

Circle Games and Activities

1. Zoom – How fast can the group pass the word ZOOM around the circle?

Rules – 1 zoom per person...everyone must say zoom...there are no short-cuts, the zoom must go around...so long as the group has a better score (faster) each round, they may continue to try for improvement.

2. Name Zoom – Instead of passing zoom around the circle, the group must say their own first name.

3. Have You Ever? – Simply ask “Have you ever” questions to the group to find out more about each other. If you “have ever”, you walk to the other side of the circle, exchanging high-5’s with others who “have ever”. Examples...Have you ever...Been to Disney? Been to a foreign country? Been surfing? Caught a fish? Watched the sun rise? Jumped out of a plane? Owned a dog? Eaten Sushi?

4. Moose Antlers – One person (or 2, 3, or 4 people) walks around the inside of the circle and directly points at someone. The point is executed by placing the hands together palm to palm and thrusting all 10 fingers and thumbs towards them. That person quickly places both thumbs to either side of their head (on the temples) and extends the fingers into moose antlers. The person to their right puts their left thumb to their own temple in a single moose antler, and the person to the left does the same with their right hand. So...a double in the middle, and two singles on either side (hand closest to the moose). If it is done quickly and correctly, the pointer moves on. If any of the three are too slow or incorrect in their antler “show”, that person is the new pointer in the middle.

5. Samurai – This game is played like Moose Antlers, however when the person in the circle is pointed at, they must duck FAST, because the persons on their right and left reach across with a samurai/karate style chop over their head with a loud “hhhhiiiiii”. Failure to duck, or chop, or yell and that person takes the place of the pointer.

6. Look Up – This is a Project Adventure activity with many variations. Someone in the circle says, “look down” (everyone looks at the floor). That same person then says, “look up” and everyone picks their heads up and looks directly at someone else in the circle. If that person happens to be looking back at you, the two of you scream and run across the middle of the circle (or around the outside of the circle), and the two take each other’s place in the game.

Once the game is established, create two circles a good distance away from each other and play two separate games. If you lock eyes with someone, both of you scream and run to the other circle.

7. Me, You, You, Me – This is another Project Adventure activity that is a beginning name game. One person (or more as the game gets going), runs across the circle, and while shaking hands, says their own name. The other person says their own name. The first person (the runner) repeats the name of the person in the circle, and then back to the person in the circle who says the name of the person who just came to them...me, you, you, me...or Chip, Amy, Amy, Chip

8. Secret Agent – Yet another classic FUN PA game...an energizer for sure (full of laughs). Each person is playing their own game and there are three people in each person's (my) game. There is me (the secret agent), a nemesis, and my protector. First, I pick out a person in the circle who will be against me (my nemesis), then I choose someone to be my protector...I DO NOT TELL EITHER PERSON! When the game begins, I must position myself (constantly moving) so that my protector is always in between me and my nemesis. Play goes on for a minute or two. Everyone then declares who their nemesis and protector was, and now it's time for round 2 with new choices for the people in your game.

9. Instant Replay – This game goes back to the New Games Foundation out of San Francisco in the 70's! One person in the circle begins by taking a dramatic step into the middle of the circle while saying their name in some creative presentation. They step back, and the rest of the group repeats...exactly...the movement and name presentation, down to the last detail!

10. The Frozen Pose – (an original) One person in the circle begins by assuming a pose (muscle, balance, fitness, funny, awkward, etc. pose). That person freezes in their pose and the frozen pose gets sent around the circle in a wave like movement, quickly and silently...no laughing. By the time it gets around the circle, everyone is frozen in the original pose. The next person in the circle changes the pose, and it goes around again in wave like fashion. The funnier/more difficult the pose, the more fun the game becomes.

11. Clap, Jump, Spin, Run – Everyone begins in a large circle. One person starts the game action with a single clap. The person to his/her immediate right jumps. The next person in the circle spins around one time, and continuing to the right, the fourth person runs across the circle and squeezes in between two people. A clap from the runner sends the pattern to the right again, and the game continues. Once everyone "gets the hang of it", change the game allowing the clap to send the jump, spin, run to the right **and** the left.

