

Aces at Races

RULES

1. Define teams of 4 to 6 players each.
2. There are 3 rounds, each of them requires different skills from the players as they have to finish them holding 3 different objects.
3. In every round, 2 players from each team should move the object without holding them with their hands. This requires great teamwork, precision and creativity.
4. First round is race with a football. Finish race and don't let the ball fall.
5. Second round is a race with a balloon that can't fall or pop.
6. Third round is a race with a tennis ball.
7. If any of the objects fall to the ground the players must return to their initial position. The team that finishes every round in less time wins.

REFLECTION

1. Did round results depended more on precision or on time?
2. Did your team worked well under pressure?
3. What skills do you think were useful in the game?



Active circle

RULES

1. Ask participants to stand in a circle.
2. Ask a question to the group- (For example: Name a soft skill that you would like to develop?)
3. Now, choose an exercise and show everyone how to do this exercise (For example: jumping jacks, squats, etc.).
4. Choose a person from the circle who will start the game.
5. Players answer the question while doing the exercise.
6. The round ends when everyone has answered the question, then you can ask another one + give a different exercise.

REFLECTION

1. How can soft skills possibly be improved during this game? \
2. Was it difficult to combine physical activity while answering a question at the same time?
3. Do you think you have integrated with your group through this game? Why?



Back to back

RULES

1. Write a word or phrase on a piece of paper. Then take this word or phrase written on paper and cut it up. (So for example, the word you wrote down is now just single letters instead of a whole written word.) Now, take these cut up letters and divide them up for each team. You can also mark the number of each team on a set of pieces of paper, so that they know which cards they should collect.
2. Divide the participants into teams of two.
3. The players will stand with their backs to each other and join hands. It should be noted that players are not allowed to separate.
4. Now spread the letter cards out into a selected game space, e.g. under the tables, chairs, etc.
5. The task of the players is to find the cards with their team number on them and then guess the word or phrase from the letters they have collected.
6. The team to collect all the cards first and guess the hidden word or phrase wins.

REFLECTION

1. Was there a leader in your group?
2. What soft skills can be developed through this game?
3. How was the communication like in your team?



Blanket Ball

RULES

1. Divide the participants into teams of 2-4 people.
2. Assemble a net between two teams.
3. Players hold one end of the blanket.
4. They try to drop the ball over the net into the opposing team's area by bouncing it on the blanket.
5. One point is awarded if the opponent fails to catch the ball or throws it out of bounds.

REFLECTION

1. How do communication and team coordination affect the efficiency of throwing and scoring?
2. Do you think it is possible to show creativity in this game? Why/ why not?
3. What efforts did you make to listen to and implement the feedback from your teammates during the game? Can you give an example?



Blindfolded Obstacle Course

RULES

1. Divide the participants into 2 teams.
2. Set up with the staff a safe obstacle course. The idea is that one partner is blindfolded and the other must guide him/her through the course.
3. During the game a participant can't take off the blindfold from his/her eyes.
4. Each game the participant starts with 5 points.
5. Each time a participant hits an obstacle or deviates from the course, the team loses a point.
6. There are 3 rounds in this game. The team that keeps the most points wins.

REFLECTION

1. What skills do you think were useful in the game?
2. How important was the communication skills in your team?
3. What was the main obstacle to reach your goal?



Blindfold Football

RULES

1. Divide the participants into two teams, and each team divides into pairs.
 2. One member of each pair is blindfolded.
 3. The game starts when the referee kicks the ball.
 4. Only the blindfolded participants may kick the ball.
 5. Blindfolded participant can be directed by the sighted peer not only verbally but also by holding a hand.
 6. There are no goalkeepers.
- Scoring: Each successful kick earns 1 point for the team. The team with the most points at the end of the game wins.

REFLECTION

1. As the blindfolded participant, how did you manage to stay calm during such a difficult situation?
2. As the peer who was not blindfolded, why and how did you tolerate the blindfolded participant's mistakes?
3. How has acting blindfolded helped you empathise with someone who is blind?



Follow the Path

RULES

1. Ask the participants to see a predefined track on a paper and to replacate it on field using a string/ rope/ lego blocks.
2. Participants are divided in teams where one team leader can see the solution in a paper for 30 seconds and then should give instrutions to its team for the path they should trace by walking on the ground.
3. The leader giving instructions cannot leave its chair while the other particpants place a string on the groung while they walk resulting in a traced path.
4. The path that's more similar to the original on the paper wins the game.

REFLECTION

1. What skills do you think were useful in the game?
2. Did you discuss a strategy before playing?
3. Did your team managed to communicate properly during the game?



Funny Poses

RULES

1. Divide the group into a minimum of two teams and assign 3 jury members who will make sure that participants follow the rules and can choose the winning team.
2. Put on dancing music. During the game, the players will be dancing and need to decide what position they will take as a group. When the leader says "Funny poses!" the players close their eyes and stand in the agreed position (all members of the group have to assume the same position).
3. After each round the jury decides which team gets the point, taking into account the soft skills used and how creative and funny the pose was.
4. Once a point has been awarded, another round takes place.
5. There are 5 rounds in the game, the team with more points wins.

