

A.B.R.I.S.

Adventure Based
Resource Index System

Instructor's Guide

890 Card Version

Welcome to ABRIS

Adventure Based Resource Index System

ABRIS is over 800 activities, exercises, non-competitive games and group activities/initiatives on 3 X 5 laminated cards. It is highly portable and made to last a lifetime. The activities come from over 14 texts in the fields of experiential and challenge education as well as other sources and range from ice breakers to difficult physical challenges and expressive theatrical activities. ABRIS is designed to save valuable planning time. The file system is intended to be a practical daily resource for group facilitators, recreation leaders and community builders of all types. The ultimate source for quick and easy innovation, you will be able to use ABRIS indoors and out - in meetings, trainings, retreats, wellness programs, residence halls, recreational events and classrooms.

Quotes from ABRIS Users

Before ABRIS, I had a hard time finding small group activities for our Guidance Advisory Program. This has been a great resource for affective programming in our classrooms. The kids have also thoroughly enjoyed the activities. Sue, Middle School Counselor
We are very impressed with ABRIS and consider it money well spent. We use it for leadership training's and student orientations. The organization of the system is fantastic. The instructors guide has allowed us to plan quickly and easily. I highly recommend it!
Mike, College Residence Life
I love ABRIS. I use it constantly; I even keep it in my car. Miki, Prevention Specialist

Customer Support and Connection

At Learned Enterprises, we love to support and connect with ABRIS users. Please feel encouraged and welcome to email or call with questions, comments, suggestions and helpful tips. 800 462-0411 learnedenterprises@gmail.com A website is in development which we hope will be a great resource – abrisinfo.net. Updates and additions to this manual will be placed there whenever they become available.

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Table of Contents for 890 card ABRIS

		Manual Pages
<u>Acknowledgments</u>		
<u>Safety Notes</u>		
<u>Organization of ABRIS</u>		
<u>Tips & Such</u>		
<u>The Complete Activity Shed Equipment List</u>		
<u>ABRIS Categories</u>	<u>Contents/Dividers</u>	<u>Card #'s</u>
Where am I going	1 - 15	7
Who am I	16 - 58	7
Clarifying-Exploring-Deciding	59 - 86	10
My Strengths	87 - 105	11
Body Awareness	106 - 110	12
Beginnings	111 - 143	12
Communication Skills	144 - 160	14
Group Maintenance	161 - 192	15
Theatrical	193 - 215	16
Sound and Movement	216 - 255	17
Environmental	256 - 290	19
Evening Games	291 - 309	20
Camp Craft and Compass	310 - 321	21
Water Games	322 - 328	22
Relays and Races	329 - 379	22
Tag	380 - 416	24
Parachutes and Earth/Cage Balls	417 - 440	25
Artful & Food, Foil & Fabric	441 - 473	26
Mysteries, Puzzles & Other Quiet Games	474 - 500	28
Words, Tales & Numbers	501 - 555	29
Tradition with a Twist	556 - 608	31
Thrills and Skills	609 - 651	34
Stretch & Warm-Up	682 - 697	36
Trust	698 - 716	37
Games for Two or More	717 - 744	38
Games for Ten or More	745 - 801	39
Games for Twenty or More	802 - 816	41
Initiatives and Challenges	817 - 890	42
<u>Alphabetical Index of Cards</u>		47

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- Dr. Chris Roland, Roland & Associates
- Dr. Tom Smith, Raccoon Institute
- Judy Hoyt
- Bob Gregson, The Incredible Indoor Games Book, 1981. David S Lake Publishers Belmont, CA 94002.
- John Bergman, Geese Theatre Company
- June Fleming, Games (And More!) For Backpackers.
- Jack Canfield/Harold C. Wells, 100 Ways to Enhance Self-Concept In The Classroom: A Handbook For Teachers & Parents, 1976. Reprinted by permission of Prentice-Hall, Inc., Englewood Cliffs, NJ.
- New Games and More New Games, from the YMCA of the USA, 101 N. Wacker Drive, Chicago, IL 60606.
- Matt Weinstein and Joel Goodman, Playfair: Everybody's Guide to Non-Competitive Play, 1980. Reproduced for Charles Learned by permission of Impact Publishers, Inc., P.O. Box 1094, San Luis Obispo, CA 93406. Further reproduction prohibited.
- Betty Van Der Smissen & Oswald H. Goering, Nature-Oriented Activities, 1977, Iowa State University Press Book Publishing, 2121 South State Ave., Ames, IA 50010.
- Efforts were made to contact Hart Associates for permission, 255 West 98th Street, New York, NY 10025, for Values Clarification by Simon, Howe and Kirshenbaum.
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Special thanks to Professor Terry Orlick for granting permission to paraphrase the following exercises from the Cooperative Sports N' Games Book, Challenge Without Competition and The Second Cooperative Sports N' Games Book:

All To One Side527	IHIHNA POPOPHNA (Circle Hopping)579	Shake and Stomp756
Aura Returns688	IglagunerK (Laughing Matter & Butt Bounce) .	.580	Singing Name Game310
Back To Bottom404	Igloo Chute413	Slow Mo Games554
Ball Throw Skipping528	Internal Functions127	Spinning Chute419
Ball Rolling405	Inuit Ball Pass739	Stick Hangs599
Ballet/Slo-Mo/Hopping Tag379	Inuit Blanket Throw581	Strike Outless B-Ball553
Balloon Bomp364	Inuit Pole Jump582	Table Tilting601
Balloon Hoops (Collective Hoops)727	Jiggle or Swiggle583	Tandem Back Cycling643
Beach & Water Frolick359	Kanga Jump Ball543	Tandem Sit-Ups (Ball Pass)704
Blanket Ball Returned571	Komari Kong Kong (Finger Walking)585	Three People Pull Over602
Bucket Pass360	Lap Sit Step, Touch, Clap742	Three Goal Soccer556
Buka Burning Ember of Courage350	Lean Forward & Backward414	Tingling Touch (Circle Massage)232
Bump and Scoot Revised530	Little Fishes Of Circles361	Ti-Ringa (Hand Game)706
Butt Bounce572	Log Walkers788	Tititorea (Maori Stick Switch)707
Caterpillar Over The Earth407	Love Handle Tag391	Togeth-Air Volleyball557
Cherry Challenge430	Matching Gestures467	Training The Earth421
Chinese Shuttles531	Miss Those Legs743	Umbrella Chute423
Cooperative Can Throw573	Mouth Stretch587	Umbrella Hugging422
Co-op Pencil Golf462	Mukle (Silence)469	Undercover Leader480
Collective Blanket Balling533	Multiball Hockey544	Ver Ver Ara Lam (Removing Coconuts) .	.603
Cooperative Blowball461	Mush Swat744	Wagon Wheeling424
Collective Score Blanket Toss534	Nose Seeker698	Walrus Tug604
Collective Score Monster Volleyball .	.535	One-Foot-This-High Kick590	Water-Cup Exchange363
Collective Score Towel Balling536	One-Way Feeling Glasses225	Wonderful Shuffle235
Collective Volley Orbit Ball537	Outright Lie511		
Connecting Eye to Eye138	Over and Backward746		
Connect Our Eyes731	Pana (Stick Throw)592		
Continuous Badminton Switch538	Pao Pao (Who Will Hide?)547		
Cooperative Archery and Curling539	People Pendulum Tossing670		
Collective Handball, Squash,		People Launching593		
Paddle-Ball, Ping-Pong540	Poi Rakau (Circle Of Sticks)750		
Cross Under Dodgeball541	Pun (Person To Person)701		
Eagle Flight575	Push Me Into Balance702		
Earth Ball Passing409	Put Your Trust In Me671		
Eskimo Pair Push-Up576	Puzzled Connections157		
Eskimo Pair Stand577	Removing The Gauntlet228		
Feet Up Pass410	Rock To Roll417		
Finger Follies464	Rotation Ping Switch Pong548		
Four-Man Walk578	Runaway Chain Train395		
Frozen Tag384	Saskatch Link Soccer549		
Gema (Peiai)385	Scooter B-Ball550		
Good Vibes Current139	Scooter Pair-Ball & Scooter T-Ball551		
Hot Tamale411	Sealskin Jumping552		
Hot Dog In A Huddle412	SEPAK RAGA (Kick Ball)595		
Huggit387	Shadow Art452		

Safety Notes

- It is important for activity leaders to be aware of and provide means for the group to be aware of when needed, any physical limitations or safety concerns participants may have.
- All users are encouraged to lead activities with a “Challenge by Choice” philosophy. There are many different ways to participate and contribute to a group effort. “Challenge by Choice” allows each individual to communicate and choose the level of participation that seems best for them and to take responsibility for their own emotional and physical well being as a participant.
- Frequently check in with participants to see how they are feeling about the play and their safety.
- Group agreements about how participants will treat each other are important to develop and continually monitor and process.
- Prior to playful activities where physical contact is more than what players are accustomed to it is important to discuss appropriate touching and to monitor and enforce agreements/rules related to this.
- Grounds need to be clear of debris prior to play activities. It is often helpful to engage participants in ground clearing and safety concern monitoring.
- Awareness of group development models and sequencing of activities is important for physical and emotional safety, positive climate creation and community building.
- It is assumed that persons leading some of these activities will have understanding of safety and spotting issues and will train and supervise participants regarding safety precautions.
- Illustrations included with the activities provide only general visual depiction of the activities. Illustrations do not show all the spotters or safety precautions that may be needed for the activity.

We here at Learned Enterprises International Inc. are happy and eager to provide help and support to ABRIS users as we are able. Please do not hesitate to contact us.

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Charles Learned and Learned Enterprises International Inc. cannot and do not assume any responsibility or liability for the use of information offered in this publication, written or implied. Some challenge and adventure activities may present elements of physical and emotional risk. The information provided in ABRIS is provided as a reference. It is ultimately up to the user to judge the suitability of an activity and to safely supervise it.

Organization of ABRIS

Over 1,000 games, activities, exercises and initiatives can be an overwhelming experience. I have tried to make this enormous selection workable by breaking it into 28 categories. The placement of these cards were all subjective on my part. There is, of course, overlap in subject matter. You will find that there are cards in the "Thrills and Skills" category that could be used to start off your group's activities, where your instinct might have been to go to the category "Beginnings." The cards were placed in the categories because their goals or characteristics leaned most toward that category. Many of them will fulfill multiple objectives.

Beside the 28 categories there are a variety of other selection aids available. The most extensive tool is the "Content Charts." The Contents include the following:

1. 28 Categories and Card Titles.

The titles are set up under the broad categories and alphabetically organized within each category.

2. Numerical Reference.

Every card has been assigned a number between 1 and 890 for quick reference in the file.

3. Props.

For each card the props, or aids (e.g., pencils, flags or "none") needed to do that activity have been identified. For many activities little or no props will be needed and others such as the ropes course initiatives may require a permanent structure. In some cases (due to space limitations or for other purposes) I have referred you directly to the card by using the term "see card."

4. Goals.

This is an attempt to begin to identify the multiple goals that each card possesses. It is important and helpful if we are aware of the underlying goals and expected outcomes behind things we do with people. These goals were meant to serve as a beginning reference, and not as the final word. There are many external factors which can alter the outcome or goals of each activity.

5. Number of People.

This is an attempt to identify the minimum number of participants recommended to perform the activity. This is only a guide; rules may be changed or adapted within the activity to fit the needs of your group.

Another tool to complement the "Content Charts" is the Alphabetical Index. If you know the card's title, then you can reference this index and quickly find the card with the help of the assigned numbers for each card.

A helpful curriculum planning tool is the Color Code Chart. The cards have been assigned one of five colors located on the underside of the file box lid. The categories are:

1. Values Clarification
2. Self Concept
3. Low Activity
4. Semi-Active
5. Active

These categories will help provide a balanced curriculum. If you were to only select Low Activity cards then the group may become bored or if all activities were Active (high energy) then your group may burn out more quickly than you anticipated. Seek to find a healthy balance of activities so that the highs and lows are complementary to each other.

TIPS & SUCH

Here are some specific tips to think about when presenting:

- Keep rules and verbal instructions to a minimum to avoid boredom and confusion, most people learn best by watching and then doing.
- If possible, avoid being a spectator or sideliner; get involved and play as many games as you're comfortable with.
- Don't worry about sticking to the rules. Change them and bend them as you go.
- Look for signs of "enough" and then introduce a new game before interest begins to wane.
- If possible, keep players in the game, avoiding or altering rules that permanently eliminate people.
- Start an activity or session that brings the whole group together.
- Alternate between active and quiet activities.
- If people are tired or just waking up, start with quiet activities. If players are young or have been sitting, start with active games.
- If there are teams needed, avoid a situation where people are picked, use creative ways of forming teams.
- If your groups are co-ed, then shoot for a 50/50 split.
- Have enough activities in hand to last more than the entire session.
- Have equipment on site before beginning to avoid participants' boredom.
- Encourage players to make creative alterations within the activities or to try different homemade versions.
- Get some feedback during the session as well as at the end (likes, dislikes and suggestions).
- Ask questions that will foster internalization of their experiences (What did you learn about yourself? What will you remember? Etc.).
- Emphasize competition against self or a team record, when competition seems natural. Avoid winners and losers; someone will feel bad.
- Discourage negative criticism and encourage acceptance of people's differences.
- End with a quiet activity that allows everyone to regroup in a fun way and try to leave the group laughing.
- Emphasize challenge over competition. Try to de-emphasize the importance of outcomes. Temper the spirit of competition with the spirit of cooperation.
- Send a clear message that you want everyone to play and that you want them to feel good about playing. If you express a caring attitude, then you establish trust as the basis of play.
- When playing active games, reiterate the principal of caring restraint, we'll use only the force necessary to match that of our opponents.
- A game can be an end in itself. It doesn't always have to have a deeper lesson or reason for happening. Enjoy!
- Consider experimenting with these activities on your staff. Consider the benefits that they, as your students, may derive from participating.
- Fantasy is the essence of play. When we decide to be a great warrior or a train, we're taking a quantum leap out of the real world. Create a space where people can let themselves go, be free and where they can act without consequence or connection to the real world. Fantasy makes a game come alive.
- Use rituals to help them to be drawn into the play world, look for opportunities to incorporate songs, chants, noise and body movements (e.g., ending the game, raising hand for group to be silent).

The Complete Activity Shed Equipment List

For those of you who want to be ready for everything and would prefer not to scramble for your props, here is a list that will get you through 95 percent of the ABRIS activities. Fortunately, most are easy to come by and inexpensive.

- Paper (journal size for writing)
- Pencils, pens
- Crayons, magic markers
- Construction paper
- Large blank paper for drawing
- 3 x 5" & 4 x 6" blank cards
- Masking tape
- Hand-sized bean bags
- Balls of many sizes, shapes and purposes (beach balls, basketballs, soccer balls, push ball, monster ball, pool balls, sponge balls, softballs, tennis balls) In some cases you may need large quantities such as with tennis balls.
- Ropes of various widths and lengths (e.g., 3-foot sections and 75' climbing rope)
- Blindfolds
- Chalkboard, chalk, erasers
- Video camera, recorder, tapes
- Food (fruit pieces)
- Bowls of various sizes
- Music boxes or record player with records and tapes (usually rhythmic music)
- Compass
- Topographic or area maps of your surrounding area
- Sponges
- Buckets
- Oil barrel
- Balloons (sturdy ones)
- Old towels
- Chairs
- Broomsticks
- Long, sturdy poles
- Frisbees
- Helmet
- Newspapers
- Yarn, glue
- Cardboard boxes (large & small)
- Grocery and garbage bags
- Hula hoops
- Identification arm bands
- Earth ball
- Parachute (large & small)
- Scissors
- Aluminum foil
- Pocket knives
- Match sticks
- Deck of cards
- Sticks (man made or natural)
- Roll of business machine paper
- Volley ball equipment
- Badminton equipment
- Field hockey sticks
- Ping pong equipment
- Large strong blankets
- Sponge pucks

