

GROUP GAMES AND SOCIAL RECREATION



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What is Social Recreation?

Social recreation can be anything from songs, skits, dances, sports, stunts to stretchers, active and passive games, brain teasers and relays.

It is an inexpensive and fun way for people of all ages and abilities to enjoy themselves.

Why do we do Social Rec?

- to get acquainted
- to involve people
- to entertain
- to set a mood
- to exercise
- as a break in a long meeting
- to relax
- to practice mental and physical skills



REMEMBER: Social recreation be done anywhere, at any time, with anyone.

Ten Tips for Good Recreational Leadership

1. Show enthusiasm — it's contagious!
2. Plan your program. Know what you are doing and the materials you will need.
3. Keep your head and keep the situation under control. Be a leader, not a boss.
4. Know the games and activities so that you can teach them.
5. Explain briefly and keep your directions simple. A demonstration often gets the point across.
6. Speak clearly and loud enough so that everyone can hear you. Don't yell.
7. Overlook mistakes. Social rec. is fun and does not necessarily require perfection.
8. Have equipment ready.
9. Don't do it all yourself — you can always find a helper.
10. Stop the activity at the peak of activity, before anyone loses interest.

Notes for Facilitators

A good warmup:

- is geared to the interests, needs and experience of the group
- encourages participation and sharing
- creates a safe environment and an atmosphere of fun, humour, spontaneity, and valuable concentration
- is challenging
- has no right or wrong answer or way of doing things
- often connects, illustrates or demonstrates a point

Helpful Tips for Facilitators

Participation

Since many warmups involve some personal disclosure or physical involvement that may be seen as a risk by some participants, members should never be coerced (or "heavily encouraged") into taking part.

Modelling

It is helpful for the facilitator to begin the structured activity, setting the tone for the group.

Processing

After each activity, the facilitator should briefly process it with the group, e.g., ask how participants felt or what they learned.

Timing

Warmups can be used at any time during the session: when a quick energizer is needed; when an impasse in decision-making is reached; when it is necessary to illustrate a point.

Goals

In selecting a warmup, facilitators must be clear about their goal: at this moment is it to make it easy for people to meet each other? to provide high-energy release? to create an introspective atmosphere? to let the group focus its creative powers on a group project? Well-focused warmups are highly effective short cuts in working with groups.

How To Include Recreation in the Program

Your meeting plan should include space for social recreation in every meeting, even if it is only one game or a song. It helps to build enthusiasm and bring the group closer together.

An ideal meeting plan should include activities at the beginning, during and at the end of the program.

Having a game, or games, before the meeting starts relaxes the members and makes them ready to participate in the business of the organization. For new members or special visitors, get acquainted and mixer games allow everyone to learn names and become comfortable in this new environment.

Short breaks, or stretchers, are necessary throughout the meeting to provide a change of pace from the business being discussed. They keep muscles from getting too sore after sitting for long periods of time on hard chairs. Stretchers are especially important during stressful discussion. In many cases, members become very tense and defensive during the business and there is a need for an activity that will reduce that high stress level.



Social recreation at the end of the meeting helps to cap off the evening, or afternoon. Members have a good time and leave with good feelings, wishing to return.

When you are planning your meeting agenda, be sure to include social or other forms of recreation. There are a wide variety of activities you could choose; games and relays, dances and sing songs, or a game of softball and another form of physical recreation.

Recreation is often overlooked by clubs in their meetings. Even though it may only be a small section on the agenda, it is an extremely important part. When used effectively, social recreation can help your 4-H or Junior Farmer club to make positive decisions in all their endeavours.

Here are a few guide posts that should be observed when choosing, preparing and leading social recreation games.

A. Choosing Games

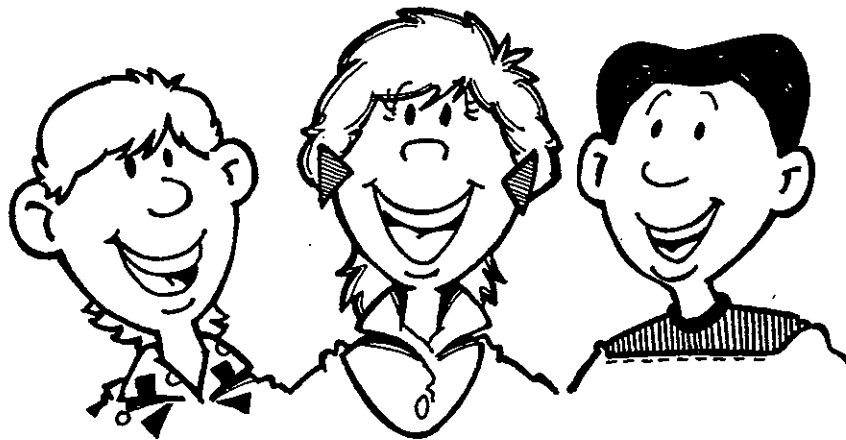
1. Think carefully about the types of games your particular group would enjoy.
2. Consider games and activities appropriate for their age and interest level.
3. Consider the physical and mental skills required, and be sure they are appropriate for your group.
4. Refresh your collection of games by continually searching for new and different activities.
5. Choose games that will be progressive in social value. Start with simple games and build to activities that are more complex.
6. Try to choose games that will, sometime during the period, capture the interest of all present at your meeting.

B. Preparing For the Game Period

1. Plan a variety and be able to switch from one game to another with ease.
2. Plan to have more games than is needed, so that if one game should not be accepted enthusiastically, another might be easily started.
3. Study each game thoroughly, learning actions involved and calls, if any.
4. Plan a method for teaching the game.
5. Always consider the physical requirements of the game, such as space, accommodations, equipment and comfort of players. Take care of these things before the game period.
6. Practice the instructions and calls if any.
7. Plan logical sequences in formations for the games. Follow a brief outline to move swiftly from one activity to the next.

C. Leading the Games

1. Get into position so as to be seen and heard by the entire group.
2. Make sure you have the undivided attention of the whole group before explaining the activity — wait for natural pauses. Be jovial and pleasant.
3. Inspire group action by genuine enthusiasm of both voice and manner.
4. Get players into formation before giving instructions.
5. Instructions should be clear but brief. Demonstrate where possible.



Ideas On Getting Into Groups

Purpose:

1. To introduce participants.
2. To create a spirit of friendliness, and get rid of tension present when meeting new people.
3. To help people meet and learn a few things about each other.

Methods:

1. Use a deck of cards Hand each person a card, and ask them to join with others according to suit, or blacks and reds for two groups. Try "shuffling the deck" to mix up groups if you want to change groups.
2. Use stick'em dots You can buy white dots and colour them, to meet your needs or buy the coloured dots. On the white ones, you can mark an X or circle them with a dot in them. Use your imagination. One suggestion is that as the people take a dot and put it on their body, you can divide the group up as to where they placed their dot; upper half or lower half.
3. Birthday months Ask everyone to find their group with their birthday and join into a group. You could also call out each month and as a leader you could put January, February and March together, etc., putting in any number you want.
4. Seasons of the year Divide people according to their favourite season of the year: spring, summer, fall or winter.
5. Name tags Have coloured name tags or some marking as people come in and sign a name tag.
6. Facilitator asks participants to:
 - put from 0 to 5 fingers in the air and find a partner, so that when you add your fingers to their fingers, you get an even number
 - find someone whose favourite colour is the same as yours
 - find someone who is wearing the same number of rings as you are
 - find a partner who has a different number of brothers and sisters than you do.

What is a Stretcher?

A stretcher is an activity that gets the group moving again. A stretcher is needed when the group is getting tired. They need to be allowed to MOVE, SHOUT and CHANGE the PACE.

