

HEAD SHOULDERS KNEES AND TOES



Equipment:

- cones



Top tip!

Get participants to agree on opposite sides to go for the cone grab - this will decrease risk of head clashes!



Have participants stand across from a partner with a cone directly in between them. Participants put their hands on the head, shoulders or knees when you call these out. If you call “cone”, they need to be the first one to grab it.

To progress - add more body parts such as “biceps!”

If they tie - rock paper scissors!





ZOMBIES

Top tip!
get the group
to discuss & nominate
a leader to
make calls

Equipment:

- chairs

1. You count how many people participate in the game and provide all the players with a chair.
2. Choose a person who will be called a zombie.
3. The chairs are placed randomly throughout the room.
4. One chair remains free.
5. All players sit on a chair, except for the zombie.

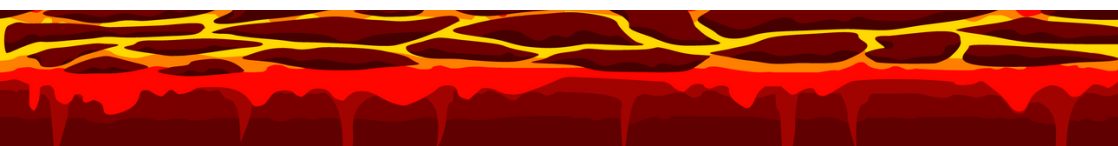
6. The zombie will have to cross the room from one end to the other end, towards the empty seat. The other players can move from one chair to another, with the goal to have the empty chair as far away as possible from the Zombie.
7. The game ends when the zombie manages to sit on an empty chair.



THE FLOOR IS LAVA



1. Split the group into equal teams and provide each team with an equal amount of hoola hoops (to progress you can decrease the size or amount of hoops!
2. Create a start and end point for each team. Explain that everywhere else is “lava”. The only safe space on lava is inside the hoops!
3. The participants lay the hula hoops on the ground, step into them, pick up and move them as they travel across the lava.
4. The aim is for each team to get every player in their team from the start point to the end point.
5. If a participant touches the ‘lava’ their entire team should be sent back to the start point.
6. You can advance this game by adding cones along the ‘lava’ route for participants to collect on their way across.



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