



GAMES

FOR SUMMER UNIVERSITY



CATEGORIES

Ice Breaking Games: intended to help a group to begin the process of forming into a team. When participants don't know each other, the ice breaker will help them introduce themselves.

Energizer: When people look sleepy or tired, energisers can be used to get people moving and increasing energy levels.

Indoor Games: games that are played, situated, done or used inside a building, such as puzzle games, quiz, carrom and so on.

Outdoor Games: Outdoor games mean the games that are played, happening or situated outside rather than in a building.

Water Games: are games played in a body of water, such as a swimming pool, pond, lake, or river.

Drinking Games: are games which involve the consumption of alcoholic beverages.

TIPS

1. Use energisers frequently during workshops or whenever people look sleepy or tired or to create a natural break between activities.
2. Choose games that are appropriate for the local context, for example, thinking carefully about games that involve touch, particularly of different body parts.
3. Play games in which everyone can participate and be sensitive to the needs and circumstances of the group.
4. Ensure the safety of the group, particularly with games that involve running.
5. Try not to use only competitive games but also include ones that encourage team building.
6. Try to avoid energisers going on for too long.

ICE BREAKING GAMES

TEAM SPIRIT

PLAYERS: More than 20

MATERIALS: People

RULES: Divide the participants in groups (more or less equal) randomly, and ask them to come up with X facts they have in common, i.e. 'we all love AEGEE' or 'we all have one brother'. Give them some time and then let them present the most surprising fact to the rest.

DETAILS: Good for team building :)

Svenja van der Tol - AEGEE-Nijmegen

PASS THE BEAT

PLAYERS: Up to 10

MATERIALS: None

RULES: Have all participants form a circle. You are going to face and make eye contact with the person on your left, and you will try to clap our hands at the same moment. Then, she or he will turn to the left and clap hands at the same time with the person next to her or him. We will 'pass the beat' around the circle. People will try to make the rhythm go faster and faster. Eventually there might be three or four beats going around the group at the same time.

DETAILS: This will often result in a sort of enjoyable, high-energy chaos in the group with lots of laughter.

Laura García - AEGEE-A Coruña

ICE BREAKING GAMES

SPAGHETTI'S DANCE

PLAYERS: Up to 10

MATERIALS: Spaghetti

RULES: All the participants are divided in couples and all of them have a "spaghetti". All the couples have to keep the spaghetti in their mouths and dance together. The couple that brokes the spaghetti is outside the game. For making the game more interesting you could give another possibility with a shorter spaghetti.

Antonio Castiello - AEGEE-Salerno

FRUIT SALAD

PLAYERS: Up to 10

MATERIALS: Chairs

RULES: Ask everyone to sit on a chair in a circle. Ask one volunteer to stand in the middle of the circle. Remove their chair from the circle to the side of the room. Go around the circle and name everyone 'apple', 'banana' or 'orange'. Remember to give the volunteer in the middle a name too! When you shout out 'Apple' everybody who is named apple must jump up out of their place and try to sit on an empty chair. The person standing in the middle must also try and sit down on an empty chair. The person left without a seat must stand in the middle. People named 'banana' and 'orange' must do the same if their fruit is shouted out. If you shout 'fruit salad', everybody in the circle must jump up and rush to find an empty seat!

Antonio Castiello - AEGEE-Salerno

ICE BREAKING GAMES

NAME IMPULSE

PLAYERS: Up to 10

MATERIALS: Stop-watch

RULES: Ask your group to form a circle, seated or standing. Starting with the person to your left, ask them to say their name as soon as you give them a signal. Then, as soon as this person says their name, the person to their left calls out their name, and so on. This impulse of names continues all around the circle until it returns to where it started. Now, announce that you are going to time how quick it takes the impulse of names to be called all around the circle. Invite your group to make several attempts, and then change directions. Note the best time.

DETAILS: www.playmeo.com/activities/ice-breakers-get-to-know-you-games/name-impulse/

Carolina Alfano - AEGEE-Salerno

LIAR LIAR

PLAYERS: More than 20

MATERIALS: People

RULES: Everyone has to think of four facts about themselves; one that is a lie, and three that are true. They then have to tell the rest their facts, who have to guess which fact is the lie.

DETAILS: If you are with more than 10 people, split the group in separate parts.

Svenja van der Tol - AEGEE-Nijmegen

ICE BREAKING GAMES

MY NAME IS?

PLAYERS: Up to 20

MATERIALS: None

RULES: Go around the group and ask each young person to state his/her name and attach an adjective that not only describes a dominant characteristic, but also starts with the same letter of his name e.g. generous Grahame, dynamic Dave. Write them down and refer to them by this for the rest of the evening.

Stefani Stevanovska - AEGEE-Skopje

"NO TOILET PAPER ANYMORE!"

PLAYERS: More than 20

MATERIALS: Toilet paper or deck of cards or sweets...

RULES: Perfect game for getting to know each other. Tell your participants that there is no toilet paper in the venue and offer them one last roll to share. Everybody has to take as many pieces as they are gonna need for that day. After everybody does, you say "and now share as many interesting facts about as many pieces you have!".

DETAILS: You can also substitute the paper with deck of cards with excuse that you are gonna show them a magic trick and let everybody take as many cards as they want. The same goes with Skittles or other sweets, be creative!

Lucia Gavulova - SUCT

ICE BREAKING GAMES

BALL TOSS NAME GAME

PLAYERS: Up to 20

MATERIALS: Three paper or very light-weight balls for each group of approximately 8 to 12 people

RULES: Have small groups of participants (about 8 to 12 people in a group) stand in a circle. Start by getting everyone in the circle to say their name, one by one. Repeat this once or twice. The person holding the ball will call out the name of someone in the group and then throw the ball to him or her (using eyes contact). This person has to do the same. People could try to it with more than one ball.

Laura García - AEGEE-A Coruña

KILLING GAME

PLAYERS: More than 20

MATERIALS: Papers with: name of each participant & organisers, actions (like kiss, slap, touch, kneel), when or where (during breakfast, in a tram, on the head etc)

RULES: Every person gets 1 paper of each.

Assume I get the papers "Anita", "hug", "in a tram", then my goal is to hug Anita in a Tram. As soon as I do so, I kill her. She then gives me her papers. And I have to continue the game. The last person alive will be the winner.

