

James W. Allison  
RTM 351 Five Activities/Ice Breakers  
2/5/2009

## Adventure Education Learning Resource

### **I. Activity/Strategy Name:** Dog's Tail

**Source:** 101 Fun Warm-Up and Cool Down Games, author John Byl, page 27

**Relevant Teaching Objective(s)/purpose:** Team Building Exercise, Coordination Appliance, Increased Communication

**Recommended for:**

**Age group:** Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size:**

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level:** Passive/Moderate/Very Active/Strenuous

**Perceived Risk:** Low/Moderate/High/Very High

**Experience/Knowledge Level:** Novices/Beginner/Intermediate/Experts

**Briefing Notes:**

Objective: For the head of the dog (player in front of the line) to tag the dog's tail (the player at the end of the line). If the front player is successful the head player becomes the dog's tail.

Key Rules (Safety Guidelines): If the dog turns too quickly the dog's tail will fly off.

Variations:

**Loose Dog:** One player (loose dog) is not attached to the dog (line of players). The loose dog tries to tag the dog's tail (player at the back of the line). When the loose dog is successful, she becomes the dog's tail and the dog's head (first player in line) becomes the next loose dog.

**Long Dogs:** Several lines of players form dogs. The head of each dog (first player) tries to tag the tail of another dog (last player in line). When a dog's tail is tagged, it is added to the end of the tagging dog. The goal is to become the longest dog during a set time limit.

**Physical Resources Needed:** None

### **II. Activity/Strategy Name:** Balance Tag

**Source:** 101 Fun Warm-Up and Cool Down Games, author John Byl, page 36

**Relevant Teaching Objective(s)/purpose:** Competitive Spirit, Increased Physical Interaction, Humorous Entertainment

**Recommended for:**

**Age group:** Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size:**

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level:** Passive/Moderate/Very Active/Strenuous

**Perceived Risk:** Low/Moderate/High/Very High

**Experience/Knowledge Level:** Novices/Beginner/Intermediate/Experts

**Briefing Notes:**

Objective: For the it to tag another player and for players to avoid losing their beanbags.

Key Rules (Safety Guidelines): Space be complimented with the number of competitors.

Variations:

Dribble Balance Tag: This variation is the same as Balance Tag except that players must also dribble a basketball, soccer ball, or hockey puck.

Balance Any Tag: Use Balance Tag for any tag game

**Physical Resources Needed:** One beanbag per player and one pool noodle per person.

III. **Activity/Strategy Name:** Tangled Tag

**Source:** Great Games for Young People, authors Marilee A. Gustafson, Sue K. Wolfe, and Cheryl L. King, page 88

**Relevant Teaching Objective(s)/purpose:** Problem Solving

**Recommended for:**

**Age group:** Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size:**

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level:** Passive/Moderate/Very Active/Strenuous

**Perceived Risk:** Low/Moderate/High/Very High

**Experience/Knowledge Level:** Novices/Beginner/Intermediate/Experts

**Briefing Notes:**

Objective: One partner ties the ends of the rope to their wrists. The other partner does the same after looping the rope under the partner's rope. The object of the game is to try to escape by untangling the 2 ropes without untying the knots or slipping the ropes off the wrists.

Key Rules (Safety Guidelines): None

Variations: None

**Physical Resources Needed**: 1 rope (about 5ft long) for every player.

**IV. Activity/Strategy Name**: Coin Toss

**Source**: You'll Never Guess What We Did in Gym Today!, authors Kenneth G. Tillman and Patricia Rizzo Toner, page 163

**Relevant Teaching Objective(s)/purpose**: Simple Coordination Appliance

**Recommended for**:

**Age group**: Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size**:

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level**: Passive/Moderate/Very Active/Strenuous

**Perceived Risk**: Low/Moderate/High/Very High

**Experience/Knowledge Level**: Novices/Beginner/Intermediate/Experts

**Briefing Notes**:

Objective: To toss a coin into the scoring areas of the coin toss target.

Key Rules (Safety Guidelines): Divide the class into equal teams of up to five players, and number the players from one to five. Have each team toss against another team, or against the clock, or have players toss against each other. In the team-against-team version, the team members toss in numerical order, alternating with the opposing team, attempting to accumulate the highest point total. The game can be played to fifty points or to see which team has the most points in one class period. Target size can vary with the ages and skill levels of the students.

Variations:

1. Play so that when the coin lands on "heads," point values are double.
2. Give players the option of calling "heads" or "tails," If correct, point values are tripled, but if incorrect, no points are awarded.

**Physical Resources Needed**: Thumbs, Quarters, Target made of cardboard, wood, or drawn with chalk.

**V. Activity/Strategy Name**: Problem Child

**Source:** You'll Never Guess What We Did in Gym Today!, authors Kenneth G. Tillman and Patricia Rizzo Toner, page 180

**Relevant Teaching Objective(s)/purpose:** Trust Exercise, Hand and Voice Coordination

**Recommended for:**

**Age group:** Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size:**

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level:** Passive/Moderate/Very Active/Strenuous

**Perceived Risk:** Low/Moderate/High/Very High

**Experience/Knowledge Level:** Novices/Beginner/Intermediate/Experts

**Briefing Notes:**

**Objective:** To match the word with the description of the occupation as quickly as possible.

**Key Rules (Safety Guidelines):** Divide the class into teams of equal size, and hand each team member a card with a description of an occupation on it (description card). On the signal, one team member at a time must run to the hula hoop containing the occupation cards, find the card that matches the job description, and place it in his team's scoring zone outside the hoop. That player then runs back to the line and tags the next player who must do the same. Play continues until all cards are matched. The first team to finish receives three points, the second two points, and the third one point. Each team that correctly matches all cards also receives one point.

