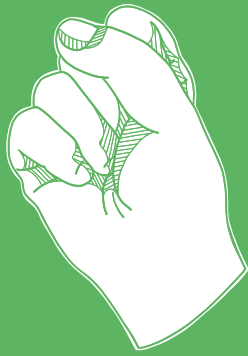




SOURCES OF STRENGTH



PHYSICALLY DISTANCED GAMES

We believe that play is an essential way to learn, connect, create, and build trust alongside others. At Sources, we aim to celebrate our strengths, and one way we do that is through play. Play fosters connection and relationships and helps break down barriers among social groups in a low-risk setting. Games can also make anyone feel like a champion, regardless of ability. For more games, check out sourcesofstrength.org

Always lead with inclusivity. If the entire room cannot access or participate in a game, change the rules! Competition can be motivating in games, though it is not required or necessary to have fun and build connection. Do not let winning a game become more important than having fun, keep it lighthearted and work to say, “yes” to participants needs, no game should diminish or disappoint anyone.

123, LOOK!

Time: 2-10 minutes

Group Size: Small or Medium

Buy-In: Low

Materials Needed: None

Overview: Support transitions or redirect attention, with this quick game where participants attempt to be the last remaining in a game of chance.

Directions:

1. Have participants stand in a circle and look down at the ground. (If you're a theater person this is a great opportunity for a Les Miserables pun, “Look down, look down, don't look 'em in the eye...”)
2. Explain that you will count, “1-2-3” and when you say, “Look!” everyone needs to look up and directly at someone else's eyes.
3. If the person they are looking at is also looking at them, they both are out and they each sit back down in their chair. Optionally, when two people

make eye contact, you can have them shout, or make animal sounds to signal that they are out.

4. As participants are eliminated, the remaining people should close in the gaps, and the circle will get smaller.
5. If the game goes on for too long without anyone making eye contact, have the participants move to another place in the circle.
6. Play a few practice rounds to start!

Rules:

- Participants must look at one other person's eyes each round; they can't look at the wall, above their head, etc.
- Participants must look at only one other person's eyes each round. They may not switch to another person after making eye contact.

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ALL. SOME. ONE.

Time: 5-15 minutes

Group Size: Small or Medium

Buy-In: Low

Materials Needed: Paper or notecards and writing utensils or electronic devices.

Overview: Create connection through this low movement storytelling activity creating opportunities for story sharing.

Directions:

1. Invite participants to write down their name and three statements then hand their list to the facilitator.
 - a. Write down something you think applies to all of the participants.
 - b. Write down something you think applies to some participants.
 - c. Write down something you think only applies to you (one participant)
2. Have all participants stand up or raise their hand while the facilitator picks a piece of paper and reads each of the three statements written on it. Carefully filter out submissions with potentially harmful or insensitive disclosures and follow up with the students who wrote them after the training.
3. If the statement is not true for a participant, they should sit down or lower their hand. Upon reading the last statement, there should only be one person left (or they'll find a surprising connection!)
4. Invite that person to share as feels appropriate.
5. Repeat with other entries as time allows

Remember, the purpose of this activity is to build connections and create space for low buy-in sharing as the person shares more about their "one" statement. Any harmful, negative disclosures or insensitive assumptions about others, should be immediately removed and the student should be followed up with after the training.

BOB ROSS OR BUST

Time: 10-15 minutes

Group Size: Any

Buy-In: Low

Materials Needed: [Pre-Printed worksheets](#) with a scribble on them and a writing utensil

Overview: Focus on creativity with a calming art activity where participants work to turn the same scribble into a complete image and then share their work.

Directions:

1. Hand out worksheets, each with the same pre-printed scribble on them.
2. Play some music and give 3-5 minutes for folks to turn the scribble into a complete drawing. Think cocoon to butterfly!
3. When time is up, have participants lightheartedly share what they came up with in small or large groups.
4. Optionally, you can use this as a way to split into small groups for sharing. Hand out each of the pre-prepared images, lead the activity, and have folks share with the people who had the same sheet they did.

BRING IT ON! ARM WAVING CHALLENGE

Time: 5 minutes

Group Size: Any

Buy-In: Low-Medium

Materials Needed: None

Overview: Get the group moving together and challenge your minds in this movement activity.

Teaching Point: Sometimes our brains can get jumbled, and what used to seem like simple instructions, can feel overwhelming. We can work to calm down our brains and our bodies in order to listen and follow directions.

Directions:

1. Have the group stand up and stand in a distanced circle. Tell them that we're going to be moving in some different ways.
2. Demonstrate the two different 6- count arm sequences. Once participants feel comfortable



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with the arm movement you describe, tell them to say/shout, "Bring it on!"

- a. Right Arm
 - i. Right arm straight up (count 1)
 - ii. Right arm straight out, parallel to the ground (count 2)
 - iii. Right arm straight down, at your side (count 3)
 - iv. Right arm straight up again (count 4)
 - v. Right arm straight out again (count 5)
 - vi. Right arm straight down again (count 6)
- b. Left Arm
 - i. Left arm straight up (count 1)
 - ii. Left arm straight down, at your side (count 2)
 - iii. Left arm straight up (count 3)
 - iv. Left arm straight down (count 4)
 - v. Left arm straight up (count 5)
 - vi. Left arm straight down (count 6)

3. Seems easy enough, right? Now, the challenge is to combine the movements with both arms at the same time. Ready? 1, 2, 3, 4, 5, 6!
4. Once laughter subsides, try again, then allow the group time to perfect their motions.
5. Consider doing a grounding or breathing exercise to help folks calm and focus.
6. End on a good simple note, perhaps, both arms up, both arms down, both arms up, pump your fists in the air Rocky-style!