Stretchers

1. Count Three Tell group "When I count to three, everyone stand". (Count, but count unevenly so that they can't do it together.)
2. Stand a minute Ask group to stand up, and after they think a minute has elapsed, sit down. See who is the closest to 60 seconds.
3. Crosswires Everyone grasps the top of their nose with their right hand, and clasps their right ear with their left hand. On a count of three, everyone claps hands once and reverses the position of hands; placing the right hand to the left ear and the left hand to the nose. Repeat several times in rhythm.
4. Air Power Everyone has a straw, and this is done as a team relay. Divide the group into teams, and have them stand in a line. The first person in the line inhales and attaches the tissue paper to his straw and then turns and passes the tissue paper to the next person in line via their straws. This continues until the tissue reaches the end of the line. If someone drops the tissue, the relay must start over again, at the beginning of the line.
5. Tearable Occupations Each person is given a piece of paper and asked to tear out (without first drawing it) some symbol of his/her occupation (or hobby). These are pinned on the front of each person and then everyone tries to guess the occupation of the others.
6. Facial Stretcher Give each person a rubber band. Have everyone put the rubber band over his/her head, OR around his/her neck, with band starting on tip of nose. The object of the game is to try to get band down over mouth and chin by using face muscles only.
7. Ear/Nose Reverse Tell everyone to reach over their head with their left hand and grasp their right ear. With the right hand, they grasp their nose. On the count of three, clap hands; this is the signal to reverse — left hand grasps nose and right hand holds left ear. Continue this at an increased tempo until the group can no longer follow.
8. Pencil in Belly Button Take your imaginary pencil and stick it in your belly button, with the point facing outward. Now write the numbers from 1 to 10. Next write out your first name. Finally write out your first and last name as fast as you can and then sit down.

Why Get Acquainted?

Get-acquainted activities are designed primarily to allow you to get to know everyone a bit better. It is important for groups to meet the members in their group. Fun activities can help you to learn other people's names, and some of their interests.

Get Acquainted Games

1. Crazy Handshakes Before starting this game, have the group form a double circle, with partners facing. When the music begins, the outside circle walks in a counterclockwise direction while the inside circle walks in a clockwise direction. When it stops, everyone faces her/his new partner. The leader will then call out any one of a number of different types of handshakes. The players introduce themselves using these "crazy handshakes". Some handshakes that are fun are these:



- Dead Fish - weak clasp, barely shaking
- Paul Bunyan - grasp one's own right thumb in left fist, hold other person's right hand with own right hand (what remains) and "saw"
- Pumphandle handshake - vigorous up and down motion
- "Udder" hand - one person interlaces fingers leaving thumbs free; the other person vigorously "milks" the thumbs
- Henry Ford - vigorous cranking motion while shaking
- Victory - clasp one's own hand above head and shout "hooray"

2. Name Acrostics

As the players arrive, give each one a sheet of paper and a pencil. The player's full name is to be written so that the letters are under each other as in the illustration. Each player then goes around the room, introducing him/herself and getting names of other players. If a name has a letter in common with his name, he writes the other player's name in by that letter. Each person tries to get another player's name for every letter in their name.

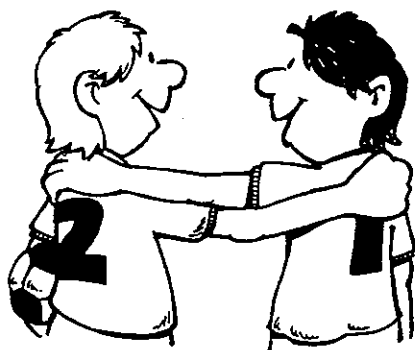
M	M
A	Arthur Jones
R	R
Y	Henry Black
S	Lisle Carter
M	M
I	I
T	T
H	John Hanson

3. Yes or No Players are given ten or fifteen dried beans each, and are told to circulate around and ask each other questions on any subject. Any player who answers with a "yes" or "no" must pay the questioner with a bean as forfeit. Sounds or gestures like "un-huh" or "nope" or shaking one's head to indicate "yes" or "no" are also penalized. The game continues for several minutes, as players move around rapidly trying to win beans from each other. At the end, they count their beans, and the player with the most beans wins.
4. Lucky Handshake Several pennies are distributed throughout the crowd. The people with the pennies are told to give them away to the 10th person they shake hands with. This encourages mass hand shaking.
5. Name Game Get into small groups of 4 or 5. One person starts with saying their name and adding an adjective to it, that starts with the same first letter of their name i.e. "My name is Mary, marvellous Mary". Continue around the circle with everyone repeating the first person's name and adjective.
6. Zip, Zap, Zoom Have players stand in one large circle. Select someone to be in the centre. Introduce yourself to the two people standing next to you. The person in the centre will point to someone and say Zip, Zap, Zoom and that person must answer before the centre person on their right's name, Zap means the person must say the person on the left's name and Zoom means you must say your own name. If you say it before the centre person counts to 5, that same person stays in the centre. If they goof it up then that person will go in to the centre and start again.

7. **Who Am I?** Pin the name of a famous person the back of each player. Players move about the group trying to identify their names by asking other players questions. When correctly identified, the person pins the name of his/her lapel. Only "yes" and "no" may be used in answering questions.

Variations: Use names of nursery-rhyme characters, comic-book characters, etc.

8. **Back to Back** Players are standing, at least arm's length away from the next closest player. Leader calls out "Back to Back" and everyone finds a partner. When the leader blows the whistle, everyone scrambles to find a new partner and does what the leader calls out, e.g. knee to knee, right arm to right arm, etc. You should also introduce yourself to your partner.
9. **Move On** Each player is seated on a chair in circle formation. The leader calls out different categories, e.g. "all those with running shoes on, move on". Everyone wearing running shoes moves one chair to the right. If there is someone on that chair, the mover sits on his/her knee. If the person on the bottom falls into the category called, everyone on top must move on too. Every time a person makes a move, they must introduce themselves to the person they "land" on.
10. **I've Got Your Number** Give each player a number, which they pin on and wear throughout the game. Now give each person a slip of paper with instructions, such as the following: "Introduce four to three", "shake hands with six and seven" or ask questions and have different numbers answer you.

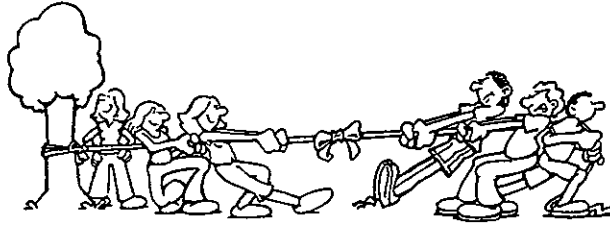


11. **Barnyard Mixer** Each person is given a folded piece of paper which contains the name of a barnyard animal (cow, cat, horse, donkey, pig). On signal, everyone will begin making the noise of the animal listed on the paper. When he/she hears another person making the same noise, they join hands. This continues until all people are in barnyard groups.

12. Tennis Ball Name Game The group is standing in a circle. One person is given a tennis ball. The person with the tennis ball throws it to another person in the circle, and says the name of the person catching the ball i.e. "Here, Jane." The person catching the ball would then thank the person throwing the ball i.e. "Thank you John." This is repeated until all players have had a chance to participate.
13. Choo Choo Line formation. The leaders stand in front of the line. He/she asks the name of the first person in the line, shakes their hand, and then tells everyone in the choo-choo that person's name. After the name is passed down the line, the leader then takes that person's right hand and the two do a jump step, repeating that person's name. The jump step involves saying the name and jumping, and putting out your left or right arm and leg together, while saying "It's John, it's John, it's John, John, John". The leader moves off with the newly introduced person following with hands on the leader's shoulders. After the third person is added, the line reverses each time, making the person at the end of the line the new leader.
14. How Do You Do? Seat the players in a small circle. The leader turns to the player on his/her right and says "How do you do. My name is ____". The second player replies "How do you do," then turns to the player on their right side and says "How do you do, may I present ____ (first person), and I am ____". The third answers, "How do you do" before turning to the fourth and introducing the leader, the second player, and himself — always using full names. This continues around the circle until the last player introduces everyone in the circle and himself to the leader. If the group is large, divide it into several small circles. When each circle has been introduced, one player from each circle introduces his/her group to all the others.

