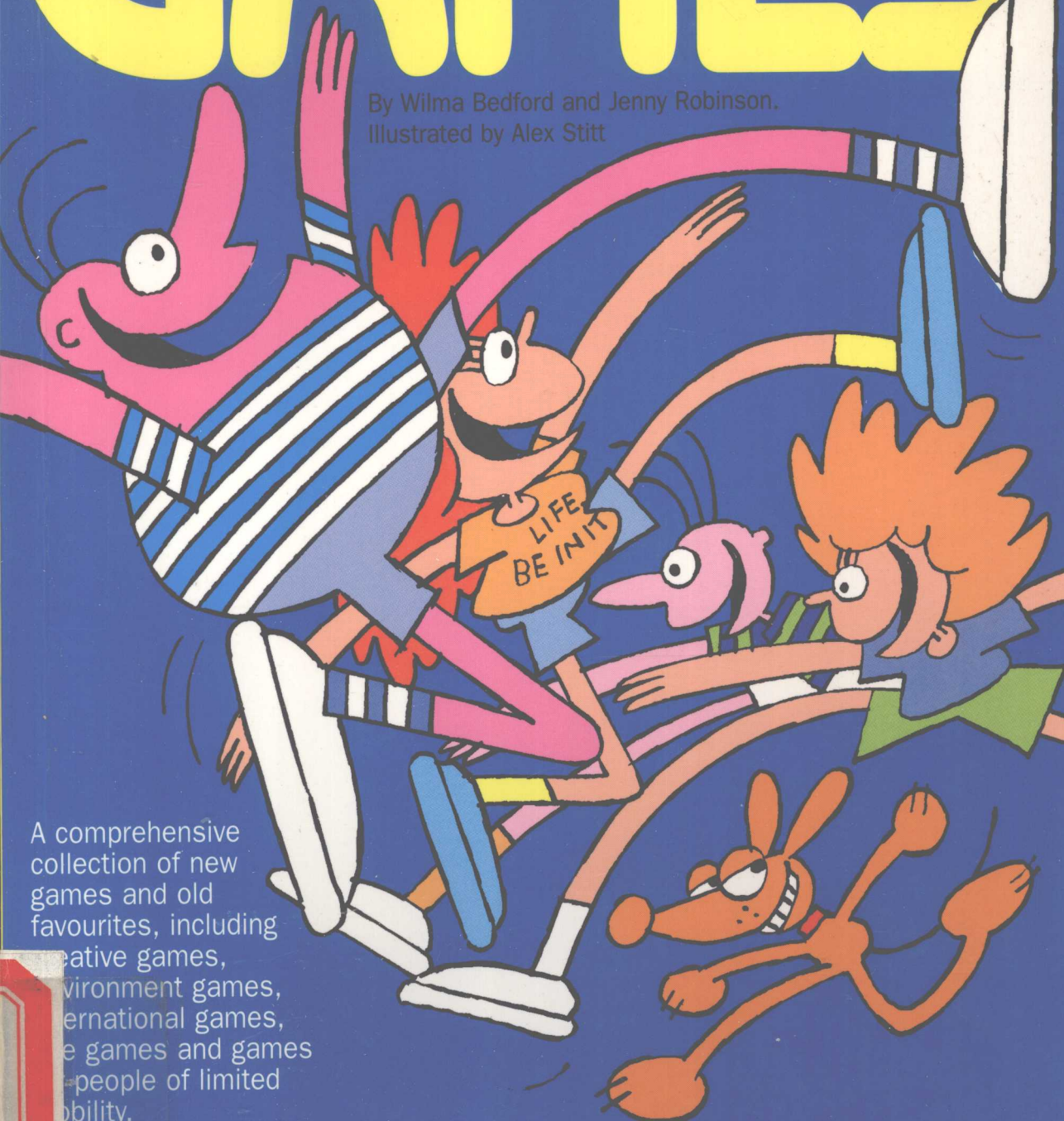


The Great New Book of 'Life. Be in it'

GAMES

By Wilma Bedford and Jenny Robinson.
Illustrated by Alex Stitt



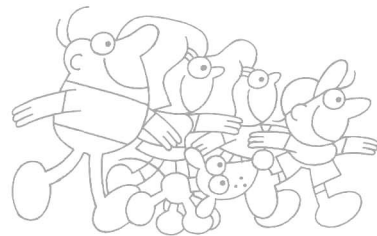
A comprehensive collection of new games and old favourites, including creative games, environment games, international games, the games and games for people of limited ability. Ready, set, go!