**Variations:**

Depending on the age level of students, the cards can be more strategically difficult.

Change generic persons to famous people and have occupation coincide with movies or current occupation.

**Physical Resources Needed:** Descriptions and Occupation Cards, Holla Hoops or String to mark goals

James W. Allison

RTM 351 20 Minute Activity

2/5/2009

### **Adventure Education Learning Resource**

**I. Activity/Strategy Name:** Hot Chocolate River

**Source:** [www.ultimatecampresource.com/site/camp-activity/hot-chocolate-river.html](http://www.ultimatecampresource.com/site/camp-activity/hot-chocolate-river.html)

**Relevant Teaching Objective(s)/purpose:** Team Building Exercise, Increased Communication, Test of Ability and Coordination

**Recommended for:**

**Age group:** Younger Children/Older Children/Youth/Younger Adults/Older Adults/All Ages

**Group Size:**

Individual/Dyad/Foursomes/Small Groups (8-12)/ Large Groups (13-24)/Crowd

**Physical Activity Level:** Passive/Moderate/Very Active/Strenuous

**Perceived Risk:** Low/Moderate/High/Very High

**Experience/Knowledge Level:** Novices/Beginner/Intermediate/Experts

**Briefing Notes:**

Objective: For the team to get across the scorching hot chocolate river, by using marshmallows ( small squares of any kind of material, but not too big). The river is too hot to swim and too deep to cross.

Key Rules (Safety Guidelines): The current of the river is so strong that it sweeps the marshmallows away if someone is not holding them down (i.e. a hand, foot, or other safe appendage). Also, the marshmallows tend to swell up once they are placed in the river, and they become too heavy to move again, so they must remain where they are placed.

Variations:

Change the names of the river and/or square pieces.

Change the size of the squares and/or the river.

**Physical Resources Needed:** 2 ropes, or other material to mark off the rivers edges, 8 or 9 squares (which could be different material ex: carpet squares, tarp pieces)

## Andrews Collard – 5 Ad Learning Activities

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Blackboard Sentences

**SOURCE:** (List Book Title/ Author/ Page): The Encyclopedia of Icebreakers / pg. 283

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

This allows groups to get to know each other in a fun environment, you could discuss after the value of anticipatory thinking, the individual cooperating in a group task, etc.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/**Older children/Youth/Younger adults/Older adults**/All ages

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)**/Crowd

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner/ Intermediate**/ Experts

**BRIEFING NOTES:**

Objective:

In teams, to race against one another to formulate a sentence to which each team member has added a word.

Key Rules (Safety Guidelines):

You must line up 10 feet away from the board, each team member is responsible for adding one word to his or her team's sentence. After writing a word the person with the pen then passes it to the next person in line. The result must be a sentence not a fragment.

Variations:

The facilitator could say each sentence must start with a word of a certain letter. You could compete against the clock to see which group gets the fastest time.

**PHYSICAL RESOURCES NEEDED:**

Chalkboard/Chalk      Whiteboard/Dry Erase Marker      2 sheets of Newsprint/Marker

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Knots

**SOURCE:** (List Book Title/ Author/ Page): The Encyclopedia of Icebreakers / pg. 313

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

This experience is structured for sessions that emphasize personal interaction among group members and is generally more effective being used in the early stages of the groups formation.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)**/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/**Moderate**/Very active/Strenuous

PERCEIVED RISK: Low/ **Moderate**/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner**/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective:

To be able to cooperate with one another and follow one person's instructions carefully.

Key Rules (Safety Guidelines):

The group gets in a circle and joins hands, one volunteer steps aside and is blindfolded. The group then entangles themselves by walking over and/or under one another's joined hands. The volunteer then tries to unwind the group members without causing them to unclasp their hands.

Variations:

After giving the volunteer 2-3 min. the facilitator allows the group to unwind itself.

**PHYSICAL RESOURCES NEEDED:**

None

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** **Blown Out of Proportion**

**SOURCE:** (List Book Title/ Author/ Page): The Encyclopedia of Icebreakers / pg. 141

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

The only purpose is friendly competition and to loosen up with those around you, effective at any time during the learning program.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective:

To see whose balloon goes the farthest when the air in it is released.

Key Rules (Safety Guidelines):

Line up along a designated line, and give each participant a balloon. They are to blow it up as much as possible and hold it tightly so that no air gets out. On the count of 3 the balloons are released and the winner is crowned "Balloonist for the Day."

Variations:

You could divide into teams and face off one on one, the team who wins the most wins overall. You could race for a certain distance, each participant follows their balloon, picks it up where it lands, blows it up again, and releases it until it crosses the finish line.

**PHYSICAL RESOURCES NEEDED:**

Balloons

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Barnyard

**SOURCE:** (List Book Title/ Author/ Page): The Encyclopedia of Icebreakers / pg. 9

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

This is used as an energizer or stress reducer

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts



**BRIEFING NOTES:**Objective:

The farmer tries to guess the names of people while they disguise their voices with animal sounds.