What Are Active Games?

Active games are activities that get a group excited. They get members moving around and having fun. Some active games may require specific equipment.



Active Games

1. Donkey and Fiddler The players stand in a circle facing the centre. A stopping signal, such as arms raised for attention, is agreed on. Two hand motions are selected and practised. One hand motion is to place thumbs at ears and wiggle fingers to represent "donkey". The other hand motion is to hold and "saw" on an imaginary "fiddle". The game starts with one player as "it". "It" goes up to a player in the circle and "wiggles ears". The player immediately "fiddles". In an uneven rhythm, "it" changes motion to "fiddling" and back to "wiggling ears" in an attempt to catch a player doing the same thing he/she is doing. As each player is caught, he/she helps to catch others. Signal for stopping is given when most players are caught.
2. Our Cook Doesn't Like Peas One player starts the game by saying "Our cook doesn't like peas. What can we have for dinner?" He/she points her/his finger at some player who must quickly answer with some article of food.

To be acceptable, the food must be one that is spelled without the letter "P". Onions, garlic, cabbage, chocolate, celery and the like are accepted, but, if the player answers with peas, pumpkin pie, parsnips or some other word having the letter "P", the leader will say "I am sorry, but our cook will not prepare that". A player who answers incorrectly may be required to pay a forfeit or the game may be played until most of the players get the idea.

3. Buzz One player starts the game by counting "one". Others in turn count "two", "three", "four", "five", "six". When "seven" is reached that player must say "buzz". The counting continues but any time there is a multiple of seven or any number with seven in it, the player must say "buzz". Thus 14, 21, 28 and other numbers that are multiples of seven, as well as 17, 27, 37 and other numbers containing seven must not be repeated. "Buzz" is substituted in their place. Penalty for infraction of the rules is paying a forfeit or leaving the game.

Variation: "Fizz-buzz". More complicated - use "fizz" for the number five and "buzz" for the number seven and play as above.

4. **Horse For Sale** Players sit or stand in a circle facing centre. Two people are in the centre. One is the "seller" and one is the "horse". The "seller" takes the "horse" to a player in the circle and offers to sell the horse. The object is to make the "buyer" laugh while discussing the merits of the "horse for sale".

The "seller" uses whatever sales talk he/she can think of, and the "horse" assists by appropriate actions and sounds. If the "buyer" smiles or laughs, then the "buyer" becomes the "horse", the "horse" graduates to "seller" and the "seller" takes a place in the circle. If the group is large, have two or more selling teams to keep interest and action going.

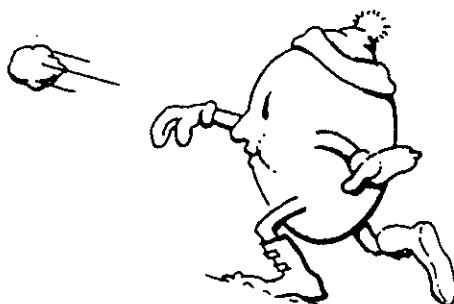
5. **Unsupported Circle** This game is also called "Knees". The group stands in a circle, shoulder to shoulder. All turn and face the same way. Then gently sit down on the knees of the person behind you. If gravity wins, try again! Then see how many tricks you can perform while perched on each other's knees.
6. **Knots** Players "tie" a big knot by standing in a circle. Players put their right hand into the circle and take the hand of another player. This is then repeated for the left hand. Be sure that no one takes the hand of a person beside him and that he/she does not hold hands of the same person. Players then try to "untie" the knot by twisting and turning, etc.



7. **Balloon Break** Each player is given a balloon tied to a string (18-24 inches works best), which they tie around their ankle. Players should be in their stocking feet. When a signal is given, players attempt to break other balloons while protecting their own. A player is eliminated from the game once his/her balloon is broken. The last player with an unbroken balloon wins.

Variation: Poke dance (couples). Everyone is in couples and has a balloon tied by string to his/her ankle. Each couple must try to burst other couples' balloons without breaking their own. When both balloons are broken, the couple is eliminated. The last couple with a balloon is the winner.

8. How Do You Like Your Neighbours? Players are seated in chairs in a circle. One person, who doesn't have a chair, approaches someone in the circle and asks: "How do you like your neighbours?" If that person answers "fine", everyone moves one chair to the right. If they say "terrible", everyone moves one chair to the left. If they say "I think they should all leave the country", everyone must find a chair somewhere else. The displaced person tries to find a chair, the person left over is the new "it".
9. Wink Everyone is given a card from a deck of playing cards. Players may exchange with anyone they want, without letting anyone see their card. The queen of spades (or any designated card) is automatically the winker. That person must wink at everyone else without getting caught. When he/she winks at someone, that player is automatically eliminated. If a player suspects someone to be the winker, he/she may challenge, along with another person. On the count of three, they point to the suspected winker. If the challengers are wrong, or they do not point to the same person, they are also eliminated.
10. Seeing and Remembering On a table are placed several articles which are kept out of sight or covered until the game is started. The participants form small groups of three or four and walk past the uncovered table in single file. The players now find seats in their groups and the table is covered again. At a given signal, players name the objects which they remember and a group recorder writes them down as fast as possible. A signal is given for the recorders to stop writing, and then they check their lists as the objects are enumerated by the leader. The group with the longest and most correct list wins.
11. Musical Chairs Arrange chairs in two straight rows (back to back) or in a circle. Select three people (or more for a larger group). These three people announce to the group who they are. As the music plays, the three sit down and three chairs are removed from the rows. As the lines pass by the three players, each person must shake hands with them and call them by name. When the music stops, the three persons without chairs tell the group their names and they are seated. The three people previously sitting now join the line. Now the group shakes hands and calls by first name the six people. Continue until the whole group has been "met".
12. Snowball Fight Each person is given a full sheet of newspaper. At a signal, each uses just one hand and tries to crumple the paper into the smallest possible wad. These paper balls are the "snowballs". At another signal, both sides start throwing the "snowballs" at each other. When the signal is given to quit, each side counts the "snowballs" on its side. The side with the fewest snowballs wins.



13. Cops and Robbers Form two circles, an outer and an inner circle. People in the two circles should be facing each other. Be sure everyone has at least one partner (In some cases where numbers are uneven, one person may have 2 partners). Have partners introduce themselves to each other. At a given signal, they all march to their right. At another signal, they stop and turn to face new partners. This time they introduce themselves and then one partner asks the other for some item they have with them (shoe, hat, ring, etc.).

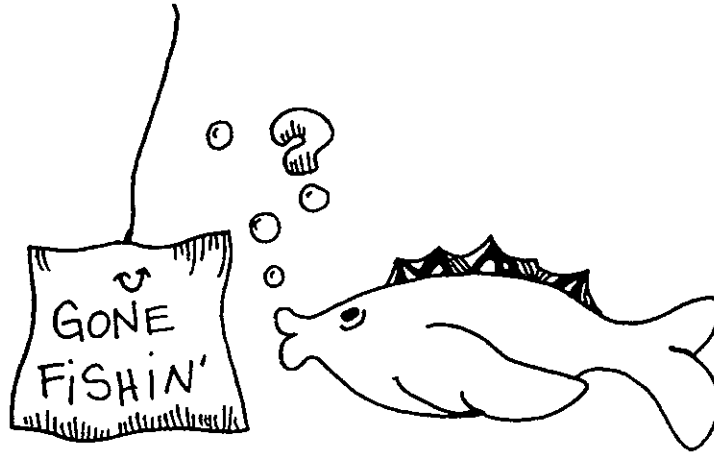
Have them change partners at least four times. Alternate between inner and outer circles to decide which partner gives the other an object. Then as the leader calls out, "Here come the cops", everyone must return the items to the rightful owners. Set a time limit and do not let the game drag on.