REFLECTION

1. What skills do you think were useful in this game?
2. What made the A team / B team win?
3. How did the team make sure that everyone understood the rules?



Guide Me in the Dark

RULES

1. Divide participants into groups of 4-5 and then choose 2 jury members, who will make sure that the rules are followed.
2. Each team needs to choose a coordinator.
3. All participants, except the leaders and the jury, must be blindfolded.
4. Place the obstacles into place and then hide the items in the game area.
5. The task of the coordinator is to guide the team members to overcome obstacles and pick up hidden items (e.g. candies) using only verbal communication skills.
6. The team that collects more candies gets 1 point. 7. There will be 3 rounds in the game. The team with more points wins.

REFLECTION

1. What skills did you find useful in this game?
2. How did the leaders cope during the task, did they use any strategy?
3. What communication problems the players might have been facing?



Hanoi Tower

RULES

1. Divide participants into teams of 4-6 people.
2. Designate one person from each team to be the "competition coordinator". - The purpose of this person is to make sure that the opposing team is playing fairly and does not break the rules.
3. Each team's task is to move the boxes from position 1 to position 3 as quickly as possible, with the possibility of using position 2 (as a transition).
4. The box with the larger number can never be on top of the box with the smaller number.
5. To move a box, one person must run from the start line to the boxes and then high-five the other participants on their return.
6. Only one box can be moved per one run.
7. The team that moves the boxes faster wins.
8. Team members decide whether the same person runs all the time or whether the runners change.

REFLECTION

1. What skills do you think were useful in the game?
2. What made the A team / B team win?
3. Did you notice a division of the roles in your groups? Maybe someone was a leader?



Hidden Mystery

RULES

1. Make a structure out of legos or building blocks, then hide it from view (under a box, tarp or a bedsheet).
2. Each team needs to choose one person as the leader.
3. The leader of each team goes to the desk and has 1 minute to memorize the original hidden structure or a picture of the structure.
4. The leaders get 2 minutes to describe to their teammates how to build it.
5. The teammates will get one minute, or longer if it's complicated, to replicate the original structure.
6. The structure that looks closer to the original wins the game. If they are all looks correctly, the team's victory is determined by time.

REFLECTION

1. What skills do you think were useful in the game?
2. Did you discuss a strategy before playing?
3. Did your team managed to communicate properly during the game?



Hold on

RULES

1. Divide participants into 2 teams and one conductor.
2. Mark the starting line 7-10 meters from the conductor and there put the box with balloons in front of the conductor.
3. The conductor will show invented moves to the teams, which the players will have to imitate. The conductor changes the movements with each new round, such as showing some dance, jumps, or other imaginary movements.
4. At the signal of the conductor, the leaders of each group will run to get a balloon, while imitating his/her movements. When leaders reach the basket of balloons, they will take one of the balloons and circle the basket before returning to the starting line.
5. Leaders will put the balloon between themselves and the person behind them. Players, (apart from the leader who takes the balloons from the basket), are not allowed to touch the balloons with their hands except when they put these balloons between them or pick them up - if or when a balloon falls.
6. Then a leader with another team member covers the whole track again and repeat everything until the whole team has balloons between them.
7. The players must make sure that the balloons between them do not fall to the ground. If a balloon falls, the players must stop and carefully pick up their balloon, so that the rest of the balloons between them do not fall.
8. The team that arrives first with all the balloons and lines up with them at the starting line wins

REFLECTION

1. What made the A team / B team win?
2. Do you think that through this game you can develop teamwork skills? Why?
3. What was the most difficult part of this game?



Make a Shape

RULES

1. Divide participants into teams of 5-7 people.
2. Draw a shape (geometrical shape, letter, etc) on a piece of paper/board that is visible for all of the participants to see easily.
3. Give a signal to start the game.
4. Participants have to create a shape using their own bodies. They can stand, lay on the ground, sit, etc. The entire group must be included in creating the shape.
5. The team that finishes first is the winner.
6. Repeat the exercise 3 times using different shapes during each round.

REFLECTION

1. Did your team create any strategy?
2. Did you notice a division of the roles in your groups? Maybe someone was a leader?
3. Did you have any conflicts in your team - if yes, how were they solved?



Para Volley

RULES

1. Two teams are formed from four to six people.
2. Each team can have 2 physically disabled players.
3. Two lines consist of a field judge.
4. The player's hip area should always be in contact with the floor.
5. The required field size is 10x5, and the net should be close to the ground.
6. Players have to throw the ball to the opposite court.
7. The team that drops the ball on the floor of the opposing team's court scores 1 point.
8. The team that scores 10 points is deemed to have won the set. Teams can play 3-5 sets.

