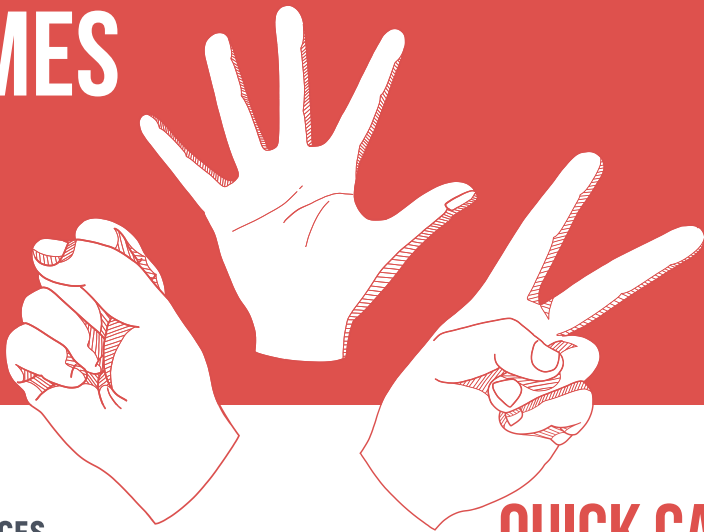


GAMES



QUICK CARDS



SOURCES OF STRENGTH

GAMES QUICK CARDS

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Welcome to the Quick Cards! Think of this like a basic play book for the Game Day that is a full Adult Advisor or Peer Leader Training. With games broken into time, level of buy-in, rules, variations and teaching points (where necessary) we hope these Quick Cards can be helpful for you during your Sources of Strength Trainings.

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123 LOOK

Time: 2-10 minutes

Group Size: Small or Medium

Buy-In: Low

Objective: A quick game for transitions or to redirect attention.

Optional Teaching Point: Do you ever feel like no one sees you? It can be hard when we try to connect and don't get the result we want or need. It's important to keep looking for help!

Materials Needed: None

Directions:

1. Have participants stand in a circle and look down at the ground.
2. Explain that you will count, "1-2-3." When you say, "LOOK!" they need to look up and look into someone else's eyes.
3. If the person they are looking at is also looking at them, they both are out and they each sit back down in their chair.
4. As participants are eliminated, the remaining people should close in the gaps, making the circle smaller

5. Play a few practice rounds so the group can get the hang of it.

Rules

- Participants **MUST** look at one other person's eyes each round; they can't look at the wall, above their head, etc.
- Participants **MUST** look at **ONLY ONE** person's eyes each round, and they cannot change their mind to avoid eye contact.

Variations

- When two people make eye contact, the first one to make a chicken sound may stay in the game, while the other person is out. If the game has been going on for too long without anyone making eye contact, change it up by having the participants move to another place in the circle.
- There is a chance that you will have to congratulate a small group of winners who are still standing after the game has run its course.

Notes: _____

BALL TOSS

Time: 5-15 minutes

Group Size: Small or Medium

Buy-In: Low

Objective: Get the group to find different solutions to a problem and teach participants that our problems can have multiple solutions.

Optional Teaching Point: Sometimes we get stuck, but other perspectives can help us solve problems. There are times in life when the simplest solution is the best! Friends who may be depressed or suicidal can get tunnel vision, and sometimes offering a different perspective is helpful.

Materials Needed: A small/medium soft ball or “balled up” paper.

Directions

1. Direct the group to stand in a circle and raise their hands in front of their chest, indicating they are ready to catch the ball.
2. Explain that each person will throw the ball to someone who hasn't received the ball yet; they need to remember who they threw the ball to, and who threw the ball to them. Tell them to put their hands down once they have received the ball

so that the group knows who is still in.

3. Once the ball has made it around the entire group and back to you, challenge the group to pass the ball around to each participant in the same order, as fast as they can. Start with a generous time goal (i.e. 45 seconds), and then lower the time challenge after each round.
4. Take suggestions from the group of how they can decrease the amount of time it takes to get the ball into everyone's hands in order (they may suggest taking steps closer together, or raising their hand when it is their turn to catch the ball).
5. For the final round, ask if you can get the time under three seconds. Help them problem solve until someone suggests rearranging their place in the circle so the ball can simply be passed around the group in order.
6. The shortest round will occur when a fast player runs in a circle, getting everyone to touch the ball in order...but you didn't hear that from us.