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
Where am I Going?					
1.	Five Years Ahead: Resume	Paper, pencil		Values clarification Self-concept, Self-awareness Communication skills	4 or more
2.	Four Drawings	Crayons, large sheet of newsprint or 4 sheets of 8-1/2 x 11 inch paper		Values clarification Goal setting, Self-concept Self-awareness	2 or more
3.	Goalpost, The	Paper, pencil		Values clarification Change, Self-concept	3 or more
4.	Life Line with Goals	Paper, pencil		Value clarification Goal setting, Change Self-awareness	3 or more
5.	Life Line	Paper, pencil		Values clarification Self-awareness	4 or more
6.	Lifeline, The	Yarn, 3 x 5 cards, paper clips		Values clarification Goal setting, Changes Self-awareness	3 or more
7.	Pie of Life, The	Paper, pencil		Values clarification Change, Self-awareness	1 or more
8.	Removing Barriers to Action	Paper, pencil		Values clarification Change, Problem solving Self-awareness	1 or more
9.	Risk Ratio or Force Field Analysis	Paper, pencil		Values clarification Problem solving Risk taking	4 or more
10.	Self-contracts	Paper, pencil		Values clarification Change, Setting goals	4 or more
11.	Six O'Clock News, The	Paper, pencil		Values clarification Self-concept Change	4 or more
12.	Three Characters	Paper, pencil		Values clarification Self-awareness Sharing, Trust	3 or more
13.	Twenty-one Questions	Paper, pencil		Values clarification Goal setting, Self-awareness Change	1 or more
14.	What Do You Wanna Be When You Grow Up	Construction paper, pen		Values clarification Self-awareness, Change	1 or more
15.	Your Turn	Pencil Paper is optional		Values clarification Self-awareness, Change	2 or more
Who am I?					
16.	Adjective Wardrobe	Paper, pencil		Self-concept, Self-awareness, Change, Values clarification	3 or more
17.	All About Me	Paper, pencil		Values clarification Self-concept Self-awareness, Communication	1 or more
18.	Are You Someone Who	Paper, pencil		Values clarification Self-awareness Changes	3 or more
19.	Autobiographies Questionnaires	Paper, pencil		Values clarification Self-awareness Self-concept	1 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
20.	Baker's Dozen Activities	Paper, pencil	Records for Exercise 1	Self-concept, Self-expression Self-awareness, Increased mutual support	4 or more
21.	Chairs or Dialogue With Self	Paper, pencil		Values clarification Risk taking, Self-awareness Self-concept, Communication	5 or more
22.	Epitaph	Papers, pencil		Values clarification Self-awareness, Sharing	3 or more
23.	Family Tree	Paper, pencil		Self-concept Self-awareness	1 or more
24.	Finding Yourself Outdoors	Paper, pencil		Self-concept Environmental and Self-awareness, Increased mutual support	5 or more
25.	Finishing up Old Business	Paper, pencil		Self-concept, Change Self-awareness, Risk taking	3 or more
26.	Food for Thought	Paper, pencil		Self-concept Self-awareness	1 or more
27.	Group Interview	Paper, pencil		Values clarification, Trust, Communication skills, Mutual support, Self-concept	6 or more
28.	Home Sweet Home	Paper, pencil		Self-concept Self-awareness Change	1 or more
29.	How Would Your Life be Different	None		Values clarification Self-awareness Change	3 or more
30.	I Use to Be, But Now I'm	Paper, pencil is optional		Self-concept, Self-awareness, Risk taking Change, Sharing	3 or more
31.	ING Name Tags	5 x 7 card, safety or straight pin, 1 marker per person		Values clarification Ice breaker Self-awareness	8 or more
32.	If I Could Be . . .	Paper, pencil		Self-concept, Values clarification, Sharing	6 or more
33.	If I Were	None		Self-concept, Sharing, Trust, Increased mutual support, Values clarification	6 or more
34.	Meaningful Symbols	Large paper or blackboard Pencil or chalk		Values clarification Self-concept, Caring	4 or more
35.	Mirror, Mirror	None		Empathy, Self-awareness Self-concept, Risk taking Trust, Increased mutual support	5 or more
36.	Motorcycle Fantasy	None		Self-awareness, Relaxation, sharing, Self-concept	4 or more
37.	One and Only	A 3 x 5 file card per person, pencil		Values clarification Sharing, Self-awareness Self-concept	6 or more
38.	Owl Game	None		Values clarification Self-awareness Caring, Sharing, Trust	2 or more
39.	Percentage Questions	Paper, pencil optional		Values clarification Self-awareness	3 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
40.	Personal Time Line	Paper, pencil		Self-concept Self-awareness	1 or more
41.	Positive Mantram	None		Self-concept, Empowerment	4 or more
42.	Public Interview	None		Self-concept, Values clarification, Risk taking Self-awareness, Increased mutual support	6 or more
43.	Self Concept or Group Consensus	Paper, pencil		Self-concept, Risk taking Increased mutual support Trust	3 or more
44.	Self Metaphors	Paper, pencil		Self-concept Self-awareness	1 or more
45.	Sociograms	Paper, pencil		Self-concept Self-awareness, Change	3 or more
46.	Twenty Things I Like to Do	Paper, pencil		Values clarification Self-awareness, Change	1 or more
47.	Unfinished Sentences	Paper, pencil		Values clarification Risk taking, Sharing Self-concept	6 or more
48.	Values Voting Primary Grades	None		Values clarification Ice breaker Respect for self and others	4 or more
49.	Values Voting Secondary Student/Adults	None		Values clarification Ice breaker Respect for self and others	4 or more
50.	Volunteering	Paper, pencil is optional		Self-concept Sharing, Increased mutual support	5 or more
51.	Voting . . . & Additional Questions	None		Self-concept, Risk taking Trust, sharing, Increased mutual support	5 or more
52.	Weekly Pro Action Sheet	Paper, pencil		Values clarification Self-awareness Self-concept	1 or more
53.	Weekly Reaction Sheets	Paper with prepared questions, pen		Self-concept Self-awareness, Reflection, Change	1 or more
54.	What's in Your Wallet	Wallet or handbag of participants		Values clarification Risk taking, Self-concept Self-awareness, Communication	5 or more
55.	Who Are You	Paper, pencil		Values clarification Self-awareness Risktaking, Self-concept	8 or more
56.	Who are We?	None		Self-concept, Sharing, Values clarification	6 or more
57.	Who's Who	Paper, pencil		Self-concept, Respect for self and others, Increased mutual support	6 or more
58.	You Asked For It	None		Values clarification Risk taking, Self-awareness Communication skills	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
Clarifying-Exploring-Deciding					
59.	Action Research and Action Search	Paper, pencil		Values clarification, Problem solving, Empowerment	5 or more
60.	Alternative - Action Search	Paper, pencil		Values clarification, Problem solving, Sharing Self-awareness	6 or more
61.	Alternatives Search	Paper, pencil	Problem solving, Change	Values clarification,	6 or more
62.	Bakers Dozen	Paper, pen		Collaboration Values clarification, Problem solving, Sharing	3 or more
63.	Bill of Rights Revisited	"Bill of Rights" Paper, pencil		Values clarification, Risk taking, Problem solving	5 or more
64.	Change	Paper, pencil		Values clarification, Change, Self-awareness	3 or more
65.	Christmas Gift Giving	Paper, pencil		Values clarification, Empathy, Respect for others Self-awareness	1 or more
66.	Conflict	Paper, pencil		Values clarification, Goal setting, Empowerment	3 or more
67.	Defuzzing Wheel	Paper, pencil		Values clarification, Spontaneity, Self-concept	5 or more
68.	Dream Building	Paper, pencil		Values clarification, Goal setting, Empowerment	3 or more
69.	Either/or Forced Choice	None		Values clarification, Decision making, Risk taking, Sharing, Trust	8 or more
70.	Emergency!	Paper, pencil		Values clarification, Taking a risk, Self-awareness	4 or more
71.	Guidelines for Working with Values	None		Communication, Trust, Respect for Self and Others, Question follow-ups	2 or more
72.	Holiday Autobiography	Paper, pencil		Values clarification, Self-awareness, Respect for others, Change	1 or more
73.	I Urge Telegrams	4 x 6 cards		Values clarification, Change, Empowerment, Risk taking	5 or more
74.	Interview Whip and Interview Chain, The	None		Values clarification, Trust, Risk taking, Sharing, Change	6 or more
75.	Interview Whip and Interview Chain for Younger Children, The	None		Values clarification, Trust, Risktaking, Sharing, Change	6 or more
76.	It's Your Choice	Paper, pencil is optional		Values clarification	3 or more
77.	John Muir A Person Close to Nature	None		Values clarification, Taking a risk, Increased mutual support, Self-awareness	3 or more
78.	Magic Box	Paper, pencil		Values clarification, Risk taking, Sharing Self-awareness	3 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
79.	Making the Difference	Paper, pen		Values clarification, Taking a risk, Communication	1 or more
80.	Moral Decision	None		Values clarification, Problem solving, Empathy	5 or more
81.	Reaction Statements	1 large piece of paper, marker		Values clarification, Empowerment	3 or more
82.	Sense of Wonder, The	Paper, pencil		Values clarification, Self-awareness, Change	1 or more
83.	Strength of Values	Paper, pen		Values clarification, Self-awareness, Empowerment	3 or more
84.	Values Continuum	None		Values clarification, Risk taking, Respect for self and others, Communication	8 or more
85.	Values and Actions	Paper, pencil		Values clarification, Empowerment, Change, Self-awareness	3 or more
86.	Where Do You Draw the Line	Paper, pen		Values clarification, Empowerment, Self-awareness	1 or more
My Strengths					
87.	Can and Able	Paper, pens		Self-concept, Self- awareness, Risk taking, Trust, Increased mutual support	6 or more
88.	Cave-In Simulation	Dark room Candle		Self-concept, Trust Risk taking, Values clarification	3 or more
89.	Commercial for Oneself	Many art and media supplies (see card)		Self-concept, Creativity, Communication, Risk taking	4 or more
90.	Encounter	2 pieces of paper per person, tape, pens, crayons		Self-concept, Increased Mutual support, Respect for others, Caring, Empathy	6 or more
91.	Fametags	5 x 8 card Magic marker		Self-concept, Risk taking, Respect for others	6 or more
92.	Good Egg	None		Self-concept, Risk taking, Trust, Self- disclosure, Communication	5 or more
93.	Making it Real	None		Self-concept, Risk taking, Self-disclosure, Self-awareness	6 or more
94.	Nicknames	Paper, pencil is optional		Self-concept, Creativity Self-expression, Risk taking, Change	5 or more
95.	Nourishing Game, The	None		Self-concept, Risk taking, Trust, Respect for others	5 or more
96.	Positive Feedback	Pieces of paper, paperbag, pen		Self-concept, Risk taking, Respect for others	6 or more
97.	Proud Whip For Younger Children	None		Self-concept, Risk taking, Self-disclosure Self-awareness	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
98.	Proud Whip	None		Self-concept, Risk taking, Self-disclosure	6 or more
99.	Quickies II	Paper, pencil, varies per activity		Self-awareness Self-concept, Self-awareness, Risk taking, Self-disclosure	6 or more
100.	Quickies I	Paper, pencil, varies per activity		Self-concept, Self-awareness, Risk taking, Self-disclosure	6 or more
101.	Shield, The	Paper, pencil		Self-concept, Self-awareness, Empowerment	1 or more
102.	Strength Bombardment	None		Self-concept, Risk taking, Increased mutual support, Respect for others	6 or more
103.	Success Fantasy	None		Self-concept, Self-awareness	1 or more
104.	Success Sharing	None		Self-concept, Risk taking, Trust, Self-disclosure, Self-awareness	4 or more
105.	Ten You're	Paper, pens, tape		Self-concept, Increased Mutual Support, Caring	6 or more
Body Awareness					
106.	Geography of the Self	Paper, pencil		Self-awareness, Perception	1 or more
107.	Internal Functions	None		Self-awareness, Observation, Perception, Self-concept	4 or more
108.	Moving with Mindfulness	Music - joyful (not needed for all activities)		Self-awareness, Observation, Perception	3 or more
109.	Sensory Awareness	None		Self-awareness, Sharing, Observation, Perception, Self-concept	1 or more
110.	Spontaneous Movement	Paper, pencil		Self-awareness, Risk taking, Self-concept	3 or more
Beginnings					
111.	Animals	None		Ice breaker, Self-awareness, Socialization, fun	9 or more
112.	Birthdays	Whistle		Ice breaker, Spontaneith, Cooperation, Team building	20 or more
113.	Chronological Line Up/Group Separations	Blindfolds		Ice breaker, Problem solving, Leadership, Challenge, fun, Cooperation	8 or more
114.	Clay Dough	Paper, pencil		Self-awareness, Empathy, Creativity, Spontaneity, Trust, Observation	4 or more
115.	Connecting Eye to Eye	None		Ice breaker, Self-concept, Warm-up	8 or more
116.	Famous Pairs-	Name tag, pin, names of famous pairs		Ice breaker, Socialization, fun-	-10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
117.	Good Vibes Current	None		Ice breaker, Increased mutual support, Warm-up, Respect for others	8 or more
118.	Group Juggling	Several soft, throwable objects (bean bags, balls)		Cooperation, Icebreaker Warm-up, Observation Coordination	5-15
119.	Guess Who I Am	Paper, pencil		Self-concept, Ice breaker, Respect for others	6 or more
120.	Hog Call	Blindfolds per person		Ice breaker, Warm-up, Sharing, fun, Self-disclosure	8 or more
121.	Human Treasure Hunt-1, A Bakers Dozen	Paper, pencil		Ice breaker, Socialization, Self-concept, Risk taking, Sharing, fun	8 or more
122.	Human Treasure Hunt-2, A Bakers Dozen	Paper, pencil		Ice breaker, Socialization, Self-concept, Risk taking, Sharing, fun	8 or more
123.	Human Treasure Hunt-4, Parenting	Paper, pencil		Ice breaker, Socialization, Self-concept, Risk taking, Sharing, fun	8 or more
124.	Human, Treasure Hunt-3, Men, Women & Sexism	Paper, pencil		Ice breaker, Socialization, Self-concept, Risk taking, Sharing, fun	8 or more
125.	Ice Breaker	Long rope		Ice breaker, fun, Socialization, Challenge, Cooperation	8 or more
126.	Instant Replay	None		Ice breaker, Risk taking, Warm-up	7 or more
127.	Introductions	None		Ice breaker, fun, Socialization, Self-concept, Increased mutual support	8 or more
128.	Mating Game	None		Ice breaker, fun, Risk taking	8 or more
129.	Name Bingo-	Bingo sheets, pencil, small paper pieces, hat-		Ice breaker, Socialization, fun	25 or more
130.	Name Game, The	None		Ice breaker, Self-concept, Socialization, Risk taking, Increased mutual support	6 or more
131.	Name Train	None		Ice breaker, fun, socialization	8 or more
132.	Open Fist Simulation	Paper, pencil		Self-awareness, Warm-up Socialization	8 or more
133.	Partner Risk or Sharing Trios for Children	None		Ice breaker, Sharing, Respect for others	8 or more
134.	Partner Risk or Sharing Trios	None		Ice breaker, Sharing, fun, Self-disclosure	8 or more
135.	Pleasant Memories of Childhood	None		Sharing, Ice breaker, Empathy, Listening, Self-awareness, Self-concept	6 or more
136.	Prui	None		Ice breaker, trust, fun	6 or more
137.	Psychic Shake	None		Ice breaker, fun	6 or more
138.	Puzzled Connections	3 x 5 cards or notepaper, scissors		Ice breaker, Socialization, Sharing, Warm-up, Self-concept	8 or more
139.	Some Body Games	None		Warm-up, fun, Self-awareness	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
140.	Toss-A-Name Game Game Variations	Some tennis balls		Ice breaker, Warm-up, Socialization, fun	8-10
141.	Toss-A-Name Game	Some tennis balls		Ice breaker, Warm-up, Socialization, fun	8-10
142.	Tug of Friendship	Long thick rope		Cooperation, Team work, Warm-up, Ice breaker	8 or more
143.	Yells, The	None		Ice breaker, Risk taking, Trust	6 or more
Communication Skills					
144.	Brainstorming	Paper, pencil		Communication, Cooperation	3 or more
145.	Close Calls	None		Communication, Increased mutual support, Listening	8 or more
146.	Communication	Misc. objects crayons, paper		Communication, Listening, Collaboration	2 or more
147.	Environmental Trio Sharing	None		Communication, Empathy, Increased mutual support, Values clarification, Environmental awareness	3 or more
148.	Free Choice Game	None		Communication, Empathy, Caring Values clarification, Self-disclosure	3 or more
149.	I Can't, I Won't	Paper, pen		Communication, Self-concept, Self-awareness, Empowerment	4 or more
150.	IALAC	Piece of paper		Communication, Self-concept, Empowerment, Respect for others, Increased mutual support	3 or more
