



CISV gamebook

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Activities inside

1) Mickey Mouse

Everyone sits in a circle. The group is divided into two teams, they sit alternate. There are small pieces of paper with comic names on it. Every participant gets one and a list of all comic names is hung out on the wall. There is one empty chair in the circle and four specially marked chairs. Then the person left to the empty chair yells out a name (comic) and the person with that name on the paper has to come to the empty chair. Then they both change their names by changing their papers. The aim of the game is to get 4 members of your group on those special chairs.

2) Chaos

Prepare a game board with several spaces with numbers (be creative). All over the place there are little pieces of papers with those numbers on the front. On the back there are names or words. The group is divided into small teams. Each team chooses a playing piece, a team-name,.... Then the master of the game lets each group, one after the other, enter the room where the game board and the master is, then they throw the dice and move on the game board. Now they have to find the paper with the number written on the space they are standing. After they found it they come back and have to solve a task (like sing a song, draw something, bring something to a certain place, write a poem,...).

3) House of feelings

A room is prepared with lots of things you can feel. Like to taste, to smell, to hear, to feel by touching etc. The kids enter the room with closed eyes (use a scarf) and are led to the different parts (massage, hold hand into water, get feet washed,...).

You need an activity for the waiting kids, and a room where the finished kids can draw their feelings while calm music is played.

4) Fight for your right

Prepare pieces of paper cut into squares, stars, triangles, etc. Make a list how much they are worth in which combination. (For example: 3 triangles are worth 5 points, 2 triangles and 1 square are worth 5 points, 1 triangle and 2 squares are worth 1 point...). Then everybody receives some pieces and now the trading starts. Everyone has to try to get as many points as possible.

5) Stereo types

Prepare a piece of paper for each participating country. Then everybody has to go to all pieces and write down what he knows about that country. After everybody is done, evaluate the stereotypes and tell the others, what is right and what is wrong about your country. Discuss.

7) Sardines

Turn all lights off and make the house as dark as possible. One player is chosen as the hider and given five minutes to hide in a designed area. Then the rest of the players go look for the hider, but as each player finds them, they must hide in the same spot. This keeps going until the last person finds everyone. This game is great to play in the dark.

6) Goofy

All participants close their eyes. A leader touches one person. He is goofy and opens his eyes. Now everyone walks around asking "Goofy?" whenever they meet another person. If that is not Goofy the answer must be "Goofy?". Goofy himself stands still and is not allowed to say anything. If you find him, hold hands and wait until everyone found you.

7) Ameba

There are 5 animals, and they have a certain order. Ameba, Snakes, Rabbits, Monkeys, Humans. And each animal has a movement, now everybody starts being ameba and they walk around, whenever they meet another person that is the same animal they play paper, scissors, rock. The winner is the next animal in the order the loser, the next in the opposite direction. So if two snakes meet, the winner will be rabbit and the loser ameba. The game ends when everybody is a human.

8) Nosies way

Prepare the room with tape etc., so that you have a path. Have crosses and turns. Whenever there is a cross, put something that smells in a bowl. Sign the path somehow, so that the participants slow down before they reach the bowl (e.g. a stick). Tell the participants what they have to do when they smell one of the things (e.g. turn left when there is coffee,...). Explain the rules to the participants somewhere outside this room. Blindfold them and tell them to go down on their knees. Now enter the room (still on their knees) and follow the path, one after another.

Activities outside

1) Animal hunt (find the leader)

All leaders spread out in the campsite. The group is divided into small teams that have to find the leaders in a certain order, the order is different in each team (they have a piece of paper with the names written down). The leaders have tasks for the children to do, before they receive a signature from the leader to prove that they found him/her.

2) Capture the flag

Divide the group into two teams. The playing area is divided into two sections, each team having a section. Teams mark a circle (1-2 m) within their section in which they place a flag, this circle is called a safety zone. The aim of the game is to steal the other flag while protecting their own. Players may go anywhere in the area, but if touched in the opposite team's section they are wounded and must sit still until someone from their own team touches them to revive them. Once reaching the safety zone players can not be wounded but they can only remain in the safety zone for 1 minute and after capturing the flag they must return it to their own safety zone to win.

3) Crazy Olympics

- Throw the teabag
- Hurdlerace
- Waterrelay race (have big plastic-bags on the ground and make the kids take cups (with holes) with soaped water from one end to another)
- Irish X-mas
- Build-a-house
- Icefloerace (newspaper etc.)
- Handle the spoon (take the spoon and add a rope to it, the spoon has to go through your sweater and pants and then to the next person.
- Backwardjumping
- walk with three legs
- egg on a spoon

4) Paper, Scissors, Rock (Wolf, hunter, grandma)

Two teams line up facing each other, about two meters apart. Each team has decided whether they will be paper, scissors or rock and on the count of three they show their choice. The team that wins chases the losers and if they tag any before they reach their safety line they are out. The winning team is the one that eliminates the opposition

5) Body Snatches

Leaders spread out. Kids are divided into groups of at least 5. Each team chooses a hiding-place. Now the groups have to try to find the leaders and bring them to their hiding-place. It is allowed to steal a non-protected leader from the hiding-place. the leader belongs to the group, if they are all together and tagged him, then they have to bring him to their hiding-place. When the time is out, all groups come together, with all leaders and then the leaders show how many points they are worth (between -15 and +15). It is also possible to receive extra points.

6) Cannibals

Scavenger hunt where the kids run around in groups with notes telling them which color they have to find first, second,... Leaders spread out in the playing area and each of them has a color (paint). When a group comes you tell them to do a task, after that you either give them the color (if it is in the order) or send them away without telling them your color. There are 3 cannibals around and if they catch the kids and they are not holding hands with the whole group the cannibal can take off one color (they have to go to that leader again). Then there is one death, he can erase a color even when the kids hold hands.

7) Survival game

Place 12 envelopes in the surroundings, each envelope containing 50 notes (food). All participants are marked with a color, to show what they are. Split the participants into the following groups:

Rabbits: 35

Foxes: 10

Hunters: 6

Plague: 3

Death: 1

You start by sending out the rabbits. They have to find the envelopes with the food and can take 2 pieces of food from each envelope. They can not take from the same envelope in a row. After 10 min. the foxes are sent out. They have to hunt the rabbits and when they catch one, the rabbit has to give the fox 2 pieces of food.

After 5 more min., the hunters are sent out. They take 4 notes from the rabbits and 2 notes from the foxes. The plagues are sent out after 5 min. more and they take 6 notes from the rabbits, 4 notes from the foxes and 2 notes from the hunters. After 5 min. more, death is sent out. If you are touched by death, you die. When you are dead, you lie down on the ground or move to a place with all the dead people.

The point of the game is to cooperate. The more you cooperate, the easier it is to survive.

Discussion:

- How did it feel to hunt / be hunted?
- Did you cooperate?

8) Medicine hunt

Build four groups, one kid from each country in the group. Then tell each group where to go first and there they find the first leader, asking them a question in his language. The kid from his delegation has to translate the question to the other and they have to answer it. If the answer is right, they receive a piece of paper telling them where to go next, in the leader's own language again.

9) StrategoPreparation:

Write the titles on small pieces of paper - 2 of each. Here's an example, in order:

- 5 bombs
- 1 spy
- 6 scouts
- 4 miners
- 4 sergeants
- 4 lieutenants

- 3 captains
- 3 majors
- 2 colonels
- 1 general
- 1 marshal
- 1 flag

This game is played like the real stratego board game. Only here, the participants are the pieces.

Divide the participants into 2 teams, red and blue and give each team a set of titles. Let them decide who will be who and let the game begin. The object of the game is to catch the other team's flag. If you catch a person, you don't show each other your titles. You go over to a leader, who looks at the notes and marks the loser with a spot on the hand. Then they are free to go and continue the game.

Rules:

- If you get 3 spots, you are out of the game.
- A person loses a battle, if he has a "lower" title. (look above)
- Bombs can move, but can not attack
- If you catch a bomb, you lose - except miners - they win.
- Every person wins a battle against the spy - except the marshal - he loses.
- The flag can move.

10) dress the leader

Divide the participants into small groups and assign one leader to each group. Now tell the participants to dress their leader as whatever they want. It could be an elephant, a kiwi,...

11) Ali Baba

8 leaders have to find costumes and dress like spirits. Use make-up. They sit outside and inside. Make maps with the flags of the groupmembers + text in their language. Make papers with numbers 1 - 8, Come up with different tasks in every language.

Divide the participants in groups of 4 - 6 and tie them together with a string. Give them the maps with the flags. Now they have to find the spirits and do the tasks. For example, they ask for number 5. The spirit's task for number 5 could be: "Teach the others in the group to count to 5 in Bulgarian". They learn and show it to the spirit. Then the spirit marks the Bulgarian flag on the map.

When the groups have been to all the spirits, they get a hint from the last spirit, where to find the cave of Ali Baba. They go to the room, where there are 2 belly dancers (leaders) and they make the group feel comfortable. You can have candles and soft music in the room. There is a big piece of paper on the wall, telling, in all languages, what should be done now. They have to rub a lamb and Ali Baba will appear. He tells them, that they can all get one wish. They write it on a piece of paper, in their own language and anonymous.

Then the game is over. You can put the wishes on a big wall and maybe try to make them come true...

12) Smugglers

This game works well in the woods as well in a big open area. Split the participants into 2 groups - Smugglers and Customs. The smugglers have their base in one side of the field. They have to run through the open area, to the other side, where they have a free zone. Here a

leader is waiting and he collects the notes. When they have delivered a note, they can quietly go back and get another one at their base and try again. In the open field, you have the Customs. If a smuggler is being touched by a custom, they have to stop and now the custom has 10 sec. to find the note - or he can ask 3 times, questions like: "Is it under your arm?", "Is it behind you ear?" etc. A smuggler can not lie. If the note is not found, the smuggler can continue, but another Custom now have the chance to catch him. If a note is found, the smuggler returns to the base and receives another one. The Customs save the notes. After a while, you swap positions. The winning team is the one with the most notes.

Arts and crafts

1) Flugobjekt mit Ei

Material needed per group:

1 raw egg

2 sheets of paper A4 size

2 m of tape

glue

scissors

2 m of string

1 balloon

Construct an airplane with the given material. Once everyone is done we get together and the team with the longest flight and where the egg didn't break.

2) Plaster masks

3) Skulpturen aus Knete

Build teams of four. Give each member of the group a piece of plasticine in a different color. Tell them to build something. Watch the groups, to see if they are working together or not.

4) Map game

Let the kids draw the world map. Once in the beginning of the camp and once in the end, or first in the delegation and then in groups of twelve (one from each delegation).

5) Bracelets

6) Peace creativity

Peace is an important part of the arts and crafts program. The wish for peace may be shown in as many ways as possible.

- a) design a stamp
- b) design a postcard
- c) design a flag
- d) design peace symbols
- e) make posters
- f) make peace doves
- g) illustrate poems
- h) illustrate songs

7) The perfect city

Each leader has to be told what kind of city, he wants them to build. The participants are divided into groups of 4 - 6 + 1 leader in each group. They have to build "the perfect city", by drawing it on the paper. But what they don't know, is that, the leader will try to manipulate them into building the city, like he wants it. But he can not say it directly. In one group, the leader has to try to make the group make absolutely nothing. Afterwards, the groups show their city to the other groups and explain, why their city is the perfect city. When all this is done, the participants are told, that they were manipulated by the leaders.

Discussion:

- Did the participants do what they wanted or did they follow the leaders ideas?
- What about the group, were the leader should make them do nothing?