Rules

- You have to throw the ball to the same person each round.
- Everyone should touch the ball once.

BLIZZARD

Time: 10 minutes

Group Size: Any

Buy-In: Medium

Objective: To get moving and have fun! Middle school groups tend to love this game.

Optional Teaching Point: Sometimes, when we have a lot of different things going on, it's easy to feel overwhelmed. When that happens, accomplishing one thing at a time can make us feel better. This game can naturally lead into a stressors/protective factors discussion.

Materials Needed: Balls of paper, ping pong balls, or small soft items (fruit snacks, Hershey Kisses, Sources of Strength sunglasses or popsockets) for everyone in the group. You might include one unique item that can be thrown/caught easily.

Directions

1. Everyone gets a wadded up a piece of paper or small soft item and stands in a circle.
2. Stand in the middle of the circle and ask everyone to “make it snow” by throwing their item up in the air and it landing on/near you.

3. Try to catch one or two items.
4. Ask everyone to collect their item and ask if anyone wants to trade places with you and beat your record.
5. Allow them to use their clothing to catch the items or bring a friend in the circle and use more hands to catch more items.
6. After a few cycles, add a new item (different color, size, etc.) and tell the person in the middle they **MUST** catch it. They can try to catch as many original items as they want, as long as they catch the **ONE** different item.

Rules

- You're not allowed to throw your ball directly at the person in the middle: that game is called dodge ball.

Notes:

CHAIR GAME

Time: 10-20 minutes

Group Size: Small/Medium/Large

Buy-In: Medium

Objective: Get to know each other in a fun environment! Give every person the opportunity to use their voice and share in a low-key way.

Materials Needed: Enough chairs for all participants.

Directions

1. Have the group sit in chairs in a circle. Walk into the circle and ask for volunteers to stand with you in the middle (limit to a fifth of the total group to ensure the game is finished in five rounds. For example, in a group of 30, ask for 6).
2. Have everyone in the middle introduce themselves with their names and pronouns if they'd like, their grade or role, and something fun they've done recently or their favorite food.
3. Once everyone in that circle has shared, have the group applaud, but don't let them sit back down! Explain that this is a competitive chair game. Have participants turn around the empty chairs that once belonged to the group

standing with you in the center of the circle.

4. Explain that you'll say a statement ("Get ready to move...IF...") that could apply to most people in this room. If that statement applies to them, they have to move to another chair.

Example questions ("Get ready to move... IF..."):

- *You showered in the last three months*
- *You're wearing shoes*
- *You have siblings or pets*
- *You're wearing underwear*
- *You're at school today*
- *It was hard to get out of bed this morning*
- *You have seen a movie or show in the last month*
- *You cannot breathe underwater*
- *You have caught a fish*
- *You have been out of the state*

5. Everyone left without a chair will make up our new center crew. The game is over when everyone has introduced themselves.

Rules

- Chairs facing backwards are out of bounds and cannot be turned around.
- One person per chair.
- Participants **MUST** move to a chair at least five chairs away.
- If a person is on the inside circle, they can choose any chair they want, just **PICK A CHAIR!**
- If a person ends up in the middle more than once, they should change places with someone who has not been in the circle yet.

Variations

- Change the sharing question based on how familiar the group is with one another. As the group bonds, you can deepen the question. **“Who makes you feel like you belong?”** or **“Which part of the wheel are you feeling strongest in this week and why?”** You can also use questions from the helpful prompts for group discussion on page 41 in the Adult Advisor Field Guide.

Notes:

CUPS (HEAD, TOES, CUP)

Time: 5-10 minutes

Group Size: Any

Buy-In: Low

Objective: Get the energy up and have fun!

Materials Needed: Solo cup, or similar small item like markers (one for each pair of partners).

Directions

1. Ask for two volunteers to demonstrate the game.
2. **“When I say ‘GET READY!,’ I want you to become silent sumo wrestlers, facing each other. Show me what that looks like.”** Make sure they are squatting down and silent so they can hear the instructions.
3. **“Once you’re in the ready position, I’ll start calling out parts of the body that you need to touch with both hands.”**
4. Call out a few body parts **“knees... head... ears... elbows...”** and then shout the word, **“CUP!”** (or whatever the item is that you are using as a stand-in).
5. Whoever grabs the cup first is the winner who advances to the next round of

the tournament.

