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**DIPLOMA
IN SOCIAL WORK PRACTICE**

Collection of games and
group exercises for
Team building
and
experiential learning



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Games- Instructions

In the following reader you will find cooperative games, new games or however you may call them. They are special games where you have a lot of fun and not much preparation.

We organised our game collection into five categories:

The first category includes games, where you get to know each other. You can use them for a group of strangers.

The second category consists of Warm-up games. These games are fun and function as Icebreakers.

The third category contains problem solving games with the task to achieve something in a group.

Category four gives you concentration and teambuilding games. The group has to work together and needs a special strategy to achieve the anticipated goal in each games. It is better if you do not start directly with these games, because it is very helpful and important for the people playing to know each other a little.

The fifth category consists of trust games. For these games you need a responsible group where the people know each other. You as the leader must have to be able to trust the group members to participate responsibly as to ensure that nobody gets hurt while playing. These games take time and they are not for a "fast get to know session". Always make sure that the ground you are standing and playing on is good for the task (no stones, desk edges etc.).

Note: For all games in this reader, you will need the following material

- 5-10 tennis balls
- blindfolds for each player(about 20)
- a rope
- 4 broomsticks or similar even sticks with a length of 2m (can also be bamboo)
- A blanket/ tarp size about 3x4m
- Walking A

We hope we could compile a good number of useful games for your work. Have fun trying and playing them!

Lissy, Vanessa, Sara and Julia

Category I - getting to know each other

1. Name relation games

Material needed: none

Description: Get the group into a circle. Then start out by saying your name and a food or an adjective that begins with the same letter. Then the next person does theirs, plus yours. Then the third person does theirs, the second's and the first's name and food. It then moves on down the line, so that the last person has to do everyone with in the group. Different variations of this can be played but it is great for getting the group to know one another and the names.

Source: www.ultimatecampresource.com/site/camp-activity/name-relation-games.html

2. Have You Ever?

Material needed: a list of "Have you Evers"

Description: This an active, fun way to explore and celebrate the rich diversity of experiences that different people bring to any group. Works best with larger groups.

The instructor explains that he/she will call out different things that may or may not apply to each person. If the item does apply to you, then run into the middle, jump in the air, and do a high 5 with anyone else who runs in.

A list of about 20 items should be tailored to the particular group,



setting, and program goals, but some suggestions are below. Usually the items are of a "Have You Ever....?" form, but also free to ad lib, e.g., "Does Anyone Have....?"

Items should be carefully considered in order to prevent embarrassment, ridicule, etc.

The motivation of participants to participate often needs some amping up. Try to do some other warm-ups first. The rest is down to the leader's skill in demonstrating and encouraging.

List of Possible "Have Your Ever?" Items:

1. Have you ever climbed to the highest point in your country of birth?
2. Have you ever lived overseas for more than 1 year?
3. Have you ever sung karaoke?
4. Have you ever been without a shower for more than 2 weeks?
5. Do you have both a brother and a sister?
6. Have you ever ridden a horse?
7. Have you ever eaten frogs' legs?
8. Can you speak 3 or more languages?
9. Have you ever been in love with someone who was vegetarian?
10. Have you swum in 3 or more different oceans?
11. Have you ever flown an aeroplane?
12. Have you broken 3 or more bones in your body?
13. Have you done volunteer work sometime in the last month?
14. Have you ever free-climbed a tree or rockface more than 10 meters vertically?
15. Have you ever had a close relative who lived to over 100?
16. Have you ever cooked a meal by yourself for more than 20 people?
17. Have you ever kept a budgerigar as a pet?
18. Have you ever been parachuting or done a bungee jump?
19. Can you not click your fingers on your non-dominant hand?
20. Have you ever seen a polar bear?

Variations

Participants can generate their own questions. Here's one way. People are sitting in a circle. Everyone has a chair (or rope ring or hula hoop) except the person who is IT, standing in the center.

The person in the middle asks a "Have You Ever" question that is true for him/her self e.g., "have you ever climbed a mountain over 10,000 feet?"

Anyone whose answer is "yes" gets up and moves to an empty seat. So, if four people get up they try to exchange seats as quickly as possible. The person who asked the question tries to quickly gain a seat, leaving one other person without a seat and they become the new IT.

In choosing a question, participants can try for questions which reveal something e.g., "have you ever trekked the Great Wall of China?" or ask simple questions like "have you ever fallen off of a bicycle?" for which everyone would get up.