151.	Killer Statements and Gestures	None		Communication, Self-concept, Respect for others, Increased mutual support, Caring	3 or more
152.	Life Inventory	Paper, pencil		Communication, Values clarification, Risk taking, Increased mutual support	4 or more
153.	Making Your Wants Known	None		Communication, Self-concept, Self-awareness, Empowerment	3 or more
154.	Please...No!... Yes...No!	None		Communication, Self-concept, Empowerment, Socialization	4 or more
155.	RDA's Resent- Demand-Appreciate	Paper, pencil		Communication, Self-concept, Empowerment, Respect for others, Values clarification	3 or more
156.	Rogerian Listening	None		Communication, Empathy, Values clarification, Increased mutual support	3 or more
157.	Teacher Feedback	Paper, pencil, chalkboard		Communication, Empathy, Respect for others, Trust, Self-concept	3 or more
158.	Tyranny of Should, The	Paper, pens		Self-concept, Communication	6 or more
159.	Values Focus Game	Paper, pencil		Self-awareness Communication, Empathy, Self-concept, Respect for others, Values clarification	3 or more
160.	What We Know and What We Want to Know	Paper, pencil, chalkboard		Communication, Problem solving, Values clarification	5 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
Group Maintenance					
161.	100 Friends	Paper, pencil		Self-concept, Self-awareness, Risk taking, Sharing, Self-disclosure	5 or more
162.	Blind Feedback	Blindfold		Risk taking, Self-concept, Respect for others, Increased mutual support, Caring	5 or more
163.	Breaking Out & Breaking In	None		Self-concept, Socialization, Challenge, Increased mutual support, fun	7 or more
164.	Car Wash, The	None		Self-concept, Increased mutual support, Caring, Respect for others, Sharing	8 or more
165.	Class Applause	None		Self-concept, Increased mutual support, Respect for others, Caring, Sharing	6 or more
166.	Comfort & Caring Validation Circles	None		Self-concept, Increased mutual support, Respect for others, Risk taking	4 or more
167.	Construction Paper	Construction paper		Self-concept, Self-awareness, Values clarification, Change, Risk taking	1 or more
168.	Creativity Night	Depends on individual prop needs		Self-concept, Risk taking, Creativity, Sharing	5 or more
169.	Dear Me Letter	Paper, pencil		Self-concept, Self-awareness, Values clarification, Change	1 or more
170.	Do Your Own Think	Paper, pencil		Self-concept, Creativity	1 or more
171.	Emotions Charades	3 x 5 cards, pen, pillow		Risk taking, Trust, Spontaneity, Self-awareness, Creativity	5 or more
172.	Friendly Sentence Stubs	Paper, pen is optional		Self-awareness, Self-concept	1 or more
173.	Highlights with Punctuation	None		Self-disclosure, Sharing, fun, Self-concept, Self-awareness, Increased mutual support	6 or more
174.	I Learned Statements	Paper, pencil		Self-concept, Self-awareness, Goal setting, Values clarification	1 or more
175.	I Wonder Statements	Paper, pencil		Self-concept, Self-awareness, Goal setting, Values clarification	3 or more
176.	Incognito	Masking tape		Self-concept, Increased mutual support, Respect for others, Problem solving	5 or more
177.	Inverse Paranoid Projects	Miscellaneous ideas with many different needs		Self-concept, Empowerment, Caring, Increased mutual support	1 or more
178.	Kindling	None		Values clarification, Self-concept, Empowerment, Risk taking, Sharing, Increased mutual support	3 or more
179.	Left-handed Compliments	None		Self-concept, Risk taking, Sharing, Respect for others	4 or more
180.	Meet Openly	None		Self-concept, Goal setting, Self-awareness, Increased mutual support	3 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
181.	Octopus Massage	None		Caring, Trust, Increased mutual support	5 or more
182.	One-Way Feeling Glasses	None		Self-concept, Spontaneity, Risk taking, Self-awareness	6 or more
183.	Press, The	None		Self-awareness, Empowerment, Risk taking	2 or more
184.	Re-entry Questions	Masking tape		Self-concept, Risk taking, Sharing, Values clarification, Increased mutual support, Respect for others	3 or more
185.	Removing the Gauntlet	None		Self-concept, Risk taking, Increasing mutual support, Caring, Respect for others	10 or more
186.	Secrets	Bag - optional Paper, pencil		Risk taking, Sharing, Caring, Self-concept, Trust, Self-disclosure	5 or more
187.	Strike/Stroke & Fear in a Hat	None Hat		Communication, Self-awareness, Caring, Problem solving, Increased mutual support, Risk taking	3 or more
188.	Sweatshirt Messages	Paper, pen		Self-concept, Sharing, Caring, Respect for others, Increased mutual support	5 or more
189.	Tingling Touch (Circle Massage)	None		Warm-up, Caring, Increased mutual support	6 or more
190.	Unfinished Business	None		Risk taking, Self-concept, Caring, Increased mutual support, Values clarification, Trust	2 or more
191.	Wiggle Handshake	None		Self-concept, Increased mutual support, Coordination, fun, Cooperation	4 or more
192.	Wonderful Shuffle	None		Self-concept, Sharing, Self-awareness, Increased mutual support, Caring, Risk taking	6 or more
Theatrical					
193.	Animal, Bird or Fish	None		Creativity, Risk taking, Fun, Spontaneity	10 or more
194.	Body English	None		Cooperation, Decision making	12 or more
195.	Bragging	Video camera, recorder, monitor video tape		Risk taking, Self-confidence	4 or more
196.	Earthquake	Video camera, recorder, monitor, video tape		Fun, Collaboration	8 or more
197.	Five Changes	None		Ice breaker, Observation skills, Spontaneity	2 or more
198.	Human Machine Company	None		Imagination, Spontaneity, Creativity Cooperation	6-12
199.	In the Manner of the Adverb	None		Cooperation, Perception skills, Ice breaker, fun	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
200.	Invisible Tug-of-War	None		Creativity, Cooperation, Imagination, Collaboration Spontaneity	12 or more
201.	Lean and Leave	None		Balance, Creativity, fun	6 or more
202.	Lips Sync	None		Cooperation, Imagination, Take a risk, Spontaneity	4 or more
203.	Magic Lamp, The	None		Imagination, Spontaneity, Creativity, Self-confidence, Taking a risk	6 or more
204.	Mime Rhyme	None		Spontaneity, Risk taking, Have fun, Creativity	6 or more
205.	No Kidding	Video camera, recorder, monitor, video tape		Fun, Collaboration	8 or more
206.	Out of Sight Shapes	None		Creativity, Spontaneity, Imagination, Risk taking	6 or more
207.	Real Life Drama	None		Imagination, Cooperation, Risk taking, Creativity	12 or more
208.	Sightless Sculpture	None		Observation, Creativity, Cooperation	6 or more
209.	Tableaux	None		Creativity, Cooperation, Decision making, Imagination	12 or more
210.	Talk Show	None		Creativity, Problem solving, Spontaneity, Imagination, fun	6 or more
211.	Tragedy - Comedy	None		Take a risk, Communication skills, Trust, Spontaneity Creativity	8 or more
212.	Transformations	None		Cooperation, Spontaneity, Creativity, Problem solving	10 or more
213.	Typewriter	Chalkboard or large piece of paper, chalk or pen		Collaboration, Observation skills, fun	12 or more
214.	Video Hide and Seek	Video camera, recorder, monitor video tape		Have fun, Observation skills, Spontaneity	4-16
215.	World Premiere	Objects in room		Spontaneity, Creativity, Problem solving, Cooperation	10 or more
Sound & Movement					
216.	Animal Crackers	None		Communication, fun, Risk taking, Spontaneity	8 or more
217.	Animalisms	A blindfold		Fun, Observation, Perception, Trust	8 or more
218.	Beach Ball Dance	4-6 beach balls		Cooperation, fun, Sharing, Problem solving, Communication	10 or more
219.	Beach Ball Boogie Train	4-6 beach balls		Cooperation, fun	10 or more
220.	Bubbling Over	None, music optional		Have fun, Warm-up Cooperation	9 or more
221.	Chorale of the Vowels	None		Risk taking, Collaboration, Self-awareness, fun	10 or more
222.	Conducting	None		Collaboration, Observation, fun	6 or more
223.	Creating Silence	None		Observation, Environmental awareness	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
224.	Creative Choir	None		Cooperation, fun, Risk taking	8 or more
225.	Crescendo	None		Collaboration, Observation, Ice breaker	8 or more
226.	Dog Shake	None		Fun, Spontaneity, Coordination Warm-up	6 or more
227.	Dum Dum Da Da	None		Observation, Memory, Cooperation, fun	8 or more
228.	Elephant	None		Observation, fun, Spontaneity	9 or more
	1, 2, 3, 4, 5				
229.	Emotional Relay Race	3 kinds of fruit 3 bowls		Risk taking, Self-awareness, Warm-up	9 or more
230.	Fried Egg Simulator	None		Taking risk, Body awareness fun	2 or more
231.	Frozen Footwear	Music optional		Balance, Coordination, Cooperation, Team building	8 or more
232.	Gazelle Stalking	2 blindfolds		Collaboration, fun, Sharpen perception skills	10 or more
233.	Group Walk	None		Self-awareness, Coordination, Observation	8 or more
234.	Hug and Tumble	Music		Risk taking, Cooperation, Trust building, Coordination	8 or more
235.	Hum-Dinger	None		Sharing, Ice breaker, Risk taking, fun	10 or more
236.	Human Compressor	None		Fun, Creativity, Spontaneity, Imagination	8 or more
237.	I've Got the Beat	None		Observation, fun, Perception, Risk taking	6 or more
238.	Johnny Went to Sleep	None		Warm-up, Creativity, fun, Observation, Coordination	6 or more
239.	Make a Melody	Any musical instruments real or created		Creativity, Cooperation, Spontaneity, Problem-solving	12 or more*
240.	Moving Name Game	None		Risk taking, Creativity, Ice breaker	6 or more
241.	Musical Rorschach	Music - records or tapes		Spontaneity, Risk taking, Self-awareness	8 or more
242.	Natures Band	Objects in nature		Cooperation, fun, Environ- mental awareness	6 or more
243.	Rain Game	None		Cooperation, Observation, Warm-up	8 or more
244.	Rain	None		Cooperation, Observation, fun	8 or more
245.	Rebound	None		Observation, Creativity, Spontaneity, Collaboration	2 or more
246.	Ripples	None		Cooperation, Spontaneity, Observation, Coordination	8 or more
247.	Singing Name Game	None		Ice breaker, fun, Creativity, Risk taking	8 or more
248.	Sing Out	None		Risk taking, Spontaneity, Creativity	4 or more
249.	Sing and Search	None		Cooperation, fun, Increase mutual support, Risk taking	10 or more.
250.	Soundings	None		Spontaneity, Self-awareness, fun	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
251.	Syllable Symphony	None		Sharpen perception skills, Collaboration, Risk taking	6 or more
252.	Thumper	None		Observation, Memory, Team building, Coordination	8-10
253.	Walk my Walk	None		Taking risk, Spontaneity, Ice breaker	8-16
254.	Wrist Dancing	Music optional		Collaboration, Balance, Increase mutual support, fun	6 or more
255.	Zink Vortex	None		Team building, fun	12 or more
Environmental					
256.	Action Learning	Paper, pencil, natural environment		Environmental awareness, Values clarification, Problem solving	3 or more
257.	Beauty Seekers	Objects in nature		Environmental awareness, Value clarification, Self-concept Spontaneity	1 or more
258.	Changes	Natural environment		Environmental and people awareness, Values clarification, Observation	1 or more
259.	Cooperative Nature Trail	Nature path, Paper, pencil		Environmental awareness, Imagination, Observation	3 or more
260.	D'JUNO?	Envelope with information about natural environment		Observation, Problem solving, Environmental awareness	4 or more
261.	Environment Survey	Paper, pen		Environmental awareness, Values clarification, Self-awareness	1 or more
262.	Environmental Exercises	Natural wooded area		Environmental awareness, Trust Cooperation, Observation	4 or more
263.	Environmental Impact	Paper, pencil, red & green marker		Environmental & Self-awareness Values clarification	1 or more
264.	Eye/I of the Beholder and Litter Line	Natural environment and objects within		Environmental awareness, Value clarification, Observation, Perception	4 or more
265.	Feeling Places	Natural environment 15 sq. meters		Environmental and Self- awareness, Values clarification	6 or more
266.	Food Chain Lap-Sit	A set-of-food chain cards (see card)		Environmental awareness, Problem solving, Trust-	8 or more
267.	Garbage Queen	2 garbage bags, 2 sticks nailed as a cross (see card)		Environmental awareness, Creativity, Cooperation	8 or more
268.	Judge Nature Says	Natural-wooded-area		Fun, Environmental awareness Work out	8 or more
269.	Keep on Tracking	Cards with the name of animals on each (see card)		Environmental awareness, Observation, Creativity, Teamwork	9 or more
270.	Litter Locations	A bunch of trash, natural environment		Environmental awareness, Values clarification, Change	6 or more
271.	Meet My Friend	Natural wooded-area		Environmental awareness, Caring, Creativity	6 or more
272.	Nature Charades	Natural environment		Observation, Creativity, Environmental awareness, Communication	5 or more
273.	Nature Life Symbols	Objects in nature		Self-concept, Environmental &	4 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
274.	Nature Nonsense	Paper, pen		Self-awareness, Creativity, Sharing Environmental awareness, Creativity	3 or more
275.	Natures Substitutes and Dollar Values	Objects in nature		Environmental awareness, Values clarification	3 or more
276.	Partner Scavenger Hunt	Paper, pen, natural area		Environmental awareness, Values clarification, Cooperation	4 or more
277.	Place, Thoughts and Feelings	Paper, pencil,		Environmental and Self-awareness, Values clarification	1 or more
278.	Reading Feelings	Natural environment		Empathy, Environmental & people awareness, Perception	2 or more
279.	Recalling Highpoints Outdoors	None		Relaxation, Environmental & Self-awareness, Self-concept	3 or more
280.	Scavange!---	Paper, pencil per team		Environmental awareness, Cooperation, fun, Work out, Observation, Problem solving	8 or more
281.	Shelter Models and Historical Landmarks	Natural environment and objects within		Environmental awareness, Team work, Problem solving	6 or more
282.	Silly Symphony	Objects in nature		Fun, Environmental awareness, Creativity, Collaboration	4 or more
283.	Sniffing Around and Sketching Progress	Natural environment and objects within		Environmental & self- awareness, Values clarification	2 or more
284.	Sound Symbols	Paper, pencil		Environmental awareness, Observation	1 or more
285.	Stalker, The	Blindfolds, stones		Fun, Observation	8 or more
286.	Swamp	Paper, pen---		Environmental awareness, Observation, Imagination, Cooperation	8 or more
-287.	Switch	Different variety of of trees		Work out, Environmental awareness	8 or more
288.	Tree Fantasy	Nearby trees Self-awareness, Sharing		Imagination, Environmental &	3 or more
-289.	Wonder of Nature, The	Paper, pencil, natural area		Observation, Perception, Environmental awareness, Work out	6 or more
290.	Word and Picture Symbols	Paper, pencil		Environmental & Self- awareness, Observation, Perception	3 or more
Evening Games					
291.	Animal Orienteering	Paper, pen, 4' x 4' roped off squares, 3 compasses, maps & flashlights		Cooperation, Challenge, Problem solving, fun	9 or more
-292.	Bell-in-the Ball	1 large ball with bell inside, 4 markers, with reflectors		Fun, Cooperation, Work out	10 or more
293.	Blind-Ant	Paper, crayons		Fun, Spontaneity, Creativity, Coordination	3 or more
294.	Buka Burning Ember of Courage	Burning ember		Risk taking, Challenge, Self-concept	4 or more
295.	Commandant	Powerful flashlight, home base		Fun, Work out, Observation	6 or more
296.	Find-Your-Bedtime Snack	Compass, group-snack		Fun, Develop sense of director, Cooperation	8 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
297.	Find the Bell	A little bell that rings easily		Fun, Observation	5 or more
298.	Flashlight-Tag	One flashlight per staff person		Fun, Observation, Work out	10 or more
299.	Iz'zat You?	Flashlights for instructors, outdoor area with trail		Observation, Perception, Risk taking, Environmental awareness	10 or more
300.	Light - No Light	1 flashlight, wooded-area		Fun, Observation	8 or more
301.	Magical Musical Hunt	Paper, pen, portable musical instrument (see card)		Fun, Perception, Observation, Work out	6 or more
302.	Morse Code Light	1 flashlight per person		Fun, Observation, Challenge	9 or more
303.	Night Prowlers	1 map per team, 1 flashlight per leader		Fun, Cooperation, Environmental, awareness, Work out	12 or more
304.	Quiet as a Mouse	Just outside somewhere		Fun, Observation	6 or more