REFLECTION

1. How did your active listening skills help you understand and trust your teammates in order to win the game?
2. How does this game teach integration and mutual support between participants, regardless of their physical abilities?
3. What elements of cooperation and communication are important for the teams during this game?



Pro-Pictionary

RULES

1. Professional pictionary is a game where participants should guess professions given some visual hints about the skills needed for that profession. Hints can be given through mimic or written in paper.
2. Divide the participants into groups of 4 people.
3. Prepare game cards with profession for each group and give them to the team leaders.
4. Two people from the team prepare a show given profession by preparing e.g. a scene, and the others have to guess it
5. The first member who guesses correctly the profession gains one point.
6. Repeat the game changing sides until one team reaches three points.

REFLECTION

1. What is the concentration for you and how could you use this skill in the game?
2. Did your team work well under pressure?
3. Discuss the importance of being detail-oriented.



River Crossing

RULES

1. Divide the participants into two teams and 2 juries that will control the rules.
2. Teams will be standing in 2 lines, one team will stand facing the other at a distance of about 15 metres.
3. Participants must hold hands with their team during the entire game.
4. The goal of the game is to get from one side of the river (line) to the other (line) by standing only on the attached stepping stones (sheets of paper).
5. The team that finishes first, gets a point.
6. There will be 3 rounds in the game. The team with more points wins. If neither team manages to cross the "river" within 3 minutes - the game ends and during then reflection part, the team will discuss what caused them to not to cross the "river". The jury will monitor and control the rules of the game- for example, if groups hold their hands and if everyone stands only on the sheetof paper. If either group breaks the rules, they go back to the starting line

REFLECTION

1. Did you notice the division of roles in your group? What were the roles?
2. How did you manage your time effectively?
3. What made it possible to influence your success/failure?



Sleigh Racing

RULES

1. Divide the participants into teams of 3 people.
2. Each team needs to reach the destination faster using a towel as a sleigh.
3. Create the same obstacle courses for each group.
4. The participant being carried must hold a plastic plate with 4 ping-pong balls or one tennis ball.
5. The team that reaches the destination faster with all the ping-pong balls wins.
6. There are 3-4 rounds.

REFLECTION

1. Did you set a strategy with your team before playing?
2. What's the difference between playing with a strategy and trying to reach the finish line as soon as possible?
3. Is it worth it to have small discussions between games to improve your strategy?



Snake

RULES

1. Ask for a volunteer to be the snake.
2. All other participants are given a ball.
3. When the facilitator gives the signal, the participants start dribbling their ball and try to avoid getting tagged by the snake.
4. If a participant is tagged by the snake, they must give their ball to the side and join the snake.
5. Everyone in the snake can tag.
6. The game continues until the snake has tagged all participants, or until there are no more participants left to tag.

REFLECTION

1. How did you exchange ideas and collaborate as a team during this game?
2. Did any conflicts/differences in strategy arise?
3. What is the "be one team" principle for you in coordination and teamwork?



Submarines

RULES

1. Divide the participants into teams of 3-4 people and then choose 2 jury members who will make sure that the rules are followed.
2. Each team will form a submarine by standing in a line and placing their hands on the shoulders of the person in front of them.
3. All participants will be blindfolded, except for the last person in each line who will steer the submarine.
4. Controlling the submarine is done by tapping one another on the shoulder until the first person receives the command, which they then have to follow.
5. No tapping means the submarine should drive forward. One tap to one shoulder means a slight left or right turn (two taps to one shoulder = sharp turn). Two taps on both shoulders means a torpedo is launched.
6. Launching a torpedo means the first person in line detaches from the team, and moves forward at a constant speed until it touches or passes the other sub.
7. A submarine can avoid a torpedo attack by diving. Diving means the first person in line does a squat just before being hit by the torpedo, then stands up. The signal to dive is to run your finger across the back of the person in front of you.
8. When a torpedo hits another sub, the first person from that ship leaves the playing field, and the game continues.
9. The team that stays on the playing field the longest wins.

REFLECTION

1. Would you prefer to be the ones who make decisions or follows the rules and why?
2. Was it challenging to adapt to the other team's actions quickly?
3. What communication problems might the players have been facing?



Take a Position

RULES

1. Divide the group of participants into a minimum of 2 teams (at least 4 people in one group).
2. Give the groups a task they must complete within 30 seconds after the whistle is blown. When the teams hear the whistle, they must form a line based on a specific category, such as date of birth, number of pets, or any other creative category you can think of.
3. When a team finishes their task - they must raise their hands.
4. A point is scored by the team that completes the task correctly first.
5. The number of rounds should be adjusted according to the time you have as a leader, but it should be a minimum of 3 rounds.
6. Participants' communication should be limited to non-verbal.

REFLECTION

1. What skills do you think were useful in the game?
2. What made the A team / B team win?
3. What communication problems might the players have been facing?