Variations – The sky is the limit when changing the movements in this activity. One example would be to start everyone in a circle, all seated. When the leader says "go", the person to their right does a push-up, the next person does a sit-up,

and the last person animal walks (bear, crab, cat, etc.) to a new position in the circle and yells “go”.

Then... for the brave only...could the runner/animal walker send the activity both ways again, however combine the two games. So...when the runner or animal walker finds their way to a new spot in the circle, they clap and yell “go” at the same time. The signal sent to the right is jump, spin, run. The signal sent to the left is push-up, sit-up, and animal walk.

Could we change it to include balls? The leader hands the ball off to the right, the next person bounces it and passes it to the right. The next person throws it up, catches it and passes it to the right. The final person dribbles or carries it to a new spot, and it’s then pass, bounce, throw, run (or dribble)

12. Speed Fitness Bingo – This is a great activity using a pre-made Activity Bingo Game (available from Flighthouse), or a homemade game. The set-up is teams of between 2 and 5 around the outside of a large circle. Each team should have one (or more...see variation below) Bingo card. All the fitness cards and the markers should be spread out in the middle of the circle face down. On “go”, the first person from each team runs in to retrieve a fitness card and a chip/marker and brings both back to the group. The team does the exercise on that card and if it is on their Bingo card, they cover that spot. The next person on the team returns the fitness card and brings a new card and a marker back. Continue the game until a team covers a line and yells BINGO! Remember...each card/exercise is done whether it is on the teams Bingo board or not. All cards should be replaced in the middle **face down** by a new player from the group each time. A chip is brought back each time and kept to be counted at the end of the game. The team with the most chips earns “hardest workers” bragging rights.

*A fun variation is to have the teams earn a Bingo board every time they complete a cooperative (everyone on the team connected) warm-up running lap at the start of class. If the team begins the Bingo round with three boards, they obviously must bring back three chips with each exercise card as the game progresses.

13. Orient the Square- This is a classic that goes back to the New Games Foundation, and early Project Adventure...my students all time favorite! Students form a square around the teacher, each taking note of where they are in that square. Each side of the square must have the exact line-up of people and must be oriented to the middle person (the teacher). Therefore, the line on the left will always be on the left, the line in back, always in the back, etc. When the teacher turns, the entire group must move to reorient the square. Once they get it...leave

the square and stand someplace new until they re-form the square. I then start running all around the school, stopping in strange places, to have the class chase me down and build the square. We've been in the Principal's office, the teacher's room, in the middle of a science class, on the stage, in the bleachers, etc.

14. Right, Left, Front, Back (Jump in) – With the entire group facing the same way, everyone must step either right, left, front, or back, depending on the leaders call (one step only). Also, the direction must be said by the group out loud. Then the fun begins, and the group must...

- a. Do exactly as the leader says...repeat the direction and move in that direction...
- b. Next, they must do exactly the opposite (leader says front, the group says back, and steps back)
- c. Next, they must repeat the direction, but move in the opposite direction (leader says back, the group says back, but steps front)
- d. Next, they must say the opposite direction, but step in the correct direction (leader says back, the group says front, but steps back) ...at this point their brains are fried!

15. Relay Tag – Groups of 3 line-up single file Line) outside the circle (facing in). The first person enters the circle and then 3 seconds later the 2nd person enters and tags person #1. Once tagged, person #1 exits the game and high 5's the next person (#3) in line, who enters the circle to tag #2...relay style.

16. World View Tag – Using any tag game (relay tag works well), all of the participants play with reduced vision (and reduced speed/more care each round)

- a. Blinders – both hands on the sides of the eyes (horse blinder style)
- b. Binoculars – two hands circle the eyes binoculars style
- c. Cyclops – cover one eye with one hand
- d. Monocular – cover one eye and circle the other eye with the other hand

***REMEMBER SAFETY...elbows down and in by the sides! As the game progresses, the speed should decrease!

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