



Youth Alive Participant Manual

2019

The Youth Alive Participant Manual is adapted from the original version of the International Prevention Leadership Training Manual (1995), the International Conference Staff Manual (2014) and the book *Come Together* by Steve Case (2018).

Youth Alive Participant Manual

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YOUTH ALIVE LOGO



**YOUTH
ALIVE**



**YOUTH
ALIVE**



YOUTH ALIVE DESCRIPTION AND PURPOSE

What is Youth Alive?

Youth Alive is a youth discipleship program designed to build resilience among adolescents and young adults by inspiring and equipping them to make healthy choices.

What is the purpose for Youth Alive, and Why is it Needed?

Youth Alive invites, involves, invests in, and inspires young people to connect with God, with others, and with their own purpose for living. Based on the foundational belief that Jesus Christ created us, loves us, redeems us, lives in us, and will return for us, our response is to accept both the gift of salvation and the challenge to live for Christ right now in all our thoughts and activities. As such, Youth Alive focuses on nurturing relationships that build resilience against the at-risk behaviors that plague young people today. The ultimate goal is to disciple and empower young people to use their influence as leaders for a meaningful purpose, enabling them to be active participants in God's mission to reach the world.

Model

In practical terms this means young people will intentionally

- Reach IN (foster relationships)
- Reach OUT (promote mission)
- Reach UP (nurture spiritual growth)
- Reach BEYOND (cultivate empowerment)

Churches, schools, and families play key roles in organizing, supporting, encouraging, and mentoring young people to gather for large-scale events or conferences to experience this intensely at the start of a school year or other transitional period. It is just as important to continue this with consistent gatherings locally, whether they are held in one's school, at one's church, or in one's neighborhood. Such meetings can happen weekly with scheduled breaks periodically. This pro-active initiative promotes youth being fully alive. This can be a potential challenge in a world that often presents false and misleading images of life to distract and divert young people from being fully alive. This model and its implementation equips youth choose and act to prevent dangerous addictions, helps them set up appropriate boundaries, and challenges them to hold on to the POWER OF JESUS CHRIST in order to accomplish these goals. Without Christ at the center, the Youth Alive program is no better than any other prevention program available anywhere in the world.

The use of alcohol, tobacco, and other drugs, as well as other compulsive behaviors has created alarming problems around the world. It is sobering to know that legislation most often ignores the fact that the dangerous substances such as alcohol, nicotine and prescription drugs, which cause the greatest harm, are legal. More people die from the consequences of cigarette smoking than all other drugs combined, including alcohol. The devil has produced a very seductive drug that society generally feels is not that bad; however, it ends up being the most addictive and dangerous drug in the world. Addicts who try to quit alcohol, cocaine, marijuana, or any illegal drug, have a better chance of quitting than people who try to quit smoking cigarettes.

Only five percent of those who are addicted to alcohol are able to quit. It is interesting that treatment



programs that demonstrate consistent success in helping people to quit drinking are the ones that have a spiritual component in them. In fact, recent research reported that participation in the alcohol treatment programs with no spiritual component in them caused addicts to feel less confident about overcoming their addiction than participation in those that do have a spiritual component.

Many people use mind-altering drugs because these drugs make them feel better than they have ever felt in their lives. Removing the power of the mind-altering drug makes the user feel "lost." A mind-altering drug, such as tobacco or alcohol, cannot be removed from a user's life unless it is replaced with something else that is as powerful or more powerful. The only power stronger than the effect of a mind-altering drug is the power of Jesus Christ. Therefore, planning your Youth Alive program without Christ at the center of all of your activities may be fun and entertaining, but it will not be successful in preventing addictive behaviors.

In preparing for this prevention program, the General Conference Health Ministries, Youth, Education, and Family Ministries Departments have reviewed some very important research. The results of these various studies will be helpful in allowing you to understand what it is in the Youth Alive program that will make it a success.

The following findings have been useful in preventing addictions among youth:

- Youth's involvement in religious (spiritual) activities;
- High self-esteem;
- Positive peer group influence;
- Youth connecting with adults;
- Adults connecting with youth;
- Supervision;
- Modeling of decision-making skills;
- Christian values incorporated in the lives of youth.

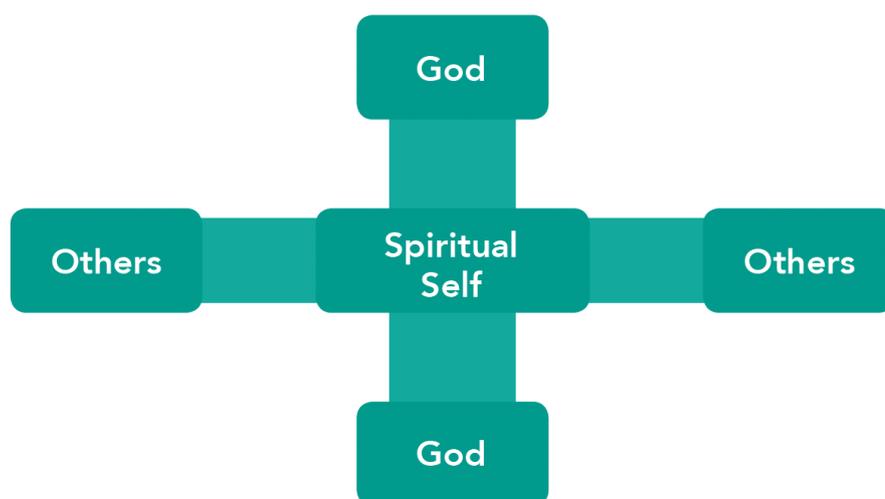
The Youth Alive program promotes all of these items activities listed above.

Connecting youth with adults and youth with youth will make the Youth Alive program a successful one.

THE SPIRITUAL FOUNDATION NURTURES COMMITMENT

A key Youth Alive spiritual principle is based on what is considered “the greatest commandment in the law”—the most important principle for a good life: Jesus said to him, “‘You shall love the LORD your God with all your heart, with all your soul, and with all your mind.’ This is the first and great commandment. And the second is like it: ‘You shall love your neighbor as yourself.’” – Matthew 22:37-39, NKJV.

This Bible text provides not only the right answer, but also the motivation and power to actually love yourself and your neighbor. A strong and healthy relationship with God (a vertical relationship) will produce a strong and healthy relationship with other people (horizontal relationships) as diagrammed below:



To encourage a strong vertical relationship means to strengthen a person’s willingness to live in relationship with God, accepting His love, lordship, and the ongoing power of the Holy Spirit living within us. This gives us an identity as children of God—created by the God of the universe, made to be like him. In spite of our rejection of God, Christ died for us so that we can be reconnected with God. When we are overwhelmed by these realities, it affects the way we relate to others. They are also children of God, made in God’s image, and saved by Jesus when they also rejected God. When we are connected to God, that connects us with others as well, including those we may be meeting for the very first time.

That’s why we pray for the presence of the Holy Spirit—so we are connected to the power of Jesus Christ in all our activities. It’s Christ’s presence, through the Holy Spirit, that activates the rapid connectedness that we will experience in this Youth Alive conference. While we “go for it” with all we have, it is God who makes it happen in such significant ways. How exciting that we get to join with God in his actions in us, through us, and among us!

How can we prevent youth from getting involved in drugs and other at-risk behaviors? The National Longitudinal Study of Adolescent Health (ADD Health) that was published in the *Journal of the American Medical Association* in 1997, involving 90,000 teenagers and 18,000 parents across the United States, provides two vital factors that protect children and youth from getting involved in

high risk behaviors. They are: Getting connected with God and getting connected with one another.

- Getting connected with God

When religion and prayer are important to an adolescent, they are less likely to smoke, drink or become involved in premarital sexual activity.

Many people use drugs because it makes them feel better than they have ever felt in their lives due emotional pain and trauma. They use it to numb their pain. Removing the power of the drug will make them feel "lost," unless it is replaced with something else as powerful or more powerful than the drug itself. The only power stronger than the effect of a drug is the power of Jesus Christ (a healthy vertical relationship). This is biblically supported. Philippians 4:13 says, "I can do all things through Christ who strengthens me."

- Getting connected with one another

Independent of race, ethnicity, family structure and poverty status, adolescents who are connected to their parents, to their families, and to their school community are protected from many at-risk behaviors such as sex, violence, emotional distress, suicidal attempts, and drug use.

No man is an island. We all long to be accepted and connected with one another for support and encouragement (horizontal relationship). This is biblically supported. Romans 14:7 "For none of us lives to himself, and no one dies to himself."

Therefore, we make sure these two important factors (namely making Jesus Christ the highest power and the center of all their activities, and and making efforts to connect with other youth and adults with similar ideals) are integrated into the Youth Alive program. These key perspectives and actions will have the greatest impact in protecting our youth from at-risk behaviors. Otherwise, the program risks becoming merely fun and entertaining, but it will fail in its goal of preventing addictive behaviors



HELPING YOUTH MAKE SPIRITUAL COMMITMENTS

Many young people who have attended a Youth Alive conference have testified that they found Christ at the conference and gave their lives to Him. Youth Alive is a powerful magnet for youth who are otherwise difficult or impossible to reach by traditional means, drawing them into the loving embrace of other Christians and the church community. We can visualize the process as a “flowering of spiritual awareness and commitment” because of the warm, peer-to-peer friendship environment.

SPIRITUAL PRINCIPLES OF YOUTH ALIVE

1. Positive abstinence is valued.

One of the fundamental beliefs of the Adventist Church is in the importance of positive abstinence, avoiding alcohol, tobacco, other addictive or narcotic drugs, and compulsive behaviors because they damage and destroy the body temple. See 1 Corinthians 6:19-20.

2. Foster positive attitudes and experiences.

God did not create negative things. All the frowns, tears, pain, hostility, shame, and death in the world came through Satan’s influence. God is a positive Being. By fostering joy, smiles, laughter, honesty, trust, teamwork, love, peace, encouragement, and support, Youth Alive operates by God’s plan. Our “playing field” is in harmony with God’s wish that His creation be restored to the “good” state. See Genesis 1:31¹.

3. Nurture the inner child.

Inside every person remains an unseen “inner child.” Christ clearly encourages His followers to keep in touch with the playfulness, simplicity, innocence, and trust of that child: “Except ye become as little children, ye shall not see the kingdom of heaven.” (Matthew 18:2-3) Youth Alive fosters that child-like spirit that Christ commended through its games, social interaction, and youth-oriented program.

4. Encourage self-worth.

God didn’t create junk when He made human beings, and that includes adolescents! A correct foundation for self-esteem consists of identifying oneself as God’s child, a prince or princess of the kingdom of God (Romans 8:14-17). When young people realize how valued they are by God, they begin to develop self-respect and self-knowledge. Positive self-esteem is an important factor to protect oneself against the false appeal of mind-altering drugs.

5. Model unconditional acceptance and love.

The ethical foundation of “Honor, Dignity, and Respect” at Youth Alive creates an environment in which everyone can feel valued and wanted. Since God loves human beings with an unconditional love, the same principle allows His love to flow through people to reach those who have not yet discovered that God wants to be their Best Friend. See Romans 8:31-39.

¹ Resnick MD, Bearman PS, Blum RW, Bauman KE, Harris KM, Jones J, Tabor J, Beuhring T, Sieving RE, Shew M, Ireland M, Bearinger LH, and Udry J. Protecting adolescents from harm: Findings from the National Longitudinal Study on Adolescent Health. JAMA, 1997;278(10):823-832.

6. Strengthen positive interpersonal relationships.

The experiences in Friendship Groups, the “shout outs” expressed among participants, the philosophy of “Honor, Dignity, and Respect,” all contribute to a bonding and unity among youth and adults which is much needed in the church and in society. (Colossians 3:12-15)

“With such an army of workers as our youth, rightly trained might furnish, how soon might the gospel of a risen, soon coming Savior be taken to all the world, how soon might the end come, the end of suffering and tears.”

Counsels to Teachers, Parents, and Students, page 555



PREVENTION: AN IMPORTANT APPROACH

PREVENTION IS NEEDED

The use of alcohol, tobacco, and other mind-altering drugs resulting in compulsive, addictive behaviors has created alarming problems around the world. For instance, more than half of all violent crimes (murders, armed assaults, rapes), more than half of all traffic fatalities, 70 percent of all drownings, and at least a third of all suicides are linked to the use of alcohol and other drugs. More than ten times as many people die each year from alcohol-related causes than die from all illicit drugs combined, and more than 20 times as many deaths are related to smoking than from alcohol and other drugs combined? Alcohol and other drugs steal years of quality life and cost huge amounts of money from medical bills, destroyed homes, and damages caused by accidents. In the United States, alcohol and drug use was estimated to cost each man, woman, and child \$800 a year, regardless of whether they used them or not. This amounts to \$200 billion in the United States alone. While treatment is necessary, prevention is the only true cure.

WHAT IS PREVENTION?

Prevention is the sum of our efforts to ensure healthy, safe, and productive lives for all persons. It means keeping harmful habits from destroying lives.

A COMPREHENSIVE APPROACH

Youth Alive is critical to helping young people live a healthy, purpose-driven life by modeling an evidence-based Positive Peer Prevention Program.

- **Positive:** The Youth Alive program focuses on positive alternatives in Christ, the highest power, resulting in positive interpersonal relationships with one another. Participants treat one another with Respect, Dignity, and Honor, valuing each person as a child of God with no racism, no prejudice, no put-downs. This attitude promotes a feeling of complete acceptance.
- **Peer:** In this program youth and adults are reaching out to other youth, children, and adults to encourage them to make healthy choices free from addictions. The connectedness among youth and with adults provides a natural sense of satisfaction that increases self-esteem and an uplifting experience through Christ. Thus, the use of drugs or other addictions become less desirable.
- **Prevention:** Youth Alive focuses on the theme "MY CHOICE–FULLY ALIVE," presented through all components of the program. This encourages commitment to healthy living for all the participants, including those who may have already casually experimented with drugs or other at-risk behaviors.
- **Program:** The program involves various activities and events focusing on the growth and discipling of youth. It is intergenerational. That is, it includes not only youth, but the participation of qualified adult presenters and facilitators. The program components are listed.