Key Rules (Safety Guidelines):

The group stands in a large circle with one volunteer in the middle blindfolded. They are spun around to become disoriented and call out the name of an animal. The closest person to the farmer makes the noise of that animal and the farmer tries to guess the person's name. If they are correct, the animal and farmer trade places, incorrect and the farmer is spun around again until they guess correctly.

Variations:**PHYSICAL RESOURCES NEEDED:**

A handkerchief or scarf to serve as a blindfold

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Indian Chief

**SOURCE:** (List Book Title/ Author/ Page): Delfina Newton

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

To get acquainted with one another

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**Objective:

To find the leader of the group who initiates new movements that are copied by the group.

Key Rules (Safety Guidelines):

The group stands in a circle with one volunteer to be in the middle. The volunteer steps outside while the group picks their Indian Chief. The volunteer returns to the middle of the circle while the group is already starting their first imitation, the Indian Chief then discretely changes the movement that the group then follows. If the volunteer figures out the Indian Chief, they trade spots.

Variations:

**PHYSICAL RESOURCES NEEDED:**

none

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME :** Big Booty

**SOURCE:** (List Book Title/ Author/ Page):: <http://www.wikihow.com/Play-Big-Booty>

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Fun game to get the group energized and laughing

**RECOMMENDED FOR:**

AGE GROUP: Younger children/**Older children**/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)**/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Stay in rhythm as you count numbers

1. Key Rules (Safety Guidelines): **Get at least three people.** The game is best played in large groups of at least five. Arrange yourselves in a circle, standing or sitting.
2. **Number the players.** Establish one player to be "Big Booty," which is essentially just a name for the leader. Number the other players as "Number One," "Number Two," and so on, going around the circle in order.
3. **Start clapping.** "Big Booty" will establish a simple 4/4 rhythm which consists of the pattern "pat, clap, pat, clap". (You pat your thighs or a table surface with both hands then clap your hands.) Start at a moderate tempo. The group joins in with the leader, so that everyone is patting and clapping simultaneously.
4. **Begin the game** (assuming you're the leader) by singing "Big booty, big booty, big booty, oh yeah!" This is to be sung in time with the rhythm:
  - o Pat - "Big booty"
  - o Clap - "Big booty"
  - o Pat - "Big booty"
  - o Clap - "Aahhhh yeah!"
5. **Pick a person in the group** by stating the number of any other player in the circle. That player is then to state his own number, followed by the number of a different player (or "Big Booty" if they wish to pass the turn to the leader), and so on. All this is to be said **in time with the given patting/clapping tempo**. For example:

- All: "Big booty, big booty, big booty, oh yeah!"
  - Big Booty: "Big booty, number seven!" (said with a single pat and a single clap)
  - Number Seven: "Number seven, number three!" (said with a single pat and a single clap)
  - Number Three: "Number three, number eight!" (said with a single pat and a single clap)
6. **Continue the pattern** until someone makes a mistake by doing one of the following (in which case they must leave the circle):
- falls out of rhythm (usually because they didn't realize their number was called)
  - talks during the chant when it is not their turn
  - picks their own number
  - picks the number of the player who just picked them (Example: "Number Five" picks "Number Three" then "Number Three" picks "Number Five" again--"Number Three" is out)
7. **Close the circle** and reassign new numbers according to the new order of people in the circle. If "Big Booty" falls out, "Number One" becomes "Big Booty." The game ends when there is only one left standing after the circle dwindles down in members.

Variations:

**PHYSICAL RESOURCES NEEDED:**

None

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** All Tied Up

**SOURCE:** (List Book Title/ Author/ Page):

[http://www.firststepstraining.com/resources/activities/archive/activity\\_overhand.htm](http://www.firststepstraining.com/resources/activities/archive/activity_overhand.htm)

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Teamwork, Communication

**RECOMMENDED FOR:**

AGE GROUP: Younger children/**Older children/Youth/Younger adults/Older adults/All ages**

GROUP SIZE: Individual/Dyad/**Foursomes**/Small group (8-12)/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner**/ Intermediate/ Experts

#### **BRIEFING NOTES:**

Objective: For the group to tie an overhand knot in the middle section of rope without anyone releasing their ropes.

Key Rules (Safety Guidelines): Distribute the ropes, and demonstrate an overhand knot (the kind that you start tying your shoes with ... half of a square knot ...); have the group practice the knot with you a few times to make sure that they understand what an overhand knot is.

Now instruct the group to face you and grab on to the end of someone else's rope so that they form a connected line - not circle - with a rope connecting each person. To truly belabor the point, the human configuration should be person-rope-person-ROPE-person-rope-person.

Why the caps in that center ROPE? Because that is the rope in which the group must tie an overhand knot without anyone letting go of the ropes that they are holding. Simply instruct the group to tie an overhand knot in the center rope without anyone releasing the ends that they are holding and step back.

That's it.

