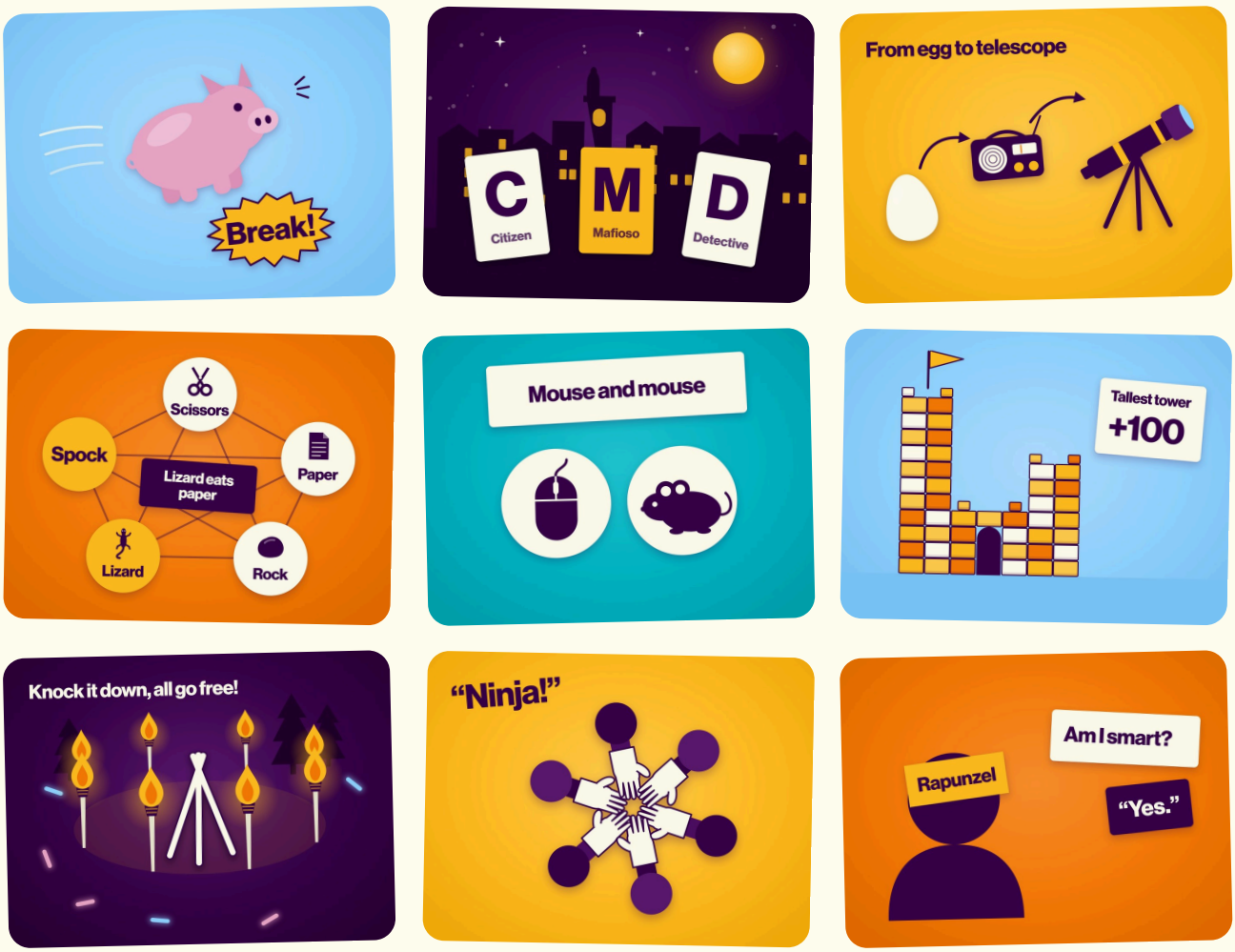
E-BOOK

21 Group Games for School and Youth Groups

21 of the best group games for youth groups and camps

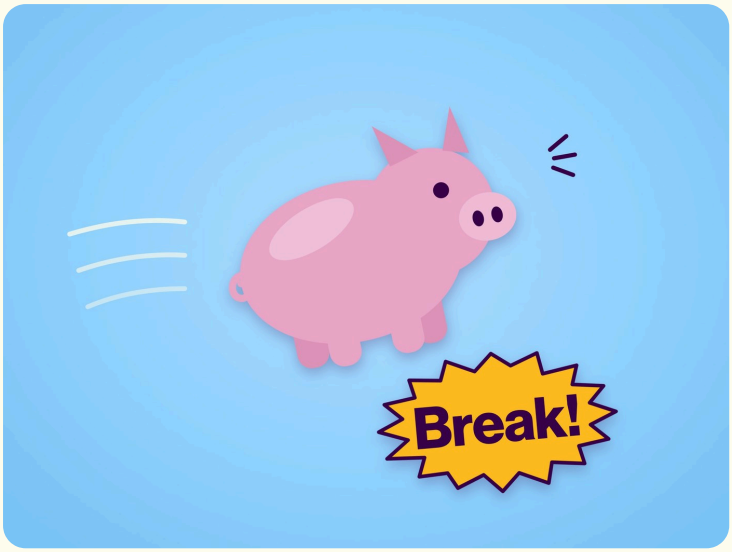


Pulse

Contents

1		Alaska Rugby	3
2		Bear Hunt	5
3		Bigger or Better	6
4		Castle Building	7
5		Cow Pushing	9
6		Dodgeball	10
7		Double Meaning	11
8		Four on a Couch	12
9		Knock Down the Sticks	13
10		Night in Palermo (Mafia)	14
11		Ninja: Circle Duel	16
12		Phone Showdown	17
13		Rock Paper Scissors Lizard Spock	18
14		Rock Paper Scissors Tournament	19
15		Signs: Circle Version With a Newspaper	20
16		Sound Memory	21
17		Super Ninja Move	22
18		The Number Game	23
19		The Wristband Game	24
20		Two Truths and a Lie	25
21		Who Am I?	26

1 Alaska Rugby



GROUP
small to large groups

TIME
10 minutes per round

WHERE
Outdoors (a field)

MATERIALS
something to throw (a rugby ball or similar)

SKILLS
reaction, teamwork

In Alaska, this game is played with a frozen chicken. In no time at all, this brilliant game builds up real momentum, which makes it a great icebreaker. Alaska Rugby may sound brutal, but it's played with no contact at all.

