WORKSHOP HANDOUT

What You Say (found in, *Playing with a Full Deck*, by Michelle Cummings)

You'll need a standard deck of playing cards for this activity (the bigger the better). You might choose to use the 5's and below depending on the time and the number of players you have. (If you have more than 20 players you'll need more cards – Aces to 5s)

Process: The basic idea is to deal one card to every player in the group. Then each player will give the number of responses to the topic presented by the facilitator that is equal to the number/rank on the card. I note that the Aces can be a 1 or 11 – the player holding the Ace can choose. For example, ask each player to talk about him- or herself – if Bob is holding a three, he tells his partner three things about himself. Or, you could ask players to give positive feedback to as many people in the group as the number indicated on their card or, if the number they have is 3, say 3 things you want to remember about the activity as a way to process or reflect on the activity.

If you set this up as a partner activity, have players hold their cards up and find someone else doing the same thing. Players get together in pairs, share info, and then trade cards. When each person is ready to share again, they hold up their card and look for someone else doing the same thing.

Possibilities: Add a few high cards (e.g., 8s, 9s or 10s) to spice it up. Watch for the reactions to the high cards – talk about this later. You could use the face Cards for relationship questions: Kings - talk about some of the leadership qualities you observed during an activity. Queens - talk about some of the helping behaviors you noticed. Jacks - talk about a set-backs you noticed during an activity.

Eye Contact Partner Tag (ECPT) (found in, *The EMPTY Bag* by Hammond & Cavert)

Needs & Numbers: You'll need a good-sized open space free of obstacles. Plays well with 16 to 25 (or more) for 10 to 15 minutes.

Time: 10 to 15 minutes.

Directions: Have (or set up) every player with a partner. The best-case scenario is where partners are about the same height (but, a major height difference is something to metaphorically talk about). A group of three will work if needed. Create a boundary area suitable for your group size (use safe corner markers like collapsible cones, spots, or coats and sweaters if you are outside) – the smaller the area the more interesting the game (the larger the area the faster the running speeds – be careful).

This one plays like the historical *Partner Tag* (Rohnke) where players use a simple hand tag to transfer the "IT" to his or her partner. In this tag game, the only player you are allowed to tag is your partner. After being tagged the new IT must first make two complete turns in place before going out to tag back his or her partner. These same rules apply to ECPT, however, the one big difference is the mode of tagging. Partner tags must be done by making eye contact. With this in

mind, there are a few additional "play fair" rules. All players must keep their eyes open. Non-"IT" players must keep their open eyes (it's okay to blink) at head level – either making eye contact with other players in the game or looking at some part of another players skull area (e.g., ear, back of the head). Finally, play the no-contact rule. Players (usually non-IT players) are not allowed to "link up" in any way with another person as to prevent another player access to making eye contact with his or her partner.

To start the game, decide which player from the pair (or group) will be "IT" first. The "ITs" stand in the center of the boundary area for a count of five (the group counting together) while the other non-IT players find strategic (?!) advantage within the playing area. Traditionally, 60-second rounds work out well. After 60 seconds stop the group, ask for all the ITs to raise a hand, point to their partner and say, "Your IT" and begin another 60-second round.

After the two 60-second rounds you can (if necessary) declare the untagged partner the winner of the game.

Variations: You might add the rule that players may not maintain eye contact with anyone for more than 3 seconds – this adds a bit more "tagging" potential. We often progress into ECPT from the traditional tag version (Partner Tag) to keep the game and interest going. And if you have foam pool noodle toys in your gear closet, you can play Partner Tag using a noodle as the tagging device.

Peter, Paul & Mary (found in, *The EMPTY Bag* by Hammond & Cavert)

You'll need room enough to circle up your group. Works well with 8 to 16 per group – multiple groups can play – for 20 to 25 minutes.

Process: Peter, Paul & Mary is played just like Ah-So-Ko found in FUNN Stuff, Vol. 1, by Karl Rohnke. You can have your group sitting or standing in a circle. Players use three motions in order. The first is using either arm with the hand on the chest, fingers pointing to the left or right (depending on what arm is used of course). Second motion is an open hand on the head fingers pointing to the left or the right – depending on the arm used. The third motion is arm out, hand open, fingers pointing. The motions always follow this order - after the third motion, the player that is pointed to performs the first motion – starting the three-motion cycle again.

After each motion, the player doing so must say the name of the person the fingers are pointing to. That person then makes the next motion saying the name of the person he or she is pointing to. This next player points to anyone in the circle, using the third motion, and says the person's name – the one she or he is pointing at. The game continues with the first motion again.