**PHYSICAL RESOURCES NEEDED:** Three four-foot lengths of rope per small group. Ties work well also.

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Welded Feet

**SOURCE:** (List Book Title/ Author/ Page):

[http://www.firststepstraining.com/resources/activities/archive/activity\\_welded\\_ankle.htm](http://www.firststepstraining.com/resources/activities/archive/activity_welded_ankle.htm)

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** **Teamwork, Communication**

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: Passive/**Moderate**/Very active/Strenuous

PERCEIVED RISK: Low/ **Moderate**/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner**/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: For the group to move from one side of a field to another as a group

Key Rules (Safety Guidelines): Mark off beginning and end lines for the space across which the group must travel. (I prefer brightly colored rope for this, but cones, flags, upturned coffee cups, etc. will do the trick as well.) Have the group assemble behind the start line and explain that the group must travel over the endline while maintaining continuous contact with their feet. If anyone in the group loses contact with his/her partner's foot, the entire group must start over.

Variations: Have the group stand in a circle and have everyone move clockwise together with out undoing their welded feet

**PHYSICAL RESOURCES NEEDED: None**

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Traffic Jam

**SOURCE:** (List Book Title/ Author/ Page): <http://mathforum.org/alejandre/frisbie/jam.html>

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Teamwork, communication

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)**/Large group(13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/**Moderate**/Very active/Strenuous

PERCEIVED RISK: Low/ **Moderate**/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Everyone must move so that the people originally standing on the righthand stepping stones are on the lefthand stones, and those originally standing on the lefthand stepping stones are on the righthand stones, with the center stone again unoccupied.

1. Key Rules (Safety Guidelines): After each move, each person must be standing on a stepping stone.
2. If you start on the left, you may only move to the right. If you start on the right, you may only move to the left.

3. You may "jump" another person if there is an empty stone on the other side. You may not "jump" more than one person.
4. Only one person can move at a time.

**PHYSICAL RESOURCES NEEDED:** Some kind of “stepping stones”, enough for one per person, plus one more. Paper works well.

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Ah, Saw, Ko or Zip, Zap, Zop

**SOURCE:** (List Book Title/ Author/ Page): <http://www.interplaytheatre.com/Games/ZipZapZop.html>

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Good energizer game, gets group laughing and loosened up

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: The goal is to pass the words and energy around as quickly as possible, which is harder than it seems. Many theatre companies use this as a warm-up before going on stage, to establish teamwork and to encourage quick thinking. If you use this with a group of students, you may find that it takes several tries to get into the rhythm of the game. Don't give up! Eventually, the group will begin to go at lightning speed.

Key Rules (Safety Guidelines): Everyone stands in a circle. One person quickly claps and points at another, while saying "zip." The person who received the "zip" then claps and points at another, while saying "zap." That person then claps and points to someone while saying "zop." The pattern continues, "zip, zap, zop, zip, zap, zop..."

**PHYSICAL RESOURCES NEEDED:** None

## Heather Arazi – Adv Learning 5

### Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Blanket Drop/Blanket ID

**SOURCE:** (List Book Title/Author/Page): Gallaudet University Personal Discovery Program

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Learn each others' names
2. Social/fun
3. Quick responses

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13-24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/Moderate/High/Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/Beginner/Intermediate/Experts

**BRIEFING NOTES:**

Objective: To get to know each other better, we will break up into teams. Each team will sit on the opposite side of the blanket. Each team chooses one person to sit in front of the blanket. When the blanket is dropped, the two people will call out each others' names. The person who calls out the name first will be able to bring the other person over to their team.

Key Rules (Safety Guidelines): Keep noise levels down.

Variations: If there is no blanket, team members can stand facing opposite directions. When someone yells go, the two turn around and say each other's name. If team members already know each others' names, the leader can call out a characteristic, such as "hair color" or "age". The members will then need to call out the opposing person's characteristic.

**PHYSICAL RESOURCES NEEDED:**

-Blanket or tarp

### Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Circle The Circle/Earthwinds

**SOURCE:** (List Book Title/Author/Page): Quicksilver/Karl Rohnke and Steve Butler/page 155

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Warm up
2. Helping others
3. Communication

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages



GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13-24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/Moderate/High/Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/Beginner/Intermediate/Experts

**BRIEFING NOTES:**

Objective: All participants should be standing in a circle facing inward. All participants will hold hands, and the leader will take a hula hoop and participants will pass the hula hoop around the circle, back to the leader.

Key Rules (Safety Guidelines): Do not let go of each others' hands.

Variations: Webbing can be used instead of a hula hoop. Multiple hoops can be used simultaneously. Multiple hoops can be used in opposing directions. Longer webbing made into two circles can be used.

**PHYSICAL RESOURCES NEEDED:**

-hula hoop or webbing

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Helium Hoop

**SOURCE:** (List Book Title/Author/Page): Project Adventure

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Creative thinking
2. Teamwork
3. Communication

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13-24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/Moderate/High/Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/Beginner/Intermediate/Experts

**BRIEFING NOTES:**

Objective:

All group members will stand in a circle facing inward, with both of their index fingers pointing to the middle of the circle. The leader will put the hula hoop on their fingers. The group will bring the hula hoop down to the ground.

Key Rules (Safety Guidelines):

All of the group members' fingers must touch the hula hoop. If a group member's finger loses connection with the hula hoop, the group will need to start again. You may not touch other people's fingers or wrap your finger around the hula hoop. The hula hoop must be kept horizontal all the way to the ground. For older groups, have them lower the hoop to a table (they may struggle with bending at the knees).

Variations:

For a challenge, the group can try to attempt this with themselves inside the hula, and the hula comes down the outside of the group. This can also be done with the participants in a line, on alternating sides (Helium Stick).