The leaders can have different qualities: One can be strict, another silent and understanding.

8) Clay

Blindfold everybody, put them in couples and place them on the floor in front of each other, with a piece of clay between them. Play some soft music and tell them to make and create something out of the clay. Afterwards, they get to see what they created and with whom they made it together with. Discussion about what they wanted to make and the difficulties in working together.

Cooperation games

1) Verschwörung

Sit in a circle. All close their eyes. at three everyone opens their eyes and look at one person. Then try to make everyone look at the same person without talking.

2) Robots

The leaders pretend to be robots, with functions and not working things. Build groups and let them try what the different robots can do and what defects they have. They should then try to repair the robots, or turn them off.

3) Collecting coins

4-6 kids form a line holding hands. Then their task is to pick up as many coins (etc.) as possible. But they are not allowed to talk

4) Marionettes

Build pairs. One is the marionette the other the marionette-player

5) Chain reaction

The participants are divided into 2 teams. They lie on their backs, holding hands and with their heads touching the other teams heads. The first person in each team are sitting up, facing the leader. The shows a card and depending on the color, they have to squeeze hands and send the signal to the last person, who knocks on the floor. Red = You send signal, Black = You do not send signal. If a "wrong" signal is send, the other team gets a point. This is all done without speaking. You can use dices or coins instead of cards.

6) Exchange cards

Build 8 groups. Use a card game of 52 cards and give each group the same amount of cards, with different colors. Now they have to try to get all cards of one color by exchanging cards with other groups.

7) Four hands on a clay

Two kids sit in front of each other, both blindfolded. They have a piece of plastisine and are told to form an animal. They are not allowed to talk and they have to have one animal together. When they are done they should take off their blindfolds and interpret their animal.

8) Make different shapes

The participants hold hands and form a circle. The task is to form different shapes while holding hands. For example a heart, a square, a map of Italy,...

Observe the participants. How is the group succeeding? Who is the leader? Discuss afterwards.

9) Dictated drawing

Split into pairs. Both participants need pen and paper. "A" draws a not too difficult, non-figurative drawing, that "B" is not allowed to see.

1. "A" gives "B" instructions on how to draw his drawing as exact as possible. "B" copies "A"'s drawing according to the instructions. "A" is not allowed to look at "B"'s drawing. "B" may ask questions to clarify.
2. Same as 1. but now under time pressure. The facilitator has to increase the pressure by telling how much time is left every ten seconds. Maximum time allowed is 12 minutes.
3. Same as 1. but no questions are allowed.
4. Same as 2. but no questions are allowed.
5. Free communication as in 1.

10) Build a rectangle

The participants stand in a circle, holding hands and touching the next person's shoulder with their own. Then everyone close their eyes and now the instructor tells the participants to build e.g. a rectangle with closed eyes. You can as well build triangles, stars,...

11) Build a bridge

Make small groups and give each group the same material (like scissors, paper, glue, chopsticks, ...). Then ask each group to build something like a bridge,... There have to be certain rules, like the bridge has to be at least this high or that ball has to be able to cross the bridge...

12) Build a factory

The Story: All teams want to build a factory, they have money and certain fields. The aim is to trade/ buy fields so that they can build a factory. Divide the group into four teams. Give each team a piece of paper with the fields and their first choice/ alternative. The teams spread out and discuss their strategy. They can use the money or trade fields. Try to fulfill their first choice/ alternative. The fields are a 5 times 5 squared area.

Team A owns: E2, E4, A1, B4, B5, A3

Team B owns: B1, C5, D4, D1, E3, B3

Team C owns: B2, E5, D2, C1, D3, B1

Team D owns: D5, C4, A5, E1, C2, A2

The first choices and alternatives are:

Team A: first choice: B4, B5, C4, C5, D4, D5, Alternative: A4, A5, B4, B5, C4, C5

Team B: first choice: A2, A3, A4, B2, B3, B4 Alternative: A1, A2, B1, B2, C1, C2

Team C: first choice: B1, B2, C1, C2, D1, D2 Alternative: C1, C2, D1, D2, E1, E2

Team D: first choice: D2, D3, D4, E2, E3, E4 Alternative: C4, C5, D4, D5, E4, E5

Start with 5 minutes discussion within the teams. Then one member of each team comes to the middle and within 4 minutes the different teams can trade/buy. After that you have another 4 minutes within your team, 3 minutes in the middles, three minutes in the teams, 2 in the middle, 2 in the teams and finally one in the middle. After that teams get together and evaluate the activity. The idea is, to cooperate, somehow, so that all groups are satisfied. It is not possible that all teams build their factory on either their choices, so they have to agree. You can see if the leaders-groups is working together, against each other.

13) Highway crossing

Write words or draw on paper. Build pairs. The pairs consist of one mute and one blind person. Their task is to cross a road with heavy traffic. At the other side of the road they

must locate a box in which the blind person will find a card with a drawing or a word on, and bring it back to the other side of the road. Back on the safe side of the road, the mute person must explain to the blind what the card reads. This must be done non-verbally. When crossing the road, locating the box of cards and getting back to the safe side, the two members of the pair are not allowed to touch. The mute person will give directions by using non-verbal sound such as clapping, clicking of the tongue, etc. (The pairs should agree on a "language" before starting the exercise. They will at least need signals for "STOP", "GO", "LEFT" and "RIGHT".) Back on the safe side of the road, when explaining the contents of the card, the mute may touch the blind. When the blind understands what's on the card, he will call the "POLICE" (which is a leader) and tell him/her what the card says. If the answer is correct, the roles in the pair are reversed, so that everybody can try both roles. Some leaders should be "cars", running back and forth. If a pair is hit by a "car" they have to go back to the starting point. Any cards being carried at the moment will be lost. To complicate, put out some chairs etc. to act as roadwork sites. If the blind walks into a "roadwork" site he will get lost and has to be guided back to the starting point. Any cards being carried at the moment will be lost.

Discussion:

- What did you think of the activity?
- How did it feel to communicate this way?
- Was it difficult?

14) Puzzles in pairs

Find different pictures in magazines etc., and cut them into puzzles. Divide the participants into couples. Blindfold one and tie the arms on the back of the other. Now they have to complete the puzzle. The blind moves the pieces and the one with no arms tells him what to do.

Discussion:

- How did it feel not to be able to move?
- Were the instructions ok?

15) The tower

Divide the participants into groups of 5 people. Give each participant 5 wooden blocks and tell them to stand in line. Now they have to build a tower - without talking at all. They put one wooden block down by turn, until they are finished. Blocks that fall down are removed by the leader. Finally, the tower is measured.

They get the blocks again and now they can talk about a strategy, before building. But when building, they have to be quiet. Measure it again.

They get the blocks again and now they can talk before and during the building. Measure it again.

Discussion:

- Did you cooperate?
- Was it difficult not to talk?
- Was it frustrating not to talk?

16) Postcard

Divide the participants into couples, from different countries. English-speaking people should be paired with people not speaking so good English. One of them dictates a postcard in his own language. The writer has to write down what he hears. Afterwards the swap positions.

When everybody have finished, the writers read out loud what they wrote down.

Discussion:

- Did the "teller" understand.
- Did the delegation understand.

17) Cross the river

The participants will have to stand on the chairs and move about 10 meters, without anyone touching the floor (water). Time-limit and without talking.

If it doesn't succeed the first time, they try again without talking. The 3rd time, communication is allowed.

18) Missing chairs

Place as many chairs bag to bag, as there are participants in the game. Everybody walks around the chairs, while the music is playing. The leader stops the music and now everybody has to stand on the chairs - NO FEET on the ground. When this is done, a chair is removed and the music starts playing again. Etc.

19) Magnetic fields

3 poles set up in a triangle with a rope stretched between them about 1.2 meters above the ground. The triangle should be so big that there's room for all the participants inside it. Mats outside the triangle to fall on. A piece of wood, about 1 - 1.5 meters long.

Everybody starts inside the triangle, and the objective is to get everybody out. The escape form the triangle can only be made over the lines. If anybody touches the lines or cross the planes stretching from the lines downwards to the ground, everybody has to go inside the triangle and start all over. The plank is the only item which may pass under the lines. Note that getting everybody out is quite difficult, and if the children haven't reached sufficiently far in their socializing process, the group may become "culprit-oriented" rather than focusing on arriving at a solution. If so, the activity is unsuccessful, and should be stopped.

20) Dictionary

The leader makes a big piece of paper, with squares. As many squares as there are countries in the group - both down and to the side. Different words are written in the different languages - one word from each country.

Now, each participant has to explain his/her word, without speaking. Then the others write the word down on the paper

21) Jungle expedition

Tell the participants that they are on a jungle expedition, and that they have now reached a river which they have to cross. The water in the river is infected with some very dangerous bacteria; if anybody gets wet, they will have to go back to the bank to recover. The group may use the five rocks lying on the bank to step on.

Rules:

- Each rock can carry the weight of more than one person.
- Un-occupied rocks will be removed by the organizers, so if nobody stands on a rock, carry it.
- Any person carrying a rock, have his hands full, and can not carry another person.

- Rocks can be placed anywhere in the water, and moved at will. Rocks can not be moved when somebody stands on them.

Complications:

- Some (one to three, depending on the group size) of the participants have caught malaria and are so sick that they have to be carried.
- At least one member of the group is blind. Other handicaps may be introduced at will, but the idea is that the group should succeed, despite the difficulties.
- The leader should make sure that the distance to the other bank so long that the rocks will have to be moved several time before the river is crossed.

22) Lego man

see appendix

Discussions

1) pairs about one topic

Build pairs and give them a topic to talk about for ten minutes. Then they come back and you build new couples and give new topics.

2) Hopes and fears

At the beginning of camp everybody writes down his hopes and fears. Collect them on a big sheet of paper, hang it up.

3) Drawings

Everybody thinks about the topic either in small groups or on his own and draws the ideas down. Then everybody comes together and you talk about the pictures.

4) Brain storm

A big sheet of paper is hung up and one person writes down all ideas the others have about that topic.

5) Yes-no-maybe game

Prepare corners with YES NO and MAYBE signs. A questionnaire is read out and everybody goes to the corner with his answer. You should use candles and have a room with only a little light.

6) Give roles

It might be interesting for a discussion to give roles to the participants. Either with signs on their forehead, so that they don't know what it says (like "ignore me", ...). Or tell someone to talk against everything the others say or want, or to open discussions on everything.... (the others should not know that there is someone with a role).

You should always have an observer in each group. He should report how the participants react during the discussion, reviewing both verbal and non-verbal signs. The facilitator should lead a discussion on how it felt to be treated as they were by the group.

- Did you figure out what yours said? this is not the point of the activity!
- How did you feel when the others treated you as they were indicated to do?
- How did you feel treating the others as you were instructed to do?
- Do we sometimes consciously treat others like we did here?
- What effect would it have on a person to always be ignored or agree with, or whatever?
- How should we respond to others when they are talking?

Roles for headbands:

1. laugh at me; 2. treat me as a leader; 3. show disgust at what I say; 4. Agree with my comments; 5. Disagree with my comments; 6. turn your chairs away from me; 7. don't listen to me; 8. seek my advice; 9. be friendly to me

7) Peace comparisons

see appendix

8) Personal BINGO

Prepare some questions about hobbies etc. Now every participant receives a piece of paper divided into sections. Then someone reads out the categories and then everyone has to write down his answer in the section. After all questions are read out, participants have to find at least one other person for each section with the same answer and they have to sign their paper. The first one who has one signature in each category wins.

