

# Games Manual



# MINGLE MINGLE

## OBJECTIVE

Participants will travel throughout the playing area and use their critical thinking skills to create as many words as possible that relate to peace, hope, positivity, etc. To be successful in this activity, they will need to collaborate with their peers in small groups.

## EQUIPMENT

Tennis Balls (for each player with a letter written on it)

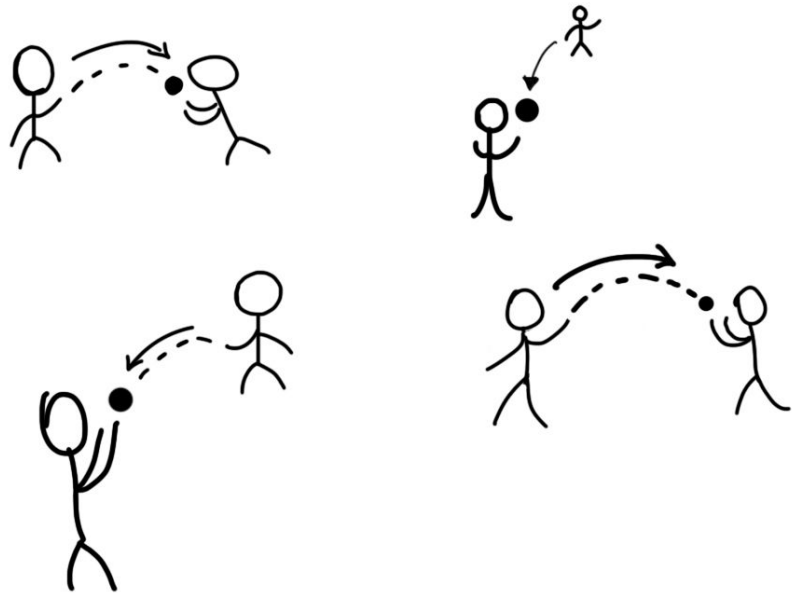
Speaker System

iPod

Pylons (optional)

## SET UP

Designate boundaries for the playing area (can use 4 pylons if necessary)



## HOW TO PLAY

- 1 Give each of the participants a tennis ball.
- 2 Ask the participants to specify one way of passing the ball to one another (i.e. underhand toss, roll, bounce pass).
- 3 When the music starts, have participants travel throughout the playing area.
- 4 Participants will look to pass the ball to one another.
- 5 When the music stops, participants will freeze and look at the Station Leader, the Station Leader will call out a number.
- 6 Participants will form a group with the identified number (ex. Station Leader calls out "4", participants will form a group of 4).

## REINFORCEMENTS

Call your teammates name

Face the target

Step with opposite foot (to throwing arm) towards the target

For catchers, follow the ball with your eyes all the way into your hands, reach arms toward the ball

## MODIFICATIONS

### **Simplification:**

Participants use a bigger ball

### **Extension:**

Change locomotion (i.e., skip, shuffle, gallop, crab walk, etc.)

Participants have to represent one of their words with their bodies

## SAFETY

Encourage participants to keep their heads up while travelling throughout the playing area

Ensure that participants are not “whipping” the ball at each other participants should keep an eye on the ball at all times and call for the ball loudly

- 7 Then, participants must create as many words as possible that relate to the given subject beginning with the letter on the tennis ball.
- 8 Ask participants to share their ideas with the larger group.
- 9 Repeat the activity, but change the way to pass the ball.

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## DISCUSSION

### **End Game Questions:**

What did you do to ensure that everyone’s ideas were heard/listened to in this activity?

What did you like about working in small groups? Where else might you need to work in small groups?

How can you promote these subjects in your lives?