Time

10 minutes per round. You can't play this game for very long, because the players wear themselves out in no time.

Who it's for

This game is perfect as an icebreaker and for getting your teens to burn off their energy fast.

Materials

A big field and something to throw. Boring people use a regular rugby ball. In Alaska, they use a frozen chicken. I first played it with a dog toy. In a pinch, an old sneaker will do. Of course, a pig, a chicken or some other funny animal makes it a thousand times funnier.

Preparation

Players need energy and motivation for this game. Everyone has to go all in, or it won't work. Usually the players who want to win take care of that on their own.

How to play

Split into two teams of the same size and line up side by side. One team gets the pig. The player holding it throws it as far away from the other team as possible. That team now has to run to the pig as fast as they can. The first player to get there picks up the pig and stands with their legs wide apart. The rest of the team lines up behind them and forms a tunnel. Now the pig gets passed back through everyone's legs. The noise the toy makes on its way through is hilarious. By the way, it can't touch the ground, or the team has to start over. The last person in the tunnel

then runs the pig up to the front, to the spot where it landed. They score a classic touchdown by pressing the pig to the ground (no throwing it) and yelling “Break!”, “Stop!” or something like that at the top of their lungs. That’s the signal for the other team.

Meanwhile, the other team hasn’t been resting. They’ve been busy scoring points: as soon as one of their players has thrown the pig, the rest of the team huddles together as tightly as possible. While the other team is busy with the pig, the thrower runs laps around the huddle of teens. The team can hold on to the runner so centrifugal force doesn’t fling them out of the turn. The whole time, the team counts the laps out loud: “One, two, three...” Each lap is a point. This goes on until they hear the other team’s “Break!”

Can you guess what happens next? Exactly: as soon as the team that ran to the pig has called “Break!”, one of their players grabs the pig and throws it away again. So the other team automatically stops running laps, because now they have to run to the pig so they don’t give the other team too much time to score. The back and forth goes on until nobody can run anymore.

Tips

It works best when leaders play along and pump everyone up even more! Decide beforehand whether to give each team a referee who counts the laps or makes sure the pig is passed through the legs the right way.

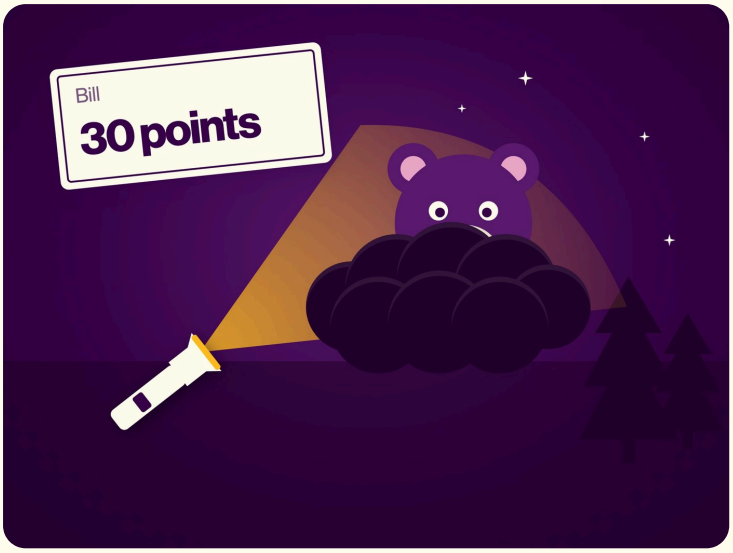
Variations

You can also play with more than 2 teams. In this version, though, the other teams keep getting short breaks to catch their breath. That means you can play the game longer. Also, you can’t throw the pig in the opposite direction as often, because there are groups lurking everywhere.

Learning goal

The brilliant thing about Alaska Rugby is that everyone runs. It takes teamwork, because the game isn’t decided by a few especially athletic players. Ideally, the players will cheer each other on.

2 Bear Hunt



GROUP
four or more teams

AGE
12+

TIME
about 1.5 hours

WHERE
Outdoors (dark terrain)

MATERIALS
Monopoly money, flashlights

SKILLS
teamwork, strategy

Did you know that the last German brown bear was shot in 1835 in Ruhpolding? Now I bet you want to know where that is, too. Ruhpolding is in Upper Bavaria, so bottom right on the map of Germany. The rest of the bear family probably went on tour with a Russian circus. And they all lived happily ever... oh, forget it, they're surely long dead by now. Hunting season is officially open.

How to play

Bear Hunt is an exciting outdoor game for after dark. Four or more teams compete against each other. The bears are played by a few leaders who hide on the grounds before the game starts, wearing dark, inconspicuous clothes. They climb trees, sit in bushes or lie down in fields.

Each team gets a certain number of flashlights, depending on its size. Then the bear hunt begins. If a team catches a fleeing bear, it gets a bill like the ones in a game of Monopoly. Each bill shows a number of points that counts toward the final score. After handing over the bill, the bear may run away and hide again. Right after getting the bill, the team has to run to its team leader to hand it in.

All the team leaders stand together in a central spot to collect the bills from their teams. A team may not hand in several bills at once, because that would suggest the team broke a rule. Also, the whole team always has to come to its team leader together.

Bears that are easier to catch give fewer points than the ones hiding in places that are harder to reach.

When time is up, the game stops, and only the points the team leaders are holding count. The team that has collected the most points wins.

