

Young Life GAMES

2-by-4 Sky Diving

Two guys hold a 2x6x4 board. Blindfolded girl gets on board, and guys lift it 2 inches off ground. Person in front of girl, holding her hands, continues kneeling lower, giving illusion to person on board that she is really lifted high. Guys shake board as if straining. Have person on board jump off.

40-Inch Dash

Give three guys a 40-inch piece of string with a marshmallow tied to one end. They place the loose end in their mouths and, using no hands, race to eat their way to the marshmallow.

Amplified Telephone Call

Get a speakerphone or amplification device. Select kids and call home. Have them try to get their parents to say a phrase. Or they can call friends... try to convince a guy/girl to go on a blind date, convince a friend to come and change a baby's dirty diaper.

Baby Pictures

Get baby pictures of a lot of kids and show them on a projector (or make slides). Have everyone guess who is in each picture.

Balloon Burst

Without hands, using only bodies (or butts), break as many balloons as possible in a given time.

Balloon Bust with Strobe Light

Tie balloons around ankles and turn on the strobe light. Have people try to break each other's balloons.

Balloon Contest

Divide the group in half. Have two different colors of balloons. Have half of each team try to pop the other team's balloons, and the other half try to keep their team's balloons in the air.

Balloon Golf

Put a penny into each round balloon (makes it hard to aim) then blow it up. Make a club by rolling up a newspaper. Use cardboard boxes for holes.

Balloon Shave

Have one person sit in a chair with a water balloon on his head. Another person covers the balloon with shaving cream, then shaves it off.

Balloon Sitting

A race to see who can break more balloons in a given time by sitting on them. Make the last one a water balloon.

Balloon Smash

Each person ties a blown-up balloon around his waist, hanging it over his back end. Each person receives a rolled-up newspaper. Try to break the others' balloons while protecting his/her own.

Balloon Squeeze

Pair off kids. Have each pair face each other. Place a large balloon between them. They must turn all the way around, then hug to pop the balloon. If the balloon drops, they must start over. When the balloon pops, they start with another until they've popped three. You can make one a water balloon (or filled with shaving cream).

Balloon Triathlon

Three kids compete in three events: 1) Blow up a balloon until it pops. 2) Blow up a balloon without using their hands. 3) Blow up a balloon with their nostril.

Baseball Bat Spin

Divide your group into teams. Each team gets a baseball bat, which is placed on one end of the playing area, with the team lined up at the other end. The object of this relay is for each team member to run to the bat, put his forehead on the bat (in a vertical position) and run around the bat 10 times while in that position. He then returns to the team, usually so dizzy that getting back to the team is a difficult and a fun-to-watch experience.

Birdie on the Perch (Big Group)

All girls stand in a circle, and the guys form a circle around them. Everyone must be paired off with someone of the opposite sex in the opposite circle. When the music plays, the girls walk clockwise and the guys walk counterclockwise. When the music stops, they must find their partner, and the girl must sit on the guy's knee. The last couple to find each other will be out. A variation for this game is to have a leader calling out two parts of the body as the music stops. For instance, "elbow to ear." Each couple must find their partner and touch one person's elbow to the other's ear.

Bubble Buns (Big Group)

Establish a starting line and a finish line, and have kids form teams of four to six. Give each person a balloon to inflate and tie. Have the first two players of each team stand back-to-back at the starting line and wedge two balloons between their bottoms while the other team members simply hold their balloons. The entire team must then walk to the finish line without dropping any balloons. When the team reaches the finish line, have three team members wedge three balloons between their bottoms. Then the entire team must walk back to the starting line, where they should add a fourth person and balloon. Continue until the team is

transporting all their balloons without dropping any of them. The first team to carry all the balloons across the playing area wins.

Collision (Big Group)

Have two or more teams on opposite sides of a field or court. Both teams run to the other side as fast as they can, before the other team – causing collisions. Do this crawling, walking backward, rolling, on all-fours with stomachs up, somersaulting, etc.

Great Race (Big Group)

Divide the group into teams, with at least 40 kids on each one. Direct each team to select different kids to participate in each of the team events so that everyone gets an opportunity to play.

