

Becky's Pocket Guiding Games Extract

Ball Lose-All

The players are divided into two teams: scarves and no scarves or any other distinctive mark. There are no limitations to the ground to be covered. The object is for the players of each side to throw the ball to one another, without letting it fall to the ground, ten times in a row. The players count aloud. The opposite team tries to get the ball and, in turn, must throw it to one another ten times in a row. The ball may not be taken from the hands of an opposing player; it may only be intercepted in the air or picked up from the ground. The ball may not be thrown back to the same player who threw it, therefore you need at least three players on each team. A player may not run with the ball in her hands. At the start of the game the Guider throws the ball high up in the air, and it goes to whichever team catches it. Each time the "referee" blows her whistle to signal a mistake (ball thrown back to the person who threw it, running with the ball etc.), the ball goes to the opposite team.

Beans

Can be played with any number.

The Guider calls out various types of beans and the girls perform the correct action.

Runner Beans - run around

Jumping Beans - jump

Baked Beans - lie out in the sun

Chilli Beans - shiver

Frozen Beans - Stand still

Broad Beans - Stand with legs as far apart as possible

French Beans - say "Oh La La!"

String Beans - stand still, arms straight up.

Dwarf Beans - squat down

Has Beans - fall on the floor

Giants, Wizards, Trolls

This game is very similar to the ever-popular "Paper, Scissors, Rock", but much more active! The game is best played in a gym or other similar room. Divide the girls into two teams. The teams gather at opposite ends of the gym and decide which creature they want to be for the first round: either Giants, Wizards or Trolls. The whole team must be the same creature. When both teams have decided, they line up, facing the other team, in the middle of the gym. Everyone together yells "Giants! Wizards! Trolls!" and then whatever creature their team has decided to be. For example, a team who is Giants would yell: "Giants! Wizards! Trolls! GIANTS!"

Now here's the catch: Giants step on Trolls (i.e. Giants beat Trolls), Trolls tickle Wizards, and Wizards zap Giants. In each round, whichever team "beats" the other team must chase the losers back towards their side of the gym. (For example: If one team yells "Giants!" and the other yells "Trolls!", the Giants have won (remember Giants step on Trolls). So the Giants chase the Trolls back to their side of the gym.) Anyone on the losing team to be tagged before they can touch their wall of the gym now belongs to the other team. In rounds where both teams end up being the same creature, consider it a tie and start over. Play the game until most of the girls are on one team.

In addition, there are actions to do for each of the creatures during the yell that starts off each round. Giants: raise arms high overhead; Wizards: arms in front of body as if throwing a magic spell; Trolls: hunch down curl arms inwards.

Lily Pad Leaping

This game is sort of a combination between musical chairs and an obstacle course. Place a few chairs or obstacles around the hall, with chalk arrows on the floor to mark the way. Scatter sheets of newspaper (lily pads) among the chalk arrows. A leader will either turn away from the course and periodically call out stop or use music in a like manner.

Girls leap around the course and must be on a lily pad when music stops, or a stop is called. If a girl is not on a lily pad she needs to perform a silly action or sing part of a frog song or a combination of both. You could incorporate Promise and Law into this, i.e., girls spin around and recite the law.

As the game progresses, remove some of the lily pads. Keep doing this until there are very few left. Your girls may become quite the survivalists, trying to move around the course with a scrap of newspaper under their shoe!

Windmill

Divide the girls into 4 teams. They stand in an X formation like the arms on a windmill. Each girl needs to know what number in the team she is. In the middle put THREE items - can be balls, pencils, rocks - anything you have handy.

When a number is called, that person CRAWLS BACK through the legs of her team mates. Runs in a CLOCKWISE DIRECTION around the circle. CRAWLS UP THROUGH her team mates legs to grab one of the items in the middle. Then she CRAWLS BACK through their legs to her "spot". The team who doesn't manage to claim an item sits out. Remove another item and play again until you're down to a winning team. This is a very fast paced game.

Zombies

Everyone starts by standing in a circle. The person leading the group tells everyone to close their eyes. S/he walks around the circle and touches two people on the shoulder. Then says "If you were tapped on the shoulder, you are a zombie, do not let anyone know." Then the leader explains the rules. Everyone must walk around shaking hands and saying "Hello, my name is (insert your name here)." If you are a zombie you need to tickle the other person with one finger. If you are not a zombie and are tickled you will become one. If you are a zombie and are tickled by another zombie, you nullify each other. If you are a zombie and you tickle someone who is not a zombie then you are both zombies.

When the leader stops the game, everyone goes back into a circle. The leader says "Raise your hand if you were ever a zombie." (Everyone who played should have been one at least once.) "Now raise your hand if you were a zombie when the game ended." (This part differs - but a few people should raise their hands.) "Raise your hand if you started out as a zombie." (Two people should raise their hands.)

This game can be used just for fun, or as a way to open discussion about how rumours and attitudes can spread through a crowd.

Caterpillar

Divide the girls into teams 3-5 girls each. At the start line have the girls sit down with their legs wrapped around the waist of the girl in front of them. This forms the caterpillar. With the girls attached as a team, the Guider yells go. The girls move together as a unit by using their arms by their sides and lifting and moving their bottoms. The teams race to a designated line or spot. At the line, the girls let go of their link to reform their caterpillar with the girls in the opposite order. The teams continue racing back to the start line.

Snail

Start with a large circle and everyone holding hands, facing into the circle with a leader and two people to make the bridge. Just like the name implies you walk around making smaller and smaller circles until you are in the centre of the room. The two girls then form an arch or bridge and the leader turns facing out of the circle and everyone follows around until you are all facing out from the circle in a big circle again. The you repeat the process so that you are again all facing in. Everyone seems to like this game. There is a song which goes along with it and you just keep repeating the song: "Snail, snail come out and be fed. First you feelers then your head. The you Momma and your Poppa will feed you fried muttons. (or muffins)."