9) Good Earth's Needs

Materials needed Paper, crayons, markers, pencils **Time required** 45 minutes **Purpose** To have participants think about what they can do to protect our earth and environment.

Activity Group discussion of "What is a good deed"? Can you share some good deeds you have done this week? Generally people think of what they have done to help their friends. Allow plenty of time for sharing, but also point out the things different members of the group have done. Point out that we can also do good deeds for the planet Earth and all its inhabitants. Divide the group into four with each taking one of the following categories as their task to illustrate either on a large piece of paper or individually: Good Deeds for the Land; Good Deeds for Animals; Good Deeds for the Oceans; Good Deeds for Energy Usage. Have the artists share their drawings and then display with a large appropriate heading on the bulletin board.

10) Hands-On Drawings

Materials needed 20 x 25 cm sheet of white paper (one for each person), pencils, crayons, scissors, glue, markers, long sheet of white paper. **Time required** 45 minutes **Purpose** To appreciate and understand there are many different environments in the world but as individuals we have much more in common.

Activity Divide into small groups with leaders and junior counselors directing the activity. Distribute the materials needed.

Talk about what environment means. People have different environments depending on where they live in the world. What do you like about your environment? How are environments the same? How are they different?

Ask each person to trace his/her hand on the 20 x 25 cm sheet of paper with a pencil.

In the palm of your hand draw a picture of your favorite environment.

In each of the five fingers draw a picture to answer these questions:

1. What is your favorite season or what kind of weather you like best?
2. What is your favorite sport?
3. What animal do you like best?
4. What is your favorite colour?
5. What do you like to do after school in your free time?

Colour the pictures. Cut out your hand and write your name on the back.

Each person will share what is drawn on his/her hand. See how many answers are the same.

Collect the hands. At a later time glue the hands to the large sheet of paper with the person's name by the hand.

Hang the "hands" in the dormitory or eating hall. It is surprising how much interest and comments these hands cause.

11) Questions on MALE-FEMALE

a) Would you like to be of the other sex? Why?

b) Do you see lots of differences between male and female at this camp?

- c) Do you think there are real mental differences between men and women? Why?
- d) Do women always want to talk about their problems?
- e) Are women more emotional or is it just because they show it more often?
- f) What do you think about female intuition?
- g) Do men and women have different ambitions?
- h) Are men better for politics, buissiness...? Why do we find more men in high leading positions (think about politics, buissiness)?
- i) What do you think about feminists?
- j) If it was possible for men to become pregannt would you like to be pregnant / want your husband to be pregnant?
- k) Do parents have different rotes in raising their kids? Do women feel more responsible?
- l) Do you think that the woman has to raise their kids, even if she has a good job?
- m) Do parents raise their kids differently? depending on if it is a boy or a gril

12) Questions on Religion

- a) What religion are you? Explain it
- b) Did your parents influence your religion?
- c) Have you encountered different religious experiences (such as church, cults, sacrifices, Bar Mitzvahs)?
- d) Do you doubt your religion? If so, why?
- e) What does your religion say about God (or ist superior figure)?
- f) Have you ever felt a mystic presence or an out of body experience in your life? (such as divibe intervention) Do you believe in miracles?
- g) How would you describe your participation with religion (going to services, singing in choir, youth group...)?
- h) What is your opinion about cults?
- i) Does religion have a place at your school? (religion class, morning prayer)
- j) Do you think student led prayer forces religion on people?
- k) Who did you learn most about your religion from?
- l) Do you plan to raise your kids religiously?
- m) Do you plan to raise them the same religion you were raised? Why and which one?

13) Questions on group roles and peer pressure

- a) What were some of the problems of trying to be yourself under conditinos of group role pressure?
- b) How did it feel to be consistently misinterpreted by the group, for example, to have them laugh when you were trying to be serious, or to have them ignore you when you were trying to make a point?
- c) Did you find yourself changing your behaviour in reaction to the group's treatment of you, for example, withdrawing when they ignored you, acting confident when they treated you with respect?
- d) What was the experience of the person with the blank headband? Did you start imagining that everyone was treating you the same way?
- e) Do you ever do things you don't want to do because of peer pressure?
- f) Do you ever find yourself playing roles that aren't really you when you are around other people?
- g) What are ways of dealing with peer pressure?

14) With whome would you like to live in the same house
see appendix

15) Alligator river
see appendix

16) The staff in the group
see appendix

17) Activity on time
see appendix

Divide into small groups

1) birthdays

Make everybody stand in the order of their birthdays, without saying a word.

2) size

Participants have to stand in order of their height, without saying a word.

3) Alphabet

Without speaking, the group must line up in order of alphabetical names,

4) animals

Each participant receives a piece of paper with an animal on it (number of animals = number of groups). Then they have to find the other animals of their group by doing the sounds of those animals.

5) Atomspiel

All participants walk around in the room. The "master of the game" shouts numbers, etc. and then the kids have to get together with that number of other kids, or with all kids with the same hair color ...

6) Search your family

Each person is told a family name. Number of names = number of groups: Now they have to walk around and whenever they meet someone they say hi and who they are. Then they exchange names. After a while all family-members come together. Try to choose difficult names.

6) balloons with names

Each kid receives a balloon, blows it up and writes his name on it. Then turn on some music and everybody starts throwing the balloons into the air. When the music stops you grab a balloon and go to the person that name is written on your balloon. Stand in a line until everybody brought back the balloon. Now you have circles where you can count numbers for the groups.

7) teams

The group walks around. A leader shouts : „Shoulder to shoulder“, „Hand to Hand“, „Back to Back“, „Side to Side“, „Nose to nose“,....

Then everybody has to find a partner to fulfill the position.

8) Find your feeling

Sit in a circle. Everybody receives a paper with a feeling written on, and if you have to find or show it. Then half shows that feeling and the others have to find theirs

9) Find your number

Each participant is told a number (the highest depends on the numbers of groups you need). Then the participants shake hands with whoever they meet and squeeze their hands as often as they have been told by the number. All participants with the same number come together.

10) Match the puzzle

Find as many big picture in a magazine as there are groups. Cut them into pieces of puzzles. Divide the participants into groups of 8 - 10 people. Give each person a piece of the puzzle. Now they have to walk around and match their piece, to complete the puzzle. This is done without speaking.

Drama

1) Surprise Theater

Split up in groups of 4-6 persons. Every group gets a bag with the same contents. It could contain a clothes hanger, a tea-bag, a spoon, a scarf etc.

The group gets a quarter of an hour to prepare a sketch (play) in which all the things in the bag must be used. The scarf should preferably not be used as a scarf to make it funnier. Make a little show.

2) Feelings

Try to dramatize the following feelings and concepts:

Happiness-Sadness

Friendliness-Unfriendliness

Poverty-Wealth

Love-Hatred

3) Fairy-tale

Dramatize a well-known fairy-tail for example: Snow-white, Cinderella, Little Red Riding Hood etc. in different ways (sad, funny, past, present, future,...)

4) Homo Sapiens

Some sentences are chosen and the children have a discussion about the meaning. They can make posters and then show them as drama activity.

Some sentences:

- ➔ people are of different shape
- ➔ some are big
- ➔ others are small
- ➔ some are colorfull, full of fantasy,...
- ➔ some are hard and stubborn
- ➔ a few are soft and easy to shape
- ➔ some fit together
- ➔ a few look as if they fit together, but they don't
- ➔ in spite of everybody being different they are looked upon as if they were all the same

The idea is presented to the leaders and they discuss how "A train of people" can be carried out, delegation-wise or language groups. Some sentences are very abstract and must be made more concrete for the children.

When all children know and understand the text they can work in different groups. They make posters showing the contents of the text. They write the sentence in their own language. A show may be put up. They can read, show peace symbols and sing.

5) UN Declaration of the rights of the child

Talk about the Rights of the child and dramatize:

All children have the right:

- ➔ to have what follows, regardless of race, color, sex, language, religion, political or other opinion, or national or social origin.
- ➔ to grow up in a healthy and normal way - free and with dignity.
- ➔ to have a name and to be a member of a country
- ➔ to good food, housing, and medical care
- ➔ to special care if handicapped in any way
- ➔ to love and understanding, preferably from parents
- ➔ to go to school for free, to play, and to have an equal chance to be what they are and to learn to be responsible and useful
- ➔ always to be among the first to get protection and relief.
- ➔ not to be harmed, or to be hired for work until old enough
- ➔ to be brought up in a spirit of peace and friendship

6) CISV song Interpretation

Give small groups 2 or three lines from the CISV song and tell them to dramatize these words without talking or singing. The children can use all material that you have.

7) Problems in my country

Divide into delegations. The leader is there to help, but not to participate. Each delegation agrees on a problem in their own country and prepares a small drama act, where the problem is explained clearly. Perhaps non-verbal, but the leader can explain afterwards. When all the drama is over, the delegations swap problems and talk about it, and prepares a small act with the solution. In delegation-time, people can talk about what they have learned.

8) Contrasts

Divide the participants into groups of 5 - 6 people. Now they have to perform and act on stage. The themes should be about differences.

individual ⇔ group interest

peace ⇔ violence

a material society ⇔ a sharing society

cooperation ⇔ competition

poverty ⇔ wealth

justice ⇔ unfairness

hunger ⇔ having more than enough

tolerance ⇔ prejudice

Discussion:

- Have you experienced differences?
- Where and how?
- Can the act be transformed into real life?

9) Washing Elephants

Divide the participants into 6 groups of 3 - 4 people. The rest are watching. One group stays and is told that they have to act a situation, where they wash an elephant. The other groups stand outside and when the first group is done practicing, group number 2 sees it and now they have to show it to group number 3 etc.

Evaluations

1) Pizza-evaluation:

Draw a pizza on a big sheet of paper. Each piece is one topic. Then the participants draw dots in each section about how they like that topic. The more the dot gets to the middle, the more they like the topic.

2) Discuss questions in small groups

You give out a piece paper with questions to discuss. The participants may decide upon the order.

3) Collection of positive and negative aspects

Everyone writes down positive and negative aspects on a small pieces of paper. Hang up those pieces of paper and discuss the aspects.

4) Collages

a) In small groups you give out pieces of paper, markers, pencils, scissors, glue, old magazines,... and the participants are asked to make collages on that issue. Then they present their own collage in front of the group.

b) Everyone makes his own collage with everyone all together in one room. Afterwards you present the collages.

5) Brainstorm

On a big board you collect words and sentences, opinions that the participants say out loud. Then you discuss what you have, all together.

6) Thumb up/down

Write down the different issues you would like to evaluate on pieces of paper and hang them somewhere. The participants then say their opinion by turning a thumb, that is stuck to every piece of paper up, middle or down.

7) discuss certain issues

All over the campsite you spread out the leaders being in charge of one issue of your evaluation. Small groups walk around and have some time to discuss at every stop. Write down what the groups say.

8) candle evaluation

In the end of camp it is nice to have everyone sitting in a circle with an unlit candle in front of him. One person starts to light his candle and say something about the village. As soon as he is done he walks over to another person (with his candle in his hand) lights the other person's candle and then that person starts talking.

9) Message game

In the end of camp: everyone sits in a circle (maybe bring your mattresses if possible). There are lots of small notes in the middle of the circle and in front of everyone. The light should be candle light or anything like that. Everyone has a pen and now people start writing small notes

to the other people in the circle. To their friends, maybe to the people they haven't talk to so far,... Then they fold the piece of paper write the name of the person onto it and send it to the write until it reaches the person it is addressed to.

10) tree

There is a tree with kids in different positions. Two sitting next to each other, one alone,... Now the participants put their name on a piece of paper and stick it to the spot which describes best how they feel like at that moment.