DETAILS: Make funny tasks, not like "in the shower".

Philipp Blum - SUCT

ICE BREAKING GAMES

A COLD WIND BLOWS

PLAYERS: Up to 20

MATERIALS: A circle of chairs

RULES: Prepare a circle of chairs in which there is one less chair than the number of participants. Stand one participant in the centre. The objective of the game is for that person to get a seat. The player standing in the middle of the circle starts a sentence by saying, "A cold wind blows for anybody who...." and ends it with a fact that is true about her/himself. For example, if the player in the centre is wearing black shoes, he or she might say, "A cold wind blows for anybody who is wearing black shoes." Everyone for whom that fact is also true, in this case people wearing black shoes, must then immediately get up and run to find a seat left empty by someone else. The sentence don't have to be limited to physical things. Participants could include attitudes about things or life experiences.

Laura García - AEGEE-A Coruña

ICE CUBE GAME

PLAYERS: Up to 10

MATERIALS: Ice Cubes

RULES: Person 1 puts an ice cube in mouth and gives it to person 2. Person 2 gives it to person 3. Kissing optional.

DETAILS: Provide proper, cold ice cubes. At the same time, play another game for those who are uncomfortable

Philipp Blum - SUCT

ICE BREAKING GAMES

COUPLE FOR THE NIGHT

PLAYERS: Just for 2

MATERIALS: Rope, All names of Participants and Organisers on Paper in a box

RULES: A boy and a girl each gets tied together on one hand. They spend the evening together, and are not allowed to release themselves from the tie.

Example: First party of the SU, start party at 21:30, tie up rule until at least midnight.

Philipp Blum - SUCT

PERUVIAN BALL

PLAYERS: Up to 20

MATERIALS: None

RULES: Everyone in the room has an imaginary ball. Each ball has its own movement pattern and sound. The participants practice "throwing" the invisible balls by themselves, while simultaneously making the sounds ("boi-oi-oing," "zip-zap," "wheeeee,") Then they start walking around the space. The facilitator calls "freeze," and then instructs everyone to trade balls with someone. There is no talking allowed, only demonstrating the sounds and movements of the balls. Once everyone has traded, they walking around the space again, this time with their new balls. After 4-6 trade rounds have been made, the facilitator instructs everyone to find their original balls. Everyone must then move about, demonstrating the balls they are holding, while searching for the ball they originally created. If a participant finds his ball, they trade with the person who has it, and then goes out of the playing space. If some people can't find them, ask the participants why. This is a great way to start talking about miscommunications at work, how to give specific instructions, or communicating without words.

Antonio Castiello - AEGEE-Salerno

ICE BREAKING GAMES

NAMES ACROSS CIRCLE

PLAYERS: Up to 10

MATERIALS: none

RULES: After saying name slide hands off each other and 'shoot' to a person across the circle and then they repeat. Each person could also do a movement, make a sound or a combination of both.

Antonio Castiello - AEGEE-Salerno

IF

PLAYERS: Up to 20

MATERIALS: Paper and pens

RULES: Ask the group to sit in a circle. Write 20 'IF' questions on cards and place them (question down) in the middle of the circle. The first person takes a card, reads it out and gives their answer, comment or explanation. The card is returned to the bottom of the pile before the next person takes their card. Write your own additional 'IF' questions to add to the list.

1. If you could go anywhere in the world, where would you go?
 2. If I gave you \$10,000, what would you spend it on?
 3. If you could talk to anyone in the world, who would it be?
 4. If you could live in any period of history, when would it be?
- etc...

Stefani-Stevanovska - AEGEE-Skopje

ICE BREAKING GAMES

DESERT ISLAND

PLAYERS: Up to 20

MATERIALS: Paper and pens

RULES: Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (which is not the Bible) and one luxury item you can carry with you i.e. not a boat to leave the island! What would you take and why?'

Allow a few minutes for the participants to draw up their list of three items, before sharing their choices with the rest of the group. It's good for the organizers to join in too!

Stefani-Stevanovska - AEGEE-Skopje

DOTS

PLAYERS: Up to 10

MATERIALS: Sticky dots in a range of colours.

RULES: Dots encourage non-verbal communication. Fix a coloured dot onto the cheek of each participant. You can give some thought to how you want to mix the groups. Ask the participants to stand up and move around the room in silence.

Participants must find out what colour their dot is without talking. Once they know what colour their dot is, they find others with the same colour and that will be their group.

Antonio Castiello - AEGEE-Salerno

ICE BREAKING GAMES

REMEMBER THE CIRCLE

PLAYERS: Up to 10

MATERIALS: None

RULES: Ask the group to sit in a circle. Someone introduces themselves and saying one thing they enjoy for example, 'Hello! My name is Nicola and I love to eat chocolate'. The person next to the facilitator goes next. They introduce themselves and say something that they enjoy or like doing. They then introduce themselves for example, 'Hello! My name is Nombeko and I love singing, this is Nicola and she loves chocolate'. The game continues until each person is introduced. This game can be adapted to fit the theme of your workshop for example participants could introduce their name and a fact that they know about and issue/hope to change and so on. Good to encourage people to listen.

Antonio Castiello - AEGEE-Salerno

SORTING GAME

PLAYERS: More than 20

MATERIALS: People

RULES: The group has to line themselves up according to a certain quality (i.e. 'how long are you a member of AEGEE') going from the youngest member to the oldest member, but while doing so they can not talk to each other. Once they are done, the leader walks past the line and checks with everyone to see if the line was made correctly.

Svenja van der Tol - AEGEE-Nijmegen

ICE BREAKING GAMES

DO YOU AGREE?

PLAYERS: Up to 10

MATERIALS: Two sheets of flip-chart paper, on one of which is written the word 'agree' and on the other, 'disagree'.

RULES: Put the two pieces of paper either at the opposite ends of an imaginary line on the floor or on opposite walls of the room. Ask participants to stand together in the middle of the room. Explain that you will read out some controversial statements, and they have to take a stand on the imaginary line somewhere between 'agree' and 'disagree' according to their response to this statement. After you have read the first statement, the participants go to the spot which best describes their response to it. When they are all standing somewhere along the line, ask a volunteer to explain why he or she is standing there. Let three volunteers give their viewpoint, then let the other participants react to these opinions. Do the same with the other statements.

