Cooperative Games

Ice Breakers

Name of Activity: Toss- A- Name Game
Equipment: Tennis Balls (Lots)
Grade Level: K-8

1. Formation: Entire class in a large circle

2. Starting with the instructor, hold the tennis ball; say your name plus an appropriate adjective i.e. “Super Susan” then advances the ball to the next person.

3. The next person repeats the process until all in the circle have held the ball and said their name and adjective out loud.

4. The instructor begins again by saying his/her name out loud.

5. Person # 2 says the instructors name and adjective plus his/her name and adjective. Repeat until everyone in the circle has gone.

Variations: For younger levels forgo the adjectives and use larger balls.

Name of Activity: Have You Ever
Equipment: None
Grade Level: K-8

1. Formation: Group sitting in a circle, knee to knee. Have each person remove a sneaker and sit on it.

2. The instructor starts by sitting in the middle of the circle. He/she may ask any question beginning with the words, “have you ever.” for example; have you ever climbed a tree. Have you ever been to Disney World?

3. Now, all those students who (on their honor) internally answer yes must move to another spot in the circle and sit on someone else’s sneaker.

4. Of course, the instructor (or whoever is in the middle) also heads for the vacant sneaker, thus leaving open the middle spot for the “odd” person out. He/she then begins the cycle anew another question.

Variations: Students may ask, “Have you ever… question if they believe that they have done something that no one else in the group has done. Use poly spots instead of sneakers.

Name Of Activity: Find the Fib
**Equipment:** None  
**Grade Level:** K-8  

1. **Formation:** Groups of 3  

2. Each person in the group is to think up 3 facts about him/herself. The catch: Two of these facts are truths but the third is a fib.  

3. Each person will have a chance to relate his/her personal “facts” to the group. After listening, the members of the group try to guess which “fact” is, in actuality, the fib.  

4. After the guessing, the original person must tell which fact was not true.  

5. Allow each group member to have a go and relate his/her “facts” to the others.  

**Name of Activity:** Adirondack Jack and Jill  
**Equipment:** One spot marker for the center of the circle, poly spots for each student  
**Grade Level:** K-8  

1. **Formation:** One large circle, people about an arm length apart.  

2. After the group is in the beginning formation, the instructor stands in the center of the circle.  

3. The instructor says, Adirondack Jack (or Jill) says that anyone wearing a watch must move to another spot! At this time, all participants wearing watches must move to the center spot, touch it and then move to another free spot on the floor. Meanwhile, the instructor also finds a free spot and stands on it. This means one of the participants will end up on the center spot and he/she becomes the Adirondack Jack or Jill.  

4. The Adirondack Jack or Jill may pose a directive or ask a question (as long as the question is appropriate and deemed so by the instructor.  

**Name of Activity:** What’s in a name?  
**Equipment:** None  
**Grade:** K-8  

1. You are to talk about your first name, telling your partners what it is (in case they didn’t know it yet) and then giving a mini-history lesson on your name, including any information that is important to you such as…  
   
   - Unique spellings (origin.)  
   - Why you were given that name.  
   - What your name may mean in English (or your common language.)  
   - Who you were named after.  
   - Any other stuff you want to talk about!
2. Nicknames or even last names may be included in this description.

3. Take about 2 minutes for your introduction, then switch and let your partner discuss his/her name.

   * Make sure you listen to your partner’s introduction.

Name of Activity: Round Robin Introduction  
Equipment: None  
Grade: K-8

1. You and your partners get together with another group of two to form a foursome.

2. Introduce your partner to the other couple. Include as much of his/her description as you can remember.

3. Enjoy meeting and learning about the other people in your group! (Do I need mention that?)

Name of Activity: Mighty nice to know ya! 
Equipment: None  
Grade: K-8

Object: To help other participants learn the names of others in the group, decrease inhibitions, break the ice, and in general, to enjoy the company of others.

Beginning the formation: All participants standing in-group.