11) paper clouds

Give the group a set of paper clouds. In the clouds they can write any opinion about the activity. Categorize the clouds according to the subject of the opinion and put them on the wall. Give each person colored stripes of paper: red for disagree, blue for agree, yellow for neither agree nor disagree. Have them attach their strips to the different clouds. Use this visual evaluation as a starting point for a discussion.

evening activities

1) Casino night

Roulette, Black Jack, Poker, tattoo, friendship corner, bank, shell game, fortuneteller, cupids, throw the spunch, bank, music, money. Needs a lot of preparation, decoration, money, bar....

2) Transvestite night

"Miss" competition.

3) Gala dinner

4) Pyjama party

5) 80's Party

6) Surprise parties (leaders only or kids)

7) monster scavenger hunt

Wake the kids up at night and have some witches that want to cook a "drink". Tell the kids that they will have to go outside and collect ingredients like eyeballs, dead skin, frogs, hair of a wolf, then they split up in groups of 4-6 and go outside where the leaders sit, spread out and represent monsters (Dracula, Frankenstein, Troll, Wolf,). The groups have to find all monsters and take the things they need, maybe they have to do a task or do something scary. Then they go back to the witches.

8) Confetti-Party

9) Color party

10) Talent show

Games in a circle

1) Toaster

Stand in a circle and with one person in the middle. The person in the middle spins around and stops at one person, and calls out one of the following poses

- a) Elephant: center person is the trunk and the people either side are the ears
- b) Palm tree: the center person is the trunk, the people either side are the branches
- c) Rabbit: the center person makes a rabbit face and has paws, the people either side make ears and stamp their outside foot
- d) Toaster: the people either side turn and hold hands around the center person, who jumps up and down
- e) Cow: the center person links their hands with their thumb pointing down and moos, while the outside people milk one thumb each

If any of the three players get the pose wrong then they are in the middle.

2) Cardgame

The group sits on chairs in a circle, and names their seat (e.g. put a shoe under it). Each person is assigned a card suit (it may be drawn on their hands). A caller stands in the middle and turns over pack of cards, one by one, each time calling out the suit of the card. If your suit is called you move one seat to the right, if that seat is taken you sit on the person's knees. You may not move a seat if someone is sitting on you, you must wait until everyone is off you. The winner is the first person back their original seat.

3) Fruitsalad

Everybody sits in a circle. One person stands in the middle. A leader tells every participant the name of a fruit. Then the person in the middle shouts out a fruit and everyone this fruit has been told, has to change place. The person in the middle tries to get one chair and then another person is in the middle. If you shout fruitsalad, everyone has to change seats. There are several variations, like not to tell fruits before, but to ask for hobbies

4) Winking game

You need an odd number of players. Pair off, one member of each pair sits on a chair (in a circle) the other stands behind. The odd player stands behind the empty chair. This player must try to get someone sitting on a chair to sit on his, he does this by winking at them. But a standing player can stop their partner from moving by grabbing them before they get away. Standing players must always stand with their hands behind their bodies.

5) Romeo & Juliet

Sit in a circle. Chooses two players, one to be Romeo, who's feet are tied together, and the other to be Juliet, who is blind folded. Juliet must now try to tag Romeo. Juliet can call out "Romeo?" and Romeo must answer "Juliet!" until he is caught.

6) Spare Seats

The group sits in a circle of chairs. One person is chosen to go to the middle. The spare set is then occupied by a person moving to the right. Their seat is then vacant causing the next person to move to the right to fill up the space. This continues in rapid succession as people quickly try to fill up the empty seat. The person in the middle tries to sit in a spare seat

before it is filled. If they succeed in getting a seat, the person to the left of the seat goes into the middle.

7) Oberaffe

One person is sent out of the room. The others form a circle and choose a leader. The leader makes some simple movements, and the rest follows what he does. The person is then brought back into room and has to guess who the leader is. The leader should keep changing movements without getting caught.

8) Hand-Klapp-Spiel

All players put their hands on the table / floor crossing the arms of their neighbors (right over left). Now one person starts to hit the floor/table with his hand and then the next person does the same. If you hit twice the direction changes. If someone is too fast or too slow, or wrong, that hand goes out of the circle.

9) Zing-Boing

Similar to the "Hand-Klapp-Spiel". But this time you give a "ZING" to your neighbor. You have to look at the next person while saying "ZING" If you look into the other direction and say "BOING" the direction changes. If you say "KABEUTEL" and look into the "BOING"-direction, it is the same as a ZING. A "MÖRKETREUH" said in the same direction as a ZING is a BOING.

10) Have you ever?

Arrange (n-1) chairs in a circle. A volunteer stands in the center. The volunteer begins by calling out a question, e.g. Have you ever eaten spaghetti? etc. Anybody who answers yes to the question must swap chairs. The person in the middle then tries to get a seat. The person left without a seat then goes to the middle and asks the questions.

11) Items-game

One person in a circle starts to make the movements of something. Then the next one picks his item and does the same with it. After a while he starts with something else. Like brushing the teeth, shaving, riding a bike,...

12) Animals of the jungle

You have different animals in an order and each seat a person is sitting on represents an animal. The first seat is the dumb, then ameba, chicken, rabbit, monkey, pig, alligator, fish, tuna fish, bear, elk, dog, lion, Tarzan... The person on each chair has to do the movement of that animal. So one person starts to do his own sound and movement, and then the sound and movement of somebody else, then this person does his own and a new one,... But if you do something wrong you have to sit on the dumb seat and all the others move to the right. Everybody is trying to be Tarzan in the end

13) Cat and Dog

Make a circle with the leaders and put all the kids shoes inside. Choose one or two dogs they have to protect their bones inside the circle, all the other kids are cats and they have to try to enter the circle, take their shoes and get out again without being tagged by a dog.

14) Squeeze hands

One person in the middle. The others hold hands and pass a "squeeze". The person in the middle has to guess where it is.

15) Shoutgame

Everybody stand in a circle. They close their eyes and count to 3. On 3, they open their eyes and stare at another person. If that person is looking back = eye-contact, both of them scream and fall to the floor.

Continue until one is left.

Kissing-games

1) 123 ABC

Alle sitzen im Kreis, die Jungs bekommen Nummern gesagt und die Mädchen Buchstaben. Einer sitzt in der Mitte und ruft einen Buchstaben und eine Zahl. Die betreffenden Personen rennen in den Kreis und versuchen einander zu küssen bzw. den anderen davon abzuhalten

2) Wedding game

3) Hot potato

All boys sit in a circle and all girls. While the music is playing they pass a ball or something around in each circle. When the music stops the girl and the boy with the ball have to stand up and stand back to back. Then everybody counts 1,2,3 then they both have to turn their heads into one direction. If they look into the same direction they have to kiss and in the opposite direction they just hug.

4) BINGO

Girls build a circle with their faces to the outside and the boys build another circle around this one. Then the two circles turn in different directions while everyone singing (there was a farmer had a dog and bingo was his name, oh. B-i-n-g-o, b-i-n-g-o, b-i-n-g-o and bingo was his name, oh) Then everybody stops and while saying B-I-N-G everybody shakes hands with the person in front and after with the next. When it's O you hug the person in front.

5) Kiss a bear

Everybody sits in a circle. A teddy bear is passed around and everybody kisses the bear on a part of the body, while saying "I love this bear and kiss him on the ...". Everybody has to take a part of the body that hasn't been taken before. Then afterwards you have to kiss your right neighbor and the same spot.

6) Honey if you love me

Everyone sits in a circle, one person in the middle. The person tries to make someone of the opposite sex laugh, by saying "honey if you love, please smile for me". This person tries to answer "Honey I love you, but I just can't smile for you" three times without laughing. If he laughs he has to go to the middle.

7) Duck duck goose with kisses

Like Duck duck goose, but if they meet, they have to kiss.

Leaders Activities

1) Truth or dare

One person starts to ask "truth or dare" and the other person has to decide. Then he has to do what the person wants him to do or say the truth about something the other person asks. It's his turn next.

2) Yes, no, maybe

Use the questionnaire in the back and prepare three corners in the room with "yes", "no" and "maybe" signs. Then one person reads out the questions and the others have to move to the corners corresponding to their answer.

3) 123 ABC

Make a circle. One person sits in the middle. During the whole game it is not allowed to stand up!! Then give numbers to all the girls and letters to all the boys. The person in the middle says number and a letter. Now those two have to try to, one of them the person in the middle and the other one that person, kiss the other and try to make the other one not kiss the person. The one that losses has to be in the middle the next time.

4) Present a sentence by bodytalk

One person chooses a sentence and another one has to show it. The others guess.

5) Mafia

Play with at most 12-14. Make a circle, everybody laying on their stomach facing the middle. One person is the story teller. Two or three people will be chosen by the storyteller to be the Mafia (by softly tagging them), but no one else will know. Another person is the detective. Then the village goes to sleep and the storyteller picks the Mafia and the detective. Then the Mafia silently wakes up and decides (with their eyes or by pointing) on a person to be dead the next morning. Then the Mafia goes to sleep and the village awakens. One person is dead and that is..... Then everybody has to decide on one person to be dead afterwards, hopefully a Mafia-member, because the innocent villagers want to kill all Mafiosi. They have to agree or vote. Then when they have decided on one person the storyteller says that this person is dead and tells if he was Mafia, villagers or detective. Then The village goes to sleep and the detective has the chance to decide on one person to be dead the next morning if he wants to. After this the Mafia wakes up and decide on a new person... This goes on until either all Mafiosi are dead or all villagers.

6) I've never...

One person starts to say something that he has never done. All the ones on the circle who have done that before, have to drink.

7) Sentence and drawing

8) Animals of the jungle

You have different animals in an order and each seat a person is sitting on represents an animal. The first seat is the dumb, then ameba, chicken, rabbit, monkey, pig, alligator, fish, tuna fish, bear, elk, dog, lion, Tarzan... The person on each chair has to do the movement of

that animal. So one person starts to do his own sound and movement, and then the sound and movement of somebody else, then this person does his own and a new one,... But if you do something wrong you have to sit on the dumb seat and all the others move to the right. Everybody is trying to be Tarzan in the end

9) "Watta foola yama"

10) Killing game

Write down all names of the participants and the same amount of notes saying a place and others saying a "How". Then everybody picks one note each and this is the person, the how and the where you have to be alone with this person to fulfill the task, to kill the person. Then you receive his notes and so you get the next person you have to kill. There is a list where you mark the dead people but don't write down their names.

11) Answer by kissing on the cheek

One person starts to whisper a question into the ear of another person in the circle. The question has to be something about the participating people or something that asks for a number. Then the person goes to the person that is the answer of the question and kisses that person on the cheek. If it was a number then the person kisses that number of people. An example would be: Who do you think watches TV more than all the others?

12) Kiss a bear

Everybody sits in a circle. A teddy bear is passed around and everybody kisses the bear on a part of the body, while saying "I love this bear and kiss him on the ...". Everybody has to take a part of the body that hasn't been taken before. Then afterwards you have to kiss your right neighbor and the same spot.

13) Message game (candles and soft music)

see evaluation

14) Sculpture game

Some participants are asked to leave the room while others remain inside as the audience. One by one the participants are called back to the room to progressively build a statue of love out of two people that are already in the room. After he is done, he swaps with the same sex part of the statue and the next participant is asked to come to the room. That person then changes something of the statue...

15) Poor pussycat

Like "honey if you love me", but you say "poor poor pussycat, poor poor pussycat, poor poor pussycat".