6. At this point everyone in the room finds a partner and a cup, and places the cup on the ground at equal distance between partners. You shout out, **“GET READY!”** and then name various body parts, ending each round by shouting, **“CUP!”**
7. Those who didn't win their round should become the silent cheering section for those who did, following behind each winner until the finals, shouting and clapping silently, so everyone can still hear the commands.
8. Winners continue to stack their cups with other winners, until there are only two or three who remain in the final round.

Variation(s)

- Place cups on desks/chairs to increase accessibility for those who may not be able to squat/bend down.

Notes:

DANCE DETECTIVE

Time: 10-15 minutes

Group Size: Medium/Large

Buy-In: High

Objective: Get energy up and get people laughing!

Materials Needed: Fun, upbeat music and a speaker.

Directions

1. Have the group stand in a big circle and ask for a volunteer Detective.
2. Explain that the Detective will step out of the room while the group decides on a Dancer.
3. Play some fun music; the Dancer will then start dancing. It's everyone else's job to copy their movements exactly (but be sneaky!). The Dancer can change their sweet moves any time they want to.
4. The Detective will return to the center of the circle and try to guess who the Dancer is. The goal for the Detective is to figure out who the Dancer is; the goal for everyone else is to keep that information a secret. The Detective will get three guesses or 90 seconds - whichever happens first.

5. When the Detective in the middle guesses the Dancer or runs out of time, the Dancer becomes the next Detective.
6. Play as many rounds as you see fit!

Rules

- Make sure your moves are easy to follow.
- No flips, save it for America's Got Talent.

Notes:

GOTCHA/HOT HANDS

Time: 5 minutes

Group Size: Any

Buy-In: Low

Objective: Give yourselves a brain break and have an easy laugh.

Materials Needed: None

Directions

1. Have the group stand in a circle (about shoulder to shoulder) and lay their right palm face up in front of the person next to them.
2. Then have them make a pointer with their left hand, and put that pointer in the palm of the person on their left.
3. When you say "Gotcha!" it's their job to grab the finger that's in their palm AND keep their own pointer finger from being grabbed.
4. Play a few rounds and then have the group switch hands (left palm out, right hand pointer).

Variation(s):

- Get really quiet when you say “gotcha.”
- Say words that SOUND like gotcha (Gorilla, Gone with the Wind, Gotta Catch ‘Em All, Godzilla, etc.)

Notes:

GROUP CHARADES

Time: 10-15 minutes

Group Size: Medium

Buy-In: High

Objective: Get a low-energy group moving and have fun!

Materials Needed: 5-10 prompts written neatly on sheets of paper.

Directions

1. Set up three chairs side-by-side on one side of the room.
2. Have the group divide into two teams, and give them time to come up with a team name and a team chant. More teams can be formed if you are working with a large group.
3. Tell each team to pick the most dramatic (or best actor/loudest/funniest) player and send them to the front. Ask the two team members to take a seat on the two outside chairs.
4. Explain that the groups will be playing competitive charades, but instead of ONE person acting out the prompts, the whole TEAM will be acting them out.
5. The two seated players will be the guessers.

6. You will stand on the middle chair and hold up prompts.
7. Tell teams to perform their team chant when they guess the prompt, so you know who got it first.
8. For each correct guess, tally a team point.

Rules

- Guessers cannot look at the prompt
- No words
- No mouthing words

Variation(s):

- Change up your charade prompts.
- Give a student the job of keeping score.
- Switch guessers after a few rounds.

Notes: _____

HOG CALL

Time: 5 minutes

Group Size: Small/Medium/Large

Buy-In: Low

Objective: Get the students to find each other in the midst of chaos.

Optional Teaching Point: Sometimes there's a lot of "noise" distracting us and finding help can be difficult. If we listen closely to strong messages, we can get through hard times.

Materials Needed: Space for people to walk around with their eyes closed and not be in danger (i.e. not on a stage or in a room with pillars/poles).