Laura García - AEGEE-A Coruña

INTERVIEW

PLAYERS: Up to 20

MATERIALS: None

RULES: Divide the young people into pairs. Ask them to take three minutes to interview each other. Each interviewer has to find 3 interesting facts about their partner. Bring everyone back to together and ask everyone to present the 3 facts about their partner to the rest of the group. Watch the time on this one, keep it moving along.

Stefani Stevanovska - AEGEE-Skopje

ICE BREAKING GAMES

MY NAME IS ...

PLAYERS: Up to 20

MATERIALS: People

RULES: This game is meant to learn each others names. All people stand in a circle and the first person starts by saying their name with an adjective starting with the same letter as their name before (i.e. 'Sexy Svenja') and making a move they like (which can be anything, from turning around to jumping). The next person then has to repeat the name of the first person, with the move, and come up with his own alliteration and move. The next person then has to repeat the name of the first and second person, with the moves, and come up with his own alliteration and move. And so on. Depending on the group you can tell people to copy everyone's name and move, or only the X people that came before them.

Svenja van der Tol - AEGEE-Nijmegen

SNOWBALL

PLAYERS: More than 20

MATERIALS: white paper, pens

RULES: People stand up. Each participant gets white paper and pencil. They draw their picture on paper and write their name and make a snowball from it. After that the organizer says "snowball" and everybody throws their papers in the air at the same time. Each picks a snowball from the ground, opens it and based on picture and name he/she has to search for the person. Organizer asks question, e.g. where are you from? and participant asks the person whose name and picture is on his paper. After writing the answer he/she makes ball and again after "snowball" they throw it to the air. This repeats several times with different questions. At the end participants create circle and one by one go to the center and present the person (who comes to circle too) that is on their paper, e.g. This is Ema, she is from, she likes...

Zuzana Caplova - AEGEE-Bratislava

ICE BREAKING GAMES

PASS THE MASK

PLAYERS: Up to 10

MATERIALS: None

RULES: Ask all the participants to stand in a circle, facing inwards. One person makes a face or a 'mask' and makes eye contact with the person on the left. She or he must try to copy or make the exact same mask, with her/his face, as if she/he were looking in a mirror. Then, she/he will turn to the left and change the first mask into a new one to pass on to the next person. All people will 'pass the mask' around the circle.

Laura García - AEGEE-A Coruña

WHAT ARE YOU DOING?

PLAYERS: Up to 10

MATERIALS: None

RULES: Participants stand in a circle. One person moves to the centre and begins acting an activity, for example building a sandcastle. A second person enters the circle and asks, "What are you doing?" The first person then responds, while still doing the original activity: "Brushing my hair" (or any other activity). The second person then begins brushing their hair, and the first person leaves the centre, etc.

Antonio Castiello - AEGEE-Salerno

ICE BREAKING GAMES

MY NAME I LIKE

PLAYERS: Up to 20

MATERIALS: None

RULES: Players stand in circle. First player states "My name is ... and I like ... because it's ...". All the supplied blanks must begin with the same letter as the player's name, so for example a player called Susan might say "My name is Susan, and I like Sausages because they Sizzle." Next player round the circle gives their name and likes, and then adds "And this is my friend Susan who likes sausages because they sizzle". Thus every next player has to remember a longer and longer list.

Carolina Alfano - AEGEE-Salerno

HAVE YOU EVER...

PLAYERS: Up to 10

MATERIALS: Chairs

RULES: Form a circle of chairs (one for each person) and then take one away. One person stands in the middle and calls a question beginning with "Have you ever", for example "Have you ever eaten watermelon". Everyone who has eaten watermelon then jumps up and moves to a place vacated by someone else who has moved. The last person who is left without a seat remains in middle to call out something else beginning with "Have you ever.....?"

Antonio Castiello - AEGEE-Salerno

ICE BREAKING GAMES

DE BONO'S BALLOONS

PLAYERS: More than 20

MATERIALS: Balloons, space, calm weather, facilitator

RULES: Introduce de Bonos thinking hats.

Choose a topic. Use colored balloons as visual aid's to visualise thoughts.

Possible rules of interaction: The balloons size should reflect the responders sense of importance. The Balloon which received counter arguments should be deflated or popped. Inflating the balloon gives you the right to speak (color1>color2>...) At the end balloons should be analysed. Participants should reflect and make suggestions on how to balance the debate.

Peter Šuligoj - AEGEE-Ljubljana

FACT OR FICTION?

PLAYERS: Up to 20

MATERIALS: Paper and pens

RULES: Ask everyone to write on a piece of paper THREE things about themselves which may not be known to the others in the group. Two are true and one is not. Taking turns they read out the three 'facts' about themselves and the rest of the group votes which are true and false. There are always surprises. This simple activity is always fun, and helps the group and leaders get to know more about each other.

Stefani Stevanovska - AEGEE-Skopje

ENERGIZERS

COPY CLAPS

PLAYERS: Up to 10

MATERIALS: None

RULES: 1. In view of a few people around you, initiate one very confident, single clap.
2. In response to your non-verbal urgings, some of these people will clap once too.
3. Next, clap two times, and wait for even more members of your group to follow suit.
4. Continue to present a series of increasingly complex claps, eventually involving all of your group mimicking your actions.
5. End with a courteous series of claps that morph into applause.

DETAILS: www.playmeo.com/activities/ice-breakers-get-to-know-you-games/copy-claps/

Carolina Alfano - AEGEE-Salerno

WORD LINK

PLAYERS: Up to 20

MATERIALS: None

RULES: This is a word association game. Ask the group to sit in a circle. The first person starts with any word they wish i.e. red. The next person repeats the first word and adds another word which links to the first i.e. tomato. The next person repeats the previous word and add another word link i.e. soup, and so on. To keep this moving, only allow five seconds for each word link.

Stefani Stevanovska - AEGEE-Skopje

ENERGIZERS

ADD WORDS

PLAYERS: More than 20

MATERIALS: None

RULES: Simple, completely ridiculous and a lot of fun. The first person says a word, for example 'The'. The second person says the first word and ADDS a second word of their choice, and so on. At the end you might have a complete sentence!