**PHYSICAL RESOURCES NEEDED:**

Hula hoop

Flat, empty space

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Centipede

**SOURCE:** (List Book Title/Author/Page): Association for Experiential Education Conference

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Teamwork
2. Communication
3. Problem Solving

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13-24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/Moderate/High/Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/Beginner/Intermediate/Experts

**BRIEFING NOTES:**

Objective: As you come down a mountainside, the group realizes that it's too steep to climb down individually. You must sit in a line facing the front of the line. Only two feet can touch the ground as well as two hands. You will attempt to travel from point A to point B as a group.

Key Rules (Safety Guidelines):

Only two feet and two hands may touch the ground.

Variations: If this challenge is too easy, the group can then attempt to traverse backwards.

**PHYSICAL RESOURCES NEEDED:**

-webbing/rope/tape to mark the beginning and end

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Cinnamon Bun Hug

**SOURCE:** (List Book Title/Author/Page): Gallaudet University Personal Discovery Program

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Culminating activity

## 2. Become comfortable with physical contact

### **RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13-24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/Moderate/High/Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/Beginner/Intermediate/Experts

### **BRIEFING NOTES:**

Objective: All people will need to stand in a circle facing inward. All people will hold hands. The leader will lead the circle inward in a spiral shape, while the person on the other end of the line will lead the circle outward in a spiral shape. The end result will look like a tight cinnamon bun. The leader will then duck down and find her way out underneath other people's arms, and lead the line back into a large circle.

Key Rules (Safety Guidelines): The leader should speak in a calm and relaxed manner, to help the group calm down and get ready to leave. If the group is excited, they may move too much, causing the group to sway and possibly fall down.

Variations: The leader should talk about a few things that happened today and how they apply to their future.

### **PHYSICAL RESOURCES NEEDED:**

-None

**John Cunningham RTM 351**

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** \_Zipp - Zapp

**SOURCE:** (List Book Title/ Author/ Page):\_Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Name game, get to know your neighbors.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages: 6 and up

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd: 8 or more

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous: passive

PERCEIVED RISK: Low/ Moderate/ High/ Very high: Low

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts: novices

**BRIEFING NOTES:**

Objective: Players form a circle with one in the middle, person in the middle picks a person and says ZAP the person selected must name the person to their left. If the person in the middle calls out Zip-Zap then all players must get up and change their position in the circle.

Key Rules (Safety Guidelines):

Variations: You can reverse Zipp- Zapp to Zapp- Zipp

**PHYSICAL RESOURCES NEEDED:** None, group is sitting in circle

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Spider Net

**SOURCE:** (List Book Title/ Author/ Page):\_ Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** knowledge of trivia and to trust your fellow participants.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages: 15 and up

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd: At least 10

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous: moderate

PERCEIVED RISK: Low/ Moderate/ High/ Very high: High

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Toss a rope from person to person after asking and a answering a question creating a web, then a willing player must lay on the web we wove.

Key Rules (Safety Guidelines): Make the web as solid as possible.

Variations:

**PHYSICAL RESOURCES NEEDED:** 75 ft of rope or yarn

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Square off Relay

**SOURCE:** (List Book Title/ Author/ Page): Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Tug of war with some strategy.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages: 10 and up

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd : at least 2

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous: moderate

PERCEIVED RISK: Low/ Moderate/ High/ Very high: moderate

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts: novice

**BRIEFING NOTES:**

Objective: Two players in 1X1 squares and 30ft of rope with all slack in the middle, must try and get your opponent out of their square.

Key Rules (Safety Guidelines): if you fall out of your box your out next player moves in.

Variations:

**PHYSICAL RESOURCES NEEDED:** 30 ft of rope

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Stand-up

**SOURCE:** (List Book Title/ Author/ Page):\_Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Balance and Trust

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages: 10 and older

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd: At least 2

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous: moderate

PERCEIVED RISK: Low/ Moderate/ High/ Very high: low

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Split into pairs. Sit back to back and must stand with out using their hands.

Key Rules (Safety Guidelines): Don't fall

Variations: None

**PHYSICAL RESOURCES NEEDED:** None, just the participants

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Zig-Zag Circle

**SOURCE:** (List Book Title/ Author/ Page): Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:** Team work and balance

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages: 10 and up

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group(13- 24)/Crowd : at least 8

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous: strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high: High

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts: novices

**BRIEFING NOTES:**

Objective: form a circle holding hands and odd players lean in and even players lean out and when that is accomplished rotate from current position without lifting feet or letting go of hands.

Key Rules (Safety Guidelines): Don't let go, or pick up your feet

Variations: None

**PHYSICAL RESOURCES NEEDED:** None, just players



## Deon Ziser RTM 351 Adv Ed Activities

Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Dipody Dipody Dip! Or Elephant, Palm Tree, Monkey

**SOURCE:** (List Book Title/ Author/ Page): Unknown

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. **Strengthening of individual listening skills and attention**
2. **High level of participation.**
3. **Good level of anxiety to boost energy level.**

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12) to Large group(13-24)/

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: The group will stand in a circle, one member will begin by singing the song and saying Dipody, Dipody, dip randomly while pointing to the group, then they will choose one person to dip, dip dip, the two individuals on either side of the one chosen must say dip dip dip at the same time, once that is completed the torch is passed off and then that chosen individual must then repeat the cycle.

Key Rules (Safety Guidelines): If you don't keep the beat, then you must step out.