305.	Smugglers and Spies	Small pieces of paper armbands (see card)		Fun, Cooperation, Work out	10 or more
306.	Sounds in the Night	A beach ball or basket ball		Fun, Thrill, Socialization	8 or more
307.	Triad	3 soccer balls painted white, 6 markers with reflectors		Fun, Work out, Cooperation	9 or more
308.	Whistle Tag	One whistle per staff being hunted		Fun, Observation, Work out	9 or more
309.	Who?	Little scraps of paper identically numbered		Fun, Risk taking, Observation, Perception	12 or more
Camp Craft and Compass					
310.	All Night Vigil	Shovel, matches, dutch oven, food for group to be cooked		Cooperation, Environmental & Self-awareness, Self-concept	
311.	Camp Craft Games I	Depends on activity (see card)		Challenge, Coordination, Self-concept	6 or more
312.	Camp Craft Games II	Depends on activity (see card)		Challenge, Coordination, Work out, Self-concept	6 or more
313.	Compass-Crisp	Compass, matches, ingredients to make apple crisp, frying pan, grill, cutlery		Challenge, Observation, Cooperation	6 or more
314.	Compass Walk	Large semi-open area		Challenge, Perception, Trust, fun	6 or more
315.	Jack Pine	Lumberjack supplies (see card)		Challenge, Work out	6 or more
316.	Kidnap the Counselor	Many short pieces of rope		Collaboration, Challenge, fun, Team building	2-8 per counselor
317.	Map & Compass Games	Compasses, maps (see card)		Challenge, Problem solving, Work out, Cooperation	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
318.	Map and Compass	Compasses, maps of area, pen, paper		Challenge, Problem solving, Work out, Observation	4 or more
319.	Think Safety-	None-		Problem solving, Increased mutual support, Environmental awareness	4 or more
320.	Trailing Games	Depends on activity (see card)		Observation, Challenge, Environmental awareness	6 or more
321.	Wilderness Know-how	Per group: pot-filled with water, rope, tarp, matches		Problem solving, Cooperation, Leadership, Environmental awareness	8 or more
Water Games					
322.	Beach and Water Frolick	Body of water		Fun, Coordination, Cooperation	10 or more
323.	Bucket Pass	Large container of water, plastic buckets, oil barrels		Fun, Cooperation, Team building	12 or more
324.	Little Fish of Circles	Body of water		Fun, Challenge	10 or more
325.	Log Chute Riding	Body of water		Fun, Cooperation, Work out	10 or more
326.	Monster-Relay	Body-of-water		Challenge, Work out, Perseverance, Fun, Team building	8 or more
327.	Rinky Dink Relays	Sponges, buckets, flutter boards		Challenge, Work out, Perseverance, Self-concept, fun	16 or more
328.	Water Cup Exchange	Paper cups, water		Fun, Challenge	6 or more
Relays & Races					
329.	Backward-Scotsman	See card-		Fun, Coordination, Collaboration-	10 or more
330.	Balance-Ball	Per pair: 2 skipping-ropes, 1 soccer-ball, 2 ping-pong balls		Fun, Balance, Coordination,	12 or more-
331.	Balloon Balance	2-big & small balloons		Collaboration, fun, Balance-	8-or-more-
332.	Balloon Bomp	3 or 4 chairs, 1 balloon per person		Fun, Collaboration	9 or more
333.	Balloon Catapult	Several balloons		Fun, Coordination, Balance, Cooperation	12-or-more
334.	Balloon in the Air	2-chairs, 1 balloon-per person		Fun, Balance, Collaboration	10 or more
335.	Balloon-Milk-Shake	(see card)-		Fun, Collaboration	10-or-more
336.	Balloons Over and Under	Several water balloons and Under Balloons		Fun, Cooperation, Coordination	8 or more
337.	Bat the Balloon	Balloons		Fun, Balance, Coordination, Cooperation	10-or-more-
338.	Bengal Lancers	(see card)		Fun, Coordination, Work out-	10-or-more
339.	Blow Up	Balloons, straws-		Fun, Cooperation, Work-out	12 or more
340.	Bottle-Nose	Cups & bottle caps-		Fun, Balance, Coordination, Risk taking, Self-concept	10 or more
341.	Brick Layers Relay	(see card)		Fun, Coordination, Work-out, Collaboration	10 or more
342.	Bucket-Brigade	2 pails, 2 bottles with small necks, 2 small cups		Fun, Cooperation	10-or more
343.	Bump	Knotted towels or		Fun, Cooperation, Balance,	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
344.	Chair Basketball	frisbees, wastebaskets 12-chairs, 6 head-bands, 10 inflated round balloons & 2 score cards		Risk taking Fun, Cooperation	12
345.	Charlie Chaplin Challenge	(see-card)		Fun, Challenge, Collaboration, Coordination	8 or more
346.	Chivalry	1 large handkerchief, 2 folding chairs, 24 balloons		Fun, Cooperation, Work out	8 or more
347.	Chopsticks	(see-card)		Fun, Balance, Coordination, Collaboration	8 or more
348.	Cinderella's Slipper	2 brooms (strong)		Fun, Cooperation, Work out, Balance	12 or more
349.	Clothing-Line, The	None		Fun, Cooperation, Challenge	10 or more
350.	Clouds on the Clothes-Line	See-card		Fun, Collaboration, Work-out	8 or more
351.	Commando Course	(see card)		Fun, Work out, Self-concept	8 or more
352.	Commando Course Encore	See-card		Fun, Cooperation, Balance, Coordination	8 or more
353.	Consumer's Report	See-card		Fun, Collaboration	10 or more
354.	Dumping Grounds	Bean bags, masking tape or chalk - indoors; rope if -outdoors		Fun, Collaboration, Work out	10 or more
355.	Flag Crawl	See-card		Fun, Collaboration, Work out	10 or more
356.	Flap Jack Fry	See-card		Fun, Challenge, Collaboration, Coordination, Balance	10 or more
357.	Flower Pots	20-30-flower pots (min- imum .6" diameter base)		Fun, Balance, Coordination Collaboration	8 or more
358.	Hare Hop	See-card		Collaboration, fun, Work out	12 or more
359.	Have a Ball	2 rubber balls (beach balls, soft sponge balls or balloons)		Cooperation, fun, Challenge	10 or more
360.	Hazardous Hosiery	See-card		Fun, Coordination, Risk-taking	12 or more
361.	Kangaroo Relay	2 small balls, 2 chairs		Coordination, Balance, Work out, Self-concept	8 or more
362.	Keep Your Head- on the Ball	2 large balls, 4-helmets		Fun, Cooperation, Work-out	8 or more
363.	Lame Dog	None		Fun, Collaboration, Work-out, Coordination, Balance	10 or more
364.	Medley Relay	None		Coordination, Balance, Risk taking, Collaboration, Self-concept	8 or more
365.	Metro Medley	2 conductor hats, 2 whistles		Cooperation, fun, Work-out	12 or more
366.	Newspaper Relay	Newspapers		Coordination, Fun, Balance, Work out	8 or more
367.	Pipe Line	9 x 12 construction paper and 2 paper clips per person, 2 small balls or crushed paper balls		Cooperation, fun, Challenge	8 or more
368.	Pyramid Piggyback Portage	None		Fun, Cooperation, Problem solving, Work out, Balance	16 or more
369.	Rope Relay	Two 3-foot pieces		Fun, Coordination,	8 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
370.	Sail Boat Regatta		of rope or heavy yarn	Collaboration	12 or more
371.	Secret Orders		See-card	Fun, Collaboration	8 or more
372.	Sir Walter Raleigh		2 chairs & 2 sets of cue cards with orders	Fun, Collaboration, Work out	4 or more couples
			2 pieces of cardboard		
			8" square per team	Cooperation, fun, Work-out	
373.	Sled Races		Snow wings (plastic sled) pieces of strong webbing or cord	Fun, Work out, Collaboration, Perseverance	12 or more
374.	Snowball Sling		Newspaper	Fun, Coordination	8 or more
375.	St. George and the Dragon		See-card	Fun, Cooperation, Work-out, Trust	10 or more
376.	Streaker		Per team: sweat pants, jacket, hockey mask & 2 garbage-bags	Collaboration, fun, Work out	12 or more
377.	Tank Trend-Tumble		Large cardboard-boxes	Collaboration, fun	8 or more
			See-card		
378.	Tight Rope Walk		See card	Fun, Balance, Coordination	8 or more
379.	Winch-Worm		See-card	Fun, Cooperation, Balance, Work out	10 or more
Tag					
380.	Aerobic Tag		Frisbee, hula hoop or bean bag	Fun, Cooperation, Work out, Coordination, Warm up	10 or more
381.	Alligator Tag		None	Fun, Work out, Warm up	8 or more
382.	Balancing Act		2 chalkboard erasers	Fun, Balance, Coordination, Warm up	12 or more
383.	Ballet/Slo-Mo/Hopping Tag		None	Fun, Cooperation, Work out, Warm up	8 or more
384.	British Bulldog		None	Fun, Work out, Collaboration	10 or more
385.	Catch the Dragons Tail		2 handkerchiefs	Fun, Cooperation, Work out	10 or more
386.	Clam Free		Nerf ball	Fun, Cooperation, Work out, Warm up	8 or more
387.	Elbow Tag		None	Fun, Work out, Warm up	10 or more
388.	Everybody's It		None	Fun, Work out, Warm up	8 or more
389.	Flip-Me-The-Bird Tag		Knotted towels or rubber chickens for 1/2 the group	Fun, Cooperation, Coordination, Work out	12 or more
390.	Foetal Tag		None	Fun, Work out, Warm up	8 or more
391.	Frisalevio		4-13' sling ropes, frisbees for 1/2 of 1 team	Fun, Cooperation, Work out, Coordination, Warm up	16 or more
392.	Frozen Tag		None	Fun, Cooperation, Work out, Warm up	8 or more
393.	Gema		2 trees, open area	Fun, Warm up, Work out, Challenge	12 or more
394.	Go Tag		None	Fun, Cooperation, Work out, Collaboration, Warm up	10 or more
395.	Hop on Tag		None	Fun, Work out, Trust, Warm up	8 or more
396.	Huggit		A few gloves or hats	Fun, Work out, Cooperation	10 or more
397.	Knights Move		Large rectangular field	Fun, Warm up, Collaboration	10 or more
398.	Lemonade		Large field	Fun, Creativity, Cooperation,	12 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
399.	Loose Caboose	Nerf ball		Work out, Warm up Fun, Cooperation, Work out, Warm up	12 or more
400.	Love Handle Tag	None		Fun, Cooperation, Warm up, Work out	10 or more
401.	Monarch	Nerf ball		Fun, Cooperation, Work out, Warm up	8 or more
402.	Octopus	Nerf ball, large field		Fun, Work out, Collaboration	10 or more
403.	Rat Tail	1/2 the group has slings around waist, other 1/2 has carabinieri		Fun, Challenge, Coordination, Collaboration, Work out	8 or more
404.	Rock/Paper/Scissors	None		Fun, Cooperation, Warm up, Ice breaker, Work out	
405.	Runaway Chain Train	None		Fun, Warm up, Work out, Challenge, Cooperation	12 or more
406.	Sardines	None		Fun, Collaboration, Observation	10 or more
407.	Snake in the Grass	None		Fun, Work out, Coordination	8 or more
408.	Snow Blind	Blindfolds, 1 boffer		Fun, Trust, Cooperation, Warm up	8 or more
409.	Sore Spot /Hospital Tag	None		Fun, Work out, Warm up	8 or more
410.	Tandem Tag	3 balls, 3 pair of different colored arm bands		Fun, Cooperation, Work out	15 or more
411.	Traffic Patterns	None		Fun, Cooperation, Warm up, Communication	Warm up 10 or more
412.	Triangle Tag	None		Fun, Cooperation, Warm up, Work out	4 or more
413.	Tusker or Add-on Tag	None		Fun, Cooperation, Communica- tion, Work out, Warm up	10 or more
414.	Validation Tag	None		Fun, Increased mutual support, Respect for others, Self-esteem	8 or more
415.	Vampire	None		Fun, Warm up	8 or more
416.	Wok Kali Wok	Natural environment		Fun, Warm up, Work out, Cooperation	8 or more
Parachutes & Earthballs					
417.	Back to Bottom	Earth ball		Fun, Relaxation, Increased mutual support, Cooperation	12 or more
418.	Ball Roll in the Chute	Parachute, a ball (see card)		Fun, Cooperation, Warm up	10 or more
419.	Bulls Eye	Parachute, tennis balls (a bunch)		Fun, Coordination, Warm up	10 or more
420.	Cat and Mouse and Where Am I	Parachute		Fun, Thrill, Collaboration	10 or more
421.	Caterpillar over the Earth	Earth ball		Fun, Cooperation, Thrill	10 or more
422.	Chute Ball	Parachute, earth ball		Fun, Cooperation, Challenge, Warm up	8 or more
423.	Earth Ball Passing	Earth ball		Fun, Cooperation, Thrill, Team building	12 or more
424.	Feet Up Pass	Earth ball		Fun, Cooperation, Balance, Team Building, Thrill	10 or more
425.	Hot Tamalie	Parachute, bean bags or tennis balls		Fun, Warm up, Thrill	10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
426.	Hot Dog, in a Huddle	Parachute		Fun, Work out, Cooperation	12 or more
427.	Igloo Chute	Parachute		Fun, Cooperation, Coordination Thrill	10 or more
428.	Lean Forward and Backward	Parachute		Fun, Cooperation, Trust, Warm up	12 or more
429.	Orbit	Earth ball		Fun, Cooperation, Warm up, Team building	12 or more
430.	Parachute Sailing	Parachute (canopy, riser & shroud lines, triangular sled & strong wind		Fun, Cooperation, Self-concept	6 or more
431.	Planet Pass	Earth ball		Fun, Cooperation	10 or more
432.	Rock to Roll	Parachute		Fun, Cooperation, Thrill, Work out	10 or more
433.	Shark & Tug-O-War	Parachute		Fun, Thrill, Collaboration, Work out	10 or more
434.	Space Chase	Earth ball		fun, Cooperation, Work out, Thrill	12 or more
435.	Spinning Chute	Parachute		Fun, Cooperation, Stretch Work out	10 or more
436.	Ten-second Chute Formations	Parachute		Fun, Spontaneity, Creativity, Cooperation, Warm up	10 or more
437.	Training the Earth	Earth ball		Fun, Cooperation, Thrill	10 or more
438.	Umbrella Hugging	Parachute		Fun, Warm up, Cooperation, Risk taking	12 or more
439.	Umbrella Chute	Parachute		Fun, Cooperation, Warm up	10 or more
440.	Wagon Wheeling	Parachute, large room		Cooperation, Warm up, Fun	10 or more
Artful & Food, Foil & Fabric					
441.	Art Themes I	Paper, pencil		Self-concept, Respect for self, Creativity, Empowerment	1 or more
442.	Art Themes II	Paper, pencil		Values clarification, Respect for self, Creativity, Empowerment	1 or more
443.	Banner Together	See card		Fun, Self-expression, Team building, Self-concept, Creativity	8 or more
444.	Bread Printing	See card		Fun, Creativity, Spontaneity, Self-concept	4 or more
445.	Cherry Challenge	10 cherry pits or stones per player, a shallow hole or bowl		Fun, Coordination, Challenge	3 or more
446.	Collage of Self	Lots of magazines, paper, glue, scissors (large)		Fun, Self-awareness, Self- concept, Creativity	4 or more
447.	Creating Critters	Scissors, construction paper & glue		Fun, Imagination, Creativity, Spontaneity	4 or more
448.	Environmental Pictures	Old magazines, 6 x 8" cards, glue		Fun, Self-awareness, Self- concept, Perception, Empowerment	3 or more
449.	Fast Forests	4-6 full-sized double spread of newspaper		Fun, Thrill, Self-concept	4 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
450.	Fingerprint Pictures	per person, scissors See card		Fun, Imagination, Creativity, Spontaneity	4 or more
451.	Flag or Banner Design	Tint wool, dyes or driftwood or split log (see card)		Fun, Creativity, Self- concept, Team building, Cooperation	
452.	Foiled Again	Heavy duty, aluminum foil, scissors, cellophane tape		Fun, Self-awareness, Self-concept	4 or more
453.	Give'em a Hand	See card		Fun, Imagination, Creativity Spontaneity	4 or more
454.	Inter Galactic Paper Bag Masks	See card		Fun, Imagination, Creativity, Self-concept	4 or more
455.	Invasion of the Paper Bag Puppets	See card		Fun, Imagination, Creativity, Self-concept	4 or more
456.	Living Clay	None		Creativity, Spontaneity, Cooperation, Trust	6 or more
457.	Memories	Paper, pencil		Values clarification, Creativ- ity, Self-expression, Self-concept	1 or more
458.	Mutual Monsters	Paper, pencil, a crayon, or a felt-tipped marker per person		Fun, Imagination, Creativity, Spontaneity	6 or more
459.	Native American Totem	Solid straight tree, chisels, pocket knives		Fun, Creativity, Self-concept, Team building, Collaboration	8 or more
460.	Newspaper Dowels	Lots of newspapers, masking tape		Fun, Imagination, Creativity, Self-concept	4 or more
461.	Newspaper Headgear	Newspapers, masking tape, scissors, staplers		Fun, Imagination, Creativity, Self-concept	4 or more
462.	Nose Masks	See card		Fun, Imagination, Creativity	4 or more
463.	On My Mind	Large paper, pencils		Risk taking, Sharing, Self-concept, Self-awareness, Increased mutual respect	6 or more
464.	Outer Faces	See card		Fun, Self-awareness, Crea- tivity, Spontaneity, Self-concept	4 or more
465.	Profiles	Paper, pencil		Fun, Observation, Coordination	4 or more
466.	Ripped Puzzles	Paper, pencil		Fun, Imagination, Creativity, Observation, Problem solving	4 or more
467.	Scribbles	Paper, pencil		Fun, Creativity, Imagination, Self-concept	6 or more
468.	Shadow Art	Paper bags, tape, paint, markers		Fun, Creativity, Observation	6 or more
469.	Shadow Shapes	See card		Creativity, Fun, Spontaneity	6 or more
470.	Slide Murals	See card		Creativity, Fun, Self-concept, Team building	6 or more
471.	Snack Food Sculpture	See card		Fun, Creativity, Spontaneity, Self-concept	4 or more
472.	Wild Blue Yonder	See card		Fun, Creativity, Imagination, Self-concept	5 or more
473.	Word Painting	Objects in the environment, paper, pencil		Communication, Observation, Creativity	6 or more