1. Then instructor will ask everyone to get ready and move.

2. All folk in the group are charged with the task of meeting as many people as they can but they must do the following:
   - Shake hands with each person they meet.
   - Look that person right in the eye and say, “My name is ________. Mighty nice to know ya!!!!” **Usually a huge smile helps during this introduction**

3. After greeting one person (and enjoying the boisterous reply), find another person repeat the process.

Variation: Create a new, secret handshake with each person you meeting.

Name of Activity: AH SO! 
Equipment: None  
Grade: K-8
Beginning Formation: Sitting in a circle.

The Story: The Ancient Samurai warriors of Japan used to play this game to sharpen their physical and mental abilities. It is a game of discipline and awareness with strict physical and verbal commands. The losers usually had their heads lopped off disgrace.

1. Person #1 starts the action by sharply placing a flat hand (either one) over his/her head and loudly yelling the word “ah”.

2. Person #1 has his/her fingers pointing at either the person at his/her immediate right or left.

3. Whoever this person is (Person #2), he/she responds with a flat hand under his/her chin and loudly yells the word “so”.

4. Depending upon which way those fingers are pointing, this Person#2 either passes the action back to Person#1 on one side or off to Person #3 on the other side.

5. This last person must Silently and Sharply Point at any person in the circle.

6. This new person starts the entire cycle again with a sharp “Ah” ECT.

7. When you mess up (and someone will) you are eliminated from the game and become a Heckler. The heckler’s job is simple: make someone else mess up any way you can. (As long as you don’t touch him or her). Verbal confusion as well as wild swinging of arms is encouraged.

8. The last person remaining in the game is Samurai Sansei.
Tag Games

Name of Activity: Partner Tag
Equipment: None
Grade: 3-8

1. Spread out in a designated area of the gym. The object is to tag your partner.

2. Everyone has a partner. If you are “it” you must tag your partner.

3. When your partner tags you, you sit on the ground, spin 360 degrees, and then get up and try to tag your partner back.

4. No running, walking only. Stay in boundaries.

Name of Activity: Buffalo Bill tag
Equipment: None
Grade: K-3

1. Spread out in a designated area of the gym.

2. 2 to 4 people are Buffalo Bills.

3. Everyone else in the class is a Buffalo and is trying not to be tagged by the Buffalo Bills.

4. When a Buffalo is tagged, they lay down on their backs with their arms and legs sticking straight up in the air (dead/frozen buffalo).

5. To become unfrozen, another buffalo must touch the dead buffalo’s hands and feet while saying “1, 2, 3 you’re free.”

6. The game ends when all the buffalo are dead, or the Buffalo Bills become tired.

Name of Activity: Alligator Tag
Equipment: None
Grade: 2-8

1. Spread out in a designated area of the gym.

2. 2 to 4 people are taggers.

3. Everyone in the class is trying to avoid tagger by running, dodging, and fleeing.

4. When a student is tagged, they must get into the alligator position (push-up position) and hold that position.
5. To become unfrozen, another student must get into the alligator position next to the frozen alligator and slap their hand.

6. The game ends when all the alligators are frozen or the taggers are tired.

**Name of Activity: Triangle Tag**  
**Equipment:** None  
**Grade:** 4-8  

1. Students get into groups of 4.  
2. 3 group members hold hands in a triangular formation. The 4th person is “It.”  
3. Designate 1 person from the triangle as the person the “It” person will chase.  
4. On the signal, the “It” person will try to tag the designated person.  
5. The group holding hands will work together to try to protect the taggee.  
6. Switch roles so that everyone gets a chance to be “It.”

**Name of Activity: Chinese Temple Tag**  
**Equipment:** None  
**Grade:** K-8  

1. Students spread out within designated boundaries in the gym.  
2. 3 to 4 people are “It” and they try to tag the rest of the group.  
3. When tagged, stand with legs shoulder width apart and arms above head in a pyramid form – this is a Chinese Temple.  
4. To become unfrozen, someone must crawl between the person’s legs from the front.  
5. This continues until everyone is frozen or the taggers become tired.  

*Safety Concern:* People colliding, knocking heads when going through legs (one from the front, one from the back). Make sure people only unfreeze by going through legs from the front.