BUTTS/FINS A CUPS VARIATION

Time: 5-10 minutes

Group Size: Any

Buy-In: Low

Materials Needed: None

Overview: Raise the energy and have some fun by having folks face off ultimately racing to see who can complete an action first.

Directions:

1. Choose if you will play "Butts" or "Fins," with inclusion top of mind. If all

participants are not able to sit on their bottoms quickly or clap their hands above their head-choose a different action everyone can easily do.

- a. If you choose "Butts," participants will race against their partner to sit on the ground, or on their chair. Whoever does it first - advances to the next round.
- b. If you choose "Fins," participants will race against their partner to clap both hands together directly above their head. Whoever does it first - advances to the next round.
2. Ask for two volunteers to demonstrate the game.
3. "When I say 'GET READY!,' I want you to become silent wrestlers, facing each other. Show me what that looks like." Make sure they are squatting down and silent so they can hear the instructions.
4. "Once you're in the ready position, I'll start calling out parts of the body that you need to touch with both hands."
5. Call out "Get Ready," then say a few body parts ("knees... head... ears... elbows..."), and then shout out either "Butt" or "Fins".
6. Those who didn't "win" their round can return to their seats while play continues and cheer for other participants.
7. With chairs spaced out in a circle, have everyone in the room find a partner and face them.
8. Shout out, "GET READY!" and then various body parts, ending each round by shouting "Butts" or "Fins". The first person in each team to complete the action advances to the next round and finds a new partner.
9. Play until you have two players remaining, then encourage the group to watch along or act as referees. Make the final round playful and encouraging.

Rules:

- This is a sudden elimination tournament, not best two out of three.
- Winners battle winners, until only one remains.
- After participants are eliminated, they may play against other eliminated players or act as referees.
- Any ties are broken by a quick, sudden elimination round of *Rock, Paper, Scissors*, go.



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CATEGORIES

Time: 5-15 minutes

Group Size: Small-Medium

Buy-In: Medium

Materials Needed: None

Overview: Have some fun and challenge participants to list items within a chosen category as quickly as possible to avoid elimination.

Directions:

1. Choose a category for each round of competition. Use the ideas below, or ask Peer Leaders to create their own.
 - **Category Ideas:** Car brands, cereal, colors, sports, things with wheels, vegetables, fruits, movies, bands, types of music, countries, states, state capitals, etc
2. With participants standing in a circle, select a person to begin and proceed clockwise around the circle.
3. Each participant will have 2-3 seconds to come up with an answer that corresponds with the chosen category, then the person to their right will do the same, continuing around the circle.
4. Eliminate players if they don't come up with an answer before time runs out or if they repeat an answer. Encourage eliminated players to return to their seats or take a step outside of the circle.

Adaptations:

- Incorrect answers gain a point (you don't want points) and continue playing.
- Have participants begin by sitting in front of their chairs. Each round, if you answer correctly, you signal your advance to the next round by switching your position to sitting on the chair, then standing on the ground, etc.

CUPS

Time: 5-10 minutes

Group Size: Any

Buy-In: Low

Materials Needed: *Solo cups* or similar sized item

Overview: Raise the energy and have some fun having participants face off with one another until ultimately racing to see who can grab an item fastest.

Directions:

1. Ask for two volunteers to demonstrate the game. Place a cup on the ground in front of each.
2. "When I say 'Get Ready!,' face off as silent wrestlers. Show me what that looks like." Make sure they are squatting down and silent so they can hear the instructions.
3. "Once you're in the ready position, I'll start calling out parts of the body that you need to touch. When I say, CUP, grab your cup and place it on your head, the first person to have a cup as a hat wins.
4. Call out "Get Ready," then say a few body parts ("knees... head... ears... elbows..."), and then shout the word, "CUP!" (or whatever the item is that you are using).
5. Begin play by having everyone in the room find a partner and cups.
6. Instruct everyone to face their partner and place their cups on the ground in front of them.
7. Shout out, "GET READY!" and then various body parts, ending each round by shouting, "CUP!" The first person who puts their cup on their head advances, finding a new partner. Ties or debates can be solved with a quick round of Roshambo.
8. Those who don't win return to their seats while play continues. Encourage eliminated players to become referees for competitors.

Rules:

- This is a sudden elimination tournament, not best two out of three.
- Winners battle winners, until only one remains.
- If participants are unsure of the winner, a quick round of Roshambo will be a useful solution.

Adaptations:

- Place cups on desks/chairs to increase accessibility.
- Offer sharing prompts between each round to build connection.
- Confuse and excite participants using words like, "Kitten!" and "Culvers Ice Cream".

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DANCE DETECTIVE

Time: 10-15 minutes

Group Size: Medium-Large

Buy-In: High

Materials Needed: Music and speakers

Overview: Raise the energy and get people moving and laughing while players work to determine who is secretly leading the room's dance moves.