Begin by dispersing kids to the specific event areas where they'll participate. As the race begins, the first person should run from a starting line to the first event with the open bag of jellybeans. The person is to hand the bag of jellybeans to the kids doing that event. After the first activity is complete, one person should run to the next event with the bag of jellybeans. The kids there should complete their activity and run the jellybeans to the next activity area. Teams should continue in this manner until the bag of jellybeans has been raced around the field. At the end of the race, count the jellybeans left in the bag and add one second to a team's time for each jellybean that's missing. The object of the race is to finish with as few jellybeans lost as possible.

The following events will help you get started: Human Obstacle Course (using people as obstacles) Water Drink (a person drinks 10 cups of water) Human Pyramid (10 people form a pyramid) Sink a Putt (a person makes a 10-foot putt into a hole) Circle Sit-Down (kids form a circle and sit on each other's knees for 15 seconds) Folding Chair Race (the first person in line unfolds, sits in and refolds a chair, then passes it down the line) Paper Plane Flight (a person makes and throws a paper plane 10 feet) Over and Under with a Bag of Beans (kids in a line pass the bag over and under using their hands) Two Carry One (two people carry a third, who is holding the bag of jellybeans) Sprint to the Finish (kids run a 50-yard dash back to the starting line)

Mattress Race (Big Group)

Best when you do this outside and with old mattresses!

New Volleyball (Big Group)

Here is a great new way to play the old game of volleyball. New Volleyball can be played on a regular volleyball court with the normal number of players on each team. A regular volleyball is used as well. The main difference is the scoring.

Playing: The object of the game is for a team to volley the ball as many times as possible without missing or fouling (up to 50 times) before hitting it back over the net to the opposing team, which will make every attempt to return it without missing. If they do miss, the opposite team receives as many points as they volleyed before returning it. All volleys must be counted audibly by the entire

team (or by scorers on the sidelines), which aids in the scoring process and also helps build tension.

So the idea is to volley the ball as many times as possible each time the ball comes over the net, then to safely return it and hope that the other team blows it. Other rules are as follows: No person may hit the ball two consecutive times. No two people may hit the ball back and forth to each other more than once in a succession to increase the number of volleys. In other words, Player A may hit it to player B, but Player B may not hit it back to Player A. Player A may hit it again once someone else has hit it besides Player B. Five points are awarded to the serving team if the opposing team fails to return a serve. Five points are awarded to the receiving team if a serve is missed (out of bounds, in the net, etc.). Players rotate on each serve, even if the serving team scores on successive serves. A game is 15 minutes. The highest score wins. All other volleyball rules are in effect.

Penguin Football (Big Group)

Give each person a rag about 4 inches wide and 2 feet long (sheets torn into strips work well). Each person then ties the rag securely around his knees to make running impossible. Players can move only by shuffling their feet. Now divide into teams and play football using a Nerf ball. The game becomes hilarious when players must hike, run, throw and kick with their knees tied together. Of course, this opens up the possibility of playing Penguin Baseball, Penguin Volleyball, Penguin Soccer and countless other games.

Pillow Pass-Over

Have kids form two equal teams. Then have teams form a large circle, with one team forming half of the circle and the other team forming the other half. Have everyone hold hands and place a sofa pillow in the center of the circle. At your signal, each side should begin pulling, trying to make some player from the other team touch the sofa pillow. Players may jump to avoid the pillow, but they must keep holding hands. As soon as a player touches the pillow, he or she must drop out of the circle. If players let go of each other's hands, both players are out. After about five minutes of strenuous pulling and jumping, the team with more players left in the game wins.

Pull Up (Big Group)

Everyone sits and forms a circle facing the middle, except for five boys and five girls who start the game. (They are in the middle, standing.) At a whistle the 10 in the center run to the people sitting and "pull up" a person of the opposite gender by taking their hands and pulling them up. The first person takes their place on the ground. The second person then runs to the other side of the circle and does the same to someone else of the opposite gender and so on. This continues for one minute, the whistle blows, and everyone stops where they are. The boys and girls left standing are counted. If there are two more girls than boys, the boys get two points. The game continues this way. Every time a minute goes by, the whistle blows and those standing are counted. The idea is sort of a random

“musical chairs,” boys against the girls. The team with the least left standing each time wins.

Team Keep-Away (Big Group)

Have kids form two teams. Explain that teammates will try to throw a ball back and forth to one another while the other team tries to intercept the throw. A team scores one point every time members complete three consecutive passes -- to three different teammates -- without an interception. The first team to score five points wins.