**Name of Activity: Rock, Paper, Scissors Tag**  
**Equipment:** None  
**Grade:** 4-8  

2. Explain how teams must work together by huddling up and coming up with 1 of the 3 signs.

3. Divide class into 2 teams.

4. Line up the teams on the opposite sides of the gym behind their boundary lines.

5. Teams huddle up and choose a sign, then line up on their designated line and wait for teacher’s signal.

6. On teacher’s signal, teams throw out their sign at the same time.

7. If one team’s sign “beats” the other team, the winning team must chase the losing team back to their boundary line and tag them before they reach their boundary.

8. If you are tagged, you join the team that tags you.

9. Repeat steps 5-8.

Name of Activity: Giants, Elves, Wizards
Equipment: None
Grade: 3-8

1. Giants – stand on their toes and stretch their bodies as tall as possible and shout “Giants!”

2. Elves – Squat down, pull in their shoulders, and barely speak their name.

3. Wizards – Stand hunched over, with their hands thrust forward, in the best spell casting fashion, speaking their name “Wizzzzzzards!”


5. See steps 5-8 in Rock, Paper, Scissors tag.

Name of Activity: Crows and Cranes
Equipment: None
Grade: K-8

1. Split class into 2 groups.

2. Groups stand in a line facing each other in the middle of the gym, 5 giant steps apart.

3. 1 group is designated as the crows, the other as the cranes.

4. Teacher calls out either “crows” or “cranes,” which ever group is called becomes the “It” group.

5. The “It” group then chases the other group back to a pre-determined safety zone.
6. Anyone caught joins the “It” group.

7. Repeat steps 4-6.

**Name of Activity: Everybody It Tag**  
**Equipment:** None  
**Grade:** 3-8

1. Students spread out in the gym.

2. Everybody is it – If you are tagged by anyone, you sit down right where you were tagged.

3. Last person standing is the winner.

4. Tagging ties mean that both people have to sit down.

5. Repeat the game 2-3 times.

**Variations:** After you are tagged and sit down, you may now tag others.

**Name of Activity: Bird Tag**  
**Equipment:** 5-6 “Birds” (Tube socks with a knot in the middle) and 5 pinnies.  
**Grade:** 4-8

1. Choose five people who are the “its”. Give them each a pinnie (or identify them by some other means).

2. The “Its” must chase everyone else and try to tag them. If you get tagged, you become it and you must wear the pinnie and began chasing the others.

3. The “birds” are circulating among the non-Its. If you are holding a “bird” you cannot be tagged by a person who is It.

4. The strategy of the game is to fly the birds around to all the non-It people to keep them safe.

**Name of Activity: Blob Tag**  
**Equipment:** None  
**Grade:** K-8

1. Designate 1 or 2 people as Blobs.

2. When the Blobs tag someone, the person tagged joins hands with the Blob. Thus the Blob grows…chasing the others as a two person pair.
3. As the Blob tags people, they join hands with the Blob and together as a unit, chase others. The Blob grows…

4. The object of this ever-growing Blob is to capture all the people.

5. You can break the Blob into two when it reaches a minimum of six people.

Name of Activity: Elbow Tag

Equipment: None

Grade: 3-8

1. Partners linked together at the elbows, standing & scattered about.

2. Break up one pair and designate 1 of the 2 people as “It.”

3. The “It” person must chase and try and tag the non-“It” person. (Those people who are linked cannot be tagged.)

4. The non-“It” person has lots of opportunities to get away safely. All he/she has to do is link up with any 1 other person standing around in a pair. This makes him or her safe from being tagged.

5. This link up requires the person on the other end to release his or her hold, thus making him or her vulnerable to being tagged.

6. If you are tagged, and not part of a partner link up, you become it.

7. Have 2 “Its” going at once, each chasing separate, vulnerable non-“Its.”
Trust Games

Name of Activity: Springs
Equipment: None
Grade: K-8

1. One person (spotter) stands in front of their partner (faller).
2. Faller will become “stiff as a board” and start falling face first to the floor.
3. The spotter in correct position will gently catch the faller before they hit the ground.
4. The spotter will then push the faller back up to the upright position.