Directions:

1. Have the group stand in a big circle, and ask for a volunteer.
2. Explain that the volunteer is the Dance Detective and will step out of the room while you assign, or ask for, another volunteer to be the Dance Leader.
3. Play some fun music; the Dance Leader will then start dancing and it's everyone else's job to copy their movements exactly (but be sneaky!). The Dance Leader can change their sweet moves any time they want to.
4. The Dance Detective will return to the center of the circle. The goal for the Detective is to figure out who the Dance Leader is; the goal for everyone else is to keep that information a secret! The volunteer will get three guesses or 90 seconds - whichever happens first.
5. When the Dance Detective in the middle guesses the Dance Leader or runs out of time, the Dance Leader becomes the next guesser.
6. Play as many rounds as you see fit.

FACE OFF

Time: 5-10 minutes

Group Size: Medium

Buy-In: Medium

Materials Needed: None

Overview: Build connection and raise the energy in this game of chance.

Directions:

1. Pair up everyone with a partner and stand facing each other in Wheelhouse Connection circles.
2. Prompt everyone to start with their palms together at chest height (put hands at hearts center), each player's arms now become the

single arm of a clock that can only point in one of four directions: up, down, left and right.

3. On the count of "3-2-1-Go", both players will fully extend their arms together pointing in any of the four directions.
4. If they point in the same direction, the pair is knocked out. If they point in different directions, they continue on to the next round.
5. Continue play as you see fit. Optionally, rotate the circles so participants must compete with new players.
6. If play is going too long, or just to mix it up, switch the goal by saying, "Alright! Time Warp! This round, you must match your partner to proceed to the next round. Ready? 3-2-1-Go!"
7. Complete the activity with a Vegetable Tie Breaker.

Variations:

- Instead of eliminations, play for points. If a pair points in the same direction they get a point. Play to five points.
- Clock Face and Clock Arms: One partner points with their arms and the other turns their head to face in any of the four directions.
- Simplification: Play with participants eyes only. Start with partners facing one another, eyes closed, same countdown and goal then do one of the following:
 - o Open their right eye only
 - o Open their left eye only
 - o Open both eyes
 - o Keep both eyes shut

GROUP CHARADES

Time: 10-15 minutes

Group Size: Medium

Buy-In: Medium

Materials Needed: Charades Prompts

Overview: Bring on the fun with a competitive twist on classic game Charades to get teams up and moving with laughter.

Directions:

1. Set up three chairs spaced out in a row on one side of the room.

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2. Explain that the groups will be playing competitive charades, but instead of ONE person acting out the prompts, the whole TEAM will be acting them out for one person to guess.
3. Have the group divide into teams, and give them time to come up with a team name and a team chant or action.
4. Tell each team to pick the best actor, or loudest/funniest player, and send them to the front. Have each take a seat on the two outside chairs.
5. The two seated players will be the guessers. Feel free to switch guessers after a few rounds.
6. Stand out of the guessers' views and hold up prompts or display them on a projected slide for the other players.
7. Everyone who is not a guesser will then collectively act out the prompt - they can work together or individually but cannot make any sounds!
8. Whomever correctly guesses the prompt first, wins that round. The points are made up and the scores don't matter- so feel encouraged to give out "peach emojis and rainbow stars" as the points!
9. Continue play as desired, increasing difficulty and humor as play continues. If a guesser seems overwhelmed or one of the teams is winning multiple rounds in a row, switch it up. Remember, the goal of the game is laughter and movement, not a strict focus on competition.

Rules:

- Guessers cannot look at the prompt.
- No sounds or mouthing words.

Adaptations:

- Allow each team to select a Peer Leader and Adult Advisor to guess as a pair.
- Theme your charade prompts: Pride Month, Black History Month- you name it!
- Give a student the job of keeping score.
- Have Peer Leaders come up with Prompts and/or lead the game.

HEADS OR TAILS

Time: 5-10 minutes

Group Size: Medium

Buy-In: Low

Materials Needed: None

Overview: Energize the group quickly with this simple game of luck where participants hope to match the facilitator.

Directions:

1. Explain that the goal of this game is to match the facilitator to advance to the next round. Have participants stand in a large circle or in one straight line.
2. Share that the participants will choose to transform into one of the following options:
 - a. Moose: Standing tall with one hand on each side of your head as "antlers."
 - b. Mouse: Squat down to the ground and put both hands underneath your chin like "whiskers."
3. Countdown "three, two, one, go!" On "go," all participants should choose an option and wait and watch for the facilitator's reveal.
 - Do a few practice or warm-up rounds before eliminations start.
4. Participants who match the facilitator proceed to the next round. Playfully eliminate participants who do not match the facilitator.
5. Continue to play until you have one or two players remaining as winners!
6. Each round should be playful and get all individuals laughing, moving, and participating!

Adaptations:

- Play the game seated or standing in almost any formation.
- Instead of eliminations, everyone can stand in a horizontal line, and each time they get a match, they take a step or jump forward.
- Remember, it is more important that all participants are able to fully participate than to use uber creative characters. If a character is not inclusive of everyone's abilities, pick a different character!

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Character Adaptations:

- Cowboy v Cheerleader:
- Elephant v Flamingo:
- Your school mascot versus your rival school's mascot
- Ask your Peer Leaders to lead the game using their own characters

INSPECTOR SELECTOR

Time: 5-10 minutes

Group Size: Medium

Buy-In: Low

Materials Needed: None

Overview: Challenge your team with a memory focused game. Ask one participant to hide out of view while another, the Inspector, works to determine who is missing as quickly as possible.