Tug-O-War (Big Group)

Break up into teams and play Tug-O-War. A rope that is tied together into a circle works great too.

Ultimate Frisbee (Big Group)

Split up into two teams. Assign each team an end zone. Each team has to get the Frisbee across its goal line without dropping it to score. You can't run with the Frisbee either. It must be thrown from teammate to teammate.

Blind Lineup

Divide into teams. Blindfold a team and tell them to line up in order from shortest to tallest. When they think they are finished, they yell done and are checked.

Blind Rope Jump

Select two guys, and tell them they are in a contest to see who jumps rope best. Have two girls twirl while the first guy jumps normally, then you blindfold him and tell him the crowd will clap when he should jump. After a couple of successful practice tries, tell him you'll see how many he can jump in 60 seconds. The crowd claps in rhythm to give the pace, only the girls put the rope down. The pace is increased until frantic.

Blindfolded Obstacle Course

Sell the game as a depth perception test. Make a large open space and place obstacles that must be walked around, crawled over or under, etc. Have them practice going through the course, then have them try blindfolded. Before they start, remove all but the first obstacle.

Blindfolded Water Fight

Pick two guys and two girls for this game. Let one guy and one girl stay in the room, and take the other guy and girl away someplace and blindfold them. While they are being blindfolded, put two water pistols in the room somewhere. When the blindfolded kids come in, have the girl from the first group direct the girl from the second group to one of the pistols, and do the same with the guys. Once they each find their pistol, have the non-blindfolded kids instruct them so they can have a water fight with each other. Allow the crowd to give directions for a direct hit. Make it more difficult by instructing them to hit a leader, or another variation.

Blow Penny Out of Cup

Put a penny in the bottom of a cup. Have a blindfolded person try to blow it out, then replace it with a cup of flour.

Body Charade

Divide into two groups. Give a person a phrase like "blow your nose." They must relate the phrase to their group a letter at a time using their body to form the letters (no finger spelling). As a variation, time the group. The group who has the most correct guesses wins.

Christmas Carol Contest

Divide into teams and give each team a set of instructions. Send each team in different directions. The group completing the most items wins. Instructions: Go to various houses and sing a different carol (only one) at each house. Get someone to put his or her initials on the list below next to the appropriate item. Do as many as possible in the 30-minute time limit. 1. Sing all the verses of a carol in reverse order. 2. Sing a carol while sitting cross-legged (Indian style) on the front porch. 3. Sing a carol opera-style. 4. Sing a carol to someone who is 5-years-old or younger. 5. Form a human pyramid and then sing a carol. 6. Sing a carol in someone's kitchen. 7. Sing a carol to someone who is 60 years old or older. 8. Sing a carol around someone's Christmas tree. 9. Act out a carol while singing all the verses.

Clothespins on Face

Only for tough men and women... three teams. One person clip as many pins on team mates ears, lips, etc. as they can in two minutes. — OR — Bring four students up front and have a lot of clothespins for them. Give them one minute to put clothespins all over their own face. The one with the most clothespins at the end of the designated time is the winner.

Cotton Ball Competition

Give each team a pile of cotton balls. They must move cotton balls to another location using Vaseline on their noses. They must shake off without using hands.

Cotton Ball Drag Race

Line three or more kids up on a starting line made of masking tape. Have them get down on all fours. Give them each a flexible straw and a cotton ball. The goal is to race to see who can blow their cotton ball and crawl down the 30 feet or so to the other masking tape finish line. The actual race is pretty quick, so plan on having a couple of rounds and a final to get your champion.

Dance or Dare

Bring contestants up front to a game show host and his assistant. Give them the choice to Dance or Dare. They then draw a card from the appropriate pile. If they

choose dance, they are given a dance and uniform (disco outfit, hand jive, twist). The dares are similar (sing Elvis style, etc).

Dancing Musical Chairs

Get six volunteers and have five chairs up front. Tell the volunteers that they are going to play musical chairs, but it's not just musical chairs but dancing musical chairs. Tell them that they will have to dance, dance, dance when the music starts. Before you start the music, inform them that they will have to do all of this blindfolded. Blindfold all volunteers and start the music. Encourage other kids to cheer them on. After a couple of rounds, pull blindfolds off all kids but one. Cheer like mad and let them dance and scramble for a seat. Keep it up til they figure it out.