THE YOUTH ALIVE PLEDGE



The Youth Alive pledge to be signed is as follows:

I pledge to choose Jesus Christ as my Highest Power

I want to be healthy and happy

I will say NO to alcohol

I will say NO to tobacco

I will say NO to illegal drugs

I will say NO to pornography

I will say NO to compulsive gaming

I will say NO to any unhealthy behavior

I will help my friends to say NO to these things also

I pledge to stand up for what I know is right

My Choice, Fully alive!

Signature

Date

These elements of the program are guided by the Alive Model, which aims to:

- Foster relationships
- promote mission
- nurture spiritual growth
- cultivate empowerment

The Youth Alive program has helped build capable youth leaders who are committed to a healthy lifestyle and to making a difference in their world.

WHAT ARE FRIENDSHIP GROUPS?

The Friendship Group is the most important activity in the Youth Alive program, in both the large conference and in the local club setting. Friendship Group is a small group that gathers frequently, giving time for the youth to relax, reflect on the events of the day, and get connected with peers and adult leaders. Some youth come from unhappy homes; the Friendship Group in a local club setting can truly become a positive peer support for them.

GROUP STRUCTURE

The ideal size for a Friendship Group is 10 to 12 persons, including two co-facilitators—a youth and an adult. Groups of between 5 and 14 persons are feasible also. A Friendship Group **is not a therapy group**, but it does create and assure a climate of trust. It is meant to be a place where young people can be themselves, share with one another, and take the opportunity to grow and to learn more about themselves, others, and God. Friendship Groups help young people discover who God is, and what a good friend God can be to them. Ideally the co-facilitators who have been trained for a Youth Alive Conference will also serve as co-facilitators in a Youth Alive club that functions week after week in their local area—in a school, church, or neighborhood. The conference can spark and renew a large-group experience, but that is merely a peak experience. To continue this commitment and the connection, an on-going Friendship Group experience is needed back in one's day-to-day life. Co-facilitators should include their local Youth Alive club plans with their training and experience as co-facilitators at a conference.

This small size group must operate on some ground rules, which will allow further bonding to take place within the group.

1. **Speak for yourself. Use the word "I," not "we," "you," "most people," etc.**
2. **Give participants the option to pass, but remind everyone of their responsibility to take risks.**
3. **Support others. This means showing that you understand and care about them.**
4. **Don't make critical put-downs or "killer" statements.**
5. **Keep anything that is shared in the group confidential.**
6. **Listen when others are talking.**
7. **Be honest with yourself and the members of your group.**
8. **Have as much fun as possible, but play safely.**
9. **Expect unfinished business. Not everything can be done in one group session.**



WHAT ARE COOPERATIVE GAMES?

Frequently games pit individuals or groups against each other, resulting in “winners” and “losers.” In contrast, cooperative games are energetic activities in which groups work together for a common purpose. These games are high-energy-level activities. The result is “winners” and “winners.” The reward comes from the experience of working together, challenging each other, and having fun in the process of achieving a goal. Cooperative games are part of the Friendship Group experience. The motto for Cooperative Games is: **“PLAY HARD, PLAY FAIR, HURT NOBODY!”**

The major elements in a Cooperative Game are:

Challenge: The challenge involves a variety of skills, so all players can participate.

Trust: The games are designed to create and communicate trust, establishing a sense of community, while playing with consideration of how other people will feel.

Safety: Five concepts make up the checklist for safety considerations for the Cooperative Games: Contained, Cushioned, Controlled, Played with Caring, Played with Community. Players are given the option to exit from the game if they choose to.

Empowerment: This principle gives the players control of and responsibility for their own play. Players can have the empowerment by taking turns to be the referee or being “it.”

Innovation: You are free to devise new ways to play and change the rules if the current rules do not meet the needs of the group or if they are not acceptable in your culture.

The important thing to remember when coordinating these Cooperative Games is to involve everyone. Cooperative Games are great ways for groups to get acquainted and be comfortable. They are ideal for drug-free and friendship-building FUN!



WHERE DOES YOUTH ALIVE OPERATE?



There are two levels of the Youth Alive program.

1. Area-wide Conference

Conference may be held in association with schools or independently, either at the:

- Beginning of the school year (which is most effective);
- Or during the school break;
- Or late in the school year (as a time to plan activities for the following school year).

Major purposes of the Youth Alive conference:

- to inspire, motivate, and recruit new people into this movement;
- to provide opportunities for youth to make a personal commitment to living drug-free;
- to learn the techniques of how to launch the local Youth Alive club;
- to develop leadership skills, especially for those who will serve as staff members.

2. Local Youth Alive clubs in Schools and Churches

The local Youth Alive clubs are developed after the Youth Alive conference, so the students attending the local school or church where the conference is being held can continue to have the support group regularly through the Youth Alive Club meeting (or Friendship Group) – and, at the same time, can get active in their local communities. The local YA club meets the following criteria:

- Meet weekly throughout the school year.
- Have outreach activities that bring changes in the community, such as through drama that portrays drug issues and the effect of choices people make, puppet ministry, special projects such as “Alcohol Awareness Week,” “No-Tobacco Day,” meet jail inmates visits, etc.
- Have social events to recruit new members (once a month);
- Develop leadership skills among the youth by giving prevention message to younger youth or children using dramatic skits, games, short talks, etc.

Similarities and differences between Youth Alive conferences and local Youth Alive clubs:

Similarities: Both the conference and the club

- Have the same components (information, Friendship Groups, social events, environmental change and outreach, leadership training);
- Need adult mentors;
- Youth experience positive role modeling.

Differences: The local Youth Alive clubs

- Have a core planning team that coordinates the local Youth Alive club meetings, .
- Meet weekly throughout the year (Youth Alive conference takes place once a year usually within 3 to 4 days, and has only short Friendship Group experience).

- The Friendship-Group bonding in the Youth Alive local club takes place weekly over a long period of time (at least six months) compared to the conference setting in which bonding takes place during the three or four days of the conference.
- Action plans and annual calendar are needed for outreach projects, community-wide campaigns, and other drug events; whereas in the conference setting, all activities are planned ahead of time and take place during the conference.
- Recruitment could be done through drug-free social events and fund-raising projects.
- The positive effects of Youth Alive local clubs could be seen in the local community as their outreach programs such as "Alcohol Awareness Week," "Stop Smoking Day/World No Smoking Day," "World AIDS Day," etc., take place.

OBJECTIVES OF YOUTH ALIVE

INDIVIDUAL PARTICIPANT

The YOUTH participants in Youth Alive will:

01. Discover and commit to a personal relationship with God through Jesus Christ, the highest power.
02. Experience a Christ-centered program that is youth-directed, and motivated by the enjoyable experience of peer affirmation.
03. Commit personally to abstain from alcohol, tobacco, other drugs, and other compulsive behaviors as a lifestyle choice.
04. Increase their knowledge and understanding of the consequences of using addictive substances.
05. Develop positive interpersonal communication skills with other youth and with adults.
06. Learn to build healthy friendships.
07. Learn to affirm and value other people, treating others who differ from you age-wise, ethnically, or culturally, with honor, dignity, and respect, valuing each person as a child of God.
08. Gain skills in reaching out to other people, especially younger children and youth, to share their knowledge and convictions.
09. Catch a vision of their potential for becoming a leader in their local church, school, or community, and seek further leadership development opportunities, such as local Prevention Awareness in Christian Education (P.A.C.E.), which is a peer prevention program.

The ADULT participants in Youth Alive will:

01. Develop a stronger, personal relationship with God through Jesus Christ, the highest power. Recognize and value the high leadership potential and talents of youth serving as peer leaders.
02. Develop a respect for youth as worthy individuals in a younger generation.
03. Learn how to be an effective adult mentor or coach to youth, facilitating their ability to be peer prevention agents.
04. Lose their fears of working with youth, recognizing the vital role of adults as facilitators and supporters to the Youth Alive program.
05. Learn to communicate effectively with youth, and especially to listen to them.

INDIVIDUAL YOUTH FACILITATORS AND STAFF



The youth who serve as youth facilitators or youth administrative staff at the Youth Alive conference or as group leaders in a local Youth Alive club will:

- 01.** Commit to active membership as young people within the Seventh-day Adventist Church.
- 02.** Acquire experience in the tasks and philosophy of leadership.
- 03.** Gain confidence in their personal ability as young leaders.
- 04.** Become capable small-group leaders.
- 05.** Develop a commitment to healthy drug-free schools and churches with a vision of their roles in creating and maintaining such an environment for the Church.

Youth Alive Local Clubs

Youth Alive local club models will have the following components:

- 01.** Provide information about harmful substances and the consequences of their use to members and target audiences.
- 02.** Sponsor drug-free social alternatives in order to provide a positive and safe environment for social development.
- 03.** Support and facilitate youth-leadership development for all willing members.
- 04.** Create emotionally safe environments for interpersonal sharing and individual growth through Friendship Groups.
- 05.** Operate all programs and services on the philosophy of “Honor, Dignity, and Respect,” valuing each person as a child of God.
- 06.** Provide services and volunteer involvement in projects that support the development of drug-free schools and communities.
- 07.** Demonstrate that the healthy drug-free lifestyle is the most powerful, personally rewarding, and exciting opportunity for young people.
- 08.** Disciple and support youth as capable and effective young leaders to advance the Gospel commission and serve the community.

“HONOR, DIGNITY, AND RESPECT” GUIDELINES FOR A POSITIVE CONFERENCE

Youth Alive encourages positive relationships between God and people. A major principle needed to build these relationships is to give honor, dignity, and respect to others. Here are a few ways in which we expect participants to show this principle:

CARING FOR OUR ENVIRONMENT

Take personal responsibility to keep our facility clean, neat, and beautiful. This means putting litter in trash cans, wiping shoes before entering the buildings, and treating the rooms as if they were in your own home.

CARING FOR OUR HEALTH AND SAFETY

Avoid any aggressive or careless play. Have fun, but play safe. Stay away from drugs. Take care of your health, as well as that of others. Refer life-threatening emergencies to the conference nurse or director.

CARING FOR OUR REPUTATION AS YOUTH ALIVE

Youth Alive must have a good and positive reputation for it to continue to succeed. Therefore, your participation as expected at all scheduled events. You are here to make friends, and to learn to support each other, but you are not here to develop romances. No members of the opposite sex are permitted in lodging quarters unless an adult facilitator or sponsor is present.

CARING FOR THE ORDER OF THE GROUP

Your name tag is your entrance ticket and identification for meals. Therefore, please take care to keep it safe and wear it at all times to maintain order of the group.





SAMPLE OF YOUTH ALIVE LOCAL CLUB MEETING

Local Youth Alive Club can be plugged into any existing youth program, be it Pathfinder, Ambassador, or Senior Youth programs as long as the 3F principles of Youth Alive are being implemented:

- Fun (because young people like fun things to do)
- Focus (on anything like Pathfinder honors, seminars, youth programs, self-development activities, etc.)
- Friendship Group activities (shout outs to each young person, acknowledging/complimenting their helpful deeds)

Place: Choose a meeting place that allows room for movement, and that offers privacy for the group.

Time: One-and-a-half to two hours is best for a complete club meeting.

Agenda:

Fun: Energize and Socialize: Opening/Welcoming / **15 minutes**

- (A time to welcome one another and any visitors, to get moving, raise our spirits, and get into the mood of Youth Alive);
- Activities—Songs, Energizers, Cooperative Games; Assign any visitors or newcomers to Friendship Groups.

Focus: Work Time / 45 minutes

- Have this time at least three meetings per month; on the fourth week, have a community outreach activity ending up with a party!
- Provide appropriate nurturing seminars, work on honors, etc.

Friendship Groups: Growing together / **60 minutes**

(Remember to post FG rules in the meeting site)

- **Opening:** (See Youth Alive Participant Manual, pages 43-82)
- **Working:**
 - Discussion on topic from the Nurturing Seminars led by youth facilitators
 - Sharing our week
 - Working Activities (See YA Participant Manual, pages 83 to 151)
 - Closing prayer
 - Pick up Shout Out notes
 - (Adult and youth facilitators need to provide Shout Out notes to each FG member, complementing the members on the things they have observed in them. This activity can bring great encouragement to members.)

YOUTH ALIVE ENERGIZERS



International Conferences

The following energizers have a leader and several youth-staff assistants to demonstrate or encourage the audience to participate. A microphone may be needed as well. If the youth staff have not previously done the energizer, some rehearsals should be held so that the leaders are confident about what to do.

FRUIT SALAD

This is a motion-energizing-song. Everyone should stand. The tune is “Frere Jacques” (Are You Sleeping?).

- 01.** Raise right arm, then left arm in open-close position with each beat: “Man-go, Man-go, A-vo-ca-do,”
- 02.** Nod head up and down: “Ba-na-na, Ba-na-na,”
- 03.** Roll arms in front in mixing motion: “Mix them all together, Mix them all together,”
- 04.** Hip swivel: “Fruit sa-lad. Fruit sa-lad.”



RAINSTORM (No English required)

The leader says to the audience that the weather forecast is for a thunderstorm. He/she then says, "Let's see if we can hear it coming. Please do what I do."

The leader then uses hands and feet to create sounds increasing in volume, to resemble falling rain and thunder. The sound builds as the thunderstorm passes over, then diminishes and dies away. The leader should walk from stage left to stage right and back again with each sound to encourage audience participation. If the assistants use props such as umbrellas (real or imaginary) and raincoats, the effect is enhanced.

- 01.** Raindrops start; spattering of rain. Tap forefingers together lightly. Make tapping slow at first, then increase in speed. When it is quite fast, go to the next sound.
- 02.** Rain begins to be more steady. Tap fingers of one hand in rotation against the palm of the other. Tapping can pick up speed.
- 03.** Rain begins to fall more heavily. Rub palms together to make a swishing sound. This can be light at first (slow rubbing), and then more quickly. Then begin light clapping, making it louder and louder.
- 04.** Thunder is heard. Continue clapping, and begin to slowly and softly move feet up and down, moving slowly across the platform. Use the force and speed of foot movement to build a rolling "thunderous" sound. At the peak, with everyone stomping up and down, the noise should be quite deafening! Then slowly diminish the sound, moving in the opposite direction across the stage to indicate that the "storm" has moved on.
- 05.** The storm passes. Repeat the sounds in steps 1 to 3 in reverse, to indicate the slacking off of rain, until only a few raindrops are falling.