Directions:

1. Have participants stand in one straight horizontal line.
2. Select one player to be the "Inspector" and have them step forward and face the group with their eyes covered or closed.
3. Ask a participant to move behind the Inspector and out of view while remaining individuals shuffle their order.
4. Countdown "three, two, one, go!" On "go," have the Investigator open their eyes and guess who is missing. Allow them three guesses or 30 seconds to make their determination.
5. The missing player then becomes the Investigator. Continue to play as you see fit!
 - Adaptation: Each participant becomes the Investigator once and has unlimited time to make their discovery. Assign someone to time and record each turn. The fastest Investigator wins!

Note:

This game should be played with groups of no more than ten highly familiar participants. Inspector Selector runs the risk of someone being, or feeling, forgotten. If you're worried about that with your crew- just don't play it. Instead, use the Inspector Selection adaptation below.

Adaptation: Inspection Selection

Prepare a board with random items such as a brush, a pencil, a spool of thread, etc. Tell your students you will give them a short period of time to memorize the items they see. Students cannot write down the things or take a photo, they must remember by sight only. Move the board out of sight and take one item away. Show the board once again and see who can name the missing item fastest.

INVISIBALL PASS

Time: 5-15 minutes

Group Size: Small

Buy-In: Medium

Materials Needed: Invisible Ball

Overview: Collaborate and connect with this fun game to get everyone moving and working together.

Directions:

1. Have everyone stand in a circle.
2. Explain that you'll be passing an invisible ball to each other with different commands. Here are the options:
 - a. PASS- Say, "PASS", while using their right hand to pass the ball to their left and their left hand to pass the ball to the right. PASS moves the ball one player to the right or left but cannot be used to change the direction of the ball.
 - b. BOUNCE- The person with the ball makes a chopping motion toward the feet of the next player and the ball imaginatively bounces (skipping this player) into the hands of the next player.
 - c. BLOCK To BLOCK, when a player is PASSing you the ball, raise one forearm as if replicating a Pong paddle and say, "BLOCK" reversing the direction of the ball. BLOCK is the only action that reverses the direction of play, at first.
 - d. OVER- Passes the ball directly across the circle using two arms over head.
 - e. WAVE- Pauses the balls movement until all the members of the group have stood up and then reseated themselves, creating a wave around the circle. The player who chooses to

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create a WAVE must then PASS

3. After a few rounds add in a SCHWA- A behind-the-back, basketball-like pass that reverses directions and skips a person. Receive the ball then toss it behind your back and over the person you received it from. (No double SCHWA's allowed!)
4. You may play with the goal being for each person to touch the ball once or that dropping the ball (not realizing it was passed to you or attempting to retrieve a ball that was not passed to you) causes you to get knocked out or gain a point.

JUMP IN, JUMP OUT

Time: 5 minutes

Group Size: Any

Buy-In: Medium

Materials Needed: None

Overview: Get up and move together with this brain twisting activity.

Directions:

1. Have the group stand up in a circle, letting them know that you will be working your brains by moving in different ways.
2. Explain that there are four ways to jump; "Jump In," "Jump Out," "Jump Right," and "Jump Left."
 - Ability Inclusive Option: Participants can point with one or both arms (point up, point down, point left, or point right) instead of jumping.
3. For the first round, explain that the group will SAY what you say, and DO what you say (when you say "Jump Out," and the group will say "Jump Out" and jump backwards) .
4. Call out 4 or 5 commands, and have the group celebrate their success.
5. For the next round, explain that the group will SAY the opposite of what you say and DO the opposite of what you say (when you say "Jump Out," and the group will say "Jump In" and jump forward).
6. Call out a few commands, and encourage laughter in the group.
7. For the next round, explain that the group will SAY what you say, but DO the opposite of what

you say (when you say "Jump Out," the group will say "Jump Out" but jump forward).

8. Call out a few commands and laugh with the group as chaos ensues.
9. For the next round, explain that the group will say the opposite of what you say, but do what you say (when you say "Jump out" the group will say "Jump in," but will jump backwards).
10. End on a good note! Repeat Step Three.

KNEE SLAPPER

Time: 5-15 minutes

Group Size: Small

Buy-In: Low

Materials Needed: None

Overview: Give your team's brains a fun challenge, passing a simple movement around a circle watching for unpredictable twists without getting eliminated.

Directions:

1. With everyone in a circle, sit or stand with palms resting flat on your knees. Players will be passing a slapping motion around the circle.
2. All participants have two "players" in the game: their left hand and their right hand. Each hand moves independently.
3. To start, moving clockwise, one person slaps their left hand once, initiating movement around the circle.
4. Play once around the circle for understanding. It should look like a wave.
5. Now, play begins and the players have one of two options.
 - a. Tap Once, which continues play in the same direction.
 - b. Tap Twice, which reverses the direction.
6. If someone slaps out of turn, they must remove the hand that made the mistake. When both of their hands are out, that person is out of the game.
7. To restart play after someone makes a mistake, the facilitator may direct who restarts play.
8. The game is over when there are two or three people left who can then participate in a [Vegetable Off Tie Breaker](#).