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# CASTLE SIEGE

## OBJECTIVE

Each team is trying to knock down the other team's castles (bowling pins or pylons), located inside of the other teams' country (hula hoop)

## EQUIPMENT

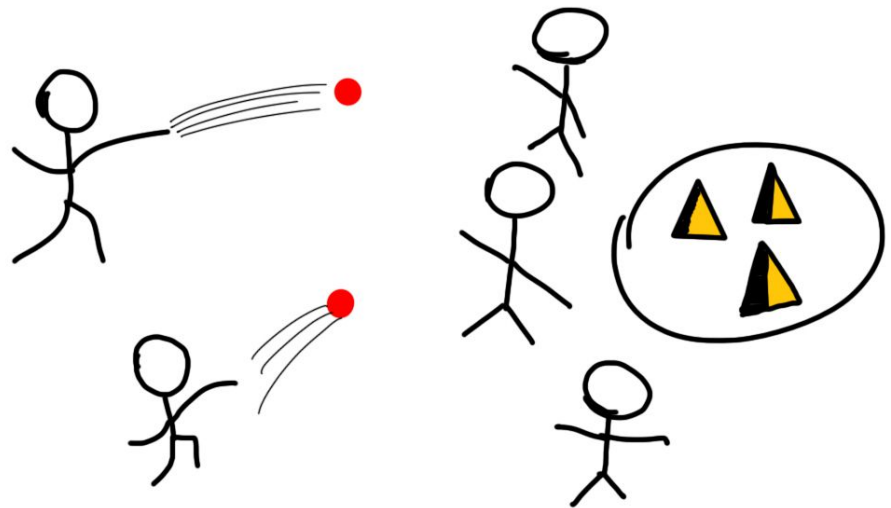
1 Hula Hoop (per team)

3 Castles (per team) (e.g. tall cones, bowling pin)

2 Dodgeballs (per team)

## SET UP

Set up a square playing area and spread the hula hoops out evenly around the perimeter (ie. One hoop in each corner). Each team may arrange their bowling pins in any configuration within their hoop. Place dodge balls in the middle of the area.



## HOW TO PLAY

- 1 Everyone is divided into equal teams and placed in a corner of the area. Each team wears a different color pinny and has a castle that they must protect.
- 2 Each castle consists of a hula hoop with 3 plastic bowling pins inside. Each team is allowed to place the bowling pins in any configuration that they like, as long as they are in the hoop.
- 3 The game leader will place the dodgeballs in the middle of the area and teams must start the game with one foot in their hoops.
- 4 When the leader says 'go' the teams will try to throw the balls at each other's castles (players are only able to knock down pylons with an underhand throw).

## REINFORCEMENTS

Leader calls out 'new round' often, to make sure that multiple rounds allow for players to reset their hoops and develop new strategies

Communicate with teammates and make eye contact

## MODIFICATIONS

### Simplification:

Making the square smaller (decreasing the distance between hoops)

Adding more balls

Only one hoop defender is allowed on each team

### Extension:

Using larger balls

Playing the game with no hands

Making all players use different body parts to move across and get the ball (i.e. Hopping on one foot to get across)

## SAFETY

Make sure players are using an underhand throw to knock down the ball

Advise players to keep their head up while running in the play area

- 5 Players will use their hands to throw and catch, and are only allowed to move without the ball. You are allowed to use any part of your body to protect your castle outside the hoop, but once a pin gets knocked down it cannot be placed back up.
- 6 Once all 3 pins have been knocked down the team must walk around the outside of the entire playing area once before they are allowed to put their pins back up, and resume play.

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## DISCUSSION

**Mid Game Questions:** (These will be asked after the first round)

What was tough about protecting your castle?

What can you do to better protect your castle? How did your team do this together?

What did you do to knock down other team's castles? How were others involved in this?

**End Game Questions:**

How do we feel when we try are hardest and something bad happens anyway?

When might we be rude or attack other people? (i.e. I'm hungry so I get upset)

When in our lives do we need to rely on other people?

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**Game Teaches:**

Cooperation, Strategy, Positional Play, Attack/ Defense, Passing/ Receiving

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# FIGHTING FOR RESOURCES

## OBJECTIVE

Each team is trying to get the most tennis balls inside of their teams hoop when the time is up

## EQUIPMENT

1 Hula Hoop (per team)

20-30 small balls (e.g. tennis ball, whiffle ball)