Directions

1. Have everyone find a partner and choose a team mascot. Their "call" is the noise that animal makes.
2. Ask a few groups to demonstrate their "call."
3. Ask the partners to go to opposite ends of the room.
4. Explain that we're going to find our partners again with our eyes closed, using only our "call."

5. Prompt players to raise their “bumpers” (arms) up to ensure they won’t run into other players or objects.
6. Ask players to spin three times and say, “Go!”

Rules

- No peeking!
- Once partners have found each other, prompt them to be quiet while the other pairs meet up.

Variations

- Instead of animal noises they can choose related words like “HOT” and “DOG” or “HOT” and “COLD.”
- Groups instead of pairs (Four dogs, three cats, five geese)
- This game can also be played in a circle.

Notes: _____

JEDI MIND TRICK

Time: 5-10 minutes

Group Size: Small

Buy-In: Medium

Objective: To build team rapport using non-verbal communication.

Teaching Point: Sometimes things are happening with our friends that we don't even notice. Pay close attention: communicating with them helps us get a clearer picture of what's going on.

Materials Needed: None

Directions

1. Have participants split into circles of seven or eight participants, with one volunteer standing in the center of that circle.
2. Without voices, those who are in the circle will trade places with each other at random and as often as they like.
3. The goal of the person in the middle is to escape the center by filling a hole that another player left.

Rules

- No voices
- No body-slams
- No throwing elbows

Variations

- After a few rounds, add the rule that if you move, you **HAVE** to make a noise when you trade places (Chewbacca, lightsaber, sound effects are encouraged).

Notes:

JUMP IN, JUMP OUT

Time: 5 minutes

Group Size: Any

Buy-In: Medium

Objective: To get the group moving together.

Teaching Point: Sometimes our brains can get jumbled and what used to seem like simple instructions can feel overwhelming. We need to calm down our brains and our bodies in order to listen and follow directions.

Materials Needed: None

Directions

1. Have the group stand up in a circle. Tell them that we're going to be jumping in some different ways.
2. Explain that the four ways to jump are "Jump In", "Jump Out", "Jump Right", and "Jump Left."
3. For the first round, explain that the group will SAY what you say, and DO what you say.
4. Call out four or five commands, and have the group celebrate their success.

5. For the next round, explain that the group will SAY the opposite of what you say and DO the opposite of what you say (when you say “Jump Out,” the group will say “Jump In” and jump in).
6. Call out a few commands, and encourage laughter in the group.
7. For the next round, explain that the group will SAY what you say, but DO the opposite of what you say (when you say “Jump Out,” the group will say “Jump Out” but jump in).
8. Call out a few commands and watch chaos ensue.
9. For the next round, explain that the group will say the opposite of what you say, but do what you say. So if you say “Jump Out,” the group will say “Jump In” but will jump out.
10. End on a good note! Go back to Step three.

Notes: _____

PTERODACTYL

Time: 5-10 minutes

Group Size: Any

Buy-In: Medium/High

Objective: Get silly and get loud!

Materials Needed: None

Directions

1. Have the group stand shoulder-to-shoulder in a circle.
2. Tell everyone to cover their teeth with their lips (think of dentures), and to lift their arms and bend their wrists in front of their chests (like dinosaur arms).
3. Instruct them to “pass” the word “pterodactyl” around the circle, one at a time, by screeching, “PTERODACTYL!” without showing their teeth or dropping their hands.
4. The order of the circle can be reversed when someone chooses to stop and reverse by screeching, “CAW!” This sends the word “pterodactyl” back in the other direction.
5. People are eliminated if they disrupt the order, if they show their teeth, or if they

drop their arms.

6. The circle gets smaller and smaller, and the pterodactyls get sillier and sillier as the game goes on, until a single dinosaur remains.

Rules

- If you show your teeth or drop your hands, you're out!
- If you have some talented actors that are not getting out, feel free to give a one minute warning before you end the game.
- If you have a large group, you can start with multiple groups, and then condense when the groups get smaller.

Variations

- Car “vrooming” in one direction and “honking” to reverse the circle.

