

## Low Intensity / Rainy Day Games

### 1. Hide the Button

- Need Any small Object or Ball
- Pick one student to be “it”
- The rest of the students sit or stand in a circle with the “it” in the middle
- The button is passed around the circle behind their backs
- When the instructor says “stop” the “it” has to guess which student is holding the button.
- If they guess correctly, the person holding the button is now “it”
- Tell the students to stand or sit very close so it is hard to tell who has the button.
- Students should try to “fake out” the person that’s it.

### 2. Quaker Meeting

- One person is it.
- The rest of the class is the audience.
- The person that is it says “Quaker meeting has begun. No more laughing no more fun. If you dare to crack a smile, you may have to walk a mile.”
- The person that is it must then make funny faces or sounds to try and get the audience to laugh.
- They MAY NOT touch anyone.
- The first person to laugh must do an exercise of the “its” choosing (10 push ups, jumping jacks, etc)
- After the laugher has completed their exercise, they are it.
- Set a time limit to make the audience laugh (1 or 2 minutes). If no one laughs before the time is up, choose a new person to be it.
- Write on the board example exercises to choose from (jumping jacks, bunny hops, push ups, squats, etc).

### 3. Color Walk

- Need Colored cones or Colored Sheets of Paper.
- Create a path of cones or sheets of paper in different color patterns.
- Players must walk the path on the floor only stepping on the paper or cones.
- Instructors call out different colors that players must ONLY step on i.e. “orange” players can only go to orange steps.
- If a player falls off the color or steps on a ‘wrong’ color, go back to start of line.
- Instructors should challenge players to make it from start to finish.

### 4. Limbo Contest

- Have two volunteers hold a stick level
- Players will try to pass under with out falling down or bending forward
- Keep lowering stick until there is a winner

## 5. Detective

- Choose one person to be the detective. That person has to leave the room (or hide behind a tree, if you're outside).
- While the detective is gone, choose a leader.
- The leader begins doing something, like flapping his arms like a chicken, or doing a dance move, or nodding his head. Everyone else copies the leader. Send one person to retrieve the detective.
- When the detective returns, her job is to figure out who the leader is. The leader has to change his movement at least every thirty seconds, and everyone else follows.
- The trick is for everyone not to stare at the leader and to make sure they change their movement's quick enough so the detective can't figure out who is starting the action.
- Once the detective figures out the mystery, the old leader becomes the detective and the game starts over.

## 6. Trivia Challenge

- Make Teams
- Design a grid on the board similar to Jeopardy
- Categories and points
- First team to raise their hands gets to answer question
- If they get it wrong, other team can steal points
- Keep track of points
- Take points away for disciplinary problems

## 7. Memory

- Make Teams
- Instructor must have an equal number of objects (2 of each)
- Instructor will make a grid of cups upside down, each cup with an item under it
- Players from each team will take turns guessing what two cups the matching objects are under
- Team with the most pairs of objects wins

## 8. Spit Back

- Players Recal a series of things that you give them
- Write on paper/whiteboard a series of number or letters
- For Example – 1 5 3 8 d 3 r g k o 9
- Cover it up, see if they can recall it verbally or write it down (Repeat, change sequence)
- For Example – Apple, Grape, Pear, etc.
- Repeat with other topics and to test their memory recall

## 9. 20 Questions

- You can play 20 Questions with two or more people.
- To begin, one person thinks of a tangible item—a person, place or thing— and keeps it a secret.
- The other players take turns asking yes-or-no questions. It's best to begin with broad questions such as "Is it a living thing?" or "Is it a person?" or "Is it a place?"
- The game works best when players build on each others' line of questioning. Follow-up questions should get progressively narrower, such as "Does it grow in the ground?" or "Is the person female?" or "Is the place in the United States?"
- The object of the game is to guess the mystery item within 20 questions. Players may use their turn to ask a question or make a guess, but it's best to use the early rounds to narrow the field with questions.

### Rules:

- The player who is "It" can only respond with "yes" or "no," or with a very limited qualifier such as "usually" or "sometimes."
- When somebody guesses correctly, then he or she becomes "It." The game moves forward with the new "It" thinking up a different item.

### Variations:

- If you have a large group of players, you can split into teams, where two or more groups ask questions and make guesses collectively.

## 10. Rock Paper Scissors Tournament

- Players are matched up for rounds of Rock Paper Scissors
- Create a bracket to the championship
- The players simultaneously countdown from three. When the players say "go," they each use a hand to create the shape of their chosen item.
- Rock is represented by a closed fist.
- Scissors are represented with two fingers (the pointer finger and middle finger) extended in the shape of scissors.
- Paper is represented by a flat, open palm.
- The winner of Rock Paper Scissors is determined as follows:
- Rock defeats (smashes) Scissors.
- Scissors defeats (cuts) Paper.
- Paper defeats (covers) Rock
- If both players choose the same item, they must play again