16) Doctor game

One person is the doctor and has to be out of the room for some minutes, the others discuss about an illness (like answering for the person on your left). Then the doctor has to ask personal questions and the people answer the questions. If the person they were answering for thinks the answer is wrong, everybody stands up and swaps seats. Doctor has to find out what is wrong.

17) Murderer on the boat**18) Stripes of songs (find a partner)****19) temperature of the hand (find a partner)**

This is an activity to pair up the participants. Everyone is asked to find the person that has the same temperature of the hands. They then build one team.

20) Hi Harry, hello Harry

Everybody sits in a circle. One person says to the right person: "Hello Harry". This person answers: "Yes, Harry?". The first person says: "Tell Harry". This person then turns right and starts over again. When a person makes a mistake, they get a spot in the face. When this person is being asked, the person has to say: "Hello one spot"..and so on.. The game has to be fast...

21) Albatross**22) Blinde Kuh**

One person in the group is blindfolded sitting in the middle of a circle. Then that person goes over to one of the participants and tries to find out who it is. If he succeeds, that person goes to the middle.

23) Movies and songs (acting)**24) Who am I**

Everyone has the name of a famous person on his forehead. Now one after each other you ask a question that implies a yes-or-no-answer. You have to find out who you are.

25) Word games**26) Consequences****27) If this person was a thing, which one would he be**

One person decides upon someone else in the room. Then one after each other everyone asks questions like "what would that person be if he was a color". After some time everyone can guess who the person was.

28) Personality

see appendix

29) Chanchova

You need the number of four cards of the same type as you have participants (e.g. four kings, four queens, four jacks, if you play with 3 people). Shuffle the cards and hand out four to each participant. Now you pass on one of your cards to the person on the right. All at the same time. All at once you say "chanchova" and then pass on your card. The goal is to collect four cards of the same kind. As soon as you have four the same ones, you have to hold your breath plus blow up your mouth. The last one that does this gets one letter of the word

"chanchova" somewhere on a list. The same happend to the first one that stops blowing up his mouth.

30) Riddles

There are lots of riddles where you tell the beginning of a story and the others have to find out what the whole story is by asking question that can be answered by yes or no.

31) Who is the most sensitive...

This is a nice activity for the leaders at night that needs some preperation. In the beginning you hand out a questionnaire to the leaders with questions like: "who is the most sensitive JC?". The answers are already given (every person should once be an answer) and you simply check the person you think it is. After all questions are answered you collect the questionairs and now the fun part starts. For all the different questions you made up things to do. Like for the most sensitive JC you have balloons with shaving creme and they are supposed to shave the balloons. You should try to come up with some nice competitions and include everyone.

32) Rhythm

Everybody sits in a circle and is given a number, starting from 1. There is a rhythm in this game, going like this: Clap your knees, clap your hands, bend your right arm, bend your left arm. Start the rhythm. When everybody knows it, you begin by saying your own number, when you bend you right arm and another number when you bend your left arm. Then that person has to do the same and so on..

Variation

You can give the chairs numbers. If you do a mistake, you move to the last seat and get the last number. Everybody with a higher number than you, moves one number "down".

33) Wink Murder

This is a nice quiet game. All the players sit in a circle except one, the detective, who must leave the room to allow a 'murderer' to be nominated. The detective must find and reveal the correct identity of the murderer. The murderer can kill by winking at any of the other players in the circle who must then collapse - hopefully not making too much sound. He may 'win' the game by murdering all the other players or by the detective incorrectly guessing the identity of the murderer. Once a round has been played the murderer becomes the detective and a new murderer is nominated.

Variation:

Everyone closes their eyes, and the leader picks one or more boys to be killers. When everyone opens their eyes, the killers try to kill the other boys by winking at them. The non-killers try to expose the killers before everyone is dead. If a non-killer announces that someone is a killer, then 1) if they are right, the killer is "dead", or 2) if they are wrong, the guesser is "dead". Killers can kill other killers. Keep going until all the killers are dead (or until only one killer is left, but this is pretty rare).

34) Hands

Put all the participants in one room and blindfold them. Lead them - one by one - to the room next to, where some soft music is playing. Place them in front of each other - as couples. When they are placed, tell them to reach out and grab their partners hands.

Now they have to show certain feelings through the hands. A few minutes for each feeling. The feelings could be: Friendship, tenderness, hate, comfort, sickness, love, miss, trust etc. When they have finished, you show them back to the first room and take their blindfolds away.

Discussion:

- What was difficult?
- Do you know who your partner were?
- How did it feel?
- Was it too intimate?

35) Bob-Be-Di-Bob-Bob

Very simple: One person is "it" and points at a person and says: "Bob-be-di-bob-bob" On the last "bob" the person pointed at has to say "bob" at the same time. This is fairly easy. The problem is, when the "it"-person only says: "Bob-be-di-bob"...then people tend to say the last "bob" anyway...and if they do, then they are "it". Has to be fast, if you want people to do mistakes...

36) Who are you?

Come up with different themes, like cars, vegetables, body, food etc.. Write them down in order and give them a number. Everybody sits in a circle, with a piece of paper and a pen and they write their names on the top of the papers. Now everybody sends their paper to the person sitting to the left of them. The leader then says a theme and they have to write what kind of subject they think of, when they think of this person. They write the number and the answer, bend the paper over the answer (so that no-one else reads it) and passes it to the left. When everyone has written about all the person, you should have your own paper back and now you can start asking people, why they for example think, that you are a mouth (part of body), trustgame (kind of activities) or blue (kind of color) etc.

37) Feedback game

see appendix

38) Get to know yourself

see appendix

39) Personality

see appendix

40) Typical me

see appendix

Namegames

1) Name and baton/Zeitungsspiel

Sitting or standing in a circle with one person in the middle. Choose a person to begin, he or she calls out the name of another in the group. The person in the middle has the baton and must attempt to hit the person whose name was called (on the knee) before that person calls another name. This goes on until the person in the middle succeeds, the person who is hit then goes into the middle.

2) Besensspiel

Everybody sits in a circle. One person is in the middle. This person is holding a broom. Then he shouts the name of a person in the circle and drops the broom. That person has to try to catch the broom before it falls to the floor. If he is not quick enough he has to stand in the middle.

3) Drop the blanket

Groups are separated into two teams of equal numbers. A large blanket is placed between the teams, held by two leaders. Teams hide behind the blanket and each choose a person to sit up close to the blanket. One, two, three, the blanket is dropped and the chosen person who says the other's name first is the winner. The loser must go to the other side.

4) One two three, come to me

Everybody in a circle and one person in the middle. The person in the middle says some names and those people have to swap seats. The person in the middle has to try to reach one of the seats of the others. Last one has to stay in the middle.

5) Hello my name is and I like

Like fruit-salad, but the person in the middle says his name and something he likes. All the others that like the same thing have to swap seats. Last one stays in the middle.

6) Hello my name is and I hate

Like „Ich heie, ich mag“ but the person in the middle says something that he dislikes.

7) Cookie Jar

All players sit in a circle. They start singing:

Who stole the cookie from the cookie jar?

..... stole the cookie from the cookie jar (one person says the name of a participant)

..... : "Who me?"

Alle: "Yes you!"

.....: "Couldn't be!"

Alle: "Then who?"

(this person says another name and sings:)

..... stole the cookie from the cookie jar

...

8) How do you do

Choose one player to start as the host, the rest sit in a circle. The host then walks around the outside of the circle until he chooses one person, whom he taps on the shoulder and says, while shaking hands „Hello, my name is, how do you do?“ The guest replies „Hello, my name is, fine thank you“. The host asks again using the person's name „how do you do.....?“ The person replies „fine thank you" and after the person replied both players run in opposite direction around the circle, trying to be the first person back on space. But when host and person meet, they must once again shake hands and ask „How do you do"? The person who is last back to the spot is now the host.

9) balloons with names

Each kid receives a balloon, blows it up and writes his name on it. Then turn on some music and everybody starts throwing the balloons into the air. When the music stops, you grab a balloon and bring it to the person with that name.

10) Hello my name is and I do (oder „ich packe meinen Koffer“)

In a circle each person says his name and does some gesture with it. Then the next person in the circle has to repeat the gesture and the name before he says his name. The third person has to say all the names before his and to do all gestures...

11) Hello

The group lies down in a circle with their feet pointing into the middle. A person begins by sitting up and saying "Hello, my name is ..." and lies down again. The rest of the group sits up and says "Hello ..." and lies down again. Continue around the circle until everyone has a turn.

12) Name Train

The group stands in a circle and one person is chosen to be the first train. The train then chugs around making sound effects until it stops in front of someone. The train introduces itself "Hi I'm Bruce", the person replies "Hi I'm Bert". Having learnt Bert's name the train then does a cheer for Bert, raising its arms and saying "Bert, Bert, Bert!" Bert joins on and becomes the front of the train and they choof off to find the next person.

13) Give and get

The leader of the game starts by giving an object to someone and saying "Give this to ... ": The recipient then gives the object to the person named saying "I got this from Now give it to .." More and more objects are added into the game, so everyone is giving and receiving all the time. Later it is fun to pass larger objects like chairs and people.

14) Mein rechter Platz ist frei

Make a circle with chairs, one seat is empty. The person on the left of the empty chair says: "Mein rechter rechter Platz ist frei, ich wünsche mir den... als eg. Elefant herbei." This person has to come there as the animal the other person asked for. Now the game starts from the beginning again.

15) Concentration

Everybody sits in a circle. A leader starts to say the words "Concentration are you ready if so, let's go", while he is doing a rhythm by first slapping the hands on his legs then clapping hands and snapping first the left then the right finger, all the others follow the rhythm. Now

he says his own name with the left finger-snip and the name of another person with the right finger-snip. That person has to do the same with his and another name at the next finger snip.

16) Wollknäuel zuwerfen

All participants sit in a circle. One person starts to throw a ball of wool to another person, saying that persons name and holding the end of the ball of wool. In the end throw the ball back to the persons and say the names again.

17) Namechain

You throw a ball (or any thing like that) in a circle, calling out the name of the person you are gonna throw the ball to. So you have a namechain and you can start to throw another ball the same way.

18) Hi, my name is

Like minky minky banana but when you meet both have to say: "Hi, my name is ...".

19) My name is...

Everybody sits in a circle and the first person starts by saying his name and an animal with the same first letter - and doing a gesture: Example: "Hi, I am Mike, the mouse" Then everybody says: "Hi Mike, the mouse" and do the gesture. Then the next person continues and so on.

20) circle of feelings

Everybody stands in a circle. The first person walks in the middle and says his name in an aggressive way and moves back to the circle. Now everybody has to walk in the middle at the same time and say his name like he did - even the bodylanguage. Then the person walks in the middle again and says his name softly, and they all have to do the same. Then the next person does the same and everybody repeats. This goes on until everybody have said their name twice.

21) get to know your neighbour

Everybody sits in a circle with pens and a piece of paper each. Now they have to draw their favorite "something"...animal, food, car etc. After this, they pass their drawing to the person sitting to the right of them and now this person has to act what is on the drawing, so that the others can guess it.

22) Interview

Make couples. Each couple get 2 pieces of paper and divide it into 4 squares, names: "Before", "Now", "Family" and "Future". Now they have to interview their partner and draw on the paper. Afterwards, you present your interview and partner to the other couples.

23) Presentation

Prepare big papers with squares, one for each participant. All participants get a big piece of paper, divided into 4 squares. In number:

- 1 - They write their name and country
- 2 - They draw their family, pets
- 3 - They draw, what they do in their freetime

4 - They write/draw something about their country.

Afterwards, each person stands up and explains what he/she has written/drawn. The papers can be put on the wall.

