



Power of Play

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ACTIVITIES

Below you will find a collection of activities that truly demonstrate play. Some of which we will have taken part in during the workshop. Enjoy!

Ubuntu TGOT (That guy over there) Everyone picks a card that relates to him or her in some way. They then find a partner and tell the partner their name and why they picked the card. Both cards are then exchanged after which a new partner is found and they must introduce the card to the new partner and whose card it belongs to originally.

Story Folding Each participant is given paper and a pencil and instructed to write a short sentence on the top that includes at the very least a noun, an adjective and a verb. The paper is then passed to the right and the participants are instructed to draw a diagram that represents the sentence, then they fold back the written sentence and pass the paper to the right. The next task is to write a sentence that now describes the drawing, and then they fold back the drawing and pass the paper to the right. And so on.

Look Up Look Down & Run Begin with the group in one circle with a spot marker in the center. Explain the rules of the activity.

1. Someone (the facilitator to begin) will say, "Look Down!" The group will look down at the ground.
2. Next, the facilitator will say, "Look Up!" instructing players members to look up at another players eyes.
3. If a player finds that they're making eye contact with another player they yell out in surprise and run across the field to the other pot marker to create or join a new circle.
4. Participants not making eye contact should remain in the circle and continue with the game of looking up and down until they make eye contact with another player.
5. Anyone can call out the commands look up and look down.

Group Juggle Run Stretch Wave Invite the group to stand in a circle. The first person introduces a stretch and one by one to the left (similar to the wave at a sporting event) participants hold the stretch until everyone in the circle is holding the stretch. Then the next person to the left of the participant who started the first stretch introduces another stretch to be passed around the circle. Again remember this is a wave so participants must hold the previous stretch until the new one makes it way around the circle.

Mirror Stretch Think of a stretch and also silently select a person in the group to mirror. Once stretching begins the aim is to mirror the stretch of the person chosen.

Wright Family Story This is a very easy to facilitate activity. You can Google “wright family story” and there will be multiple versions of the story to read. Print it out, have the group equally spaced around the room and read the story. Every time you say right (its sometimes written “wright”) the group moves 1 space to the right, and every time you say left the group moves 1 space to the left. If you want a less cardio version, an object can just be passed around the group (everyone has an object to start).

Moonball Using a beach ball you challenge the group to keep it in the air for as long as possible. The parameters that you place on the group can be varied; only 1 touch per person, whilst hopping, 1 eye covered etc.

Aerobic Stryker Props: 1 beach Ball. Two teams, soccer-like set up. Team A trying to get a touch down (more like a rugby Try) by getting the ball to touch down on the opposite goal (We used the hallways). The ball can be tapped up in the air, not held or kicked. Possession changes when the ball hits the ground or a team scores.

Maestro Props: Whiteboard or Flip chart, baton (I used a noodle). Put up “Music,” I used X and O and a few lines. I put four lines. I put the key on the board, X=jump, O =squat. Then invite the group to make additions to the key, to the pace etc. This activity can be great to teach basic concepts of fitness-reps, set, and workout. Feel free to change what the symbols are, and have small groups create their own routines.

Grab Bag Props: Small paper lunch bags. This activity should follow a good warm up of the muscles. Group of four, max. Each group member writes their name low down on the bag. The challenge is to pick up the bag, and then lower the bag, creating the need for going down lower to pick it up. Rules: Only the mouth can touch the bag, and only the feet can touch the floor. Hands can only touch else where on one’s own body for stability; participants can’t get support from other participants or objects.

Ubuntu

Commonalities Using the multi-image side, try to find a common image with another person’s card, and then try to find something common between the two of you, beyond the obvious.

Find and Flee Small groups of 3 or 4 all show their multi-image side. Once a common image has been found, the person who finds it points it out, takes the matching card, hands over their original card and then flees to a new group and begins all over.

Ubuntu Championship Each participant challenges someone to an Ubuntu duel, trying to find the match on his or her cards the fastest. If you find the match first you take your opponents cards and they become your biggest fan. Game continues into 2 people have a stack of cards and a large group of fans each to determine who is the Ubuntu champion.

3-6-12 Begin by having partners design a 3-step handshake/high 5, and then have performance time. Then those partners say goodbye to each other and find someone new to partner up with. These new partners teach each other their 3-step handshake and combine them to form a 6-step handshake. This then repeats to form a 12-step handshake.

CJSR (Clap Jump Spin Run) Get the group in a circle and explain that you will begin with a clap and send a pattern (to the left or right) around the circle. You Clap, the next person Jumps, the next person Spins, and the 4th person Runs to a new location in the circle. They begin the same pattern by

clapping which tells the next person (in whichever direction you've chosen) to Jump... Spin... Run and so forth. Increase the challenge by sending the Jump both ways around the circle from each clapper and watch the chaos happen in front of your eyes!