3 Bigger or Better



GROUP
teams of about 5

AGE
12+

TIME
1 to 1.5 hours

WHERE
Outdoors (neighborhood)

MATERIALS
a carton of eggs

SKILLS
communication, creativity

In my youth group, this game was one of the best fundraisers ever. Just by trading with passersby and neighbors, your haul grows enormously within an hour. When we played it back then, our group alone had a new telescope and 160 euros after an hour and a half. The game is also a secret weapon when you want to collect things for a flea market.

How to play

This trading game is based on a simple idea that also appears in the Brothers Grimm fairy tale “Hans in Luck.” Divide the group into several small teams of about five people. Give each team an egg. Raw or boiled doesn’t matter at all. Then the teams head off in different directions so they don’t run into the same people. You could give one team the even house numbers in a neighborhood while another team takes the odd ones.

Now each team tries to make the best possible deal in its area by trading the egg for something else somewhere. Whatever they get can then be traded again. This goes on until the team is happy with its trades, every door (stores, passersby) has been tried, or the set time runs out.

Then all the teams meet up again and vote on which team got the best “trade goods.” Everyone gets one vote but may not vote for their own team. At the end, the trade goods can be used up, since there’s usually a lot of candy by then.

You can also present this game to passersby as a fundraiser for a good cause. Of course, then 100 percent of it should actually go to that cause.

4 Castle Building



GROUP
several teams

AGE
12+

TIME
1 to 1.5 hours

WHERE
Outdoors

MATERIALS
building blocks, materials for the stations

SKILLS
teamwork, strategy

In this exciting competitive game, the goal is to build a castle with your team as quickly and skillfully as possible. To get the building material, you have to complete stations. So this game takes not only fitness but also brains.

How to play

You can adapt this brilliant game to your group. The goal is to build a castle. How the players get the building blocks can be set up in different ways. Every youth leader is free to get creative and adapt the stations to their teens or players. Here's a sample station course for earning the building blocks:

- Rope bridge
- Pass a ball in a sieve using your feet
- Tip-cat: hit a small stick with a big stick so that the small stick flies into a set target
- Hurdle race
- Pick up a cut-down cereal box with your mouth

The castle building itself works like this: each team has three master builders who are in charge of building the castle and stay at the game board. The other players on the team try to win as many wooden blocks as possible at the stations and hand them over to their three master builders.

Each team has one leader in charge. This leader knows all the rules and is the only one allowed to step onto the building site to place the wooden blocks as the three master builders direct. The three master builders can be swapped out during the game. Each team can build as many castles as it wants. A castle has at least four blocks in its base and has to be at least one square away from an opposing castle.

Scoring table

What counts	Points
Each separate castle	20
Each block on level 1	2
Each block on level 5	5
Each block on level 10	10
Each block on level 15	15
Each block on level 20	20
Base of 10 blocks	20
Base of 20 blocks	30
Base of 30 blocks	40
Tallest tower	100 bonus
Largest base	130 bonus

5 Cow Pushing



GROUP
two groups

AGE
12+

TIME
5 to 10 minutes

WHERE
Indoors and outdoors

MATERIALS
masking tape or cones

SKILLS
teamwork, coordination

This game comes from the famous game book author and youth leader Frank Bonkowski. As a youth leader, he had the idea of putting the 50 hours of free time a week prescribed by his employer to creative use. This game is one of the things that came out of it.

How to play

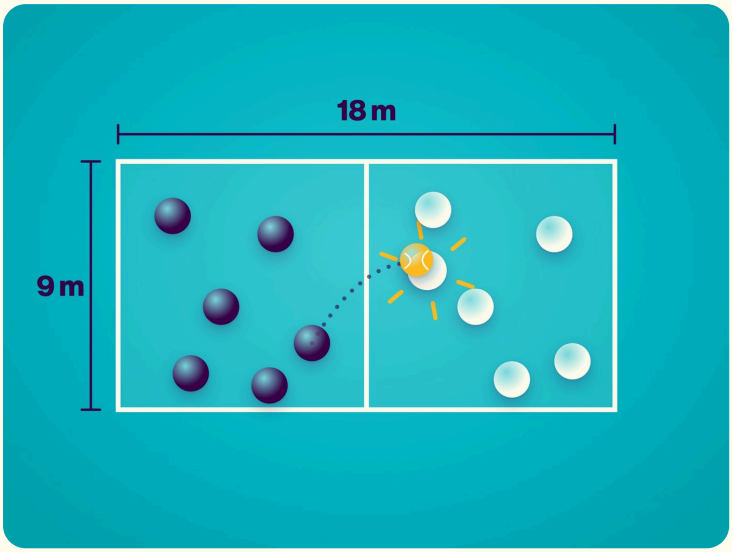
The cows are loose! A few cows have made themselves at home in the flower bed. Now it's all about driving them out of the flower bed. The cows are played by a group of teens. They stand on all fours, mooing loudly, in a square about 5 × 5 meters (16 × 16 feet). Around the field stand the farmers, played by other teens. As soon as the game starts, their goal is to drive, push, pull or carry the cows out of the flower bed as fast as possible. A cow is out as soon as it leaves the square.

The cows may work together. That improves their chances. Weaker cows can be taken into the middle, and so on. The round is over as soon as all the cows have been driven out of the flower bed.

Give the cows a few seconds to get ready at the start of the game. If several teams compete against each other, you can time how long it takes to clear the cows out of the flower bed. And the teens shouldn't wear their best clothes.

Another option: a similar game is "Pulling Turnips," in which all the players root themselves together on the floor as turnips, and harvest helpers try to uproot the turnips from the chain. Every player pulled out of the chain becomes a helper, so in the end only two turnips are left. They win the round.

