



GROUP KNOT

GAMES & ACTIVITIES

PEACEBUILDING AND TEAM BUILDING

This activity is a good introduction to a group analysis of an issue as it illustrates how difficult it can be to untangle a problem. It is a traditional game found in most countries.

DIRECTIONS:

1. Divide the group into teams of 8 to 10 members. It must be an even number. Ask them to stand in a circle.
2. Players extend their right hand into the circle and grasp the hand of another person. Then they do the same thing with their left hands. The knot is formed.
3. The group must untangle this knot without letting go hands. It seems impossible but with patience and cooperation it can be done.

Notes:

While this is not intended as a competitive game, it is always more fun if there are two teams as they vie with each other to be the first to undo the knot.





PROTECTING PEACE

GAMES & ACTIVITIES

PEACEBUILDING

This is a good activity to emphasize the need for people to work together to protect peace.

MATERIALS: BLINDFOLDS AND AN OPEN SPACE

DIRECTIONS:

1. The group stands in a circle. Everyone holds hands.
2. Two volunteers are chosen to go in the centre. One is named “peace”; the other “war” or the destroyer of peace. Both are blindfolded.
3. The destroyer wants to find and capture peace. So he is moving about, calling out to peace. He is allowed three attempts. With each attempt he call and the “peace” person must respond in some way. The group’s job is to protect peace but they are not allowed to drop hands, to touch the destroyer or to make any noise.

Notes:

It is a good idea to play the game several times and require that the group comes up with a new tactic to save/rescue peace.

After the game the leader can say, “OK, this is a game, but it is also meant for us to think about how individuals can work together to protect each other, even in times of conflict.” The leader should also point out that effective strategies require that you predict the other side’s action and find ways to stop them. So to be truly effective, peacebuilders must strengthen the sources of peace while also finding ways to minimize and contain things that undermine it.





SENDING CLEAR MESSAGES

GAMES & ACTIVITIES

PEACEBUILDING

The purpose of this game is to emphasize the need to send messages clearly and efficiently. Versions of this game exist throughout the world.

MATERIALS: PAPER AND PENCIL

DIRECTIONS:

1. Preparation: Prepare short written statements on aspects of peacebuilding.
2. Divide the group into two or three teams, depending on the numbers. About eight people per team is best.
3. The first person in each team reads the written message. He whispers this message to the person next to him and so on down the line. The last person must write the message on a paper provided him.
4. The leader reads the messages and decides which one is closest to the original. Two points are given – one point to the team that was the quickest, one point to the team that was the most accurate.
5. The participants change places with the head person going to the end of the line. The game is played until everyone returns to their original position. The team with the highest score is the winner.

Notes:

The leader can link this game to conflict situations. What would happen if these messages were confused in real life?

This game was developed by CAMP Cambodia.



TRUST-BUILDING

GAMES & ACTIVITIES

PEACEBUILDING

This game is about the consequences of breaking trust.

MATERIALS: **BLINDFOLDS**

DIRECTIONS:

1. Two or three volunteers are chosen from the group. They are told that their task is to go through an obstacle course blindfolded.
2. The volunteers watch while members of the group create the obstacle course.
3. The volunteers are given a practice session and are encouraged to confirm the position, height and width of the objects in the course.
4. The volunteers are blindfolded. The group secretly removes all the obstacles.
5. Each volunteer goes through the course. The group yells and encourages them. Of course, this looks very funny as they are making large steps over objects that don't exist.
6. As each volunteer completes the course his blindfold is removed so that he can see what has happened.
7. The leader asks the volunteers to describe how they felt when they discovered the trick. What are some of the issues about the making and breaking of trust that this game illustrates?



GROUP STATUE

GAMES & ACTIVITIES

TEAM BUILDING

This is a fun way to talk about the need for cooperation.

DIRECTIONS:

1. Divide the group into small teams (six per team is a good number)
2. The organizer starts the game by saying, "Please get together as close as you can. Look down on the ground. You are a group statue with 12 things touching the ground – your feet. (assuming six members per team.) Now I want you to reorganize yourselves so that you are a statue with only 8 things touching the ground. It doesn't have to be only feet – it can be whatever the group decides."
3. The organizer/referee checks that everyone has created the new statue. She then asks them to produce a new statue, one with only 6 things touching the floor, then 4 things and finally just 2 things. (For the truly adventurous it is possible to only have 1 thing.)
4. The groups complain that it is impossible but usually their competitive spirit kicks in and they find they can do it.

