



WINGSPEED
A D V E N T U R E S

**MAHPERD 2018
Presentation Games**

Group Juggle

Have the entire group stand in a circle. Make sure the group understands that they must remember the order in which they passed the ball. One person starts off by saying the name of someone else in the circle, and tossing the ball to them, making sure not to pass it to someone directly on the side of them. That person will now say the name of a different person, and toss the ball to someone else who has not yet received the ball. That continues until everyone in the circle has received the ball once.

Variations: -Go for speed and time the group, have the group be silent, reverse the order and start with the last person instead, use 2 or more balls (or objects) going in the same direction. Use 2 balls, one going forward and one going backwards. Rearrange the circle but keep the same order of passes.

Warp Speed

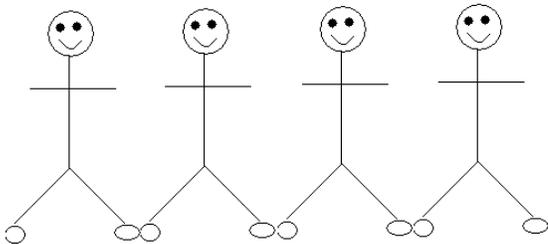
Tell the group that everyone in the group has to touch the ball in the fastest time possible, with only one person touching the ball at a time. Count out loud while they try. Then ask them if they can beat that time and try again. After each attempt, ask them how they can be creative about making their time faster. Don't tell them outright, but if they ask, let them know that they can move out of their circle formation to try to get a faster time. This is a good game to get participants thinking outside of the box and how to improve on others ideas.

Partner Shoelace Tie

Have group get into partners and untie 2 shoes (it doesn't matter which person shoes are untied) now, have the partners put their left hands behind; they are not allowed to use them. Have the partners tie one shoelace together only using their right hands. After they have completed the task reverse it and have them only use their left hand.

Magnetic Feet

Members of the group line up next to each other and the foot of one member must be touching the foot of the member next to them.



They must walk a distance (about 20 feet) without their feet coming unstuck from each others'. If their feet do come undone, they must go back to the start. Once the team starts getting the jist of it, change it up by blindfolding various members or making them mute.

Catch & Release

Have group stand in a circle. With their right hand, have them extend their pointer finger and point it towards the ground. With their left hands they should flatten out their hand like they going to give a high-5 towards the sky. Have each person put their right finger in the persons left palm next to them to make one continuous circle of pointer fingers in palms.



When a certain word is called out the group members must try and grab the other person's finger with their left hand and pull their right finger away to prevent it from being grabbed. If a finger gets grabbed, then that person is out.

Variation: -The cow game. Refer to their fingers as cow utters (use your imagination). The special word will be "cow." When the facilitator says the word "cow," let the finger grabbing begin! Make up a funny story about cows and be sure to use plenty of other words that start with a C. It gets them every time!

Where's My Pineapple?

Have everyone line up behind a line/rope, shoulder to shoulder, facing the same direction. Standing about 20-30' away from the line, you stand with your back facing the participants and behind you is your token the group is looking to retrieve. Objects that make good tokens to retrieve are stuffies, a water bottle or a ball. The game works very similarly to "Red Light, Green Light" but instead of saying "Red Light" to have people stop and "Green Light" to have people go, you are saying "Where's my pineapple?" for the group to move and they have to stop when you finish the sentence. While you are saying, "Where's my pineapple?" your back is to the participants, and when you finish the sentence you turn around to see if anyone is still moving. If anyone is moving, the whole group must go back to the starting line and start again. The goal is for the group to obtain the token, get the token all the way back to the starting line, and get everyone back across the starting line without getting caught moving.

Variations: Have everyone hold the token at some point before it crosses the line. The facilitator, once the token has been taken, can guess which participant has the token; if they guess correctly, the group goes back to the starting line and the token goes back to the facilitator.

The Hand Game

Standing around a table, sitting in a circle, or laying on the ground, have the group put their forearms and hands on the flat surface. Everyone will have 2 hands in front of them. Pick someone to start and a direction to move around the circle. The first person is going to tap the table with one of their hands to start the ripple effect. The tap is going to travel around the circle. If someone misses the tap, they take that hand out of the circle until you get down to the last 2 people.