6 Dodgeball



GROUP
two teams

AGE
12+

TIME
5 to 20 minutes per round

WHERE
Indoors and outdoors

MATERIALS
a foam ball or a volleyball

SKILLS
reaction, coordination

In German, this game is called “Völkerball,” which means something like “ball of the peoples.” Did you know that in parts of East Germany it was called “Zweifelderball” (“two-field ball”)? See, you learned something new today. If you believe Wikipedia, this is a serious war game. You could describe it as an early version of Call of Duty, widespread among ancient peoples, that acts out the battle between two peoples facing each other in a war of annihilation. True story!

How to play

Two teams play against each other on a court about the size of a volleyball court (18 x 9 meters). Players set up anywhere they like on their team’s side. Once everyone has found their starting position, a leader throws the ball onto the court. All players can move around inside their half and try to get the ball for their team.

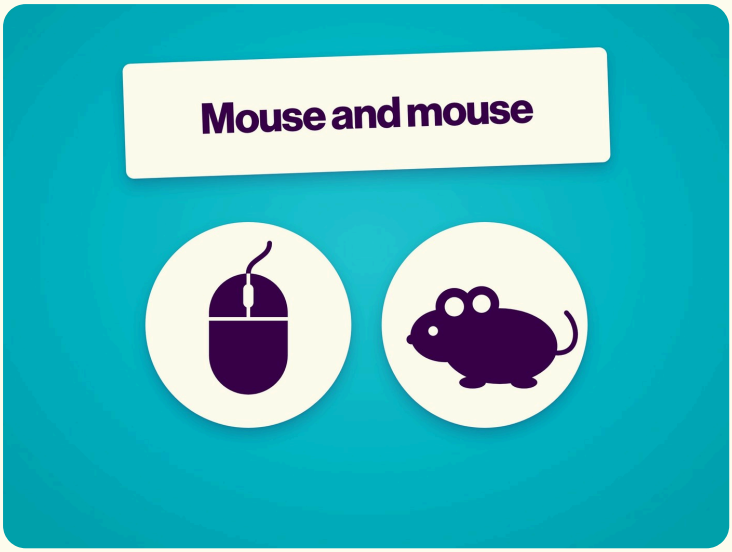
The player who has the ball can’t move around the court anymore. Standing in place, they have to try to hit an opponent or pass to a teammate. To get an opponent out of the game, you have to hit them directly so that the ball touches the ground afterward. A player who gets hit is out of the game and counts as a point for the team. If the ball bounces on the ground first or gets caught, play goes on as usual.

On top of that, the thrower earns a point for every opponent they hit. For example, if a player who had three points gets hit, three players from the other team are allowed back into the game. That way, the game can go on forever.

To give the game a clear goal, you can play to a set number of points.

Another option: Each team can pick a king, who stands behind the other team’s court and comes into play as soon as the whole team has been knocked off the court. Instead of sending players who get hit to the bench, have them stand around the other team’s court and keep trying to hit opponents to win their lives back.

7 Double Meaning



GROUP
3+ players

AGE
8+

TIME
10 to 15 minutes

WHERE
Indoors

MATERIALS
None

SKILLS
communication, logic

Up for a grammar lesson on homonyms? No? Lucky you, because that's not what this game is about.

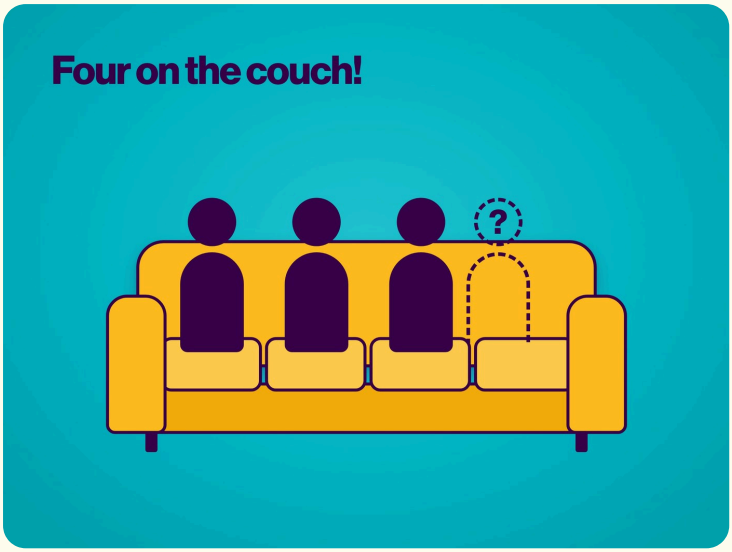
How to play

Each round is about a word that has two meanings, for example palm and palm (tree, hand). Two players share a word, and each describes one of its two meanings. One of them starts and gives a clue about their word, then it's the other player's turn. Meanwhile, everyone else gets to guess which word it is.

Possible words:

- Bat and bat (animal, baseball or cricket bat)
- Wing and wing (bird, airplane, part of a building)
- Bank and bank (money, river)
- Mouse and mouse (computer, animal)
- Key and key (door, piano)
- Bow and bow (ribbon, for shooting arrows)
- Spring and spring (season, metal coil, water source)
- Seal and seal (animal, on an envelope)
- Bark and bark (dog, tree)
- Crane and crane (bird, construction machine)
- Board and board (chalkboard, board game, plank of wood)
- Boxer and boxer (dog, athlete)

8 Four on a Couch



GROUP
10+ players

AGE
12+

TIME
20 minutes per round

WHERE
Indoors

MATERIALS
couch, slips of paper, pens, a bowl

SKILLS
memory, strategy

In Germany, this game is better known as “Politicians” or “Parliament.” Four on a Couch, as it’s called in the US, is a classic guys-versus-girls game that can help you learn the kids’ names.