Responsibilities:
Faller: Stays stiff and board-like.
Arms at sides with eyes closed.
“Legs straight.”
Communicates with spotter.

Spotter: Provide stable and strong support with leg power.
Hands up, palms on fallers shoulders.
Protect the faller’s head.
Communicates with faller.

Variations: Faller has his/her back to the spotter.

Name of Activity: Monkey in the Middle
Equipment: None
Grade: K-8

1. Group of three, one person in the middle.
2. Faller teeters between two spotters. (Forward and backwards)
3. Spotters gently ease the faller back to the upright position.
4. Switch positions and repeat the process.

Variations: Rate of fall will increase or decrease as to how much trust and communication provided.

Name of Activity: Mortar and Pestle
Equipment: None
Grade: K-8
1. Played similar to Monkey in the Middle except with groups of seven-eight people as spotters with one faller in the middle.

Name of Activity: Yurt Circle  
Equipment: None  
Grade: K-8

1. Every other person faces out, or in.

2. A solid hand to forearm grip between “Yurts” is maintained.

3. While remaining as rigid as possible, the Yurts facing in lean in while the Yurts facing out lean out, thus the group counter-balances each other and remain standing, yet supporting each other.

Variation: Everyone faces in or out but remind which “Yurts” are designated to lean in or out.

Name of Activity: Circle Sit  
Equipment: None  
Grade: K-8

1. Whole class will stand in a circle facing clockwise.

2. At the same time the whole class will try and sit down on each other’s knees before the circle falls to the floor.

3. The objective is not to fall to the floor or collapse, thus making a perfect circle sit.

Name of Activity: Birthday Line-up  
Equipment: Blindfolds  
Grade: K-8

1. All students will wear a blindfold. There is to be no talking or noises during the game.

2. Students will have to line themselves up in order of their birthday (month and day) on a line starting from Jan to Dec.

3. The objective is to see how correct the class is when the blindfolds come off.

Variations: Ages, height line-ups etc.

Name of Activity: Blind Poly Gon  
Equipment: Blindfolds and one 60-8-foot rope with the two ends tied together.  
Grade: K-8
1. All in a circle facing the center with the rope lying down by their feet.

2. Have students put blindfolds on, then reach down and pick up the rope. Students hold the rope at waist-level with two hands.

3. Class slowly backs up to form a circle or other shape as specified, (shapes, letters and designs etc.)

Name of Activity:  Find your Partner  
Equipment:  Blindfolds  
Grade: K-8

1. Each student will have a blindfold and a partner.

2. Each pair needs to come up with a key word.

3. While blindfolded, one partner starts at one end of the gym and the other at the opposite end.

4. On go students have to go and find their partner by using the key word only. First group to find each other wins.

Name of Activity:  Cookie Machine  
Equipment:  None  
Grade: K-8

1. Students will set up in two equal lines facing each other. Hands will be at waist level.

2. One person facing backwards at the beginning of the line will fall backwards into the hands of the other students.

3. The line will slowly toss the person down the line without dropping them.

4. Once at the other end of the machine students will set the cookie down gently.

Name of Activity:  Kin-Ball  
Equipment:  Kin-Ball, Video, and Manual  
Grade: K-8

1. The serving team attempts loft the ball at least 8 feet toward a designated receiving team, which has seconds to receive the serve and re-serve toward another designated team.

2. Keep the ball off the floor when receiving, or all the other teams receive a point.
Team Building

Name of Activity: The Maze Flyer
Equipment: The Maze Flyer Kit
8-2 liter bottles or cones
Grade: 3-8

1. The goal is for 8 students, (each holding a rope suspended from a 6 in. hexagonal wooden platform) to maneuver a 12-inch long, plastic rod, around and through a maze of standing objects (1 liter plastic soda bottles or objects) without knocking them down.

2. To add additional excitement to the activity, the suspended rod can be set in either a fixed or more difficult to control, free swinging positions.

