINGLE ANIMALS (i.e., all participants should have a potential pair or group)

Variation – Omit blindfolds, and have participants make a motion or movement that symbolizes the animal. They can only make the movement when they are directly in front of another participant (i.e., no walking around the room like an elephant)

**Goal Ball (see official rules on separate sheet)**

Outcomes: Physical (gross motor, coordination, hearing)

**Cowbell “Dragon Tail”**

Participants: 10 or more

Supplies: One cowbell, one piece of rope, one carabiner per group

Setting: In or out; semi-confined area

Facilitator: Explain and demonstrate

Outcomes: Physical (gross motor, hearing); cognitive (planning, reacting)

Divide into groups and line up holding hands around waist of person in front. The last person in each line ties the rope around his/her waist and hooks the bell on the carabiner on the rope

1-Each ‘dragon’ is trying to evade the other dragons and trying to capture the bells from the tails of the other dragons simultaneously.

2-When a tail/bell is captured, it is given to the facilitator

3-Dragons can ‘earn’ back tails by doing as directed by the facilitator (exercises, singing, stretching, posing, etc.)

4-The former head becomes the new tail and everyone else moves forward one place.

**“Minute Measure”**

Participants: Any number

Supplies: Stop watch or watch with second hand

Setting: Any

Facilitator: Explain and time

Outcomes: Emotional (self-awareness, patience)

Facilitator directs participants to close eyes

1-Time 3 minutes on stop watch. Tell participants to lift one finger at one minute, two fingers at two minutes, three fingers at three minutes

2-At three minutes, tell participants to open their eyes. Debrief by asking whether it seemed longer or shorter than 3 minutes.

**“Fox and Rabbit”**

Participants: 10 or more

Supplies: two distinctly different balls (differentiation by feel is preferred)

Setting: Ample room for participants to form a circle

Facilitator: Direct and monitor

Outcomes: Physical (fine to gross motor (depends on size of ball); cognitive (reaction, decision-making)

Facilitator hands one participant the ‘fox’ and the other participant the ‘rabbit’

1-Pass the ‘fox’ and ‘rabbit’ around the circle, one player at a time. Object is for the ‘fox’ to catch the ‘rabbit.’ Players can reverse direction of pass at any time. When the ‘fox’ catches the ‘rabbit,’ begin a new round.

Variation: add multiple ‘foxes.’

**Dividing Activities**

Birth month (up to 12 groups)

Pick a number ( 1 - ?). Travel around and shake hands, shake the number of times you have picked, assemble your groups

Color of vehicle you drive (watch for lots of whites). Further separate by type (truck, car, van, SUV/crossover, etc.

Circle and count off. Count to twice as many groups as you need, then assign numbers systematically or haphazardly. Ex: Count to 20. For 10 groups, combine 1’s and 2’s, 3’s and 4;s, etc. OR combine 1’s and 8’s, 2’s and 19’s, 3’s and 15’s, etc.

Categories: crunchy or smooth peanut butter; bacon or sausage; white or wheat bread; cake or pie; black coffee or otherwise; Coke or Pepsi, etc. Keep drilling down (do not let the groups reassemble), until you have enough.

Sources

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