

GAMES

Greetings

Estimated Time: 10-15 minutes

Audience: Medium/Large Group

Activity Level: Moderate

All participants start milling about the room. You then ask them to greet each other, perhaps just by shaking hands. Participants just shake hands, move on, and greet the next player they meet. Then ask the players to greet each other in a more specific way. A few possibilities:

- greet each other like you greet a long lost friend
- greet someone you don't really trust
- someone you have a secret crush on
- someone that sold you a crappy used car
- someone with bad breath
- greet someone like you are a cowboy, a soldier, etc.

Impulse

Estimated Time: 5-10 minutes

Audience: Small/Medium Group

Activity Level: Low

Divide your group into two and have them line up parallel to each other (sitting is preferable.) The lines do not have to face each other. The first person in each line should be standing next to the leader. The first person of each line is the only person with his/her eyes open. At the end of the two lines there is a small ball, which should be placed equidistant between groups – the last person of each line should be able to reach it easily. The line leaders watch as the leader flips the coin. As soon as the coin comes heads up the line leaders need to squeeze the arm/hand of the person sitting next to them who will squeeze their neighbor and this will happen until the last person feels the squeeze, as soon as they do they grab the ball as fast as they can and their team gets a point. If the coin is tails up, nothing should happen – if a team incorrectly grabs the ball, they lose a point. The first team to 5 points wins.

Jedi Mind Trick

Estimated Time: 5-10 minutes

Audience: Small/Medium Group

Activity Level: Moderate/High

Stand in a circle with one person in the middle. The goal of the person in the center is to take another participant's place in the circle. Members of the outer circle attempt to switch places without losing a spot in the circle to the person in the middle. To switch places, a participant on the outside makes eye

contact with another member of the circle and then both members run across the circle and switch places – no one may switch spots with the person next to them. No talking or additional gestures can be used.

Partner Interview

Estimated Time: 10-15 minutes

Audience: Small/Medium

Activity Level: Low

Ask participants to pair up with someone in the group that they do not know. This includes facilitators. The task is to interview their partner and find out as many unique things about him or her as possible. Once the pairs are through interviewing, they come back to the group and introduce their partner with the knowledge they have gained. (Taking notes is an option, but doesn't make the game as much fun!)

Screaming Toes

Estimated Time: 10-15 minutes

Audience: Small/Medium Group

Activity Level: Low

Standing in a circle, have everyone look down. On a certain cue have everyone look up at a specific person. If you make eye contact with someone, scream as loud as you can and step out of the circle. If you do not make eye contact with the person you are still in the game. The game continues until two people remain.

Psychic Ten

Estimated Time: 10-15 minutes

Audience: Small/Medium Group

Activity Level: Low

Sitting in a group, with eyes closed, try to count to 10. Only one person in the group can speak at a time, if more than one speaks, the group must start over again.

Human Dragon

Estimated Time: 10-15 minutes

Audience: Medium/Large Group

Activity Level: High

Divide your team into 4 teams of 6-8 individuals. You can have odd numbers or vary the length of the "dragon" depending on the skill, size and ability of your athletes. Each team designates the "head" person and the "tail" section of the Human Dragon. All other team members fill in behind the head of the dragon by holding on to the person in front of them at the waist. The goal of the activity is to have the head of each dragon attempt to tag the tail of any other dragon team. Only heads of the dragon can do the tagging because all other team members must remain connected (with two hands) to their

teammates. Players attempt to avoid having their team's tail be tagged and skillfully attempt to shield their tail from other dragons on the prowl.

Guess It

Estimated Time: 15 minutes

Audience: Medium/Large Group

Activity Level: High

This is good activity for large groups. The facilitator explains that s/he is going to mention a few things about him/her and then make a guess as to how many of the participants have any of those things in common. The participants should raise their hands if the statement applies. For example, the facilitator might say, "I like the color purple. I guess that 10 of you will also like the color purple." The participants then raise their hands. This activity allows the participants to get a sense of commonalities. Option: if the facilitator gets it right (or very close, depending on the size of the group,) bring someone else to the front to share & guess. Also: the facilitator can write his/her guess on a piece of paper, rather than saying it aloud.

Rock-Paper-Scissors Tag

Estimated Time: 15-20 minutes

Audience: Medium/Large Group

Activity Level: High

Form two groups. During each turn, a team must decide whether they are "rock, paper, or scissors". The teams face each other, and on the count of three shows either rock, paper, scissors. The one who wins chases the other team. If the chased team member gets caught before they reach a designated home base, s/he becomes part of the other team.