3. Added challenges: Time activity.

4. The Maze Flyer can also be used for Nuclear Waste Transfer.

Name of Activity: Nuclear Waste Transfer
Equipment: Nuclear Waste Transfer set
Grade: 3-8

1. The goal is for 8 students, standing in a circle, holding 8’ ropes, to cooperatively move a 2-liter soda bottle filled with nuclear waste, (water with food coloring) which sits on a wooden octagonal shape from a start point to an end point without spilling the nuclear waste.

2. Added challenges: Time activity, add obstacles for students to carry the waste over or around, and add various levels of water to the bottle.

Name of Activity: Sitka Swing
Equipment: Sitka Swing set, Objects to knock down. Ex. Bowling pins, soda bottles
Grade: 3-8

1. The goal is for 8 students to cooperatively move a 6in. hexagon platform and guide it’s suspended rod (either fixed or free swinging position) so that it goes around or knocks down obstacles you provide.

2. It takes a coordinated movement of the group to power the movement of the Sitka Swing. Each team member is tethered to the swings’ platform by a web belt worn around their waist. Moving the platform with it’s suspended rod requires that, while moving it, each of the team members maintain enough tension so that as to keep their rope taut and their belt secure.

3. Added challenges: Time activity, hold belt in hand instead of waist, put object on top of platform to carry (similar to Nuclear Waste Transfer).
**Name of Activity: Team Klamps**  
**Equipment:** Team Klamps set, Soda bottles, basketballs, foam columns, etc.  
**Grade:** 5-8

1. Team Klamps have 1, 2, or 3 elliptically shaped rubber line grabbers that accommodate 6, 12, or 18 students respectively.

2. Cooperatively opening and closing the clamps by pulling on cords allows students to pick up and transport various objects.

3. While pulling on the single center cord on each side of Team Klamps will open them, it requires the coordinated pulling of the outside cords to close them. When an object is captured, constant tension must be maintained on the outside cords in order to hold on to it.

**Name of Activity: Mega Scoots with Scoot-R-Pads**  
**Equipment:** Scoot-R-Pads, Mega Scoots, and Scootaddles  
**Grade:** K-8

1. Mega Scoots are 3 large scooters onto which one can strap a Scoot-R-Pad to make a large scooter with a soft top. Scooters can accommodate multiple students. Scootaddles are scooter paddles used for scooter propulsion as well as polo sticks for hitting no-bounce super foam balls, which are included.

2. Some examples of activities are relay races, prone boards for adapted students, cooperative river crossing, the Scootaddles can be used similarly to hockey sticks.

**Name of Activity: Team Timbers**  
**Equipment:** Team Timbers set  
**Grade:** K-8

1. Teams work together (or against each other) in a variety of activities that require balance, on a group of 6’L x 6’’W x 2’’H boards connected by hinges. These activities require balance, agility, and/or the support of teammates in order to traverse the entire length of the Team Timbers, no matter how they are set up.

2. Activity guide included with set.

**Name of Activity: ChannelZ**  
**Equipment:** ChannelZ set  
**Grade:** 4-8

1. Groups of 2-4 students will use the PVC channels suspended from ropes to control the speed and direction of the flow of rolling objects. They do this by constantly moving their
ChannelZ from the back of the group to the front. This can represent bringing water to a thirsty village, or coal to the furnace.

2. Added challenges: Time activity, limit or add tubes, vary size of balls.

Name of Activity: The Web Cube
Equipment: Web Cube set, activity guide
Grade: K-8

1. Web Cube is made from PVC tubing. It stands on a floor stand so that it balances on its corner.

2. The goal of each team is to travel through this unique web without knocking it down. It takes teamwork to make this happen because even the slightest brush of one of the tubes can cause the Web Cube to fall.

3. With 6 faces and 5 possible exits, there are 30 possible paths to take. The complexity of the challenges can be adjusted to meet any outcome objectives or to meet no objectives at all and to just have fun.