Mysteries, Puzzles & Other Quiet Games

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
474.	Albanian Dwarfs	Deck of cards		Fun, Coordination, Observation	3 or more
475.	Bone Game, The	4 bones or round sticks, 20 sticks as counters		Observation, Perception, Fun	10 or more
476.	Clapping Clues	Object in a room or area		Fun, Collaboration, Observation	7 or more
477.	Cooperative Blow Ball	Several Ping-pong balls		Fun, Collaboration	8 or more
478.	Confounders	None.		Fun, Observation, Problem solving	12 or more
479.	Co-op Pencil Golf	Paper, pencil		Fun, Cooperation, Observation, Perception	3 or more
480.	Dot's Dot	Paper, pencil per player		Creativity, Observation, Fun, Spontaneity	2 or more
481.	Finger Follies	Small seed, chip of wood or stone		Fun, Observation	5 or more
482.	Gossip Pantomime	None		Fun, Observation, Collaboration, Creativity	8 or more
483.	Let's Face It	None		Fun, Warm up, Observation	8 or more
484.	Match Games	Several match sticks, stones or coins, etc.		Fun, Observation	2 or more
485.	Matching Gestures	None		Fun, Observation, Thrill	2 or more
486.	Missing Person	None		Fun, Observation, Risk taking	10 or more
487.	Mukle (Silence)	None		Fun, Challenge, Spontaneity, Risk taking	8 or more
488.	Now You See Them, Now You Don't	Good variety of clothes on each person		Fun, Observation,	10 or more
489.	OOH-AHH	None		Fun, Increased mutual support, Coordination	8 or more
490.	Paper Golf	18 sheets of paper different colored pens		Fun, Observation, Perception	4 or more
491.	Quick Change	Good variety of clothes on each person		Fun, Observation	2 or more
492.	Quick Shuffle & 1-2-3-4	None		Fun, Observation, Perception, Problem solving	8 or more
493.	Red Handed	Small object (marble or a stone)		Fun, Observation, Collaboration	8 or more
494.	Reincarnator	None		Fun, Warm up, Observation, Socialization	8 or more
495.	Speed (for two players)	Deck of cards		Fun, Coordination, Observation	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
496.	Stick Puzzles	Several match sticks or sticks		Fun, Observation, Problem solving	1 or more
497.	Triangle Capture	Paper, pencil		Fun, Observation, Problem solving	2 or more
498.	True Detective	None		Fun, Observation, Warm up	8 or more
499.	Undercover Leader	None		Fun, Observation, Collaboration	8 or more
500.	What Am I	None		Fun, Perception, Communication, Self-concept	3 or more
Words, Tales & Numbers					
501.	A What?	2 small common objects (a key, a glove, a pen, etc.)		Observation, Fun, Communication	8 or more
502.	Alphabet Travels	Paper, pencil per player optional		Fun, Challenge, Imagination, Creativity	6 or more
503.	And the Letter Is...	Watch with a second hand		Spontaneity, Risk taking, Creativity	6 or more
504.	As a Rule	None		Observation, Perception, Fun, Collaboration	6 or more
505.	Back Words	Paper, pencil		Spontaneity, Creativity, Collaboration, Problem solving	8 or more
506.	Bang, You're Dead	None		Fun, Challenge, Creativity	6 or more
507.	Because	None		Spontaneity, Fun, Creativity	6 or more
508.	Boil This Down	None		Creativity, Observation, Imagination, Fun	3 or more
509.	Buried Birds	Paper, pencil		Problem solving, Observation, Collaboration	6 or more
510.	Censored Sevens	None		Problemsolving, Observation, Fun	6 or more
511.	Chain of Evidence	None		Spontaneity, Creativity, Risk-taking, Sharing	4 or more
512.	Count Off	None		Fun, Challenge, Team building, Spontaneity	8 or more
513.	Draw That Charade	Easel or table, large sheet of paper, felt pen per team		Spontaneity, Creativity, Imagination, Communication, Fun	8 or more
514.	Either-Or-Metaphors	None		Fun, Warm up, Creativity	8 or more
515.	Endless Chain	Paper, pencil optional		Spontaneity, Imagination, Environmental awareness	3 or more
516.	Expansion	Paper, pencil per person		Challenge, Fun, Observation	3 or more
517.	Fact or Fiction	Paper, pencil (optional)		Fun, Perception, Creativity, Sharing	6 or more
518.	Going Blank	None		Observation, Fun, Challenge	6 or more
519.	Granny's Backpack	None		Creativity, Memory, Observation	4 or more
520.	I'm Thinking of...	None		Problem solving, Fun, Creativity	3 or more
521.	List Galore & Derivation	Paper, pencil		Imagination, Creativity, Problem solving	2 or more
522.	Long Story, A	A roll of business machine paper, pencil		Creativity, Imagination, Spontaneity	8 or more
523.	Me and My Senses	Paper & pen per person		Environmental & Self-awareness, Creativity, Spontaneity	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
524.	Mean While, Back at the Ranch	Paper, pencil per person		Creativity, Spontaneity Imagination	4 or more
525.	Minister's Cat, The	None		Fun, Spontaneity, Creativity	6 or more
526.	Mrs. O'Grady	None		Fun, Warm up, Challenge	6-8/group
527.	Name Circles	None		Fun, Spontaneity	6 or more
528.	Name Six	A key, an eraser, a bean bag or any small object		Spontaneity, Challenge, Fun	6 or more
529.	Name-O-Grams	3 x 5 card, pencil per person		Fun, Problem solving	8 or more
530.	Now the News	Optional: small object to pass around		Creativity, Spontaneity, Imagination	6 or more
531.	Number Please	Chairs in a circle		Fun, Spontaneity, Concentration, Fun	10 or more
532.	Number Tic Tac Toe	Paper, pencil		Fun, Problem solving	2 or more
533.	One Minute of Words	Paper, pencil per person		Imagination, Spontaneity, Problem solving	3 or more
534.	Outright Lie	A key, a ring, a pencil, scissors or any other small object		Creativity, Spontaneity, Imagination	6 or more
535.	Passing Crossed or Uncrossed	2 pencils or 2 sticks		Fun, Challenge, Observation, Problem solving	6 or more
536.	Passing the Buck	A glove, a bean bag, a small rubber ball or any tossable small object		Creativity, Spontaneity, Imagination, Risk taking	6 or more
537.	Patriotic Colours	None		Spontaneity, Fun	8 or more
538.	Points for Pairs	Paper, pencil per person		Spontaneity, Creativity, Problem solving	3 or more
539.	Pots and Pans	Paper, pin and a pencil per person		Fun, Problem solving, Communication	8 or more
540.	Puzzles for Your Fingers	Paper, pencil		Problem solving, Fun	1 or more
541.	Quick Change	Paper, pencil per person		Fun, Challenge, Observation, Problem solving	3 or more
542.	Safari	None		Fun, Observation, Perception, Collaboration, Problem solving	6 or more
543.	Scrambled Spelling	Paper & pens		Problem solving, Observation, Team building	8 or more
544.	Secret Word	None		Fun, Challenge, Observation, Perception, Collaboration	6 or more
545.	Sentenced	Paper, pencil (optional)		Fun, Imagination, Creativity, Spontaneity	2 or more
546.	Something Bad about Something Good	Paper, pencil (optional) per person		Creativity, Imagination, Spontaneity, Problem solving	4 or more
547.	Story Ball	Extra bootlaces, odd bits of line		Fun, Spontaneity, Creativity, Imagination	6 or more
548.	Tongue Tanglers	None		Observation, Communication, Memory, Fun	3 or more
549.	Twenty Questions	None		Problem solving, Observation, Creativity, Fun	3 or more
550.	Watt Zynonym	Paper, pencil		Creativity, Observation, Imagination	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
551.	Weave-A-Word	Paper, pencil per person		Challenge, Fun, Creativity, Observation	4 or more
552.	What Would You Do If . . . ?	Paper, pencil		Imagination, Problem solving, Sharing, Fun	6 or more
553.	Wordles	Paper, pencil per group		Problem solving, Cooperation, Spontaneity	6 or more
554.	Words Make Stories	Paper, pen		Imagination, Creativity, Fun, Sharing, Self-concept	6 or more
555.	Yes-No-Black-And- Blue Taboo	Chalkboard or large paper, writing utensil		Challenge, Fun, Perception	9 or more
Tradition With a Twist					
556.	All to One Side	Balloon, volleyball net		Fun, Cooperation, Team building	8 or more
557.	Ball Throw Skipping	2 skipping ropes, 1-2 balls		Fun, Coordination, Observa- tion, Cooperation	6 or more
558.	Balloon Baseball	Balloon, base markers		Fun, Work out, Team building, Coordination	10 or more
559.	Balloon Soccer	12 balloons or more, 2 pins		Fun, Cooperation	8 or more
560.	Blind Fold Soccer	2 soccer balls		Trust, Communication, Cooperation, Work out, Fun	12 or more
561.	Bump and Scoot Revised	Volleyball or balloon net		Fun, Work out, Cooperation Observation	12 or more
562.	Chinese Shuttles	Badminton equipment with several shuttles		Cooperation, Reflexes, Coordination, Fun	6 or more
563.	Clubs Royale	Partly deflated soccer ball, 5-7 field hockey sticks		Fun, Work out, Coordination, Cooperation	10 or more
564.	Collective Badminton	Badminton equipment		Cooperation, Fun	4 or more
565.	Collective Blanket- balling	2 large blankets or similar material, beach or monster ball		Fun, cooperation, Warm up Warm up	12 or more
566.	Collective Score Blanket Toss	2 large blankets, net, beach or push ball		Fun, Cooperation, Team building	12 or more
567.	Collective Score Monster/ Volleyball	Pushball or monster ball, volleyball net		Fun, Cooperation, Team building	8 or more
568.	Collective Score Towel Balling	Volleyball net, blankets or towels, 1-2 volleyballs		Fun, Cooperation, Team building	8 or more
569.	Collective Volley Orbit Ball	Net, beach ball or monster ball		Fun, Cooperation Team building	12 or more
570.	Continuous Badminton Switch	4 badminton racquets and a birdie		Fun, Cooperation	4 or more
571.	Cooperative Archery and Curling	See card		Cooperation, Fun, Work out	2 or more
572.	Collective Handball, Squash, Paddle Ball, Ping-Pong	See card		Cooperation, Fun, Work out	2 or more
573.	Cross Under Dodgeball	Several pillows or softballs		Fun, Work out, Coordination, Warm up	10 or more
574.	Egg Toss	Bunch of small water filled balloons		Fun, Concentration, Thrill Cooperation	6 or more
575.	Flubber Ball	Your favorite ball		Fun, Collaboration	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
576.	Frisbee Shuffleboard	(basketball, volley- ball, etc.), helium		Fun, Coordination, Concentration	2-4
577.	Frisbockery	3-5 frisbees, a gym Goal markers and- 3-4 frisbees		Fun, Cooperation, Leadership, Team building, Work out, Coordination	6 or more
578.	Garbage Collector	1 basketball, 2 chairs, 2 garbage cans		Fun, Cooperation, Leadership, Team building, Coordination	10 or more
579.	Gimnee	Soccerball, Snowy ball		Fun, Work out, Challenge, Cooperation, Risk taking	10 or more
580.	Human Tic-Tac-Toe	9 chairs and masking tape or chalk		Fun, Communication, Problem solving	12 or more
581.	Kanga Jump Ball	Medium to large ball		Coordination, Balance, Work out	3 or more
582.	Multiball Hockey	Hockey sticks, 6-10 sponge pucks		Fun, Work out, Challenge	20 or more
583.	Nerf Ball Knokaround	2 Nerf soccer balls, field or gym		Fun, Work out, Cooperation, Team building	10 or more
584.	New Odds	None		Fun	2 or more
585.	New Volleyball	Volleyball, net		Fun, cooperation	8 or more
586.	Pao Pao (Who Will Hide?)	None		Fun, Work out, Observation	8 or more
587.	Pin Ball & Outdoor Pin Ball	2 volley or soccer balls		fun, Cooperation, Work out	10 or more
588.	Rotation Ping Switch Pong	3 ping-pong tables, 8-10 paddles, 3 balls		Fun, Cooperation, Coordination	8-10
589.	Run Around the Town	A field, home plate, soccerball, bat		Fun, Team building, Work out	16 or more
590.	Saskatch Link Soccer	2-3 soccer balls		Cooperation, Work out, Leadership, Coordination	12 or more
591.	Scooter B-ball	Scooter per person, 1-2 basketballs, 2 nets		Fun, Work out, Coordination, Cooperation	8 or more
592.	Scooter Pair-Ball & Scooter T-Ball	Scooters, towels, basketball, nets		Fun, Cooperation, Communication Work out	12 or more
593.	Seal Skin Jumping	15-18 ft. rope, blanket, sleeping bag or jacket		Fun, Balance, Observation, Work out	3 or more
594.	Sit Down Dodge Ball	1 or 2 large Nerf balls		Fun, coordination, Work out	6 or more
595.	Strike Outless B-ball	Standard baseball set up plus a stationary batter's tee		Fun, Self-concept, Cooperation	12 or more
596.	Slow Mo Games	See card		Fun, Self-concept	4 or more
597.	Soccer Frisbee	Frisbee, 2 goals field hockey size		Fun, Work out, Team building, Coordination, Challenge	10 or more
598.	Spot Check	A key, a button or other small object, pad of paper, masking tape, pencils		Fun, Perception	4 or more
599.	Stanley Cup	See card		Fun, Cooperation, Perseverance	8 or more
600.	The Rope Push	60-80 ft. or rope, tape		Fun, Collaboration, Coopera- tion, Leadership, Warm up	8 or more
601.	Three Goal Soccer	2-3 soccer balls, 3 separate goals in a triangle shape		Fun, Work out, Challenge, Team building, Cooperation	15 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
602.	Togeth-Air Volleyball	Ball, net or line		Fun, Cooperation, Team building, Fun, Warm up	12 or more
603.	Trash Ball	Lots of dry trash (boxes, plastic, waste paper)			8 or more
604.	Tree Soccer	Soccer ball, 2 trees		Fun, Work out, Cooperation	8 or more
605.	Tube-E-Cide	2 larger inner tubes, field		Fun, Work out, Team building, Cooperation	12 or more
606.	Volleyball Trade	4 volleyballs, 2 pieces of 6' rope, 2 blankets, 4 standards		Fun, Observation, Cooperation	12
607.	Which Way? Softball	Regular softball set up		Observation, Fun, Work out	12 or more
608.	World Series	Volley or soccerball, base markers		Fun, Work out, Collaboration, Self-confidence	10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
Thrills & Skills					
609.	Balance Practice	Broom handle (also different lengths if possible)		Balance, Concentration, Fun	1 or more
610.	Ballooning	A bunch of balloons (at least 1 per person)		Fun, Thrill, Challenge	5 or more
611.	Balls Galore & Marathon Whistle	75 or more tennis balls		Fun, Challenge, Concentration	1 or more
612.	Blanket Ball Returned	Balls, 1/4" thick plywood disk		Fun, Cooperation, Thrill	8 or more
613.	Boop	1 balloon to 4-6 people		Fun, Cooperation, Coordination, Warm up	4 or more
614.	Braaaaack WHFFF	Many balloons		Fun, Thrill, Excitement	6 or more
615.	Breathe Easy	Watch with second hand, paper, pencil per person		Self-awareness, Challenge, Concentration	1 or more
616.	Butt Bounce	None		Fun, Balance, Coordination, Challenge	2 or more
617.	Candle	None		Balance, Concentration, Coordination	1 or more
618.	Cooperative Can Throw	1 empty soft drink cans per person, soccer ball or hula hoop		Fun, Coordination, Perception	3 or more
619.	Comet Ball Horseshoes	2 hula hoops or bicycle inner tubes, sand filled socks (8)		Fun, Coordination, Relaxation	2 or more
620.	Cooperative Skip	Skipping rope		Balance, Coordination, Work out	1 or more
621.	Dollar Jump	A dollar bill		Fun, Balance, Challenge, Concentration	2 or more
622.	Eagle Flight	None		Fun, Challenge, Perseverance, Concentration, Cooperation	3 or more
623.	Eskimo Pair Push-up	None		Challenge, Balance, Cooperation, Work out	2 or more
624.	Eskimo Pair Stand	None		Challenge, Balance, Work out, Self-concept, Fun	2 or more
625.	Fast Draw	A mirror per person		Fun, Challenge, Thrill	2 or more
626.	Fire in the Hole	3-5 balloons pr 3-5 people		Ice breaker, Fun, Thrill, Risk taking, Warm up	3 or more
627.	Four-man Walk	None		Challenge, Balance, Work out, Self-concept, Fun	5 or more
628.	Full House	A bunch of marshmallows dyed 3 colors		Fun, Excitement, Thrill	8 or more
629.	Funny Face	None		Fun, Ice breaker	6 or more
630.	Group Loop	Bolt of fabric 10-15 yards long		Fun, Cooperation, Team building	12 or more
631.	Hands Down	5 lengths (6" long) of any type of object (i.e., pencils)		Fun, Observation	4 or more
632.	Hang Ten Climbing Post	Tall climbing post (see card)		Challenge, Balance, Coordination, Risk taking	1 or more
633.	IHIHNA POPOHNA (Circle Hopping)	Soft dirt or sandy area		Coordination, Balance, Work out	6 or more
634.	Iglagunerk (Laughing Matter) & Butt Bounce	None		Fun, Thrill, Excitement, Challenge	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
635.	Inch Worm	None		Balance, Warm up, Cooperation	2 or more
636.	Inuit Blanket Throw	10'-12' diameter canvas material or rug with hand grips		Thrill, Fun, Cooperation, Work out, Risk taking	20 or more
637.	Inuit Pole Jump	Sturdy 12' pole		Challenge, Balance, Fun	6 or more
638.	Jiggle or Swiggle	See card		Work out, Cooperation	2 or more
639.	Knee Walker	Soft ground		Coordination, Concentration, Work out, Cooperation	1 or more
640.	Komri Kong Kong (Finger Walking)	None		Balance, Coordination, Challenge, Fun, Excitement	2 or more
641.	Light Weight Idea, A	2 balloons per person, obstacle course		Fun, Challenge, Work out	5 or more
642.	Mini Balance Test	None		Coordination	3 or more
643.	Minute Measure	Watch with a second hand		Balance, Concentration, Coordination	3 or more
644.	Mirrors	A mirror per person		Self-awareness, Challenge	4 or more
645.	Moon Walk	10" x 12"		Fun, Work out, Thrill	3 or more
646.	Mouth Stretch	None		Fun, Thrill, Excitement, Cooperation	2 or more
647.	Nice Big Dice	2 cube shape cardboard boxes (similar size) masking tape, black marker		Fun, Challenge, Perseverance	8 or more
648.	Off the Wall (Indoor Frisbee Game)	Frisbee		Fun, Excitement	8 or more
649.	On Belay Gotcha	2 sling ropes or a 25' rope		Fun, Coordination, Challenge	2 or more
650.	One-Act Plays	A nickel, a potato-chip, a piece of popcorn or soft candy, 2 peanuts		Balance, Concentration, Fun	2 or more
651.	One-Foot-This-High Kick	A piece of cloth		Fun, Challenge, Concentration	2 or more
652.	PDQ	None		Balance, Coordination, Concentration, Challenge	3 or more
653.	Pair Skip	3 sets of jump ropes		Fun, Warm up, Coordination, Thrill	3 or more
654.	Pana (Stick Throw)	Several hard sticks 18" long, 5" in diameter		Cooperation, Balance, Concentration, Fun, Challenge	8 or more
655.	Paper Core Surfing & Core Surfing on Foam	Large paper cores (15) Plywood, matts (see card)		Fun, Coordination, Self-concept, Cooperation	6 or more
656.	Pauls Balls	7-8 papercores, 1-2 tennis balls per person (see card)		Fun, Cooperation, Balance, Risk taking	6 or more
657.	People Launching	Sturdy stick or small trampoline		Fun, Problem solving, Cooperation, Coordination	6 or more
658.	People-to-People Surfing	None		Fun, Thrill, Balance	3 or more
659.	Perpetual Motion	Frisbee or metal plate		Fun, Cooperation, Thrill	10 or more
660.	Pole (Sapling) Vaulting	Solid pole (sapling) tall 5-12 ft.		Cooperation, Challenge, Coordination	6 or more
				Challenge, Risk taking	1 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
661.	Quail Shooter's Delight	Throwable objects (frisbees, saucers, Nerf balls, etc.)		Fun, Coordination	8 or more
662.	Rodeo Throw	Wooden floor, hula hoop		Fun, Coordination, Concentration	3 or more
663.	SEPAK RAGA (Kick Ball)	Very light ball the size of a grapefruit		Fun, Cooperation, Coordination, Balance	4 or more
664.	Sacky Hack	Strong water balloon		Fun, Thrill, Cooperation, Coordination, Concentration	4 or more
665.	Schmertz	Long cotton sock, sponge rubber softball		Fun, Thrill, Coordination	2 or more
666.	Seat Spin	Slippery floor		Fun, Thrill, Challenge, Balance	1 or more
667.	Smoke Stack	7-10 paper cores, 1-2 tennis balls		Fun, Problem solving, Cooperation, Challenge	6 or more
668.	Snow Flake	per person Lots of styrofoam packing material		Concentration, Fun	5 or more
669.	Spear	Crumpled piece of paper, sticks or anything similar		Coordination, Fun, Collaboration	2 or more
670.	Spoons	Several small objects, 1 less than the number of people		Fun, Observation, Coordination	4 or more
671.	Stick Hangs	Strong stick about the size of a broom handle		Challenge, Balance, Cooperation, Work out	3 or more
672.	Surf Massage	Papercores (15)		Cooperation, Relaxation, Increased mutual support	6 or more
673.	Sylvia's Silly Sequence	1 coin per person		Fun, Coordination	1 or more
674.	Table Tilting	Round table top - 3' diameter, 2 nylon foot straps		Fun, Balance, Cooperation.	10 or more
675.	The Balance Broom	Broomstick or other 5' stick		Challenge, Balance, Increased mutual support	6 or more
676.	Three People Pull Over	None		Challenge, Balance, Work out, Concentration, Cooperation	3 or more
677.	Two in a Row; The Turnstile & Double Dutch	75' retired climbing rope		Fun, Balance, Coordination, Warm up, Challenge	6 or more
678.	Ver Ver Ara Lam (Taking Coconuts)	5 coconuts or balls		Fun, Work out	4 or more
679.	Walrus Tug	Thick heavy rope, stationary object (see card)		Challenge, Cooperation, Work out	5 or more
680.	Water Slide	Long plastic sheet, water and water hose		Fun, Thrill	3 or more
681.	World Champion Paper-Stacking Contest	As much scrap paper as possible		Imagination, Cooperation, Creativity, Challenge, Team building, Concentration	6 or more
Stretch & Warm up					
682.	5-5-5 Isometrics	None		Stretch, Warm up	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
683:	Activities for Covering Distance	None		Work out, Warm up, Stretch Cooperation	6 or more
684:	Bottoms Up	None		Cooperation, Stretch, Perseverance	2 or more
685:	Cobra & Double Cobra	None		Stretch	1 or more
686:	Comfortable Position & Return to the Soil Position	None		Relaxation	1 or more
687:	Duo Stretch, Reach for Your Feet Dorsal Finger Touch	None		Cooperation, Trust, Stretch	1-2
688:	Group Hopping	None		Cooperation, Fun, Stretch	5 or more
689:	Invisible Jump Rope	None		Stretch, Warm up, Work out, Imagination, Fun	3 or more
690:	Physical Testing, Section I	None		Fun, Balance, Coordination, Stretch, Risk taking	3 or more
691:	Physical Testing, Section II	None		Fun, Balance, Coordination, Stretch, Risk taking	3 or more
692:	Red Baron Stretch	None		Stretch, Fun, Risk taking, Imagination	5 or more
693:	Row Boat Stretch	None		Cooperation, Fun, Stretch	2
694:	Side-saddle Stretch, Cradle & Angel	None		Stretch	1 or more
695:	Stork Stretch	None		Stretch, Cooperation	3 or more
696:	Tandem Back Cycling	None		Cooperation, Warm up, Stretch	2 or more
697:	Yurt Circle	None		Cooperation, Stretch, Risk taking, Trust	8 or more
Trust					
698:	Airport	Objects found in room, blindfolds		Trust, Communication, Fun	8 or more
699:	Cookie Machine	None		Trust, Risk taking, Warm up, fun	10 or more
700:	Fall and Roll Exercises	3' piece of rope per person		Risk taking, Trust, Safety, Fun	6 or more
701:	Fall and Roll Exercises - Spectacular	None		Trust, Risk taking,	6 or more
702:	Floating on the Ocean	Safety, Fun		Trust, Risk taking, Relaxation, Fun, Caring	3 or more
703:	Front Roll Practice	None		Risk taking, Safety, Self-confidence, Trust	3 or more
704:	Happy Landing	One blindfold, a chair		Trust, Communication, Fun, Challenge	8 or more
705:	Human Camera	None		Trust, Sharing, Observation, Communication	2 or more
706:	Mine Field	300-500 tennis balls, blindfolds		Trust, Communication, Fun	4 or more
707:	Mine Field Alternate Activity	300-500 tennis balls, blindfolds		Trust, Communication, Fun	8 or more
708:	People Pendulum Toss	2 sturdy poles, 4 sets of pads for shoulders		Trust, Risk taking, Cooperation, Challenge, Self-concept, Fun	20