To make the activity more challenging, have participants cross their hands in front of the people to their left and right. So, you will have the RIGHT hand of the person on your left in front of you and the LEFT hand of the person on your right in front of you. Pick a direction to start again and try to keep it going around the circle without missing a tap! To add even more challenge, if you double tap the surface, it changes the direction. If someone makes a fist, it skips the next hand.



Elevator Ride

Have the group stand in a large circle. Ask the group “has anyone ever ridden in an elevator?” Most of the time, the answer will be yes. Talk about how it’s usually super quiet and awkward and how you don’t really make eye contact. You are going to have the group cross the circle 4 times. Each time, it is going to be a different type of elevator ride.

- First round
 - It’s a typical elevator ride- you are trying to get across the circle without making physical or eye contact with anyone else
- Second round
 - You see some familiar faces on this elevator ride. You are going to say “Hello” or “What’s up?” with a slight head nod to 3 people as you cross the circle
- Third Round
 - These are your classmates/workmates that you see every day and know well. This round you give a handshake or high 5 to at least 5 people as you cross the circle
- Fourth Round
 - The elevator doors open slowly and it’s your best friend in the whole world standing inside the elevator. You haven’t seen them in a while and you’re super excited. Greet 1 person like you would your best friend as you cross the circle.

After the fourth round, ask the group to think back to the first round. Ask the group who was most comfortable crossing the circle the first round. Then the second, third and fourth. This is a great time to talk about comfort levels and get a gauge for who is more outgoing/extroverted or introverted in the group.

Elevator Ride Variation: Squirrel

This is just for fun and to get the group moving! Have everyone stand in a large circle. Ask the group if they have ever seen a squirrel try to cross the road. Demonstrate that the squirrel usually moves a few steps in one direction then abruptly changes to another direction and can’t seem to make up its mind. The group’s goal is going to be to get across the circle without touching anyone else. The trick is- they can only move 5 steps in any direction before having to change direction. Ask if the group understands then say “Ready, Set, Squirrel!”

High 5 Buddies

Have everyone find a buddy and give them a High 5. Let the group know that this is their High 5 Buddy and you need to remember who your High 5 Buddy is. Let the group know they are going to find a new buddy and give them a different High 5 and they will need to remember who this person is as well. After a few rounds, shout out different High 5 buddy pairs so the group has to run to find their High 5, Top Fun, Lumberjack, etc. buddy. This is a great way to get the participants moving, warm them up, and create buddy pairs that you can utilize throughout the program.

High 5 Variations:

- Fly By/Top Gun
- Lumberjack
- Milk the Cow
- Star Wars Tie-Fighter
- Happy Salmon
- Helicopter
- Hand-to-Foot
- Foot Five/Foot Shake
- any other type you can think of!

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TP Shuffle

Lay a rope on the floor- or some sort of line that the participants can stand on. Instruct the participants that they cannot lose contact with the rope. They can have 1 or 2 feet on the rope but they cannot lose contact. The group is then instructed to rearrange on the rope in different orders. Some options include:

- Height
- First/Last letter of first or last name
- Birth month/Birthdate
- Animal- everyone chooses an animal in their head and then line up in animal size order without talking. Once in order, everyone makes their animal's noise

You can have people do this talking at first then as you progress to harder line up orders, have everyone be silent- no talking. This activity works on problem solving, communication and teamwork. You can evaluate the group to see who is being a leader, focusing (or not) and how well the group can accomplish a task together.

Helium Hoop

Have entire group stand in a circle, facing inward, with their pointer fingers out in front of them, pointing towards the opposite side of the circle. Their thumbs must be pointing straight up and their pointer fingers parallel to the ground. Place a hula hoop horizontally on the participants pointer fingers so that the hoop is balancing on top of their fingers. They will try to hook the pointer or thumb around the hula hoop which is not allowed. Explain that they must try and put the hula hoop down on the group, with all their pointer fingers under it, until it is on the ground. For extra effect on the first attempt, push down on the hula hoop before you let go of it.

