

## Games that Get Us Moving

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**SUMMARY:** In this session we will practice collective joy through a series of supply-free games that can raise the energy and help us connect in times when it is most needed.

### **GOALS:**

**Affective:** Participants will feel....

- Connected to one another
- Energized by the joyful opportunity to play and move together
- Excited to bring some new games back to camp

**Behavior:** Participants will be able to...

- Use these games at camp when there's some downtime with campers and peers before or after an activity or meeting.
- Use these games at camp when they notice campers and/or peers are low energy.

**Cognitive:** Participants will know...

- How to facilitate 6 new games
- We are better together. Games are a powerful tool that bring us closer together.

**AUDIENCE:** Staff and Campers

**TIMING:** 75 minutes

**MATERIALS:** N/A

**SET-UP:** Any room with enough space for participants to move around.

## SESSION TIMELINE

- 00:00-00:05 – *Welcome and Framing of Session*
- 00:05-00:40 – *Games in Community*
- 00:40-00:45 – *Closing Reflection*

## SESSION OUTLINE

00:00-00:05 - Welcome and Framing of Session

“To participate in the communal experience of prayer is to feel needed and relied upon. This is true no matter the size of your minyan. Each individual present at minyan strengthens the others and bolsters their prayers.” - Rabbi Dovid M. Cohen

Share: While we could do much of what we are about to do alone – it wouldn't be nearly as meaningful, nearly as fun, nearly as challenging. We are more powerful together. This is an opportunity for us to strengthen others through laughter, support, and joy.

00:05 -00:40 – Game Time!

### **Game 1: Ants on a Log**

Teams should get in the following order as a team, without speaking.

- 1) Last Name – Get in alphabetical order
- 2) Years at Camp – Get in order from highest number to lowest number
- 3) Think of an animal, any animal! Get in size order of the animals you are thinking of.

### **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 is a sound and movement together.

## **Game 4: Crouch Shout Freeze Go**

- 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. CROUCH means SHOUT and SHOUT means CROUCH! Continue to embrace mistakes!

## **Game 5: 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 6: 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

*You do not have to do all these activities together. Take any of these games and use them when they are needed. You are waiting with your cabin to go inside for lunch.... **PLAY A GAME!** Your cabin is feeling disconnected.... **PLAY A GAME!** You are waiting with your peers for a meeting to start.... **PLAY A GAME!***