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
709.	Put Your Trust in Me	None		Trust, Risk taking, Caring, Observation, Fun, Warm up	8 or more
710.	Rabid Nugget Rescue	Blindfold for every other partner, tennis balls		Trust, Communication	2 or more
711.	Sensory Sharing	Blindfolds		Trust, Risk taking, Environmental & Self- awareness, Sharing	2 or more
712.	Sherpa Walk	Blindfolds for everyone		Trust, Communication, Risk taking, Increased mutual support	8 or more
713.	Spotting and Trust	None		Risk taking, Caring, Safety, Trust	5 or more
714.	Trust Dive	Stump, platform or ladder rung		Trust, Risk taking, Increased mutual support, Caring, Thrill	10 or more
715.	Trust Fall	Stump, platform		Trust, Risk taking, Self-concept, Increased mutual support, Thrill	10 or more
716.	Yeah, But . . .	Blindfolds per person		Trust, Caring, Increased mutual support, Fun	8 or more
Games For Two or More					
717.	Aura	None		Fun, Concentration, Thrill	2 or more
718.	Aura Returns	None		Fun, Thrill, Concentration, Cooperation	2 or more
719.	Boffer Bonkers	1 boffer per person		Fun, Warm up, Thrill, Perseverance	2 or more
720.	Bola	1 balloon per 2 people Rubber softball, long sock, clothesline rope		Fun, Work out, Balance,	2 or more
721.	Bug Tug	A line on the ground		Fun, Balance, Challenge, Warm up	2 or more
722.	Butt Off	None		Fun, Balance, Challenge	2 or more
723.	Crab Grab	None		Fun, Balance, Perseverance, Work out	2 or more
724.	Finger Dancing	None		Fun, Risk taking, Self- awareness, Ice breaker, Spontaneity	2 or more
725.	Goldline Jousting	2 milk or wooden packing boxes One 75' length rope		Fun, Balance, Challenge	2 or more
726.	How to Start an Argument	None		Fun, Risk taking, Ice breaker, Spontaneity	2 or more
727.	Kung Thumb	None		Fun, Thrill, Concentration, Challenge	2 or more
728.	Main Sepak Bulu Ayam (Birdie Kick)	A large feather shuttle cock See card		Fun, Relaxation, Concentration, Collaboration, Coordination	2 or more
729.	Me Switch	None		Fun, Observation, Thrill, Challenge	2 or more
730.	Mirror Image	None		Fun, Observation, Coordination, Thrill	2 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
731.	Moon Ball	Well inflated beach ball		Fun, Warm up, Team building, Cooperation, Thrill	2 or more
732.	Nose Seeker	None		Fun, Trust, Concentration, Thrill	2 or more
733.	Off Balance	None		Fun, Cooperation, Ice breaker, Warm up, Balance	2 or more
734.	PIN Roll	Wooden pin, 1 ball per person		Fun, Challenge, Concentration	2 or more
735.	Puni (Person to Person)	None		Fun, Ice breaker, Concentration, Perception	2 or more
736.	Push Me into Balance	None		Fun, Cooperation, Warm up, Challenge	2 or more
737.	Slo-Mo	None		Fun, Cooperation, Balance, Challenge	2 or more
738.	Squat Thrust	None		Fun, Balance, Challenge, Self-control, Thrill	2 or more
739.	Stand-off	None		Fun, Balance, Challenge, Ice breaker	2 or more
740.	Tandem Sit-ups (Ball Pass)	1-2 balls, soccer ball size		Fun, Work out, Coordination, Cooperation	2 or more
741.	This is My Nose	None		Fun, Observation, Concentration	2 or more
742.	Ti-Ringa (Hand Game)	None		Fun, Observation, Coordination, Self-control, Self-concept	2 or more
743.	Tititorea (Maori Stick Switch)	2 sticks per person		Fun, Observation, Coordination, Cooperation	2 or more
744.	Toe Fencing	None		Fun, Coordination, Balance, Challenge, Warm up	2 or more
Games for Ten or More					
745.	24 Hour Killer	None		Fun, Thrill, Creativity, Challenge	10 or more
746.	All Birds Fly	None		Fun, Observation, Concentration	10 or more
747.	Amoeba Race	None		Fun, Cooperation, Challenge, Team building	10 or more
748.	Balloon Hoops (Collective Hoops)	1 balloon per two people, 6-8 hula hoops		Fun, Cooperation, Coordination, Excitement	10 or more
749.	Basic Killer	None		Fun, Thrill, Spontaneity, challenge, Creativity	10 or more
750.	Behavior Modification	None		Fun, Imagination, Risk taking, Communication, Creativity, Problem solving	10 or more
751.	Body Snatchers	Blindfolds for everyone		Fun, Thrill, Trust, Warm up	10 or more
752.	Burst the Balloon	30-40 balloons, pencil, paper for store keeper		Fun, Thrill, Warm up, Excitement	10 or more
753.	Chef's Salad	Sturdy chairs for everyone but one person		Fun, Coordination, Warm up	10 or more
754.	Connect Our Eyes	Balls, 1 yarn ball, rolled up socks or any soft object, 1 per person		Fun, Warm up, Observation, Thrill, Ice breaker	10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
755.	Dog Bone	A bean bag or any other grabbable object		Fun, Self-control, Observation, Risk taking	10 or more
756.	Double Dice or Dive	A well wrapped object, 2 die, heavy mitts		Fun, Challenge, Thrill	10 or more
757.	Flying Dutchman	None		Fun, Work out, Cooperation, Excitement	10 or more
758.	Four Up	None		Observation, Fun, Warm up, Ice breaker	10 or more
759.	Fox and Squirrel	3 balls - 2 alike 1 different		Fun, Warm up, Challenge, Collaboration, Observation	10 or more
760.	Frantic	A bunch of tennis balls		Fun, Work out, Cooperation, Communication, Excitement	10 or more
761.	Frisbee Fakeout	Frisbee, large field		Fun, Work out, Team building, Communication, Cooperation	10 or more
762.	From Sea to Sea	5-10 water balloons		Fun, Cooperation, Concentration, Balance, Communication	10 or more
763.	Hot Stuff	A ball or a balloon		Fun, Thrill, Challenge, Warm up	10 or more
764.	How Do You Do	None		Fun, Work out, Ice breaker	10 or more
765.	Impulse	None		Fun, Observation, Coordination, Concentration, Cooperation	10 or more
766.	Inuit Ball Pass	1 small ball		Fun, Coordination, Cooperation	10 or more
767.	Killer Variations	None		Fun, Thrill, Creativity, Challenge	10 or more
768.	Kings on the Mountain	Snow (fresh)		Fun, Cooperation, Balance, Team building	10 or more
769.	Knock Your Socks Off	Socks on participants' feet		Fun, Warm up, Ice breaker, Socialization	10 or more
770.	Lap Sit Step, Touch, Clap	None		Fun, Cooperation, Trust, Balance, Team building	10 or more
771.	Miss Those Legs	A softball per group of 5		Fun, Cooperation, Warm up	10 or more
772.	Mortar	Long sock or pantyhose, 2 or 3 tennis balls		Fun, Thrill, Coordination, Work out	10 or more
773.	Mush Man Swat	A glove		Fun, Coordination, Cooperation, Observation	10 or more
774.	Nose Toes	None		Fun, Observation, Concentration, Self-concept	10 or more
775.	Over and Backward	Beach ball		Fun, Cooperation, Balance, Warm up	10 or more
776.	PINA	None		Fun, Perseverance, Self-control	10 or more
777.	People to People	None		Fun, Observation, Risk taking, Balance, Sharing	10 or more
778.	Person to Person	None		Fun, Risk taking, Coordination, Balance	10 or more
779.	Poi Rakau (Circle of Sticks)	One 36" stick per person		Fun, Observation, Warm up, Thrill, Collaboration	10 or more
780.	Push Pin Soccer	A bunch of balloons		Fun, Cooperation, Thrill, Team building	10 or more
781.	Quick! Line Up!	None		Fun, Observation, Communication, Cooperation, Challenge	10 or more
782.	Rattlers	2 tin cans with pebbles, 2 blindfolds		Fun, Observation, Excitement, Risk taking	10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
783.	Roll Playing	Balls of different sizes (3-6 balls)		Fun, Cooperation, Team building, Communication, Increased mutual support	10 or more
784.	Samurai	Boffer or any innocuous swordlike weapon		Fun, Observation, Thrill, Coordination	10 or more
785.	Samurai -- A Kamikaze Variation	2 boffers		Fun, Challenge, Thrill, Coordination	10 or more
786.	Scooter Slalom	1-2 Scooters		Fun, Challenge, Cooperation, Self-concept, Balance	10 or more
787.	Scooter Swing	A 12" x 12" plywood scooter		Fun, Balance, Coordination, Cooperation, Self-concept	10 or more
788.	Search By Sound	Large number of small objects (e.g. toothpicks)		Fun, Excitement, Communication, Team building	10 or more
789.	Shake and Stomp	Several 8' ropes (for 1/2 the group)		Fun, Challenge, Warm up, Coordination	10 or more
790.	Shoe Factory	Shoes on the participants' feet		Fun, Ice breaker, Cooperation, Warm up, Socialization	10 or more
791.	Slipped Disc	A frisbee, a plastic plate or a metal cover		Fun, Cooperation, Balance, Challenge	10 or more
792.	Smaug's Jewels	A handkerchief		Fun, Challenge, Coordination, Collaboration, Excitement	10 or more
793.	Spinning a Yarn	A ball of thick yarn		Fun, Warm up	10 or more
794.	Star Wars	Nerf balls - a bunch, 2 boffers		Fun, Work out, Risk taking, Observation	10 or more
795.	Steal the Bacon	Bean bag, handkerchief or other object, masking tape		Fun, Coordination, Challenge, Warm up	10 or more
796.	Stringing Along	A ball of string		Fun, Challenge, Cooperation, Team building, Observation	10 or more
797.	Swat	Boffer		Fun, Work out, Coordination, Challenge, Perseverance	10 or more
798.	Taffy Pull	None		Fun, Warm up, Socialization, Ice breaker	10 or more
799.	Tatoo/Howitzer Throw	3-4 tennis balls per person, backboard		Fun, Excitement, Work out, Cooperation, Communication	10 or more
800.	Ultimate Nerf	Nerf ball		Fun, Work out, Cooperation, Team building	10 or more
801.	Zen Clap	None		Fun, Observation, Concentration	10 or more
Games for Twenty or More					
802.	Broken Spoke	None		Fun, Work out, Excitement	20 or more
803.	Carry On	Beach ball per 4 people, 1 base per 4 people		Fun, Work out, Team building, Cooperation	20 or more
804.	Dragon Dodge	2-4 soft balls (foam)		Fun, Cooperation, Warm up, Coordination	20 or more
805.	Get Down	None		Fun, Ice breaker, Risk taking	20 or more
806.	Hagoo	None		Fun, Collaboration, Self-control, Warm up	20 or more
807.	Hows That Again	None		Fun, Communication, Collaboration, Problem solving	20 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
808.	Huron Hop, The	See card		Fun, Challenge, Coordination, Thrill	20 or more
809.	In Gear	None		Fun, Warm up, Team building, Socialization	20 or more
810.	Jamaquack	None		Fun, Risk taking, Trust	20 or more
811.	One-to-Ten	None		Fun, Concentration, Challenge	20 or more
812.	Rustlers and Settlers	A large number of objects (i.e., shoes, sticks)		Fun, Work out, Perseverance, Challenge	20 or more
813.	Slaughter	See card		Fun, Work out, Collaboration, Challenge, Socialization	20 or more
814.	Texas Big Foot and Tickle a Pickle	None		Fun, Socialization, Warm up, Increased mutual support	20 or more
815.	Which Pair	Shoes on feet and blindfolds		Fun, Observation, Challenge, Trust	20 or more
816.	Wink	Frisbee or other object		Fun, Coordination, Observation, Work out, Empowerment	20 or more
Initiatives and Challenges					
817.	#10 Tin Shoes	See card		Fun, Problem solving, Creativity, Leadership, Risk taking	6 or more
818.	A-Frame	See card		Fun, Thrill, Challenge, Team building, Communication, Leadership, Problem solving	6
819.	All Aboard	2' x 2' platform permanent or semi-permanent		Fun, Challenge, Cooperation, Problem solving, Leadership, Communication	8 or more
820.	Amazon, The	Plank, pole, a length of rope, stick, #10 can with wire (see card)		Challenge, Cooperation, Leadership, Team building, Communication, Problem solving	6 or more
821.	Art of Seeing a City Block, The	City environment, Paper, pencil		Observation, Values clarification, Self and Environmental awareness	
822.	Beam, The	See card permanent structure		Challenge, Risk taking, Trust, Cooperation, Increased mutual support, Problem solving, Leadership	8 or more
823.	Big Business	200 Lego blocks (or a facsimile) per team		Fun, Problem solving, Creativity, Challenge	8 or more
824.	Blind Polygon	75-150' rope, blindfolds		Fun, Cooperation, Leadership, Problem solving, Creativity	6 or more
825.	Bosun's Chairs	See card permanent structure		Risk taking, Balance, Challenge, Work out, Self-concept	1 or more
826.	Bridge It	See card		Fun, Problem solving, Communication, Leadership, Creativity	8 or more
827.	Carabiner Walk	A sling rope and carabiners per person		Fun, Cooperation, Communication, Leadership, Problem solving	6 or more
828.	Circle the Circle	2 large hula hoops		Fun, Cooperation, Challenge, Perseverance, Problem solving	12 or more
829.	Clock, The	Watch with second hand		Fun, Work out, Cooperation, Team building	8 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
830.	Count Down	See card		Fun, Challenge, Cooperation, Leadership, Perseverance, Work out	6 or more
831.	Criss Crotch	See card	permanent structure	Challenge, Balance, Risk taking, Coordination, Self-concept	1 or more
832.	Diminishing Load Problem, The	None		Fun, Problem solving, Leadership, Creativity, Work out	8 or more
833.	Electric Fence, The	40' nylon slash rope or 8' pole or 2"x4"		Challenge, Cooperation, Leadership, Team building, Communication, Problem solving	6 or more
834.	Everybody Up	None		Fun, Warm up, Cooperation, Communication, Team building	6 or more
835.	Fidget Ladder	See card	permanent structure	Risk taking, Balance, Challenge, Concentration, Perseverance	1 or more
836.	Flea Leaps	See card	permanent structure	Risk taking, Trust, Challenge, Self-concept, Balance	4 or more
837.	Hanging Teeter Totter	See card	permanent structure	Challenge, Balance, Cooperation, Communication, Problem solving, Leadership	6 or more
838.	Hickory Jump	See card	permanent structure	Risk taking, Trust, Increased mutual support, Self-concept	7 or more
839.	High Post	4" x 4" x 5' pole	permanent structure	Fun, Balance, Risk taking, Increased mutual support	5 or more
840.	Human Ladder	6-10 smooth hardwood dowel rods 3' long 1-1/4" diameter		Fun, Trust, Cooperation, Increased mutual support, Risk taking	10 or more
841.	Human Mixmaster	None		Challenge, Cooperation, Problem solving, Leadership	12 or more
842.	Humans Merrily-Go-Around	1 platform scooter	See card	Challenge, Creativity, Fun, Cooperation, Team building	4 or more
843.	I Can Row a Boat, Canoe	Canoe, water, a dock and a plan, a few paddles		Fun, Team building, Cooperation, Balance, Problem solving, Leadership	10-14
844.	Initiative Problem Debriefing Topics	None		Self-awareness, Respect for others, change, Increased mutual support	3 or more
845.	Jelly Roll	See card		Challenge, Cooperation, Leadership, Team building, Communication, Problem solving	6 or more
846.	Kitten Crawl	See card	permanent structure	Risk taking, Balance, Challenge, Work out, Self-concept, Perseverance	3 or more
847.	Knots	None		Fun, Warm up, Socialization, Problem solving, Leadership	6 or more
848.	Log Ladder	See card	permanent structure	Challenge, Risk taking, Work out, Self-concept	1 or more
849.	Log Walk	Long log or pole wide enough to stand on		Fun, Balance, Cooperation, Communication, Leadership, Problem solving	10
850.	Meat Grinder	See card	permanent structure	Challenge, Risk taking, Cooperation, Problem solving, Leadership, Communication	6 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
851.	Miniature Monuments	Tweezers, magnifying glass, 3 tiny stones per 3 people		Fun, Challenge, Problem solving, Concentration, Creativity	6 or more
852.	Mobil Ten Person Pyramid, The	Soft ground		Challenge, Fun, Cooperation, Leadership, Problem solving	10
853:	Mohawk Walk	Permanent cable set up - see card		Challenge, Balance, Cooperation, Team building, Communication, Fun	6 or more
854.	Monster, The	None		Fun, Problem solving, Leadership, Creativity, Work out, Team building	7 or more
855.	Natures Towers	Ball of string, masking tape and airplane glue		Fun, Problem solving, Creativity, Leadership, Cooperation	8 or more
856.	Nitro Crossing	#10 tin can, water, swing rope, 2 balanced trip wires		Challenge, Cooperation, Leadership, Team building, Communication, Perseverance, Problem solving	6 or more
857:	People Tree, Blind Square & Bomb	See card		Fun, Challenge, Cooperation, Communication, Work out, Leadership	6 or more
858:	Pick and Choose	Lots of tennis balls, 3 or 4 paper cores or wastebaskets		Challenge, Cooperation, Coordination, Concentration, Fun, Communication, Team building	10 or more
859.	Play Pen	Permanent structure See card		Fun, Balance, Problem solving, Leadership, Communication, Cooperation	6-12
860:	Popsicle Pushup	None		Challenge, Problem solving, Cooperation, Team building, Leadership	4 or more
861.	Prouty's Landing	3' x 3' platform, suspended swinging rope		Challenge, Fun, Cooperation, Thrill, Team building	6 or more
862.	Punctured Drum	55 gal. drum, fast flowing water, 2 one gallon pots		Fun, Thrill, Challenge, Team building, Communication, Problem solving	6 or more
863:	Python Pentathlon	None		Fun, Work out, Cooperation, Team building, Leadership	10 or more
864:	Rebirth	See card permanent structure		Challenge, Cooperation, Risk taking, Problem solving, Communication, Leadership	6 or more
865.	Roped	30-40 ft. rope		Fun, Warm up, Socialization, Cooperation, Team building	6 or more
866.	Ship Wreck	1/2" plywood circles, 3' to 4' in diameter		Fun, Work out, Cooperation, Leadership, Communication, Team building	14 or more
867.	Shopping Center Search	Shopping center, Paper, pencil		Observation, Risk taking, Problem solving, Environmental awareness	1 or more
868:	Sling, Chalk and Carabiner	Per group of 6-8, a sling rope, carabiner and a piece of chalk		Cooperation, Problem solving, Leadership, Creativity, Imagination	12 or more
869:	Soft Walk	100' manila polypropylene or polyester rope, trees		Challenge, Balance, Communication, Cooperation, Team building	10 or more