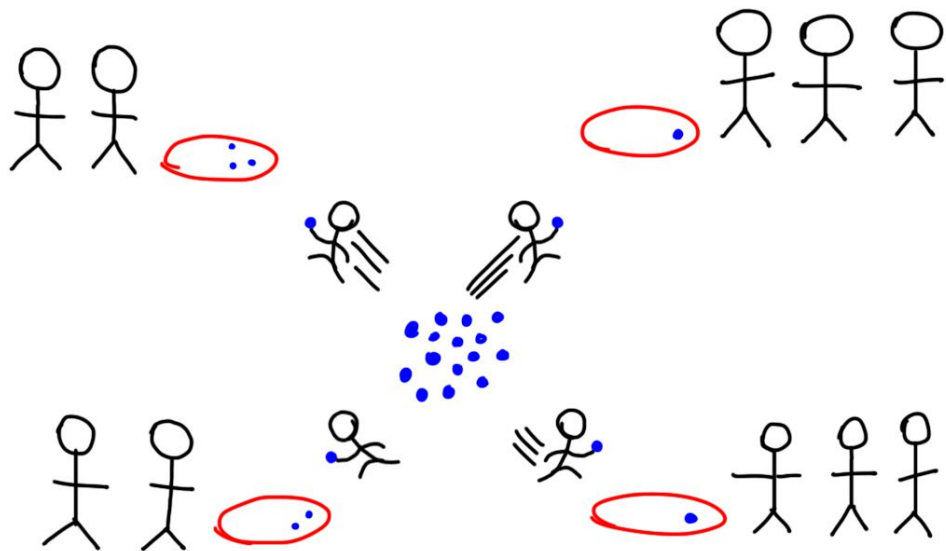
## SET UP

Set up a square playing area and spread the hula hoops out evenly around the perimeter (ie. One hoop in each corner). Place all of the small balls in the middle of the playing area

## REINFORCEMENTS

Leader calls out 'new round' often, to make sure that multiple rounds allow for players to reset their hoops and develop new strategies

Look up and steal from teams that have the most



## HOW TO PLAY

- 1 Everyone is assigned to a hoop and must line up beside their hoop in single file.
- 2 The first player in line runs into the middle of the playing area grabs 1 ball and brings it back to their hoop.
- 3 Once they bring it back, the next player in line can run into the middle and grab a ball.
- 4 When there are no longer any balls in the middle of the play area, players can begin to steal balls from other hoops. Players can only grab one ball at a time and cannot throw it back, they must run with it in their hands.
- 5 Players are NOT allowed to block or guard their hoop.

## MODIFICATIONS

### **Simplification:**

Making the square smaller (decreasing the distance between hoops)

All players with something in common (e.g. Black shirt) are allowed to pick up 3 balls at a time)

Players are allowed to pass the ball back from another hoop

### **Extension:**

Split the game into 2 or more teams, you are only allowed to steal balls from the hoops of opposing teams

Playing the game with no hands

Allow multiple players to gather balls at the same time

## SAFETY

Advise players to keep their head up while running in the play area

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## DISCUSSION

**Mid Game Questions:** (These will be asked after the first round)

What was tough about accumulating resources?

What are some strategies you can use to get more balls in your hoop?

**End Game Questions:**

What are some resources that are constantly coming and going in our lives?

How do we feel when things we work hard for are taken from us?

Why is it important to keep trying our hardest even if we have to start over from the beginning?

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**Game Teaches:**

Cooperation, Strategy, Coping with Advantages/ Disadvantages

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# LARRY CURLY MOE

## OBJECTIVE

Race around the circle, grab a pinny/flag, sit down with your team as fast as you can