For example, 'The aardvark spiralled into the puddle of custard clutching his skateboard while whistling his favourite Bjork melody.' The fun thing is putting twists in the sentence so that the others have a hard time coming up with a word that fits. ADD WORDS can be played a few times without being boring.

Stefani Stevanovska - AEGEE-Skopje

AROUND THE WORLD

PLAYERS: Up to 20

MATERIALS: None

RULES: The leader begins by saying the name of any country, city, river, ocean or mountain that can be found in an atlas. The young person next to him must then say another name that begins with the last letter of the word just given. Each person has a definite time limit (e.g. three seconds) and no names can be repeated. For example - First person: London, Second Person: Niagara Falls, Third Person: Switzerland.

Stefani Stevanovska - AEGEE-Skopje

ENERGIZERS

SUPERMARKET

PLAYERS: Up to 20

MATERIALS: None

RULES: The first player says: "I went to the supermarket to buy an Apple (or any other object you can buy in a supermarket that begins with an A). The next player repeats the sentence, including the "A" word and adds a "B" word. Each successive player recites the sentence with all the alphabet items, adding one of his own. For example; 'I went to the supermarket and bought an Apple, Banana, CD, dog food, envelopes, frozen fish'. It's not too hard to reach the end of the alphabet, usually with a little help! Watch out for 'Q' and 'X'

Stefani Stevanovska - AEGEE-Skopje

ONE HAND ONE BUM

PLAYERS: Up to 20

MATERIALS: None

RULES: Players get into equal groups of four or five. Leaders calls out instructions such as "Four feet, two hands, one bum". Group must form themselves into a shape, such that those parts, and only those parts, are touching the ground.

DETAILS: Instructions should start easy, and get progressively more challenging.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

WHO AM I?

PLAYERS: Up to 20

MATERIALS: Post-its

RULES: Prepare a self-adhesive label or post-it note for each person in your group. Write on it the name of a well-known or famous person. This can be an historical character or current sportsman, musician, TV personality, celebrity etc. Have a good mix of men and women. Keeping the names hidden, stick the post-it notes on the foreheads of everyone in the group. They must then ask questions of the others to find out their identity. Each person takes a turn to ask questions and figure out who they are. For example, Am I alive? Am I female? Am I in a band? Only yes or no questions can be asked. If the answer is no, their turn is over. If the answer is yes, they can ask another question and keep going until they get a no, or guess who they are. Keep playing until everyone has guessed, or if time is short, stop after the first few correct answers.

Stefani Stevanovska - AEGEE-Skopje

PEOPLE TO PEOPLE

PLAYERS: Up to 20

MATERIALS: None

RULES: Each player finds a partner. Leader calls two parts of the body. Pairs must connect the first part on one body with the second part on the other - e.g. elbow to knee, shoulder to hip, etc. When leader calls "People To People", everyone finds a new partner.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

GIANTS, WIZARDS, ELVES

PLAYERS: Up to 20

MATERIALS: Post-its

RULES: This game involves two teams who will act as one of 3 characters: giants, wizards, and elves. When a player acts out a character, he or she does the specific hand motions and noises.

- Giants: Stand on your toes, raise your arms like a giant, and make a menacing growling noise: "Rarr!"
- Wizards: Crouch slightly, as wizards are a bit shorter. Wave your fingers as though you're casting a magical spell, and make a magical noise: "Shaazaam!"
- Elves: Crouch down very low, cup your hands around your ears, and make a high pitched elf noise: "Eeeee!"

Make sure everyone knows the motions and sounds. Split everyone into two teams and divide them into separate sides of the room. For each round, both teams huddle and choose to become a giant, wizard, or elf. When ready, both teams then line up and stand facing each other, about five or six feet apart. At the start of each round, the leader says "Three, two, one, go!!"

At this point, each team acts out the character they chose (giant, wizard, or elf). As soon as they do this, the winner tries to grab the loser — as many people over to their side as they can. The loser tries to retreat back to their own side to be safe for that round. If captured, a person now belongs to the other team.

The following determines who beats who:

- Giants beat elves, because giants are able to "squash" elves.
- Elves beat wizards because they outsmart them. Elves chew at their legs.
- Wizards beat giants because they are able to zap them with a magic spell.

If both teams show the same character, no one wins. Rounds keep repeating until one team wins (the other team is completely captured).

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

OBJECT STORIES

PLAYERS: Up to 20

MATERIALS: Objects - Bag

RULES: Collect together a number of objects and place in a canvas bag. The objects can include everyday items i.e. a pencil, key-ring, mobile phone, but also include some more unusual ones i.e. a fossil, holiday photograph, wig! Pass the bag around the group and invite each young person to dip their hand into the bag (without looking) and pull out one of the objects.

The leader begins a story which includes his object. After 20 seconds, the next person takes up the story and adds another 20 seconds, incorporating the object they are holding. And so on, until everyone has made a contribution to your epic literary tale

Stefani Stevanovska - AEGEE-Skopje

SIT ON ME

PLAYERS: Up to 20

MATERIALS: None

RULES: Each pair explores every way they can find of doing the following, as the leader calls out the categories. Lean on each other, lean away from each other, sit on each other, kneel on each other, stand on each other, etc. After each round, each pair shows the group the most imaginative one they have found. Variations:

- Dynamic activities as well as static ones. Ways to push, pull, drag, lift, fall on, catch, etc. your partner.
- Work in threes, fours, or more.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

THE SUN SHINES ON

PLAYERS: Up to 20

MATERIALS: Chairs

RULES: Circle of chairs, one less than people. 'It' stands in the middle. It calls out "The Sun Shines On" and suggests a category - e.g. "Everyone with blue eyes, everyone with red shoes", "Everyone with a sister," and so on. Anyone who fits the description **MUST** stand up and change seats with someone else who stands up. As they change, 'It' tries to get a seat. Whoever is left standing is now it, and calls the next category. Variations:

- Every now and then call "The sun shines on everyone" and everyone must change seats.