Notes:

ROCK/PAPER/SCISSORS TOURNAMENT

Time: 5 minutes

Group Size: Any

Buy-In: Low

Objective: Fun, LOUD way to get the energy up and break down social barriers and isolation

Materials Needed: None

Directions

1. Ask for two volunteers to demonstrate a round of “Rock, Paper, Scissors” for the group (Clarify if players throw their hand on “scissors” or “shoot”).
2. Hold up the hand of the victor and explain that they will go on to battle another winner; the loser becomes the winner’s cheering section, shouting their name and clapping behind them.
3. Eventually there will be two finalists; each finalist will have roughly half of the room cheering behind them. Encourage them to get LOUD.

Rules:

- This is a sudden elimination tournament, not best two out of three.
- Winners battle winners, until only one remains.
- Everyone must play several rounds - don't stand to the side while others are eliminated - No one likes that guy, Scott!

Variations:

- This game can be just as fun with silent celebrations (fist pumping and muted clapping) to limit the sensory overwhelm that comes with everyone shouting.
- **Full Body Charades** can be played with slightly different moves. Instead of only making motions with their hands, players can jump into “scissors” by crossing their legs, “paper” by sticking their arms and legs out like a star, or “rock” by crouching into a ball.

Notes:

SHOE KICK GAME

Time: 10 minutes

Group Size: above 20

Buy-In: Low

Optional Teaching Point: There can be all kinds of barriers to someone reaching out and asking for help. When someone is struggling or hurting, it can make a big difference if their friends come alongside them and introduce them to supports and Strengths to overcome barriers and connect them to the help they need and deserve.

Materials Needed: Chairs in a circle

Directions:

1. Ask, “Can I get everybody to kick off one of your shoes and throw it into the middle of the room?”
2. Acknowledge playfully that it may feel pretty awkward to take off your shoe in front of your peers, and that the same reasons people don’t want to take their shoes off apply to what might keep a person from reaching out and asking for help.
3. Tell the group, “When I say go, I want you to go and pick up a shoe you don’t

recognize and hold it up in the air. Then I want you to find the person that shoe belongs to. The person holding the shoe will tell one truth and one lie about themselves. To get their shoes back the owner of the shoe must guess which is the lie. Give them their shoe back whether or not they guess correctly. When you have your shoe back and you've given a show away, go back to your seat. Ready? Go!"

Rules:

- Participants should grab a shoe they do not recognize.
- Do not force anyone to take off their shoes. Not participating only illustrates your point about barriers.

Notes:

THUMPER

Time: 15-20 minutes

Group Size: Medium/Large

Buy-In: Medium

Teaching Point: Get the group up and moving! Laughter is encouraged.

Materials Needed: None

Directions:

1. Have everyone in the group pick a partner.
2. Have the group form two circles, one small inside circle and one large outside circle; have the partners face each other (one partner in the small circle, and one in the big circle).
3. Explain that the small circle is going to move clockwise, and the big circle will move counter-clockwise. You'll call out a command and it's their job to find their partner and follow the command as fast as possible.
4. Have them practice one round and call out something simple like, "Ear to elbow" or "Link arms".
5. After the commotion has died down, explain we'll be playing more rounds, but

there will be a few different commands.

Rules:

- Partners must return to the circles after each round.
- The last group(s) to find their partner and follow commands are OUT!

Example commands:

Thumper - One partner forms bunny ears above their head, the other acts as a foot by crouching and thumping their foot in front of their partner as fast as possible.

Barbarian - One partner lies on the floor, the other will put their foot over their chest (not stepping on them) and hold their hands over their head in victory, shouting, "HUZZAH!" (Consider skipping this command if there are any mobility issues in the group)

Cowboy - One partner kneels on one knee so their partner can sit on or hover over that knee while lassoing and yelling "YEHAW!!"

Princess - One partner will dip the other as seen in ballroom dancing.

Moose - Each partner makes moose antlers, drops their necks, and touches antlers together while shouting, "MOOOOOOSE!"

Have partners reform the circles. Explain that after every command you'll reform the circles, but the last group(s) to find their partner and do the command will be OUT that round. Play several rounds until only one pair remains.