14. Crazy Ball Nerf balls or rolled-up coloured socks are required. Get the group into a circle, and start tossing one ball to everyone. Keeping the same order, continue to toss and add other balls.
15. Progressive Songs The name of a familiar song is announced. Each group is given a large sheet of paper. The first person writes down the first word, and this continues for each person in the group. If a player cannot think of the next word, he/she writes down his/her last name in its place. When the song is finished, words are given to someone who can sing, and he/she sings it as it is written. Instead of singling out one person, you may wish to have the group to sing as well.
16. Passing the Buck A button or coin is passed around the circle. "It", who stands in the centre of the circle, is given five chances to select the player who has the object as it is being passed around the circle. If he/she is not successful in discovering the object in five guesses, someone else is selected to take his/her place. Should he/she locate the object on the third guess, for example, he/she changes place with the person selected.

The coin is passed in the following manner: All players start with their own hands together, cupped with the left hand over the right. On the signal "apart", they stretch both arms sideways (hands clenched, the left hand still having the knuckles up and right knuckles down) to the players on left and right. On the next signal, "together", each player brings his/her own hands together. Before starting the game, it is best to practise the rhythm "Apart-together, Apart-together", until the group understands how the coin is to be passed.

Variation: Players sing "Dollar, dollar, how you wander from one hand to the other. Is it fair, is it fair, to keep poor "Danny" standing there?"

17. Plenty of Fish in the Sea Everyone is given a card on which to write his/her name, hometown, and hobby. Collect the cards, shuffle them, and then let each player draw a card. On a signal, each player is to find the person whose card he/she has drawn and talk over what is written on the card. When the meeting reconvenes, call for a show of hands to find how many met their match. Collect the cards and repeat.



18. Paris Fashions Players are in groups of 5 or more, and are given old newspapers, toilet tissue, crepe paper, scotch tape and safety pins to create a garment.

The groups are instructed to dress one person in the latest Paris fashion and prepare that person to model for the rest of the group. Each group should provide a commentary for their model. A panel of judges should give their prizes for such things as, "Best use of materials", "Prettiest", "Least likely to be comfortable", and others.

19. Skin the Snake Players stand in rows, with legs shoulder-width apart. Each player stoops over, puts right hand between legs, and grasps the left hand of the player behind him/her. At a given signal, the last person lies down on his/her back and puts his/her feet through the legs of the player in front of him/her. The line of players walks backward astride the bodies of those behind and lies down. Upon completing the transformation, all players are lying down.
20. Twisted Anatomy Get everybody into a circle. The player, or two if it's a large crowd, who is "it" marches around the inside of the circle. Stopping suddenly in front of someone, she points to her nose and says, "This is my big toe". Whereupon the player being addressed grabs his big toe and proclaims proudly to the other, "This is my nose". All this fibbing must be done before "it" can count to ten. If he/she doesn't make the correct wrong answer they exchanges places with the one in the centre. Otherwise "it" continues until someone is tripped up. The more remote the locations of the various body parts are, the better.

21. Elephant-Rabbit-Duck The players sit or stand in a circle. To imitate any of the animals requires three players. It is best to start with one animal until the group is familiar with the game.

For an elephant, the one in the middle clasps both hands together and swings his/her arms to imitate the elephant's long trunk. The players on each side of him hold one hand with fingers spread wide to one of the centre player's ears to indicate the large ears of the elephant. For "rabbit", the player in the middle holds one hand in front of her/his mouth with two fingers bent to form teeth. The players on each side form ears in a triangle shape. For "duck", the player in the middle uses both hands and forms a bill, while the players on each side form wings.

One player is "it". He/she points to a player in the circle and says "elephant" (or one of the other animals). To confuse the players he/she can count to 5 very rapidly. The player pointed to, and the neighbour on each side, do the actions to imitate an elephant, or any of the other two animals.

The slowest of the three takes the place of "it" in the centre. In this way, there is a rapid change of players and many get into the action.

22. Upset the Fruit Basket Each person sits in a circle bearing the name of some fruit. When the leader calls names of two fruits, they must change places, and the leader tries to get a seat. The signal for all to move is "Fruit Basket Upset", whereupon all change places, and the leader tries to get a seat.
23. Catch the Dragon's Tail A group forms a straight line, and each person puts their arms around the waist of the person ahead of them. The person at the end uses a napkin as a tail. The line whips around so the person at the front of the line can try to catch the "tail".
24. Egg Toss This is a 2-team relay race. Each team consists of 2 lines, which face each other, a few feet apart. When signalled to start, the front person in one line tosses the water balloon to their partner in the line opposite them, and then runs to the back of the line. The lines then move a step or two apart, and continue to do so each time the balloon is tossed. The last team to have an unbroken balloon may throw it where they want — usually among the other team.
25. Hot or Cold An object, ie. penny, postage stamp or clothespin, is placed in full sight in an unusual location in the room, while "It" covers his/her eyes or is out of room. Upon returning, "It" tries to find the hidden object. He/she is guided by the group who sing or clap loudly when "Hot" or near the object, and softly when "Cold" or some distance from it. After the object is located, someone else is selected to be "It".

Variation: The group decides upon something for "It" to do with the object and guides him/her by singing or clapping.

26. Crows and Cranes Divide players into two teams. They face each other in the centre of the hall about 1.5 metres apart. Clearly define the lines on each side of the playing area.

One team is the "Crows" and the other is the "Cranes". Call one of these names. You can add to the suspense by rolling the 'r's. The team with the name called runs to touch the wall behind the other team before they are tagged by the other team.

Those tagged become part of the team that tagged them. The game is over when one team has caught all of its opponents.

Add to the game by calling other names - Crabs, Crackers, Crocodiles, etc. Any player that moves when these names are called is considered caught by the other team.

27. Country Outlines A good observation game; a good lead-in to a session on development in "Third World" countries. Could be introduction to a "campfire yarn". A number of outlines of countries or other items is required.

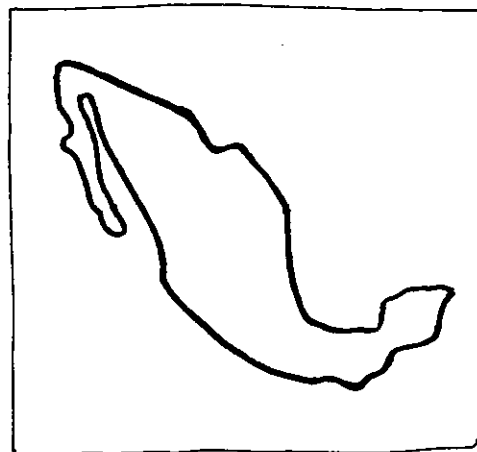
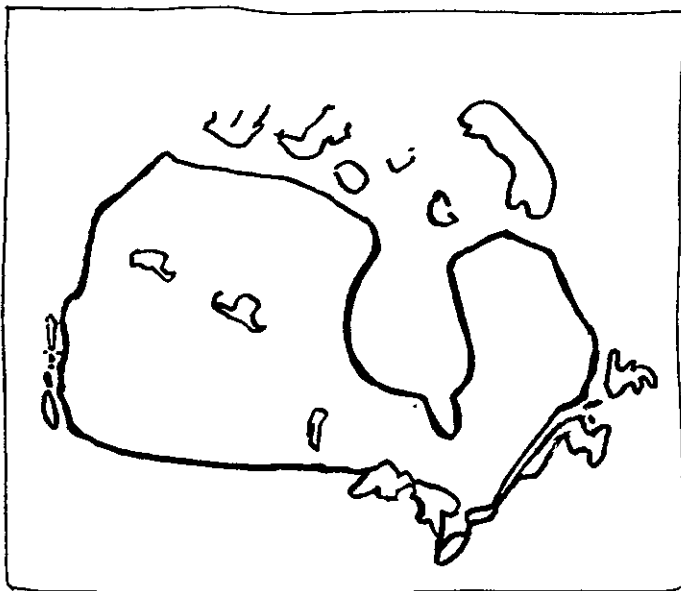
Trace the outline of several well-known countries, and one or two less obvious ones, onto plain sheets of paper.

