

YOUTH RESOURCES GAMES

Hit the Bottle (Two teams, young people numbered in each team. When their number is called, one young person from each side runs to their teams hoop on the floor and races to knock down a bottle in the middle using a bean bag.)

Flee (Number all the young people, throw a ball in the air and call a number. The young person whose number you called has to catch the ball and then yell 'FREEZE' while all the others run away. When 'FREEZE' is yelled, everyone stops and the young person with the ball has to try to hit someone with it – whoever is hit is out.)

Collect Your Colour (Split young people into teams, each team is assigned a different colour of plastic ball, the first team to collect a given number of their colour balls wins – made much more fun by blindfolding one YP in each pair and the other has to direct them.)

Fried Egg (Draw a massive fried egg on the floor in chalk. One yp sits in the 'yolk', everyone else walks around the outside of the 'white'. At any moment, the yolk can stand up and try to catch someone – as soon as they stand up, everyone runs to the walls where they are safe.)

Wet Sponge Catch (Young people in pairs on opposite sides of a barrier. One pair has to fill a sponge with water and throw it to the other. They have to empty it into a bucket to collect more water than any other pairs – they can only use sponges they have caught – i.e. they can't pick them up off of the ground.)

Stepping Stones (In teams give YP rubber bottomed carpet squares. YP must work together to get to the other end of the room without stepping on the floor.)

Kings Keys (YP sit in a circle. One YP sits blindfolded on a chair in the middle of the circle. Leader points to a YP to walk around the circle and then into the middle to pick up the keys from under the chair. If the 'King' in the middle hears them they point to where they are. If they guess correctly that YP has to sit back down. They get 3 guesses.)

Newspaper Hockey (equal teams, number young people in teams (e.g. 1-5) call a number (e.g. 4) person '4' from each team comes forward, grabs newspaper bat and tries to get ball into goal)

Rabbit & Fox (fox chases rabbit, other young people sat around room. Rabbit can tap a young person and sit in their spot – that young person then becomes the rabbit. If the fox catches the rabbit, they swap)

Cat & Mouse (Cat chases mouse, other young people stand with arms linked in pairs. If the mouse links to your partner you become the new mouse. If the cat catches mouse, they swap.)

Touch Crazy (young people sit on chairs, call an object in the room – they have to run to touch the object and come back to sit on a chair – remove a chair each time.)

Tails (young people tuck a ‘tail’ of toilet paper into the back of their trousers. In pairs they hold thumbs and try to steal their partner’s tail.)

Pirates (YP in 4 teams. Each team has a chair and there is a chair in the middle. To win, they must get 3 balls on their chair. One YP from each team at a time. Put 5 balls in the middle. YP can only carry 1 ball at a time.)

Giants, Wizards, Trolls (YP in 2 teams. Must choose to be giants, wizards or trolls. Then come to the middle and after 3 both teams reveal. Winning team chases the other team back to the end of the room and gains any YP they can tag. Giants beat wizards, wizards beat trolls and trolls beat giants.)

Water Relay (Relay race in teams to fill a litre of water by carrying water from the other end in cups which have holes in them.)

Protect the President (YP stand in a circle and throw a ball at ‘the president’. 2 ‘body guards’ try to stop the ball from hitting the president. If the ball hits the president then the person who threw it becomes the new president.)

Collect Dots (Hide dot stickers around the room. Young people have to find and collect as many as they can.)

Moving Skittles with a Straw (Relay race between two teams to transfer skittles from one bowl to another by sucking them using a straw)

Creating the Best Outfit (Competition between teams – use foil / toilet paper / newspaper etc.)

Parachute Games

Dice Chocolate Game (pass a dice around the circle. YP who rolls a 6 puts on hat/scarf/gloves and starts to cut each chocolate with a knife and fork until another YP rolls a 6)

Balls on Your Side (Divide the room into 2. 1 team on each side. Teams must throw ball pit balls onto the other teams side. Team the with least balls on their side at the end wins)

Human Battleships (divide the room into 2. 1 team on each side. YP must lie down and are not allowed to change position. YP take it in turns to throw a beanbag onto the other teams

side. If a YP is hit by a beanbag they are 'sunk'(out). First team to lose all its 'ships' (YP) loses. In summer do it outside with water bombs / wet sponges)

Bucket Ball (2 teams. One person on each team holds a bucket. Teams try to score goals in their own bucket.)

Captains Coming (name the walls 'port', 'starboard', 'bow' & 'stern'. YP must run to the wall you call. Also must do appropriate actions for 'captain's coming', 'scrub the deck', 'greet the captain's daughter' and 'man overboard'. YP are out if they are the last one of the group to do it.)