If a mistake is made - an incorrect motion or an incorrect name is called, the player making the mistake, is required to walk across the center of the circle and find a new place to stand. After finding his/her new place in the circle he/she starts the game again with the first motion.

Fun factor: This game is meant to be played with gusto! Speed increases the opportunity to move to other places in the circle to learn more names (Okay, speed increases the mistake factor.)

Statue Tag (found in, *Portable Teambuilding Activities*, Cavert)
Activity Objective: Avoid being the "IT" during the game while the IT wants to transfer his or her "IT" to someone else.

NEEDS & NUMBERS: The only real optional equipment you could use for this one would be boundary markers to indicate the corners of your playing area if you think your group needs these parameters. This one plays well with 12 to 25 participants.

TIME: 10 to 15 minutes

PROCEDURE: The Beta testing of Statue Tag has brought about some interesting discoveries – so, it might not have reached its final stages (does any activity ever do?). If you come up with additional considerations for this one, please let me know.

- Set up a spacious boundary area (using physical markers or simply point out the area) and make sure everyone knows where said boundaries are (after you finish reading this you'll have a better idea about the space you'll need).
- Have your group circle up.
- You are going to do one of those "blind picks" to determine who will be IT first (if you have more than 15 people playing, I suggest you pick two ITs). Ask everyone to close her or his eyes. Say something like this: "If you are willing to be IT for this tag-type activity – without knowing anything about the game just yet – raise your hand in the air until I tell you all to put them down. I will walk around the outside of the circle and squeeze the left shoulder of the person(s) who will start off being IT. You will be the secret IT to start our game, so don't tell anyone."
- Now, (you the facilitator) walk around the outside of the circle and squeeze a person's (or persons') shoulder to indicate they are IT – make sure they feel it. After choosing the IT(s) ask all the players to put down their hands and open their eyes so you can explain the rest of the directions (in this variation, as noted above, the IT(s) have no idea what they are getting themselves into).
- Here's how it (and IT) works. Seeing as this is a tag game you are going to ask the players to stay within the boundary area to make it fair.
- The IT(s) of course does not want to be IT so she or he intends to pass off the IT to someone else by safely tagging another player above the waist.
- To be SAFE from the IT, non-IT players must stand completely still while making a fun statue-like pose. When players strike such a pose (in order to avoid being tagged) they must also have their eyes closed while they are standing still. If a player opens her or his eyes, she or he must take at least three steps, in any direction, away from where she or he is standing before they are allowed to go into a frozen statue again (in order to be

safe from the tag). Taking more than three steps is perfectly legal; taking less steps is not.

- Now, the player that is IT has strategic options during this game. IT can be a statue just like everyone else. However, IT is allowed to peek while frozen in place hoping to tag an unsuspecting passer-by. Again, tags are "nice" tags above the waist (on an appropriate part of the body – some groups need to know this!). ITs can also simply walk around within the boundary area, eyes open of course, pretending to be "just any other player" and tag someone in passing. In any case, the ITs will need to use cunning and stealth to pass off the IT. Once an IT is NOT IT, she or he follows the not-IT rules of play.

SOME CONSIDERATIONS:
If there are two ITs in the game there is an extra cognitive task for the ITs. If an IT gets tagged by the other IT, the tagged IT is now "double IT." This means that this double IT must tag two other players before she or he is no longer IT. Yes, this might get a bit confusing, so "the right group at the right time" fits here. If you end up with lots of ITs, ITs just more fun! I've also seen games end up with no ITs – something else to talk about. Could a player just be a statue the entire game (statue-by-choice here)? Of course; however, I don't tell them this ahead of time. I like to see how the game plays out. Again, its something great to talk about in the end.

Make sure to emphasize the point that if a non-IT player's eyes open she or he must take at least three steps before a safe statue can be made again. Now, the IT could just circle around one player waiting for opened eyes, but, in the spirit of play, this might not be the "playfulest" choice (then again…). You might also ask the group to play through this activity in silence – so as to prevent people calling out the name of the IT when discovered (or you could just ask them not to call out IT's name). As the facilitator – considering your group – you can decide how you want to frame it.

This has been, for me, a very interesting activity to watch. It seems to go well in rounds of about three to five minutes. There have been times when I have presented a short one-minute game and then ask if anyone needs clarification on the directions. Once we're clear, we play a longer round.

SAFETY & FACILITATION:
Since I present Statue Tag as more of a strategic enterprise, I have not (to this date) witnesses any physical safety issues with this one. Also, I have yet to encounter any emotional safety issues beyond some anxiety participants have experienced when they are in the "eyes-closed" portion of the activity – "I got so nervous I almost peed my pants!" (true statement). There is some perceived risk that shows up with closing one's eyes, but I always watch the crowd and stop the activity if needed.

