



GAMES & ACTIVITIES FOR YOUNG LEADERS TO USE

Finger Grabbing

Ideal for what age	8+
Appropriate for how many in group	4+
Resources	None
Time for activity	5-10 mins
Time to prepare	2 mins
Purpose	Ice breaker
How to do the activity	<ol style="list-style-type: none"> 1. Get the group to stand in a circle. 2. Tell them to hold their left hand out flat and with their right hand point their index finger to the floor. 3. Then the right hand finger pointing to the floor goes on the hand of the person on the right 4. So every one should be joined together with their finger on the right hand of someone's open hand and someone finger on your open hand. 5. The aim of the game is for the leader to count to three. On the count of 3 close your left hand to grab the finger on your hand and at the same time pull your right finger away so the person next to you can't grab it.
ECM outcomes	Enjoy and achieve

Two Truths and a Lie

Ideal for what age	8+
Appropriate for how many in group	4+
Resources	Pens & paper
Time for activity	15mins depending on group
Time to prepare	5 mins
Purpose	Ice breaker
How to do the activity	<ol style="list-style-type: none"> 1. Tell every member of the group to write down 2 truths about themselves and 1 lie about themselves. 2. They then take turns to read all three truths and lies out to the group. 3. Together the group decide which one is the lie. 4. The person reading out the truths and lie will tell them which ones are actually the truths and which one is the lie. 5. Then the next person will go.
ECM outcomes	Enjoy and achieve, Positive contribution

People Bingo

Ideal for what age	8+
Appropriate for how many in group	As many as possible
Resources	Print off of bingo sheet
Time for activity	Bigger the group the longer it will be
Time to prepare	5 mins
Purpose	Ice breaker
How to do the activity	<ol style="list-style-type: none"> 1. Give the group a bingo sheet each and a pen 2. Let the group go round, and find a person that fits the box. These people need to sign in the box. 3. Each person is only allowed to sign the same sheet once (twice if the group is small). 4. First one to fill all the boxes is the winner, but let the group finish if they want to.
ECM outcomes	Enjoy and achieve, Positive Contribution

Example:

Has a birthday in August	Plays a musical instrument	Has a cat	Likes pizza with pineapple	Has been outside of Europe
Plays football	Enjoys playing on a play station	Doesn't like cola	Has been to the cinema in the last two weeks	Has never broke a bone
Is wearing black socks	Supports Liverpool	Travelled 2000+ miles in the past 3 months	Has more than two brothers or sisters	Plays on a Wii fit
Has lived in a foreign country	Doesn't use the internet	Has a middle name	Has size 8 shoe	Has blue eyes

Line Up

Ideal for what age	8+
Appropriate for how many in group	5+
Resources	None
Time for activity	10 mins
Time to prepare	2 mins
Purpose	Team building, Communication skills
How to do the activity	<ol style="list-style-type: none"> 1. Get all of the group standing up. 2. Ask them to get into a line from one side of the room to the other in order. Orders could be height order, shoe size order, age order, birthday order etc. They need to do this in silence. 3. If the group struggle you can tell them they can use hand signs to help them determine the order they need to be in.
ECM outcomes	Enjoy and achieve, Positive contribution

Human Knot

Ideal for what age	8+
Appropriate for how many in group	6+
Resources	None
Time for activity	5-10 mins
Time to prepare	2 mins
Purpose	Team building, communication skills
How to do the activity	<ol style="list-style-type: none"> 1. Get the group to stand in a circle facing each other 2. Tell them to put their right hand out and hold hands (right hand) with the person opposite them. 3. Tell them to put their left hand out and hold a different persons hand. 4. They then have to get themselves untangled and back facing each other without letting go of hands.
ECM outcomes	Enjoy and achieve, Positive contribution

My Moon

Ideal for what age	8+
Appropriate for how many in group	4+
Resources	A small object like a pen
Time for activity	10-15 mins
Time to prepare	5 mins
Purpose	Team Building, communication skills
How to do the activity	<ol style="list-style-type: none"> 1. Get the group to sit around in a circle 2. The leader starts off and describes their moon with the object in their right hand e.g. eyes, mouth, nose and smile. 3. Then the leader then passes the object into the left hand and passes it to the next person on their left using their left hand. 4. The next person describes their moon and repeats the action of the first person (right hand to left hand and passed to the person on their left) 5. After each person has described their moon the leader will say if they are right or wrong after they have passed it on. 6. To get it right you must receive the object with their right hand and pass it on with their left it doesn't matter what the description of the moon is.
ECM outcomes	Enjoy and achieve, Positive contribution