Pileup variation: Anyone can ask a question and if you can answer yes to the question you move one space to your right and sit in that chair. If you cannot answer yes to the question, you stay seated in the chair where you are. This means somebody may be coming to sit on your lap from the seat to your left. Sometimes you get three and four people sitting in sort of a lap-style game on top of you. Then, when they ask the next question to go one space to the right by answering yes, they peel off one at a time sit down and you end up on top. It creates some very interesting combinations. Physical touching reveals something about people and it breaks the ice so that people can then begin to feel more comfortable talking about and doing other novel things.

Source: adapted from Dave Hall (n.d.), www.nirsa.org/naturalhigh/pdf/icebreak.pdf

3. International Hello

Material needed: none

Description: In different countries, one greets each other in different kinds, with different gestures (and in different languages). We will experience quite peculiar forms. Each of the following lines is written

onto two slips of paper. The total number of the slips of paper must correspond to the number of participants. Next, these slips of paper will be mixed well and be then distributed to everyone. Without saying anything, each person must find his or her partner in greetings, namely by the respective welcoming gesture. This play should be more often repeated, so that possibly many greetings come under the "international audience".

Possible welcoming gestures are the following:

India: bow with folded hands

China: bow with hands lying on top of each other

Eskimo: rub noses against each other

Haiti: long hand shake with repeated bows

France: kiss each other on the cheeks

Mexico: beat itself on the shoulder beat

Japan: several bows in squat position, lay hands before the knees

Tibet: sticking out your tongue and whistling

Ethiopia: presented hands only touch and do not shake

Source: www.spielefuerviele.de/suchen/spiel.asp?referrer=4&s_id=225

4. The falling blanket

Material needed: none

Description: Part the people into two groups. The groups sit opposite to each other on the ground and in the middle two people hold a blanket, so that nobody can see anybody from the other group. Every group elects one person, who sits in front of the group with the face to the blanket. Count to three and then let the blanket fall. The person who calls out the name of the person sitting opposite him or her now wins, and the losing person has to leave his group and go to the other group.

The game is over, when one group has no members anymore or if it becomes boring.

Category II- Warmup

5. Horse race

Material needed: None

Description: For the ages of 6 years + , for 6 fellow players until 50 person, takes about 5 minutes.

The game leader acts like a radio reporter and tells about the course of a horse race and everybody has to do those moves that were discussed and practiced in advance. It is important that all participants sit as close as possible in a circle.

It starts that the horses are lead into their starting boxes (clap on your lap and adapt the speed of clapping to the horses actual speed). The last bets have to be made (whispering amongst the players), the jockeys get on the horses (pretend to do so), the horses get restless and scrape with their hoofs (do such moves on your lap) and then the start fire comes. The horses start running (clap your hand very fast now on your lap). They have to master a course of obstacles and stations, which are named by the game leader in a row just as he wishes:

- ✓ Left or right bend (move into hat direction)
- ✓ Obstacle (scream "HUI" and stand up)
- ✓ Bridge (drum with your fist on your upper part of the body)
- ✓ Water trench (bubble noise)
- ✓ Grass (rub your hands)
- ✓ Pass the grandstand (spur on like "YEAH")
- ✓ Pass lost soccer fans (scream "OLE OLE OLE OLE")
- ✓ Level crossing (scream "DING DING DING")
- ✓ Through a tunnel (duck down)
- ✓ Finish (clap as fast as possibe on your lap)
- ✓ Finish picture (Smile)
- ✓ The big finish (rejoicing and clapping)

Variations: Both the course and the formation can be supplemented by further events

6. Topsy Turvy

Material needed: 20 objects e.g. lighter, pillow, ruler

Description: For the ages of 10 years +, as many fellow players as you would like.

The group has to stand in a row, one after the other. There are 20 objects in different sizes in front of the first person. When the game starts he/she has to give all 20 things, one after another one, over his/her head as fast as possible to the next person and so on. When one object reaches the last person, he/she has to give the thing through his/her legs to the person in front of him/her until everything is back again in front of the first person. If an object is lost, the group has to start again.