Carolina Alfano - AEGEE-Salerno

CRUSTS AND CRUMBS

PLAYERS: Up to 20

MATERIALS: None

RULES: Players form two teams. They line up in two single files, side by side, about one metre apart, facing the leader. A safe area is marked either side of the playing area. One team are Crusts, the other Crumbs. If Leader calls out "Crusts", then Crusts must chase the Crumbs, who try to get to their own safe area before they are caught. A call of "Crumbs" works the other way. Anyone caught joins the other team for the next round. Variations: if leader calls "Crumpets" then Crusts become Crumbs and vice versa!

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

PEOPLE TO PEOPLE

PLAYERS: Up to 20

MATERIALS: Chairs

RULES: Each player finds a partner. Leader calls two parts of the body. Pairs must connect the first part on one body with the second part on the other - e.g. elbow to knee, shoulder to hip, etc. When leader calls "People To People", everyone finds a new partner.

Carolina Alfano - AEGEE-Salerno

LINE UP

PLAYERS: Up to 20

MATERIALS: None

RULES: Ask the youth group to line up. Works best with 8-10 in a line. If you've got a bigger group, split them up and challenge each line to complete the task first. Ask the group to form a new line in order of....

- Height, from smallest to tallest
- Birthdays, from January through to December.
- Shoe size, from smallest to largest.
- Alphabetical first names (A-Z).
- Alphabetical mothers first names. • Alphabetical grand-mother's first names!
- Anything else you think up.

Stefani Stevanovska - AEGEE-Skopje

ENERGIZERS

CLUTCH

PLAYERS: Up to 20

MATERIALS: Chairs

RULES: Players stand in a circle and close their eyes. Each person walks towards the middle of the group, and reaches across to find two other hands to hold of people not next to them. Once everyone is holding hands, group opens their eyes, and tries to untangle themselves.

Variations: untangle with eyes closed.

Carolina Alfano - AEGEE-Salerno

EVERYBODY'S IT

PLAYERS: More than 20

MATERIALS: None

RULES: 1. Ask your group to spread throughout a designated area.

2. When you call "GO," everyone attempts to tag everybody else, while also avoid being tagged.

3. When tagged, a person is obliged to simply crouch down and wait.

4. Briefly acknowledge the 'winner,' and then call "GO" again.

DETAILS: www.playmeo.com/activities/running-tag-pe-games/everybodys-it/

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

PDQ

PLAYERS: More than 20

MATERIALS: None

RULES: 1. Assemble your group in front of you, sitting or standing.
2. Introduce the idea that you are about to demonstrate a series of physical 'tests' which you would like each person to attempt.
3. Explain that this is a self-assessed test, and only the individual will know if they passed or not.
4. Start by clicking your fingers, first your dominant and then less-dominant hands and fingers.
5. Next, invite everyone to attempt to whistle through their lips, and then pop their cheeks with a finger, etc.
6. Demonstrate as many nonsensical 'tests' as you can perform yourself.
7. Conclude by inviting one or more volunteers to demonstrate a unique 'test' which they can successfully perform.

Variations:

- As above, and then invite one or more volunteers to demonstrate a unique PDQ Test which they can perform. Wiggling ear-lobes, flaring nostrils, thumbs that can bend all the way back to the wrist, playing a tune with air emitted from an arm-pit cavity, etc. They're often all the things that we got in trouble for at school when we were caught impressing our friends in the back row!

-Having first introduced a few personal PDQ tests, break into small groups and ask them to discover a few of their own, with a view to challenging other groups to try them out.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

VOCABULARY

PLAYERS: Up to 20

MATERIALS: None

RULES: You begin by thinking of a word and then give the first letter. The next player thinks of a word beginning with this letter and gives the second letter. The third player thinks of a word that begins with the first two letters and adds a third. The object of the game is to avoid completing a word. When a player has completed three words or failed to add a letter they can rest their brain for the remainder of the game! You might need a dictionary handy to adjudicate on some words.

Stefani Stevanovska - AEGEE-Skopje

NEWSPAPER GAME

PLAYERS: More than 20

MATERIALS: Newspaper/magazine/rolled up paper

RULES: One person stands in the middle with the newspaper (or any other rolled up paper), while someone else yells someone's name. The person in the middle then has to try and 'hit' (not too hard) this person with the newspaper, but before they do so, the mentioned person can mention someone else. The person with the newspaper then has to try to hit this new person. When he/she manages to hit someone, the person who got hit has to stand in the middle.

Svenja van der Tol - AEGEE-Nijmegen

ENERGIZERS

WHO IS THE LEADER?

PLAYERS: Up to 20

MATERIALS: None

RULES: One person leaves the room. Players stand in a circle and they decide a Leader. Players have to follow the Leader's movements. The Leader can change the movements and the others must mirror all movements exactly. The person outside the circle come back and he/she have to understand who is the Leader.

Carolina Alfano - AEGEE-Salerno

MY FRIEND AND I

PLAYERS: More than 20

MATERIALS: A pet toy

RULES: Make the group form a circle and let the pet toy go around it. Ask every participant to do something with the pet toy, i.e. hug it, kiss it, or throw it in the air. Once they completed the circle, they have to do the same thing they did to the pet toy to their left or right neighbour.

Svenja van der Tol - AEGEE-Nijmegen

ENERGIZERS

WILLOW IN THE WIND

PLAYERS: Up to 20

MATERIALS: An area in which participants have enough room to move around comfortably and to make up circles of eight people.

RULES: Arrange the participants in the area available, which should have enough room so that three circles of approximately eight people in each can fit in easily. Every participant will have a chance to be in the centre (the willow). Ask the participants to stand in a circle, shoulder to shoulder, and to look towards the middle of the circle. Tell everyone standing in the circle to hold their hands up, with palms facing the person. When she/he is ready to begin, she/he say, "Ready to fall." The circle should reply, "Ready to catch." The person then says, "I'm falling," and the circle responds, "Fall away." As the 'willow' falls out towards the circle. The participants support the 'willow' and slowly move him/her around, back and forth. Invite people in the circle to make very soft blowing sounds, passing air between their lips to make it sound like a gentle wind.