## EQUIPMENT

1 Cone (per team)

1 Pinny/ Flag (per team)

## SET UP

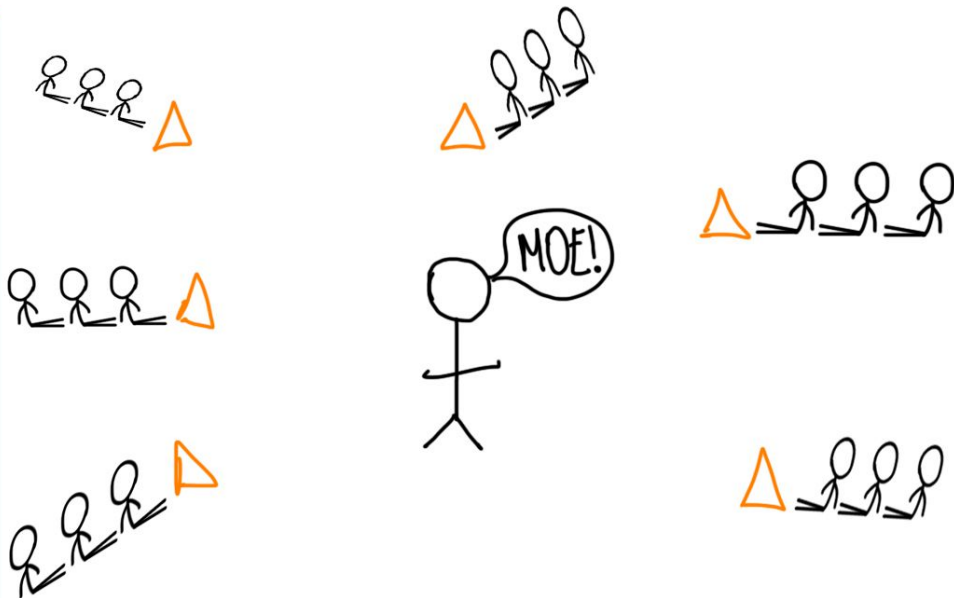
Spread out all of the cones in a circular shape, about 15m-20m in diameter

## REINFORCEMENTS

Make sure there are enough pinnies so that no group is consistently last

Progressing from easy bridges to more challenging ones

Talk with your partner about how to make your bridge/tunnel



## HOW TO PLAY

- 1 Each team consists of 3 players who are chosen randomly (one will be named Larry, one will be named Curly, and one will be named Moe).
- 2 Each team sits in a straight line facing the center of the circle where the group leaders are standing beside the pinny. The two group leaders will build a "bridge" or "tunnel" with their bodies that teams will have to imitate for that round (ie. Joining one players feet to another players feet).
- 3 After showing the tunnel or bridge, the leaders will call out one of the names (ex. Larry). The "Larry" in each line will then stand up and run clockwise around the circle, while the other players of their team (Curly, Moe) build the tunnel using their body. The player that is running (Larry) will run around the circle until they get back to their line, then they will crawl under the bridge/tunnel made by their team and grab a pinny.



## MODIFICATIONS

### Simplification:

Making the circle smaller and reduce the running distance

Making easy tunnel/bridge options (i.e. Hands on shoulders)

You have rock-paper-scissors when you get to the middle instead of grabbing a pinny (winners can leave, losers stay in the middle)

### Extension:

Moving around the circle in pairs/linked, hopping

Complex tunnel/bridge options

All players have to run around then make a tunnel/bridge

## SAFETY

Make sure players are running on the outside of the circle, to avoid tripping on other players

Advise players to keep their distance from players that are running (aware of others hands and feet)

Make sure that teams are not being too silly while making the tunnel

- 4 Once the player has grabbed a pinny, the whole group must sit down in a line.

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## DISCUSSION

**Mid Game Questions:** (These will be asked after the first few rounds)

How can we change this game so that there is less running?

What are some other ways we can use our bodies to form a tunnel/bridge?

**End Game Questions:**

When are some times that we rely on other people to do something for us?

How do we feel when we are asked to work with people we don't know?

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**Game Teaches:**

Teamwork, Inclusion, Attention/ Quick Decision Making

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# MISSION IMPOSSIBLE TAG

## OBJECTIVE

Each player is trying to tag as many players as possible while trying not to get tagged themselves.

## EQUIPMENT

Cones (outlines playing area)

## SET UP

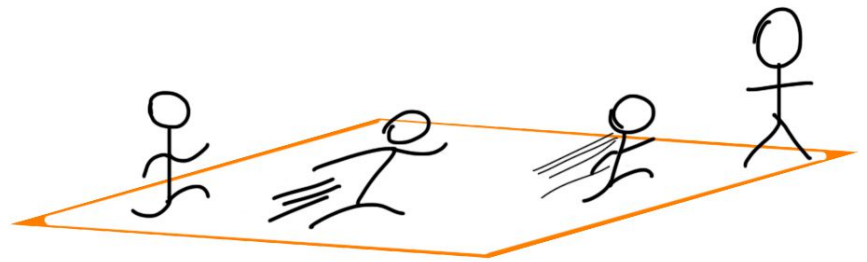
Set up a playing area that allows everyone to move. This area can be made smaller as the game progresses so that all players are more engaged.