If someone is miming getting wet and seeking protection under an umbrella or raincoat, they can "ham it up" extensively, showing themselves getting soaked, perhaps throwing the leaky umbrella away, etc. At the end, they can wipe the water from their face and mime seeing the sun come out, a rainbow, etc. The whole energizer lasts only two to three minutes.



COCONUT



For this energizer-motion song the audience should stand.

The tune is very simple (“London Bridge is Falling Down”), done in the key of B flat. The notes are given below the appropriate letter or word.

Words:	C	O	C	O	N	U	T	
Notes:	F	G	F	Ef	D	Ef	F	(Ef=E F)
Words:	N	U	T					
Notes:	C	D	Ef					
Words:	N	U	T					
Notes:	D	Ef	F					
Words:	C	O	C	O	N	U	T	
Notes:	F	G	F	Ef	D	Ef	F	
Words:	Co	Co	Nut!					
Notes:	C	F	Bf					(Bf=B Flat)

The motions are designed to imitate the letters of the alphabet being sung:

- C:** Left arm curved above head; right arm horizontal, but with wrist curved up.
- O:** Both arms meet over head to form “o” shape.
- C:** Right arm curved above head; left arm horizontal, but with wrist curved up.
- O:** Both arms meet over head to form “o” shape.
- N:** Both arms straight down at sides.
- U:** Both arms extended straight up to form a “u” shape.
- T:** Both arms straight out, horizontal from shoulders.
- Co-Co-Nut:** Move hands from overhead position in a wide circle, ending at waist level to draw a large coconut in the air.

This song gets more energetic, the faster it is sung!

OKAY! ALL RIGHT?

This is a nonsense energizer, which can be stretched out if the imagination of the leader is good. The audience is instructed to respond to either the words "Okay?" or "All right!" with the opposite word. For example:

Leader: "Okay?"

Audience: "All right!"

Leader: "All right?"

Audience: "Okay!"

Then, the leader begins to tell a story about anything he or she wants. But every few words, the leader inserts one of the "trigger words," asking "Okay?" or "All right?" And the audience shouts back the answer. The leader can increase the frequency and speed of the trigger words, and the order in which they are said, to confuse the audience. When reaching a logical ending to the story, the leader says, "That's the end, okay?" To which the audience responds, "All right!" (of course). The leader then tries to stop his story and break off the energizer, continuing to sprinkle the appeal to stop with "All right?" or "Okay?" and acting more and more desperate until everyone is laughing. The leader gives up, and walks off-stage. Warning! The next speaker had better not use either word without expecting an audience response!





HEY JOE! (To be used during the week days only)

Leader gives this oral poem to a steady beat. It may help to tap your foot like a metronome to keep the rhythm and pace. To indicate the rhythm, the beat is represented for the first lines by x's placed below the words and the accented syllables underlined. This is an action energizer—the audience is asked to make the motions with the leader while joining in saying the words to the beat.

He-llo! My name is Joe. I have a dog and a wife and a family.
x x x x x x x x x x x x x x x x x

I work in a button fac-to-ry.
x x x x x x x x x x

One day, my boss came up to me and said,
x x x x x x x x x x

Hey Joe, are you busy? I said, Oh, no
X x x x x x x x x x

Turn the knob with your right hand. (Gesture turning a knob with the whole hand)
x x x x x x x x

Let a few beats go by while turning the hand rhythmically to the beat.

Continue with each of the following verses, keeping time to the beat as before. As each new "task" is added, continue doing all the other motions as well.

Hello! My name is Joe. I have a dog and a wife and a family.
I work in a button factory.
One day, my boss came up to me and said,
Hey Joe, are you busy? I said, Oh, no.
Turn...

01. the knob with your left hand.
02. the knob with your right foot.
03. the knob with your left foot.
04. the knob with your head (wag head from side to side)
05. the knob with your tongue (move tongue from side to side)

On the last verse (verse 7), the words are said with the tongue lolling, head wagging, and all hands and feet moving. ...Hey, Joe, are you busy? I said, YES! (with an exaggerated sigh).



SPECIAL PERSON

Like a football cheer, this very short energizer can be used to build enthusiasm and audience participation quickly. It has an additional plus: It reinforces the message that each person deserves honor, dignity, and respect, because they are unique and valuable.

The leader should ask the audience to repeat the words after him/her. As the audience learns the words (which will be said very quickly), the energizer can be varied by changing volume (from a whisper to a shout), by varying emphasis on different words, or by having competition in volume between men versus women or between sides of the auditorium, etc.

I AM (audience repeats, "I am...")
A SPECIAL ("a special...")
AND WORTHWHILE PERSON ("and worthwhile person...")
AND I DESERVE ("and I deserve...")
THE VERY BEST! ("the very best!")

YOUTH ALIVE CLAP (NO ENGLISH REQUIRED)

A rhythmic clap which is very popular as a "signature" item for the program. The leader may want to lead into with a standard opening, such as a countdown ("5, 6, 7, 8, all right..."), or a query ("Are you all right? All right!").

All right All right
(quickly) All right, all right, all right! Hey!
Clapping in rhythm:
12123
12123
12123
(stop clap) "YOUTH ALIVE!" 1 (final clap)

SCRIPTURE ENERGIZER

Certain Bible texts lend themselves to a similar treatment as the Special Person Energizer. They may be done as a repetitive response, or with the leader and audience replying in alternating fashion. Psalm 136 is an excellent example: The leader reads the first line, and the audience responds with "His mercy endures forever" as they stand up and lift up their right hand with palm up and wrist curved up.

TURN AROUND

Description of Plot

A father finds out his teenager is experimenting with drugs and makes him/her leave home. Rejected by his/her friends, the teenager finds out that turning to drugs has only caused even greater problems. Through the urging of his family, the father prays for strength as he and the teen decide to give up the drugs. Together, they break through the chains and are reunited.

Purpose

To show the audience the emotional damage of drugs.

Roles

- Teenage Son (or Daughter)
- Father
- Mother
- Sister (or Brother)
- 5 Friends
- 8 Players representing "Drugs"

Props

Eight (8) drug signs made of two poster boards, each with a string halter, and a drug name on both front and back of the poster.

Music

Any local instrumental music as a background.

Costumes

Father: Shirt and tie to help show he is Father. Mother: Adult-looking attire..

Teens: Typical teen clothing (son and daughter). Players representing Drugs: Black or dark clothes.

Staging

Mother, Father, and Sister on left side of the stage. Friends on the far right. "Drug- Players" at the back of the stage toward the right side, their backs to the audience. The Teen stands at the back of the auditorium on the right side.

Action

As the music starts, the Father rather angrily waits for the Teen to come home. When the vocals start, the Teen slowly walks up the aisle as though he/she is a bit "wasted" and is



holding “drugs” or “cigarettes” in his hand. As he/she enters the house, the Father promptly interrogates the Teen about where he/she has been, and grows increasingly angry, as though this is a frequent problem. The intensity increases until, in the heat of the argument, the Father accidentally knocks a handful of drug pills and/or cigarettes from the Teen’s grasp. This sends the Father into an almost uncontrollable rage, and the Father begins to shake the Teen, demanding answers. The Sister immediately steps in to pull her Father away, but the Father angrily shoves her back and points her to go to her room. Once again, the Father violently demands answers from the Teen. The Mother tries to calm her husband, but he pushes (or slaps) her back. At this point, the Father has had enough, and angrily tells the Teen to “get out.” The Teen pleads for mercy, but the Father insists.

Disillusioned, the Teen goes back to his Friends for help, but each turns his/her back on the Teen. With nowhere else to go, the Teen turns toward the “Drug-Players” at the back of the stage.

He taps the first Player on the shoulder, and the “Drug-Player” turns around, and they embrace. The embrace should be timed so that it occurs exactly with the “boom” at the start of the instrumental part in the middle of the song. The “Drug-Player” takes off his/her sign, and hangs it on the Teen’s neck. The Teen continues down the line of Drug-Players, with each new “Drug-Player” clasping the hand of the previous one after the embrace, until the Teen has received the sign of the last drug and the first and last “Drug-Player” clasp hands. The “Drug-Players” now walk in a circle around the Teen, symbolizing that he/she is trapped in addiction. The Teen realizes what has happened, but is unable to escape by breaking out of the circle. He/she tries several times, but is unsuccessful.

Meanwhile, the Mother, Sister, and some Friends have gotten together to convince the Father to help the Teen. The Father now realizes the plight of his child, and the family and friends pray together for help, the Father lifting his head upward in an earnest plea. He then gets up and goes to the circle, grabs the wrists of the “Drug-Players” and tries to break them apart. He is unable to do so. The Teen kneels down and prays for a moment, then tries again to escape the circle. He/she is still unsuccessful, and then realizes that he/she must also take action. He takes the drug signs off his neck. The Teen and the Father pray once more. Then, together, they grasp the arms of the “Drug-Players” and with a mighty heave, break the hands apart, and the “Drug-Players” freeze.

Both Father and Teen just stand there, with the Teen wondering how the Father will react. The Father then opens his arms, and the two embrace. The family then joins the hug to end the skit.

Comments and Suggestions

The “Drug-Players” and the audience may respond by joining in the hug. However, this or any response should not be encouraged, but should be natural.

The whole skit needs to be very slow-paced, and played with feeling.

FRIENDSHIP GROUPS: HOW TO DO IT

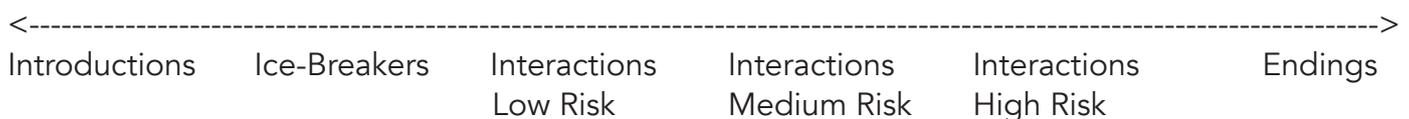
How do Friendship Groups work? How can a group of complete strangers grow their friendship fast? How can “playing games” lead to trust and sharing, even deep sharing? And when they get back home, how can they take the friendships they’ve had for a while to a deeper level?

There isn’t a specific recipe or “Eight magic steps and you have it.” It’s more of an art than a science. We can’t just plug in a formula and expect the same product every time because this program deals with people, and people are predictably unpredictable.

While practice can build experience, a few tips can speed up the learning process for someone fostering closeness and community through these group-building activities.

Create a Plan. A plan gives the sense that everything can come together naturally. You will probably have to adjust a few things, but a plan invites participation and movement toward the goal of friendships in the “Friendship Group.” Some activities require specific materials or props. A plan pushes you to have those ready, which increases your repertoire. When you have a 60-minute segment of Friendship Group activities, plan for 75 to 90 minutes of activities, and drop some as you see how the group responds. This manual has a lot of activities that can be put into a Friendship Group session as well as examples and a template to copy and create your own activities.

Follow a Flow. Begin with simple, non-threatening activities. If your group is new or has new people, start with names. Then move to Icebreakers to galvanize a group to action. You may choose to do more than one. Then lead toward purposeful interaction. It makes sense to do low-risk interactions before attempting medium- or high-risk interactions. An “Inding” (yes, each component of the flow starts with the letter “I”) completes a group gathering. You’ll see the names and description of the activities within each segment of the flow under “Types of Activities.” In general, you’ll want to move from the left to the right on the following continuum.



Steps Along the Way.

- Start with enthusiasm. The group’s response rarely goes beyond what you exude.
- Know your stuff. When you can lead activities by heart, you can give more attention to what’s happening with the group than to the rules or procedures of a game.
- Be a good listener. Two ears, one mouth; what was God thinking?
- Explain and demonstrate. Make it easy; move from simple to complex; show-and-tell.
- It’s about the Friendship Group and the people in it; not about you.
- You can lead, but you can’t make others follow.
- When a person goes deeper, it invites others in the group to follow.
- Will others go deeper? Or will they avoid deeper responses with humor or by changing the topic?
- Estimate the amount of time needed for each activity.
- Stop an activity at the peak of its enjoyment.



Adapt as Needed.

- Call what you see, such as “You almost have it” or “This really isn’t working so let’s drop it and move on.”
- As the facilitator, you can influence, but you can’t control the group.
- The facilitator is the rudder, not the entire ship.
- If the group doesn’t go deeper when the opportunity comes, return to lighter, physical games. Try going deeper later.
- To encourage more talking or interaction, divide into subgroups.
- Feel free to include your own activities where you think they would fit, or adapt these to fit your style and your Friendship Group.

Some Generalizations. It’s usually best to have a co-facilitator or assistant. For Youth Alive, we strongly urge the co-facilitators be a young person and an adult—teamed together and learning to work together. When you do, the co-facilitator helps with materials or props and fills in gaps. A co-facilitator should sit opposite the other co-facilitator rather than next to them. This enables you to divide-and-conquer as well as having ideal eye contact with each other. Usually the best formation is sitting in a circle. Bring the circle in tighter when talking or when doing more intimate activities. Consider the surrounding space. In general, males like activity and shy away from deep conversations, while females are often ready to talk and to talk deeply. Coed groups have a different dynamic than a group of all females or all males.



TYPES OF FRIENDSHIP GROUP ACTIVITIES

The activities in this manual can be divided into several categories. In their simplest form, they can be classified as:

OPENING: This category includes “Introductions” and “Icebreakers.” Use these to start a Friendship Group session.

WORKING: These activities move the group toward bonding by building trust and investing in one another, even taking risks.

CLOSING: An activity to wrap up the Friendship Group session.

These activities have been drawn from the book *Come Together* by Steve Case and the previous *Youth Alive Participant’s Manual* which drew from a variety of leaders as well as on game books like *New Games* and *More New Games* and *Playfair*.

It would be wise to also consider a few other dynamics in building a Friendship Group. One example is that people often think of “Icebreakers” as the only type of opening activity. But when people in the group begin as strangers, it’s wise to practice putting names to new faces, so you can quickly take this basic step to becoming friends. “Introduction” games use names in a repetitive but fun way so people can establish this starting point. Hearing a bunch of names one after another rarely enables people to remember those names. So repetition is necessary. The fun element makes it not only okay, but actually fun.