Laura García - AEGEE-A Coruña

LEANING TOWER OF FEETZA

PLAYERS: More than 20

MATERIALS: Shoes

RULES: 1. Break your group into smaller groups of about 8 to 15 people.
2. Explain that each group is to build the tallest free-standing structure they can using only their shoes.
3. Everyone has exactly three minutes to achieve the task.
4. The tallest structure wins.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

THE HUMAN CHAIR

PLAYERS: Up to 20

MATERIALS: None

RULES: Invite everyone to stand in a circle shoulder to shoulder. Each person then turns to the right to face the back of the person in front of them. Ask them to place their hands on the shoulder of the person in front. On the count of three they slowly begin to sit down on the lap of the person behind. As long as everyone is helping the person in front of him or her to sit, then everyone should be supporting the weight of everyone else. Of course, should someone slip, the game becomes 'human dominoes.' ☒ It might take a couple of attempts to complete the challenge.

Stefani Stevanovska - AEGEE-Skopje

THUMB WRESTLING IN STEREO

PLAYERS: More than 20

MATERIALS: None

RULES: 1. Form partners.

2. Instruct each person to extend both their hands and to curl their fingers inside the matching palms of their partner.

3. Starting with opposing thumbs side-by-side, each person aims to pin their partner's thumb under their own thumb first.

4. Best of five rounds wins.

5. Swap partners and repeat.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

TALL STORIES

PLAYERS: Up to 20

MATERIALS: None

RULES: The leader starts a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each young person adds their sentence. Tape it and play it back. For example; 'Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY.....'

Stefani Stevanovska - AEGEE-Skopje

JUMP IN JUMP OUT

PLAYERS: More than 20

MATERIALS: None

RULES: Ask your group to form a circle, holding hands, facing in to the centre. Announce that you want the group to – "SAY WHAT I SAY, AND DO WHAT I SAY." Explain that you want to practice this skill with one of four commands – "JUMP IN," "JUMP OUT," "JUMP LEFT" or "JUMP RIGHT." Call out a series of 'Jump' commands, one after another for 20 seconds. Re-form the circle, and announce that you now want the group to – "SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY." Continue with a series of 'jump' commands, one after another for 20 seconds, or until the circle breaks up too much.

Carolina Alfano - AEGEE-Salerno

ENERGIZERS

KISS KILLER

PLAYERS: More than 20

MATERIALS: Outgoing participants, space

RULES: All people stand in the circle, boy next to girl. Facilitator marks all boys by letter from alphabet (first guy is A, guy next to him B,...) and all girls get numbers from 1 to how many girls play. One person stands in the middle and quickly randomly says some letter-number combination, e.g. 4B. Girl number 4 and boy B start running to the person in the middle. If the middle person is a girl, boy B has to kiss her anywhere on the body in order to save her and himself. Girl 4 is jealous and cannot let the boy kiss the middle girl. Whoever fails, goes in the middle.

Lucia Gavulova - SUCT

ONCE UPON A TIME

PLAYERS: Up to 20

MATERIALS: None

RULES: Ask each participant to think of either the name of a person, a place or a thing. Invite them to share this with the rest of the group. Select one of your group to begin a story. However, within 10 seconds they must mention the person, place or thing they have thought of. After 10 seconds (use a stopwatch or kitchen timer) the story is continued by the next person who must also mention their person, place or thing within the 10 seconds. Continue until everyone has made a contribution. The stories can get really weird, but that's part of the fun!

Stefani Stevanovska - AEGEE-Skopje

ENERGIZERS

SQUAT THRUST

PLAYERS: Up to 20

MATERIALS: None

RULES: Ask your group to form into pairs, and to stand approx 60cm apart, measured from toe to toe. Next, ask each person to place their feet together, bend their knees, and teeter on the balls of their feet. Explain that once balanced, each person will raise their hands into the 'bumpers-up' position. On "GO" announce that the goal for each person to bring their partner off balance. However, the only area of the body that can be touched (at any time) is a person's hands. Play best-of-three rounds, then swap partners.

Carolina Alfano - AEGEE-Salerno

LET'S CALL IT...RABBITS!

PLAYERS: Up to 20

MATERIALS: Balloons, chairs

RULES: Divide participants in groups. Each person gets balloon which they blow and secure around their waist so balloon sits on the butt. Chairs are distributed in distance from standing groups (10m) and one person from each group comes to chair, stands there and holds it showing his/her balloon to his/her group. When start is announced, one person from each group runs to the chair and tries to smash balloon on the other person without using hands (as copulating rabbits). He stays next to chair, and person without balloon runs back to his group and sends other one to the chair. When all balloons in one group are gone and all people are together they win.

Zuzana Caplova - AEGEE-Bratislava

INDOOR GAMES

MAGIC WORD GAME

PLAYERS: More than 20

MATERIALS: For this game you will need various party favors for each person (or candy) as well as a list of "magic words." Words should be commonly used to make the game more interesting. Words might include: "dog," "cat," "man," "eat," "boy," "water," etc. For this game, good party favor items might include items like: Bead necklaces, Hawaiian leis, or plastic sunglasses.

RULES: As each person arrives, give them a party favor and tell them what their magic word is. Make sure to instruct them not to use the word themselves. If everyone is already together, people come up one by one to receive their party favor and magic word.

Each person will go about their activities normally. If a player hears someone else use the magic word that was given to them, they may take the party favor of the other person. For example: If person #1 has the magic word "dog" and person #2 starts to talk about their pet dog, person #1 is allowed to take the party favor from person #2.

Allow the game to continue throughout the entire party/event or else cut it off at a certain point in time. At the end of the game, count the number of party favors each player holds to determine the winner. Tip: You can penalize players who say their own magic word by making them give up one of their party favors to another player.

Winning the game:

The winner of the game is the one with the most party favors by the time the game stops. Players can collect party favors from anyone involved in the game, even if they have already lost their own party favor, making this a fun way to battle to become the last man standing. You can give away a small reward or prize if you choose to the winner of the game.

Carolina Alfano - AEGEE-Salerno

INDOOR GAMES

CHARADE RELAY

PLAYERS: Up to 20

MATERIALS: None

RULES: Make a list of 20 popular TV programmes. Divide your group into smaller teams who base themselves around the ground floor of your house! You stand somewhere in the middle. The game begins by each team sending one person to you. Show them the first TV programme on your list. They return to their team and silently act it out in front of the group. As soon as someone guesses it, that person runs to you for the next clue and repeats the process. The winning group is the one which has acted out and guessed 20 programmes.