## REINFORCEMENTS

Look in all directions

Keep moving, find open space

Keep your eye on the person that tagged you



## HOW TO PLAY

- 1** The participants are given an area to play in and everyone is "it." The point of the game is to tag as many people as possible and be standing when the leader says 'stop'.
- 2** If you get tagged then you must kneel. However, if the player that tags you gets tagged, then you are back in the game and free to move.
- 3** After the initial round, half of the participants will be given a pinny to wear. The new rule is that you are only allowed to tag people on the other team. Whichever team has the most players when the leader yells 'stop' wins that round.
- 4** If two players tag each other at the same time they must do rock-paper-scissors, the winner of this stays standing.

## MODIFICATIONS

### Simplification:

Leader calls out 'new round' often, to make sure that players aren't kneeling for too long

Limiting the number of steps that each player can take (i.e. Leader calls out "4 steps")

Making the playing area larger

### Extension:

Make the playing area smaller

Increase to 4 teams

## SAFETY

It is important to watch players while they are tagging in order to make sure they are not tagging other players too hard or pushing.

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## DISCUSSION

**Mid Game Questions:** (These will be asked after the second round)

When you were on a team, what did you do to make sure you were able to get back in the game quickly?

What did you do to avoid getting tagged?

What did you do to tag others without getting tagged yourself?

**End Game Questions:**

When in our lives do we rely on other people?

How do others rely on us and how can we make sure that we help them?

How could we change this game, without having players go down on one knee?

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**Game Teaches:**

Teamwork, Strategy, Coordination, Awareness

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# NINJA TURTLE TAG

## OBJECTIVE

The Shredder (player who is “it”) is trying to have at least 5 turtles on their backs when the clock stops. The ninja turtles are trying to save their teammates and have less than 5 turtles on their back when the clock stops

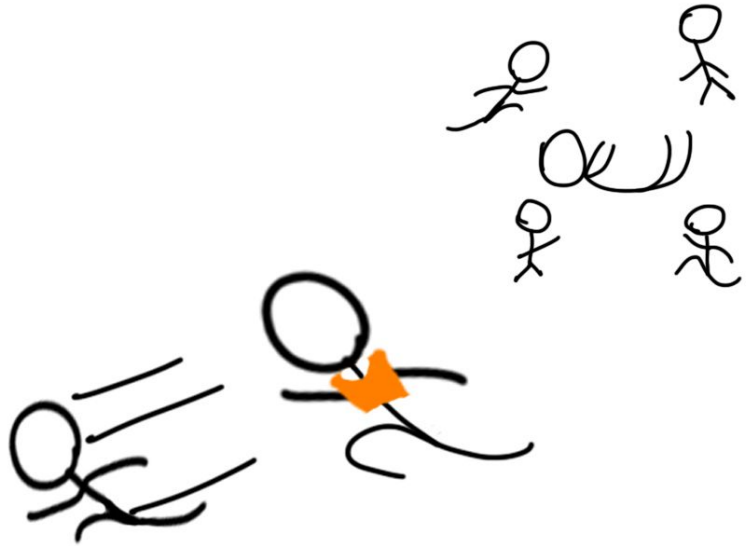
## EQUIPMENT

Outlined play area

5 pinnies (1 for the shredder, 4 green pinnies for the ninja turtles)

## SET UP

Set up a playing area that allows the turtles to move but is not too far for the shredder to run



## HOW TO PLAY

- 1 1 player is chosen to be the shredder (they are ‘it’ and will wear a distinct pinny) while four other players are chosen to be the ninja turtles (they are saving their teammates and will each wear a pinny), all other players are regular turtles.
- 2 When the shredder touches any turtle they have to go on their backs and wave their hands and feet in the air like a turtle on its shell.
- 3 The only way the turtles on their shells can get back into the game is if all of the 4 ninja turtles rolls them back on to their feet. The four ninja turtles cannot be tagged.