Go over your tracing with a black felt pen or silhouettes could be cut from black paper and mounted on white cards.

They should be big enough so that all players can see them.

Players should identify the country by silhouette alone. But, have some clues ready in case they are stumped.

Variations: use outlines of birds, animals, cars or other identifiable items.



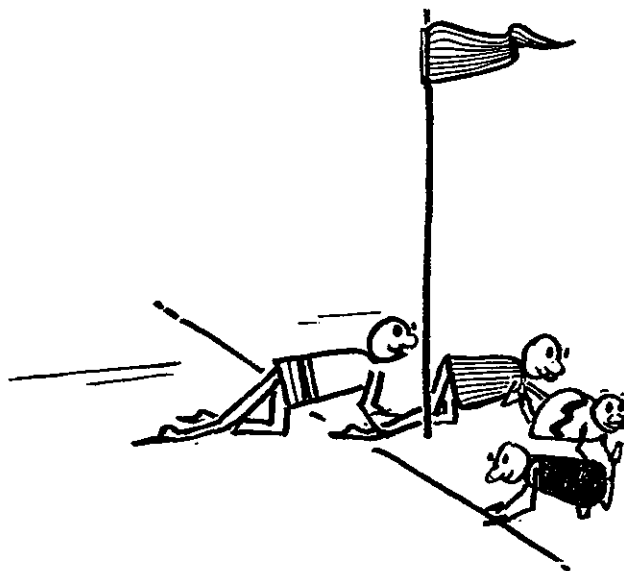
28. Centipede Cooperative teamwork exercise that may be played indoors or outdoors.

Form teams with three to six players in each. A starting line is marked and a second line is marked about 30 metres away.

Players remove their shoes and go down on their hands and knees. Each team forms a line and each player holds the ankles of the player in front of him.

There should be a distance of a little more than a metre between teams.

On the signal, each team races to the second line — all players must cross the line before the team turns around and returns to the starting line. (You may wish to use a marker for team to turn around.) First team back is the winner!



29. Barber School Use an area outdoors where water splashing down will not do any damage. Have enough disposable razors to provide one to each team member with, one or two cans of shaving soap (depends on how the lather is applied) and chairs or benches for the customers to sit on. It is desirable that customers wear bathing suits or clothes that they don't mind getting wet!

Divide the group onto an equal number of teams - that is, 2, 4 or 6 teams.

Members of one team sit on chairs or a bench and hold water-filled balloons on their heads. The other team is equipped with disposable razors and cans of shaving soap. This/her latter team must lather up half of the balloon and then shave the balloons without getting their 'customers' wet! It may help to liven things up to point out to those doing the shaving that the customers will be doing the shaving on the next turn.

The team that shaves the most 'customers' without an accident would be the winner. But in this kind of game, don't count on too many successes.

30. Find the Rabbit Use a regular meeting hall. Supply one small toy rabbit (or bird or other animal).

Send the group out of the hall. During their absence, hide the rabbit in an inconspicuous, but visible, place.

Bring the group back - everyone tries to see where the rabbit is hidden. Those that do so sit down and watch the others hunt for the rabbit. Caution the players not to sit down as soon as they see the rabbit. Someone else might get a clue from where they were looking when they sat down.

If the game goes fast, give the first person to find the rabbit in the previous game the opportunity to hide the rabbit for a second game.



31. Capture the Flag Use a large field with some cover. Have a clearly defined (fenced) area. You need two flags (pennants) that are easily hung on a branch and coloured wool to identify the teams.

Each team owns half of the area and may capture opponents that they find in their area. A team member cannot be captured in his/her team's area.

Each team plants a flag in a visible but inconspicuous spot in their territory. Team members must stay at least 5 metres away from their own flag unless in pursuit of an opponent.

Each team is to try to find and capture their opponent's flag - they also have to defend their own flag by capturing opponents. The winner is the team which captures the other team's flag and returns it to its own home base. If time expires before this is done, the winner is the team that captured more of their opponents.

Capturing: players have a strip of wool or ribbon on their right arm. When they are captured, they lose their ribbon and must return to their home base and sit out a two-minute penalty. After the penalty time, they can get a new ribbon and rejoin the game.

Variation: Players can be captured with a 2-hand touch. The prisoner must go to a jail defined by his/her captors. He/she can then be freed by a member of her/his own team who touches him. Several captured players can be freed at once if they are holding hands.

32. Alphabetical Drama Play for fun, as it is difficult to award points. This game may be played indoors, seated in a circle or outdoors, in a campfire circle. You require a box with slips of paper having a number of situations on them, and a box with slips of paper having the letters of the alphabet if they are to draw for situation and letters.

Divide the group into one or more teams of six to twelve players. Give each team a situation to act out, and a letter of the alphabet to start their dialogue - better still, let them draw a situation and a letter from the boxes. The first player of the first team speaks a line of dialogue, beginning with that letter. The second player in line must begin with the next letter in the alphabet, and so on in rotation, trying to get as far down the alphabet as they can. Stop them if they pause, for say 30 seconds, trying to think up a new line. Start the second team with a different situation and letter.

The dialogue should relate loosely to the situation. But, don't be too strict!

An example: situation - mountain climbing; letter - C.

"Can you see the top yet?"
"Don't think so!"
"Easy does it, loose rock here!"
"Fred, watch out!"
"Good grief!"
"Help!"

33. Earth, Air, Fire, Water To develop, literally, the ability to think on one's feet. Provide enough room for a circle of players. You will require one bean bag.

Players stand in a circle with one player in the centre with a bean bag. He/she throws it to someone in the circle - calling out one of the words "Earth", "Air", "Water" or "Fire".

Depending on the word the thrower calls out, the player catching the bag must respond with the name of an animal, a bird, a fish or whistle like a fire engine before the thrower counts to ten. If he/she fails to do so, he/she becomes the new thrower. No creature, once named in a game, can be repeated during that game.

34. Prui (Proo-ee) - Everyone stands in a group, closes eyes and starts milling around.

When you bump into someone, shake his/her hand and ask "Pru?". If the other person ask "Pru?" back, then you have not found the Pru and must continue on to another person. One person should be secretly instructed to be the Pru and can open his/her eyes. The person who is Pru does not reply when asked if he/she is Pru.

After asking one more time with no answer given, the player may open his/her eyes and join hands with the Pru. If a player bumps into two clasped hands, he/she knows he's found the Pru. The player must then feel his/her way to either end of the line and then join it.

35. Paper Wad Name Have everyone sit in a circle. Someone in the circle starts by naming himself first, then names someone else in the circle. Then that person must name himself, and then someone else and so on.

A person in the centre of the circle with a rolled-up newspaper tries to tap whoever is named and/or is naming someone new. If the player is tapped before he/she finishes naming someone new, they must go in the centre replacing the one who tapped him. Before the one in the centre sits down, he/she must name himself and a new person. If he/she sits down first, the centre person can tap him/her.