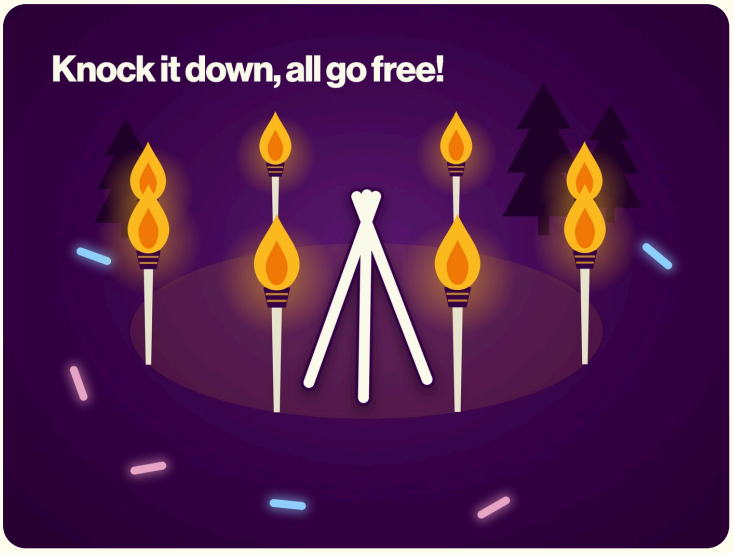
How to play

The game starts with everyone sitting in a circle of chairs. Two guys and two girls get to sit on a couch. Everyone writes their name on a slip of paper and puts it into a bowl where all the slips are collected. If several people have the same first name, they should add the first letter of their last name. Once the slips are mixed, everyone draws a new name without looking. That becomes their name for this game. There is one empty chair. The person with the empty seat on their right gets to call out a name. The player who has that name has to get up and sit in the empty seat. The game goes on until one team has won. The goal of the game is to get four guys or four girls on the couch.

To make the game a little harder, you can always swap names with the person who just called you over to the empty seat next to them.

Variation: If you want to play with mixed teams, just count off and give every other person a marker (a wristband or a piece of yarn). You can also play short sleeves against long sleeves. What matters is that the teams are about the same size.

9 Knock Down the Sticks



GROUP
two teams

AGE
12+

TIME
about 1 hour

WHERE
Outdoors (woods, in the evening)

MATERIALS
glow sticks, torches, sticks

SKILLS
strategy, reaction

An adrenaline-packed outdoor game for after dark. It's simply one of the best outdoor games in the world.

How to play

Woods or hilly ground with a few places to hide work well as the playing field. Mark the edge of the field with glow sticks. In the middle of the field, set up a circle of burning torches with a radius of about four meters (13 feet). Inside this circle, set up three sticks as a pyramid. At the start of the game, form two teams of equal size, marked with different glow stick colors. One team defends the sticks, the other one attacks.

The defenders try to catch the attackers to stop them from kicking over the sticks. A player who gets caught has to stand inside the circle of torches, also known as the jail. The defenders may not enter this area. If an attacker makes it into the circle without getting caught, they may knock down the sticks. That automatically frees all the prisoners too. They can't be caught again until the sticks have been set back up.

After 30 minutes, or when the entire attacking team has been caught, the teams switch sides. The team that has knocked down the sticks the most times by the end wins. The defenders may not stand right next to the circle of torches.

This is the deluxe version of the game. Of course, it also works without torches and glow sticks.

10 Night in Palermo (Mafia)



GROUP
8+ players

AGE
14+

TIME
20 to 60 minutes

WHERE
Indoors

MATERIALS
slips of paper

SKILLS
communication, logic

In what is without a doubt the most popular game in German-speaking youth groups, it's all about debating. Of course it is: nobody loves a good debate more than German kids going through puberty. Players make up alibis and excuses, argue about possible Mafia memberships and conspiracy theories, and track down the murderers with painstaking detective work.

How to play

It's night in the little town of Palermo, and the citizens believe they're safe. But whenever night falls, the mafiosi meet to commit unspeakable atrocities. While the mafiosi slowly wipe out Palermo, the townspeople spend their days debating who might be responsible for the murders, and they execute the suspect.

At the start of the game, choose a narrator to lead the game. Then hand out cards with the letters "M" for mafioso, "D" for detective and "C" for citizen. A little less than a quarter of the players should be mafiosi, one player the detective and the rest citizens. If the players want, they can come up with an identity and flesh it out as the game goes on (baker, butcher, librarian, mayor, gardener and so on). Then the first accusations are made. Who could be a mafioso? Even the mafiosi may attack each other, just to keep up appearances, of course.

At the end of each game day, the person with the most accusations is hanged. That player is out of the game and becomes a silent observer. All the other residents of Palermo then close their eyes for as long as it's night. While the citizens and the detective sleep, the mafiosi wake up as the narrator guides them and point to choose a victim. Then they go back to sleep, and the narrator wakes the detective to show them who the mafiosi are. The detective may use this knowledge in the following days to help the citizens, without giving away their own identity.

At the start of the new game day, everyone wakes up again except the person who was killed during the night. The narrator makes up on the spot how the victim died and describes the circumstances and the crime scene to give the game some color. As soon as the narrator finishes this short speech, all the residents start discussing possible mafiosi again, until a democratic majority has picked out a prime suspect and executed them. Then everyone goes

back to sleep. This cycle of day and night repeats until either all the mafiosi have been killed or the citizens are outnumbered. The goal of the citizens and the detective is to hunt down all the mafiosi, while the mafiosi, for their part, aim to kill all the citizens.

To make the game even more exciting, you can give citizens who are sentenced to hang the chance to say a few last words or share one last suspicion.

You'll find the well-known version with role cards in our post "Werewolves."

11 Ninja: Circle Duel



GROUP
a circle of 4+ players

AGE
12+

TIME
5 to 10 minutes per round

WHERE
Indoors and outdoors

MATERIALS
None

SKILLS
reaction, coordination

This exciting game for any spare moment was discovered by accident in AD 568 by a Shaolin monk who was looking for a better way to pass the long waits outside the dining hall of his mountain monastery. Sounds strange, but it’s true.