You can add “Icebreakers” after you’ve practiced names through “Introduction” games. This may be necessary for two or three sessions at a Youth Alive convention. It might also be needed in a Faith Alive club back home, especially if people don’t know each other’s names. “Icebreakers” are needed even when you know people’s names. “Icebreakers provide a focus to get the Friendship Group together and on task in a fun way.

WORKING: The “work” of a Friendship Group is participating in activities, sharing, building trust, and even taking risks to go deeper as a group. This requires time and shared experiences. These could be put on a sliding scale of “Interactions” that range from “Low-Risk” on one end and “High-Risk” on the other end. We’ll put in a middle category called “Medium-Risk.” The facilitators can’t dictate or control whether or when a group will move from “Low-Risk” to “Medium-Risk.” You can set the stage, but you can’t force it. If the group members aren’t ready to go deeper, return to more “Low-Risk” activities and then try “Medium-Risk” activities later. Some groups will eventually be ready to move to “High-Risk” activities. And just because a Friendship Group engaged in a “High-Risk” activity in one session doesn’t guarantee it will do so in the next one. For many people, the depth and closeness and bonding experienced is something they may not have experienced before, or maybe not for a long time. This is often when God becomes more real because the combination of sharing who we really are, feeling accepted even though we have faults, hoping, and trusting are all Godly qualities. When a person experiences this personally, it’s far more impactful than just words they’ve heard.

While you never know for sure what will happen, including how deep a group will go with an activity,



we have categorized them in three different levels of risk: Low-Risk, Medium-Risk, and High-Risk. Sometimes when a facilitator takes an appropriate “next step” type of risk, it invites others in the group to take a similar risk (but it’s not guaranteed that others will follow). Being a facilitator is a risk in itself!

CLOSING: To wrap up a Friendship Group session, an activity to tie off the session helps people to transition from the closeness and intimacy of a Friendship Group to other activities and other people.

Here’s a short outline of the types/categories of Friendship Group activities:

OPENING: Two types:

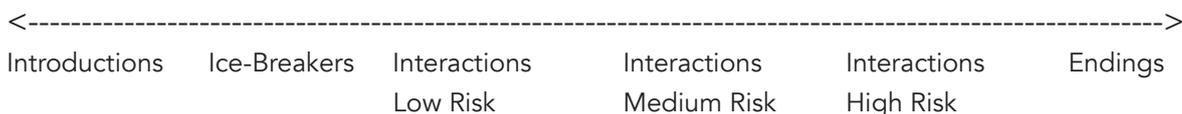
- Introductions—learn names
- Icebreakers—focus the group to start

WORKING:

- Interactions: Low Risk—activities that most will engage in right away.
- Interactions: Medium Risk—activities that require greater trust and sharing.
- Interactions: High Risk—deeply meaningful, but also risky; wait until you have lots of trust.

CLOSING: To signal the close of a Friendship Group session and to transition to other things and people.

Here’s a more detailed explanation of the more detailed type of activities to craft together into your Friendship Group sessions. They will be presented in the order of the flow or activities mentioned earlier:



Introductions - Activities used only the first few times a group meets, usually when people don’t yet know one another and need to start by learning one another’s names. They are of the ice breaker variety, and have the potential to set the tone for what the group will be. Go for it!

Ice Breakers - Activities designed to get things going at the start and help the individuals to become a group. These activities are helpful even when a group already knows one another, and help launch a group, and are usually necessary when a group reconvenes. These can also be used partway through a small-group time just for fun or to refocus the group.

Interactions - The “work” portion of a small group in which the group seeks to develop deeper levels of trust by doing activities, sharing history and personal outlooks, feelings, insights, hopes and dreams, frustrations, etc. These activities are divided into low-, medium-, and high-risk levels of intimacy. Start with the low-risk

activities and proceed to deeper levels as the group is able based on shared experiences and learning to trust one another. Be sensitive to move to increased intimacy or to back off to less vulnerable elements in the give-and-take as a group develops.

Low Risk – Fun-and-game types of activities that have the potential for debriefing at whatever level the group is ready to move to. Often these are high-energy games with a limited amount of sharing.

Medium Risk - The fun element is still present, but the group is moving beyond just fun-and-games and starts to share personal and meaningful things. This might not be highly vulnerable stuff, but it establishes more history, and trust continues to develop.

High Risk - The activity level decreases but the talking and sharing increases and deepens. Sometimes one basic activity can set the entire group into serious reflection. It might be one person sharing something very personal that will set the stage for others to feel secure enough and safe enough to share their story—or part of it—in this caring environment.

Endings - Activities to tie off a group gathering with some type of meaningful push, summary, commitment, or sharing. This makes it more memorable than simply saying, “I guess it’s time to quit now.”

While these descriptions may be helpful in putting together your plan for your Friendship Group, in addition to doing activities, you want to move toward deeper trust and sharing in your group. One way to keep this in mind is to think of the acronym SHOP as you facilitate your Friendship Group activities.

SHOP. This acronym takes a group beyond the superficial to the heart of the matter. Through the activities we want people in the small group to have conversations that are:

S = Spiritual—The goal is connecting with God.

H = Honest—Tell the truth; no “pat” answers.

O = Open—Share with others from your heart; take a risk.

P = Personal—Speak for yourself, not in generalities.

INTRODUCTIONS



Introductions - Activities used only the first few times a group meets, usually when people don't yet know one another and need to start by learning each other's names. They are of the ice breaker variety, and have the potential to set the tone for what the group will be. Go for it!

DROP IT

Goal: To practice the names of the people in your group in a playful manner.

Optimum Group Size: 10 to 20.

Materials Needed: One sheet of fabric (preferably dark and not "see through") about 7 or 8 feet long and 4 or 5 feet wide. You could use a blanket instead of a sheet of fabric.

Time Needed: 7 to 15 minutes.

Activity Described: Divide your group into two groups. Hold up a sheet of fabric or a blanket between the two groups. The leader and co-leader could hold up the fabric on either side by standing on chairs about four feet apart and facing each other.

Each group sends one person from their group to stand in front of the sheet/blanket, facing each other. The two people standing in front of the sheet/blanket must not know who is on the other side. The leaders who are holding the sheet/blanket then drop it so the two people facing each other can now see each other. Whoever calls out the name of the other person first scores a point for their team.

Pull up the sheet/blanket and have the two teams send another person from each team.

Continue until each person has had at least one or two chances.

Some people get creative and squat down so when the sheet gets dropped, it looks like no one is there because the head level is much lower. Sometimes two or three people will stand in front of the sheet instead of just one. Remember, the purpose is to practice names. Frankly, the number of points scored by the team doesn't really matter.

NAME TOSS

Goal: To learn names of the people in your group.

Optimum Group Size: 8 to 20.

Materials Needed: 5 to 10 balls to toss. You can also use a Frisbee.

Time Needed: 5 to 10 minutes, depending on group size.

Activity Described: Stand in a circle with a little space between people.

The leader asks the name of someone in the circle by saying, "What is your name?" The person asked responds with his or her name. The leader calls out the name of that person and tosses the ball to them. The person who has just caught the ball must call out the name of the leader. If the person doesn't know the leader's name, simply ask, "What is your name?" The leader responds, and the person with the ball repeats the leader's name, then asks another person in the circle for their name. After the person asked responds with their name, the person with the ball repeats the name and tosses the ball to them. Continue this until everyone has caught the ball at least once, repeated the thrower's name and their own name. By the time the activity ends, everyone in the activity gets to hear everyone's name at least twice.

After players get the hang of the game, the leader adds a second ball so two people are calling out the names of two different people at the same time. You can add even more balls gradually. Catching the ball isn't the thing; learning names by calling them out repeatedly is what matters.

INSTANT REPLAY

Goal: To learn names of the people in your group.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 8 to 15 minutes, depending on group size.

Activity Described: Form a standing circle with just a little space between people.

One person walks to the middle, calls out their first name and does a motion (such as a curtsy, a muscle flex, or a hop on one leg—no back flips please!), then returns to the spot where they started. Then everyone in the group moves to the center of the circle and demonstrates an "instant replay," saying the person's name and repeating their action.

Then the next person in the circle goes to the middle, calls out their name and does their own motion, followed by everyone in the circle giving an "instant replay" of that.

This continues until everyone in the circle has had a turn.

NAME ALLITERATION



Goal: To learn names of the people in your group.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 10 to 15 minutes, depending on group size.

Activity Described: Use alliteration to help to remember names.

Alliteration is the Same Starting Sound.

Use positive adjectives such as “Tremendous Tom” for Tom or “Loveable Latisha” for Latisha. Don’t use negative adjectives or put-downs. The leader starts and gives a few moments for others in the group to come up with their own alliterative adjective for their name. You can add intensity to the game by calling out the names of those before you, such as “Tremendous Tom, Loveable Latisha, and I’m Marvelous Michaela.”

A

- Acceptable: Agreeable or pleasing in person.
- Achiever: One who accomplishes.
- Active: Pursuing business with vigor.
- Admirable: Regarded with wonder, love, or delight; deserving admiration or praise.
- Adorable: Worthy of the utmost love or respect; delightful, charming.
- Adventurous: Willing to incur hazard.
- Affectionate: Having great love, warm in feeling.
- Agreeable: Pleasant, pleasing, willing or ready to agree.
- Alluring: Inviting manner.
- Amicable: Friendly, characterized by good will.
- Angelic: Like an angel in beauty, goodness, innocence, etc.
- Articulate: Expressing oneself clearly; well formulated; clearly presented.
- Attentive: Heedful; intent; observant; regarding with care.
- Attractive: Having the power or quality to draw to; pleasing; alluring.
- Auspicious: Favorable; kind.

B

- Beautiful: Having the qualities which constitute beauty.
- Believable: Capable of being believed.
- Blessed: Enjoying great happiness; joyful.
- Bright: Of active mind; discerning; characterized by cheerfulness.
- Brilliant: Very able; keenly intelligent; talented.

C

- Candid: Open, frank, honest.
- Caring: To feel concern or interest about others.
- Comely: Handsome; attractive; good-looking.
- Comical: Causing amusement; humorous; funny.

- Competent: Having ability or capacity; duly qualified.
- Conservative: Characteristic of preserving old methods and customs.
- Considerate: Having respect for or regard for another's circumstances.
- Consistent: Conducting oneself in harmony with one's belief or profession.
- Contrite: Deeply affected with grief and sorrow for having done wrong.
- Courteous: Using or characterized by courtesy; well bred; polite and gracious; considerate of others.

D

- Dainty: Of delicate and refined taste; tender; lovely or pretty.
- Delightful: Giving great pleasure and satisfaction; charming.
- Dependable: Can be depended on; trustworthy; reliable.
- Deserving: Worthy of reward or praise; meritorious.
- Determined: Having one's mind made up; decided; resolved.
- Devout: Sincere, earnest.

E

- Eloquent: Having, or characteristic of eloquence; fluent, forceful, and persuasive.
- Entertaining: Pleasing; amusing; diverting; interesting.
- Estimable: Worthy of esteem or respect; deserving good opinion or high value.
- Extraordinary: unusually great or remarkable

F

- Fabulous: Beyond the limits of belief; exceedingly great.
- Faithful: loyal, constant, and steadfast.
- Forgiving: Inclined to forgive or pardon.
- Friendly: kind and pleasant

G

- Generous: Willing to give or share.
- Genuine: Sincere; not counterfeit or artificial.
- Godly: Devoted to God; pious; devout.
- Good-looking: Pleasing in appearance.
- Graceful: Having grace or beauty of form.

H

- Handy: Conveniently located; accessible.
- Happy: feeling or showing pleasure or contentment
- Honest: free of deceit and untruthfulness; sincere.
- Honorable: Having or showing a sense of right and wrong.
- Hopeful: Expecting to get what one wants.

I

- Industrious: Characterized by earnest, steady effort; hard-working.
- Immaculate: Perfectly clean; without spot or stain.
- Intelligent: Having or showing an alert mind.

J

- Joyful: Feeling of expressing joy; glad; happy.



K

- Kind: Cordial, gentle, friendly.

L

- Lawful: In conformity with the principles of the law.
- Loving: Showing tender regard and concern.
- Lovely: Morally or spiritually attractive; gracious.

M

- Marvelous: causing great wonder; extraordinary
- Masterful: Having or showing the ability of an expert; skillful.
- Merry: Full of fun and laughter.

N

- Nice: Well pleasing.

O

- Optimistic: Having the tendency to take the most hopeful or cheerful view of matters; expecting the best outcome.
- Outgoing: Sociable, friendly, etc.

P

- Patient: Able to wait calmly for something desired.
- Pleasing: Giving pleasure; agreeable; gratifying.
- Popular: Accepted among people in general; liked by many or most people.
- Positive: Confident or assured.

Q

- Quick: Prompt to understand or learn.

R

- Radiant: Shining brightly; showing pleasure, love.
- Refined: Cultivated, elegant.
- Regal: Splendid, stately, magnificent, characteristic of or fit for a monarch.

S

- Sophisticated: Highly complex or developed.
- Special: Different from others; exceptional; extraordinary; highly regarded or valued.
- Supportive: Gives support, help, or approval.
- Sincere: Without deceit, pretense, or hypocrisy; truthful, straightforward; honest.

T

- Tasteful: Having or showing good taste.
- Thankful: Feeling or expressing thanks; grateful.
- Truthful: Presenting the facts; honest.

U

- Unforgettable: So important, never to be forgotten.

- Unique: Having no like or equal; extraordinary; one and only.

V

- Valuable: Having great value; of great merit.

W

- Warm: Sincere; grateful, affectionate, or loving.
- Well-balanced: Nicely or exactly balanced.
- Well-behaved: Conducting oneself properly; displaying good manners.
- Well-beloved: Deeply or greatly loved; highly respected.

Y

- Youthful: young or seeming young

Z

- Zealous: Ardently devoted to a purpose.

KNEE BOP

Goal: To learn names of the people in your group.

Optimum Group Size: 10 to 20.

Materials Needed: One sheet of newsprint, rolled up with two rubber bands around it.

Time Needed: 7 to 10 minutes, depending on when it peaks in fun and laughter. Note: It may begin slowly, especially if people have no idea who's who in the group.