Doctor Doctor (young people to stand in a circle and hold hands randomly, then try to untangle themselves without letting go.)

Hot Potato (YP sit in a circle and pass around an object. When the music stops, the person with the object is out.)

Moving Water (Relay race: In teams YP must fill a jug with 1 litre of water by carrying it in their mouth from a container at the other end of the room.)

Doughnut Face (Relay race with ring doughnuts balanced on YP faces)

Donut Face Balance Challenge (Young people compete to see how many mini ring donuts they can balance on their face in a time challenge)

After Eight Races (Give each YP an After Eight mint to put on their forehead. YP must try to get the mint into their mouth by wiggling their face.)

Chocs Away (YP must make a paper aeroplane which can carry a small wrapped sweet. The YP who's aeroplane takes the sweet the furthest across the room wins.)

Grog Game (Disassemble a torch and hide the parts around the room. One YP is 'The Grog'. If YP are tagged by the Grog they have to freeze. YP must find and assemble the torch and shine it on the Grog to beat it and win the game.)

String Doughnuts (Tie doughnuts onto a string and suspend them. YP race to eat their doughnut from the string without using their hands.)

Pictionary (In teams. One YP from each team comes forward to see a word. They go back to their group and silently draw a picture. First team to guess what it is wins a point.)

Blind Pictionary (same as above but the YP drawing is blindfolded.)

Blindfolded Obstacle Course (set up an obstacle course. In pairs, and one pair at a time, one YP is blindfolded and the other must guide them around the course. Pair with the quickest time wins.)

Bed Sheet Races (YP are given a bed-sheet in teams and must race to the end of the room and back on their hands and knees on the sheet without touching the floor.) (Don't play this game with mixed sex groups).

Pringle Pot Challenge (using the modified Pringle pot, each YP takes a string and they work together to tip a ball from the pringle pot into another container. Can also blindfold YP and have others telling them what to do.)

Down in the Jungle (YP sit in a circle and clap around the circle singing the 'down in the jungle' song. YP who's hand gets clapped on the last beat is out.)

Honey if you Love Me (YP sit in a circle with one YP in the middle. Said YP must go up to anyone and say 'honey, if you love me smile'. That person must reply 'honey, you know I love you but I just can't smile' without smiling or laughing. If they do they are then in the middle.)

Rapi-doh (same as Pictionary but with play-doh)

Guess the Tune (hum) (Same as Pictionary but with humming a tune)

3 Legged Races

Jump the Sock (Leader stands in the middle of a circle and swings a rope with a sock on the end around. YP must jump over. If it touches them they're out.)

Draw on my Back (In teams YP sit in a line. YP from the back of each line sees a picture and draws it with a finger onto the back of the YP in front. The picture is passed down the line and the YP at the front must draw it on paper. The team with the drawing closest to the original wins a point.)

Put on a Frozen T-shirt (Give each team a T-shirt which has been soaked and then frozen. First team to have a member put the T-shirt on wins.)

Fruit Salad (young people sit in a circle facing out and are named as fruits. Call a fruit name and anyone of that name has to race to run around the circle and sit back in their place. The last to sit down is out and has to turn and face inwards.)

Blind Relay (Young people in teams, relay race around a very simple assault course with the young person blindfolded – the rest of the team have to guide them using only their voices)

Post –it Race (give each team a pack of post it notes – the first team to stick all of the post-it notes to one member of their team wins)

Name it! (Say a category and then choose a letter at random – the first team to shout something that matches gets a point. E.g. 'something you'd find in the kitchen' beginning with 'K' – Kettle!)

Remember (Lay several items on a tray. Young people in teams/pairs have to remember and write down all the items after the tray has been taken away.)

Stocking Swing – (One on one – each young person has a stocking over their head and face with a small ball in the end of it. They have to use it without using their hands to hit another ball into their goal)

Wacky Races (Relay races but those running have to hold a juggling ball in the back of their knee / crook of their neck / between their knees / anywhere else you can think of!)

Never Have I Ever (Each person has 5 paper clips to represent their points. In turns, someone will say 'never have I ever...' and say something they have never done. Anyone who has ever done that thing has to relinquish one of their points to that person. Continue until one person is 'out' and whoever has the most points at this point wins.)

Bean Bags (Everyone has a small bean bag and stands in a circle. Leader counts to three and on three everyone throws their beanbag in the air, the leader then shouts either 'left' or 'right' – you have to move one step in that direction and catch the beanbag of the person next to you.)