

# HOW TO LEAD GAMES

## Selecting games

- ~ Be sure the games are appropriate for the age, experience and physical condition of the girls.
- ~ Avoid games which offend other people's beliefs or customs.
- ~ Provide opportunities for girls to participate in a variety of games; ex: get acquainted games, nature games, action games, international games, relays, singing games , etc.

## Why Games are Important

- Girls have been sitting in school all day. They need to run around and have some fun. (Recommendation: Play a simple game as soon as all the girls arrive. Let them run, jump, laugh, and smile before getting into a badge or journey activity.)
- Play games with girls who finish a project/craft early. Boredom is your biggest enemy. If you have 5 girls who finished early, play a game with them. This keeps them out of trouble. 😊 This is also why you need an assistant leader or parent helper. One adult can play the game with the girls, while the other supports the remaining girls in finishing the project/craft.
- Great team builder/ice breaker for girls.
- Get them moving. They will pay attention and listen better, and they'll be more focused.
- They will always equate Girl Scouts with fun, and you will be the most fun person they know!!!

## Getting Ready

- ~ Be interested and enthusiastic about the game yourself
- ~ Know the game well before attempting to teach it to a group.
- Identify the safety hazards, anticipate the difficulties and adapt the game to the group and situation.
- ~ Have equipment together beforehand.

## A few pointers for Game Leaders:

- ~ Establish a happy atmosphere.
- ~ Check mistakes as you go along.
- ~ Encourage girls to participate and do their best.
- ~ Be patient.
- ~ Be fair in your judgments.
- ~ Show respect for each girl.
- ~ Encourage fair play and safety at all times.
- ~ Be flexible and prepared to vary or change the game.
- ~ Emphasize cooperation and playing for fun rather than winning.

## Picking Teams

Have the girls line up and number them 1, 2, 3, 4, etc. Then, put all the 1s together in a team, 2s, and so on. Most girls will line up next to their friends. This ensures they will not always be with their friends and then, hopefully, will make new friends. Vary this by calling them animal names, or "all girls wearing blue are on a team", etc. This approach will always ensure they are partnering with new girls.

# GAMES

## Active Games:

### **Daisy to Daisy or Brownie to Brownie**

One person is the caller (Leader, Assistant Leader or Parent). Each girl finds a partner. The caller chants out different body parts that the paired players must match by touching.

Ex: Caller chants "nose to nose". Partners touch nose to nose. Caller chants "head to head". Partners touch head to head, etc.

When the caller chants "Daisy to Daisy", everyone runs to find another partner, and the chants start again. This is a great way for Daisy Girl Scouts to build confidence and troop/group spirit.

### **THE WITCH SAYS (from Italy)**

The Leader starts off being the "Witch". She explains to the girls that she will say "The Witch says touch something \_\_\_\_\_ (say a color). The girls have to run and find something in the room, or on themselves, that is the color and "touch it". The only rule is that the girls cannot touch the same thing. For ex: if the leader says touch something blue, and two girls touch the same blue chair, the leader will have to tell the last girl to touch the chair to find another blue. While the girls are running to find the color, the "Witch" chases them until they touch the color. Once the color is touched, the girl is safe. If the "Witch" tags the girl before she gets to the color, she is the NEW Witch. (I usually do a practice round so they understand.) Many girls will want to be the "Witch" so tell them "You have to try to find a color. If you just stand there hoping she tags you, you won't be the new Witch".

### **SHIP**

A lot of instructions, but girls pick it up quick. There's really no end, just when the girls get tired.

When I say:

Port side – run to the left (of designated playing space)

Starboard – run to the right

Stern - run to the back

Bow – run to the front

Hurricane – run around waving your arms wildly

Tornado – spin around in a circle

Climb the Rigging - pretend you're climbing a rope

Hit the Deck - girls lie on the floor

Peg Leg – hop on one leg

### **CATCH THE DRAGON'S TAIL**

8 - 30 participants (You'll need a bandanna)

Pick a "head" person and a "tail" person. The "tail" puts a bandanna in her pocket. All other players form a line in between the "head" and the "tail" with arms around the waist of the person in front. The "head" leads the front section of the line around so that she can grab the bandanna. The rear section of the dragon does not want the "head" to catch the tail (bandanna), so they attempt to avoid the "head". Cooperation is needed to keep the dragon in one piece and to avoid the "head". A variation is two dragons trying to catch each other's tails.

## **CAT AND MOUSE**

Everyone but two people forms a circle standing far enough away from each other so that a person can safely run past them on either side. They must also be close enough to reach the hand of the people on either side of them.