4. Added challenges: See activity guide for additional challenges.

Name of Activity: Mosston’s Agility Web
Equipment: Mosstons’s Spider Web
Grade: 4-8

1. The Agility web is a basic group critical thinking activity, requiring a team of players to pass from one side to another. The challenge is to cross through the web as individuals, in pairs, or in groups. Crossing can be simple or complex depending on how you construct the web.

2. Added challenges: Web patterns can be configured on paper and then built by students or teachers. One group builds the best maze they can in 3 minutes then the other group is timed on the crossing. Then the roles are reversed.

Name of Activity: Co-Oper Blanket
Equipment: Blanket, activity guide, video
Grade: K-8

1. Students work in small groups (6-10) cooperatively within the blanket. They are given movement exploration challenges to test their group and individual limitations. They also work on exercising and stretching their muscles.


Name of Activity: Commodores Retreat
**Equipment**: Ball and Strap  
**Grade**: 3-8

1. This activity was designed for the class to exercise their skills in communication, strength, balance and positioning skills.

2. The strap is set up so there are two different sides. Students are to work together to allow the ball to travel from one “bridge of the ship to another” on side to the other. The group sending and receiving the ball across the webbing performs this.

**Additional Activities**: Two ships can pass the commodore back and forth without dropping him in the ocean.

---

**Name of Activity: Partner Straps**  
**Equipment**: Straps  
**Grade**: K-8

1. The straps are designed to keep partners together without them having them hold hands.

2. These can be used in any type of partner activity.

---

**Name of Activity: Nebula Tracks**  
**Equipment**: Ball(s) Activity guide (also included on the web)  
**Grade**: 3-12

1. One set of 3, 10’ by 28”, four way stretch, LYCRA® panel nebula tracks with 5 pairs of handles per each side, will keep up to 30 students busy and on the move, with endless hours of cooperative, aerobic and critical thinking activities. The simplest nebula track activity has 10 students (5/long side) move 1 or more balls from one end of the track to the other, pass the balls off to the next nebula track group, and then run into position to retrieve the balls from group 3. The faster the ball(s) move the faster the groups have to move.

2. Added challenges: See activity book and website

---

**Name of Activity: Pass-it-On**  
**Equipment**: 94’ rope. 1-6 shuttles  
**Grade**: 3-12

1. Pass-it-On can be played for exercise, fun or competition, by mixed age groups, genders, ability levels and players with special needs.

2. The objective of Pass-it-On is to move up to 6, 8”L shuttles from “start” to “finish” positions, along a 94’ long rope. Each shuttle can be moved from 1 to 3 runners, depending on the runner’s size. This is accomplished by 2 groups of players, “runners” and “posts.” The runners move the shuttles between post players, where the shuttle must be rotated around post’s waist. The number of times depends on the number of loops.
(generally from 1 to 3). After each game is complete, runners replace post players. There
are a number of game options. One runner or group of runners can complete an entire 94’
course, or the runner (or runners) can change after each post player. Depending on the
age and ability levels of the players or mix of players, the shuttles can be moved by
walking, running, hopping, skipping, etc.

3. See activity guide for additional activities.

Name of Activity: Co-Oper Band
Equipment: Co-Oper Band
Grade: 4-8

1. The Co-Oper band’s dynamics act to alter the effects of gravity. As group members
develop trust in the band in one another, they’re encouraged to take those small risks that,
once accomplished, help build individual, physical and emotional confidence. Students
stand within the band and push outward until they reach a state of stability.

2. Suggestions for use: Group exercising, shape creating, and ball launching or catching.

3. For additional activities: See activity guide.

Name of Activity: The Pharaoh’s Stones
Equipment: The Pharaoh’s Stones set
Grade: K-8

1. The Pharaoh’s stone is a 24”W x 5’ L Dura-Tuff foam platform which rolls on ten 24’’x
4’’ ethafoam logs. 2 or 3 students can sit on the stone and move across the floor by
pulling on or being pulled by a rope while continuously placing the logs from the back of
the stone to the front.

2. Suggestions for use: Relay races and group challenges.

3. Additional activities: See activity guide.