RPS Split Check in and make sure all know the rules to RPS. Explain you will start with a partner and standing heel to toe facing them with your toes touching. Each time you play a game of RPS a winner is determined for that round. A winner takes their front foot and places it directly behind their back foot, heel toe once again. The loser of that round must then slide their current front foot forward until it meets the toes of that round's winner. You will see them begin to 'split'. Each player must be aware that it is the FRONT foot that always moves in every case and never the back foot. If a hand or body part other than the feet touches the ground, that player is out and must then cheer the winner on to face another 'team' ...to ultimately become the RPS Split Champion. A. BIG. DEAL.

Handslapping This activity was done around the table. Everyone places their hands onto the table and crosses them with the people to either side of them. The hands slap on the table in the order they are placed onto the table, clockwise or counter clockwise. Rules are introduced as the game goes on and hands are eliminated if they don't follow the rules.

1. A double slap changes the direction of play
2. A triple slap continues in the same direction but skips a hand
3. A pounded fist on the table changes direction and skips a hand.

Card Prediction Using a deck of cards face down and shuffled, have the group sit in a circle and person by person decide what the next card will NOT be. 1 point is given to the group for every card you get right. The game ends when a card matches the person's chosen card. You just need to say that it is not an Ace to a King, suits are not necessary. Leads nicely into discussions centered on how we respond to people getting things wrong.

52 Fathoms (52 Card Pick Up) Each card has an instruction on it. Once all cards have been thrown onto the ground, all participants can go and pick up a card. They then read the instruction on the card and complete it to the best of their ability. Once completed, they keep hold of the card and pick up a new one. Once all the cards have been picked up and all instructions completed, the activity is over.

Dice Game Small groups, each person has a piece of paper and each group has a die and a pen. 1 person starts with the pen and begins writing from 1 to 100 (once they get to 50 they must use their non dominant hand). Whilst this is going on the die is rolled by each other person in the group. Once a 6 is rolled that person takes the pen and begins to write to 100. The activity ends when you decide to end it.

Key Punch (RN) Time starts when the first person crosses the line and stops when the last person crosses back over. Run to key pad and touch the numbers in sequence, one person on pad at a time, no person to touch 2 in sequence, 10 second penalties given for hitting the numbers out of sequence or entering the circle when another person is in it. I used roman numerals to bring up the discussion of assumptions.

Push/Catch The group makes a circle with the facilitator in the middle with a ball. When the ball is thrown to one of the participants they will either be instructed to push the ball or catch the ball. The aim, however, is to do the opposite of what you are told to do.

Human Mastermind This is based on the mastermind board game. The facilitator places 5 spot markers on the floor in a straight line, then draws a grid representing the 5 markers writing a group member's name in each section. The aim of the group is to figure out what names the facilitator wrote down. They must fill all of the markers with a person before checking in, at which point the facilitator will give 2 pieces of information. The first being how many of the people standing on the markers should be there, and second, how many of those people are standing on the correct spots.

Mimeograph The object of the game is for the team to recreate in the play space the pattern of cards that you have created in another out of sight space. You will need 2 decks of Ubuntu cards, although if you have a smart phone or tablet you can do it with 1. Create a pattern of 10 -20 cards out in a hallway or in another room. The team members may each only go look at the secret pattern one time and they may only go alone. Can the team recreate the pattern? How did the group deal with the fact that there may have been a saboteur in their midst?

Thanks for playing!

Power of Play Reading List

Books/Publications

Play, How it Shapes the Brain, Opens the Imagination and Invigorates the Soul – Dr Stuart Brown

The Grasshopper – Bernard Suits

Play Matters (Playful Thinking) – Miguel Sicart

Play and the Human Condition – Thomas S. Henricks

Play Anything: The Pleasure of Limits, the Use of Boredom & the Secret of Games – Ian Bogost

How Games Move Us: Emotion by Design – Katherine Isbister

Journal Articles

**Found in the various copies of the “American Journal of Play” – www.journalofplay.org*

The Importance of Play – Dr David Whitebread

***How Play Makes for a More Adaptable Brain** – Sergio M. Pellis, Vivien C. Pellis, and Brett T. Himmer

In Play, At Play – Catherine M. Laing

The Impact of Pretend Play on Children’s Development: A Review of the Evidence – Angeline S. Lillard et al.

The Power of Play – Dr Rachel E. White

Play as Experience – Thomas S. Henricks

The Power of Play: Innovations in Getting Active (American Heart Association) – Debra A. Lieberman et al.

***The Elements of Play** – Scott G Erberle

***Free Choice or Adaptable Choice: Self Determination Theory and Play** – Pete King and Justine Howard