The
Great New Book
of 'Life. Be in it'
Games

The Great New Book of 'Life. Be in it' Games

by Wilma Bedford and Jenny Robinson

Illustrated by Alex Stitt



A 'Life. Be in it' Book

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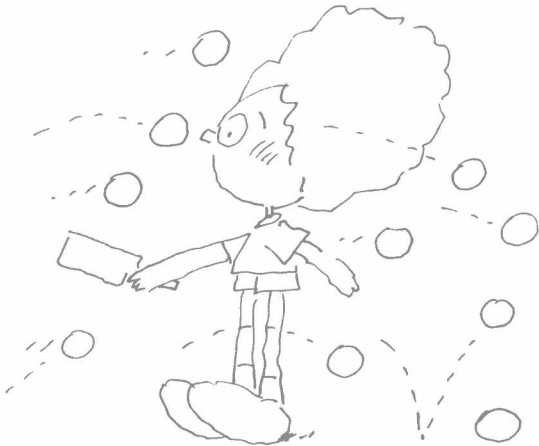
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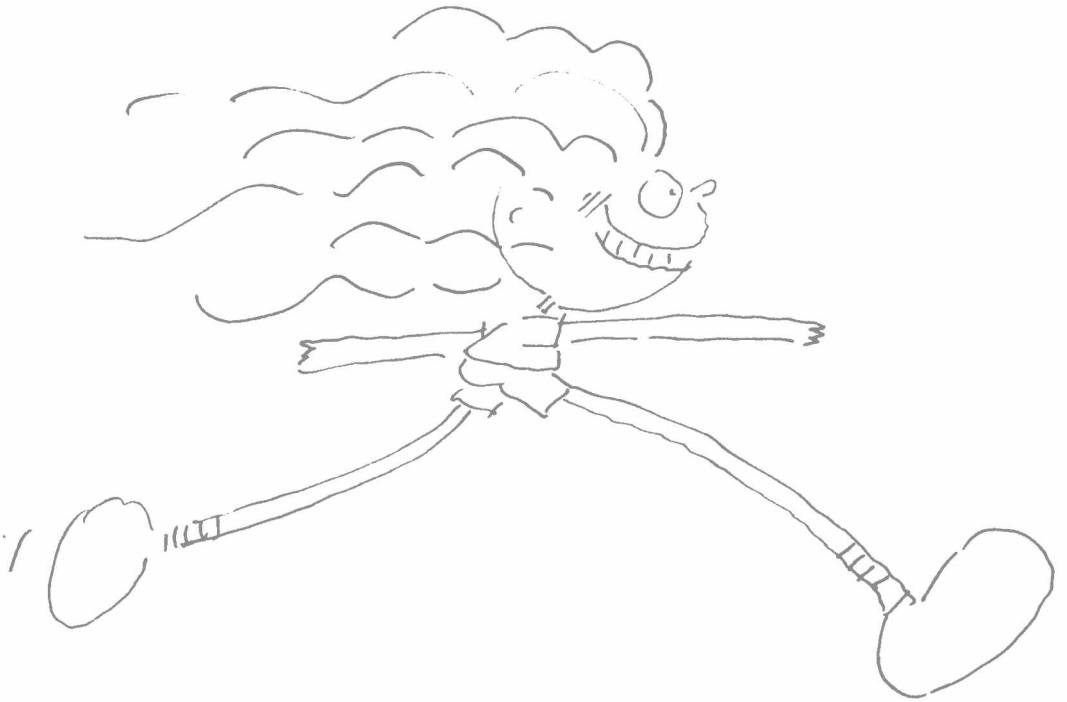
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The Great New Book of 'Life. Be in it' Games contains updates of games from two previous 'Life. Be in it' books of games: *The 'Life. Be in it' Games Manual* and *More 'Life. Be in it' Games*.

It also provides details of dozens of new games in categories of special interest to teachers and leaders of community groups: Creative Games, Environment Games, International Games and Games for People of Limited Mobility.

Inevitably there are some areas of overlap. For instance, in the section with games for people of limited mobility you'll find games that will be equally appropriate for players without physical disabilities. Conversely, many games in other chapters can be readily adapted for people of limited mobility. Some games created for open-air environments work equally well indoors. Some games encourage quiet reflection as well as energetic activity. Some creative games will have a group hooting with laughter. Games which are suitable for very young children are included in most categories.

It is worth browsing through the whole book for ideas.

The seious side of play

It's as true of 80- year-olds as it is of school children that games help people break through barriers. Games are a great way to learn teamwork, boost individual confidence, and improve self-esteem.

We have proved with groups of all ages that nothing works as well as a game if you want to break the ice, focus the attention, or help people in a group get to know each other and themselves.

As teachers and professional 'Life. Be in it' leaders, we know that as well as being fun, games are an important resource for teaching and learning. A game can also defuse a group that's becoming fractious or spark up a group that's a bit lethargic.

You can use games to provide challenges, diversions or rewards; to launch a group into a new area of study or activity; to provide a focus for a theme day.

Luckily, people never outgrow the ability to play, but that doesn't necessarily mean they *will* play. Sometimes it takes good leadership to persuade people to participate.

