

101



GREAT GAMES

**Ice Breakers, Training Games,
Teambuilding Games, Sales Kick-Off
Games, Parlor Games &
Children's Games...**

Compiled and edited by:

CREATIVE MOVES BUSINESS OUTSOURCING



“If you have an apple and I have an apple and we exchange apples then you and I will still each have one apple. But if you have an idea and I have an idea and we exchange these ideas, then each of us will have two ideas.”

George Bernard Shaw 1856-1950);
Playwright, Nobel Prize Winner



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Foreword



Thank you for purchasing my ebook! I'm so excited to share with you some of the training games that I use in my in-house and public seminars! This ebook plus my other FREEBIES are my gifts to you who acquired a copy legitimately. Passed on copies have no freebies, sorry guys! Get a legit one to enjoy my other gifts.

Warm-ups or energizers are activities the trainer uses throughout a course to encourage participant involvement and interaction as well as to keep them awake, alive and enthusiastic!

These activities may be used at the beginning of each day to bring the group together and begin work on a positive note. They may also be used during the day to recharge the group (e.g., after lunch, after a long presentation). Here are number of warm-ups and energizers you can use. They are a combination of my own creation and compilation of other facilitator's work.

In the next section are some tips that may guide you in facilitating the activities in this ebook effectively. I included my own advise based on decades of experience in conducting games during workshops to numerous clients.

On the succeeding pages are the training games that I compiled throughout the years of my practice as a trainer myself. Some are original, others are adaptation while others are passed on to me by other facilitators. The games may include some preparatory information such as required materials, ideal number of participants, time required, safety precautions (if the game is somewhat physical), how to conduct it, and how to do the debriefing. Some games may include processing questions while other may not require it.

Read on and have fun! - ACC

Facilitation Tips

Here are the FIRST FIVE ESSENTIAL TIPS.

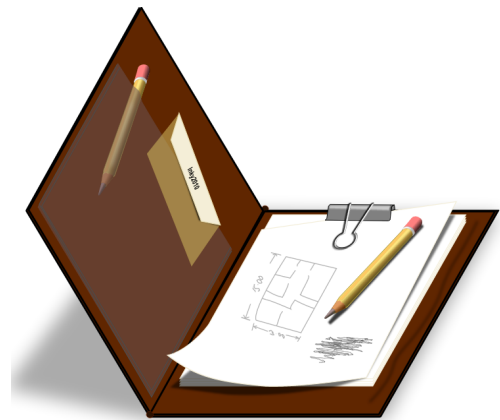
1. First and foremost, I strongly advise that the facilitator must first check the facilities of the venue before choosing any game because there are games that require more space and may not be appropriate for indoor venue or vice versa.

If outdoor is preferred, be sure to prepare for the possibilities of rain. The weather has become so unpredictable during these days of climate change. The sun may be shining in the morning but an unexpected rain may ruin your outdoor setup and props.

2. Secondly, confirm the number of participants. It is awkward to have prepared for a small group only to discover during the day that you actually have a large number of participants.

This situation will be so embarrassing and stressful. But it will also provide an opportunity for you as facilitator to demonstrate how will you solve the situation creatively without showing a slight indication of panic. The participants will see you as a perfect model of creative thinker.

Better still, you should have some buffer ide for the



More Facilitation Tips



to provide for the unexpected participants. An additional 30% of the required materials can already help you get a good night rest before the workshop.

3. Next, be sure to confirm the gender and age bracket of your participants. Some games are not appropriate for the ladies especially when done indoors and they are in their office attire. The ladies definitely cannot crawl or jump with their high heels and skirt.

It is also important to consider the participants' age bracket. It would be legitimate for the golden participants (above 50 years old) to cry for protest if they are required to do rappelling, carry others in spider web or climb a wall.

Advance knowledge of their age bracket will help you make your workshop age-friendly. It will also help you plan how to properly form the competing groups. Distributing the young ones and old ones, the analytical type and the creative type in all competing groups will minimize protest from those highly competitive personalities.

4. Next, consider the position of the participants. There are people who are very conscious of their position despite

More Facilitation Tips

of a house rule that participants must set -aside their organizational positions during the workshop. Some personalities are not “game” enough so they refuse to do the tasks they need to do during team challenges for fear that it might undermine their image.

To avoid this, we need to do a briefing first prior to the workshop to get them psychologically prepared. A mind-setting at the start will also help remind them of the rule. “Power play” can be prevented as well especially among the dominant personalities. Players who belong to lower positions will not get intimidated if the rule has been emphasized at the very start.