Notes:

The definition of a "thing" touching the ground can be anything but it must have continuous contact. For example, a chair has four points of contact on the ground. A person lying down has only one.

To make this more fun, the organizer needs to be a bit of a cheerleader, encouraging the groups and teasing them if they start to complain. It is also important that the organizer/referee checks each statue to ensure they have complied with the requirements.

An art teacher in Regina, Saskatchewan, Canada introduced this game.





BLOCKS GAME

GAMES & ACTIVITIES

TEAM BUILDING

This game is a fun way to think about how teams function.

MATERIALS: **WOODEN BLOCKS (ABOUT 30) OR
STURDY FLAT CARDS ABOUT THE LENGTH
AND WIDTH OF ONE ADULT FOOT.**

DIRECTIONS:

1. Divide the group into two teams.
2. The leader explains the scenario of the game: Two teams are stranded on an ice field. They must find a way to reach safety: a spot about 35 - 50 metres away. The only way to travel over the ice is by using the blocks. However, the instant that there is no human contact (i.e. a hand or foot) on the block it slides away and is lost forever. The team must devise a strategy that enables all its members to make it to safety.
3. Each team has a referee whose job it is to remove a block if the team forgets to keep a hand or foot on it. (Note: This only applies to blocks that have been placed on the path for the team to walk on).

Notes: To increase team spirit it is fun to have each group create a name and a team song before the game begins.

This game was introduced by Taller de Vida who learned it from a mountain climber. He played this game as part of his preparation to climb Mount Everest.





GROUP CO-OPERATION

GAMES & ACTIVITIES

TEAM BUILDING

This game is used to demonstrate different forms of group cooperation.

MATERIALS: NEWSPAPER, TAPE

DIRECTIONS:

1. Divide the team into groups of six to eight people
2. Each group is given a newspaper and tape. They are asked to create a sculpture/three-dimensional model. It can be anything.
3. The groups are given approximately 30 minutes to complete their models.
4. The large group is reconvened. A representative from each group describes their sculpture and how they worked together to produce this model.
5. After the presentations are completed, the leader leads a discussion on group interactions. The group is asked to identify the characteristics of effective group communication and cooperation.

Notes:

This game is played as part of a human rights training program with Karenni refugee students.



WHO ARE YOU ?

GAMES & ACTIVITIES

TEAM BUILDING

This game is a great way to relax a group and to have fun.

MATERIALS: BLANKET

DIRECTIONS:

1. Divide the group into two equal teams.
2. The leader and a volunteer hold the blanket up between the two teams so that they can't see each other.
3. Each team chooses a volunteer. On the count of three the two holding the blanket let it fall. The two volunteers jump up and point to each other. The first one to say the name of the other person wins. The loser has to join the winning team.
4. This routine is repeated many times until there is an obvious winner.

Notes: This game was introduced by CAP Burma-Thailand.



THE ANIMAL TEAMS GAME

GAMES & ACTIVITIES

TEAM BUILDING

This is a fun way to create small groups in a workshop.

MATERIALS: **SMALL SKETCHES OF ANIMALS THAT MAKE A SOUND. (ONE SKETCH PER PERSON)**
EACH TEAM IS REPRESENTED BY AN ANIMAL

DIRECTIONS:

1. The organizer passes out the small paper sketches, one to each participant, and ask them to keep them secret.
2. On a signal from the workshop leader, participants must find their teammates. They do this by making the sound of their animal as they walk around and find others making this sound.
3. Once the teams are formed, they are asked to name their group and create a short song or rap based on the sound that their animal makes. (Team names include: Kiddy Kats, Lovely Lions etc.).
4. Group presentations to the whole group.