Stefani Stevanovska - AEGEE-Skopje

WINK MURDER

PLAYERS: Up to 20

MATERIALS: Cards

RULES: Ask the group to sit in a circle. Choose a number of playing cards to match the number of young people in your group. Be certain they contain an ace. Each person then draws a card. They must not comment or show it to anyone else. The player who chooses the ace is the murderer and he kills his victims by winking at them!

When someone catches the eye of the killer and is winked at, they are killed. The objective is to identify the murderer while trying not to be killed in the process. An incorrect guess results in instant death!

Stefani Stevanovska - AEGEE-Skopje

INDOOR GAMES

MASKS

PLAYERS: Up to 20

MATERIALS: You will need crayons or paints, markers, scissors and white card for this activity

RULES: Give each young person a piece of white card. Ask them to draw and cut out a lifesized shape of a face. They can also cut out eyes and a mouth if they wish. Each young person is then asked to decorate their card face. One side represents what they think people see/-know/believe about them i.e. on the outside. The other side represents what they feel about themselves i.e. things going on the inside, what people do not necessarily know or see.

Stefani Stevanovska - AEGEE-Skopje

FLAGS

PLAYERS: Up to 20

MATERIALS: large sheets of paper, markers

RULES: Ask each participant to draw a flag which contains some symbols or pictures describing who they are, what's important to them or what they enjoy. Each flag is divided into 4 or 6 segments. Each segment can contain a picture i.e. favourite emotion, favourite food, a hobby, a skill, where you were born, your family, your faith. Give everyone 20 minutes to draw their flags. Ask some of the group to share their flags and explain the meaning of what they drew.

Stefani Stevanovska - AEGEE-Skopje

OUTDOOR GAMES

PASS THE ORANGE

PLAYERS: Up to 20

MATERIALS: Oranges

RULES: Ask the young people to form a circle. Give the first young person a large orange and explain they need to pass this around the circle. No problem. BUT, it has to be passed around the circle using only chin and neck. If the orange is dropped, it must be returned to the previous player in the circle and the game restarts. A camera is a must for this game!

Stefani Stevanovska - AEGEE-Skopje

BACKWARD CLUMPS

PLAYERS: Up to 20

MATERIALS: None

RULES: Divide into pairs. Ask each pair to sit on the floor with their partner, backs together, feet out in front and arms linked. Their task is to stand up together. Once everyone has done this, two pairs join together and the group of four tries to repeat the task. After they succeed, add another two and try again. Keep adding people until your whole group is trying to stand together. A sight to behold!

Stefani Stevanovska - AEGEE-Skopje

OUTDOOR GAMES

CHOCOLATE CHOMP

PLAYERS: Up to 20

MATERIALS: Bar of chocolate, plate, knife, fork, gloves, scarf and a cap

RULES: Ask everyone to sit in a circle on the floor. In the middle of the circle place a large bar of chocolate on a plate, a knife, a fork and three items of clothing – gloves, scarf and a cap. Each person in the circle takes a turn at rolling a dice.

On throwing a six they run to the middle of the circle, put on the items of clothing and try to eat as much chocolate as possible. However, they can only cut it with the knife and pick it up with the fork. As soon as someone else throws a six, they run to the middle, put on the gloves, hat and cap, and take over. Continue until all the chocolate is eaten.

Stefani Stevanovska - AEGEE-Skopje

KNOTS

PLAYERS: Up to 20

MATERIALS: None

RULES: Divide your group into teams of 6-8. Each team forms a small circle. Ask them to extend their right hand across the circle and hold the left hand of the other team member opposite them. Then extend their left hand across the circle and hold the right hand of another group member. The task is to unravel the spider's web of interlocking arms without letting go of anyone's hands. Give them a three minute time limit to complete the task.

Stefani Stevanovska - AEGEE-Skopje

OUTDOOR GAMES

PASS THE POLO

PLAYERS: Up to 20

MATERIALS: Toothpicks and a pack of polo

RULES: Invite the group to line up in teams of six. Give each person a toothpick, which they must hold in their mouth. The person at the front of the line has a polo on his toothpick and he must (without using his hands) pass the polo down the line. If anyone drops their sweet, the team must start again from the front of the line with a new polo.

Stefani Stevanovska - AEGEE-Skopje

BALLOON HUGGING

PLAYERS: Up to 20

MATERIALS: Balloons

RULES: Select three couples to help you with this game. Give each couple three balloons. The couple must blow up and knot all their balloons. Then place two under the girl's armpits and one between the pair as they face each other. The couple then has to burst the three balloons simultaneously by hugging each other. The winning couple is the pair who burst all their balloons in the quickest time. You need to see this to believe it!

Stefani Stevanovska - AEGEE-Skopje

WATER GAMES

WATERFALL QUIZ

PLAYERS: More than 20

MATERIALS: Bucket + A list of questions (general culture, sports, history...)

RULES: The participants are divided into two teams. Two participants have to respond to one of the questions. To all the questions who responds faster and right is save, the other wins a bucket full of water on the head.

Antonio Castiello - AEGEE-Salerno

BALLOON HUGGING

PLAYERS: Up to 20

MATERIALS: A tray, Sponges, Water balloons, Plastic bottle

RULES: The participants are divided into two teams. Alternately they have to be the waiters and jammers. The waiter has to bring a tray full of glass of water to the bottle in front of him. The jammers have to stay on the sides of waiter's walking. They could use wet sponges and water balloons to bring down the glasses. The team that has more water into the bottle wins.

DETAILS: You could use beer and not water.

Antonio Castiello - AEGEE-Salerno

WATER GAMES

WET T-SHIRT RELAY

PLAYERS: More than 20

MATERIALS: T-Shirts of different colors for each team

RULES: The participants are divided into teams and lined. The first one of all the team dresses the t-shirt and when the game starts he has to jump into the water, swim up to a specific point and come back. When he is out of water, he can give the t-shirt to the second one that has to do the same (as all the participants). The team that finishes first is the winner.