The role of a games leader is challenging and complex. It's not in the least unusual to find yourself being a motivator, manager, organiser, safety officer, problem solver, controller of equipment and an umpire, all at the same time! With all that on your mind it can be easy to forget the basics. Which is why, before we get on to the games, we're giving you a checklist of leadership strategies we keep on the refrigerator to remind ourselves not to forget them.

We hope they help you as they continue to help us.



'Life. Be in it' Leadership Strategies

Visualise your presentation.

Have all the equipment ready *before* the games session commences.

Always have a whistle handy.

Define playing areas clearly.

Know the area or environment before starting an activity.

Think ahead. Be on the alert for areas/scenarios which could spell danger.

Don't have groups looking at the sun while you're speaking to them.

Wait until the group is together before you start speaking to them.

If a group is restless, have them sit down before you speak to them.

Draw the group closer to you if it's noisy and hard for them to hear.

Gain their attention before speaking.

Use group members to help.

Project your voice to the person furthest away.

Don't continue speaking if others are talking.

Direct questions to individuals, not to the whole group.

Use names whenever you can.

Be decisive and confident.

Communicate directly, clearly and unambiguously.

Be brief. Start them playing as soon as you can.

Don't just say it, show it. Demonstrate skills and activities; never rely on words alone.

Use arms, hands and your whole body to harness the group's attention.

Control the equipment at all times.

Be creative about dividing groups into teams.*

Keep the whole group in sight at all times when leading a game.

Consider differences in cultural background, age and levels of ability in the group.

Use quick learners in the group to help those having difficulties.

Defuse or deal with problems before they escalate.

Keep up the momentum. Change direction if something isn't working.

Remember the benefits of laughter. Use humour to motivate, relax and energise.

Aim for participation rather than elimination.

Reinforce constantly. Clap, cheer, laugh, congratulate. Encourage those who are trying hard.

Delegate, delegate, delegate—whenever it's appropriate.

* It helps ensure that everyone is happily included if you base teams on criteria like colour of eyes (hair, socks, clothing, etc); by birth dates or astrological signs; by position in family (youngest/eldest, etc). Or tell everyone to fold their arms, then divide them by which arm goes on top when arms are crossed.

Ice Breakers, Warm-ups and Tag Games

Games are the fastest shortcut we know to converting a collection of strangers of any age into a group of people playing and working happily together!

The games in this chapter have been selected for their special ability to help everybody over the initial awkwardness which can arise not only when a brand new group assembles for the first time, but also when a group of people who know each other well re-assemble for the first time in a week or so.

It's difficult for anybody to feel shy or embarrassed while concentrating on remembering a list of names and

identifiers (The Name Game) or when you're running around a room trying to avoid being tagged by 'It', or trying desperately to find a feather or a black shoelace (Co-op).

These are fun games which are very easy to learn (and to teach). Most require minimum explanation and are excellent for warming up the body for further activity.



Pruie? Pruie?

Description This game is fun with a large group of participants. The leader nominates 1 Pruie for every 4 players. The object of the game is to pair up with a Pruie. All players close their eyes, and then mill around in the group, shaking hands with the other participants. When you shake hands with somebody, you ask them the question 'Pruie?' (Pr-oo-ee).

If you receive the reply, 'Pruie', then you have not found a Pruie. If, on the other hand, you receive no answer at all, but the person continues to hold on to your hand, then you have found your Pruie. Congratulations! Having found your Pruie, you stand side by side where you are. Once you are paired off, if somebody shakes your free hand and asks the question 'Pruie?', you reply 'Pruie Pruie'. This indicates that they must look elsewhere for a Pruie of their own.

Co-op

Description Participants are divided into groups of 5 to 7, and sit in their teams spaced out around the playing area. The leader stands in the centre and calls for specific items. For the game to operate smoothly and to ensure that it is entertaining for all participants, the leader needs to have a list of about 20 or so items ready to call. For example: a brown shoelace; an earring; a strand of blonde hair; a pair of sunglasses; a leaf; a blue or black sock; a clean hanky; a piece of fruit; a pen; a feather; a tie; a scarf; a ticket or docket of some kind.

The first group to find the nominated item and give it to their designated runner to deliver to the leader scores a point. Any group which fails to deliver the nominated item receives a penalty point. Groups can barter with other groups to achieve

delivery of the object, but there should be a time limit of about 90 seconds, after which a penalty point is imposed.

Name Ball

Equipment Large soft ball.

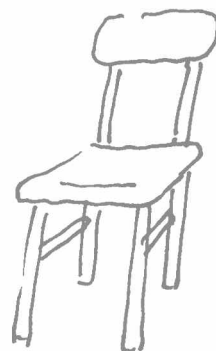
Description Participants stand in a circle with one person in the middle holding the ball. This person calls out the name of a person on the outside and bounces the ball to them. The person whose name is called catches the ball and then bounces it back with another name. The person whose name is called runs to the centre to catch the bouncing ball, and the previous centre person takes this person's place.