Yes/No Game

Ideal for what age	8+
Appropriate for how many in group	2+
Resources	The group
Time for activity	5+ mins
Time to prepare	2 mins
Purpose	Communication skills
How to do the activity	<ol style="list-style-type: none"> 1. Tell the group to get into pair 2. Explain that one person in the pair is going to be asking questions and the other will be answering. 3. One person asks the question and the other person who is answering is not allowed to say yes or no. They have to answer the question saying something else. but the person who is asking questions can't say how old are you cause they can't reply yes or no. 4. The aim is to try and ask questions that will catch them out and make them say yes or no. 5. They keep playing until they have been caught out and they swop over.
ECM outcomes	Enjoy and achieve

Wink Murder

Ideal for what age	8+
Appropriate for how many in group	8+
Resources	none
Time for activity	10+
Time to prepare	5 mins
Purpose	Time waster
How to do the activity	<ol style="list-style-type: none"> 1. Sit the group down in a circle make sure they can all see each other. 2. Send one person outside the room. 3. The rest of the group have chosen some one to be the murder. 4. The person who is outside comes back in the room and walks around the outside other circle. 5. The murder has to wink at people and then they die. They person who is dying has to do the actions of being killed once they are dead they stay lying on the floor. 6. The person on the outside of the circle has 3 changes to guess who the murder is. 7. The murder then goes outside and so on.
ECM outcomes	Enjoy and achieve, Positive Contribution

Fruit Salad

Ideal for what age	8+
Appropriate for how many in group	6+
Resources	Chairs
Time for activity	10-15 mins
Time to prepare	5 mins
Purpose	Time waster
How to do the activity	<ol style="list-style-type: none"> 1. Have the group sat in a circle and 1 person standing in the middle. 2. Think of 3 fruit names e.g. apple, orange, banana. 3. Give each person in the group a fruit name so you end up with so many apples, oranges and bananas. 4. The person standing in the middle shouts one of the fruits out e.g. banana. 5. Then all the bananas would have to stand up and change spaces the person in the middle has to try and sit down in one of the empty spaces. 6. The last person standing has to then shout out the next fruit and so on. 7. If the person in the middle shouts fruit salad the whole group have to stand up a change spaces. 8. You aren't allowed to change places with the person sitting next to you.
ECM outcomes	Enjoy and achieve, Positive contribution

Who am I

Ideal for what age	8+
Appropriate for how many in group	4+
Resources	Sticky labels (although not necessary)
Time for activity	10+ mins
Time to prepare	5-10 mins
Purpose	Communication skills
How to do the activity	<ol style="list-style-type: none"> 1. Give the group a sticky label each and tell them to write a name on it, for e.g. it could be a famous person or an animal or a cartoon character. 2. Then they have to stick it onto some one else, either on their back or forehead. 3. Then they all have to walk around and ask each other questions to try and work out who they are. 4. They can ask questions like am I a girl and the other person can only answer yes or no, so you can't ask am I a girl or a boy. 5. The group can't give each other extra clues to make it easier. 6. The game keeps going until some one has won by working out who they are or until the whole group know who they are. <p>NB: If labels aren't available the group leader can give a young person a character to be. The whole group can then take in turns asking the young person questions. When the character is guessed correctly then that young person gets a character name from the leader and the process continues.</p>
ECM outcomes	Enjoy and achieve, Positive contribution

Every Child Matters (ECM) Outcomes for Children and Young People.

Below are descriptions of the ECM outcomes with examples of the type of projects which fit into them:

Be Healthy

This outcome relates to physical, sexual, mental and emotional health, the promotion of healthy lifestyles and encouragement not to take illegal drugs.

e.g. accredited sexual health project, sports tournaments, gym sessions, healthy cooking project, team-building residential with health related theme, peer mentoring or 'buddying' projects.

Be Safe

This outcome is about being safe from maltreatment, neglect, violence and sexual exploitation, accidental injury and death, bullying and discrimination, crime and anti-social behaviour in and out of school, and being secure, stable and well cared for.

e.g. young driver safety course, personal safety project, project to create a safe place to meet within an unsafe community, young women's empowerment project, first aid course.

Enjoy & Achieve

This is about being ready for learning, attending and enjoying school, achieving personal and social development, enjoying recreation and achieving national educational standards

e.g. homework clubs, DJing project, arts/drama/dance, educational visits, residentials, celebration of achievement events, festivals, fishing – and many more.....

Make a Positive Contribution

This is about engaging in decision making, supporting the local community and environment, engaging in positive behaviour, developing positive relationships, choosing not to bully and discriminate, developing self confidence, successfully dealing with significant life changes and challenges and developing enterprising behaviour.

e.g. project to make your local area better, gardening project, meeting community groups you don't normally meet with, anti-bullying or anti racism project, music/drama performances for local community.

Achieve Economic Wellbeing

This is about engaging in learning, employment or training on leaving school, being ready for employment, living in decent homes and sustainable communities, having access to transport and material goods and living in households free from low income.

e.g. job search and homework clubs, IT courses, career guidance project, budgeting/managing money project, vocational training courses e.g. sports coaching, babysitting course, music production.