7. Evolution

Material needed: none

Description: Have the group in a circle. Everyone starts out as an egg and places their hands above their head and together so that they look like an egg. When you say go each person will find another egg. Once they found that person they will then fackle (Rock, Paper, Scissors). The loser stays an egg and the winner becomes a chicken, placing their arms as wings and making chicken noises. The chicken then looks for another chicken while the egg looks for another egg. When you win as a chicken you become a dinosaur, placing your hands out and roaring like a dinosaur. If you lose as a chicken you drop back down to an egg. Dinosaurs then find other dinosaurs, where they will play to become the ultimate people. Ultimate people put their hands over their heads like superman and look for others like them. If you lose as a dinosaur you go back to being a chicken, looking for other chickens. If the Ultimate person loses to another Ultimate person they go back to a dinosaur, and if they win they stay as ultimate people.

Source: www.ultimatecampresource.com/site/camp-activity/evolution-aka-ultimate-person.html

8. Group Juggling

Material needed: 5-10 tennis balls

Description: The players form a circle. The Trainer passes a ball to another player, she/he to another and so on. Every time the ball is thrown to the next, the sender has to call the name of the recipient loudly. Because this is, despite all fun, a game to learn to know each other, one can ask for the name before throwing the ball) The last player has to pass the ball to the trainer, where the next round begins in same order like the first. When the game runs nicely, the trainer can set up some variations.

Variations:

1. Backwards: every player throws the ball to the player, from which he have GOT the ball in former rounds.
2. Two or three balls. As another Variation one ball may run backwards.

Every player runs after throwing the ball after it.

Source: www.tu-darmstadt.de/hjd/denkbew/grupjong.htm

9. Elephant, Giraffe, Palm Tree

Material needed: none

Description: Form a circle with one person in the middle. The middle person will point to an individual and the person pointed to along with the persons on each side will have to form what was called out. ELEPHANT- Middle person (one pointed to) will form an elephant trunk by putting arms straight in front of you crossed at the wrists. Persons on each side will form the ears of the elephant by bending toward middle person, cupping around the mouth with hands as if whispering to the middle person. GIRAFFE- Person pointed to raise arms above head, arms extended fingers closed. Side people will

grab middle ones waist bending over. PALM TREE- Middle person raise arms above head in "Y" formation, fingers open. Side people do the same but lean toward outside, away from the middle person. The object of the game is to try to keep changing all the time. The game has to be played quickly. As soon as an object is formed, the person in the middle of the circle has to point to someone else.

Source:

www.gameskidsplay.net/games/xtra_games.htm#Elephant,%20Giraffe,%20Palm%20Tree

10. Drumming in the Circle

Material needed: none

Description: The players sit in a narrow circle. Everybody has his/her hands on the knees of her neighbours. The Trainer starts by slapping with a hand on the knee of his/her neighbour briefly. This Slap must now be by the next hand in clockwise order (not by the next player) repeated (continued). Who slaps out of order or misses to makes the following slap takes his/her hand (the „bad" one) out of the circle. Who is forced to take his/her second hand out, is out of game, but remains still in the circle. When the game runs well (it should be played fast to be fun), a fast doubleslap means a change of the direction. The game runs then not in clockwise, but in counterclockwise order. Until the next doubleslap or until another hand has to leave the game

Source: www.tu-darmstadt.de/hjd/denkbew/kreis.htm

11. Lap Sit

Material needed: none

Description: Form a circle, shoulders close to people beside you. Everyone turn 90 degrees to the left. Put hands on person's hips. Everyone sits down on knees of person behind them. Try to sit, stand up, turn around and sit down again. Then try to walk while in lap sit.

Source: www.gameskidsplay.net/games/xtra_games.htm#Lap%20Sit

Category III- Problem- solving games

12. Gordian Knot

Material needed: none

Description: the group makes a circle, and then everyone closes his / her eyes. Then all hands are stretched out, and slowly the group makes the circle smaller. Each hand has to find another hand. When this is done, everybody opens their eyes. Task now is to untangle the formed knot without letting go of any hand.

Good game for teamwork and for practicing problem-solving in a group



Picture: Julia Zeitz

13. Blind mathematician

Material needed: rope, blindfolds if necessary

Description: The rope is knotted to together as to have a ring. Each person holds on to the ring and a circle is formed. Now every person has to close his / her eyes (or is blindfolded). The task is now to form

a square together. Nobody is allowed to let go of the rope. When the group thinks that the task is done, they can open their eyes to check

Variations: Make a triangle or / and a rectangle. To make the game harder, you can form two groups that then, blindly, have to make shapes that are nested in each other.