Other important activities

1) Campletters

Write big letters to other camps.

2) Mafia

Play with at most 12-14. Make a circle, everybody laying on their stomach facing the middle. One person is the story teller. Two or three people will be chosen by the storyteller to be the Mafia (by softly tagging them), but no one else will know. Another person is the detective. Then the village goes to sleep and the storyteller picks the Mafia and the detective. Then the Mafia silently wakes up and decides (with their eyes or by pointing) on a person to be dead the next morning. Then the Mafia goes to sleep and the village awakens. One person is dead and that is..... Then everybody has to decide on one person to be dead afterwards, hopefully a Mafia-member, because the innocent villagers want to kill all Mafiosi. They have to agree or vote. Then when they have decided on one person the storyteller says that this person is dead and tells if he was Mafia, villagers or detective. Then The village goes to sleep and the detective has the chance to decide on one person to be dead the next morning if he wants to. After this the Mafia wakes up and decide on a new person... This goes on until either all Mafiosi are dead or all villagers.

3) letter to yourself

everybody writes a letter to himself which the leaders collect and post to the kids after one year

Running-Games

1) Cat and mouse

Players choose a partner and linking arms they find a space in the playing area. One pair are chosen, one is the mouse and the other the cat. The mouse runs around and can link arms with any person from another pair. The person from the pair who did not get linked to is now the cat and the other is the mouse. The cat has to catch the mouse. If he did, they change roles.

2) Streets and Alleys

Two people are chosen, one to be the cat and one to be the mouse. The rest of the group lines up, an arms length apart, in about six lines of six, to form a square. Everyone faces in the same direction with there arms out, this is called a street. Then everyone turns 90° to the right with their arms out, this is an ally. The cat then chases to mouse through the streets and allies. The mouse can shout change and then everyone turns 90°. The cat and mouse may not break through the arms.

3) Flying dutchman

All players except two stand in a circle holding hands. The two have to hold hands, too and run around the circle. When they touched the hands of two people standing next to each other the couple has to quit the circle and run around the circle in the opposite direction. Whoever is first back in the circle stays, the other two go on running around, touching the hands of the next couple.

4) Minky, minky banana (duck, duck, goose)

The group sits in a circle while one person walks around the outside of the circle tapping each person lightly on the head as thy pass. As they tap heads, the person says "minky, minky, minky, ..." until they choose a person, when they tap this head they yell "banana": The banana jumps up and runs in the opposite direction to the tapper, when they meet in the middle they must hug, or shake hands and race back to the empty position in the circle. The person left standing continues around the circle...

5) Octopus

One person is chosen as the Octopus. If the octopus touches someone they join hands with the octopus. Only the end people of the octopus can tag people. The last person to survive is the winner

6) Hospital game

The area is divided into a large playing area with a safe area, at one or two ends. Two to four people are chosen to be diseases, and they can not enter the "hospital". Players can only remain in the hospital for 1 minute, when they leave the hospital the diseases try to tag them. If tagged players must sit down and wait to be rescued. To be rescued, four people must carry you back to the hospital. If there are four people rescuing you, you are safe, but if there is less than four the diseases can tag you.

7) Cemetery

Players are divided into two teams. The playing area is divided into four sections. Each team goes to one middle section and sends one player to the surrounding of the other section. One

team gets a ball and the players try to hit the other team's players in their playing area. If you are hit you have to go to the cemetery (the surroundings). Now you try to strike the other team from outside. If you hit someone from the cemetery, you can come in again.

8) Scarecrow Tiggy

One or more people are chosen to be "it" and try to tag the others. If a player is tagged he must stand still like a scarecrow until another person comes to release them by crawling through their legs.

9) Soccer Variations

Use two balls. Have two goals each team, thus making the field scare. Play with two or three people tied together, at the leg or hand.

Each team make couples and they have to hold hands, hold arms etc. and the game starts. To make it difficult, you can tie the feet together. To make it even more difficult, but perhaps more fun, the couples have to stand back to back while playing.

10) Polyp game

One is it. When he tagged another one, this person has to stand still but he can still tag the others (without moving).

11) Dragon's tail

Divide the group into teams of between 4 and 10. Each team makes a dragon by forming a line and holding each other at the waist. The person at the end of the dragon puts a tail at their back. Teams chase each other, the leaders trying to grab the tail of the other dragons, while protecting their own tail. If the dragon is broken they cannot chase tails. If the dragon loses their tail they are out, unless they have another dragon tail to replace theirs. The winner is the last dragon left with a tail.

12) Pop it!

Divide the group into teams, each team having a different colored balloon. Players then blow up the balloons and tie them on a piece of string around their ankles. The aim of the game is to pop balloons of other teams without having your own balloon popped. If your balloon is popped you must sit out of the game. The winner is the last team left with an inflated balloon.

13) Story time

Divide the players in half and have them sit facing each other in two lines, with each player's legs spread and their feet touching the person opposite. Assign each pair a word, then start telling a story. Each time the storyteller says one of the assigned words, that pair must stand up, run down the line of people, stepping between their legs around the outside and back to their space.

14) Catch the flag

Make two lines (facing each other). One leader stands between the lines but a certain distance away, holding a flag (or something else). Each line gets numbers from one to $n/2$. Then shout one, two, three or four numbers, those persons have to try to catch the flag. One person has to run. Two persons have to "Huckepack", three: two carry the third on their hands between them, four: carry the fourth, one at the legs and two at the hands.

15) Tweety, cage, storm

Everybody builds groups of three, one is Tweety and the other two build a cage around this person by holding hands, then there is one person without a cage, this person says either Tweety, cage or storm and then the partners change. Tweety: the cage stays where it is but Tweety tries to find a new cage; cage: Tweety stays where he is and the cage tries to find a new Tweety; Storm: everybody runs around to find a new group.

16) Inside/ outside

Make two teams. One team is "inside" and the other "outside". The outside-team lines up at one end of the playing area. The first one has a ball in front of him. The inside-team spreads out in the playing area (at least about five meters away from the outside-team). Then the person with the ball, kicks it and right after that starts to run around his whole team as many rounds as possible. The inside-team tries to catch the ball and as soon as someone has the ball he spots there and all the others line up behind him with spread legs. As soon as the line is there he rolls the ball to the back (between his legs). the ball goes through everyone's legs until the end of the line. When it arrives, the last one shouts "stop". Then the one of the outside team stops running and one of the leader writes down the number of rounds he went. After everyone has kicked the ball once, you switch teams. The team with the most rounds wins.

17) monument

Divide the participants into groups of 10 - 12 people and make them form a circle, holding hands. In the middle, you place a "monument" made of cans or bottles. They now have to pull or push each other, so that someone else stumbles into the monument.

18) HODADADADADADA....

The participants are divided into 2 teams and stand on both sides of a line. A person from team 1 runs into the field of team 2, while shouting: "Hodadadadada...." - in one breath! He has to touch as many people as possible and return to his own team. If he loses breath before returning, then he is a part of the other team. Team 2 has to try to stop him from returning, by making a "human wall". They can stand in his way, but their arms have to hang down and they can not reach out and grab him. If he returns safely, all the people who were touched moves to team 1. Then it is team 2's turn.

19) hugging

One person is "it" and chases the other people. If you are touched, you stand with you arms to the side. To come alive again, another person has to give you a big hug.

20) Twice around the house

One person is the hunter. The others stand in one group and they have to run twice around the house, without being touched by the hunter. He runs in the opposite direction than them. If you are touched, you go back to start and try again. The hunter can not stand still and can not go in their direction.

21) Last couple, go!

The participants are divided into couples and stand on line behind each other. One person is "it" and stands in front of them, facing the same direction. He shouts: "Last couple, go!", and

the last couple then have to run on each side of the group, pass the person, who now tries to catch one of them. If they can manage to hold hands again, without being touched, he is "it" again and they stand in front of the group and he shouts again. If he manages to touch one of them, they are the new couple and the partner is "it".

22) Catch in pairs

One person is "it" and has to catch the others. When he does, they have to hold hands. When they are 4, they split up in 2 couples etc.

23) Staff is coming

Divide the participants into 4 groups. Name them Kitchenstaff, Leaders, Children and JC's. The 4 groups stand in each corner of the field. In the center, a person called Campdirector (CD) stands. When he shouts, for example: "All children out", the children start running around the CD. The CD can shout: "All leaders out", and then this groups also start running around the CD. Then, when the CD suddenly shouts: "Staff is coming!", he runs out and tries to catch as many people as possible, while they try to get back to their corner = Freezone. The ones who are caught, become "staff". The game continues until everybody is "staff".

24) In water - on beach

Put the string on the ground and tell people to stand on one side. It is the beach. If they jump forward with both legs together, they are in the water. The leader has to give commands to them, that they have to follow. But only the right commands! The leader can say anything he wants, but the participants should only jump, when he shouts: "In water" or "On beach". For example, if he says: "In beach" or "In water" and then "In water" again and they jump, they are out of the game.

25) Capture the fort

Divide the participants into groups of 20 people. Divide each group into 2 teams: Attackers and Defenders. Defenders form a circle, holding hands and facing outward, with their captain in the centre. Attackers surround the fort at about eight or ten paces distant. They try to kick a soccer ball into the fort; it may go through the legs of the defenders or over their heads. If it goes over their heads, the captain may catch it and throw it out. But if it touches the ground inside the circle, the fort is captured and the players change sides.

Simulations

1) Media

Divide the group into teams. Each team has the task to make a newspaper. They are given topics and now they have to organize the front page of that newspaper. They are given a certain period of time. Shortly before the end another really important news is given to the groups...

2) Fantasy Island

Each team creates a fantasy island with a map, a notional song, flag, costumes, a dance,..... A presentation follows.

3) Trial

This activity works like a drama. It takes place in a court, with attorneys, witnesses, a judge, an audience, a jury etc.

Two 13-year-old children are accused of robbing 2 apples from a shop.

Divide the participants into the different roles and give them some time to prepare themselves. Don't tell anything to the jury - they have to be impartial. The groups might need some help during the preparation, but let them use their own suggestions.

When the court settles, each "role" has to play its part. Finally, the jury will make a verdict and this should be discussed in the entire group.

You can make many different situations or complicate others.

Suggestions:

- The children have a sister who is sick and hungry and they had no money
- The owner of the shop is very rich
- The owner throws old apples out anyway.

4) Life boat

Each person in the team is given a role. They pretend to be sitting in a life boat. But the boat is sinking and to reach the island they have to throw someone over board. They have to discuss about who that will be. After the person is gone, the others have to decide on a second person, until only one person is left. After that the groups compare the last persons. Discuss why that person stayed. (pregnant woman, old doctor, young man with aids, priest, judge, criminal, kid, Prostitute, Thief, Professor in Chemistry (Age 67), police-officer, model (age 20), actor (age 30), cab-driver, etc.)

Discussion:

- Who left as the first and why?
- How was the discussion on the boat?
- How was the atmosphere?
- How did it feel to leave the boat?
- How did it feel to stay in the boat?
- What kind of arguments did you use?
- Is the person leaving the boat a "lesser" person than the others?

You can give the characters positive and negative qualities:

- An HIV-positive doctor
- A priest, who was a drunk in early life

They can even be family or friends etc.

5) Rich and Poor - planet nowhere

- 3 persons from the country Ocean
- 7 persons from the country Atlantis
- 16 persons from the country Eldorado
- 16 persons from the country Nania
- 8 persons from the country Nangialia

Everybody are signed to a country, by a lottery. Each country gets 40.000 money. During the day, they have to spend money on different things, food, showers, clothes etc.