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Adaptations:

- It is likely the game will increase speed as play continues. If play is moving too quickly, allow participants 3 strikes and then they are out. If play is moving too slowly, have participants move to different positions within the circle or rotate the circle in one direction while playing.
- If play is lasting too long, add a “no flinching” rule that if someone flinches their hand, they get knocked out.
- Simplify the game with clapping hands together instead of slapping. One clap continues the play in the same direction, two claps reverses the direction. Then add in a three clap option which continues in the same direction but skips the next person.

PTERODACTYL

Time: 5-10 minutes

Group Size: Any

Buy-In: Medium/High

Materials Needed: None

Overview: Get silly and get loud with this hilarious elimination style brain break.

Directions:

1. Have the group stand in a circle.
2. Tell everyone to cover their teeth with their lips (think of dentures), and to lift their forearms while bending their wrists at their chests (like dinosaur arms).
3. Instruct participants that they will “pass” the word “pterodactyl” around the circle, one at a time, by screeching “PTERODACTYL!” without showing their teeth or dropping their hands.
4. The order of the circle can be reversed when someone chooses to stop and reverse by screeching, “CAW!” This sends the word “pterodactyl” back in the other direction.
5. People are eliminated if they disrupt the order, if they show their teeth, or if they drop their arms.
6. Go ahead and start the group off by passing “pterodactyl” either direction! Encourage laughter and celebrating as participants are knocked out.
7. The circle gets smaller and smaller, and the

pterodactyls get sillier and sillier, until a single dinosaur remains.

Rules:

- If you show your teeth, or drop your hands, you’re out!
- If you have some talented actors that are not getting out, feel free to give a one minute warning before you end the game.
- If you have a large group you can start with multiple groups, and then condense when the groups get smaller.

Variations:

- Car “vrooming” in one direction and “honking” to reverse the circle.

PICTIONARY

Time: 10-15 minutes

Group Size: Any

Buy-In: Medium

Materials Needed: List of Prompts, Poster Paper, Markers

Overview: Build connections and generate laughter with this large group version of classic Pictionary.

Directions:

1. Prepare a list of prompts for participants to draw. If you are having trouble selecting words or phrases, use this [Pictionary Word Generator Resource](#).
2. Depending on the size of the group, play with the whole group or split the participants into 2-3 teams, each team selecting one participant to be their first artist.
3. Secretly share the prompts with only the artist(s).
4. Once the artist(s) read the prompt, countdown to the start by saying, “ready, set, draw!”
5. Ask participants to shout out when they know the answer. Once someone guesses the prompt, the guesser’s team earns a point. Then have the artist(s) begin to draw the next prompt.
6. Every few rounds have each team select a new player to be the artist.
7. Continue play as desired, or until everyone who wants to be the artist has had a turn. Remember,

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the primary goal in this game is laughter and participation, not a diligent focus on competition or scores.

QUICK CHANGE

Time: 10-15 minutes

Group Size: Any

Buy-In: Low/Medium

Materials Needed: None

Overview: Increase team connection in this activity designed to help us notice the change in others.

Teaching Point: Each individual has the capacity to collectively change the climate of a school by encouraging the positive and healthy changes they see in others.

Directions:

1. Ask everybody to locate a partner and get in two parallel lines facing each other.
2. Ask the participants to look at what their partner is wearing, check out their shoes and hairstyle today. Make it very quick to keep the embarrassment and weirdness factor down.
3. Then have both lines turn and face away from each other. Instruct everyone to change three things about their physical appearance. (Most pull pockets out, untie shoes, take off an earring, change the position of their name tags, etc.) Keep this light and fun!
4. When they are finished with their changes, have both lines turn and see if they can identify the three changes.
5. Once each person has identified the changes, pairs can air high five one another and take a seat.

ROCK, PAPER, SCISSORS EVOLUTION

Time: 5-10 minutes

Group Size: Any

Buy-In: Low

Materials Needed: None

Overview: Invite players to progress through evolutionary stages in an energy raising game that works to break down social barriers.

Directions:

1. Explain that you'll play evolution-style Rock, Paper, Scissors. Clarify that the cadence is "Rock, Paper, Scissors, Go!" Reveal on "Go!" The goal is to evolve as far as possible within the allotted time.
2. Throughout the game, you may only compete against another at your same stage of evolution.
3. If you win, you evolve into the next stage and if you lose you devolve into the previous (eggs remain eggs, no scramble here!) then searching around for another same stage player.
4. Everyone starts as an egg and then progresses to: the Chicken, the Dinosaur and, lastly Airplane. Demonstrate each stage.
 - a. Egg: low to the ground or kneeling with arms in a circle
 - b. Chicken: squatting and flapping chicken arms while clucking
 - c. Dinosaur: large high knee steps and t-rex arms while roaring
 - d. Airplane: arms wide zooming quickly around the room
5. Once a player has become an Airplane, if they want, they may devolve to any stage to compete against others, while maintaining the option to evolve back into an Airplane.

Dino Version:

- Dinosaur Egg: Kneeling or crouched with arms in a low loop
- Baby Sinclair: standing hunched pretending to wave a frying pan over saying "not the mama"
- T-Rex: Standing tall roaring with dinosaur arms
- Pterodactyl: Waving bird-like arms with lips covering teeth screeching, "Pterodactyl!"

