

## CORNERSTONE 2022 RESOURCE

### Games that Get Us Moving *Energize Your Day*

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<b>SUMMARY:</b>	In this session we will experience a variety of fun games that can be brought back to camp and get campers and fellow staff moving when energy and joy are needed.
<b>ABC GOALS:</b>	<p><b>Affective:</b> Participants will feel....</p> <ul style="list-style-type: none"> <li>• Energized by the joyful opportunity to play and move together</li> <li>• Excited to bring some new games back to camp</li> </ul> <p><b>Behavior:</b> Participants will be able to...</p> <ul style="list-style-type: none"> <li>• Use these games at camp when there's some downtime with campers and peers before or after an activity or meeting.</li> <li>• Use these games at camp when they notice campers and/or peers are low energy.</li> </ul> <p><b>Cognitive:</b> Participants will know...</p> <ul style="list-style-type: none"> <li>• How to facilitate 5 new games</li> <li>• When in a camp day games that get us moving are helpful</li> </ul>
<b>AUDIENCE:</b>	All ages and group sizes
<b>TIMING:</b>	45
<b>APPENDICES:</b>	N/A
<b>MATERIALS NEEDED:</b>	No materials needed
<b>SET-UP DETAILS:</b>	Outside or a space with lots of room for movement

### SESSION TIMELINE

Example of a multi-session experience:

- 00:00-00:05 – Introductions and Framing of Session
- 00:05-00:40 – Game Time!
- 00:40-00:45 – Closing Reflection

### SESSION OUTLINE:

- 00:00-00:05 – Introductions and Framing of Session  
Welcome participants and share that we are going to spend time playing a bunch of movement-based games. Ask, “when in camp do we need some quick (material free) games that get us moving?”
- 00:05-00:40 – Game Time!

#### Game 1: This is So Much Fun!

Have everyone stand in a circle. Explain that in this game we will chant “This is so much fun” together while one person is the leader. The leader will do different dance moves and everyone else is expected to copy their dance moves while continually chanting “this is so much fun!” One more thing: You have to keep a very serious face throughout. No smiling! 😊 Though if someone does smile, it is totally fine! Because this is so much fun!

#### Game 2: Triangulation

Have participants stand in a big circle. Invite everyone to take a deep breath. As they breathe out, ask each person to silently select two people in the circle (do not tell the people you’ve selected). Say, “When I say go, I want you to get yourself in an equilateral triangle with the people you selected.” Once you say go all participants will actively move around in an attempt to be in a perfect triangle.

#### Games 3: Rule of Threes

Ask each person to find a partner.

- 1) Round 1: Continuously count to three with your partner while alternating numbers.
- 2) Round 2: Replace the number 1 with a sound. Repeat round 1 with the sound permanently replacing the #1.
- 3) Round 3: Replace the number 2 with a movement. Repeat round 2 with the movement permanently replacing the #2.
- 4) Round 4: Replace the number 3 with a sound and movement together. Repeat round 3 with the combo sound and movement permanently replacing the #3. For this final round, the #1 is a sound, #2 is a movement and #3 in a sound and movement together.

#### Game 4: Crouch Shout Freeze Go

## CORNERSTONE 2022 RESOURCE

- 1) Have participants move around the space. When the facilitator says “Freeze!” everyone should freeze. When the facilitator says “Go!” everyone should start moving again.
- 2) Add additional actions to the game! When the facilitator says “crouch!” everyone should crouch down. When the facilitator says “Shout!” everyone should shout their name. Invite participants to embrace mistakes! If you do the wrong one throw your hands in the air and let out a big “WOOOOO!”
- 3) Swap the directions. For the rest of the game FREEZE means GO and GO means FREEZE.
- 4) The add one final layer! CROUCH now means SHOUT and SHOUT means CROUCH! Continue to embrace mistakes! We all make them! Let out a big “WOOOOO” every time you make a mistake.

### Game 5: Drop a Beat

Have participants stand in a circle. The facilitator should stand in the middle of the circle. Explain that we are going to work together to make a musical masterpiece. When the facilitator stands in front of a participant their job is to add a consistent sound to the group beat. Similarly, the facilitator can take a sound out of the beat by standing in front of a participant after they have already added a sound. The facilitator goes around until everyone is part of the beat. The facilitator can ask the group to increase or decrease the volume throughout. Once the beat has been going with everyone involved the facilitator slowly goes back around the circle to take sounds out of the beat until everyone is out of the beat.

- **00:40-00:45 – Closing Reflection**

Chevruta: Ask Participants to pick the game they enjoyed most that they plan to bring back to camp this summer and share with a partner that is near them.

### **BRINGING IT TO YOUR CAMP:**

- These are all material-free games that can be used whenever you find yourself with some unstructured downtime. Waiting for an activity to begin, dining hall to open, etc. These are also great games to use if your group is low energy and needs to get up, move around and laugh together.