Dinner for Two

Two people must eat a sandwich. In front of them, they each have a candle and can only eat when their candle is lit. Object is to blow out the other person's candle and keep theirs lit so they can eat the sandwich first.

Duct Tape Relay

Place a stocking cap on a kid's head then wrap with duct tape, sticky side out. Have them wheel barrow to vacuum the room with their head. You could also use M&M's that you have "accidentally" dropped. Variation: Put down a lot of glow-in-the-dark objects, then turn out the lights and let them collect. The darker the better.

Eat That Food

Throw a beach ball out in the room. Have kids throw it around while the music is playing. Whoever hits it last before the music stops, that person comes up, picks out a bag and has to eat whatever is in it... baby food, onion, candy bar, goldfish.

Famous People Charades

Divide room into two teams. Each team write the names of famous people on pieces of paper. You will need a lot of names. A person from Team 1 comes up and pulls a name out of the pile. They can use any description, except the person's name, while the team tries to guess. When they get it right, they pull out another name. Time them for a minute, then it's the other team's turn.

Fatty Foods Study

Have a kid dress up in a lab coat and say, "We are going to study the impact of fatty foods on the body." Have another kid come out dressed in white, wearing safety glasses. Then take out a Twinkie, go across the room and launch it from a water balloon launcher trying to hit the kid in the lab coat. Then use other foods like a Big Mac, Vienna sausages, etc. Be prepared for a mess.

Food Relay

This is a relay between two or three teams. Place different types of food in bowls on the floor. The teams consist of as many couples as you like. They must walk wheelbarrow style to the food, eat the food and then return back to the start. Then the next couple goes. Continue until all the food is gone.

Four-Legged Race

Use groups of three. Outside people tie legs together, with person in the middle. Race around room.

Glove Race

Buy cheap latex/surgical gloves (you can find them at supermarkets or at paint supply aisles in hardware stores). Two to three kids up front put the glove on their head, pulling it down to just between their nose and mouth. Each kid races to blow the glove up by breathing in through their mouth and exhaling out their nose. It helps to have them hold the glove on their face with their hands. Generally, the more hair, the less successful, but I have seen guys blow the thing up 2-3 feet above their heads! This is a great opportunity to take pictures.

Goofy Relay

Divide the room into teams. Have a bag with slips of paper and goofy things to do (sing "Three Blind Mice," take off shoes, touch all four corners of room, sit by self in corner and don't talk.) Kid takes a piece of paper, follows the instructions and then touches the next kid to do the same.

Gummi Fish

Show guys two cups with live goldfish and two with just water. Blindfold them and replace the goldfish with cups that have gummi fish in the water. Have the guys choose a cup and then drink. They'll think they are drinking a real fish.

Gun Gorilla Karate

Played like Paper, Rock, Scissors except that you play using the entire body. Pair everybody up and have each couple stand back to back. On the count of three, they turn around and act out either gun, karate or gorilla. Gun kills gorilla, gorilla kills karate, karate kills gun. Eliminate everyone until you have one person still alive. If a pair does the same movement three times, they are both out.

High-Speed Name That Tune

Get a variety of music (about 20 songs) and record segments at 78 RPM. Send two groups off to identify the songs. Gather together and check titles.

Hot Dog Toss

Tie a 32-oz. cup around neck. Partner throws hot dogs across the room into cup.

Houdini

Have one person tie up another and then time him trying to escape.

Ice Cream Feed

Have pairs lay down head to head and feed ice cream to person behind them. First team done with bowl wins.

Identify What's Under the Towels

Set-up: two tables covered in blankets, making it look like one long table. Four common objects, such as soccer ball, detergent, etc., are placed on the table under bath towels about 3 feet apart. Leader is placed under the tables where there is just enough space for his head to stick up between tables and get covered with a towel. Take four girls out of the room prior to any set-up. They are told that this is a contest for speed with the object to race down the table identifying objects as they go. The contestants' backs should be toward the audience, and they should be instructed to take off towel, pick up object, turn toward audience and shout the name of the object and proceed down table ASAP. This works SUPER if 1) the crowd is pumped and cheering them on, and 2) the contestants are very competitive and easily scared or highly animated. Have a stopwatch and say, "Susie just did this in 9.34 seconds" so that it's believable. Have fun.