The person outside of the circle is the cat and the person inside is the mouse. They will begin on opposite sides of the circle. When the game starts, the cat tries to catch the mouse by running around and through the circle. When the mouse runs through one of the spaces in the circle, the space gets closed. This is done by holding hands. The cat cannot pass through this space now. The game goes on until all the spaces are closed and the mouse is either locked in or locked out of the circle, or the Cat catches the Mouse.

## **MAMA BEAR**

Pick a girl to be the Mama Bear. She will stand on the opposite side of the room. All the girls line up across from her holding hands. One adult will stand across from the Mama looking at the other girls. Mama is not allowed to turn around to see where the girls are. The girls will start walking and chanting "Wake up Mama Bear, Wake up Mama Bear" When the girls get really close, the adult will say "Go". Mama will turn around and try to tag as many girls as she can. Girls are safe when they pass the original starting line. All the girls that were tagged are now "Cubs". They line up with Mama Bear and will turn around and tag girls also. The game ends when one girl is left.

## **MR. WOLF**

One child is chosen to be Mr Wolf, who then stands at one end of the playing area. The other players stand in a line at the other end. Mr Wolf turns her back to commence play. The players call out, "What's the time Mr Wolf?" and Mr Wolf turns and answers with a time (i.e. 3 o'clock). The girls take 3 steps. Mr. Wolf then turns her back again while the children advance again chanting "What's the time Mr Wolf?" To which Mr Wolf will continue to respond with a time and the girls will advance taking the correct amount of steps. .

Once the line of players is close to Mr Wolf, she can respond to the chant with "It's dinner time!" at which point, she will chase the players back to the starting line with the aim to catch one of the them, who will then become Mr Wolf for the next round of the game.

## **WATER GAME RELAY (summer/hot days)**

Girls are split into 2 teams. There are two cups with ping pong balls inside them. The first few girls in line are given a water gun; they will share the guns. They are allowed 3 – 4 squirts each. The idea is to fill the cup with water so the ping pong ball falls out. The first team to do this wins.

## **Small Groups/Rainy Day Games/Less Active:**

### **CHANGE 3 THINGS** (great for small groups)

Have one of the girls stand in front of everyone and "model". Turn her around so they can see her from the back as well. Tell the girls to "take a good look at Missy". Have Missy go in the hallway and change 3 things about her appearance. (i.e., take a clip out of her hair, role up 1 sleeve/pant leg, put shoes on opposite feet, etc.) Bring her back in front of the girls and ask them to say which 3 things she changed. You can choose the next girl to go in the hall any way you want.

## **HUCKLE BUCKLE BEAN STALK** (great for small groups and inside)

Pick a smallish object. (marker, headband, bracelet, etc. ) Hide it in plain sight, where nothing has to be moved to find it. "You don't need your hands to find it." Pick a spot in the room to be the base.

The kids look for it, and when they find it, instead of picking it up or pointing to it, they go to base and say, "Huckle Buckle Beanstalk!" by leaving it there, everyone gets a chance to find it.

If they need help, you can play the hot/cold game. The first one to find it gets to hide it the next time.

## **DO YOU LOVE YOUR NEIGHBOR**

You will need to arrange chairs in a circle. You need 1 less than the amount of people playing. Choose someone to be "it" and have them stand in the center of the circle of chairs, everyone else should take a seat. "It" then goes up to one of the seated people and asks, "Do you love your neighbor?" the person then chooses to say "yes" or "no". If they say "yes" then the person's two neighbors (the ones seated directly to their left and right) have to switch seats before "it" can steal one of their chairs. Whoever is left standing is "it". If the person says "no" they then say, "but I love people who \_\_\_\_\_." They fill in the blank with anything pertaining to one or more players. Those players must then leave their seat and try to find a new one before "it" steals their chair.

Example: "Do you love your neighbor?" and I reply, "No, but I love people wearing red." Everyone wearing red must get up from their seat, including myself since my shirt has red on it. The it person takes my seat, I take player two's seat who was wearing red socks, and player two is left standing because no one else was wearing red. Player two is now "it" and asks player 4 if they love their neighbor. Player four says yes, and the two people seated on the right and left of player 4 must switch seats. (to ensure more people get up, I've said things like "but I love everyone who has teeth." Every person has to find a new seat.

## **ISLANDS**

Place a few Frisbees on the ground and have everyone start prancing around them while clapping or singing. When the Referee signals "Islands", everyone runs to touch a Frisbee. The last person touching a Frisbee is out. When the group gets smaller, remove an "Island".  
VARIATION: If any two people touch while running to an "Island," they are out also.