Activity Described: Form a tight circle with everyone sitting.

One person stands in the middle with a lightweight, rolled-up sheet of newspaper. To start things, the person in the middle calls out the name of a person who is sitting in the circle and then quickly bops that person's knee with the newspaper.

The person sitting tries to call out the name of another person sitting in the circle before being "bopped." If the seated person is able to call out a name before being "bopped" then the person in the middle needs to "bop" the knee of the other person whose name is called, and so on.

If a person is bopped before calling out the name of another person, the "bopped" person goes to the middle, and the person who bopped him or her takes the empty chair and quickly calls out the name of another person in the circle before the new person in the middle bops him or her. If the person who just sat down fails to call out a name before being bopped, he or she returns to the middle, and the one who bopped that person sits down again. If the seated person calls out a name and no one in the circle has that name, the person sitting is bopped and becomes "it" in the center.

ACRONYMS

Goal: To learn names of the people in your group and a little bit about them.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 7 to 10 minutes.

Activity Described: Form a tight circle with everyone sitting, facing the center of the circle. Each person takes their own name and uses each letter in their name to come up with a descriptive word that starts with that letter.

For example, "AL" could say "A is for Appreciative and L is for Laughter because I like to laugh." Mike could say, "M is for motivated, I is for intelligent, K is for kind, and E is for energetic."

Those with long names might want to shorten their name a bit or use a nickname. If needed, others in the group can help come up with descriptive words for the letters in other people's names. You may need a minute or two before the group starts to share.

To practice the names more, after the first person shares their name and the descriptions, the next person must start with the previous person's name and include one of the descriptive words from a letter in that name. Then the person can share their own name and a description for each of the letters in it.

The next person must give the names of those who already shared, with one word from one of the letters of each name, and then add their name and a word for each letter. You never know which words in the name will be recalled, or how often such a word might become the default word for that person as the list grows longer. Adding this component adds significantly more time to this activity.

SWEET

Goal: To learn names of the people in your group and a little bit about them.

Optimum Group Size: 10 to 20.

Materials Needed: A bowl or bag of plain M&Ms—enough for each person to grab a quick handful.

Time Needed: 7 to 15 minutes.



Activity Described: Sit in a circle. Hold up a bowl or an open bag of plain M&Ms and invite the group members to take as many M&Ms as they'd like, being mindful that you are sharing with the whole group. Tell them that they must hold their M&Ms rather than eat them, and that M&Ms do melt in your hand! After each person has taken a small handful, go around the circle and say one thing about yourself. Start with your name. When you share one thing about yourself, you get to eat one M&M. Continue going around the circle until everyone in the group has shared one personal fact. Start around the circle a second time, sharing another thing about yourself and then eating one more M&M. Obviously, those who took more M&Ms will end up sharing more things about themselves. Once a person is out of M&Ms, that person doesn't need to make more statements. Continue until all the M&Ms have been consumed.

Variations: If you prefer, have a person use all their M&Ms at once by telling many things about themselves before moving on to the next person. Another variation is to color-code the M&Ms so that a certain color means a certain category of information. For example, for a yellow M&M, the person must say something about their family; for a blue M&M the topic is school or work; for a green M&M they must share something about sports; etc. You can come up with your own categories for the different colors.

This activity is a lot like "Roll It Out" (next page) except you use M&Ms instead of toilet paper.

ROLL IT OUT

Goal: To learn names of the people in your group and a little bit about them.

Optimum Group Size: 10 to 20.

Materials Needed: One roll of toilet paper.

Time Needed: 7 to 15 minutes.

Activity Described: Sit in a circle. Hold up a roll of toilet paper and ask group members to tear off as much as they would use for one wipe when they are sitting on a toilet. Illustrate by tearing off a piece that has three or four squares of toilet paper and hand the toilet paper roll to the next person, and so on until each person has some toilet paper.

Then each person must describe one thing about themselves for each square of toilet paper they took. Start with your name as you tear off one square. Say something about yourself like "I have two brothers and no sisters" and then tear off another square. Keep making statements about yourself until you have used up all of the squares.

One variation is to use just one square and told one fact until everyone has used a square, then go a second round with other tidbits about yourself, and keep doing this until you run out of toilet paper squares from your initial tear off of the roll. Those who still have squares must continue to share something about themselves until they run out of squares.



FRIEND OR FOE?

Goal: To practice the names of the people in your group in a playful manner and with lots of energy.

Optimum Group Size: 15 to 40.

Materials Needed: Sturdy chairs.

Time Needed: 7 to 15 minutes.

Activity Described: Sit in a circle with at least a foot of space between each person. One person stands in the middle and calls out the name of two people sitting in the circle, such as “Matt and Danica.” If you don’t know a person’s name, just ask, “What is your name?”

After calling out the two names, “Matt and Danica,” the person in the middle then asks, “Friend or Foe?”

The person who was named first (in this case, “Matt”) is the one who answers the question.

If Matt answers, “Friend,” then Matt and Danica must trade seats as quickly as possible because the person in the middle will try to sit in one of the vacated chairs as soon as they become available. But the person in the middle must stay in the middle until the first person has given the response. (Hint: It’s easier to get in one of the chairs if you call the names of two people on opposite sides of the circle.)

If Matt answers, “Foe” when asked “Friend or Foe,” then everyone sitting must get up and find a new seat. That new seat must be at least four seats away from where they were last sitting. The person can’t just slide over one spot—that would be too easy. It’s like a fruit basket upset this way. Whoever is left without a seat then goes to the middle and starts the process again by calling out two names and then asking, “Friend or Foe?” The person named first answers back, and the action begins again.

LIFE STORY

Goal: To get acquainted with people you don’t know very well, and to give everyone a chance to practice listening and talking skills.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Pair up with someone you don’t know. Pick one person to go first (whoever has longer hair, or whoever is taller) and that person has 60 seconds to tell their new partner everything



they can about themselves. Encourage them to talk fast but not too fast for their partner to be able to understand what is said. Some people freeze up and say one or two sentences about themselves and then go silent. You may need to prime the pump by suggesting they tell their name, some family info, schools attended, childhood friends, summer activities and vacations, accidents and broken bones or stitches, favorite foods—anything you can think of in 60 seconds.

After 60 seconds have elapsed, it's the partner's turn to give their entire life story in just 60 seconds. Again, you may need to prime the pump a little.

Next, have the two partners join another set of two partners so you now have a group of four people. Each person this time has just 30 seconds to tell the others in the group **NOT ABOUT THEMSELVES BUT ABOUT THEIR PARTNER**, based on what they heard for those initial 60 seconds. If the person talking can't remember half of the stuff about their partner, the partner can coach them, or the person talking can make up stuff about their partner! Each person in the new group has 30 seconds to tell the others about their partner.

NAME AND NICKNAME

Goal: To discover names of the people in your group.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Sit in a circle and invite people to share their official name and then their nickname. Some people go by their legal first name, while others go by a nickname. A person people call "Junior" might have the same name as his father, but people just call him "Junior." Michael might go by "Mike" or "Mikey." Katherine could be "Kate" or "Katie" or even "Kathy." Does a person just use initials, such as K. C., which sounds a lot like Casey? It's possible that a person has a pet name, like "Smiley" or "Skeeter" that doesn't sound anything like "their given name."

Have each person give their name and then at least one nickname. Have the group repeat each name in response to hearing it. If a person's legal name is the name they use, have them come up with a possible nickname. If they seem unable to do that, the group can create a nickname. You could also add a voting component to this by asking those in the group to vote on the name and then on the nickname. Which one do you like better? Give a "thumbs up" when the person repeats the name or nickname you prefer. Give a "thumbs down" for the one you like less. If it's a toss-up, put your thumb sideways, back and forth.

LETTER COUNT

Goal: To discover names of the people in your group.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Sit or stand in a circle and ask people to share the number of letters in their name and then call out their name. You can add more variety to this by having the person tell the number of letters but only give the first letter and have the rest of the group start to guess. Have the person spell out their name, letter-by-letter. This actually helps some people clarify the name (was that Ken or Kent? Larry or Gary or Terry or Cary or Harry?).

The full statement could be: number, spell it, name. For example, "Five, S-H-A-W-N, Shawn." The rest of the group would then repeat it in unison, "Five, S-H-A-W-N, Shawn." It takes more time, but you could further engrave this into the minds of the people in your group by having the second person repeat what the first person said and then add their own information. The third person would continue by repeating the first two people's information and then their own. Group members could help as needed because learning the names counts more than a perfect memory.

IN THE PARADE

Goal: To discover names of the people in your group and one tidbit about them.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 12 minutes.

Activity Described: Sit in a circle and invite each person to imagine a parade. Then imagine being in the parade! What part would they play in the parade?

- Leading the parade?
- Twirling a baton?
- Marching in a band (playing which instrument)?
- Waving from a float?
- Driving the float?
- Riding a horse?
- Being a clown?
- Demonstrating gymnastics?
- Carrying a banner?



Come up with your own place in the parade. Take 10 or 15 seconds to think of where you would like to be in the parade, then allow 10 or 15 seconds of silence so people can choose their own place in the parade. Take turns sharing, starting with your name and then naming where you would be in the parade. The first person may say, "My name is Dustin and I'd be juggling as I walk in the parade."

Continue by giving each person in your group an opportunity to share their name and where in the parade they would see themselves. You might need to encourage or assist some in coming up with a place in the parade. It's okay for more than one person to choose the same place or activity in the parade.

A STAR

Goal: To discover names of the people in your group and something about each one.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 12 minutes.

Activity Described: Sit in a circle and explain that each person needs to come up with one activity in which they would like to be a star. We usually think of movie stars, sports figures, or music stars, but encourage the group to choose whatever they want. It's not based on what is reality, but what they would like. For example, they could choose to be a star of:

- Country music
- Stand-up comedy
- Cooking channel on TV
- Tennis
- Debate Team
- Wall Street
- Preaching
- Photography
- Broadway musical
- Fitness training
- Florist

Give them 10 to 20 seconds to come up with something. Ask people to introduce themselves one at a time by saying, "My name is _____, and I'm a star of _____." For example, "My name is Leticia, and I'm a star in the circus." Give time for each person. Be ready to offer suggestions for any who can't seem to come up with an idea (you're actually practicing their names). Feel free to have each person name one other person who has shared their name, and include that person's area of stardom, too.

PICNIC

Goal: The participants should be able to remember each other's names. They are given the opportunity to interact in a fun, but low-risk, situation.

Optimum Group Size: 5 to 15

Materials Needed: None

Activity Described: The group sits in a circle. Tell the group that they will all be going on an imaginary picnic. Each person is to bring one item that starts with the first letter of their first name (such as Bob is bringing a blanket). The leader starts by telling the group his or her name and what he/she is bringing. The next person repeats what the leader said, and adds his name and what he/she is bringing. This continues until everyone has repeated all previous names and items.

How to Process: Little processing is needed. The facilitator can explain the goal and discuss how and whether or not the goal was achieved.

MEMORY IN THE MIDDLE

Goal: To practice the names of the people in your group, especially the leader(s).

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 4 to 8 minutes.

Activity Described: After people have had some opportunity to learn names, but probably before everyone knows everyone's name, have the group form a circle standing up. Ask for one volunteer who might know most of the names in the group already. If nobody volunteers, go ahead and pull a participant into the middle of the circle.

Stand directly behind the person in the middle and start by pointing to anyone in the circle. Have the person in the middle call out that person's name (or ask the name, or you can whisper the name into their ear). Proceed around the circle until you come back to the first person.

Do it again with another person. Each time you do this, you give everyone in the circle (not just the person in the middle) a chance to hear everyone's name again. (You also get to learn the names as the leader by looking from behind the person in the middle who is trying to say each person's name).

If you want a slight variation, have everyone switch places and try it with another person. You don't need to have each person in your group take a turn in the middle, but you can come back to this activity later and have a few more people try it. It's a great review for others, too.

ID ME



Goal: To get acquainted with people you don't know very well.

Optimum Group Size: 8 to 15.

Materials Needed: None. Option of paper and pen for each person.

Time Needed: 5 to 10 minutes.

Activity Described:

Think up some short sentences about yourself, such as:

- I'm 16 years old.
- I live in Bakersfield, California.
- I have a little brother.
- I also have a twin sister.
- My favorite sport is badminton.
- I'd like to be a circus performer.
- My best class in school is physics.

How many people are in your group? That's how many different short sentences you need about yourself.

After giving the group some time to come up with a bunch of short sentences, each person must go to every other person in the group and give their name and one of the sentences about themselves.

They should give a new sentence to each person in the group.

When everyone is finished, ask if there were themes that stood out and/or one or two of the specific sentences they remember.

Are there some key themes or characteristics about your group that are starting to emerge?

Option: Write out the short sentences on a piece of paper or index card and give one to each person in your group.

HAND IMPRESSIONS

Goal: To get acquainted with people you don't know very well.

Optimum Group Size: 8 to 15.

Materials Needed: One piece of 8.5 x 11 piece of paper and a pen for each person.

Time Needed: 5 to 10 minutes.

Activity Described: Give each person a piece of paper (8.5 x 11) and a pen. Ask them to put their open hand, palm down, on the paper; then draw an outline of their hand with their fingers fully extended.

Write your name on the paper and then write one characteristic about yourself on each finger outlined on the paper. Examples could include things like "artistic" or "athletic" or "science-friendly" or "tidy room" etc.

Go to someone in your group and trade papers for a minute. Then ask each other one question, being prompted by what you read on the paper with the outline of the hand and fingers. Retrieve your paper and go exchange with another person in your group. Ask a question at the end of a minute once again, retrieve your paper, and move on again.

Continue until time runs out. Form a circle, sitting in chairs, and ask members of the group what they remember from all the input they received.

Option: Put the papers with the descriptions on a table and have people in the group circulate and then guess who they think matches each of the hands. After a consensus has been reached for each hand, let the truth be confessed by having each person own up to their paper.

FIRE!

Goal: This gives the participants a chance to learn each other's names and share what possession is important to them. This is a very low risk exercise.

Optimum Group Size: 5 to 15

Materials Needed: None.

Outline of Activity: The group sits in a circle; one person will start by stating their name and the one thing they would take with them if they learned their house was on fire.

How to Process: Little processing is needed. Facilitator can ask group to think about the type of possessions that people value and why.