14. The Shepherd

Material needed: blindfolds for each player, a rope (the group can also be small or large, but important is that there are always enough overseers as the people are walking blind)

Description: this is a game where the group has to work together, it strengthens teamwork; also, you can also find out a lot about the group's structure.

At first a story is told:

Once upon a time, there lived an old shepherd who was so old that he couldn't walk anymore. As he lived alone with his sheep for a long time he forgot how to speak, too. So he stood watching his sheep all day, communicating with them without language. The strange thing was that his sheep were all blind.

One day, the shepherd died and his grandson now has to take care of the sheep. But he does not know how his grandfather managed to bring the blind sheep into the cot!

To the group: Your challenge is now to play this situation.

You have 10 minutes to think about the story in your group.

The instructions: All blind sheep have to be in the cot and the shepherd is the only one who can see (he is also the only one who knows where the cot is!), but he cannot walk or talk (of course the sheep can say "Määäähhhhh", but like they're sheep, they can't talk).

After the 10 Minutes, everybody covers their eyes, and are distributed on the field. Then the cot is marked with the rope and the blindfold is taken off of one person (this is then the shepherd. In a

group it is very interesting to take an outsider or somebody with a loud mouth as the shepherd!)

The group starts to try out their plan (which they had talked about earlier), which is sometimes that the shepherd is clapping his hands, or the sheep stamp with their legs... but there is no “only right solution”!

Variations: the smaller the cot is, the harder it is for the group. If you allow them to be able to walk over the rope, it is easier. But if you tell them that they have to go through the gate, it is harder. The smaller the gate is, the harder the game is!

Category IV- Concentration and Teambuilding games

15. Ah-Ho-Do Karate

Material needed: none

Description: The group sits in a circle. One person starts by saying “Ah” and then pointing to another person. This person has to say “Ho” and point to the next person, which has to say “Do”. This sequence has to always stay the same. With each round, the sequence is supposed to become faster. This game is good for concentration and team coordination

Variations: The team can agree on a different gesture for each syllable, for example touching your throat when saying “Ah” and then pointing to the next person, this next person has to touch his or her head (whilst saying “Ho”) before pointing to the next person, and so on.

16. Changing places

Material needed: long bench or wooden log

Description: Divide the group into two equally large. Each group stands on one side of the log / bench. Now the groups have to change places, without letting anybody fall off the bench. If this happens, the game has to start over. Goal is to have each whole group on the opposite side of the log.

Variations: to make it harder, it can be goal to not only have the whole group change places, but to have each person on the exact opposite position from the beginning position (example: person A stands on the far right, then he has to stand on the far left at the end).

17. Murderer in Palermo

Material needed: None

Description: From the age of 10 years until every age, for 6 fellow players until about 20 persons, should take about 30 minutes.

By means of raffle, write down on several pieces of paper, 2 murderers and 1 detective and the rest town folk. Everyone picks a piece of paper to see who they are in the game. Everyone needs to sit in a circle. First the narrator tells the story of everyone in the village going to sleep as it is late night. Then everyone needs to close their eyes and place their heads down. Then he asks the 2 murderers to lift their heads up and open their eyes as slow and quiet as possible. The murderers must then select and agree on a victim using their eyes only. Once they have selected a victim they need to place their heads down again. The narrator then asks the detective to open his eyes and shows him who the murderers are. At this point everyone wakes up and the narrator tells them that last night there was a murder and points out the victim.

All participants are asked to identify the murderers and the detective as they are still unknown to them. Based on what you have heard as far as statements, accusations and other indications try to speculate who the murderer is. The murderers will try to direct suspicion towards others. The detective tries to give quiet reference and hints as to who the murderers are, who in turn are trying to kill him as well. After a certain time the narrator asks everyone to agree and express their suspicion (at this time it could be that the murderers are incriminated and that the detective could be under suspicion too.)

The narrator introduces a second night where the murderers have a second victim. In the end of the game the murderers and the detective will be revealed.

Variations: If there are less than 8 participants there is only 1 murderer and only 1 detective.

18. Swinging the rope

Material needed: a rope, blindfolds

Description: You swing a rope with the help of two people who stand in a distance of 3 to 4 meters. The group is standing on one side of the rope and must get to the other side – through the rope - with different challenges each time.

Common rule: Everybody has to come to the other side without somebody being caught by the rope. If one person gets caught in the rope, the whole group has to go back to the original side again.