Variations: Elephant, Palm Tree, Monkey ; A different touch no beat, but also mo outs! The student in the middle calls one of these animals and points at an individual, then that student and the ones on either side must create that animal before the group says completes the phrase (Elephant, palm tree, Monkey)

**PHYSICAL RESOURCES NEEDED:** None

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** He Said, She said...

**SOURCE:** (List Book Title/ Author/ Page): Unknown  
Observed from Intervarsity Christian Fellowship

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. **Moderately useful for Creative thinking**

2. **Good ice breaker to get individual laughing**
3. **Appropriate use of recycled paper.**

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/  
All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13- 24)/  
Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high: *Due to content of group.*

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Everyone will sit in a circle and receive a small sheet of paper. They will first be asked to write down a guys name then fold their paper over and hand it off to the person on their right, the paper is to stay folded, and then that person will write a girls name, this is continued, but the next person writes a location, then what he said, then what she said, then the last person will come up with a ending. Then the sheet of paper is handed off one last time and read out loud to create a story for everyone's enjoyment.

Key Rules (Safety Guidelines): Be sure to Rate the game according to the audience. No peaking at it ruins the fun.

Variations: Be creative with different mad Libs.

**PHYSICAL RESOURCES NEEDED**: paper and a writing utensil

Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Needle and Thread

**SOURCE:** (List Book Title/ Author/ Page): Unknown,  
Observed from a Birthday Party.

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Communicate effectively with others to accomplish a task.
2. Demonstrate trust through group cooperation and participation.
3. Show respect and patience for individual abilities and limitations.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: The group should be divided into two teams; the first individual of each team will be given a spool of thread. That individual must 'thread'/pull the thread through his/her clothing by placing it down a shirt (and pants if group allows) then hand it off to the next individual to pull the thread up through their shirt. This continues till all members of the team are threaded together. The group then must walk together to a designated point, without breaking the thread.

Key Rules (Safety Guidelines): Team must communicate to ensure no breaking of the thread and also that any members get uncomfortable with a situation (watching the way they pull to ensure all clothes do not reveal skin). All members can not move until they are fully threaded together.

Variations: If individual are not comfortable with placing the thread underneath clothes, you can wrap the thread around the first person's wrist, and then the next person would be around the ankles. (Summer time is recommended for activity) can also make it a competition or group initiative.

**PHYSICAL RESOURCES NEEDED:** Two spools of thin thread. Fake needle if possible.

# Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Pull Up!

**SOURCE:** (List Book Title/ Author/ Page): Unknown  
Observed from High School Youth Group

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. Great Team competition and observation.
2. Good Physical challenge
3. Appropriate physical connecting among team.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13- 24)/  
Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Group will be split into two teams, depending on demographics, but usually split by gender. The two teams will circle up randomly, and one individual from each team will begin in the center. Music will begin and the two individuals in the center must 'PULL UP' an individual from the opposite team and this continues on, once the music is stopped whoever is left standing is given points. The team with the least amount of points wins.

Key Rules (Safety Guidelines): Individual can not pull up the person that had just pulled them up. A physical touch of the hands is required to determine who is up and down.

Variations: You can split the group any way; just make it so individuals will know who's on their team. Ex: all those in blue jeans vs. all other pants, or those will brown hair vs. other colors, or supervisors vs. assistants ect.

**PHYSICAL RESOURCES NEEDED:** Any type of music source.

Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** What's In Your Wallet?

**SOURCE:** (List Book Title/ Author/ Page): Unknown,

Observed from High School Youth group.

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

1. **Get to know an individual on your team, a little better.**
2. **Communication between two individuals strengthens.**

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/Small group (8-12)/Large group (13- 24)/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/Very active/Strenuous

PERCEIVED RISK: Low/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Everyone is to pair up, grab their wallets. They are then to exchange wallets and then find three things that they would like to know about the individual based upon objects within their wallet.

Key Rules (Safety Guidelines): If an individual wishes not to share, that is his/her choice and must be respected. All items must be returned to the rightful owner.

Variations: If an individual or group does not have wallets on them, they can choose to grab keys, purse, bag, ect.

**PHYSICAL RESOURCES NEEDED:** The individual must provide personal items.

# Adventure Education Learning Resource

ACTIVITY/STRATEGY NAME: **I need a Tune!**

SOURCE: (List Book Title/ Author/ Page): **Unknown**,  
Observed from Intervarsity Christian fellowship

RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:

1. **Team demonstrates cooperation and participation.**
2. **Moderately useful for quick thinking/ ideas.**
3. **Great for building listening skills.**

RECOMMENDED FOR:

AGE GROUP: Younger children/**Older children/Youth/Younger adults/Older adults**/  
All ages

GROUP SIZE: Individual/Dyad/**Foursomes**/Small group (8-12)/Large group (13- 24)/  
Crowd

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner**/ Intermediate/ Experts

BRIEFING NOTES:

**Objective:** The group breaks into teams, the facilitator will say a one word or categories, then the group must work together and come up with a known song or tune that within the first 5 to 8 words of the song must contain this word, if it's a categories, they must be able to sing at least 10 words of the tune. All members of the group must participate to move on. The facilitator will go from group to group, and the groups must continue to sing different tunes, until a group gets stuck or accidentally repeats a song that's been done.