Notes: _____

WALK AROUND COOL

Time: 10-15 minutes

Group Size: Medium/Large

Buy-In: Low/Medium

Objective: Gets people moving and encourages new partnerships

Materials Needed: None

Directions:

1. Ask for five volunteers to help demonstrate with you in the center of the circle.
2. Start by saying, “**This game is called Walk Around Cool. The first thing I need you to do is show off your coolest, swaggiest, silliest walk.**” Demonstrate different silly ways to walk to encourage them.
3. Next say, “**While you’re walking around cool, I might say any one of five words. Based on what I say, you need to jump into action.**”
4. The group will then walk around in whatever style they would like. The leader should shout out the key words, paying attention to which groups form last, which groups form wrongly (i.e., their move is wrong or they have the wrong number in their group), and which individuals do not find a group. These groups

are out and should sit down.

5. Here are the moves for the original version of Walk Around Cool:

Bicycle: Five players will stand in a straight line with their hands on the shoulders of the person in front of them.

Huddle: A group of four people pull together, linking arms in a closed circle.

Triangle: Three people jump into a group with their arms raised above their heads and hands touching; together, they should form a triangle.

Knuckles: Two people will create two fists and hold a “fist bump” position with each other.

Selfie: Every player should stop and freeze as if they are taking a photo of themselves.

6. It is helpful to have a couple practice rounds so that people can get the hang of the game.

Variation(s):

Walk Around Cool can be played in a few other editions that we created or learned from our friends! Feel free to create your own editions. While they all start the same, here are two alternative options groups have enjoyed.

Pirate Edition:

Starfish - A group of five is formed, making peace signs with their right hands to form a starfish in the middle.

Octopus - A group of four is formed, standing back-to-back and waving their eight octopus arms.

Row Row Row Your Boat - A group of three is formed, standing in a line and rowing their imaginary oars.

Man Overboard - A group of two is formed with one partner on hands and knees, while the other brings their hand to a salute so they can scan the sea.

Beached Whale - Each person drops to their belly, and flops around like a beached whale (consider making up a different prompt if there are mobility issues in the room).

Walk Around Ghoul Edition: A SPOOKY Halloween variation!

Prompt Players to walk around with their hands in the air, making ghost noises.

5: **Zombie** - Five people in a row with their arms sticking straight out in front of them.

4: **Pumpkin** - Four people linking arms in a circle.

3: **Haunted House** - Two people form a house and one person hides inside, making spooky ghost sounds

2: **Spider** - Two people stand back to back, wiggling their arms and legs out in the air.

1: *Werewolf* - Every person stops, raises their hands around their mouths and howls at the moon.

Notes: _____

YARN KNOT

Time: 10 minutes

Group Size: Any

Buy-In: Low

Teaching Point: Many of us feel stuck in problems, and sometimes it's hard to see the solution. Sometimes getting unstuck is simple when we have some strategies, techniques, or the help of someone who has been there before.

Materials Needed: Three feet of yarn with slipknot loops on each end; one string for each participant.

Directions:

1. Have one or two Peer Leaders pass out yarn to each participant.
2. Ask for a volunteer to help model the activity with you.
3. Explain, **"In a moment, everyone will get a partner and become 'linked up' like this,"** - link yourself to your volunteer. Have the volunteer place their wrists into the loops at each end of their yarn. Place one of your wrists through one of your loops, then pass your string around your partner's yarn and attach the other loop around your remaining wrist.

4. Explain, “Your job, once you’re linked, is to become unlinked. You can’t pull it off your wrists, break it, bite it, or burn it. There is a way to solve this puzzle. Go!”
5. After some laughter and struggling, show one or two groups how to become unlinked. Encourage them to go teach other groups.
6. Once everyone is unlinked, have the group sit back in the large circle and have one volunteer collect the strings.
7. Ask (with hand raised), “How many of you got unstuck all on your own?”
8. Ask, “How many needed a little help from friends?”
9. Explain, “Sometimes we feel like we’re trying everything to get unstuck, but really we’re trying the same thing over and over, and in some cases, we get even MORE tangled. There are times in life when we get stuck. We’re here to talk about how to get unstuck.”

Rules:

- You cannot remove the string from your wrists.
- You cannot break the string.
- No biting, flossing, sawing, burning, or cutting the string.
- Seriously, the string shouldn’t break.
- If the string broke, something has gone terribly wrong.

Some of our most loved games have come from friends just like you! If you have a game we should try, let us know by sending the instructions to Mish Moore at mish@sourcesofstrength.org