1. Everybody has to get to the other side.
2. The rope is not allowed to swing empty.
3. The group has to go through the rope together.
4. The group has to go through the rope together and blind.

Variations: If you want to make it harder- let them swing the rope by themselves so that they have to change the people swinging the rope as well.

19. Sheet of Ice

Material needed: Table, chairs for each person in the group

Description: Each person is stranded on a chair – his personal sheet of ice. These sheets are very unsafe, so every person has to save him- or herself onto the safe raft (table) in the middle. This has to happen in teamwork, and each person has to stay on his or her own sheet. As soon as a sheet is unoccupied, it will sink (be removed). The goal is to have every person from the group on the safe raft.

When preparing for this game: make sure that the closest sheet of ice is still 4 meters away from the raft. By making it closer or farther away, you can make the game easier or harder. Also, check that at least three sheets of ice are within one meter from each other, as to ensure a starting point.

20. The magic stick

Material needed: an even/ straight pole/ stick

Description: the group has to form two lines facing one another. Each person reaches out his or her forefinger and an even line has to be formed with the fingers of every participant.



The allocation is simple: You will put a stick on their fingers and the group must lay down the stick together and every single finger has to touch the stick at any time.

This sounds simple, but usually the stick goes up, because everybody wants / has to touch the stick.

Picture: Julia Zeitz

It will definitely fail sometimes (some groups need 30 minutes!), but you are the one who has to take away the stick and tell them to try again, to talk to each other and to make a plan...

If you think it will not work at all, then you have to stop the game and try it again later.

This simple assignment is not very easy. The group has to work together, communicate and has a high potential of frustration, because one side always claims that the other side is making the stick go up.

One solution is that one person takes the commando and counts, or says "NOW"..., but, as with every one of these games, there is no best solution.

Variations: the larger the group is, the harder the game is. If the stick is not even, it is also harder!

21. Magic carpet

Material needed: a blanket/ tarp



Picture: Julia Zeitz

Description: This is a cooperative task! The group has to stand on a blanket together and the task is to turn around this blanket without anybody touching the ground at any time.

Again, you can tell a story like this at the beginning:

The group is flying on a magic carpet to a far away country.

In the air they suddenly notice that the carpet is on the wrong side.

To fly faster and to be able to save the world, they have to turn the carpet to the other side. Of course nobody should fall down, because they're already flying very high.

There is an easy solution, but let them try their on their own first.

(If you put one edge over on the right side and let somebody stand there, then you turn around the carpet slowly and always let somebody go to the right side. In the end they all stand on the right side.

22. Even the smallest house has enough room

Material needed: long rope

Description: The rope is made into a ring. This ring is placed onto the floor, and the whole group stands inside the ring. Now in small steps, the ring is made smaller and smaller. Each time the ring

becomes smaller, the group has to ensure that each member has enough room to stand in it. Each person can also stand only on one foot, but has to be able to hold his or her position at least for 3 seconds.

Variations: a different way to play the game can be to give the group the rope. The group has to find out the smallest possible way for them to arrange the rope as to still ensure that each member has room inside. Nobody is allowed to stand inside the rope until the plan is finished and the whole group tests the plan.

23. Blind Walk

Material needed: Blindfolds or something similar, big premisses with obstacles e.g. chairs, buckets

Description: For the ages of 10 years +, as many fellow players as you would like, every walk takes about 5 minutes.

The group is divided in pairs. One at a time they have to put on the blindfold. His/her partner has to take the blind folded person by the hand and leads him/her through the course with a lot of obstacles. The blind person has to receive as much information as possible about the obstacles to prevent any injuries. After about 5 minutes a change takes place.

24. Count to ten

Material needed: None

Description: For the ages of 12 years +, for 10 fellow players

The group sits in a circle and they have to count to ten. There is no arrangement in advance but anybody starts counting from “one” and someone else has to continue counting. Every number has to be counted by a different person. If two or more people say the same number at once or somebody counts wrong the group has to start again with “one”

Category V- Trust games

25. Spider Web

Material needed: Several ropes and strings, either two strong trees standing next to each other or two very stabil sticks fixed in the ground

Description: For the ages of 12 years +, for 6 fellow players until about 20 people, takes a minimum of 30 minutes.

Between the two trees or the sticks you have to tie and brace a vertical net. The net needs holes in different sizes and at least as many openings as players because every hole is allowed to be used only once.