## **SPOT THE LION – AN AFRICAN GAME**

Divide the group into teams of 5 to 8 people. Give each team its own corner or place. On signal the girls scatter and stand with their eyes shut. Leader runs around tapping each girl lightly on the back. On one girl she puts a piece of tape and unknown to that girl she becomes the "lion". When every one has been tapped, the leader shouts "the Lion is Loose!" All girls open their eyes and run about seeing if they can spot the lion. When a girl spots the lion, she heads back to her team's corner without trying to arouse the suspicion of the lion. If a girl thinks she is the lion (no girl is allowed to touch her back to see if she is the lion), she heads to the center of the room and roars loudly. When this happens all girls freeze. If the girl is the lion, the game ends. If not, the game continues for one more minute before time is called. The team with the most players in their corner is the winner.

## **Mr. Bear**

Country: Sweden

One person is Mr. Bear. He is trying to sleep in his den. The other players sneak up to Mr. Bear and whisper, "Mr. Bear, are you awake?" Mr. Bear pretends not to hear them. Then the players yell, "Mr. Bear, are you awake?" This makes Mr. Bear furious! He chases them and tries to catch them before they reach home, which is the safe place. Everyone tagged becomes one of Mr. Bears' cubs. They go back to the den with Mr. Bear. When the remaining players come back to wake up Mr. Bear, the cubs help Mr. Bear catch them.

## **Rabbit Without a House**

Country: Brazil

Divide the girls into groups of 3. If one girl is leftover, she is the lost rabbit. If two girls are leftover, one is the caller, the other is the lost rabbit. If the group divides evenly into 3, have one caller and two lost rabbits. Each group of 3 makes a rabbit in a house by two girls holding hands (the house) and one (the rabbit) standing inside. The lost rabbit yells, "Find a house" and all the rabbits, including the lost one run to find another house. The rabbit left without a house become it. Girls take turns being houses and rabbits.

## **Less Active Games:**

### **PENNY PENNY**

Girls stand or sit in a circle, left arm extended with hand cupped, and pass with their right hand the object going around the circle (penny, rock, etc) The girl in middle must determine where the object is. Song is: PENNY PENNY FROM ONE HAND TO ANOTHER. IS IT FAIR?  
IS IT FAIR TO KEEP (NAME OF GIRL IN MIDDLE) STANDING THERE?

### **ENERGY**

5-25 participants

Stand or sit in a circle holding hands. The Leader begins the ENERGY by means of a hand squeeze passing from person to person. Pass it one way around the circle, then pass it the other way. Next try passing two pulses around the circle in opposite directions at the same time. Then try with eyes closed. Next pass multiple pulses in less and less time.

### **RAIN**

Everyone sits in a circle with their eyes closed (optional). The leader starts by rubbing her hands together. The person to the right of the leader listens for this sound and then joins in, then the next person to the right, until everyone is doing it. The sound this rubbing makes is much like a soft spray of rain. When all are rubbing their hands, the leader than starts a new sound—finger snapping. The rain is gaining in intensity. Each player must continue to rub hands until she hears the person on their left change sounds. After finger snapping has gone all the way around, the leader starts the next sound—hands slapping thighs. Finally hands slapping thighs plus stomping feet. To end the rain storm, completely reverse the activities. The last sound to be passed is a silence as each person, one by one stops rubbing hands.

## **NOSEBAG SKITS**

You need pre-assembled bags of assorted objects and clothing that can be used in skits. Kitchens are a good source for objects.

Divide group into teams. Each team is given a bag with an item for each girl in it. Girls are given 5 to 10 minutes to create a skit using all items in bag.

## **WHO'S GOT THE MOTION?**

Players sit in a circle. "IT" goes away while those in the circle decide on a leader. All take the same position as the leader and perform the same motions as the leader. "IT" returns to the circle and has three guesses to guess who is the leader. When the leader is discovered, the leader then becomes "IT".

## **DOWN BY THE BANKS**

Have the girls make a circle and put their right hand on top of the person to their right, and their left hand under the person to the left. When they're ready start singing this song, while one person claps their right hand to the person on their left, and it is passed around the circle. When the song ends, whoever hands it is passed to is out, or if the person takes her hand out and the person gets their own hand they are out. Continue the game until only one person is left.

Song:

Down by the banks , Of the Hanky Panky, Where the bull frogs jump, From bank to banky  
With an: Eeps! Ipes! Ops! Ups! I saw a Dilly and it went Kerplod!

Great Resource for Games: [www.ultimatecampresource.com](http://www.ultimatecampresource.com)