**Key Rules (Safety Guidelines):** No songs/tunes can be repeated. All participants must participate. No cheating and listening to other groups strategize.

**Variations:** Any categories can be done ex: 80 or 90 television theme songs, a childhood rhyme, Must be top 40 ect. Or just use a word like ex: Love, Crazy, mountain, outdoor ☺

This can also be done by having the group come up with just a word for a category and going faster from group to group. Or done on an individual level, ex: cereal brands, basketball teams, States ect. When on individual level, a beat is usually performed.

PHYSICAL RESOURCES NEEDED: None!

## Justin Van Blair RTM 351 Activities

### Adventure Education Learning Resource -Justin

**ACTIVITY/STRATEGY NAME:** What's this?

**SOURCE:** Hunter Peebles

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

To see how creative and imaginative the group you're working with are. It allows the group to see that there are many answers to the same problem or challenge, that no one way is the right way.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: To describe the symbol on the whiteboard.

Key Rules (Safety Guidelines):

Everyone sees the image drawn on the board and must write what they think it is. Everyone grabs a piece of chalk (or whatever you got) and they all write at the same time.

Variations: Different symbols.

**PHYSICAL RESOURCES NEEDED:**

### Adventure Education Learning Resource - Justin

**ACTIVITY/STRATEGY NAME:** Lineup

**SOURCE:** Hunter Peebles

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Non verbal communication and teamwork.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/**Older children/Youth/Younger adults/Older adults/All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: Passive/**Moderate**/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: To line up in an equal sided box, by using your birthday.

Key Rules (Safety Guidelines):

No TALKING!

Variations: change what they have to line up in. (birthday, last names, etc). This can also be talking.

**PHYSICAL RESOURCES NEEDED:** Just people

## Adventure Education Learning Resource - Justin

**ACTIVITY/STRATEGY NAME:** Backpack

**SOURCE:** Hunter Peebles

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Creative thinking and problem solving.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/**Youth/Younger adults/Older adults/All ages**

GROUP SIZE: Individual/Dyad/**Foursomes/Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: **Passive**/Moderate/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high



EXPERIENCE/KNOWLEDGE LEVEL: Novices/ **Beginner**/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: To figure out what you can bring with you on your backpacking trip. Ex. “My name is Justin and I’m bring my Nike hiking shoes with me to my backpacking trip”

Key Rules (Safety Guidelines):

You only can bring things that start with the last letter of your first name with you.

Variations: You can use the first letter of your first/last name, or any type of variation like that.

**PHYSICAL RESOURCES NEEDED: Just people**

## Adventure Education Learning Resource -Justin

**ACTIVITY/STRATEGY NAME: Egg-Chicken-Raptor**

**SOURCE:** Hunter Peebles

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

A fun filled tag game used to test one’s rock-paper-scissors skills as well as bonding for the whole from in a fun activity.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: Passive/**Moderate**/Very active/Strenuous

PERCEIVED RISK: **Low**/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: To battle it out with your group members until only one chicken, one egg, and one raptor is left.

Key Rules (Safety Guidelines):

- Everyone starts off as an egg. When you run into another egg you battle (RPS). The win transforms into a chicken and now must walk around like a chicken. And battle henceforth.
- Everytime you win against the same type of phase you upgrade. While when you lose you downgrade.
-

Variations: Different beasts to turn into to

**PHYSICAL RESOURCES NEEDED: Just people and a open space.**

# Adventure Education Learning Resource -Justin

**ACTIVITY/STRATEGY NAME:** Tree tag

**SOURCE:** Hunter Peebles

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

A fun filled tag game used to test one's dodging abilities skills as well as bonding for the whole from in a fun activity.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/Older children/Youth/Younger adults/Older adults/**All ages**

GROUP SIZE: Individual/Dyad/Foursomes/**Small group (8-12)/Large group(13- 24)/Crowd**

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/**Very active**/Strenuous

PERCEIVED RISK: Low/ **Moderate**/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: **Novices**/ Beginner/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: To battle it out with your group members until only one person is left standing (or there is a sea of tree people in between the two.)

Key Rules (Safety Guidelines):

- A confined open space, hopefully grass.
- It's tag with a twist. When you get tagged you become rooted into the ground thus going on your knees. After two seconds you may try to tag someone from your position, if you do you are unrooted and may run around again.

Variations: different tag games....

**PHYSICAL RESOURCES NEEDED: Just people and an open space.**

**Michael Moss – 351 Initiatives/Games etc.**

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Wizards , Dragons, and Pixies

**SOURCE:** (List Book Title/ Author/ Page): unknown.

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Fun, icebreaker, makes you come out of your shell, everyone wins!

**RECOMMENDED FOR:**

AGE GROUP: Younger children/~~Older children~~/Youth/Younger adults/Older adults/All ages

GROUP SIZE: Individual/Dyad/Foursomes/~~Small group (8-12)~~/~~Large group (13-24)~~/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/~~Moderate~~/Very active/Strenuous

PERCEIVED RISK: Low/~~Moderate~~/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: ~~Novices~~/~~Beginner~~/ ~~Intermediate~~/ Experts

**BRIEFING NOTES:**

**Objective:** Group is split into 2 teams. Each team decides whether to be a wizard, a dragon or a pixie. If wizards, the team puts their arms out shakes their hands and says “shana-nana-na”. If Dragons the team raises hands above head and gives a big ‘roar’. If Pixies, the team puts thumbs to ears, fingers outstretched and says “nene-nene-ne”. Both teams start on lines 10-15 feet apart. Teams walk forward meet in the middle and gives their chosen characters sign. The Wizards are afraid of the Dragons, the Pixies are afraid of the wizards, and the Dragons are terrified of the little Pixies. The team who scares the other team has to chase and try and tag opposite player before she or he reaches their line. If tagged the player joins the other team. Game is over when all players are on one team.