How to play

All players stand in a circle and stack their hands in the middle. The game starts with everyone shouting “Ninja!” loudly at the same time. At the same moment, everyone makes a ninja-style leap as far out of the circle as possible, which gives them room and a clear view of the match that has just begun. Now all players stand perfectly still in their ninja pose, like wax figures. The leader makes the first move by trying to hit another player’s hand with their own hand. The leader may make only one movement: one step or one jump, including the strike. You don’t have to attack. You can also use your move to get out of a danger zone or into a better defensive position.

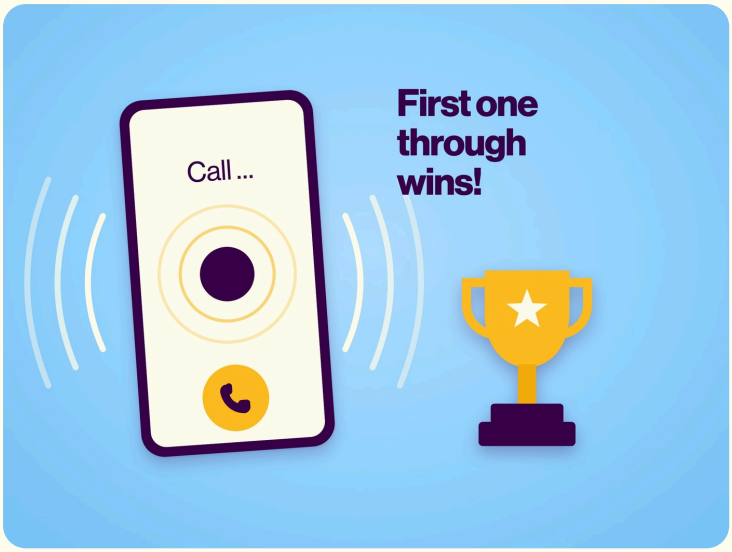
At the same time, the player being attacked has to try to dodge the strike. They also get only one move, and it has to happen at the same time as the attack. The player under attack may only dodge, not strike back right away. If their hand is hit, they’re out for this round.

Next, it’s the turn of the player to the leader’s left, who makes their move. After that, play goes around the circle clockwise. The game isn’t over until only one player is left. As the winner of the round, that player gets to start the next round.

Tips: The faster you play, the more fun it is. To make a round even more exciting, give every player one life per hand: When a hand is hit, it has to go behind the player’s back. From then on, that player keeps playing with only one hand.

Know a different version? Here’s our short version of Ninja from “The 50 Best Games for Youth Ministry.”

12 Phone Showdown



GROUP
larger groups

AGE
14+

TIME
2 to 5 minutes per round

WHERE
Indoors (stage and screen)

MATERIALS
phones, a slide presentation

SKILLS
reaction

When David became a youth leader, he came up with this time-saving game to get his students' phone numbers more easily. This way, you don't need every teen to add themselves to a contact list one by one. Only save the numbers with permission, and for minors, with their parents' permission as well.

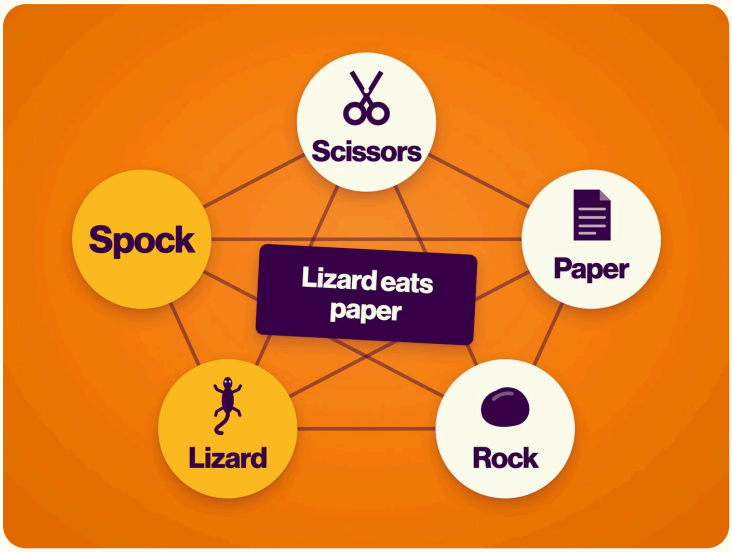
How to play

The host stands on stage with a phone. When the game starts, the phone's number appears on the screen. The first person to call and get through wins a prize.

> The game works best when everyone in the group has access to a phone.

Variation: If you want to make the game a little more exciting, have the players send in a specific message by text (or WhatsApp). The first correctly spelled message to come in wins.

13 Rock Paper Scissors Lizard Spock



GROUP
pairs and small groups

AGE
12+

TIME
5 to 10 minutes

WHERE
Anywhere

MATERIALS
none

SKILLS
reaction, memory

Rock Paper Scissors Lizard Spock is an expanded version of the basic game, which has only three objects. It was invented by internet pioneer Sam Kass and Karen Bryla. According to Sheldon ("The Big Bang Theory"), people who know each other well are very likely to pick the same thing in rock paper scissors, so lizard and Spock were added to the game.

How to play

With smaller groups, you could try a version with five objects for a change: Rock Paper Scissors Lizard Spock. Here are the rules: scissors cuts paper; paper covers rock; rock crushes lizard; lizard poisons Spock; Spock smashes scissors; scissors decapitates lizard; lizard eats paper; paper disproves Spock; Spock vaporizes rock; and, as it always has, rock crushes scissors.

14 Rock Paper Scissors Tournament



GROUP
any size

AGE
12+

TIME
5 to 10 minutes per round

WHERE
Anywhere

MATERIALS
none

SKILLS
reaction

To this day, nobody knows for sure where the game comes from, and it's still up for debate. It's thought to have been played in Japan for centuries and to have reached Europe in the early 20th century. In 1842, the "Paper Scissors Stone Club" was founded in London, and in 1918 it moved to Toronto. Just seven years later, the club had over 10,000 members. From 2002 to 2009, the World Championship took place in Toronto every year. After Rock Paper Scissors Lizard Spock had its revival in 2008 thanks to the TV series "The Big Bang Theory," classic rock paper scissors became hugely popular again.