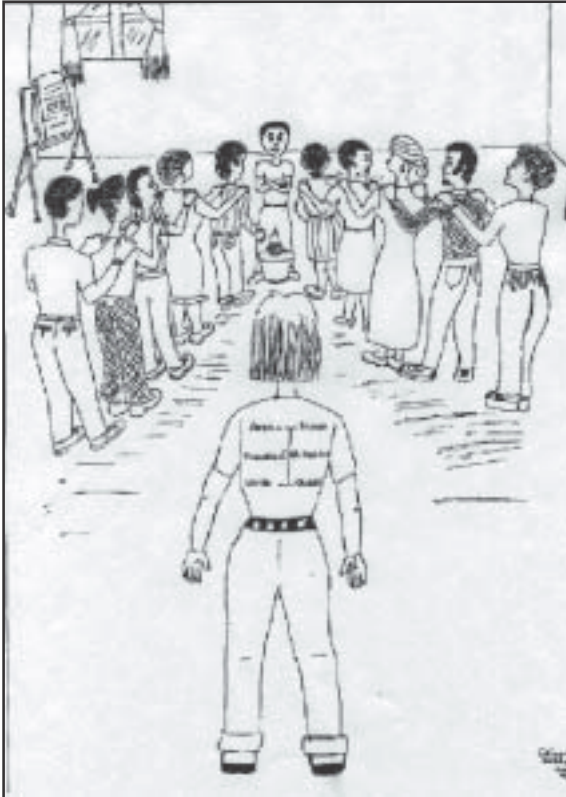
The Kiddy Kats give a performance



IMPULSE

GAMES & ACTIVITIES JUST FOR FUN

This is a great game to play when energy levels are low or if there is tension in the group.



DIRECTIONS:

1. Divide the group into two teams. Everyone places their hands on the shoulders of the person in front of them and forms two lines. There are two leaders - one at the top and one at the end of the lines. The two lines are next to each other, as in the diagram. At the front there is a table or chair containing a small object such as a key or large button.
2. The object of the game is to send an impulse or message through the ranks of each team. To begin the leader at the back lightly taps the shoulders of both team members. When they feel this touch, they immediately telegraph it to their teammate by lightly squeezing their shoulders and so on up the line.
3. When the impulse reaches the team member at the top of the line she grabs the object on the table. The first team to do this wins a point. Because this can be a scramble, the leader at the top may have to referee. At this point everyone on both teams moves up one position and the front person goes to the last position. The game continues until everyone returns to their original spot. At this point, the team with the most points wins.

Note: This game was introduced by SUNCE, Zvornick, Bosnia.



WHO STARTED IT?

GAMES & ACTIVITIES

JUST FOR FUN

This game can also be used as an introduction to discussions on the origins of a conflict. Just as in the game, it is hard to identify “who started it” the origins of a conflict are often buried in a history that few people remember.

DIRECTIONS:

1. The group sits in a circle. One person is chosen to be the guesser. He must leave the area for a few moments while the group chooses a secret leader. This person leads the group in a series of different actions. The trick is to change these movements quickly and secretly so that the guesser is unable to identify him.
2. Once the leader has been chosen, the guesser is asked to return to the room. By this time the group will have begun the actions. The guesser is given three attempts to try to identify “who started it”.
3. The game is more fun if the actions change frequently, so please encourage the leader to do this.

Note: This game was introduced by CAP Burma-Thailand.



THE GREAT SCARF CHASE

GAMES & ACTIVITIES

JUST FOR FUN

DIRECTIONS:

1. This game is best played outdoors. The group is divided into two equal teams. Team members are numbered: each team has a #1, # 2 and so on. The teams line up facing each other about 100 metres apart. The leader stands in the middle with a scarf.

2. The leader calls out a number. Team members with that number run forward to try to grab the scarf. The winner must return to his team before the other team member tags him. If he succeeds, his team gets a point. If the other team member tags him, that team gains a point.

3. To make the game more fun, the leader can call more than one number at a time. It is a good idea to appoint a referee.

Note: This game was introduced by CAMP Cambodia.



Do You Love Me ?

GAMES & ACTIVITIES

JUST FOR FUN

DIRECTIONS:

1. The group sits in a circle. There is one less chair than the number of participants. One person stands in the middle.
2. The person in the centre goes over to one of the players and says, "Do you love me?" This person responds by saying, "No, I don't love you, I only love people who_____." (names some characteristic –e.g. wear glasses, people with skirts etc. All these people must jump from their chairs and find a new seat. This includes the person who was propositioned. After the scramble, there is a new person in the centre.

Notes: A variation for those who are a little shy:

Everyone receives a number, with at least two people having the same number (we usually do it up to the number five). The game is played in a similar way as described above, except the person in the middle calls two numbers and players with those numbers must change their seats.

Note: This game was introduced by CAMP Cambodia. We love this game, particularly if people really overact the seeking of love part.