What are Relays?

Relays are both challenging and fun. Relays get a group working together to accomplish a task.

Relays

1. Newspaper relay You require newspapers.

Give each team two sheets of newspaper and have them line up behind a starting line. The idea is for them to move as rapidly as possible across the racing area by putting first one sheet of paper down and stepping on it while another is laid down for the next foot. Have racers move towards a goal line, turn, and come back to the starting line. Make sure that they understand that they have only the two sheets of newspaper to complete the whole race.

2. Glove and Candy Relay Five people make up each team; they stand in a straight line. The first player on each team wears a pair of cotton work gloves and is given an unopened package of gum. He/she must unwrap the gum and take out one stick, unwrap that, and begin chewing it before passing the gloves and package on to the second person on the team. This continues until the fifth person is chewing a stick of gum. The first team finished wins.

3. Toothpick and lifesaver relay Give each player a toothpick to hold in his/her mouth. Hands are held in back so they will not be used. A lifesaver is placed on the first player's toothpick and passed down the line from toothpick to toothpick without using hands. If lifesaver is dropped, it must start back at the beginning of the line. The first team to get the lifesaver to the end of the line wins.

4. Egg relay The group is divided into teams. Each player holds a tablespoon in his/her mouth. The object is to pass an egg down the line by tilting head with spoon in mouth. (Boil the egg, but do not let the players know it.)

5. Alphabet game Get into small groups and place a packet of letters of the alphabet (printed on recipe cards, etc.) in each group. Everyone in a group gets two letters. The leader says a word, and every group tries to put the word together, using the letters they've got. They may or may not have all the letters in the alphabet, and could have some duplicates, especially of vowels. Select judges for this game, who would decide which group has come the closest to making the word.

6. Candy relay Play indoors in a regular meeting hall. You require one piece of wrapped candy per player.

Players form teams, in relay formation. On the starting signal, the first player from each team will balance the candy on their forehead and will walk to the far end of the hall - balancing the candy on their head.

Once the player tags the wall, he/she can hold the candy in their hand and run back to the team. The next player repeats the action until all have had a turn. Those who drop their candy must return to the starting line and start over. The winner is the first team to complete the relay. Let the players eat the candy after the race.

7. Fill the Bottle Caution: Unless you plan to wash the floor after this game, you should play it outdoors. You require one pail, one teaspoon and one bottle per team.

Teams line up in a relay formation, except that they stand shoulder to shoulder. Each team has a bucket of water at one end of the line and an empty bottle at the other end.

Teams are to fill the bottle to a specified mark. However, the water can only be transferred by spoon and it must be passed from player to player. The winner is the one who fills the bottle first.

8. Orange Chin Chin relay You will need one orange per team.

Divide the players into two teams and stand each team in a line. Each team leader then tucks an orange under his/her chin. On the word "go", the leader must turn around and transfer the orange to the next team member without using his/her hands. The winning team will be the one which has successfully transferred the orange right down the line without dropping it. If the orange drops, the team must start again.



9. Balloon relay You require enough balloons for all players and one chair per team.

Divide the group into teams, with the same number of contestants. Each person receives a balloon. Have the team members stand in line formation, one behind the other, with a chair some distance in front of each team.

When the race is started, the first person on each team runs to the chair, blows up the balloon and sits on it to burst it. After bursting the balloon, he/she runs back to the next team member and tags his/her hand for him to go to the chair and blow up and burst his/her balloon. The team that breaks all their balloons first, in this manner, wins.

10. On the Spot Scavenger Hunt Players are divided into teams of at least eight and are arranged at equal distances from the scorekeeper seated in the centre of the room. Each team must choose a captain or runner. The leader calls out the name of an article from his/her list and each team tries to get that article to the scorekeeper first. The runner is the only one who may carry the article named.

List of objects to find:

school ring	T-shirt	Swatch watch	piece of gum
Nike shoe	loonie	hair band	baby picture
school ID card	black belt	friendship bracket	gold earring

Add any other objects you feel are appropriate.

11. Rummage relay Each relay team has an outfit of old clothes approximately 20 feet in front of their lines. Each member must run up, put on all the clothes, take them off and return to his/her team. The first team finished wins.

12. Kangaroo relay Instead of running, each player must hold some object (such as a rubber playground ball, beanbag, or block of wood) firmly between his/her knees. The player jumps forward to the turning line without using his hands to hold the object in place. If it drops, he must replace it before continuing. When the player reaches the line, he may hold the object in his hand and run directly back to the team.
13. Wheelbarrow relay In this contest, players take partners on each team and compete as pairs, rather than single individuals. The first two players in each line take a "wheelbarrow" position, one player putting her hands on the floor and stretching her legs out behind, while her partner, standing between the legs and holding them firmly, raises them to waist height. In this position, they race forward. At the turning line, they reverse the "wheelbarrow" roles and return to their team. The first team to have all couples complete the action wins.
14. Over and Under Each team is given a ball or balloon.

The first person passes it over his/her head, the second person passes it through his/her legs, the third person passes it over his/her head, and so on down the line. When it reaches the end of the line, it is passed back to the front in the same manner. The first team to complete this is the winner.



What are Quiet Games?

Quiet games are activities that calm the group down. These activities require listening skills, are a lot of fun and can develop group cooperation.

Quiet Games

1. Human Knot

- One person leaves the room (untangler).
- Everyone else stands in a circle holding hands. Break the circle somewhere and the two end people lead everyone else over, under and through until well tangled. The two end people joins hands again.
- The untangler comes back in the room and tries to untangle the knot.

NOTE: It can also be used as a get-acquainted game with the untangler referring to people by name and asking them to introduce themselves if he/she doesn't know them.

2. Trust Circle

- People stand in a tight circle around a blindfolded participant.
- The blindfolded person crosses arms over his/her chest and has feet together on the ground.
- Stiffening the body, the blindfolded person leans into someone in the circle. That person or people push the blindfolded person on the back up or across the circle and around they go!

3. Trust Walk

- Participants pair off - one blindfolded, or with eyes closed and the other as acting guide.
- Guides then lead the blind people around, giving directions and encouragement.
- After a time they switch roles.
- Discuss things that guides said that were encouraging and things that were not.
- Discuss how it felt to be blind.

4. Gossip The players sit in a circle, and the leader whispers a brief sentence to his/her neighbour on the right, who passes it on to his/her right hand neighbour until it has gone around the circle to the leader again. The leader then says it aloud and compares it to the original sentence.

5. Rain Players sit in a circle facing the centre. Players close their eyes, and pause for a moment or two of quiet, while preparing to repeat the sound the person on his/her right will be making.

Players keep their eyes closed and the rainstorm gets underway as the leader rubs his/her palms together, back and forth. The person to his/her left joins him and then the person to his/her left, and then the next person, and so on around the circle until everyone is rubbing palms, and we can listen to the drizzling rain building in intensity.

6. Lap/Circle Start with each person sitting on a chair in a circle. The leader asks questions like:

- "Anyone wearing a watch?" — move two places right
- "If you have brown eyes" — move three places left

When a player moves to a chair that is occupied, he/she sits on the lap of the person and introduces himself.

7. Cat Burglar A quiet game to develop sense of hearing. Play in a meeting hall indoors. You will require one bean bag (or equivalent soft bag or ping pong balls) and one blindfold for each person in the group.

One player is chosen as the Cat Burglar. The rest are Detectives and sit in two parallel rows with about three metres between the rows. The Detectives are each given a bean bag and are blindfolded.

The Cat Burglar must now tiptoe between the two rows of Detectives - making tiny mewling cat noises. The Detectives try to guess the burglar's position from this and try to hit him/her with their bean bags.