Leader Trivia

A contest by teams, Jeopardy style, with "answers" in categories of leader trivia. A great way to let kids get to know their leaders.

LifeSaver on Toothpick

Have a line of kids race to pass a LifeSaver down a line using only toothpicks in mouths. (Variation: Pass marshmallows or donuts.)

Lip Sync Contest

This can be announced beforehand. Kids can compete against other teams to a particular song. You can also do it without prior warning. Call kids up and have them lip sync to a song they all know. You can also use silly songs (i.e. Mr. Roger's "You are Special").

Low-Budget Karaoke

Tell the kids that it's Karaoke Night, and three lucky people will have a chance to show off their musical talent. Unfortunately, there were budget cuts from the home office in "your area," and we couldn't afford any type of karaoke machine. Instead, each "volunteer" will have to sing their song using a walkman instead. Have each kid sing along to the music he or she is listening to. The other kids in room can't hear the music, only the wailing of each singer.

M and M Drop

One partner sucks M&M's on the end of a straw and drops them into a cup on the floor that their partner is holding (or the partner's mouth).

Magnetism

Pass a Kleenex down a line of people using only straws.

Marshmallows and Coke

Have a girl feed a guy a marshmallow and a guy drink a sip of Dr. Pepper each time a certain word repeats in a song (like Roxanne).

Matchbox Race

This is a relay -- kids pass a matchbox cover down their row from nose to nose without using their hands.

Musical Baby Food

Get jars of baby food. Play music and pass the baby food around like a hot potato. When the music stops, the person holding the jar must take a bite. Start process again.

Musical Hats

Have kids line up in a circle. Get stupid hats and when music starts, have them take the hat off the person in front and put on their head. Person left without a hat when the music stops is out. When only two are left, have them line up back to back.

Name That Tune

Play "Name That Tune" with TV tunes. Have each kid put a large pot on their head. When they know the tune, bang on the pot with a spoon. After each round, the losers put a lollipop in their mouths.

Name That Tune II

Have two kids sit on the floor back to back. Play a song. When a kid recognizes the song, he or she must stand up, climb through an inner tube, ring a bell and name that tune.

Ninja Head Spin

Select four contestants. Two face off by putting knee-highs over head, but not over nose, with a tennis ball inside. With the ball hanging in the slack of the hose, both bow to each other and then move head in circular motion to get the ball flying in a circle trying to wrap the hose of the opponent and their ball. When one thinks he has them wrapped together, he yanks back his head and will pull the hose right off the opponent's head, winning the round. (This skit needs to be demonstrated to be understood.)

Nutshell Theater

Act out a nutshell theatre like the Titanic and then divide room and give a movie to each group. Give them 10 minutes to come up with their own nutshell theatre script. Here is an example of the Titanic: Two characters go through the movie

quickly Boy, am I lucky. I can't stand marrying him. I'll jump. Let's spit. (into the audience) Here, fly. What was that? -- Hit the iceberg. OK, let's jump. Promise to lie and die as an old hag. I'm cold. Don't let go. Sneeze -- let go. Throw necklace and die.

Pass Along

Divide into teams and pass various items down the line. Start next item after each is finished. Before passing next item, they must open an envelope to discover next method of passing. They may be passed in any order. Items: orange, golf ball, banana, frisbee, balloon, bar of soap, doll, potato chip, Play Doh
Way to pass: nose to nose, forehead to forehead, back to back, ear to ear, between little fingers, two elbows to two elbows, two ankles to two ankles, palm to palm

PB & J

Three girls, barefoot, make peanut butter and jelly sandwiches with their feet. Have ingredients already in bowls. Feed to three guys. First guy to eat entire sandwich wins.

Peel Banana with Feet

Participants must peel a banana and feed it to their teammate using only their feet.

Penny Head

Get two volunteers from each team. Place pantyhose on one of the partner's heads covering his/her face. Next have the other partner wrap masking tape around the person's head -- sticky side out. Once this is done, have the tapers sit down and get the people with tape on their heads ready. Throw a couple rolls of pennies on the floor and give the group 30 seconds to get as many pennies as possible on their heads. Team with the most pennies wins.