Keep the game moving quickly to make it fun, but the person bouncing the ball from the outside must bounce the ball slowly enough to allow the new player to get to the centre.

Have you ever?

Equipment Chairs (one fewer than the number of participants).

Description A good game for people just getting to know each other. Participants sit on chairs in a circle, with the exception of one person, who



stands in the middle of the circle. The middle person begins the game by saying, 'Have you ever...' (been roller skating, played the piano, visited an art gallery, run in a fun run, played chess, or whatever leisure activity you can think of)?

Everyone who answers 'yes' to the question has to get up and run to another seat – but not the seat directly beside their own chair. The aim of the person in the middle is to find a seat. Then the chairless person becomes the new person in the centre who asks the next question.

Who Am I?

Equipment Paper and safety pins.

Description Pieces of paper have names of famous people or current celebrities written on them. As each person arrives, pin a slip on their back without them seeing the name written on it.

The participants observe each other's slips and as they move around, they converse with each other as if they were actually talking to that famous person.

The aim of the game is for each person to work out who they are. Once they guess correctly, they pin their slip on the front of their chest and continue to talk to the players who have not found out who they are yet.

Velcroes

Description Players form a circle. The leader calls out descriptive phrases, accompanied by orders to move in specific directions. For example, 'All people wearing something blue must move 2 places to their left'. All players wearing blue must move as instructed. If this brings them to a place already occupied by another player, the person moving joins on to them by placing

their hands on the other player's waist. Players thus joined cannot separate for the remainder of the game.

As the game proceeds more and more players are stuck together and the game becomes more unruly and hilarious.

Try to come up with appropriate suggestions for each group, for example:

'If anyone has a name beginning with P, move 4 spaces to your right'

'If anyone is over 6 foot or 185 cm tall, move 1 space to your left'

'If there are three or more rings on your left hands in your group, all clap your hands twice and move 3 spaces to the right', and so on.

Chalk Rugby

Equipment 2 chairs and 2 pieces of chalk. Colour bands or strips to distinguish teams.

Description Two chairs are placed either end of the room or playing area. The group is divided into 2 equal teams and each team is assigned a chair. The referee starts the game by throwing 2 pieces of chalk into the air. Goals are scored by making a cross with a piece of chalk on the opponents' chair.

The only rule is that no unduly rough play is allowed.

Create-a-New-Animal

Description Divide group into three and number off 1,2,3, etc. Each group is given a piece of paper folded into 3.

Player 1 secretly draws the head of an animal on the top third of the paper then folds the paper so no-one can see it and passes it to player 2, who secretly draws the body of the animal, then folds the paper so no-one can see it, and passes it to player 3, who draws the legs and feet.

ICE BREAKERS
WARM-UPS
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Once the player 3 has finished, the paper is unfolded to see the new animal creation. The drawing works best if the players draw right up to each fold line.
* Suitable for young children

Bum Bopper

Equipment A bopper or a large wad of newspaper rolled lengthwise and bound loosely with masking tape. (Have a spare handy.)

Description Participants form a circle, and stand, eyes closed, with hands behind their backs.

The leader strolls around the group and places the bopper in the hands of a player. The player who has received the bopper waits for a short period of time, then turns and bops the person on the left on the bottom. That person opens their eyes and runs for their life around the circle in an anti-clockwise direction with the bopper person in hot pursuit. The aim of the bopper is to tap the runner as many times as possible on the bottom lightly before they get back to their spots in the circle. The group counts 'One!, two!, three!, four!' etc. The aim for the runner is to be bopped the least amount of times. Once players are back in their original spots the game restarts.

Charade Relay

Description Participants sit in semi-circle groups in the corners of the hall. On the signal to start, each group sends a participant to the leader in the centre of the space. The leader gives them a television program or advertisement to act out in front of their group. As soon as the group guesses the right television program or advertisement, the next player runs to the leader for a new topic. The process is repeated until every player has had a turn at acting. The winners are the first group in which

all participants have had a turn and all the subjects have been correctly guessed.



Spider and the Flies

Description Establish a home line or lines. Place one participant some distance away sitting on the ground as the 'spider', while the others are the 'flies'. The flies skip around the spider in a circle clapping their hands and buzzing. The spider sits still and says nothing. Suddenly the spider leaps up and chases the flies who run for the home lines. Any flies caught become spiders. Continue until all are caught. The last participant caught is the winner and becomes the spider for the next game.

Exchange

Description The group forms circles of 10-12 players, each of whom is given a name according to a selected theme, for example, street names, television personalities, football players, sports heroes, popular songs, animals, makes of cars, countries around the world. One player stands in the middle and calls out two names. The players