Variation: -Criss-cross hands -use a tent pole and have people standing on both sides

Alcatraz

Have the group stand together on one side of the rope. The object is for the entire group to get through the rope without touching it. Twirl the rope so that it is moving towards the group when it is at the top of the turn. On the first attempt the rule is to simply get everyone from one side to the other without touching the rope. If anyone does touch it, the entire group must go back to the starting side. Once they have completed the task give them a certain number of swings to get through (the rope can only pass the ground 10 times) If they do not make it through with the allotted number, they all must go back to the starting side. Once they've completed the certain number of swings, decrease the number.

Variations:

Use patterns to get them across. For example, if the pattern is boy, girl, boy, girl and a girl pass through first give an alarm like noise to let them know that they didn't get the pattern. If a boy goes first you can say "ding" letting them know that the pattern was correct. If they mess the pattern up at any point, they must all go back to the starting side.

Having the rule that once the group has started, there must always be someone jumping (the rope can not make a revolution without someone in it) making sure the rope still does not touch anyone. Level 1: people jump one at a time. Each person must run in, jump once, and run out. If someone misses, they come back and try again.

Level 2: people jump in groups of 2 or 3. As a small group, they run in, jump once, and run out. Even if one of them misses, their whole group must start over. Etc.

Knotted Rope

A length of rope is knotted, with one of each student's hand on the rope in between each knot. (There should be a generous length between each knot.)

The students, without ever letting go of the rope, untie the knots.

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Human Knot

Standing in a tight circle, have all members put their right hand in, and grab another person's right hand, NOT DIRECTLY NEXT TO THEM. If there are an odd number of people, one hand will not have a partner until everyone grabs with their left hands. Have group put the second hand into the circle and find DIFFERENT person to hold on to, again, making sure it's not directly on the side of them. Once all hands are held, pass a squeeze/pulse around the circle, to make sure everyone is connected. Simply tell them to untie themselves without breaking their holds.

VARIATION- Tie the ends of a rope together to create a closed circle. Place the rope on the ground and knot it up (pull it around and make is messy). Run Human Knot with the students holding on to the rope instead of each other's hands. They can slide their hands but cannot let go of the rope during the activity. The rope must stay tied in a loop!

Racoon Circle

Participants should stand in a circle, facing inward and holding onto a rope tied together to create a loop. The person in the loop who is holding the knot is the only person who can talk. They must share something positive about their group or someone else in the group.

Yurt Circle

Participants should stand in a circle, facing inward and holding onto a rope tied together to create a loop. Then, step backwards until everyone is stretched out. Everyone needs to keep their feet planted and lean back as far as they can. They must use the group to maintain their balance. Once they have done this, number off the group into 1s and 2s, alternating around the circle and have the 1s lean in and the 2s lean out at the same time. Each person should be able to lean in or out while being held up by their neighbors.

Variations: -Once a group has perfected the Yurt Circle, have each participant switch positions upon command

Making Shapes

Participants should stand in a circle, facing inward and holding onto a rope tied together to create a loop. Have the group make different geometric shapes without letting go of the rope.

Variations:

- Have some people be stationary
- Blindfold some participants
- Give a time limit
- Have the group do it without talking



Adding Challenge

Adding a challenge is important. There are many variables that will factor in how a group will work together such as age, size, strengths and weaknesses. Some groups will whiz through initiatives and the facilitator must adjust the rules to create more of a challenge for them. Challenges are not meant to punish any participants or limit any one from participating. Here are some ideas that add a bit of challenge to any of the initiatives (or good consequences):

Have players use opera voices to talk to each other

Have players speak backwards

If there is a natural leader in the group ask them to be mute

Randomly assign partners so they are not with their friends

Blindfold players

Introduce new limits

Create conflict by assigning specific personalities/ character traits to certain team players, or offer conflicting tasks

Tie people together

Everyone must pick one word. That is the only word they can use for the duration of the activity

Participant can talk as long as they would like, however once they stop they can't talk again