5. Finally, safety first. Make sure that everybody has been oriented about the safety precautions. Have enough supplies in your first aid kit and make sure that everyone is wearing a rubber shoes for the outdoor games. Slippers are strictly not allowed. Safety helmets may be required for high-element games. Make sure that the venue has safety gears and harnesses for high element games and a safety team who takes care of this aspect. Even for low element and indoor training games, a proactive facilitator must have a contingency plan.



101 GREAT GAMES

ENJOY AND HAVE FUN!

1 Cheeky Cheeky

Required: Lipstick, small washable grease pencil or markers

Players: Small to large groups

Depending on the number of participants, you may want to pick a few helpers for this icebreaker game. The helpers will all have a small tube of lipstick in their pocket or hidden in their hands before the game starts. They can pretend at the last minute that they decide to join in the game; this helps them to find the person that they would like to stand next to. Have all participants line up in a straight line, side by side, instruct them that they have to look forward and they can't turn their heads. Tell them that you're playing the Cheeky-Cheeky game and everyone is to repeat what you do but must not move. Give them an example by lightly pinching the persons cheek on the right of you and say "Cheeky-Cheeky". You should be at the beginning of the line.

Note to them that that person is to do the same and then the next person all the way down the line until it reaches the end. Once demonstrated start out with Cheeky-Cheeky but this time behind your back you have lipstick that you put on your fingertips. After you've done Cheeky-Cheeky and the movement has gone down the line then do nosey, nosey. After that do chiny-chiny, eary-eary, heady-heady and right eary-eary. Each time add more lipstick to your finger tips without them noticing. In the process the person next to you should end up with lipstick all over their face. Pick a person that is a good sport to stand next to. If you've planted helpers in the line, a few other people should end up with lipstick on their faces also.



2 Kiss the King's Toe

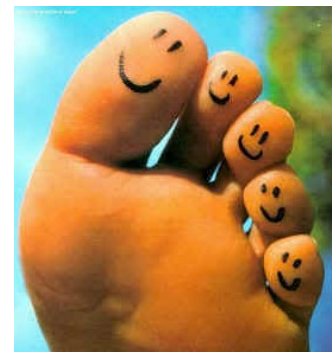
Required: Vaseline or mayonnaise (or anything mushy), chair, stool and blindfolds

Players: Small to medium groups

From the group select a number of persons that you would like to play this game. Send them outside.

Have someone (preferably a man) that has a very funny toe, sit on the chair with his foot on the stool. Put some mayonnaise or Vaseline on his thumb. Let him bend the thumb and you put it on the jointed area. You also put some on the big toe that is on the stool.

You then invite one of the persons that have already been blindfolded to



come in with his/her hands behind him. It must stay behind him as long as he/she is approaching the king. They are asked to bow before the king in respect (keeping hands behind). Take them very close to the king where they can actually kneel right in front of the toe that has the mayonnaise or Vaseline on it. They bow as to kiss the king ring and the king puts his finger out so that the person kisses the finger instead of the toe. The king then puts his hand behind him leaving the toe as the visible object that has been kissed.

The blindfold is now taken off and the person sees the toe and thinks that he/she has kissed this funny toe. (Make sure that you keep adding more Vaseline to the finger as it will be kissed off, also make sure that enough is on the toe) Continue with the next person until all have come in. Do not tell the person what has happened but encourage the person to watch and see what has happened. He/she will laugh at himself.

The other players must be locked away so that they have no clue as to what is happening, they will hear the laughs and will be curious and anxious to come in. No one in the room is to tell them anything. The last person usually does not know what is happening. You may tell hi

3 The Post Office

The participants should sit in a circle, each having her/his own chair. The facilitator takes one chair away and the participant who is left standing stands in the center of the circle and begins the activity.

The participant in the center of the circle says something like:

"I bring a letter for all of my colleagues who have brown hair."

All of the participants who have the characteristic stated (e.g., brown hair) **and** the person in the center of the circle change places. Whoever ends up without a chair to sit on, stands in the center of the circle and again states that s/he is bringing a letter, but for people with a different characteristic, such as:

"I bring a letter for all of my colleagues who are wearing bmbogig-jho

The activity can continue as long as the group is interested and enthusiastic, but no longer than 10 minutes.