Lap Sit

Estimated Time: 10-15 minutes

Audience: Medium/Large Group

Activity Level: Moderate

***This activity involves physical touch! Make sure everyone in the group is comfortable and consenting before facilitating this!** A group of players form a tight circle, standing shoulder to shoulder, and then everyone turns to their right (or left). Each person holds the waist of the one directly in front of him/her, everyone takes one side step toward the center of the circle to tighten it. The players then try to sit on the knees (not the thighs) of the player behind them, creating a sitting circle. The real fun of the game starts after the sitting circle has been formed, by using a variety of collective actions suggested and attempted by the players: holding arms out to the side, clapping three times, touching the ground

outside the circle, taking three steps backwards. This last task usually leaves the entire group in a cheerful heap on the floor. It is possible to get whole schools in a single circle, but the stepping challenge becomes much more difficult. Regardless of who wins, the players or gravity, it's a wonderful way to bring a group together to end a session.

I Love My Neighbor

Estimated Time: 10 minutes

Audience: Small – Medium Group

Activity Level: Moderate

Players stand in a circle on a marker (can be a cone, their shoes, etc.). One player is inside the circle. They say "I love my neighbors who..." and finish the sentence by choosing something they enjoy (for example, "I love my neighbors who have a brother."). If a player identifies with the statement, they must leave their place and run to another marker. Whichever player ends with a marker to stand on goes to the middle of the circle to begin the next round.

Switch

Estimated Time: 10 minutes

Audience: 5+ people

Activity Level: Moderate to High

Before playing, mark 4 corners, a spot in the middle, and a line (for example, 4 corners of a 4 square court and one spot in the middle). One player stands at each corner and another stands in the middle. The player in the middle yells "switch," and all 5 players run to another of the cones in the corner (but not to the cone in the middle). The player who does not get to a cone goes back to line, and a new player goes to the central cone. All ties can be broken with rock paper scissors. To add to the game, have the player in the middle choose how players will move (e.g., everyone walks like a robot).

Log Tag

Estimated Time: 10-15 minutes

Audience: Moderate/Large Groups

Activity Level: High

Assign one person to be the tagger, and another to be the runner. Have all other players find a partner and lay on the ground next to each other. All normal rules of tag apply. When the runner lies down next to a pair on the ground, the person on the far end of the pair stands up and becomes the new runner (still leaving two people laying on the ground).

SONGS

Unit Cheers

Pioneer Unit

Thunder! Thunder! Thunderation!
We are the Pioneer Delegation!
When we fight with Determination!
We create a Sensation!

Trailblazer Unit

GU Strong!
GU Proud!
GU stand up and shout out loud:
WE ARE THE TRAILBLAZERS!
WE ARE THE TRAILBLAZERS!
STRONG PROUD LOUD
WE ARE THE TRAILBLAZERS!

Explorer Unit

Oooooooooooh!
One! Two! Three!
Give a yell!
Give a yell!
Give a great substantial yell!
And when we yell we yell real swell (like hell),
And this is what we yell:
L&M! L&M! L&M Diego! San Diego!
Isky! Pisky! Have a lotta whisky!
Hocus Pocus! Dominocus!
Yeah, EXPLORERS!

Ford Song

Now on the ground there some wheels
Cutest little wheels you ever did see
wheels on the ground,
motor in the ford makes the wheels go round,
match in the gas tank, a boom boom.

Next verses:

Floor on the wheels,
Seat on the floor,
Girl on the seat,
Hat on the girl,
Feather on the hat,
Bird on the feather,
Germ on the bird,

Old Mrs. Shady

Old Mrs. Shady
She was a lady
She had a daughter
Who I adored
I used to court her
I mean her daughter
Every Saturday, Sunday, Monday, Tuesday, Wednesday, Thursday, Friday afternoon...
At half past four!

Grandmas in the Cellar

Grandmas in the cellar
Gee, can't you smell her
Baking Pancakes on a dirty grill, dirty grill
In her eyes there is matter
And it's dripping in the batter
And the SNOT! keeps running from her nose
From her nose, from her nose,
From her nose, from her nose,
And the SNOT! keeps running from her nose

Had a Little Dog Skinny as a Rail

Had a Little dog skinny as a rail
he had fleas all over his tail
And every time his tail would flop
The fleas on the bottom would hop to the top
CLAP

The Bear Song

The other day
I saw a bear
A great big bear
Oh way up there.

