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# The Program Aide Book of Games



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This book belongs to:

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## 2014

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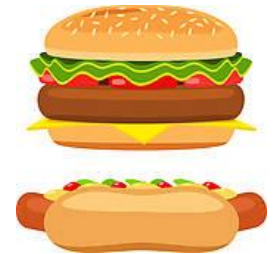
## Decisions, Decisions!

### The Either Or Game of Choice

1. Make sure there is plenty of open space from one end of the room to the other.
2. By pointing, ask all the girls to choose and then go to one side of the room or the other. (Example: All the cat people this end – all of the dog people at that end!) Now call out a list of either or choices! This helps you get to know the girls. Remember to let them make suggestions.

### Ideas:

- Either a saver or a spender?
- Onion or no onions?
- Hamburger or hotdog?
- Meat or vegetables?
- Morning person or night person?
- Country or City?
- Gourmet or McDonalds?
- Messy or tidy?
- Leader or follower?
- Arguer or agree-er?
- Classical music or rock?
- Hammer or nail?
- Artist or scientist?
- Quiet or nosy?



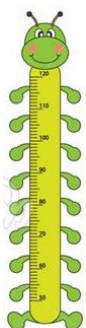
### Questions to Ask After The Game:

1. Sit down and talk about your choices. What kind of group were you?
2. Was it hard to be the only one if everyone else chooses the other way?
3. Were you with the same people all the time?
4. Make a list of things you as a troop want to choose and play the game. Have fun!

## Split Them Up!

### Birthdays

Ask group to line up in a long line according to birthdates. One end for January and the other for December. You can add that they must do it without talking. Then divide as desired.



### Count Off

Have the girls count off however many groups you need and then join the girls that are the same number.



### Name Alphabet

Ask people to line up according to the first letter of their name or their last name. Then divide as desired.



### Barnyard Bedlam

Decide how many groups you want. Then whisper in the girl's ears what animal you want them to be so that it creates groups of different animals. When everyone knows what animal they are, have them make the sound of "their" animal and find the people that are the same animal. You can also hand out little folded pieces of paper with the names of the animals on them.

## Helps for Leading Games

Playing games gives girls a chance to be active and noisy, learn teamwork and fair play, learn to win or lose good-naturedly, be both leaders and followers and to have fun.

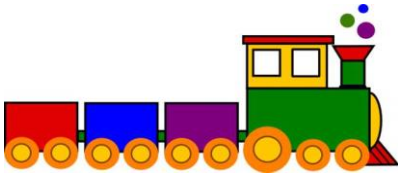


When teaching games:

- ◇ Pick games based on the ages, interests and abilities of the girls. Have a plan for picking teams or sides if necessary.
- ◇ Consider the size and kind of play space available, checking for any possible hazards. Establish boundaries.
- ◇ Choose games based on the purpose you want the games to serve, i.e. get-acquainted, quiet, active, cooperative or competitive.
- ◇ Collect necessary equipment before you begin.
- ◇ Know the game well before trying to teach it.
- ◇ Briefly describe the game, giving the basic rules. (You may want to demonstrate with a small group.)



### Get Acquainted Games:



#### Name Train

The girls form a circle. Pick one of the girls to be the Locomotive. The Locomotive chugs around inside the circle and stops at one of the girls

and says, "Hi! I'm Alice" or whatever her name is. The girl she stopped at says, "I'm Kathy", or whatever her name is. The Locomotive exalts the group to cheer 5 times "Kathy! Kathy! Kathy! Kathy! Kathy! Kathy puts hands on hips of Alice and off they go to get another "car." "Hi! I'm Alice". "I'm Dot". Locomotive chants name with group 5 times. Dot holds Kathy's hips and Alice now becomes "caboose" and Kathy is locomotive. Locomotive chugs around and the next person becomes the caboose after every cheer until all are part of train.

#### Linda Lemon

The girls form a circle. Tell the girls they are going shopping to purchase something they like, but it must begin with the same letter as their first name. The first girl might say, "my name is Linda and I'm going to the store to buy a lemon." The next one says, "My name is Marge and I'm going to the store to buy a lemon and a mango." The next one might say, "My name is Naomi and I'm going to the store to buy a lemon, a mango and a nightshirt."

#### Thumbnail Sketch

Each girl chooses a partner. During a three minute period they try to learn 5 things about their partner by asking and answering questions such as "Do you have pets?" "What's the funniest thing you have ever done?" "Where are you from?" "What is your name?" Each girl then presents a thumbnail sketch of the other girl back to the rest of the group.

### Flashlight Fun!

This is a fun game plus it keeps all those flashlights from being shone in people's eyes or played with during quiet moments at campfires.

Have one person in front of the group with a flashlight in her hand asking the group to do everything she does.

Here's what she does and says:

1. Put your flashlight in your right hand.
2. Turn your flashlight on.
3. Point your flashlight at the sky.
4. Make big circles.
5. Make little circles.
6. Point your flashlight at your toes.
7. At your elbows.
8. Point it behind you.
9. Change your flashlight to your other hand.
10. Point it out to the side.
11. Make squares with it.
12. Put your hand over your flashlight.
13. Put it under your chin and grin.
14. Point your flashlight at the sky.
15. Write your name with it.
16. Write my name with it.
17. Shine your flashlight at the campfire.
18. Shine it at my feet.
19. Hold it in both hands.
20. Make giant circles with it.
21. Put your flashlight in your right hand.
22. Turn your flashlight off.
23. Put it in your pocket or on your lap.