**Key Rules (Safety Guidelines):** careful of slipping, careful of tagging too hard.

**Variations:** different characters to fit certain theme. i.e. circus ringmaster (whips rope), Lion (roar), mouse (squeak squeak).

**PHYSICAL RESOURCES NEEDED:** tape for lines.

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Quick Line Up

**SOURCE:** (List Book Title/ Author/ Page): Ice Breakers- collaboration of icebreakers from various sources.

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Fun, icebreaker, name game, sharing information

**RECOMMENDED FOR:**

AGE GROUP: Younger children/~~Older children~~/~~Youth~~/~~Younger adults~~/~~Older adults~~/All ages

GROUP SIZE: Individual/Dyad/~~Foursomes~~/~~Small group (8-12)~~/~~Large group (13-24)~~/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/~~Moderate~~/Very active/Strenuous

PERCEIVED RISK: ~~Low~~/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: ~~Novices~~/~~Beginner~~/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Have group form separate teams depending on total number of players. Tell them to line up as fast as they can according to different criteria. Shoe size, height, birth month, etc. first team to line up correctly wins.

Key Rules (Safety Guidelines): n/a

Variations: have one giant team and race the clock.

**PHYSICAL RESOURCES NEEDED:** none

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Skin the Snake

**SOURCE:** (List Book Title/ Author/ Page): N/A

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Fun, icebreaker, race

**RECOMMENDED FOR:**

AGE GROUP: Younger children/~~Older children~~/~~Youth~~/~~Younger adults~~/~~Older adults~~/All ages

GROUP SIZE: Individual/Dyad/Foursomes/~~Small group (8-12)~~/~~Large group(13-24)~~/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/~~Moderate~~/~~Very active~~/Strenuous

PERCEIVED RISK: Low/ ~~Moderate~~/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: ~~Novices~~/~~Beginner~~/~~Intermediate~~/ Experts

**BRIEFING NOTES:**

Objective: Group is split into 2 groups forming single file lines. Everyone in group reaches one hand in between legs, and other hand reaches forward to grasp the hand between the legs of the person in front of them. When the race begins, the last person in line lays down on the ground as the people straddle walk over laying down one at a time. Once the front person in the line has made it all the way to the end and is laying down, they stand back up and pull the group back to its feet.

Key Rules (Safety Guidelines):

No releasing hands. Careful of tripping when going backwards. Make sure area is somewhat clean before hand.

Variations: none known

**PHYSICAL RESOURCES NEEDED: none**

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Telephone Charades

**SOURCE:** (List Book Title/ Author/ Page): Tim Pearson's Bag-o-tricks. Pg1

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Fun, icebreaker,

**RECOMMENDED FOR:**

AGE GROUP: Younger children/~~Older children~~/~~Youth~~/~~Younger adults~~/~~Older adults~~/All ages

GROUP SIZE: Individual/Dyad/Foursomes/~~Small group (8-12)~~/~~Large group(13-24)~~/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/~~Moderate~~/~~Very active~~/Strenuous

PERCEIVED RISK: ~~Low~~/ Moderate/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: ~~Novices/ Beginner~~/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: Start with two groups. Make groups line up with backs turned. First person from each group gets the “setting” i.e. just won the world series etc. Each person in the group must then act out the charade for the next person in line, and the final person in line must guess what the original scene was.

Key Rules (Safety Guidelines):

No talking, no sign language

Variations: none known.

**PHYSICAL RESOURCES NEEDED:** none.

## Adventure Education Learning Resource

**ACTIVITY/STRATEGY NAME:** Elbow Tag

**SOURCE:** (List Book Title/ Author/ Page): N/A

**RELEVANT TEACHING OBJECTIVE(S)/PURPOSE:**

Fun, appropriate touching, icebreaker.

**RECOMMENDED FOR:**

AGE GROUP: Younger children/~~Older children~~/Youth/Younger adults/~~Older adults~~/All ages

GROUP SIZE: Individual/Dyad/Foursomes/~~Small group (8-12)~~/~~Large group (13-24)~~/Crowd

PHYSICAL ACTIVITY LEVEL: Passive/Moderate/~~Very active~~/Strenuous

PERCEIVED RISK: Low/ ~~Moderate~~/ High/ Very high

EXPERIENCE/KNOWLEDGE LEVEL: ~~Novices/ Beginner~~/ Intermediate/ Experts

**BRIEFING NOTES:**

Objective: all participants pair up and stand in a large circle. One pair is chosen and split apart into a tagger and a runner. When runner hooks up to a pair, the third person in the pair turns into the runner. Objectives are as follows. As tagger: to tag individual not linked to an elbow. As runner: to avoid being tagged until linked to an arm.

Key Rules (Safety Guidelines): careful of slipping, careful of tagging too hard, no connecting to adjacent groups.

Variations: moving pairs instead of a circle.

**PHYSICAL RESOURCES NEEDED:**