

Counselor Corner
Group Building Activities Volume 1, No. 2

BOAT PADDLING

Age Group: 10 years old to adult

Equipment Needed: Canoes
Buoys or other objects placed in the lake

Number of Players: Cabin group (10 – 12 people)

How to Play:

This activity takes place at Jenks Lake. A group needs to complete a boat course around buoys or other objects without the aid of paddles or oars.

CANYON BRIDGE

Age Group: Children and adult
Equipment Needed: Log or bench

Number of Players: Cabin group (10 – 12 people)

How to Play:

Divide the cabin into two groups. Both groups stand on the log/bench/etc. (the bridge). The groups need to pass each other to get to the other side of the canyon. Anyone who falls off goes to the end of their group.

WIND IN THE WILLOWS

Age Group: Children and adult
Equipment Needed: Nothing

Number of Players: Cabin group (10 – 12 people)

How to Play:

This is a variation on trust falls involving the entire group. Group stands in a circle with one person in the middle. Person in middle falls in any direction, trusting spotters to catch him/her and stand him/her back up.

MINEFIELD

Age Group: Children and adult
Equipment Needed: Various objects to represent a minefield
Blindfolds, enough for half of the people in the group

Number of Players: Cabin group (10 – 12 people)

How to Play:

Have group discuss things that are detrimental to functioning as a group. For each characteristic/action, throw an object into the playing space, the "minefield." Have group choose partners. One partner is blindfolded at one end of field. The non-blindfolded partners stand at the opposite end of the field and try to talk their partners through the minefield without running into any of the obstacles.

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MINISTER'S CAT

Age Group: Children and adult

Equipment Needed: None

Number of Players: Cabin group (10 – 12 people)

How to Play:

Players sit in a circle. Any player starts by saying clearly and rhythmically, "The Minister's cat is a (any adjective) cat." (Example: The minister's cat is a funny cat.) Each player in turn must then repeat the phrase, using a new adjective that begins with the same letter (fat cat, friendly cat, funky cat, etc.). The rhythm of the phrase must be maintained and players may not repeat adjectives already used. If a player "misses," he is eliminated and a new player starts the game using any adjective. The group then uses the first letter of the new adjective to continue playing.

NAME GAME

Age Group: Children and adult

Equipment Needed: None

Number of Players: Cabin group (10 – 12 people)

How to Play:

Players sit in a circle. Player 1 says his/her name and a one sentence personal fact (favorite food, earliest memory, address, etc.). Player 2 repeats the first player's name and sentence and adds his/her own name and sentence. The third player repeats the first two names and sentences and adds his/her own, etc.

Each player takes, in exact order, all that has gone before and adds his own name and sentence until the game goes around the entire circle. Players then change places within the circle and one volunteer attempts to give the names and sentences for everyone in this new order.

QUICK DRAW

Age Group: Children and adult

Equipment Needed: Numbered list of objects or emotions

Pad of paper at least 5.5" x 4.25" for each team

Pens or pencils and erasers for each team

Number of Players: Multiple cabin groups

How to Play:

Each player on each team is numbered. A leader stands at one end of the room (at an equal distance from each team), with a prepared list of objects or emotions. One player from each team runs to the leader and receives the first object on the list and runs back to his/her team mates. He/she begins to draw the object as quickly and as specifically as possible. When the object is communicated so that the team guesses it exactly, the next player is sent to receive the next word. As each new person approaches

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the leader he/she calls off his/her number and the leader whispers the word on the list that corresponds with his number. The race continues until one team has guessed the entire list.

Don't worry about drawing well! Communicate through your drawing! Keep drawing!