Discussion:

- How did it feel to pay for your own clothes?
- Did it bother you, that other people had more money - and therefore an easier day?
- Is it like this in real life?

6) Children's parliament

7) Culture game

Two absolutely different cultures visit each (in small groups) and try to find out the rules the other culture has. In the evaluation they talk about how they behaved towards the others and whether they helped them or not...

8) Leader ship style

9) Blue and Yellow

IMPORTANT NOTE: This game instruction should read only by a few persons. Yellow and Blue is a game that you play only once, after that your role being an instructor. So, please, be careful how to use Yellow and Blue.

AIM: To give a simplified model of human interactions on all levels, and to the motives behind conflicts in them. It is also very useful in creating a strong feeling of responsibility for others on meetings, seminar camps etc.

Divide the group into groups of 5-7 , give each group an amount of 10 blue cards and 10 yellow cards. All groups spread out in a big room, to decide secretly which card they want to play,

Time: an hour plus time for discussion.

Game instructions:

1. No communication is allowed between the groups.
2. The groups get 15 minutes time for learning the rules and making their strategy for the game. The instructor should not say more than what there is written in the instructions.
3. Each group chooses a secretary to record on the motives, decisions and atmosphere during the game without too much fuss.
4. During the game the instructor is the only person allowed to move from one room to another. He collects all cards and writes down the results on a big sheet of paper, he tells the results to the groups.
5. After the game is over, i.e. the groups have given 10 cards, it is time for a peaceful discussion between the opponent groups. Much depends on this phase: by analyzing first

the strategies, the possible changes in it , decisions to take a yellow/blue card on a certain round and how it affected the opponents answers during the next round you can make this game experience fruitful for your meeting. Ask also what kind of image they got of the opponent on the base of the cards received.

6. After the discussion it is time for relaxed laughing and perhaps some more explanations between the group members.

INSTRUCTIONS TO BE HAND OUT TO THE GROUPS:

1. Go to a room where you don't see or hear the others.
2. You have 15 minutes to understand the rules and make your plan.
3. Each group has ten yellow and ten blue cards. The group decides on 10 cards to give to the other group. The exchange is done through the instructor, one card at a time. After sending your card you'll get the opponents card. Then you have three minutes to decide on your next card.
4. Highest possible points are strived for.
5. Rules for calculating points are (for two groups)
 - A. all send yellow: all plus 5
 - B. all send blue: all minus 5
 - C. one yellow, the other blue: yellow: -5 and blue: +5
 (for three groups)

yellow yellow yellow : +1 for all groups

blue yellow yellow : +2 for blue and -1 for yellow

blue blue yellow : +1 for blue and -2 for yellow

blue blue blue : nothing happens

(for four groups)

yellow yellow yellow yellow : +1 for all groups

blue yellow yellow yellow : +3 for blue and -1 for yellow

blue blue yellow yellow : +2 for blue and -2 for yellow

blue blue blue yellow : +1 for blue and -3 for yellow

blue blue blue blue : nothing happens

- *What kind of notes did you send and why?*
- *Did you agree in your group about what to send?*
- *Did you talk about working together with the other group, by sending YELLOW notes?*
- *Did you learn anything from the game?*
- *Can you compare this to the real world?*
- *What is most common: Competing together with or against...?*

It is very important, that everybody understand the object of the game. The rules should be translated and written down to the participants before starting...

10) Save our planet

Imagine there is a city with a factory and this factory is polluting the city, the water and the air. Build groups. The groups represent the owner, the workers, the kids in the city, the community, an environmental organization, ... Each group makes up their point of view to present in front of the others. Then they discuss about a solution.

11) Peace war peace

Let the kids build peace in small groups (draw, construct...). Each group makes a city. Play some nice music and have a peaceful atmosphere. Then make the kids go to another city and look at it. Then simulate war, send leaders simulating war, play hard music,.... make the kids destroy the city of the other group. After this they come back and have to make peace again, play some sad music...

12) Values Auction

Make 6 groups and let them decide on values and things that are important to them, collect them on a big piece of paper. Then these groups receive 1000 \$ and they can participate in an auction with this money, one group-member can raise his arm.

13) Druggame

You need a bank, three rooms for dealing drugs and a jail. Divide the group into groups of drug-dealers, policemen and consumers. First step is to explain the rules to everybody: tell where you can get more drugs if you are dealer and tell where the consumers get money to buy drugs. Then everybody picks a piece of paper (15% dealer, 15% policemen and all the others are consumers. Then everybody spreads out. The consumers go to the bank, where they have to do little jobs to receive money, that they use to buy drugs. The dealers go to get their drugs. Now the consumers buy the drugs and consume them in one of the rooms, starting with room number one (nice music, massages, candles). After they have been there once, mark their hand, so that everybody else knows that they have already been in that room. Then they have to go to room number two. Whenever the police catches someone dealing or using drugs, they send them to jail, where they have to stay for a few minutes. They also take their drugs. After a while the drugs get more expensive and it is a lot more difficult to get money. Room number two has a less nice atmosphere than room 1. Room 3 has loud music and the consumers are treated really badly. Those that leave room 3 are out of the game and go to a room where they play some nice games and are able to talk about the activity.

14) Planetariens

Participants: One leader who has played the game before

3-5 groups with at least five participants in each group

One experienced leader in the Planetarian group

One observer in each visiting group

Space needed: enough space for the Planetarian group and visiting groups so that they do not disturb each other

A big group is selected to be Planetarians. They go to a room and now they have to come up with their own culture, language, bodylanguage etc. The group has to show emotions (happy, tired, angry etc.) They have to communicate with each other, like any other "real" culture.

Hints: How do we planetarians show that we are happy? How do we show dislike? How do we greet strangers or friends? The time for preparation should be about 15 minutes.

The rest of the participants are divided into groups including one observer in each group. These are the visiting groups. Tell them, that they have made an emergency-landing on a planet, and now they have to establish contact with the Planetarians, to get fuel and food.

But to do this, they have to try to learn their culture. Their task is to make up a strategy on how to approach and learn to know and understand the Planetarians, how to tell them what they want. This is made while the Planetarians are preparing themselves. The observer watches the behavior and strategy of the group.

The visiting groups visit the planetarians for three/four/five minutes (one group at a time) on three different occasions .

First occasion: Observation (do not speak nor interact)

Second occasion: Observation and/or contact (try to communicate, try out the things you learned from the first visit)

Third occasion: All possible strategies (try to communicate with the Planetarians and explain that they need to leave the planet)

Follow-up: Each group explains what they have found out about the planetarians and their culture. The planetarians show their culture again, but this time they explain it. The observers tell the others about how their groups have worked.

Discuss: How did you feel? How was the contact with the planetarians? How was the discussion in your group? Do you recognize the feeling from other situations?

Comments: It is important to get the participants in the right mood. One way is to start by telling a story of how the planetarians came to visit a Village.

15) Trading simulation

see appendix

16) The World of 50 (a rich and poor simulation)

see appendix

17) Art gallery

material: paper, markers

time: ~ 2 hours, including evaluation

preparations: create a name, draw whale papers and put them on the field, create a currency, prepare the different tables.

Purpose Awareness of the environment and that we should care and maintain it.

One of the leaders is the king, another one is the owner of a gallery of art, another a banker and another has a shop. At the beginning each participant receives a piece of paper and a marker. It is possible to buy new paper and markers at the shop (one of the tables). You can make money by selling a painting to the gallery (you can have more and other things to get money -be creative). The kids have to pay taxes on every money they earn. The important thing is that you make sure that there is a relation to the whale. There is another table where it is possible to go fishing with 6 people (for money). Then you take a string and tie the kids together. Then they have one minute to catch whales. If the string breaks they have to throw the whales back to the water because their boat sank. If they have the whales, one group member sells the whales to a fisherman, for a price that increases with the duration of the game, because there will be less whales in the end. After some time the participants get richer and richer, how it should be, but if there is no whale left, there is no chance to earn money any more. There is no whale left and the game is over.

➔ evaluation: they can discuss about maintaining the environment as we should. We should fish, but allow them to survive. We should be replanting trees and restoring as well as taking from the environment. **Suggestions** The owner of the art gallery could give more value for picture out the environment.

18) desert survival problem

see appendix

19) Food, water and shelter (oh deer)

You divide into 2 groups - one is environment and the other is deers. In the environment, there is food, water and shelter, which the deers need to survive. The 2 teams stand opposite each other, with their backs against each other. The environment decides what they want to offer - some are water, others are food and others are shelter. The deers decide what they need right now. The signs are as follows:

Shelter = Form a roof over the head with the hands

Food = Both hands on the stomach

Water = Both hands form a cup at mouth

On signal, both teams turn and show their signs. The deers start running towards environment and towards a person, who has got what the deer needs. For example, if a deer, who needs water, reaches an environment-person with water, the deer brings the water to its team and the water turns into a deer in the next round.

If there aren't enough of for example food to the deers who are hungry, they die and turn into environment.

This goes on for a while, when suddenly a nature catastrophe strikes. Environment could decide, that now the only thing they can offer is shelter. The deers who needs food and water turns into environment.

Discussion:

- Can this be compared to real life?
- How did it feel when the catastrophe occurred?
- How fragile is nature in real life?

20) Boats of feelings

The participants are divided into groups of 4. They are sitting in a boat, which is sinking. Each boat possesses a specific feeling: Love, friendship, respect and trust.

In each boat, there are 4 feelings:

Love	Friendship	Respect	Trust
respect	love	trust	respect
trust	understanding	friendship	friendship
understanding	friendship	understanding	understanding
friendship	trust	love	love

The participants have to decide which of these feelings, that is the most important and throw out the 3 others, before the boat sinks (Time-limit).

Each participant are one of the feelings and therefore have the chance to make points to why or why not that feeling should be thrown out of the boat.

NOTE!!! NO ANSWERS ARE RIGHT OR WRONG!!!

It is a good idea to talk about the feelings before and after. Different cultures have different meanings of the words.

21) Air balloon

Almost the same as Auction. The story: Each group (4 - 6 people) are in an air balloon, but the weather is bad and they have to loose weight to avoid a crash!! They have bags, filled with for example love, trust, peace, clothes, money etc. Then they are told to throw a bag out - they have 5 min. to agree and throw the bag out. The leaders should only translate, not participate in the discussion. Then they have throw out yet another and so on...they continue until they only have 2 bags left.

22) Build a city

The participants are divided into 4 groups, with a leader in each group. They are told, that each group had to build a city, using the materials present. Each group have different ways of making decisions, for example:

Group 1: The majority decides what to do and how to do it.

Group 2: One person decides everything.

Group 3: Everybody has to agree on the decisions made.

Group 4: No one is in charge, people can do what they each feel like doing.

The participants are not told what kind of regimes exist in the other group, only their own. They are not told about the discussion afterwards, only that they have to build a city.

Discussion:

- What was the main purpose of the game?
- Did the groups succeed?
- What is success in this game?
- Was it a good way to make decisions?

23) The keys of power

Everybody sits in a circle, quietly. The leader walks in the middle, looking very serious. The leader has a set of keys and shows them to the group. The leader says: "That person, who has these keys in the hands, has all the power in the world and you all have to obey that persons wishes!!". Then the leader walks towards a person and give a task (An easy one: Bring me a cup of water, or give me a hug etc.)

The leader continues to give different persons tasks for a while, when he suddenly puts the keys on the floor and sits down in the circle. Hopefully someone else will rush in and grab the keys and now anything can happen (Revenge is bittersweet!!!) Continue until things go out of hand or until no one grabs the keys.