The group's task is to get from the one side of the net to the opposite side through the holes made. Players are not allowed to touch the net. If anybody does so or uses an opening twice the group has to start again.

Safety rules: As the net is tied vertically, inevitably a few holes are on top. To use those openings the participants have to be carried through them. That is only allowed to happen when at least three fellow players are on each side of the net. No participants are not allowed to jump through the holes.

Caution: There will most likely be close body contact in the game. If there is anybody who doesn't feel comfortable about this, needs either a good preparation or shouldn't take part – **do not force!**

26. the trusting rope

Material needed: a rope

Description: You make a knot in a rope and let everybody touch it with two hands while buliding a circle.

Now everybody goes back to stress the rope. After that you give number 1 and 2 rotational so that everybody has a number.

Now you can tell everybody with number one to lean back and number 2 lean forward. There has to be a balance and the people have to trust each other that it works.

Variations: This is a good preliminary exercise for the game fun-ambulation (No. 13)

27. Fun-ambulation (dancing on the rope)

Material needed: a good rope, flat good ground

Description: You make a knot into the rope (preferably the figure of eight), so that you have a circle. Then you ask the group to hold the rope with both hands and stand in a circle. One person, the wire dancer, has to walk one round over the rope. The others have to hold the rope tightly in their hands, and when the acrobat comes to their part, more people have to hold the rope in this part.

28. The Pendulum

Material needed: soft ground (grass or something else)

Description: The group creates a circle. One person stands in the middle, closes his / her eyes and stiffens. Then he or she lets him- or herself fall backwards or forwards. He / she will be caught smoothly by a member of the circle, and will be gently pushed into a different direction. The person in the middle becomes a pendulum. The distance between the person in the middle and the circle should be very small in the beginning. If wished, the distance can slowly be enlarged.

Variations: The groups consist of only 3 people, with one person standing between the other two. Then, the person in the middle again is the pendulum.

29. The flying eagle

Material needed: a mat or soft ground

Description: This is a task which you can only do with a group which knows each other and with people you can trust that they are serious. It is important that the group knows that this is not merely a game, but a serious task.

Security: soft ground (grass) or a mat (but be careful that nobody falls next to the mat).

One person is the one who will let him- or herself be carried.

One person is responsible for the neck and the head. Two people take the upper body, two the bottom and hip and two- to four people are in charge of the legs. One person takes care of the mat.

The people who are responsible for the body parts put their flat hands under the person who is lying flat on the ground. It's very important that the person – the eagle – which is lying down has a tense body (for this, you can do a preliminary exercise, e.g. "backward fall and catch" or "willow in the wind").

When the eagle is ready to fly, he or she should close his / her eyes and the holders slowly lift the person (not higher than the shoulders of the holders). After that, they turn their selves with the eagle around once. After this, they slowly lay the eagle down again, and he/she can open his /her eyes and recollect, how his/her flight was.

Variations: If somebody wants and the group trusts each other it's also possible to lift the person high until the head of the holders.

30. Trust fall

Material needed: A high table or something similar

Description: For the ages of 12 years +, at least 13 fellow players
One person has to climb on the table and the fellow players have to stand facing each other without any gap from the table in two rows. The distance between them is the length of their arms. The hands have to face forwards with palms up and arms in a 90° angle from their bodies, holding each others hands in a criss-cross formation.

The person on top of the table turns his/her back to the group, folds their arms on his/her chest, has to be as stiff as possible and fall backwards into the arms of his/her fellow players.

31. Slice'n Dice

Material needed: large, safe space, many people



Picture: <http://www.wilderdom.com/games/descriptions/SliceNDice.htm>

Description: This is a “dramatic finale type” trust activity for a large group. It may seem crazy or impossible, but it works.

A large group (>30) forms two lines, facing one another, creating a corridor. Each participant puts out his / her arms straight in front of him- or herself. Arms should intersect, overlapping by about one hand with arms of people opposite. The first person peels off the line and walks down the corridor. In order to let the person pass, people lower their arms, creating a Mexican wave effect - a ripple through which a person is walking. The person then joins in again at the end of the line. Then the next person, peels off, walks down, and so on. As the group gets more confident, invite people to walk faster, run, and then sprint down the corridor (people generally take great care to raise their arms in time).

Variations: At some point or the game or for the finale, have people chop their arms up and down, only pausing to allow the corridor-runner through. It works!

Source: <http://www.wilderdom.com/games/descriptions/SliceNDice.html>
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