<u>Card #</u>	<u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
870.	Spider Web	See card		Challenge, Cooperation,	6 or more
		Semi-permanent structure		Leadership, Problem solving,	
871.	Stream Walk	A stream, old clothes		Communication, Work out, Fun	6 or more
				Fun, Team building,	
872.	Swing to Safety	See card		Challenge, Risk taking,	1 or more
		permanent structure		Thrill, Fun	
873.	Swinging Log	See card		Balance, Challenge, Cooperation,	1 or more
		permanent structure		Team building, Coordination	
874.	Swings	See card		Fun, Risk taking, Communication,	3 or more
				Self-concept, Challenge	
875.	TP Shuffle	One 30' telephone pole		Fun, Balance, Challenge,	8 or more
				Cooperation, Team building,	
876.	TT Log	See card		Leadership, Communication	6 or more
		Permanent structure		Fun, Balance, Cooperation,	
				Challenge, Risk taking,	
877.	Ten Member Pyramid,	None		Communication	10
	The			Challenge, Cooperation,	
878.	Tension Traverse	See card		Leadership, Problem solving	3 or more
		permanent structure		Risk taking, Balance,	
879.	Tire Tossing	Tires, inner tubes or hula hoops, tall poles		Concentration, Self-concept	3 or more
				Fun, Cooperation, Perse-	
				verance, Team building	
880.	Tire Traverse	See card		Challenge, Cooperation,	6 or more
		permanent structure		Leadership, Problem solving,	
				Communication, Work out	
881.	Tired Jumps	A bunch of old car tires		Fun, Challenge, Coordination,	6 or more
				Cooperation, Work out, Leadership	
882.	Touch My Can	Empty soda can		Fun, Cooperation, Socializa-	10 or more
				tion, Warm up, Balance, Concentration	
883.	Traffic Jam	Chalk, masking tape, or paper plates, paper (see card)		Challenge, Problem solving,	8
				Leadership, Cooperation,	
				Communication, Perseverance	
884.	Trick Walk	See card		Risk taking, Balance,	1 or more
		permanent structure		Concentration, Self-concept	
885.	Trolley	Two 4" x 4" - length varies, rope, see card		Fun, Cooperation, Challenge,	2-12
				Team building, Communication,	
				Leadership, Problem solving	
886.	Two by Four (2 x 4)	None		Challenge, Problem solving,	8
				Leadership, Cooperation,	
				Communication, Perseverance	
887.	Vertical Log and Tire	Vertical 12' to 14' log or tree, car tire		Fun, Challenge, Cooperation,	6 or more
				Leadership, Problem solving,	
				Communication, Work out	
888.	Wall, The	See card		Challenge, Work out,	6 or more
		Permanent structure		Cooperation, Leadership,	
				Problem solving, Risk taking	
889.	Wild Woosey	See card		Cooperation, Balance,	5 or more
		Permanent structure		Challenge, Concentration,	
				Communication	

<u>Card #</u> <u>Title</u>	<u>Props</u>	<u>Contents</u>	<u>Goals</u>	<u># of People</u>
890: Zig Zag	See card Permanent structure		Fun, Balance, Cooperation, Risk taking, Problem solving, Leadership	6 or more

INDEX

- | | | | | | |
|------|-----------------------------------|------|----------------------------------|------|-------------------------------|
| 817. | #10 Tin Shoes | 292. | Bell in the Ball | 444. | Bread Printing |
| 161. | 100 Friends | 383. | Ballet/Slo-Mo/Hopping Tag | 163. | Breaking Out & Breaking In |
| 745. | 24 Hour Killer | 331. | Balloon Balance | 615. | Breathe Easy |
| 682. | 5-5-5 Isometrics | 558. | Balloon Baseball | 341. | Brick Layers Relay |
| 501. | A What? | 748. | Balloon Hoops (Collective Hoops) | 826. | Bridge It |
| 818. | A-Frame | 332. | Balloon Bump | 384. | British Bulldog |
| 256. | Action Learning | 333. | Balloon Catapult | 802. | Broken Spoke |
| 59. | Action Research and Action Search | 335. | Balloon Milk Shake | 220. | Bubbling Over |
| 683. | Activities for Covering Distance | 559. | Balloon Soccer | 323. | Bucket Pass |
| 16. | Adjective Wardrobe | 334. | Balloon in the Air | 342. | Bucket Brigade |
| 380. | Aerobic Tag | 610. | Ballooning | 721. | Bug Tug |
| 698. | Airport | 336. | Balloons Over | 294. | Buka Burning Ember of Courage |
| 474. | Albanian Dwarfs | 611. | Balls Galore & Marathon Whistle | 419. | Bulls Eye in the Chute |
| 819. | All Aboard | 506. | Bang, You're Dead | 343. | Bump |
| 17. | All About Me | 443. | Banner Together | 561. | Bump and Scoot Revised |
| 746. | All Birds Fly | 749. | Basic Killer | 509. | Buried Birds |
| 310. | All Night Vigil | 337. | Bat the Balloon | 752. | Burst the Balloon |
| 556. | All to One Side | 218. | Beach Ball Boogie | 616. | Butt Bounce |
| 381. | Alligator Tag | 219. | Beach Ball Boogie Train | 722. | Butt Off |
| 502. | Alphabet Travels | 822. | Beam, The | 311. | Camp Craft Games I |
| 60. | Alternative - Action Search | 257. | Beauty Seekers | 312. | Camp Craft Games II |
| 61. | Alternatives Search | 507. | Because | 87. | Can and Able |
| 820. | Amazon, The | 750. | Behavior Modification | 617. | Candle |
| 747. | Amoeba Race | 322. | Beach and Water Games | 164. | Car Wash, The |
| 503. | And the Letter Is... | 338. | Bengal Lancers | 827. | Carabiner Walk |
| 216. | Animal Crackers | 823. | Big Business | 803. | Carry On |
| 291. | Animal Orienteering | 63. | Bill of Rights Revisited | 420. | Cat and Mouse and Where Am I |
| 193. | Animal, Bird or Fish | 112. | Birthdays | 385. | Catch the Dragons Tail |
| 217. | Animalisms | 612. | Blanket Ball Returned | 421. | Caterpillar over the Earth |
| 111. | Animals | 293. | Blind Ant | 88. | Cave-In Simulation |
| 18. | Are Your Someone Who | 162. | Blind Feedback | 510. | Censored Sevens |
| 441. | Art Themes I | 560. | Blind Fold Soccer | 511. | Chain of Evidence |
| 442. | Art Themes II | 824. | Blind Polygon | 344. | Chair Basketball |
| 821. | Art of Seeing a City Block, The | 339. | Blow Up | 21. | Chairs or Dialogue With Self |
| 504. | As a Rule | 194. | Body English | 64. | Change |
| 717. | Aura | 751. | Body Snatchers | 258. | Changes |
| 718. | Aura Returns | 719. | Boffer Bonkers | 345. | Charlie Chaplin Challenge |
| 19. | Autobiographies Questionnaires | 508. | Boil This Down | 753. | Chef's Salad |
| 417. | Back to Bottom | 720. | Bola | 445. | Cherry Challenge |
| 505. | Back Words | 475. | Bone Game, The | 562. | Chinese Shuttles |
| 329. | Backward Scotsman Activities | 613. | Boop | 346. | Chivalry |
| 62. | Bakers Dozen | 825. | Bosun's Chairs | 347. | Chopsticks |
| 330. | Balance Ball | 340. | Bottle Nose | 221. | Chorale of the Vowels |
| 609. | Balance Practice | 684. | Bottoms Up | 65. | Christmas Gift Giving |
| 382. | Balancing Act | 614. | Braaaack WHFFF | | |
| 557. | Ball Throw Skipping | 195. | Bragging | | |
| 418. | Ball Rolling | 144. | Brainstorming | | |

113. Chronological Line
Up/Group Separations
422. Chute Ball
348. Cinderella's Slipper
828. Circle the Circle
386. Clam Free
476. Clapping Clues
165. Class Applause
114. Clay Dough
829. Clock, The
145. Close Calls
349. Clothing Line, The
350. Clouds on the
Clothes Line
563. Clubs Royale
618. Cooperative Can Throw
479. Co-op Pencil Golf
685. Cobra & Double Cobra
446. Collage of Self
564. Collective Badminton
565. Collective Blanket-
Balling
477. Cooperative Blow Ball
566. Collective Score
Blanket Toss
567. Collective Score
Monster/
Volleyball
568. Collective Score
Towel Balling
569. Collective Volley
Orbit Ball
619. Comet Ball
Horseshoes
166. Comfort & Caring
Validation Circles
686. Comfortable Position
& Return to the
Soil Position
295. Commandant
351. Commando Course
352. Commando Course
Encore
89. Commercial for
Oneself
146. Communication
313. Compass Crisp
314. Compass Walk
222. Conducting
66. Conflict
478. Confounders
115. Connecting Eye to Eye
754. Connect Our Eyes
167. Construction Paper

INDEX

353. Consumer's Report
570. Continuous Badminton
Switch
699. Cookie Machine
571. Cooperative Archery and
Curling
572. Collective
Handball, Squash,
Paddle Ball, Ping-Pong
259. Cooperative Nature
Trail
620. Cooperative Skip
830. Count Down
512. Count Off
723. Crab Grab
447. Creating Critters
223. Creating Silence
224. Creative Choir
168. Creativity Night
225. Crescendo
831. Criss Crotch
573. Cross Under Dodgeball
260. D'JUNO?
169. Dear Me Letter
67. Defuzzing Wheel
832. Diminishing Load
170. Do Your Own Think
755. Dog Bone
226. Dog Shake
621. Dollar Jump
480. Dot's Dot
756. Double Dice or Dive
804. Dragon Dodge
513. Draw That Charade
68. Dream Building
227. Dum Dum Da Da
354. Dumping Grounds
687. Duo Stretch,
Reach for Your Feet
Dorsal Finger Touch
622. Eagle Flight
423. Earth Ball Passing
196. Earthquake
574. Egg Toss
514. Either-Or-Metaphors
69. Either/or Forced
Choice
387. Elbow Tag
833. Electric Fence, The
228. Elephant
1, 2, 3, 4, 5
70. Emergency!
229. Emotional Relay Race
171. Emotions Charades

90. Encounter
515. Endless Chain
261. Environment Survey
262. Environmental
Exercises
263. Environmental Impact
448. Environmental
Pictures
147. Environmental Trio
Sharing
22. Epitaph
623. Eskimo Pair Push-up
624. Eskimo Pair Stand
834. Everybody Up
388. Everybody's It
516. Expansion
264. Eye/I of the
Beholder and
Litter Line
517. Fact or Fiction
700. Fall and Roll
Exercises
701. Fall and Roll
Exercises - Spectacular
91. Fametags
23. Family Tree
116. Famous Pairs
625. Fast Draw
449. Fast Forest
265. Feeling Places
424. Feet Up Pass
835. Fidget Ladder
296. Find Your Bedtime
Snack
297. Find the Bell
24. Finding Yourself
Outdoors
724. Finger Dancing
481. Finger Follies
450. Fingerprint Pictures
25. Finishing up
Old Business
626. Fire in the Hole
197. Five Changes
1. Five Years
Ahead: Resume
355. Flag Crawl
451. Flag or Banner
Design
356. Flap Jack Fry
298. Flashlight Tag
836. Flea Leaps
389. Flip-Me-The-Bird Tag