People Bingo

Make a bingo card with statements about people in each space. Give a card to each person and have a race to see who can fill their card with people's names matching the descriptions (i.e. a Redskins fan, got a ticket, have been called to the principal's office, been to a movie in the last week). Great icebreaker and way to get kids talking to other kids.

Photo Scavenger Hunt

Divide into teams. Give each team a Polaroid camera and a list of possible photos for points (pictures at local landmarks, with someone over 60, in a McDonald's hat, kissing a KMart employee, on a fire truck, in a police car, etc.). Give a 30-minute time limit and send them out with adults as drivers.

Pie Roulette

Six kids in circle pass a pie around. When the music stops, kid with pie has choice to pie person on right or self. If kid pies others, he's out. If he pies self, stays in. Winner gets a prize, like a \$25 camp scholarship.

Pillow Jousting

Need four guy and four girl participants. Guys get on all fours, and a girl gets on each guy's back. Key Rule: The girls keep feet wrapped around the guy and cannot touch the ground. Each girl gets a pillow and tries to knock the other off. Guys cannot help.

Pipeline

Divide into teams of eight to 20. Give everyone a straw and have them kneel. Each team designates a sipper at the far end. At signal they must join the straws together, form a pipeline and sip coke from a cup.

Pizza Races

At the beginning of the night, call three pizza delivery services and order a pizza. Tell them it is a race to see who can deliver first. Divide the room into three sections -- one for each kind of pizza. When the delivery man arrives, have someone pay him and prep him. At the end of the next song, play the Olympic music. Have the room cheer. Put an Olympic medal on him and give the pizza to the section that was cheering for him.

Polaroid Picture

Mount a Polaroid camera on a tripod. This can be a whole group competition. Explain to them they must try to fit as many people as possible into the view of the camera just like they were cramming into a phone booth. The winner is team with most in the picture.

Pool Games

1) Get a Speedo latex bathing cap. Fill it with water. It will stretch out until it is big enough for a person to sit in it. Have them race across the pool. 2) Make boats from refrigerator boxes for a race. They will float long enough to get across the pool.

Q-Tip (cotton wool stick) Wars

Divide the room in half. It might help to put a strip of tape down the middle. Each person gets a straw. Each side gets a bunch of Q-Tips. If you can get different colors for each team, that would be the best. Otherwise just visually judge at the end. The task is to get as many of your Q-Tips to the other side in the allotted time. When time is up, see who has the most Q-Tips on their side.

Scramble

Break into teams and have them arrange themselves by height, by birthdays, alphabetically by mother's maiden name, build a pyramid, sing a scale with each person singing a note.

Sell What's in the Bag

Take three people out of the room and tell the crowd to ask questions to figure out what's in the bag. Crowd knows it's toilet paper/underwear. Kid comes in and is told to really sell what's in the bag without giving away what it is. Kid is told while out of the room that he's selling something like gum. Fire him up to go for the hard sell.

Shaving Cream and Cheese Balls

Pick two teams -- one girl, one guy for each team. Cover the guys' faces with shaving cream except eyes and mouth. Girls have 15 seconds to throw cheese balls at guys' faces. See which team gets more cheese balls to stick.

Shoe Contest

Have every kid take off a shoe and throw it into the middle of the room. Turn out the lights and have a race to get the shoes back.

Skateboard Race

Racers sit on skateboard and use plungers as oars. This can also be a relay race.

Squirt Gun Duel

Blindfold a guy and girl and have a squirt gun fight. Before you start, remove the girl's blindfold.

Surprise Charades

Take people out of the room and tell them to act out riding a roller coaster, the smallest motorcycle, a fan at an exciting game and a bucking bronco. While they're out of the room, tell kids that they will be acting out going to the bathroom.

Tennis Ball Relay

Divide into teams. Place a tennis ball between the knees of the first person. Have him or her run across the room and give it to the next person.

The Choice

Choose three kids for choosers and two convincers. Blindfold the first contestant, then give a pie to one convincer and a candy bar to the other. The chooser has 30 seconds to choose one. Each convincer tries to talk the chooser into choosing them. For the last person, give both convincers a pie.

TP Pass

Have teams line up and race to pass a roll of toilet paper over one person's head and under the next person. First team to finish the roll wins.