An observer stops the game when a direct hit is scored and the Detective responsible now becomes the Cat Burglar. Remember to reload the Detectives' ammunition at this point.

8. Balloon Messages A quiet game - with facility to test knowledge of players about various aspects of programs. Play indoors in a meeting hall. You will need a number of balloons prepared by the leader - questions on slips of paper are inserted in balloons before inflating.

Players stand or sit in a circle. The leader gives one of the prepared balloons to a player who passes it to his/her right. This continues until the leader calls "Stop!".

At the call, the player holding the balloon sits on it to break it and reads the message aloud. He/she then tries to answer the question or perform it, the message is passed from hand to hand around the circle until the correct answer is given or correct action taken.

Players seem to appreciate this game even more when other leaders are included in the circle - taking their turn in breaking the balloons and answering the questions.

To speed up the action, pass two or more balloons at once.

Songs with Actions

1. The Grand Old Duke of York

The Grand Old Duke of York, he had 10,000 men
 He marched them UP the hill, he marched them DOWN again,
 When they were UP, they were UP, when they were DOWN, they were
 DOWN

And when they were only HALF-WAY-UP, they were neither UP nor DOWN.

- Start by slapping knees on both UP and DOWN
- Starting sitting in chairs. Stand up on UP and sit down on DOWN.
- Sing about three times and speed up each time.

2. Alive, Awake, Alert, Enthusiastic

(sing to the tune "If You're Happy
 and You Know It")

I'm alive, awake, alert, enthusiastic
 I'm alive, awake, alert, enthusiastic
 I'm alive, awake, alert
 I'm alert, awake, alive
 I'm alive, awake, alert, enthusiastic

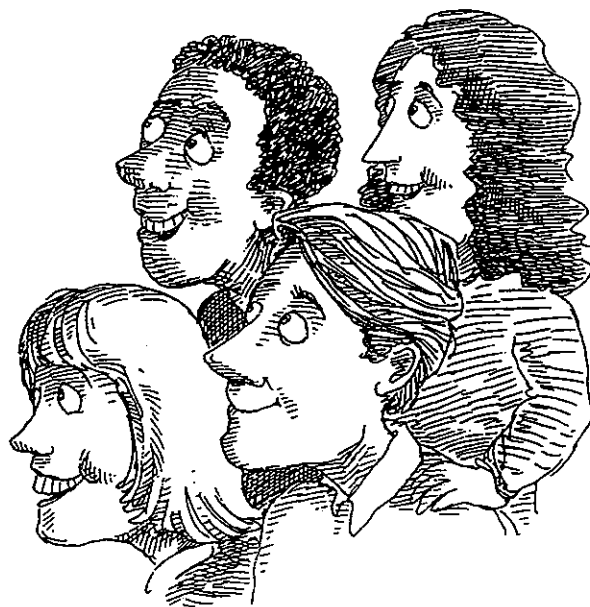
- alive - hands on head
- awake - hands on knees
- alert - touch toes
- enthusiastic - hands above head

3. My Bonnie Lies Over the Ocean

My Bonnie lies over the ocean
 My Bonnie lies over the sea,
 My Bonnie lies over the ocean
 O bring back my Bonnie to me.

Chorus: Bring back, bring back,
 Bring back my Bonnie to me, to me;
 Bring back, bring back,
 O bring back my Bonnie to me.

- begin the song sitting down
- on the "B" words either stand or sit
- should end by sitting



4. My Name is O

Hello, my name is O,
 And I work in a button factory,
 Got a spouse and three kids,
 One day my boss came up to me and said:

"Are you busy, O?"
 I said "No,"
 Boss said "Push this button with your right finger".
 repeat with . . . left finger
 . . . right foot
 . . . left foot
 . . . nose
 . . . rear end
 . . . tongue
 last time: "Are you busy, O?"
 I said "Yes!!".

4. Happy Song

I'm upright, inright, outright happy all the time
 I'm upright, inright, outright happy all the time,
 The birds their carols sing
 Across the woodlands green,
 I'm upright, inright, outright happy all the time

5. If You're Happy

If you're happy and you know it:
 . . . clap your hands
 . . . stomp your feet
 . . . slap your knee
 . . . say "good day!"
 . . . do all four.

6. Hickory, Dickory, Dock (words and actions)

Hickory, Dickory, Dock	(move arms up and down)
Tick, Tock	(stamp twice, left-right)
The mouse ran up the clock	(move arm and fingers up in climbing motion)
Tick, Tock	(stamp twice)
The clock struck one	(all clap hands once)
The mouse ran down	(move arms and fingers in climbing motion)
Hickory, Dickory, Dock	(move arms)
Tick, Tock	(stamp twice)

7. Singing in the Rain

I'm singing in the rain
 Just singing in the rain,
 What a glorious feeling
 I'm hap hap happy again.

Leader yells: thumbs up, group repeats

"thumbs up" and song is repeated with group doing this action

(Spoken) Who cha cha cha
 Who cha cha cha
 Who cha cha cha

Repeat this verse adding a new action each time:

Elbows out	Rear end out
Knees together	Chest out
Toes closed	Chin out
Tongue out	Lie down on the floor

8. The Little Green Frog

Mn mn went the little green frog one day
 Mn mn went the little green frog
 Mn mn went the little green frog one day
 And the frog went Mn mn ah.

But we all know frogs go (clap)
 La de da de da (clap), la de da de da (clap)
 La de da de da (clap)
 We all know frogs go (clap)
 La de da de da
 They don't go Mn mn ah.

9. Jiffy Mixer You can use this with any song that has a good beat.

Form a double circle with partners - man with his back to the centre of the circle holding both hands with partner.

Man's left foot, lady's right, heel forward, then toe back. Slide to man's left twice, step close step. Man's right foot, lady's left, heel forward, then toe back. Slide to man's right. Men back to the centre and ladies to the outside, four hops with clap at same time. Walk to the new partner to the right of your original partner as you face.

- Call:
1. Heel toe, heel toe
 2. Slide, slide
 3. Heel toe, heel toe
 4. Slide, slide
 5. Shag 2-3-4
 6. Cat walk up to the next little girl.

10. Noise Chorus

Divide the group into smaller groups and assign them each a different song. Have the players make noises to the tune of different songs.

Jingle Bells	Happy Birthday	Mary Had a Little Lamb
Row Row Row your Boat	This Land is Your Land	Pop Goes the Weasel
Baa Baa Black Sheep	Amazing Grace	London Bridge
Silent Night		

11. Shake It

Shake it, dear _____
 Shake it, dear _____
 Shake it like a milkshake
 Shake it if you can.

Oh la la la la
 Oh la la lay

Shake it like a milkshake
 Shake it if you can.

Action: side to side shake of hips

Leader picks out name of a person in the group, and adds it in the first two lines. Person named then picks out another's name for the next round.

12. Sound Effects Story Tell a story and have a group or section of group furnish sound effects. Divide the group into as many "sounds" as you can to fit the story. For Gory Gulch divide the group into seven sections:

Cowboys	-	"Yippee"
Indians	-	War cry
Women	-	Scream
Rifles	-	"Bang, bang!"
Horses	-	Stamp and beat knees
Stagecoach	-	Run in circle
Bows and arrows	-	Drop to knees and yell "zing".

Gory Gulch

It was in the days of **stagecoaches** and **cowboys** and **Indians**. Alkali Ike, Dippy Dick and Pony Pete were three **cowboys** who rode **horses** and carried **rifles** to protect themselves from **Indians** with **bows and arrows**.

When the **stagecoach** left for Rainbow's End, they were aboard, as were two **women**, Salty Sally and a doll-faced blonde. The **stagecoach** was drawn by four handsome **horses** and it left Dead End exactly on time.

