

Counselor Corner
Group Building Activities Volume 1, No. 1

BIRTHDAY LINE-UP

Age Group: 8 years old to adult

Equipment Needed: None

Number of Players: 4 or more

How to Play:

Have the campers line up in order of their birthdays (month and day, year isn't necessary). The trick is, they CAN NOT TALK AT ALL. You'll find they resort to sign language, nudges, someone might try to start directing, etc.

LOOP-DE-LOOP

Age Group: 8 years old to adult

Equipment Needed: Two or three hula hoops, large inner tubes, or long loops of fabric

Number of Players: 8 or more

How to Play:

Have the campers stand in a circle and hold hands Start one hula hoop (or inner tube or loop of fabric) hanging over one pair of joined hands. Each person in the circle must pass the hoop/loop over him/herself and on to the next person – WITHOUT letting go of hands. Best to do this with 2 or 3 loops/hoops going around at the same time in different directions.

POISON PEANUT BUTTER

Age Group: 8 years old to adult

Equipment Needed: Bandanas

Number of Players: 8 or more

How to Play:

Draw two lines to represent the edges of the poison peanut butter. Hand group bandanas. Group needs to get everyone across using only the bandannas as safety zones. Variations include using too few bandanas for a continuous chain across or stating that once a bandana has been placed on the ground, it cannot be moved. In the second, case, be sure there are enough bandanas to make it across if placed strategically (must plan ahead).

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BLIND WALK

Age Group: 8 years old to adult

Equipment Needed: Blindfolds (one for every two people in group)

Number of Players: 2 or more

How to Play:

Divide group into pairs with one member of each pair blindfolded. Seeing partner leads blind partner on a walk. The walk should be challenging, including such obstacles as climbing over tables, crawling under chairs, walking up or down stairs, climbing over railings, etc..

GROUP JUMP ROPE

Age Group: 8 years old to adult

Equipment Needed: Long rope

Number of Players: 8 or more

How to Play:

Given long piece of rope, group tries to jump rope simultaneously. Easier to start with simple task – one or two people – and work up to large goal gradually.

BLIND SHAPES

Age Group: 8 years old to adult

Equipment Needed: One long rope
Blindfolds (one per person)

Number of Players: 8 or more

How to Play:

Group is blindfolded or with eyes closed. Have group form themselves into a square or a triangle, etc.. Can use a rope with everyone holding on.

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GROUP JUGGLE

Age Group: 8 years old to adult

Equipment Needed: 12 soft objects

Number of Players: 8 or more

How to Play:

The leader has about a dozen soft objects. Start by tossing one item to a person across from you, then they toss it to someone different and the last person tosses it back to you. Repeat the pattern, while the leader adds in (one by one) the remaining objects.

COWS AND DUCKS

Age Group: 8 years old to adult

Equipment Needed: None

Number of Players: 8 or more

How to Play:

SECRETLY whisper to each member of a group whether they are a cow or a duck. When you say GO, everyone (with eyes closed) starts slowly walking (with their hands in front of them for protection). They yell out MOO MOO MOO or QUACK, QUACK, QUACK until there are two separate groups.