Mobility Inclusive Ostrich Version:

- Ostrich Egg: Holding two hands together in large cup shapes showing an egg
- Hatching Ostrich: Raise hands in the air as if scoring a touchdown and bend side to side
- Ostrich Wings: Waving both arms wide like wings saying "cah-caawwww, cah-caawwww"

ROCK PAPER SCISSORS TOURNAMENT

Time: 5 minutes

Group Size: Any

Buy-In: Low

Materials Needed: None

Overview: Get the energy up and break down social barriers in this fun, LOUD, game!

Directions:

1. Ask for two volunteers to demonstrate a round of "Rock, Paper, Scissors" for the group. (Clarify that the cadence is "Rock, Paper, Scissors, Go!" Reveal on "Go")
2. Tell the winner of the round to put their hand up in the air then explain that they will go on to battle another winner; the player who didn't win becomes the winner's cheering section, safely following them, shouting their name and clapping/cheering behind them.
3. Play continues in that manner with each winner's cheering section growing.
4. Eventually there will be two finalists; each finalist will have roughly half of the room cheering behind them. Encourage them to get LOUD!

Rules:

- This is a sudden elimination tournament, not best two out of three.
- Winners battle winners, until only one remains.
- Everyone must play several rounds - don't stand to the side while others are eliminated

Variations:

- This game can be just as fun with silent and slow motion celebrations (fist pumping and muted clapping) to limit the sensory overwhelm that comes with everyone shouting.
- Full Body RPS: Instead of using their hands, players can jump into "scissors" by raising hands above head, "paper" by sticking their arms and legs wide apart and wrapping their arms around themselves for "rock".

SHOE KICK

Time: 10 minutes

Group Size: Any

Buy-In: Low

Materials Needed: None

Overview: Create some energy, movement, and fun with space for getting to know others in this connecting game.

Teaching Point: Asking for help can sometimes feel hard, but today we'll talk about how we can make getting connected easier.

Directions:

1. While sitting in the circle, take off your right shoe and toss it over your shoulder. Then tell everyone else to do the same. Most students will laugh and toss their shoe willingly, but some will hesitate and some will even refuse.
 - Keep your tone energetic and humorous. Don't get caught in a power play with those resistant to participate.
2. Ask (with humor) if anyone had a hard time taking their shoe off, then give some examples of why you might not want to kick your shoe off (e.g. I've got my good stuff on, it's too much work to unlace my boots, I'm worried about holes in my socks, my feet are too stinky.)
3. Ask the group if they've ever noticed that it's hard for some people to ask for help when they are having a tough time. "It's almost like this activity – are they going to think my stuff's too stinky, messy – are they going to mess up my good stuff? It feels like too much work..."
 - **Key Point:** "When a friend is struggling or hurting, it can make a big difference if their friends come alongside them and introduce them to supports and Strengths to overcome barriers and connect them to the help they need and deserve.
4. Completion Activity: Invite individuals to go pick up their shoe. As they do, have them take notice of a shoe that has landed near their own. The owner of the shoe nearest to theirs will become their partner.
5. In order to return to their seat, they must tell each other one truth and one lie about themselves. Then each person then guesses which is the

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truth and the lie. Then invite them to take their seats once they've shared.

ROLLERCOASTER YES PLEASE, NO THANK YOU

Time: 5-10 minutes

Group Size: Any

Buy-In: Low

Materials Needed: None

Overview: Generate laughter and conversation with participants weighing in on a low-key controversial opinion poll using body movements.

Directions:

1. Invite everyone to stand up and let them know you'll be listing items and you want to hear their opinion.
 - a. If they like the item, or it's a "Yes Please," participants should put their arms above their head, like they're riding on a rollercoaster.
 - b. If they don't like the item, or it's a "No, thank you," participants should cross their arms in front of their faces like the emoji character.
 - c. If they are unsure or ambivalent, offer participants to put two open hands at shoulder height in a shrug.
2. Begin listing prompts ([or use our list here](#)) starting with the name of the game, "Rollercoasters!" It can be useful to guide the first few, "Rollercoasters! Hands up if you love riding rollercoasters and arms in an 'x' if they're not for you. If you're unsure, go ahead and shrug."
3. Then, move on to simple concepts: running, early mornings, cleaning- progressively getting funnier or more specific to your group. Use topics such as, large groups of people singing you happy birthday in public, crocs with socks, etc.
4. Allow, welcome, and encourage chatter, and laughter throughout the game. The point is to get folks laughing, make connections, and begin sharing opinions/experiences.
5. Continue play as you see fit.
6. After playing the game once, accept topic/item suggestions from Peer Leaders and pull out your favorites for next time. After playing a few times, you can invite Peer Leaders to lead it as well.

UNMATCH GAME

Time: 5-10 minutes

Group Size: Any, as space allows

Buy-In: Low

Materials Needed: None

Overview: Get up and moving with a game of chance where you don't want to match your partner.