How to play

Classic rock paper scissors also works with a bigger group. Everyone picks a partner, counts to three together with them and then shows scissors, rock or paper. Scissors beats paper, rock beats scissors and paper beats rock. If both show the same thing, both are out! The winner quickly finds another winner and keeps playing right away. This goes on until only two finalists are left for the final on stage. There, the winner is whoever picks the stronger object in two out of three games. If both pick the same object in the final, that game is played again.

15 Signs: Circle Version With a Newspaper



GROUP
Circle of chairs, 8+ players

AGE
12+

TIME
1 to 5 minutes per round

WHERE
Indoors

MATERIALS
a rolled-up newspaper

SKILLS
focus, communication

"The game often takes on a life of its own. Once, during a church service, the person in front of me suddenly scratched their head, turned around, grinned at me and made my sign."
Chrissi, in a comment on Pulse

How to play

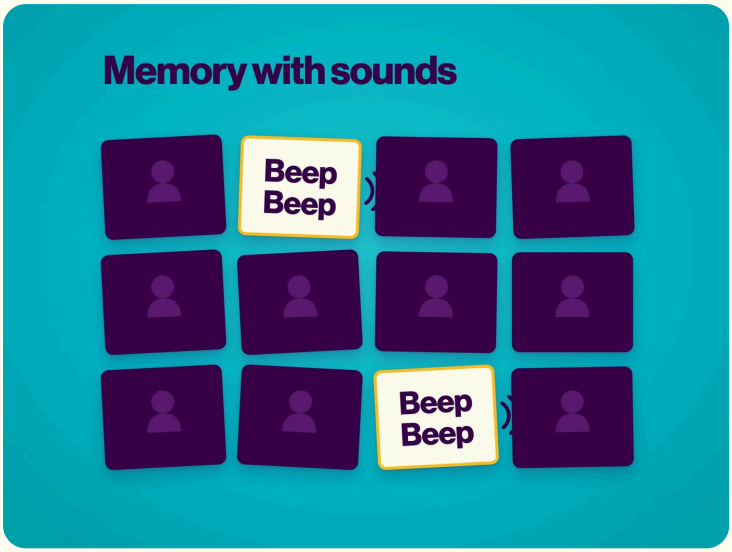
The group sits in a circle, and everyone comes up with a silent hand sign: for example, two thumbs up, scratching your chin, raising your hand, lifting your leg, shaking your head, making a peace sign and so on. Since all the signs have to be different, players have to get creative and come up with one for each person. Once everyone has shown their sign, practice passing the signs.

One player starts the game by making the sign of the person they want to pass to. The person whose sign was just made now has to make their own sign again to confirm they've taken it. Then that player may pass the sign on to the next person. Players have to be sneaky so the catcher doesn't spot them.

Now choose one person as the catcher, who stands in the middle with a rolled-up newspaper. As soon as the game starts, the catcher has to close their eyes and count to ten. Meanwhile, the sign is sent on its way. As soon as the catcher has finished counting, they open their eyes and try to figure out which player has the sign right now. When they suspect someone, they tag that player with the newspaper. Then they find out whether they were right. If they were right, they may sit down, and the tagged player goes to the middle. If they were wrong, they keep going.

You'll find the short emoji version in our post "Signs".

16 Sound Memory



GROUP
7+ players

AGE
8+

TIME
10 to 15 minutes

WHERE
Indoors

MATERIALS
chairs in a circle

SKILLS
memory, communication

Memory with sounds. Something different for a change.

How to play

Pick one player to step outside the door. The other players form pairs. If one player is left over, the leader joins in. Each pair agrees on a sound, for example “beep beep.” Once every pair has a sound, everyone switches chairs, and the player from outside comes back in.

One by one, they tap the players in the circle, and each one makes their sound. Now the player has to try to find the right pairs. As soon as all the pairs have been matched correctly, the next volunteer goes outside and new pairs form.

Variation: Instead of sounds, you can also play the game with sentences.

17 Super Ninja Move



GROUP
circle of 6+ players

AGE
12+

TIME
5 to 10 minutes per round

WHERE
Indoors and outdoors

MATERIALS
none

SKILLS
memory, creativity

Picture a kung fu movie full of legendary moves. Good. Don’t forget the sound effects: “Hiyaaah!” and “Whooooosh!” Now just cast yourself and your friends in the lead roles. Ta-da! That’s how Super Ninja Move works. And in case you didn’t get it, here are the instructions.

How to play

The players stand in a circle. To start, everyone comes up with a “Super Ninja Move.” A move is made up of a sound and an action. For example, a player might take a big leap forward and shout “Hiyaaah!”

After the players have shown their Super Ninja Moves (ideally more than once), the leader explains the ranking in the circle. The leader has first place. The person to the leader’s left has second place, and the player next to them has third place. It goes on like that all the way around to the person on the leader’s right, who has last place.

The leader calls out loud, “What time is it?” And everyone answers, “Super Ninja Game!” That makes no sense. Doesn’t matter.

Then the leader performs their Super Ninja Move, both the action and the sound, followed by another player’s move. The player whose move was just done is up next. They do their own Super Ninja Move, followed by someone else’s. This keeps going until a player doesn’t react fast enough or messes up a move or its sound.

When a player messes up a move, they go to the last spot in the circle, to the right of the leader. Everyone who was behind them moves up one place in the ranking. Each of them also gets the Super Ninja Move that belonged to the person who had that spot before them. Players who didn’t change places keep their move, of course. If the leader blows a move, they go to the last spot, and all the players move up one position. The person who now has the leader’s spot starts the next round.

18 The Number Game



GROUP
two teams

AGE
8+

TIME
about 1 hour

WHERE
Outdoors (a large area)

MATERIALS
numbered T-shirts, notepads

SKILLS
focus, reaction

Scholars still argue about the exact origins of this game. The theory of Professor Hugh Cares, an expert in recent history, probably comes closest: The game was developed by a math teacher and an eye doctor together, for undisclosed sums from the eyeglasses lobby.