Make up your own movements. Keep it fast with short instructions. Have fun.



## Campfire Activity

### Goin' On A Bear Hunt

(Be sure to sit where everyone can see and hear you.)

***"We're goin' on a bear hunt. Ready? Good, let's go!"***

Start slapping your knees for the sound of walking and have everyone joins in.

***"Oh no, there's a gate, can't go over it, can't go under it, I guess we'll have to go through it."***

Make motion of opening and closing a gate and then return to the knee slapping.

***"Oh no, there's a bridge, can't go under it, can't go around it, I guess we'll have to go over it."***

Beat fists against chest and then return to knee slapping.

***"Oh no, there's a swamp with tall grass, can't go under it, can't go around it, I guess we'll have to go through it."***

Rub hands together for a swooshing noise and then return to knee slapping.

***"Oh no, there's a river, can't go around it, can't go under it, I guess we'll have to go through it."***

Make swimming motions with arms and then return to knee slapping.

***"On no, there's a tree, can't go through it, can't go under it, let's climb up it and take a look."***

Make motions of climbing up the tree and stop and take a look around.

***"I don't see a bear, do you? All clear, let's climb down."***

Make motions of climbing down the tree and then return to knee slapping.

***"On no, there's a cave, there might be a b..b..bear! I don't think we should go in, what do you think?" "Alright let's go in, make sure to take our flashlights." "Oh no, it's a b..b..BEAR! RUN!!!"***

Go through all the motions only in reverse, until you are safe from the bear.

***"Whew!"***



## Cooperative Games

### Stand Up

(For 2 to 100 participants)

Two people sit on the ground back to back, knees bent and elbows linked. Try to stand up together. Try variations with 3, 4 or more people to see if you can stand up together.



### Knots

(For 5 to 12 participants)

Have the girls stand in a circle shoulder to shoulder. Each player places her hands in the center of the circle and takes a hold of the hands of two people, other than those standing next to her. The group must work together to untie the knot without releasing hands. The object is to untie the knot to form one large or two small interconnecting circles.



### Fox and Squirrel

(For 5 to 99 participants)

(You will need 1 small ball and 2 large balls.)

Stand in a circle. Start by passing the small ball or the "squirrel", around the circle. As you pass it to the next person say "squirrel." Next begin passing the 2 large balls or the "foxes", in either direction around the circle. As you pass these, say "fox." The object of the game is to capture (tag the person holding the "squirrel") the "squirrel" with one or both of the "foxes."

The "squirrel can fly (the "foxes" cannot,) so you can toss it across the circle to get away from the "foxes." "Foxes" can go either direction around the circle and can change directions.





## Active Games

### Blob Tag

Have everyone divide into groups of 2 who then hold hands. Have designated boundaries. Select one of these groups to be IT. On "GO," the IT group attempts to tag any of the other twosomes. If they do tag them, without letting go of hands, the tagged group needs to link to the IT group, thus making a foursome. The game continues until the IT group swallows up the rest of the smaller groups and IT becomes one big blob.



### Brussels Sprouts

One player starts as the center of the Brussels Sprout. This starts in slow motion. When they tag another person they link arms and continue. Each additional player tagged becomes part of the Brussels Sprout. During the game

any player can shout out "Lima Bean!" and the game increases in speed. When it is called out again the game slows down again. The Brussels Sprout can also call out "Carrot!" When this is done, everyone in the Brussels Sprout unlinks arms, jumps in the air, turns themselves around and links arms again. This continues until all are part of the Brussels Sprout.

### Squirrel In The Tree

Arrange all but one (IT) of the players in groups of three around the play area. Two girls in each of the groups face in and hold hands high to form a tree. The third stands inside the raised hands and becomes the squirrel. IT wanders among the "trees." At a signal, all the squirrels and IT must run to get into a new tree. The one left out becomes IT and the game continues. Squirrels must find new trees, they cannot return to the tree they just left. After several rounds allow the squirrel and trees to change places.

## Quiet Games

### Telephone

Have girls sit in a circle. The first one whispers something to the girl sitting next to her so that no one else can hear it. The next girl passes it to the girl next to her and it continues around the circle. The last girl then says what it is she heard. It is usually nothing like what the first girl said.

### Rain

Everyone sits in a circle. The leader starts by rubbing her hands together. The person to the right of the leader starts rubbing their hands and then each person one by one start doing it, until everyone is doing it. The sound this rubbing makes is much like a soft spray of rain. When all are rubbing their hands, the leader then starts a new sound; finger snapping. The rain is gaining in intensity. Each player must continue to rub hands until the person on their left changes motions. After finger snapping has gone all the way around, the leader starts the next sound; hands slapping thighs. Finally hands slapping thighs plus stomping feet. To end the rain storm, completely reverse the activities. The last sound to be passed is a silence as each person, one by one stops rubbing hands.

### Nature Sounds

The girls sit in a circle. They each take a turn thinking of an animal they might see out in nature and then try to make the sound that animal would make.