## REINFORCEMENTS

Taking turns being each role

Look for open space

Ask for help when flipped onto back

## MODIFICATIONS

### **Simplification:**

It only takes 2 ninja turtles to flip over regular turtles

Add another player who is 'master splinter' that can roll turtles over by himself

### **Extension:**

Add another 'Shredder'

## SAFETY

Make sure that the playing area is clear of objects and obstacles

Make sure players have their heads up and are aware of others

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## DISCUSSION

### **Mid Game Questions:**

What strategy did you use to get away from the shredder?

What can you do to ensure that the ninja turtles come and help you?

### **End Game Questions:**

When in our life can we help others in need?

Why is communication important for this game?

How can teamwork help you to accomplish a task more efficiently?

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### **Game Teaches:**

Teamwork, Strategy, Problem Solving

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# OBSTACLE COURSE PUZZLE RACE

## OBJECTIVE

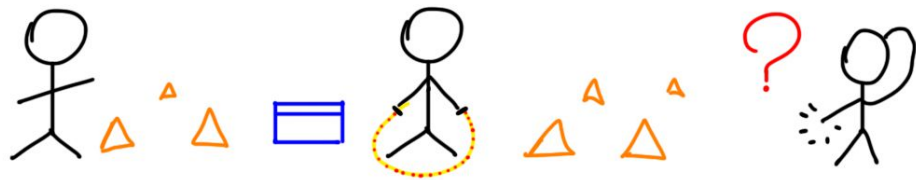
Each team is trying to complete the obstacle course as fast as they can, in order to solve the puzzle with their team.

## EQUIPMENT

Cones  
Skipping Rope  
Pinnies  
Speed Ladder  
Hurdles  
Poles

## SET UP

Set up 4 identical obstacle courses, one for each team that is playing. The obstacle course can be designed in any way that is age appropriate for the group. Design puzzles or challenges that are also age appropriate and forces players to work as a team to solve them.



## HOW TO PLAY

- 1 Everyone is split up into 4 different groups.
- 2 Participants must navigate an obstacle course race, while holding hands (can include limbo, hurdles, tight rope, zig zags, and passing items down the line using specific body parts only). If they mess up on an obstacle they must start over again as a team.
- 3 Once they have finished each section of the obstacle course, they must work together to complete a mental task or puzzle.
- 4 When a team finishes early, they will design a new course using all of the equipment provided. The best design will be used for the next round (decided by vote).

## REINFORCEMENTS

Work as a team

Communicate with each other

## MODIFICATIONS

### **Simplification:**

Change how players navigate the area together (ie. Holding shoulders)

Making the course shorter or less strenuous (less obstacles)

Players do not have to hold hands during race

### **Extension:**

Making longer courses (more obstacles)

Adding more difficult team challenges

## SAFETY

Monitor the team as they hold hands and navigate the course.

Design the course in a way that is safe and inclusive for all players.

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## DISCUSSION

**Mid Game Questions:** (These will be asked after the first race)

What was tough about holding hands/ staying connected in this game?

What did you do to make navigating the obstacle course easier?

How would this game change if you were working by yourself?

### **End Game Questions:**

What was it like working through these challenges as a team?

When are some other times that you need to you rely on others?

Why can it be hard to work with others?

When is teamwork is very important?

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### **Game Teaches:**

Cooperation, Coordination, Problem Solving, Teamwork

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# THE WIND BLOWS

## OBJECTIVE

Run to a new location around the circle as fast as you can when you hear a statement that applies to you

## EQUIPMENT

Place markers (small pylons, tape on ground, pieces of carpet, etc...)

## SET UP

Arrange group in a circle, with each participant standing beside/ on a place marker with the facilitator in the middle of the circle. Ensure there are no extra place markers.

## REINFORCEMENTS

Asking players who feel left out to ask the new questions

Look up to find a new spot



## HOW TO PLAY

- 1 The person in the middle (initially facilitator) makes a statement that begins with "The Wind Blows to people who..." For example, "The wind blows to people who like ice cream."
- 2 Anyone (including the person in the middle) who the statement applies to must move to a new place marker in the circle.
- 3 Players may not stay on the same place marker (if they agree with the statement) nor can they move to the place marker directly beside them.
- 4 The person who does not get a place marker is in the middle for the next round and makes a new statement. The new leader will then find a new place marker after making the statement, and someone else will end up in the middle.