INDEX

- | | | |
|--|--|---|
| 702. Floating on the Ocean | 632. Hang Ten Climbing Post | 30. I Use to Be, But Now I'm |
| 357. Flower Pots | 837. Hanging Teeter Totter | 175. I Wonder Statements |
| 757. Flying Dutchman | 704. Happy Landing | 520. I'm Thinking of... |
| 390. Foetal Tag | 358. Hare Hop | 237. I've Got the Beat |
| 452. Foiled Again | 359. Have a Ball | 150. IALAC |
| 266. Food Chain Lap Sit | 360. Hazardous Hosiery | 633. IHIHNA POPOPHNA (Circle Hopping) |
| 26. Food for Thought | 838. Hickory Jump | 31. ING Name Tags |
| 2. Four Drawings | 839. High Post | 125. Ice Breaker |
| 758. Four Up | 173. Highlights with Punctuation | 32. If I Could Be . . . |
| 627. Four-man Walk | 120. Hog Call | 33. If I Were |
| 759. Fox and Squirrel | 72. Holiday Autobiography | 634. Iglagunerker (Laughing Matter) & Butt Bounce |
| 760. Frantic | 28. Home Sweet Home | 427. Igloo Chute |
| 148. Free Choice Game | 395. Hop on Tag | 765. Impulse |
| 230. Fried Egg Simulator | 425. Hot Tamalie | 809. In Gear |
| 172. Friendly Sentence Stubs | 426. Hot Dog, in a Huddle | 199. In the Manner of the Adverb |
| 391. Frisalevio | 763. Hot Stuff | 635. Inch Worm |
| 761. Frisbee Fakeout | 764. How Do You Do | 176. Incognito |
| 576. Frisbee Shuffleboard | 29. How Would Your Life be Different | 844. Initiative Problem Debriefing Topics |
| 577. Frisbockey | 726. How to Start an Argument | 126. Instant Replay |
| 762. From Sea to Sea | 807. Hows That Again | 454. Inter Galactic Paper Bag Masks |
| 703. Front Roll Practice | 234. Hug and Roll | 107. Internal Functions |
| 231. Frozen Shoes | 396. Huggit | Interview Chain for Younger Children, The |
| 392. Frozen Tag | 235. Hum-Dinger | 74. Interview Whip and Interview Chain, The |
| 628. Full House | 705. Human Camera | 127. Introductions |
| 629. Funny Face | 236. Human Compressor | 766. Inuit Ball Pass |
| 578. Garbage Collector | 840. Human Ladder | Paper Bag Puppets |
| 267. Garbage Queen | 198. Human Machine Company | 177. Inverse Paranoid Projects |
| 232. Gazelle Stalking | 841. Human Mixmaster | 689. Invisible Jump Rope |
| 393. Gema | 580. Human Tic-Tac-Toe | 200. Invisible Tug-of-War |
| 106. Geography of the Self | 121. Human Treasure Hunt-1, A Bakers Dozen | 636. Inuit Blanket Throw |
| 805. Get Down | 122. Human Treasure Hunt-2, A Bakers Dozen | 637. Inuit Pole Jump |
| 579. Gimmee | 123. Human Treasure Hunt-4, Parenting | 76. It's Your Choice |
| 453. Give'em a Hand | 124. Human, Treasure Hunt-3, Men, Women & Sexism | 299. Iz'zat You? |
| 394. Go Tag | 842. Humans Merrily-Go-Around | 315. Jack Pine |
| 3. Goalpost, The | 808. Huron Hop, The | 810. Jamaquack |
| 518. Going Blank | 843. I Can Row a Boat, Canoe | 845. Jelly Roll |
| 725. Goldline Jousting | 149. I Can't, I Won't | 638. Jiggle or Swiggle |
| 92. Good Egg | 174. I Learned Statements | 77. John Muir |
| 117. Good Vibes Current | 73. I Urge Telegrams | A Person Close to Nature |
| 482. Gossip Pantomime | | 238. Johnny Went to Sleep |
| 519. Granny's Backpack | | 268. Judge Nature Says |
| 688. Group Hopping | | 581. Kanga Jump Ball |
| 27. Group Interview | | 361. Kangaroo Relay |
| 118. Group Juggling | | |
| 630. Group Loop | | |
| 233. Group Walk | | |
| 119. Guess Who I Am | | |
| 71. Guidelines for Working with Values | | |
| 806. Hagoo | | |
| 631. Hands Down | | |

- INDEX
362. Keep Your Head on the Ball
269. Keep on Tracking
316. Kidnap the Counselor
151. Killer Statements and Gestures
767. Killer Variations
178. Kindling
768. Kings on the Mountain
846. Kitten Crawl
639. Knee Walker
397. Knights More
847. Knots
640. Komri Kong Kong (Finger Walking)
727. Kung Thumb
770. Lap Sit Step, Touch, Clap
201. Lean and Leave
428. Lean Forward and Backward
179. Left-handed Compliments
398. Lemonade
483. Let's Face It
152. Life Inventory
5. Life Line
6. Lifeline, The
300. Light - No Light
641. Light Weight Idea, A
202. Lips Sync
521. List Galore & Derivation
270. Litter Locations
324. Littlefish of Circles
456. Living Clay
325. Log Chute Riding
848. Log Ladder
849. Log Walkers
522. Long Story, A
399. Loose Caboose
400. Love Handle Tag
78. Magic Box
203. Magic Lamp, The
301. Magical Musical Hunt
728. Main Sepak Bulu Ayam (Birdie Kick)
239. Make a Melody
153. Making Your Wants Known
93. Making it Real
79. Making the Difference
317. Map & Compass Games
318. Map and Compass
484. Match Games
485. Matching Gestures
128. Mating Game
729. Me Switch
523. Me and My Senses
524. Mean While, Back at the Ranch
34. Meaningful Symbols
850. Meat Grinder
364. Medley Relay
271. Meet My Friend
180. Meet Openly
457. Memories
365. Metro Medley
204. Mime Rhyme
706. Mine Field
707. Mine Field Alternate
642. Mini Balance Test
851. Miniature Monuments
525. Minister's Cat, The
643. Minute Measure
730. Mirror Image
35. Mirror, Mirror
644. Mirrors
771. Miss Those Legs
486. Missing Person
852. Mobil Ten Person Pyramid, The
853. Mohawk Walk
401. Monarch
326. Monster Relay
854. Monster, The
731. Moon Ball
645. Moon Walk
80. Moral Decision
302. Morse Code Light
772. Mortar
36. Motorcycle Fantasy
646. Mouth Stretch
240. Moving Name Game
108. Moving with Mindfulness
526. Mrs. O'Grady
487. Mukle (Silence)
582. Multiball Hockey
773. Mush Mush Swat
241. Musical Rorschach
458. Mutual Monsters
129. Name Bingo
527. Name Circles
130. Name Game, The
528. Name Six
131. Name Train
529. Name-O-Grams
459. Native American Totem
272. Nature Charades
273. Nature Life Symbols
274. Nature Nonsense
242. Natures Band
275. Natures Substitutes and Dollar Values
855. Natures Towers
583. Nerf Ball Knokaround
584. New Odds
585. New Volleyball
460. Newspaper Dowels
461. Newspaper Headgear
366. Newspaper Relay
647. Nice Big Dice
94. Nicknames
303. Night Prowlers
856. Nitro Crossing
205. No Kidding
462. Nose Masks
774. Nose Toes
732. Nose Seeker
95. Nourishing Game, The
488. Now You See Them, Now You Don't
530. Now the News
531. Number Please
532. Number Tic Tac Toe
489. OOH-AHH
402. Octopus
181. Octopus Massage
733. Off Balance
648. Off the Wall (Indoor Frisbee Game)
649. On Belay Gotcha
463. On My Mind
533. One Minute of Words
37. One and Only
811. One to Ten
650. One-Act Plays
651. One-Foot-This-High Kick
182. One-Way Feeling Glasses
132. Open Fist Simulation
429. Orbit
206. Out of Sight Shapes
464. Outer Faces
534. Outright Lie
775. Over and Backward
38. Owl Game
652. PDQ
734. PIN Roll
776. PINA

INDEX

653. Pair Skip
 654. Pana (Stick Throw)
 586. Pao Pao
 (Who Will Hide?)
 655. Paper Core Surfing
 490. Paper Golf
 430. Parachute Sailing
 133. Partner Risk or
 Sharing Trios for
 Children
 134. Partner Risk or
 Sharing Trios
 276. Partner Scavenger
 Hunt
 535. Passing Crossed
 or Uncrossed
 536. Passing the Buck
 537. Patriotic Colours
 656. Pauls Balls
 708. People Pendulum Toss
 657. People Launching
 857. People Tree, Blind
 Square & Bomb
 658. People to People
 777. People to People
 39. Percentage Questions
 659. Perpetual Motion
 778. Person to Person
 40. Personal Time Line
 690. Physical Testing,
 Section I
 691. Physical Testing,
 Section II
 858. Pick and Choose
 7. Pie of Life, The
 587. Pin Ball & Outdoor
 Pin Ball
 367. Pipe Line
 277. Place, Thoughts and
 Feelings
 431. Planet Pass
 859. Play Pen
 135. Pleasant Memories
 of Childhood
 154. Please...No!...
 Yes...No!
 779. Poi Rakau (Circle of Sticks)
 538. Points for Pairs
 660. Pole (Sapling)
 Vaulting
 860. Popsicle Pushup
 96. Positive Feedback
 41. Positive Mantram
 539. Pots and Pans
 183. Press, The
 465. Profiles
 98. Proud Whip
 97. Proud Whip
 For Younger Children
 861. Prouty's Landing
 136. Prui
 137. Psychic Shake
 42. Public Interview
 862. Punctured Drum
 735. Puni (Person to Person)
 780. Push Pin Soccer
 736. Push Me into Balance
 709. Put Your Trust in Me
 138. Puzzled Connections
 540. Puzzles for Your
 Fingers
 368. Pyramid Piggyback
 Portage
 863. Python Pentathlon
 661. Quail Shooter's
 Delight
 541. Quick Change
 491. Quick Change
 492. Quick Shuffle &
 1-2-3-4
 781. Quick! Line Up!
 100. Quickies I
 99. Quickies II
 304. Quiet as a Mouse
 155. RDA's Resent-
 Demand-Appreciate
 710. Rabid Nugget Rescue
 243. Rain Game
 403. Rat Tail
 782. Rattlers
 184. Re-entry Questions
 81. Reaction Statements
 278. Reading Feelings
 207. Real Life Drama
 864. Rebirth
 245. Rebound
 279. Recalling Highpoints
 Outdoors
 493. Red Handed
 494. Reincarnator
 8. Removing Barriers
 to Action
 692. Red Baron Stretch
 185. Reversing the
 Gauntlet
 327. Rinky Dink Relays
 466. Ripped Puzzles
 246. Ripples
 9. Risk Ratio or
 Force Field Analysis
 432. Rock to Roll
 404. Rock/Paper/Scissors
 662. Rodeo Throw
 156. Rogerian Listening
 783. Roll Playing
 369. Rope Relay
 865. Roped
 600. Roper Push, The
 588. Rotation Ping Switch Pong
 693. Row Boat Stretch
 589. Run Around the Town
 405. Runaway Chain Train
 812. Rustlers and
 Settlers
 663. SEPAK RAGA
 (Kick Ball)
 664. Sacky Hack
 542. Safari
 370. Sail Boat Regatta
 784. Samurai
 785. Samurai -- A
 Kamikaze Variation
 406. Sardines
 590. Saskatch Link Soccer
 280. Scavage!
 665. Schmertz
 591. Scooter B-ball
 592. Scooter Pair Ball
 & Scooter T-Ball
 786. Scooter Slalom
 787. Scooter Swing
 543. Scrambled Spelling
 467. Scribbles
 593. Seal Skin Jumping
 788. Search By Sound
 666. Seat Spin
 371. Secret Orders
 544. Secret Word
 186. Secrets
 43. Self Concept or
 Group Consensus
 44. Self Metaphors
 10. Self-contracts
 82. Sense of Wonder, The
 711. Sensory Sharing
 109. Sensory
 Awareness
 545. Sentenced
 468. Shadow Art
 469. Shadow Shapes
 789. Shake and Stomp
 433. Shark & Tug-O-War

- INDEX
281. Shelter Models and Historical Landmarks
712. Sherpa Walk
101. Shield, The
866. Ship Wreck
790. Shoe Factory
867. Shopping Center Search
694. Side-saddle Stretch, Craddle & Angel
208. Sightless Sculpture
282. Silly Symphony
247. Singing Name Game
248. Sing Out
249. Sing and Search
372. Sir Walter Raleigh
594. Sit Down Dodge Ball
11. Six O'Clock News, The
813. Slaughter
373. Sled Races
470. Slide Murals
868. Sling, Chalk and Carabiner
791. Slipped Disc
737. Slo-Mo
596. Slow Mo Games
792. Smaug's Jewels
667. Smoke Stack
305. Smugglers and Spies
471. Snack Food Sculpture
407. Snake in the Grass
283. Sniffing Around and Sketching
408. Snow Blind
668. Snow Flake
374. Snowball Sling
597. Soccer Frisbee
45. Sociograms
869. Soft Walk
139. Some Body Games
546. Something Bad about Something Good
409. Sore Spot /Hospital Tag
284. Sound Symbols
250. Soundings
306. Sounds in the Night
434. Space Chase
669. Spear
495. Speed (for two players)
870. Spider Web
435. Spinning Chute
793. Spinning a Yarn
110. Spontaneous Movement
670. Spoons
598. Spot Check
713. Spotting and Trust
738. Squat Thrust
375. St. George and the Dragon
285. Stalker, The
739. Stand-off
599. Stanley Cup
794. Star Wars
795. Steal the Bacon
496. Stick Puzzles
671. Stick Hangs
695. Stork Stretch
547. Story Ball
376. Streaker
871. Stream Walk
102. Strength Bombardment
83. Strength of Values
595. Strike Outless B-ball
187. Strike/Stroke & Fear in a Hat
796. Stringing Along
103. Success Fantasy
104. Success Sharing
672. Surf Massage
286. Swamp
797. Swat
188. Sweatshirt Messages
872. Swing to Safety
873. Swinging Log
874. Swings
287. Switch
251. Syllable Symphony
673. Sylvia's Silly Sequence
875. TP Shuffle
876. TT Log
674. Table Tilting
209. Tableaux
798. Taffy Pull
210. Talk Show
696. Tandem Back Cycling
740. Tandem Sit-ups (Ball Pass)
410. Tandem Tag
377. Tank Trend Tumble
799. Tatoo/Howitzer Throw
157. Teacher Feedback
877. Ten Member Pyramid, The
105. Ten You're
436. Ten-second Chute Formations
878. Tension Traverse
814. Texas Big Foot and Tickle a Pickle
319. Think Safety
741. This is My Nose
12. Three Characters
676. Three People Pull Over
601. Three Goaled Soccer
252. Thumper
378. Tight Rope Walk
189. Tingling Touch (Circle Massage)
879. Tire Toss
880. Tire Traverse
881. Tired Jumps
742. Ti-Ranga (Hand Game)
743. Tititorea (Maori Stick Switch)
744. Toe Fencing
602. Togeth-Air Volleyball
548. Tongue Tanglers
141. Toss-A-Name Game
140. Toss-A-Name Game Game Variations
882. Touch My Can
883. Traffic Jam
411. Traffic Patterns
211. Tragedy - Comedy
320. Trailing Games
437. Training the Earth
212. Transformations
603. Trash Ball
288. Tree Fantasy
604. Tree Soccer
307. Triad
497. Triangle Capture
412. Triangle Tag
884. Trick Walk
885. Trolley
498. True Detective
714. Trust Dive
715. Trust Fall
605. Tube-E-Cide
142. Tug of Peace Revisited
413. Tusker or Add-on Tag
549. Twenty Questions
46. Twenty Things I Like to Do
13. Twenty-one Questions
886. Two by Four (2 x 4)

INDEX

- | | |
|---|--|
| <p>677. Two in a Row, The
Turnstile & Double
Dutch</p> <p>213. Typewriter</p> <p>158. Tyranny of Should,
The</p> <p>800. Ultimate Nerf</p> <p>439. Umbrella Chute</p> <p>438. Umbrella Hugging</p> <p>499. Undercover Leader</p> <p>190. Unfinished Business</p> <p>47. Unfinished Sentences</p> <p>414. Validation Tag</p> <p>84. Values Continuum</p> <p>159. Values Focus Game</p> <p>48. Values Voting
Primary Grades</p> <p>49. Values Voting
Secondary Student/Adults</p> <p>85. Values and Actions</p> <p>415. Vampire</p> <p>678. Ver Ver Ara Lam
(Taking Coconuts)</p> <p>887. Vertical Log
and Tire</p> <p>214. Video Hide
and Seek</p> <p>606. Volleyball Trade</p> <p>50. Volunteering</p> <p>51. Voting . . . &
Additional Questions</p> <p>440. Wagon Wheeling</p> <p>253. Walk my Walk</p> <p>888. Wall, The</p> <p>679. Wairus Tug</p> <p>328. Water Cup Exchange</p> <p>680. Water Slide</p> <p>550. Watt Zynonym</p> <p>551. Weave-A-Word</p> <p>52. Weekly Pro Action
Sheet</p> <p>53. Weekly Reaction
Sheets</p> <p>500. What Am I</p> <p>14. What Do You Wanna Be
When You Grow Up</p> <p>160. What We Know and
What We Want to Know</p> <p>552. What Would You
Do If . . . ?</p> <p>54. What's in Your
Wallet</p> <p>86. Where Do You Draw
the Line</p> | <p>815. Which Pair</p> <p>607. Which Way? Softball</p> <p>308. Whistle Tag</p> <p>55. Who Are You</p> <p>56. Who are We?</p> <p>57. Who's Who</p> <p>309. Whoo?</p> <p>191. Wiggle Handshake</p> <p>472. Wild Blue Yonder</p> <p>889. Wild Woosey</p> <p>321. Wilderness Know-how</p> <p>379. Winch Worm</p> <p>816. Wink</p> <p>416. Wok Tali Wok</p> <p>289. Wonder of Nature,
The</p> <p>192. Wonderful Shuffle</p> <p>473. Word Painting</p> <p>290. Word and Picture
Symbols</p> <p>553. Wordles</p> <p>554. Words Make Stories</p> <p>681. World Champion
Paper-Stacking
Contest</p> <p>215. World Premiere</p> <p>608. World Series</p> <p>254. Wrist Dancing</p> <p>716. Yeah, But . . .</p> <p>143. Yells, The</p> <p>555. Yes-No-Black-And-
Blue Taboo</p> <p>58. You Asked For It</p> <p>15. Your Turn</p> <p>697. Yurt Circle</p> <p>801. Zen Clap</p> <p>890. Zig Zag</p> <p>255. Zink Vortex</p> |
|---|--|