4 Messy Twist

Required: Paper or plastic plates, oatmeal, whip cream, chocolate, vanilla and other flavored puddings, paper, pencil, two small containers and clothes to get dirty in

Players: Small to medium groups

What you need for this game is warm weather, so it can be played outside with no shoes on. It's a game mainly for those youths that like to get messy and enjoy having fun. (It is played like the game of Twister but with a BIG twist.) Fill up 6-10 plates with the same items like oatmeal and then 6-10 plates of another item, try to have at least 5 different items that would give you 30 to 50 plates. If you have a large crowd have them play in shifts. On a sheet of paper make tags, which will be pulled out of two separate containers. One set of tags will name the items in the plates, like chocolate pudding, vanilla pudding, whip cream, applesauce, mashed bananas, oatmeal or other items possibly non-staining items. The other set of tags will go into another container that will be what they will use, right hand, left hand, right or left foot, head or even bottom. Lay out the plates in rows and have one person draw out a tag from each container. Players are to do what the tags state, example is Vanilla Pudding, Right Foot. The players are to put their right foot in the vanilla pudding and then another tag is pulled. If any player falls or fails to get a plate before some else gets it, they're out of the game. The last standing player is the winner and you can give him rights to hose off other players if necessary. Messy Twist is a great game for the wild Youth Groups, party game or picnic game if you have a lake to wash off in.



5 Moo Game

Required: Just people

Players: Small to medium groups

Pick three people to stand outside while the rest of the group gets ready. Form a circle large enough for someone to stand inside. Tell the group that They are going to pick someone from outside to come in and stand inside the circle and when you count to three everyone has to "MOO" as loud as they can. Then tell them on the last time, when the third person comes in to fake a "MOO". Everyone should look like they are going to "MOO" but don't. Pick someone from outside and tell them that they are to listen for the person who "MOOed" the loudest. Count to three and everyone "MOOs". The person in the middle will then pick who "MOOed" the loudest and whomever they pick will be correct. Then tell that person that they have to "MOO" as loud as they can on the next round but to not "MOO" at all on the third round.



Now the 2nd person comes in and you "MOO" and they pick who was the loudest and they are of course correct. But don't tell the 2nd person to not "MOO" on the last round. Now the third person comes in and you tell them to pick the loudest "MOO". You count to three and everyone pretends like they are going to "MOO" except the 2nd person that came in who "MOOs" really loud all by him or herself. It's really funny. You may have to explain the joke to the third person though.

6 Puzzle Piece Search

Required: Precut puzzle pieces and open table

Players: Small to medium groups

You can do this with a pre-made puzzle or use a large unwanted poster and cut into several pieces depending on the number of players. Hide pieces throughout play area while players are out of the room. Have a card table or work area where the puzzle can be reassembled. When a player finds a piece they are to bring it to the table to fit it together with the other pieces. Once they have found where that piece goes they are off searching for another piece of the puzzle. At the end, have the players think about all those pieces, each one a different shape, size and color but they all come together to become one big picture.



7 Super Model Exercise

Objective - Ice breaker or energizer - Great for laughs and relaxation. Shedding of status and roles.

Time required -5-10 minutes.

Space requirements - big enough for participants to form a circle.

How to do it:

Arrange participants in a circle. Instruct participants that they have to act out your instructions. When pointed to and given the following commands:

"Super Model" - Participant should immediately pose as a fashion model. The two participants alongside the participant acting as a super model (the one on the left and the right) take the role of photographers and mimic gestures of taking a photo.

"Elephant" - Participant poses as an elephant by immediately thrusting two hands held together in front to represent the elephant's trunk. The two participants alongside form a circle with their hands and place them on the side of the participant pointed to serve as "ears" of the elephant.



"Jell-O" - Participant shakes his or her body like jell continuously. The two participants alongside hold each other's hands and form a circle around the target participant. The idea is to form a "glass" around the jell.

"Queen Bee" - Participant turns around and puts his or her hands together behind the back (just above the buttocks) and flutters them back and forth to mimic a bee's tail. The two participants alongside thrust their arms away from the bee and flutter them like wings.

"Donkey" - participant and those alongside him or her should freeze and not move at all

Expect that people will be confused and make mistakes. Such mistakes generate laughter and fun. To make the exercise competitive, participants who make a mistake (both the one pointed to and the two participants alongside him or her) can be eliminated from the game.

This warm-up works best when you have participants from a number of countries. To conduct this warm-up, you will need a source of music (tape player or radio) and a ball. The participants should stand in a circle. The trainer puts on the source of music and participants dance and pass the ball around in the circle. Whenever the music stops, whoever has the ball in his/her hand must step into the circle and sing the first verse of his/her national anthem. If he/she cannot remember the national anthem (which happens sometimes) he/she must sing a love song to pass. After this has been done satisfactorily, the trainer turns on the music again and participants again pass the ball in the circle. The game continues until many participants have had the opportunity to sing or the trainer feels that everyone has been energized.

8 Tell a Story



The participants should stand in a circle. The purpose of this activity is to build a story with each participant contributing one sentence that must:

Make sense and at the same time add some fun to the activity,

Build on to the last sentence, and Be grammatically correct.

For example:

#1: "I was walking along the hallway this morning."

#2: "My boss saw me and stopped me for while."

#3: "I asked him why."

#4: "He said he needs the files ASAP so I must come back to the office."