FIVE THINGS ABOUT MY FRIEND

Goal: To use some creativity and also to get acquainted with people you don't know very well.

Optimum Group Size: 8 to 15.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Pair up with someone in your group that you don't know very well. Sit down and face each other, bringing your chairs in close enough that your knees touch your new partner. Introduce yourself to your new partner

Now turn your chairs so you and your partner are back-to-back. While remaining in a back-to-back position, and without looking at your partner, name five things you observed about your partner. If you can't come up with five things, then make up things, even if they aren't true.

Turn your chairs back around and face each other and see how many things you got right about your new "friend." Do you know at least two things about your new friend?

Option: While sitting knee-to-knee the second time, name five character qualities you think your partner has, just by looking at your partner for this short time.

CREATIVE INTRODUCTIONS

Goal: To break down inhibitions by creating outlandish introductions and then finding out what is true in response.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 8 minutes.

Activity Described: Instead of going around the circle and saying in a boring way, "My name is _____" and then forgetting everyone's name. here's another way to add some spice to introductions.

Prime the pump by challenging each person to come up with a crazy and outlandish



introduction of another person in the group—preferably somebody they don't know.

Give an example, such as, "This is my good friend, Esmeralda. She was born in the rain forests of Ecuador and grew up hunting guinea pigs to help feed the family. Her twin brother was kidnapped and later became an airplane pilot. On a trip to Ecuador, he went into the jungle and rescued Esmeralda and brought her to this country where she is just starting to learn English."

Another crazy example could be, "This is my long-time buddy, David. He overcame his fear of bees when his parents sent him to work with a bee-keeper one summer in Tennessee. That's where he learned to play the harmonica and to wiggle his ears. He wants to become a brain surgeon."

After sharing your outlandish introduction, the individual makes corrections, noting if anything happened to be correct or maybe something they wish was correct.

This makes a practice round of names more fun and provides an opportunity for people to demonstrate some creativity and courage to come up with outlandish things, especially with someone completely unknown.

VACATION

Goal: The participants should be able to remember each other's names and get a basic idea of the general interests of the other group members.

Optimum Group Size: 5 to 15

Materials Needed: None.

Activity: The group sits in a circle. Tell the group that they will all be going on an imaginary vacation. Each person is to think of one activity that they would like to do while on vacation. The leader starts by telling the group his name and what he's doing. The next person repeats what the leader said, and adds his name and his activity. This continues until everyone has repeated all previous names and activities.

How to Process: Little processing is needed. The facilitator can explain the goal and discuss how and whether or not the goal was achieved.

TWO CIRCLES

Goal: The members will share their likes and dislikes while recognizing how they are similar to and different from others. The members will also learn more about themselves and others while getting to know each other in a fun way.

Optimum Group Size: 10 to 40

Materials Needed: Paper or index cards, pencils or pens, tape.

Activity: Have the members write their names in the center of a piece of paper. In the corners, they should then write their favorite song, favorite color, favorite toothpaste, favorite Bible story, etc. (Note: Other questions can be asked as desired.). After the cards have been completed, have the members tape the cards to the front of them.

The group should be divided equally. One group should stand in a circle facing outward. The second group will then form a circle around them, facing inward. Each person should have a partner. In one minute, the partners must share the information on their cards. After the information has been shared, have the outer circle move two places to the right, and have the members share again with their new partners. Make the move as often as you like, varying which circle moves and how many places.

How to Process: Discuss the following:

- What were some similarities? Differences?
- How does it feel when you share something in common with something else?
- How do you feel when you meet someone who is different from you?
- Do you think it's important that we are different?
- What did you learn about yourself? About others?

Submitted by or Source: Prevention is Primary (PIP)



ALPHABET LINE

Goal: To discover names of the people in your group.

Optimum Group Size: 8 to 30.

Materials Needed: None.

Time Needed: 3 to 6 minutes.

Activity Described: Invite the people in your group to line up shoulder-to-shoulder, from the shortest to the tallest. Give them a few moments to accomplish this rather simple task. Next, ask them to change the order, but to do so silently—no talking. They can use hand signals and even mouth words, but they cannot say anything out loud, not even whisper. With this handicap, ask them to line up in alphabetical order, based on their first name.

After completing that task, invite them to say their first name aloud, starting from the “A” end of the line and working your way down the alphabet line.

Ask them to try this again, using silent communication forms, and line up alphabetically by last name.

Then have them share their last names, one at a time, to the group.

YOUR IDEA(S)

This a place for individuals to add their own game/activity

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:

ICE BREAKERS



Ice Breakers are activities designed to get things going at the start of a group meeting and help the individuals become a group. These can be helpful even when a group already knows one another. These activities can launch a group or when a group reconvenes. These can also be used partway through a small-group time just for fun or to refocus the group.

ELECTRICITY

Goal: Gather a group together to start a simple task that requires full participation through simple, non-threatening, light contact.

Optimum Group Size: 10 to 20.

Materials Needed: Nothing.

Time Needed: 5 to 8 minutes.

Activity Described: Form a standing circle and join hands with the people on either side of you.

Explain that when you squeeze a person's hand, that person should not squeeze back but let the "electricity" flow through them and squeeze the hand of the person on the other side of them. As the leader, squeeze the hand of someone on one side of you and note how long it takes for your "electricity" to pass all the way around the circle.

Try it again and see if the group can do it faster.

Try it by sending it the opposite direction.

Then add a second squeeze a few seconds after the first squeeze. Note whether or not you lose some of the squeezes.

Try squeezing both directions and see if both squeezes make it around the both ways, or if there is a "short-circuit."

(Note: after a while, your hands get a little sweaty and you may need to release and let them air dry for a little while. But that breaks your "electrical" connection.)

SNAP, CRACKLE, POP (A.K.A. THE RICE KRISPIES GAME)

Optimum Group Size: 10 to 20.

Materials Needed: Nothing.

Time Needed: 8 to 12 minutes.

Activity Described: Form a standing circle. As the leader, explain that you are going to start with a very simple activity and then you will gradually make it more difficult. People will need to pay attention or the difficulty will sneak up on them.

Ask people to copy you, one person at a time as you start an action and say a word. While this starts with you, it will make its way all the way around the circle, one person at a time. As the leader, pass your hand under your chin and say, "Snap." The person to your side that you just pointed towards as the hand went under your chin does the same motion and also says, "Snap." This continues all the way around the circle. Simple so far.

(Option: try doing the same thing but going in the other direction. See if it can indeed go all the way around the circle, either direction, depending on which direction it started, and continued.) Now add "Crackle." Review that "Snap" continues the same direction around the circle, but "Crackle" reverses the direction. And the motion for "Crackle" is the hand over the top of your head instead of under your chin. This is more difficult. Try it. You may need to provide a bit of coaching.

If things get stuck between a few people who keep going "Crackle" back and forth, simply move to another part of the circle and start another "Snap" one direction. And you can start another one a few seconds later if you'd like. This involves more people instead of remaining as spectators while two people "crackle" it out.

After you've done this for a while with "Snap" going one direction and "Crackle" going the other direction, add "Pop." With "Pop" you simply point across the circle and be sure to make eye contact to that person knows they got popped. That person then can "Snap" either direction or "Pop" across to someone else. But you can't "Crackle" immediately because "Crackle" reverses direction and you can't reverse direction on a "Pop."

When a person receives a "Pop" across the circle, that person can "Snap" either direction or "Pop" to another person in the circle.

You can add a second "Snap" after the first one has been going for a while, and even a third or fourth one. This indeed makes the simple task more complicated.

Call for a stop just before the interest seems to be dissipating.

ZIP, ZAP, ZOP

Goal: Give members of the group a challenge to follow a rhythm and motion without making a mistake in this elimination game.

Optimum Group Size: 10 to 15.

Materials Needed: Nothing.

Time Needed: 8 to 12 minutes.

Activity Described: Everyone stands in a close circle and puts their hands together in a praying position—hands together with fingers straight and arms bent.

Have the group repeat after the leader, “Zip, Zap, Zop.” Do this several times. Add a motion of extending your arms as you say each word and then bring them back to your chest. You are using your hands and arms together to point to a person in the circle as you say each word.

Now you’re ready to try this sequence: The leader points at one person in the circle and says, “Zip.” That person then points at another person in the circle and says, “Zap.” That person then points at another person and says, “Zop.”

This continues, following the sequence of Zip, Zap, Zop until either somebody says the wrong word or there is too long of a pause, as determined by the leader (be strict on this, leader). When somebody messes up, they take a step backward and are out of the circle. Speed up the cadence when you want to make it more difficult. Continue until you’re down to one person.

After you have a champion, invite everyone back to the circle and try it again.

(Note: As an elimination game, those who are put out of the circle early often lose interest as the game progresses.)

STAND UP

Goal: Give members of the group a challenge to follow a rhythm and motion without making a mistake in this elimination game.

Optimum Group Size: 8 to 20.

Materials Needed: Nothing.

Time Needed: 4 to 8 minutes.

Activity Described: Divide your group into twosomes, matching people of approximately the same size.

Have the new partners stand back-to-back and interlock arms. Then, have them sit down, keeping their arms interlocked.

Then, on the count of three, have them stand up by pressing against each other's backs.

Next, have the two join two others so there are four. Have the four interlock arms and sit down, then try standing up together by staying interlocked.

Want to try it with eight? Go for it!

HUMAN KNOT

Goal: Give members of the group a challenge to problem solve and be respectful of space and touch as a group must work together.

Optimum Group Size: 8 to 12.

Materials Needed: Nothing.

Time Needed: 5 to 30 minutes.

Activity Described: Form a tight circle, standing shoulder-to-shoulder (facing in or out?).

One leader reaches across and grabs the hand of another person in the group. Everyone does the same. With your other hand, grab the hand of a different person. You will be in a tight human knot, challenging the amount of space most people keep between themselves and others.

The leader then squeezes one hand. When you feel the squeeze, pass it along through your other hand. When it comes back to the other hand of the leader, if everyone has felt the squeeze, you have one complete circle in a knot. If not everyone felt the squeeze, you have two separate circles entwined. If that's the case, everyone should release their grasp and start again, with some grabbing different hands this time.

Once you have a complete circle in a knot, without letting go, try to unwind. You'll have to twist and step over one another and be in very close proximity to others! Your space will definitely be invaded as you work together to try to accomplish this task.

With 8 or 9 people it's not very hard. With 10 to 12 people it could take between 5 and 30 minutes! With 13+ people it can often take 45 minutes. Most give up before that.

POP FIZZ

Goal: Work together as a group to accomplish what seems easier than what it really is.

Optimum Group Size: 8 to 15.

Materials Needed: Nothing.

Time Needed: 5 to 15 minutes.

Activity Described: The ideal group size is about six to nine people. If you have 10 or more, divide into smaller groups of the same number of people in each group—say five per group or six in each group, etc. It's important to have the same number of people in each group.

Each group forms its own circle with each person standing.

Count off from 1 to 50 in each group starting with any one person saying, "One" and then the next person saying, "Two" and so on until you get to 50. See which group gets to 50 first.

Now make it more difficult by inserting the word "Pop" for every multiple of 5, such as 5, 10, 15, 20, etc., so the order would be 1, 2, 3, 4, Pop, 6, 7, 8, 9, Pop, 11, etc. If you mess up, start over with anyone in the group saying, "1" It is important that you not have five people in your group or else it will always be the same person saying "pop" each time, which is too easy. If you do have five people in each group, change the "Pop" spot for the number four or six so it's not the same person saying "Pop" each cycle. This is also the reason why it's important to have the same number of people in each group.

If you want it to be very hard, try it again, but this time use the word "Fizz" for every multiple of 7, such as 7, 14, 21, etc. So your counting would go, 1, 2, 3, 4, Pop, 6, Fizz, 8, 9, Pop, 11, 12, 13, Fizz, Pop, 16, 17, etc. When you get to the number 35, that person says "Pop-Fizz" since 35 is a multiple of both 5 and 7.

This is harder than it seems. Good luck!

MOVING TO THE TRUTH

Goal: Work together as a group to accomplish what seems easier than what it really is.

Optimum Group Size: 8 to 15.

Materials Needed: One chair per person.

Time Needed: 5 to 15 minutes.



Activity Described: Sit on chairs in a circle.

The leader makes a statement, such as, "I am a male." For each person for whom that is true, that person must move clockwise and sit in the next chair. If someone is already sitting there, then the person moving to that spot must sit on that person's lap (or knee).

The leader then makes another statement, such as, "I have blue eyes." If that statement is true for you, move clockwise one chair again.

Feel free to take away empty chairs if you want people to stack up more quickly. This can require some sensitivity due to the various sizes of people. If a group isn't comfortable with each other, they won't be ready for this activity. You may want to wait until people in your group know each other some.

Add your own statements. Here are some examples:

- I like to eat mangoes.
- I'm less than six feet tall.
- I know everyone in this group.
- I'm not a morning person.
- I've cheated on a test at some point in my life.
- I've been on a short-term mission trip.
- I'm an only child.
- I'm feeling uncomfortable now.

LINE UP

Goal: Work together as a group combining a balancing act and sensitivity in close spaces.

Optimum Group Size: 8 to 20.

Materials Needed: A log or curb or pole or rope.

Time Needed: 5 to 10 minutes.

Activity Described: Stand on a street curb, shoulder-to-shoulder. If you're in the woods, you can do this on a log. You could use a pole that's horizontal. It's even possible to use a rope or other line on the ground. The idea is to put everyone on a line where they have to balance. It's safer to do this at a low elevation rather than a high elevation.

Number off from 1 to ? (the number of people in your group).

Then, without falling off the curb or log or rope or whatever you're using, or without stepping off the line, reverse your order so person number 1 is at the opposite end. The person in the middle can stay in the middle, but everyone else must switch sides without falling off.

Hint: you'll have to cross over or under each other or else hug and walk around each other. Participants will need to work together in their own unique dance form to accomplish this.

LAP SIT

Goal: Work together as a group to balance, trust, and endure potential muscle fatigue.

Optimum Group Size: 8 to 20.

Materials Needed: None. If you do this in a straight line, you will need a stable back support for someone like a wall or post.

Time Needed: 3 to 8 minutes.