How to play

The group splits into two teams, which gather at two meeting points far apart from each other. At each meeting point sits a referee with a notepad and half of the T-shirts. Every player gets a T-shirt and puts it on. Then the game begins.

Both teams try to figure out their opponents’ numbers. Covering your number with your hands isn’t allowed. But you are allowed to shield another player’s number with your own body. When a player recognizes an opponent’s number, they call it out loud. If it’s right, that person has to go back to their team’s meeting point to get a new T-shirt. For every new T-shirt, the team gets a penalty point. The game ends when the agreed playing time is up. The team with the fewest penalty points wins.

Kids and young adults both enjoy this game, because it leaves room for tactics, action and a bit of hide-and-seek.

Alternatively: Instead of T-shirts and undershirts, you can of course use sheets of paper pinned to the players’ clothes with safety pins.

You’ll find the fully worked-out version with printable templates in our outdoor game “Numbers.”

19 The Wristband Game



GROUP
four teams

AGE
12+

TIME
about 1 hour

WHERE
Outdoors

MATERIALS
wristbands in four colors

SKILLS
strategy, reaction

How to play

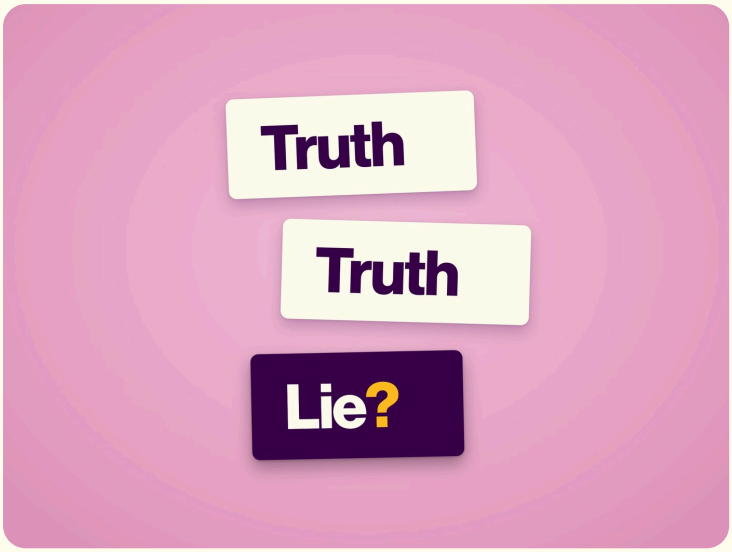
In this outdoor game, four teams compete against each other at the same time. Each team gets wristbands in its team color, for example black, blue, red or yellow. On the playing field, each team gets a base camp that only its own team may enter. The goal of the game is to steal as many wristbands as possible from the opponents. But you may only steal from one set team: black steals from blue, blue steals from red, red steals from yellow and yellow steals from black.

At the start of the game, every player gets a wristband and has to wear it where everyone can see it. The rest of the spare wristbands stay at the base camp. When an opponent is tagged, they have to stop. The tagger and the tagged player now play rock, paper, scissors. If the attacker wins, they get the opponent's wristband. If the defender wins, they may keep running with their wristband. The tagger has to give them a head start. You can play on trust here or agree on a set waiting time before tagging is allowed again. If you've lost your wristband, you have to go back to your base camp and get a new one. Without a wristband, you can't tag opponents.

When time is up, the points are counted: your own wristbands and the captured ones are added together. The team with the most wristbands wins.

The different colors create a "food chain" that lets individual colors team up with one particular color.

20 Two Truths and a Lie



GROUP
whole group or two teams

AGE
12+

TIME
10 to 20 minutes, depending on group size

WHERE
Anywhere

MATERIALS
slips of paper, pens

SKILLS
getting to know each other

Let's get one thing straight from the start: I'm not trying to teach anyone to lie here. But if you still haven't learned how, this game gives you a chance to get up to speed. Just saying...

How to play

This game is great for getting to know each other. Hand out a slip of paper and a pen to everyone and have each person write two truths and one lie about themselves on it. Collect the slips again. The goal of the game is to work out which person wrote which slip. Your group is sure to get to know each other a lot better this way. And who knows, maybe some unexpected depths will come to light.

Another option: You can split the group into two teams, for example boys against girls, younger students against older students, or participants against leaders. If you play in teams, collect the slips separately for each team.

21 Who Am I?



GROUP
3+ players

AGE
8+

TIME
10 to 15 minutes

WHERE
Indoors

MATERIALS
slips of paper, tape

SKILLS
logic, communication

This guessing game is a classic, and it’s especially fun with a group of friends: Am I beautiful? “Yes.” Am I smart? “Yes.” Am I rich? “Yes.” Am I, by any chance, me? “No.”

How to play

Each player gets a cartoon character, a fairy-tale character or a famous person stuck to their forehead. The goal of the game is to figure out who you are by asking the group questions. Questions may only be answered with yes or no. If a question is answered with yes, you get to ask another one. If it’s answered with no, it’s the next person’s turn. Once a player is sure who they are, they can ask on their turn: “Am I ...?” If the answer is yes, they’ve won the game. If it’s no, it’s the next person’s turn to ask questions.

Examples of cartoon characters, printed on small slips of paper:

- Snow White
- Rapunzel
- Tigger (Winnie the Pooh)
- Mickey Mouse
- Donald Duck
- Asterix
- Shrek
- Spider-Man
- Ernie
- Bart
- Goofy
- Baloo the Bear
- Olaf (Frozen)

Alternatively: The players each write a famous person (an athlete, singer, actor and so on) on their own slip of paper. The slips are shuffled and handed out.

More games for your group:

thepulse.org/en/games/

Free for your work with young people. What you may do with it: Terms of use.

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