The most dangerous part of the journey was the pass known as Gory Gulch. As the **stagecoach** neared this spot, it could be noticed that the **women** were a bit nervous and the **cowboys** were alert, fingering their **rifles** as if to be ready for an emergency. Even the **horses** sensed the danger.

Sure enough, just as the **stagecoach** entered the Gulch, there sounded a bloodcurdling war cry of the **Indians**. Mounted on **horses** they came wildly towards the **stagecoach**, aiming their **bows and arrows**. The **cowboys** took aim with their **rifles** and fired. The **women** screamed. The **horses** pranced nervously.

The **Indians** shot their **bows and arrows**. The **cowboys** aimed their **rifles** again while the **women** held their breath. The **Indians** shot their **bow and arrows**. But the **cowboys** aim was deadly and the leading brave fell. The **Indians** turned their **horses** and fled leaving their **bows and arrows** behind. The **women** fainted. The **cowboys** shot one more volley from their **rifles** just for luck. The driver urged the **horses** and the **stagecoach** sped safely down the trail.

What are Brain Teasers?

Brain teasers test the creativity in individuals and groups. They are fun activities using words and pictures.

Brain Teasers

1. Know Your Alphabet

What letter of the alphabet is also . . .

- | | | | |
|-----------------------------------|---|---------------------------------------|---|
| 1. A vegetable | P | 8. An insect | B |
| 2. A drink | T | 9. A bird | J |
| 3. A body of water | C | 10. Half the width of an em | N |
| 4. A command to a horse | G | 11. A clue. An actor's signal | Q |
| 5. Part of the head | I | 12. A query | Y |
| 6. An exclamation | O | 13. A river in Scotland | D |
| 7. A female sheep | U | | |

2. Pick Your Country

- | | |
|---|---------|
| 1. What country expresses anger? | Ireland |
| 2. What country has a good appetite? | Hungary |
| 3. What country mourns? | Wales |
| 4. What country is popular on Thanksgiving Day? | Turkey |
| 5. What country does the cook use? | Greece |
| 6. What country is a coin? | Guinea |
| 7. What country is good for skaters? | Iceland |
| 8. What country is used at mealtimes? | China |
| 9. What country makes you shiver? | Chile |
| 10. What country suggests a straw hat? | Panama |

3. Transportation Scramble

Here are some modes of transportation scrambled. What are they?

Scrambled

tfra
ranit
ceyiblc
cukrt
lmaec
rotyell
cotxra
torwboa
lisgeh
noace
seorh
relaevot
taslioab
nagow
mobautileo

Answers

raft
train
bicycle
truck
camel
trolley
ox cart
rowboat
sleigh
canoe
horse
elevator
sailboat
wagon
automobile

4. 4-H Information Scramble

Unscramble these things you need in order to have a 4-H club.

Scrambled

sedrale
bmeemsr
eegnmit cepal
teeemacvnh program
tsrpdneie
-H4 legedp
sraeptn
seprs tpoerrr

Answers

leaders
members
meeting place
Achievement Day
president
4-H pledge
parents
press reporter

5. Rhyme Time

There are fifteen phrases listed below. Each phrase can be converted into two words that rhyme.

Example: happy father — glad dad

Phrases

1. naughty boy
2. small skinny horse
3. antique seat
4. delicious fudge
5. large hog
6. small frankfurter
7. fine orchestra
8. 300-watt bulb
9. ordinary walking stick
10. Saturday for school children
11. overweight rodent
12. smooth hen
13. irritated employer
14. comical rabbit
15. loafing flower

Converted Phrases

bad lad
bony pony
rare chair
dandy candy
big pig
teenie weenie
grand band
bright light
plain cane
play day
fat rat
slick chick
cross boss
funny bunny
lazy daisy

On the next few pages are some more brain teasers that you may wish to photocopy for your group to use.

BRAIN TEASERS

A.

1.



2.

MAN
BOARD

3.

STAND
I

4.

|R|E|A|D|I|N|G|

5.

WEAR
LONG

6.

R
ROAD
A
D

7.

T
O
W
N

8.

CYCLE
CYCLE
CYCLE

9.

LE
VEL

10.

0
M.D.
B.A.
PH.D.

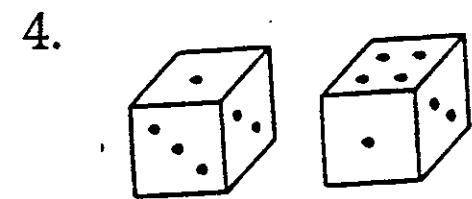
BRAIN TEASERS

B.

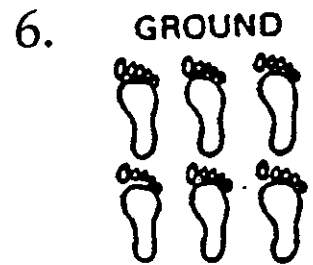
1. KNEE
LIGHT

2. i i
OO
OO
OO
OO

3. CHAIR



5. T
O
U
C
H



7. MIND
MATTER

8. HE'S/HIMSELF

9. ECNALG

10. DEATH LIFE

BRAIN TEASERS

C.

1. H/E/A/D

2. _____ on _____
Thought-thought

3. WEEKKKK

4. Performance
" "

5. BA NANA

6. SEA SON

7. XQQQME

8. C C
GARAGE
R R

9. LEAN
REVO

10. S
B
M
U
H
T

BRAIN TEASERS

ANSWERS:

- A.
1. Sandbox
 2. Man overboard
 3. I understand
 4. Reading between the lines
 5. Long underwear
 6. Cross roads
 7. Down town
 8. Tri-cycle
 9. Split level
 10. 3 degrees below zero

- B.
1. Knee on lights
 2. Circles under the eyes
 3. High chair
 4. Paradise
 5. Touchdown
 6. 6 feet under ground
 7. Mind over matter
 8. He's beside himself
 9. Backwards glance
 10. Life after death

- C.
1. Head quarters
 2. On second thought
 3. Long weekend
 4. Repeat performance
 5. Banana split
 6. Open season
 7. Excuse me
 8. Two car garage
 9. Lean over backwards
 10. Thumbs up

The Legend of the Friendship Stick

At the **TOP** of the stick, place a ring of **BLUE**.

- symbolic of a peaceful sky spread over a world free of prejudice and violence.

At the **BOTTOM**, place a ring of **BLACK**.

- representing the earth on which we must stand firmly, steady and straight -- everyday of our lives.

Near the **TOP** again, we observe a smiling face, the trademark of a **FRIEND**.

- one eye is **BLUE**, expressing a clear, clean outlook on the present and the future.

- one eye is **BLACK**, reminding us that life subsides to death once our job on earth is done.

- the upward **RED** line portrays a smile with a joyous heart. May our smile never be false.

The **GREEN** slash directly below the face is a symbol of purity, not only of moral, but of intentions as well. May our actions, thoughts and words always be sincere and loving.

BELOW THE SLASH, place four (4) equal marks, joined together at the top as one. These remind us of the four major races -- **YELLOW** (ORIENTAL), **RED** (NATIVE), **BLACK** (NEGRO), **WHITE** (CAUCASIAN). Let us never forget that all are created equal.

Surround the **BOTTOM** of your friendship stick with the word **LOVE**. Let us pray for more capacity to love and a keener awareness of being loved. Thus we will build strong bridges of communication and understanding. We will spin our wheel of opportunity, yours and ours, towards world peace and brotherhood.

On the **BACK**, place the final and possibly most important symbol, an **ARROW**. This arrow represents the path of **FAITH**. Though our beliefs may differ, let us strive to stand strong in our principles and at the same time, accept with understanding and sincerity the practices of others.

Place your initials on your stick and in the spirit of **FRIENDSHIP** and **GOODWILL**, exchange your friendship stick with someone in this room.