VARIATIONS:
Add foam pool noodle toys, giving each player a noodle toy to tag and add into their statue forms.

Pressure Play Too (found in, *Portable Teambuilding Activities*, Cavert)
Here is the link to the activity details:
http://www.fundoing.com/blog/pressure-play-2-only-with-playing-cards

Don't Touch Me 2.0
Here is the FUNdoing blog post with the activity information:
http://www.fundoing.com/blog/dont-touch-me-variation

Fast Ball (found in, *Portable Teambuilding Activities*, Cavert)
Needs: One safe tossable object and a timing device. Optional: One game spot for each participant. Numbers: This one works well with 10 to 16 players. If you have more than 16, you can set up multiple groups. Process: Circle up players, each standing on a game spot (if you use them). (If you are not using spots, designate the area underneath each person as their "spot" – details below.) Circle up your group and give one of the players the tossable object.

Rules:
1) Every player must toss and catch/receive the object at least once. Note: The area under the feet of the catcher, when the object is caught, is considered his/her spot.
2) Players cannot toss to themselves or a player standing to their right or left.
3) After tossing the object the tosser must occupy the spot of the person he/she tossed it to. Note: Spots may not be shared.

Time starts before the first toss and ends when everyone is standing on the spot of the player he or she tossed the object to. (The only way this can be solved, following all the rules, is for participants to toss around the object first, then move to their designated "new" spots – but we don't tell the group this!)

Word Circle Puzzles
This activity involves a set of words that connect together in a circle formation. When reading the words in a clockwise direction, as they are positioned next to each other, each word is read together with the word to its right. For example, BOAT & HOUSE go together. WEB & SITE go tougher. Head over to the FUNdoing.com/blog and use the Search feature – type in Word Circle Puzzles, to find 10 different posts with a variety of puzzles sets.

Four of a Kind (found in "*The POSSIBLESbag Activity Manual*," by Chris Cavert)
Needs & Numbers: You need one long activity ropes at least 50 feet, one game spot or 5-foot rope length for each small group, and a standard deck of playing cards. You also might want a stopwatch to time this one if you choose. Plays well with 8 to 24 players.

Set Up: Tie the ends of the activity rope together with fisherman's knots to create a large circle - place the big circle down on the ground. Now you'll need to place all the cards face down inside the big circle - spread them out enough so players can maneuver around the cards (I like to get some help putting the cards out).

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Presented by, Dr. Chris Cavert

Directions: Divide your big group into small teams of 3 or 4 players (if you only have 8 players, teams of 2) and give each team a game spot or rope length - this will be there "Card Table." Ask each team to stand somewhere outside the activity rope circle (at least five feet away – if you want a bit more cardio involved, have the table farther away), and set their Table down on the ground. The area around their Table will be the team's Home Base.

The overall objective of the activity is for each team to collect four-of-a-kind and ultimately, the activity is not over until every team has four-of-a-kind. When you officially start the activity one player from each team is allowed to leave their Home Base and enter the rope circle to retrieve one card and bring it back to their Home Base. Here are the main rules:

- Only one player per team can be in the rope circle at a time (e.g., if there are six teams then only six people can be in the rope circle at any one time).
- The player (from each team in the circle), can only touch/pick up one card during his or her turn.
- The card chosen/picked up may not be looked at by the chooser until it gets to the Card Table.
- The option at this point is to return the card back to the rope circle - face down - or keep the card and place it on/in the Card Table.
- Another player from the team is then allowed to enter the rope circle. If they are returning an unwanted card, it is placed face down inside the rope circle. This person can then retrieve a new card to bring back to his or her Home Base.

Again, the overall objective is for each team to get four-of-a-kind, which is all four cards of the same rank. And ultimately, the activity isn't over until everyone has four-of-a-kind.

The dynamics here revolve around competition – this is not set up to be a competitive activity. When did you ever say they were competing? When is the game over? Will teams find ways to HELP each other within the limits of the rules? (When a team is done, what can they do, within the rules, to help?) It usually takes a few rounds for participants to realize how they can help everyone be successful. If you end up timing the activity the group will not improve their time substantially until they end up working together. Can a participant show a card to another person in the group from within the rope circle? Can the group plan a strategy of finding and sorting cards before they get started? (Highly successful groups predetermine the set of cards each team will be after, and then they help each other discover cards.)

Thanks for playing!!

All the best,

Chris Cavert, Ed.D.