The activity continues until all of the participants have contributed or until the facilitator feels that the group has been energized.

9 Boom



Boom! - All participants should sit in a circle. They are instructed to count out loud around the circle. Each person whose number is a multiple of 3 (3-6-9-12, etc.) or a number that ends with 3 (13-23-33, etc.) must say BOOM! instead of the number. The next person continues the normal sequence of numbers.

Example: The first person starts with **1**, the next one says **2**, and the person who should say **3** says **BOOM!** instead, and the next person says **4**.

Anyone who fails to say **BOOM!** or who makes a mistake with the number that follows **BOOM!** is disqualified.

The numbers must be said rapidly (5 seconds maximum); if a participant takes too long to say her/his number, s/he is disqualified.

The last two participants left are the winners.

Note: You can have the participants "clap" once instead of saying Boom.

Note: To make this energizer more interesting, when a specific number is reached (e.g., 30) have the participants count backwards towards zero. The game can be made more complex by using multiples of bigger numbers, or by combining multiples of three with multiples of five.

10 Diversity Sayings



At the beginning of the seminar, form groups of three or four participants. Ask each group to record some of the sayings frequently used in their countries or in their region of the country. After 5 to 7 minutes, ask the groups to report their list of sayings. As each group reports their list, the trainer should check that the entire group understands each saying. Keep this list of sayings for another warm-up later in the day. Write each saying on a piece of paper and place each in an envelope.

Before the start of the afternoon session, divide the participants into two groups, one group at each end of the room. One representative from each group comes to the center of the room to receive an envelope containing a saying. The representatives read the saying silently and return to their groups. Without speaking to her/his group, the representatives draw a picture on the flipchart to represent the saying s/he has received. The drawings cannot contain any words or parts of words.

The members of each group guess the saying that their representative has drawn. The first team to guess the correct saying receives one point. After one group has guessed the saying, each group sends a new representative to the center to receive another envelope with a saying and the activity proceeds as described above. The activity continues for 10 minutes or until all the sayings have been drawn and identified. The group with the higher number of points wins.

11 Spider Web and Memory Gap

The participants should stand in a circle. A ball of yarn is given to one participant who tells the group something about her/himself, such as name, where s/he is from, her/his type of work, why s/he is attending the course, etc. (The information to include will depend on the size of the group and the time allotted for the activity.)



The participant with the ball of yarn holds onto the end of the yarn and throws the ball to another participant in the circle, who in turn must introduce her/himself in the same way. Participants continue introducing themselves by tossing the ball around the circle until all participants form part of this **spider web**.

As soon as everyone has introduced her/himself, the person holding the ball returns it to the person who threw it to her/him, as s/he repeats the information about that person. That person then returns the ball to the person who threw it to her/him, repeating her/his information. This continues around the circle, with the ball following its previous path in reverse order until it reaches the participant who first introduced her/himself.

Note: Warn the participants beforehand of the importance of paying attention to each introduction, since they will not know who will be throwing the ball at them.

12 Fear in the Hat



Set an appropriate tone, e.g., settled, attentive, caring and serious. The tone could be set by introducing the topic of fear and explaining how it is normal and natural at this stage of program that people are experiencing all sorts of anxieties, worries and fears about what might happen. A good way of starting to deal with these fears is have them openly acknowledged - lay them on the table, without being subject to ridicule. Having one's fears expressed and heard almost immediately cuts them in half.

Can be done as the first activity in a program, during the initial stages or well into the program.

1. Ask everyone, including the group leaders, to complete this sentence on a piece of paper (anonymously):
"In this trip/group/program, I am [most] afraid that..." or "In this trip/group/program, the worst thing that could happen to me would be..."
2. Collect the pieces of paper, mix them around, then invite each person to a piece of paper and read about someone's fear.
3. One by one, each group member reads out the fear of another group member and elaborates and what he/she feels that person is most afraid of in this group/situation. No one is to comment on what the person says, just listen and move on to the next person.
4. If the reader doesn't elaborate much on the fear, then ask them one or two questions. Avoid implying or showing your opinion as to the fear being expressed, unless the person is disrespecting or completely misunderstanding someone's fear. If the person doesn't elaborate after one or two questions, leave it and move on.
5. When all the fears have been read out and elaborated on, then discuss what people felt and noticed.

13 Mirror Image



This activity involves people in pairs, with one person mirroring the actions and movements of the other person.

Body movement exercises can be most revealing, confronting and rewarding. "Human sculpting via mirroring" brings body movement exploration into the dyad. By reflecting body movements of another, several subtle but complex processes are activated, heightening self- and other-awareness. Immediate non-verbal feedback exercises in the right time and place have the potential to be transformational. Other times this can simply an energizer.....

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