Directions:

1. Share that, "We are going to play a game like "rock, paper, scissors," except in this game, the goal is NOT to match your partner.
 - a. And you won't be facing each other.
 - b. And you'll have four options instead of three, and none of them are actually 'rock', 'paper', or 'scissors'.
 - c. So really, it isn't much like "rock, paper, scissors" at all..."
2. Participants will identify a partner and stand back-to-back.
3. On "1, 2, 3, Go!" each pair will turn to face each other with one of the following:
 - a. Kangaroo- Raise and lower chest with arms pulled in like t-rex.
 - b. Koala- Arms wrapped warmly around yourself as if hugging a tree.
 - c. Crocodile- Arms straight out in front of you clapping like a jaw.
 - d. Kookaburra- Flap arms wide at your sides like a bird.
4. If the partners turn to each other and they've picked the same animal, they're out!
5. Tell everyone to find a partner and run a practice round.
6. Optionally, every time you yell, "Crikey!" participants must quickly find a new partner.

Rules:

- No peeking
- No changing animals mid-turn or post-turn
- Australian accents encouraged!

UP, CLAP, SPIN, GO

Time: 15 minutes

Group Size: Small-Medium

Buy-In: Medium

Materials Needed: None

Overview: Get folks moving and jog brains with this light activity where everyone stays involved!

Directions:

1. Form a circle and instruct the group that they will maintain a specific pattern of movement. The pattern is: up, clap, spin, go. Invite folks to repeat it aloud with you a few times- have fun!
2. Demonstrate "up" by either jumping or simply bopping your head upwards and saying, "Up!"
3. The person to your right then continues with, "clap" by clapping their hands together once and saying, "Clap!"
4. The person to their right will then spin 360 degrees in place and says, "Spin!" (It can be fun to demonstrate this with a high pitched tone.)
5. Finally, the next person will enter the circle and run to any space between two people on the other side of the circle while saying or yelling a long drawn out, "Gooooooo!"
6. The person who moved spots will restart the pattern of movements with "Up" causing the person to their right to clap and then so on...
7. For the first round, encourage your group to say the prompts along with you as you go. Optionally, continue with these rounds.
 - a. Round Two: start in two places with two patterns going simultaneously.
 - b. Round Three: any "up" can, optionally, be immediately followed by a, "Go!" or the participant may "clap."
 - c. For a fourth, hilarious and chaotic round, each "up" can cause "claps" to start on both sides of the individual, then both sides will spin and GO!.
 - d. For a fourth, hilarious and chaotic round, each "up" causes the pattern to start in BOTH directions, every time.
8. Continue play as you see fit.

VEGETABLE-OFF TIE BREAKER

Time: 1-3 minutes

Group Size: Any

Buy-In: High

Materials Needed: None

Overview: Break ties in a funny challenge to find one winner in a group of finalists.

Directions:

1. In a quick discussion with the non-finalists, come up with a vegetable and an adjective for the finalists to act out. You may consider:
 - a. Angry artichoke
 - b. Bloated potato
 - c. Flirty Broccoli
 - d. Sassy Snow Pea
2. Gather the finalists and have them stand back-to-back.
3. Explain that you will count to three and shout out the prompt they have to act out. and On "One!" and "Two!" they need to take a step forward.
4. On "Three!" shout out the prompt and finalists will turn towards each other and act out whatever vegetable/adjective pairing prompt the rest of the group came up with.
5. Have the group vote by applause, or declare a winner.

WAH!

Time: 5-15 minutes

Group Size: Small

Buy-In: Medium/High

Materials Needed: None

Overview: Encourage laughter and focus in a rhythmic game of movement.

Note: From a neurodiversity perspective, rhythmic games can be exclusionary, or overwhelming, for some participants. Consider playing this game and another game in two separate circles at the same time or be sure to quickly engage participants in becoming judges or DJs as they get knocked out.

Directions:

1. Start in a large group circle.
2. Ask everyone to extend their arms high over their heads and then down to their chest/

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hearts center saying, “Waaaaaah!” Feel free to encourage humorous yoga poses or high kicks.

3. A volunteer will start the game by motioning both hands directly forward in the direction of another person and saying “Wah!”
4. The person who is pointed at quickly puts their hands together over their head and yells “Wah!”.
5. Finally, the people on either side of that person swing their arms downward motioning towards the person’s knees with their hands and yell “Wah!”
6. The person with their hands raised then steps forward and yells “Wah!” pointing to someone else in the circle and play continues.
 - It can be helpful to play a slow-motion practice round first
7. People are out when they react too slowly, do the wrong hand signal, or forget to yell “Wah!” After someone is eliminated, the game begins a new round. At the end, only three players will remain.
8. Finish and find a winner using a Vegetable Off Tie Breaker.

Rules:

- No touching or heckling
- If at any time a member of the circle hesitates, performs the wrong motion or does not say “Wah!”, that player must step outside the circle.

Adaptations:

- Change “Wah!” to “Umpa!” or “Oprah”
- No one gets out and everyone works together to keep the game going.
- Tree-metaphor Version: When “Wah!” is first passed that person points their arms upward, growing a tree, then the two people on their sides become lumberjacks, chopping the tree down, finally the tree falls in any direction it chooses to then grow another tree.

WALK AROUND COOL

Time: 10-15 minutes

Group Size: Medium-Large

Buy-In: Low/Medium

Materials Needed: None

Overview: Get people moving and encourage connection by challenging them to quickly create different formations.