Activity Described: With everyone standing near a stable support, such as a wall or post, have one person in the group form a sitting position so their back is against the wall or post. Then another person sits on the first person's lap, then another, then another, until the whole group is sitting on the lap of someone. People often move slowly by politely offering others to go first. Encourage them to get into position quickly since those sitting already have started to experience muscle fatigue.

When everyone is sitting on the lap of the person behind them, direct the group to stretch out their arms to either side. Have them raise their right arm together; then their left arm. They should simply copy the person in front of them or a person directing the group from the front. You can try it without a wall by forming a very, very close circle and facing sideways (everyone facing the same direction). Place both of your hands on the waist of the person in front of you. On the count of three, if everyone sits down together, you will sit on the lap of the person behind you.

But if you don't do it exactly together, or if you aren't close enough, everyone will fall on the floor! But when you do it together and close enough, you make an incredible, round couch for the entire group. You can raise your hands together in this formation, too. Stand up the same way, on the count of three, placing your hands on the waist of the person in front of you and having everyone stand up at the same moment.

SUM IT UP

Goal: Work as threesomes to understand each other so well that you think alike without having to speak a word.

Optimum Group Size: 9 to 18.

Materials Needed: None.

Time Needed: 3 to 8 minutes.

Activity Described: Form groups of three, standing and facing your partners.

Each person should hold out one hand, palm up, and the other hand forms a fist on top of the palm. This is the same position you use when you play “Rock, paper, scissors.”

For this game, you want to get in touch with the other two people in your three-some so you can read each other’s minds without having to speak a word out loud.

Tap your closed fist three times on your palm and then extend however many fingers you want (0 to 5). Add them up for your group of three. What is the sum? If one puts out three fingers, another puts out two fingers, and the third person puts out zero fingers, your sum is $3+2+0 = 5$.

Now try it with a number the leader calls out, such as “7.” If you get it on the first try, let out a loud cheer. If you don’t get it the first time, try it again. The catch is, you can’t talk! You have to simply make changes by sensing each other without using words or motions. After a little while, the leader can call out a different number.

Whenever your threesome gets it right, cheer loudly.

If threesomes have a difficult time getting the announced number, you can make it easier by calling for the number 15 (all three people must put out all five fingers) or the number 0 (all put out no fingers).

MIRRORS

Goal: Be able to follow, lead, and switch back and forth in order to work together.

Optimum Group Size: 8 to 16.

Materials Needed: None.

Time Needed: 3 to 8 minutes.

Activity Described: Form groups of two, standing and facing each other. Choose a person “A” and a person “B.”

Person A begins to make motions and facial expressions and person B “mirrors” them.

After 30 to 40 seconds, reverse roles and have person B initiate the actions and person A “mirrors” those back.

Then take turns again, but this time both people touch hands and then close their eyes. They must “mirror” the actions without being able to see the other person. The hands must sense each other to move together. Then reverse roles again.

WHAT DID YOU SAY?

Goal: To playfully focus on outdueling another person by persistently asking questions rather than answering them.

Optimum Group Size: 8 to 16.

Materials Needed: None.

Time Needed: 8 to 15 minutes.

Activity Described: Divide into two groups. Form two lines, one person standing behind another. The person at the head of each line faces the person at the head of the other line.

One of the two at the front asks a question of the person they are facing. That person, instead of answering the question, answers with another question. For example, if the first person asks, "What day is today?" the second person doesn't answer with, "Tuesday," but instead, answers with another question such as, "Why didn't you tie your shoes?"

The two people at the head of both lines go back and forth until one doesn't ask a question or simply pauses or cracks.

To make it more challenging, questions cannot be repeated. When a person makes a mistake, that person goes to the back of their line and the next person takes on the winner at the head of the other line. If a person wins three times in a row, that person respectfully goes to the back of their own line and play resumes with the next two people.

FOUR UP

Goal: To focus participants' attention on the other members of the group. This is a quick exercise that should only last a minute, but it is wild. It works best with groups of about 8 to 10.

Optimum Group Size: 5 to 15

Materials Needed: None.

Activity Described: Have participants start by sitting down. Anyone can stand up whenever they want to; but they can't remain up for more than 5 seconds at a time before they must sit down again. They can get right back up if they wish. The object, as a group, is to have exactly four people standing up at all times.

How to Process: Little processing is needed. Submitted Source: Play Fair



KEEP IT UP

Goal: Keep one's inflated balloon in the air rather than allowing it to touch the ground.

Optimum Group Size: 8 to 16.

Materials Needed: Balloons.

Time Needed: 8 to 15 minutes.

Activity Described: Invite each person in the group to stand, take a balloon, inflate it, and tie it off. On the signal from the leader, each person tries to keep their balloon in the air by tapping it, so it doesn't touch the ground.

If they are quite successful at this, invite others to knock other balloons away from their owners or to tap other's balloon toward the ground. But warn participants that their own balloon might fall to the floor if they focus on downing another person's balloon. Once a balloon is down, the balloon's owner is out of the game.

Optional rules: Allow the person whose balloon has touched the ground to return to the game unless the balloon pops. Allow fellow participants to stomp on downed balloons.

HUMAN SPRING

Goal: Work in pairs to coordinate falling and catching each other simultaneously.

Optimum Group Size: 8 to 16.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Form groups of two, with each twosome standing and facing each other close together.

Have a person point to their partner, who raises their hands above their head then touch hands and "spring" back into a standing position. Keep doing this until it's obvious that you're just getting more space between each other and are going to have to trust one another to catch each other.

Make sure you have enough room behind you and beside you so that you don't fall into another twosome who is doing the same activity. Just catch each other.

Note who trusts their partner, and at what distance.

FORCED CHOICES

Goal: Learn more about oneself and others.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Have everyone stand in the center as a group. Explain that as the leader you will call out a pair of words, and each person will choose which of the paired words describes them better. As you say each of the words, you will point to your left for the first word and right for the second. The members are to move to the side of the area to which you pointed as you said the word.

For example, the pair of words could be, "Loud or Soft?" Those who identify more with Loud would move to the side for Loud, and those who identify more with Soft would move to the other side. Give a few moments for the people in each group to share with one another why they chose the category they chose.

Come back into the middle to form one group again; then offer a new set of paired words for people to choose and follow a similar procedure.

Here are some examples of paired words. Feel free to create your own.

- Dog or Cat
- Tuba or Violin
- David or Goliath
- Washington DC or Hollywood
- Autumn or Spring
- Parakeet or Eagle
- River or Lake
- Sweet or Savory
- Arm or Leg
- Tall or Short
- Smart or Good-Looking

LEFT OR RIGHT?

Goal: Identify with different groups based on different criteria.

Optimum Group Size: 8 to 25.

Materials Needed: None.

Time Needed: 4 to 10 minutes.



Activity Described: This is like “Forced Choice,” but decisions are made based on phrases rather than just two words. Participants stand in the middle of an open area, leaving the left side and the right side of the area empty.

When you make a statement, point to either the left or the right side of the room when you state the phrase’s choice. Each person needs to move to the side they relate best to. The first item you state would be the left side and the second item would call for a move to the right side. After each movement to the left or right, everyone returns to the center.

You can come up with your own pairs, but here are some examples of the types you could pose:

- Do you prefer snacks that are sweet (left side) or salty (right side)?
- Would you rather watch something on YouTube or a movie?
- Do you feel closer to God at church or in nature?
- Are you more like your mother or your father?
- Would you rather be thought of as artistic or athletic?
- Do you prefer weather that is hot or cold?
- Is it better for you to be part of a big crowd or a small group?
- Which is more important to you: honesty or friends?
- Are you more interested in the past or the future?

THE AIRPORT EXCHANGE

Goal: Provide budding thespians with an opportunity to showcase their acting talents before a small audience for entertainment.

Optimum Group Size: 8 to 15.

Materials Needed: None.

Time Needed: 4 to 10 minutes.

Activity Described: Pick two people who are confident and like to act up or ham it up in front of others. These two will need to re-enact the reunion of two lifelong friends who see each other at a crowded airport. They are excited beyond belief because it has been 10 years since they have seen each other.

There are two catches to this scene. First of all, they must run to each other in very, very slow motion, acting out facial and body excitement. The second catch is that just as they are about to embrace, both realize the person they thought was their long lost friend is actually a stranger! So at the last second they . . . well, let them act it out in slow motion and see what happens!

When they are finished, let two more volunteers offer their rendition of this. Another option is to have everyone do it at once with a partner, except then nobody is watching, and that’s most of the fun of it.

TODAY I AM . . .

Goal: Foster creativity by imagining possibilities.

Optimum Group Size: 8-15.

Materials Needed: None.

Time Needed: 4 to 10 minutes.

Activity Described: Participants sit in a circle and take turns responding to an open-ended statement. Choose a category, such as cars or zoo animals or participants in a parade. Each person in the group finishes the open-ended sentence, "Today I am . . ." with an example from the category selected for the group. Here's one way it could play out if the category was "zoo animals." "Today I am a lion" or "Today I am a peacock" until each person has had a turn. Each response needs to be a different kind of animal. You can choose whether or not each person should explain why they chose the animal they did. Change to another category, such as cars or fruits or musical instruments or cartoon characters or something else of your choosing.

NUMBER COUNT

Goal: Think quickly and accurately to report a variety of responses, showing similarities and differences within your group.

Optimum Group Size: 8 to 15.

Materials Needed: None.

Time Needed: 4 to 10 minutes.

Activity Described: Participants sit in a circle. The leader asks questions that can be answered with numbers. Participants can answer out loud or hold out the number of fingers to report each answer. Feel free to let them explain more about their answer than just give the numbers.

Of course you can come up with your own questions, but here are some examples of the types of questions you could ask:

- How many siblings do you have?
- How many years have you been in high school (or college or at your current job)?
- How many houses have you lived in the past 10 years?
- How many times has there been a birthday party for you?
- How many times have you been to church in the past month?
- How many meals did you eat with your family this past week?
- How many times do you exercise most weeks?
- How many phones are in your family?
- How many vacations did you take last year?



TOE TAPPING

Goal: Combine teamwork and competition as pairs try to keep on their toes.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 15 minutes.

Activity Described: Divide into groups of two. Face your partner and clasp each other's hands, interlocking your fingers in front of you. Now the fun begins! Try to lightly tap the top of your partner's toes on one foot. They may seem easy enough, except your partner is trying to do the same thing, tapping your toes! Some people add to their strategy by pushing and pulling with their hands as well. The first person to tap their partner's toes three times is declared the winner.

But wait, there's more. All those who won in their face-off must now find a new partner and start over. Those who lose step to the side. Each time a person wins, that person moves to the next round, until you are left with only two people, toe tapping for the championship.

TURN AROUND COUNT

Goal: Create some energy with a friendly math competition in pairs.

Optimum Group Size: 8 to 50.

Materials Needed: None.

Time Needed: 4 to 10 minutes.

Activity Described: Participants need an open area when they can stand. Each person pairs up with another person, and the two partners stand back-to-back.

Instruct them to hold up both hands so one is on either side of their face, beside their ears. They will need to choose how many fingers/thumbs to hold up, from 0 to 10.

For example, if they choose the number five, they could close one hand into a fist for the number zero and open the other hand to show four fingers and one thumb. Or they could show five as two fingers in one hand and three fingers showing on the other hand.

Each person secretly determines a number and how they will show it.

On the leader's count of, "One, two, three, turn around" both partners whirl around and face each other. It then becomes a race to see which of the two will count up the total number of fingers/

thumbs showing for both individuals.

The person who calls out the correct sum first wins. It's a good idea to do one practice run first so that people get an idea of what this is and how to do it.

Winners remain and choose another partner who also won, while the losers sit out the next round.

The new pairs follow the same process of standing back-to-back, turning around at the leader's command of "One, two, three, turn around!" and adding up the total number of fingers held up.

Continue this elimination game until you have the turnaround count champion for the moment. Three cheers for the winner!

MIND READING

Goal: Communicate with and without speaking.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Sit on chairs in a circle.

Think of how many groups you would like for your group to form (for example, 4 groups or 3 groups or 8 groups). Have each person secretly think of a number from one to whatever the number of groups will be.

On your signal, each person goes to another person, introduces themselves, and then give a high five the number of times they have thought of (3 high fives if they secretly thought of the number 3, etc.)

If the partner they introduced themselves to does a different number of high fives, they separate and go introduce themselves to other people.

If it was the same number, they go together and introduce themselves to other people. Eventually all the 1s get together, the 2s get together, the 3s get together, etc. Note which numbers were popular and which ones weren't so popular.



RO SHAM BO TRAIN

Goal: Express some creativity by leading and following.

Optimum Group Size: 10 to 50.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Form a circle with one person in the middle. Then create your own adaptation of a conga line. The person in the middle goes up to one person and does a 2 or 3-step dance jig. The person watching the dance copies the first person, who then turns around and the second person grabs the waist and follows the first person to a third person in the circle. That first person does another 2 or 3-step jig, and the third person copies the first person. Then the first and second person trade places so the second person is now at the front, followed by the "first person" and then the third person grabs onto the waist of the person ahead of them. Continue going from person to person, turning around so there is a new leader each time, until everyone has joined the Ro Sham Bo Train.

RHYTHM HUNTER

Goal: Gel together as a team so smoothly that it's difficult to discover the silent leader of the group.

Optimum Group Size: 8 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Form a circle with your group and choose one person to send away for a moment while the group chooses a silent leader. Call for the person sent away to return to the room and have that person stand in the middle of the circle, surrounded by the rest of the group. Everyone starts clapping in unison until the silent leader changes the action. For example, the silent leader could start snapping fingers or rubbing hands. The key is that the rest of the members of the group forming the circle switch to the new activity so quickly after the leader changes that the person in the middle has trouble picking out the leader.

The person in the middle tries to guess who the leader is by catching the leader making a change in the actions the people in the circle take. When the silent leader has been identified by the person in the middle, the silent leader then leaves while the people in the circle pick a new silent leader. They then call for the person to return. All in the group begin to clap in unison and then the new silent leader changes the pattern and the rest immediately follow. The person in the middle tries to guess who is the new silent leader.

TOUCH BLUE

Goal: Create enthusiasm by doing multiple re-directs with the group.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Invite everyone in the group to stand and mill about some. Call out a color, like “blue” by saying “Touch blue.” Everyone has to touch something blue.