Discussion:

- How did it feel to have the power?
- How did it feel to be a "victim" of power?
- Is revenge that important? - Is that what you want?
- Who tried to get the keys? - Why?
- Who did not try to get the keys? - Why not?

24) Lake Utopia

see appendix

Trust games

1) Person to person

Tell the participants to walk around then a leader says things like "back to back", "nose to nose", "hand to hand". The kids have to find a partner and get into the positions as soon as possible.

2) Ha Ha Ha game

All participants lie on the floor, one with the head on the stomach of the next person. Then the first person starts to shout really loudly "ha!". The second one shouts "ha, ha!",...

3) human knot

Everybody stands in a circle. Arms out, closed eyes. Then everybody moves to the middle and grabs the hand of someone else, one hand with each own hand. When everybody has two hands. Open eyes and try to make a circle while holding hands.

4) Fax machine

A group of max. 10 sits in a line, same direction. The first one has a paper and a pen. Somebody tells a word to the last one who has to draw this on the back of his neighbor.... The first one has to draw that thing in the end.

5) Passing people

Everybody lies down. So that the left ear is next to the left and the right next to the right. Now everybody hold their hands up. The last in the line stands up and gets down on the hands of the others, that move him to the other end of the line.

6) Falling circle

Everybody stands in a circle, very close. One person in the middle with closed eyes. This person is passed around by the others.

7) Blind friend

A blindfolded person sits on the legs of someone else. He then must try to find out who this person is by touch.

8) Blind Worm

All Participants (max 10) Stand in a line holding the next persons waist. Everyone apart from the first close their eyes. The first one leads the group through the room or outside with bare feet. After 10 minutes the participants should try to find out where they went.

9) Human machine

A team builds a machine. Each participant is one part with movement and sound.

10)Sculpturing

Build pairs. One is the artist one is the sculpture. Build feelings as fear, hate, love, Or build sports or other things.

You can also play with 4,... (trust, distrust, confrontation,...)

11) Mirror game

Build pairs. One makes certain movements, and the other one has to stand in front of him making the same movements but like in front of a mirror.

12) The wave

One kid lies on the ground. The others stand around it and lift it up (very slowly and carefully). Then slowly move the body in the air.

13) Dive into the earth

One person lies on the ground on the stomach, hands to the front. Try to relax, while closing the eyes. Another person takes this person's arms and lifts the front part of the body carefully (about half a meter). Wait there for a while (around 30 sec). Lower him back to the floor. It feels as if you are diving into the earth.

14) Blind date

All participants close their eyes and walk around. Have all leaders watch them, so that they don't walk towards a wall. Whenever they meet another person they ask "Blind date?" the other person says "no". After some time, tell one of the kids that he is the blind date, that he should open the eyes and that whenever he is asked the question "Blind date?" that he should not say anything. When the kids don't get an answer to their question they stay with the Blind date and hold hands. Now they are two and have to stay there until the others come. If a participant doesn't get an answer he has to try to find an end of the chain, before he is allowed to open his eyes.

15) Drive the car

Divide the participants into couples. One is blindfolded (the car) and the other can see (the driver). Make a big square, in which the cars are standing. The driver has to stay outside the square. One couple acts as police and they have to catch the others. A car is driven, by the driver giving commands to the car (left, right, stop, hurry etc). After a while, they swap positions.

16) The pen

Everybody stand with their eyes closed. They have to be quiet during the activity. Put on some soft music. Now they move slowly around. One person has a pen in the hands and when he touches someone, he hands over the pen and lies down on the floor - still having his eyes closed. This goes on, until only one person is standing up with the pen.

Discussion:

- How did it feel?
- Were you thinking of the people laying on the floor?

17) Massage #1

Divide the participants into groups of 7 people. Play some nice, soft music. One of the group members lies face down on the mat, and the others sit around him. They start massaging in various ways, although one person is the leader, and the others have to "follow" what he does. Make soft, pleasant movements. After a while, increase the intensity to a sort of soft drumming, and then return to soft pleasant movements. Then lift the person about half a

meter above the floor. Don't do this before he is totally relaxed. Then put him carefully down. Rotate roles within the group until everybody who wants to has had a massage.

Warm-ups

1) Laurentia

Everybody is standing in a circle holding hands. Now you start singing and whenever it says "laurentia" or a day everybody bends their knees.

The song goes:

„Laurentia, liebe Laurentia mein,
wann werden wir wieder beisammen sein

1. Am Montag!
2. Am Montag nicht am Dienstag!
3. Am Montag nicht, am Dienstag nicht, am Mittwoch ..."

2) Pony song

Everybody is standing in a circle on person starts to gallop in the circle. After the first four lines the person stops and dances in front of another person. At „Front to front.." the dance in front of each other, at „side to side..." they dance beside each other, and at „Back to back..." they dance back to back. Then those two gallop in the circle...

„Here she comes on her pony
riding on a big fat pony
here she comes on her pony
this is what she told me
Front to front to front, my baby
Side to side to side, my baby
Back to back to back, my baby
This is what she told me"

3) Hockey Pockey

Everybody is standing in a circle and sing:

„You put your right hand in
you put your right hand out
you put your right hand in
and you shake it all about
you do the hockey pockey
and you turn yourself around
that's what it's all about.

- | | |
|---------------|---------------|
| 2. left hand | 6. Back |
| 3. right foot | 7. whole self |
| 4. left foot | 8. neighbor |
| 5. back | |

4) Lu la la lu

Everybody is sitting in a circle singing:

Lulala , lulala, lula lula ley
Lula lula lula lula lula ley hey
Lulala, lulala lula lula ley
Lula lula lula ley

5) Sugar

Everybody is sitting in a circle singing:

Hey, you're a real cool cat

You got a lot of this (point left) and a lot of that (point right)

So don't be afraid of the boogie man

Just stand up and sugar as fast as you can (this person stands up)

Sugar up, sugar, sugar, sugar, sugar

Sugar down, sugar, sugar, sugar, sugar

To the side, sugar, sugar, sugar, sugar

Other side, sugar, sugar, sugar, sugar

All around, sugar, sugar, sugar, sugar.

6) Horse race**7) Singing in the rain**

Everybody is walking in a circle singing:

I'm singing in the rain, just singing in the rain

What a glorious feeling

I'm happy again

One person shouts (the others repeat):

1) Arms out

2) Thumbs up

3) Elbows back

4) Knees together

5) Toes together

6) Bump out

7) Head back

8) Tongue out

8) Swimming

Swimming, swimming in the swimming-pool

When days are hot when days are cold,

in the swimming-pool

breaststroke, sidestroke, fancy diving too

but don't you wish you ever had

anything else to do

But

9) Shark song

There was a boy, and a girl

they drove a car, to the beach

and it was hot, so very hot

they went to swim, they jumped in

and they swam out, further out

and there were sharks

Mama shark, Papa shark

baby shark, grandma shark
 disco shark, we had a coke,
 another coke, and a sprite
 and it was hot, so very hot
 but there were sharks
 elvis shark, samba shark
 backwards shark, crazy shark
 rocking shark, ...
 they turned around, to swim back
 they began to crawl, faster still
 it was no use, cause there were sharks

Mama shark,

10) Say boom chicha boom

Say boom
 Say boom chicka boom
 Say boom chicka racka chicka boom
 Say boom chicka racka chicka racka chicka boom
 Ahh
 Ohh
 One more time
 (Louder, softer, slower, faster, religious...)

11) Von Spirrow

My name is Von Spirrow and I come from afar
 Hey Von Spirrow----- Von Spirrow
 I open my music box and out comes a double bass
 Zoomba zoomba za, zoomba za, zoomba za
 Zoomba zoomba zoomba za, zoomba zoomba za

- 2) Piccolo (picco-picco-picco-picco-lo)
- 3) Piano (pia-pia-pia-pia-no)
- 4) Trumpeto (trumpe-trumpe-trumpeto)
- 5) Telephone (blah-blah-blah,...)
- 6) Radio (click)...

12) Train of peace

We are on the train of peace
 We are on the train of love
 We are on the train of fantasy
 We are on the train of peace
 And I say chicky
 and I say chacka, and I say chicky, chicky, chicky. chicky, chacka
 And I say chacka,
 and I say chicky,
 and I say chacka, chacka, chacka, chacka, chicky

13) Loud loud bang bang

We've got a loud loud bang bang rattle bang bang
Let's make plenty of noise
We've got a loud loud bang bang rattle bang bang
Let's make plenty of noise
CISV here's to you
We love ev'ry one of you
We've got a loud loud bang bang rattle bang bang
Let's make plenty of noise

We've got a soft soft shh, shh rattle shh, shh
Let's not make any noise
We've got a soft soft shh, shh rattle shh, shh
Let's not make any noise
CISV here's to you
We love ev'ry one of you
We've got a soft soft shh, shh rattle shh, shh
Let's not make any noise
BANG

14) Gong Gong

Gong gong said the little mister froggie
gong gong said the lady froggie too
gong gong said they both together
and their eyes went whoo, whoo
as they kissed each other
just like little froggies
and he said goodbye
and she said oh my
I'm coming too

14) If you're happy**15) John Jacob Jingle Hymer Smith**

John Jacob Jingle Hymer Smith
That's my name two, three, four, five
Whenever I go out
The people always shout
There goes John Jacob Jingle Hymer Smith
Pa-da-da-da-da-da-da (2x)

16) A ram sam sam**17) Lion hunt**

Going on a lion hunt
gonna catch a big one
I'm not scared
Look at all these flowers

nice day

Oh-oh

1. Some grass, some long green grass
- I can't get over it
- I can't get under it
- I can't get around it
- I have to go through it

Going on a lion hunt...

2. Some mud, some black greasy mud,....
3. A bridge, a loooooong bridge,...
4. A tree, a big wide tree,...
5. A lake, a big big lake,...
6. A cave, a dark deep cave,...

Feel yourself along the wall

Oh, oh What's this?

Something funny

With a long soft thing on this end

With two sharp things on this end

two big gleaming things. A LION!!!

Run for your life

Out of the cave, jump into the lake

up the tree and down again

Over the bridge, through the mud

Through the grass, back to your house

Open the door, slam the door

Under the bed

I'M NOT SCARED!!!

18) Dancing the Labadu

Stand in a circle and walk first to the left, then to the right, by crossing your feet first left in front right then left behind right; the last "do" make a kick" with your right leg. While walking to the left use right leg to cross, and kick with your left foot.

Dancing the Labadu, Labadu, Labadu

Dancing the Labadu, Labalabadu

1. Hold hands
2. Hold shoulder of neighbors
3. Hold hips of neighbors
4. Hold knees of neighbors
5. Hold ankles of neighbors

19) Boogaloo

1,2,3,4

5,6,7,8

Let me see your Boogaloo

What's that you say?

I said let me see your boogaloo!

What's that you say?

Boo-galoo, boo-boo-galoo...

2) Shoot the moon

3) itch and scratch

4) Funky chicken

5) Dracula

6) Frankenstein

7) Poke a friend

20) Austrian song

21) Intergalactic Samurai

Make a circle. Different gestures are made:

➔ Go! (point with both hands folded)

➔ Ha! (one arm points to the direction you want "IT" to go (over the head) the other points in the other direction in front of the stomach)

➔ Stop! (fold hands and stretch them with the inside out)

...

whole day activities

1) up side down day

wake the kids with *Good night* then have lullabies end with good morning

2) disabled day

each kid simulates a disorder for one day

3) chaos day

It seems that nothing is organized (tell different rules for games, ...), so that the kids have to do something about it. Try to make them sit together and decide things as a group