Directions:

1. Ask for 5 volunteers to help demonstrate with you in the center of the circle.
2. Start by saying, “This game is called Walk Around Cool; when I say “Walk Around Cool” everyone will start walking clockwise.
3. While you’re walking around cool, I might say any one of five formations. Based on what I say, you need to stop moving and work with the individuals directly to your left and/or right to form the formation while standing still.”
4. The group will then walk around cool. The leader should shout out the key words, paying attention to which groups form last, which groups form wrongly (i.e., their move is wrong or they have the wrong number in their group), and which individuals do not find a group. These groups are out and should sit down.
5. Here are the moves for the distanced version of Walk Around Cool:
 - a. Mama Duck (5): Five players stand facing one direction. The first, fully extends their arms in front of them opening and closing them, like a big duck bill opening and closing.
 - b. Seesaw (4): Create a four person, partner seesaw, with two people on the left, one behind the other, moving up and down facing two people on the right, one behind the other, moving up and down.
 - c. Elephant (3): One person makes an elephant trunk with their hands while the two on either side turn in creating large C-shape ears with their arms
 - d. Knuckles (2) : Two people will create two fists and hold a “fist bump” position with each other.
 - e. Selfie (1): Every player should stop and freeze as if they are taking a photo of themselves.

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6. Start with a few practice rounds before you eliminate any players.

Adaptation:

Simplify directions by calling out words that participants must spell with their limbs (like YMCA). Consider the following:

- School Theme: School Mascot, Peer Leader Names, Staff
- Have Peer Leaders submit suggestions

WHEELHOUSE CONNECTION

Time: 10-20 minutes

Group Size: Any

Buy-In: Medium

Materials Needed: None

Overview: Get to know other people in the room while giving every person the opportunity to use their voice and share in a low-risk movement game.

Directions:

1. Ask the group to partner up and then form two circles facing their partner; an inner circle and an outer circle.
2. Ask the inner circle to walk clockwise, and the outer circle to walk counterclockwise (in opposite directions) until you tell them to stop. You can play music, similar to musical chairs.
3. On your call, or when the music stops, ask participants to turn and face their new partner(s) in the other circle then have a one-minute conversation (30 seconds each) on a given prompt.
4. It can sometimes take a while for pairs to form when you call stop. Instruct participants to raise their hand if they don't have a partner or to create groups of three.
5. When time is up, ask them to air high five their partner and start walking again in opposite directions. Continue for five or six rounds, then having people return to their seats.
6. Consider using the following prompts:
 - a. Share your name, grade, and favorite color.
 - b. What is something fun you've done recently?
 - c. What's your favorite outdoor activity?
 - d. What's your favorite fictional character?

- e. What relative of yours would you say is the most fun?
- f. Who do you go to for advice?
- g. Ask Peer Leaders to come up with other questions and lead this game in future meetings.
- h. Have some fun tossing in [Rollercoaster](#) prompts throughout the game as well.

YA' MUTED!

Time: 5-15 minutes

Group Size: Any

Buy-In: High

Materials Needed: Music and speaker

Overview: Generate laughter and excitement while one teammate silently performs a song until their teammates guess what song they are performing.

Directions:

1. Create a list of songs that your participants are likely to know.
 - Choose songs like "Happy Birthday" to nursery rhymes, to classic favorites like ABBA's "Dancing Queen." Here are some of our favorites!
2. Depending on the size of the group, play with the whole group or split the participants into two teams, each team selecting a team name.
3. Ask for a volunteer performer or ask teams to select a couple of performers who will silently lip-sync the assigned songs.
4. Ask participants to shout out guesses for the song as soon as they think they know it.
 - Adaptation: Have participants sing the song along with the performer as soon as they know.
5. Each team with a correct guess gains a point and continues to the next round.

Adaptation:

Do a Lip Sync Battle! Have each group select a performer who will simultaneously lip sync and perform along with a track to see who can offer the most exciting performance. Encourage the Peer Leaders to nominate at least one Adult Advisor to compete.

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YEE HAW

Time: 5-15 minutes

Group Size: Small-Medium

Buy-In: High

Materials Needed: None

Overview: Generate laughter and movement in a game of passing actions and reactions.

Directions:

1. Have everyone stand in circles of 10 or less.
2. Explain that you'll be passing an invisible ball to each other with different commands.
3. Each command has a different phrase and motion, you need to get them right to keep playing!
4. The first command is "YEEHAW!" with an arm swing to the left or right. Whichever way the arm is swinging is the direction play is moving.
5. You can respond to a "YEEHAW" with a "STUBBORN AS A MULE!". Stick out your thumb and pinkie on both hands and put your thumbs on your temples, forming horns upon your head, and it reverses play back to the person who yeehaw'd your direction.
6. You can respond to a "YEEHAW" or a "STUBBORN AS A MULE" with a "HAYBARN!". For this command, you'll raise your arms above your head in a triangle shape. This move signals a SKIP in the person who would go after you. If they take too long to realize... they're out!
7. Another move you can choose when play comes to you is "SLOW DOWN LITTLE DOGGIE!". For this move, you'll toss an invisible lasso at ANYONE in the circle. This passes play to them, they have several options:
 - a. "YEEHAW" to the left or right.
 - b. "DUCK" the play by ducking down and pointing with both hands to ANYONE in the circle to pass the play to them.

Rules:

- For each "SLOW DOWN LITTLE DOGGIE", you can only follow with two "DUCKs". If anyone "DUCKS" a third time, they're out.
- If you say the wrong command/response, you're out of the circle and a barn animal! Barn animals stand on the outside of the circle and shout animal noises to try and distract other players.