Antonio Castiello - AEGEE-Salerno

WATERBALLOON GAME

PLAYERS: Just for 2

MATERIALS: balloon, water

RULES: Fill the balloon with water. Two people starts the game 3 metres distant. One throw the balloon between the other. If he/she catches it, he/she just does a step back and throw it back again, and so on until the balloon fall to the floor. It's a team game so, win the game the team who has arrived farther.

Alessandro Stella AEGEE-Catania

DRINKING GAMES

PAY A DRINK

PLAYERS: More than 20

MATERIALS: Papers with names of all participants & organisers

RULES: Everyone gets 1 paper with a name and has to invite the person to a shot.

DETAILS: If someone doesn't drink, respect him/her.

Philipp Blum - SUCT

NEVER HAVE I EVER

PLAYERS: Just for 2

MATERIALS: People and drinks

RULES: One person says 'Never have I ever [action]', after which everyone who did do this has to drink. I.e. if I say 'Never have I ever eaten a pineapple', everyone who ate a pineapple in past, has to drink. One of the easiest games, yet also one of the most fun.

Svenja van der Tol - AEGEE-Nijmegen

FLUNKYBALL

PLAYERS: Up to 20

MATERIALS: A beer each (each same size), a bigger plastic bottle (1-3L), a ball

RULES: Please copy and paste this link, too long to explain: https://www.spielwiki.de/Flunkyball_Eng

DETAILS: Start with small beers. 3 rounds kills people

Philipp Blum - SUCT

DRINKING GAMES

HIGH OR LOW

PLAYERS: More than 20

MATERIALS: Deck of Cards

RULES: The game starts with the dealer flipping over a card to the player on their right. This player must then guess if the next card will be higher or lower. If the player gets it wrong, he/she drinks for the number of sips corresponding to how far their guess was off. If the player guesses right, the dealer drinks and moves on to flipping a card over for the next player. The dealer is only able to get off the hot seat and pass the deck when three players in a row guess wrong. The game continues in this way until the deck is finished.

Salvo Schillaci - AEGEE-Catania

FLIP CUP

PLAYERS: More than 20

MATERIALS: Plastic Cups, Flat table, Beer

RULES: Two teams stand on opposite sides of a table. In front of each member is a cup full of beer. The players match up against the player across from them. The game starts with the two opposing players putting their cup down on the table, and then they touch cups before putting them back down and chugging them. Once a player finishes drinking the beer, they attempt to flip their cup over. Any method is acceptable as long as the player is not manually guiding the cup over the whole time. Once one player has successfully flipped their cup, the next player in line chugs their beer and flips their cup. This process continues until one team has successfully flipped all of their cups.

Salvo Schillaci - AEGEE-Catania

DRINKING GAMES

JENGA

PLAYERS: Up to 5

MATERIALS: The game Jenga, A pen

RULES: Mark 6 Jenga pieces with each of the following rules: Give 2 drinks, Give 1 drink, Take 1 drink, Take 2 drinks, Take 5 drinks, Finish your drink, Waterfall, Girls drink, Guys drink.

Gameplay: The game follows the regular rules of Jenga. Each player takes a turn removing a block using only 1 hand. If the block is successfully removed, the rule on the block is followed. If the tower crashes, the player must finish their drink and then pick 3 blocks to follow.

Salvo Schillaci - AEGEE-Catania

21

PLAYERS: More than 20

MATERIALS: Something to drink

RULES: Players sit in a circle and the first player starts by saying: "To my left (or to my right) 1" and then play continues in the direction to that player's left (or right) around the circle. They continue until either someone makes a mistake (such as speaking out of turn or saying the wrong number), or the number 21 is reached. If a player makes a mistake, they must drink. They then start the game again from 1. When the number 21 is reached, play stops and that player has to invent a new 'rule' for the next and subsequent games. Just an example: Instead of 1, we say Cheers in a different language. Further rules are added after each time 21 is again reached.

Carolina Alfano - AEGEE-Salerno

DRINKING GAMES

KING'S CUP

PLAYERS: Up to 10

MATERIALS: Deck of Cards, drinks and a cup

RULES: Players gather around a cup which has cards evenly distributed around it. Players take turns picking cards. Each card requires an action, that are as follows:
1. Ace: "waterfall". This starts with everyone chugging. Then the person who picked the card can stop whenever he/she wants. This allows the next person to stop when he/she wants and so on and so on.

2. Two: "you". This means that whoever picks the 2 card gets to choose anybody they want in the game to drink.

3. Three: "me". Pick a 3 and you have to drink.

4. Four: "whores". Girls have to drink.

5. Five: Bust a jive. The person who picks the card has to do a dance move. Then the next person has to do that dance move and add to it. This continues until someone screws up and has to drink.

6. Six: "dicks". Guys drink.

7. Seven: "heaven". All players reach for the sky. The last person has to drink.

8. Eight: "mate". The player who picks the card chooses another player to be their mate. This means when one of them drinks they both drink.

9. Nine: "rhyme". The player who picked the card say a word and everybody has to say a word that rhymes with it. Say for example the word is bite. Other players would say fight, kite, tight, right, ect. This goes on until somebody cannot think of a word that rhymes.

10. Ten: "categories". The player who picked the card chooses a category. Then everyone goes around and says something that fits in the category. Whoever cannot think of anything in the category has to drink.

DRINKING GAMES

KING'S CUP

11. Jack: "never have I ever." Everybody puts up 3 to 5 fingers. To start the person who picked the card says something they have never done. Then if you have done it you put your finger down. The game continues around the circle as players continue with more "never have I ever." The first person with all of their fingers down loses and has to drink.

12. Queen: "questions". The player who picks the card starts by asking anyone a question. This player then asks anyone else a question. This process continues until someone fails to ask a question. Questions should be as absurd and vulgar as possible to trip up other players into either laughing or answering the question.

13. King: "make a rule". The rule can be anything but must always be followed until another King is picked and the rule is replaced by another. If the rule is not followed the person who broke the rule has to drink. A favorite is making everyone say "in bed" after everything they say, it immediately takes the game in a hornier direction.

The first 3 people who pick a King have to pour some of their drink into the cup in the middle. Whoever picks the last King ends the game and loses. This person has to chug whatever is in the Kings Cup.

Salvo Schillaci - AEGEE-Catania