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

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

I says to him,
That's a good idea
So come on feet
Let's up and flee.

And so I ran
Away from there
But right behind
Me was that bear.

And up ahead
I saw a tree
A great big tree
Oh, Glory me!

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

And so I jumped

Into the air
But I missed that branch
Oh, way up there.

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

That's all there is
There ain't no more
Until I see
That Bear once more.

Pink Pajamas

I wear my Pink Pajamas in the summer when it's hot
And I wear my flannel nighties in the winter when it's not.
And sometimes in the springtime
And sometimes in the fall.
I jump right in between the sheets with nothing on at all.

Glory Glory Hallelujah
Balmy breezes blowing through ya
Glory Glory Hallelujah
With nothing on at all.

Quee Quack Money Money Oompa

Quee quack money money money oompa
Quee quack quee, quee quack quo
Quee quack money money money oompa
Quee quack quee, quee quack quo
Oh nick, oh nimo, oh golly golly omo
Oh nick, oh nimo, oh golly golly oompa oompa oompa oompa oompa

Note: every verse drop one "oompa" and sing a little faster.

The Skunk Song

Oh I stuck my head in a little skunks hole
And the little skunk said, "well bless my soul
Take it out! Take it out! Take it out! Take it out! Remove it!"
Well I didn't take it out and the little skunk said,
"If you don't take it out you will wish you were dead!
Take it out! Take it out! Take it out! Take it out! Remove it!"
Psssss.....
I removed it
Too late!

Fire Fire Fire

One dark night when we were all in bed
Old mother Leary lit a lantern in the shed,
And when the cow kicked it over, she winked her eye and said,
"It'll be a hot time in the Old Town tonight! Fire! Fire! Fire!"

Note: Best when sung as a round.

The Austrian Went Yodeling

Oh an Austrian went yodeling on a mountain so
high
When along came a coo coo bird interrupting his
cry
Oh rocky
Oh rock key key oh rock coo coo
Oh rock key key oh rock coo coo
Oh rock key key oh rock coo coo
Oh rock key key oh

Other verses:

Two coo coo birds: coo coo coo coo
A skier: swish
An avalanche: rumble rumble
A Saint Bernard: arf arf
A farmer's daughter: (Whistle)
A farmer: bang bang
An ambulance: whoo whoo
An atomic bomb: BOOM!

When I First Came to This Land

When I first came to this land,
I was not a wealthy man
So I got myself a farm and I did what I could
And I called my farm the muscle in my arm

Next Verses:

shack: ache in my back
horse: trigger of course
cow: no milk now
duck: out of luck
wife: run for your life
son: my works done

Father Abraham

Father Abraham had seven sons
Sevens sons had Father Abraham
I am one of them and so are you (and you and
you)
So let's all praise the Lord!

Right arm!

Repeat

Next verses:

Left arm
Right leg
Left leg
Head
Tongue
Turn around and sit down!

Bedbugs and Skeeters

Oh I woke up Sunday morning and looked up on the wall,
The bedbugs and the skeeters were having a game of ball.
The score was 19-20 the Bedbugs were ahead,
The skeeters hit a home run and knocked me out of bed.
Singin' eeny meeny and a miney mo,
Catch a wiffer-waffer by the toe,
And if he hollers hollers hollers let him go
Singin' eeny meeny and a miney mo!

Note: repeat but switch the day of the week, and go faster each time.

Little Rabbit Foo Foo

Little Bunny Foo Foo hopping though the forest
Scooping up the field mice and bopping them on the head
Down came the Good Fairy and she said,
"Little Bunny Foo Foo I don't want to see you
Scooping up the field mice and bopping them on the head
I'll give you three chances, and if you don't change your attitude,
I'll turn YOU into a goon!

And the next day:

Repeat three times each time lowering the chances, then replace what the good fairy says
with:

"I gave you THREE chances.

So now I'm going to turn You into a goon!"

POOF!

And the moral of the story is:

Hare today, goon tomorrow

Among the Woodlands

Among the woodlands
And the rolling hillsides
Stands Minikani
My summer homeland
And the fun I've had there
And the friends I've made there
Will last for me my whole life through

Now I'm a rambler
And I'm a rover

But Minikani's my home forever
And though I leave her
I won't forget her
Minikani, I'm coming home to you

Round the glowing campfire
In the evening stillness
Neath the starry brightness
I felt a rightness
And I know my dreams here
What I've said and done here
Will be my joy forevermore