## MODIFICATIONS

### Simplification:

Have facilitator ask the questions the whole time so that no one feels left out of the activity

Decreasing the distance of the circle

Having spare place markers to run to

### Extension:

Players have to run around the circle before they find a new cone

Players have to hop on one leg to move across the circle

Players have to crabwalk across the circle

## SAFETY

Remind players to keep their heads up when running

Make sure there is no sliding or diving to new cone/ marker

- 5 If you wish, you can ask them to ask questions based around a theme if they are having trouble, (i.e. favorite foods, favorite spare time activities)

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### Game Teaches:

Commonalities amongst members of the group, Understanding

# REMEMBER THE CODE

## OBJECTIVE

The goal of the game is to come up with different handshakes and remember them in their entirety.

## EQUIPMENT

No Equipment Needed

## SET UP

For this activity, many youth may get carried away or stick only to their friends. It is important that game leaders look for this and try and partner different people so that everyone is included.

## REINFORCEMENTS

Use different body parts

Be creative



## HOW TO PLAY

- 1 Participants have to pick a partner, introduce themselves, and come up with a handshake. They have 1 min to practice it and make it as funky as they like. Each handshake must be at least 5 seconds long.
- 2 When the minute is over they have to find a new partner and make a new handshake.
- 3 This will repeat for 4 minutes. (Four handshakes in total)
- 4 After the fourth minute, they have to find all of their partners and see if they can remember each of the handshakes they learned. (Can pick a few participants to demonstrate their handshake at the end)

## MODIFICATIONS

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### **Simplification:**

Only giving 30 seconds to make the handshake

Assign partners

### **Extension:**

Add multiple partners/groups

Add objects to use while doing the handshake

### **Game Teaches:**

Teamwork, Strategy, Problem Solving

## SAFETY

Make sure that groups are not fooling around or being too rough with their handshakes.

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# NINJA, HUNTER, BEAR

## OBJECTIVE

Trying not to pick the same action as the leader of the game. You can pick ninja, hunter, or bear.

## EQUIPMENT

No Equipment Needed

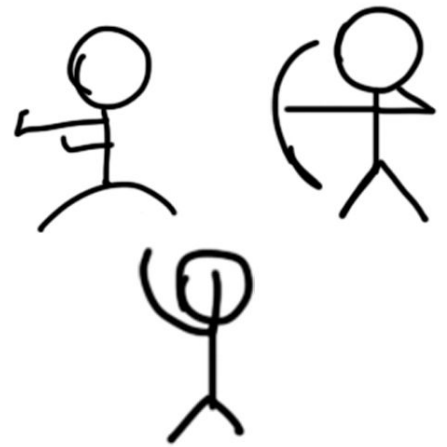
## SET UP

Have all participants in plain view of the leader (semi-circle)

## REINFORCEMENTS

Keep eyes on the leader

Act out each action



## HOW TO PLAY

- 1 1 player is the leader and stands in front of the group. They will say 3,2,1 GO! When the leader yells 'go' everyone picks one of the 3 actions to act with their body (including the leader).
- 2 The 'ninja' action has players hop into a ninja position with their hands out in front of them. The 'hunter' action has players make an archer pose, as if they were about to fire an arrow. The 'bear' action has players put both hands in the air and make a face similar to an angry bear.
- 3 If a player picks the action that matches the leader then they must sit down (eg. Player and leader both pick ninja). If player picks an action that does not match the leader then they are safe and can continue standing.

## MODIFICATIONS

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### **Simplification:**

Introduce 2 more actions so players have a higher chance of being successful

### **Extension:**

Players must MATCH the leader in order to stay standing

Instead of sitting, players must squat or lunge

## SAFETY

Make sure players are standing a proper distance away from each other

### **Game Teaches:**

Sportsmanship, Honesty for self & others

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# ACKNOWLEDGEMENTS

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