Then change to something like “Touch green” and everyone has to touch something green. You can change from colors to objects, such as “Touch a shoe.” This ice-breaker gets people clumped together into a tighter group.

PEOPLE TO PEOPLE

Goal: To have lots of fun and break down barriers in the group while allowing the members to get to know one another.

Optimum Group Size: 5 to 15

Materials Needed: None.

Activity: An odd number of participants is needed to play this game. To begin, someone is chosen to call out “People to People.” Everyone chooses a partner, and the person left without a partner is then the designated caller. He/she calls out pairs of body parts that the players must touch to each other. For example, if “elbow to knee” is called, the partners must touch one of their elbows to the other person’s knee. The caller continues to call out a few more similar pairs, which must be added to the players’ present positions. Once a series of three to four pairs has been called, and everyone is an entangled mess, the callers call out “People to People” and the process starts all over again with new partners.

Sample series pairs:

- Elbow to knee, chin to shoulder, and foot to foot
- Palm to palm, left knee to right knee, and neck to neck
- Backside to backside, cheek to cheek, and hand to hand
- Cheek to cheek, and hand to hand

How to Process: None needed

Source: New Games



ROUND AND ROUND

Goal: Protect someone being chased by working together as a team.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Invite everyone in the group to stand and form a large circle. Ask for three volunteers to move to the center of the circle and form a triangle shape as they interlock arms by grabbing the elbow of one person with their right hand, and the elbow of the other person with their left hand.

Select two more volunteers—one to chase and one to run. The one who runs simply stays opposite the chaser by keeping behind the triangle of people. The triangle can rotate and move to protect the one being chased. When caught, the one being chased become the one to chase.

You can rotate roles by having the one who chases then join the triangle and one person from the triangle begins to avoid being tagged by the one who now does the chasing.

Variation: Change the game so the one avoiding the chaser is actually part of the triangle. The result is that as one person chases the one identified as the one to catch, the triangle usually spins around and around.

MINGLE, MINGLE

Goal: Protect someone being chased by working together as a team.

Optimum Group Size: 10 to 100.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Invite everyone in the group to stand and mill around while the leader says, "Mingle, mingle, mingle."

The leader then shouts out a number, such as, "Four!" Everyone tries to get into groups of four people by grabbing the hands or wrists of others to make a connected group of four people.

Once you're in your group, the entire group kneels on the ground to signify they have completed



their group. A judge walking among the groups can verify that the group is the correct number of people in it. If the number isn't correct, the entire team is eliminated.

If you don't get into a group, you must also step to the side because you have been eliminated.

The leader invites those who remain to stand to their feet, release their hold, and once again begin to "Mingle, mingle, mingle."

The leader calls out another name, such as, "Seven!" Those mingling must grab onto others to form a group of seven people.

Those in the right number remain in the game, while those who don't make it are eliminated.

This continues until you get down to only three people. Now, instead of mingling, those three are separate to three separate corners.

When the leader calls out, "Two!" everyone gets to see which two will get together first.

You can move on to another game after this, or start from the beginning by inviting everyone back into the "Mingle, mingle, mingle" again.

Additional activities while you're in a group

Share:

- Names
- Favorite foods
- Where from
- How you feel at the moment
- Something you
- Etc. are good at

Alternatives

Make the following by using the people in your Clump:

- A chair
- A table
- A dog
- A plane
- The letter Z
- Etc.

YOUR IDEA(S)

This a place for individuals to add their own game/activity

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:

INTERACTIONS-LOW RISK



Interactions—The “work” portion of a Friendship Group in which the group seeks to develop deeper levels of trust by doing activities, sharing history and personal outlooks, feelings, insights, hopes and dreams, frustrations, etc. These activities are divided into low-, medium-, and high-risk levels of intimacy.

Start with the low-risk activities and proceed to deeper levels as the group is able based on shared experiences and learning to trust one another. This is a continuum. Actually, some Ice Breakers function as low-risk interactions, and some low-risk interactions could be used as Ice Breakers.

That’s the way a continuum is—as you move along the continuum it’s sometimes hard to know when you’ve moved from one spot to another. Be sensitive to move to increased intimacy or to back off to less vulnerable elements in the give-and-take as a group develops.

Low Risk—fun-and-game type activities that have the potential for debriefing at whatever level the group is ready to move to. Often these are high-energy games with a limited amount of sharing.

CLOTHESPINS

Goal: Break down barriers by challenging individuals to grab or give clothespins in a limited area.

Optimum Group Size: 10 to 20.

Materials Needed: 10 clothespins for each person in half of the group.

Time Needed: 8 to 15 minutes.

Activity Described: Divide your group in half. Put half standing inside an inner circle with the other half standing in a larger outer circle.

Those in the inner circle clip 10 clothespins on different parts of their clothing.

Those on the outside form a ring, arms outstretched, palms ready to keep the inner circle from breaking through the outer circle.

On the signal from the leader, those in the inner circle try to collect as many clothespins as they can by taking them off of the clothes of other people on the inner circle. Once they grab a clothespin off another person, they must pin it on their own clothes.

Call time after 60 seconds and see who has the most clothespins on them.

For variety, reverse this and try to put your clothespins on the other people in the circle. After 60 seconds see who has the most clothespins and who has the least amount of clothespins on them. Note: sometimes people aren't aware of where some of the clothespins are.

Have the people from the inner group trade places with those on the outer circle so they can experience the grabfest as well.

Time to Talk: Ask people to share what they observed.

Then ask people what this felt like.

What's the difference between doing this for fun and doing it in all seriousness?

GRAB IT

Goal: Be playful by teaming up to make various animal motions.

Optimum Group Size: 10 to 20.

Materials Needed: One chair per person.

Time Needed: 10 to 15 minutes.

Activity Described: Divide your group into two groups and have both groups form a line, shoulder-to-shoulder, with one group facing the opposite group.

One leader stands at the head of the line and the other stands at the tail. The leader at the head tosses a coin. If it lands "heads" then the first person in each line squeezes the hand of the next person in line. This squeeze passes all the way to the tail where the last person in each line tries to grab and object (like a ball or a shoe, etc.) the leader at the tail has placed on the ground there. If both grab at the same time, the one who wrestles it free from the other person wins the point for the team.

Only the first person in line can look at the coin. All others must look toward the tail end of the lines. After one round, the person at the tail of each line moves to the head of their line, and play continues again. If a group squeezes and grabs the object first when the coin landed tails instead of heads, the point goes to the other team.

The first team to reach five points wins. Start it again if you wish.

You can use a die instead of a coin.

If the number rolled is even, squeeze the hand; if the number is odd, don't squeeze the hand. If one line is consistently faster, add another person to that line.

Time to Talk: What are the advantages and disadvantages of having quick reflexes?

Were you tempted to cheat?

When did you wish you were on the other team? When were you glad you were on your team?

ELEPHANT, MOTORCYCLE, PALM TREE



Goal: Be playful while forming different teams to accomplish small tasks.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 8 to 15 minutes.

Activity Described: Sit in a circle with one person standing in the middle.

The person in the middle points to one person in the circle and says either “elephant,” “motorcycle” or “palm tree.” The person pointed to—and the two people next to him or her—must act out the word along with the person on either side.

Here’s how to do it. For elephant, the person in the middle puts a shoulder to their nose so their arm looks like the trunk of the elephant. The person on either side uses their two arms to outline large ears to hold up on either side of the elephant’s nose. There’s your elephant.

The person in the middle counts quickly from 1 to 10. If the threesome doesn’t get the actions in time, the person in the middle calls for one of them to replace them in the middle. Then that person can point to someone else, and the game continues.

The motions for the motorcycle are: the person in the middle uses their hands to shape goggles over their eyes while the person on either side revs up the throttle on the handlebar of the imaginary motorcycle (yes, a throttle on both sides).

For the palm tree, the person in the middle raises both arms overhead to make the trunk of the palm tree and the person on either side uses their arms to form branches off of the palm tree.

It’s a silly game, and people will mess up a lot, especially at the beginning, which tends to add to the fun.

Time to Talk: What makes a person proficient at something like this?
Who laughed more—you or those who watched you?
Which two people would you want on your team if you ever play this again?

TREE, ROCK, BRIDGE

Goal: To build group cohesion and have fun.

Optimum Group Size: 5 to 15

Materials Needed: None

Activity Description: Line up single file. The first person in line must stand with legs apart, forming a “bridge.” The second person huddles over on hands and knees to form a “rock.” The third person is the tree and puts their arms up to form branches like a tree.

The next person must run around the tree, jump over the rock, and crawl under the bridge. Then that person will become a tree, and so on. Every time a person goes through the course, he/she becomes the next object. The game keeps on going until everyone gets a chance to go through at least twice, or the group tires of playing.

How to Process: Processing is optional. The facilitator can, if he/she chooses, discuss with the group feelings they had throughout the game and how those feelings compare with how the participants feel now.

Submitted by or Source: New Games





YOUTH
ALIVE



ANIMAL FARM

Goal: Be playful by teaming up to make various animal motions.

Optimum Group Size: 10 to 20.

Materials Needed: One chair per person.

Time Needed: 10 to 15 minutes.

Activity Described: Sit in a circle with one person in the middle. That person will point to two people sitting next to each other and, call out the name of a farm animal, and count out loud quickly to 10. The two people chosen have to act out something associated with that animal using sound and motions (see examples below). If one of the actors isn't able to come up with a motion or a sound, they take the place of the caller in the middle of the circle, and the former caller takes their seat in the circle. Here are some examples of farm animals and their sounds and motions. Choose one or more as examples to give the group the idea of what they are to do. But encourage each pair to be creative.

Cow—one person holds arms around an imaginary bucket, and the second person milks the cow into the imaginary bucket.

Dog—one person puts their arms in front like the two front paws of a dog (arms in front, bend at the elbow so wrists are below your chin, let wrists go limp) and the second person makes a panting sound with their tongue hanging out.

Beaver—one person extends one arm and slaps their other hand to mimic the beaver's tail slapping the water, and the other person exposes their two top teeth and makes a chomping sound like a beaver chomping on wood.

Bunny—one person extends arms above their head with hands and fingers stretching tall together up from the top of one's head to form a bunny's ears, and the other person makes a fist with one hand and holds that wrist with the other hand to be the bunny's tail.

Sheep—one person calls out "Baaa!" and the other person pats themselves softly on their head with both hands to feel the soft wool of the sheep.

Elephant (not on most farms, but has great motions)—one person clenches their two fists, putting one on top of the other and then putting both of them as an extension to their own nose to mimic a trunk, and the second person puts their thumbs in their ears and spreads their hands and fingers wide to create large ears.

Add more animals as the game progresses. If a person forgets what they are supposed to do (if the caller forgets to count out loud or the persons pointed to can't come up with a motion), coach them along. If one person remains in the middle, let someone else take their place. And if both people are unable to mimic the animal, the person in the middle can trade places with either one.

Time to Talk: Was it harder to be in the middle or to make the animal motions?

Which animal motions were easiest for you?

Is this game any indication of your intelligence or something else?

HUMAN TOP

Goal: Build trust gradually.

Optimum Group Size: 5 to 10.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Have 5 to 10 people stand in a circle and then pick one to stand in the middle. If your group is larger than 10, make two circles with one person in the middle.

Have the person in the middle stand as straight and tall as possible, ankles together, and have them cross their arms and place the palms of their hands up on the top of their shoulders.

The people around the circle should each place one foot behind the other in a bracing stance and extend their arms toward the person in the middle so they almost touch the person.

Ask the person in the middle to remain stiff, arms crossed, and also to close their eyes. The people around the circle should then lightly nudge the person so the person tilts one way and then another. If the person in the middle keeps stiff, with ankles together, expect some gentle movement. Remind those in the circle to keep one foot back to provide better bracing in case the person in the middle loses their balance.

As trust increases, allow the person in the middle to go farther before catching them, but not so far that you drop them. When the person in the middle wants to stop, they simply open their eyes and walk out of the middle. They then pick somebody in the circle to replace them.

Be sure to start over with everyone close enough to the person in the middle to be able to touch them lightly. As trust develops, you can adjust to let the person in the middle fall farther.

Keep going until everyone has had a chance to be in the middle.

Time to Talk: Was it easier to be in the middle or in the circle?
When have you had to catch somebody who was falling?
When have you relied on someone else to catch you?



FEELING THE TUG

Goal: Make everyone a winner by pulling them to your side.

Optimum Group Size: 10 to 50.

Materials Needed: A line of masking tape or string across the middle of the floor.

Time Needed: 8 to 15 minutes.

Activity Described: Divide your group into two equal teams with one on one side of the room and the other on the opposite side. A line of masking tape or string on the floor separates the two teams.

Announce that this is going to be a tug-of-war except there is no rope to tug. Instead, people will serve as the rope.

When somebody wanders close enough to the dividing line or is lured there, other members of your team grab on and pull them to your side. If anyone doing the pulling crosses the line, they become part of the opposing team.

People being pulled will be partway on one side of the tape and partway on the other side. Once their entire body has crossed the plane that separates the two lines, they are now on the other team.

You can put one foot across the line to grab another person as long as one foot stays on your side of the line. But if that second foot gets pulled across, you become part of the other team. Encourage individuals to work together in groups to extend a person's reach and still keep them grounded to their side of the line. This can be a physically demanding and exhausting activity, especially for those in the thick of it.

Set a time limit, and if everyone hasn't been pulled to one side or the other by then, the side with the larger number of people can be declared the winner of the activity.

Time to Talk: Who did the most work on your team?

How much did you get pulled? In real life do you feel as if you're being pulled to another team? In what ways is this like the tug you feel between God and Satan?

OVER, UNDER, THROUGH

Goal: Work efficiently by maximizing strengths and minimizing weaknesses while competing with others.

Optimum Group Size: 10 to 50.

Materials Needed: Pieces of string about 10 feet long; two chairs or posts.

Time Needed: 8 to 15 minutes.

Activity Described: If your group is large, divide it in half and create two “obstacles” in order to reduce the time it takes to complete this activity.

Set up a small obstacle by tying a string to the back of a chair about two or three feet above the ground. Tie the other end of the string to another chair. If you are dividing the group into two teams, make two of these obstacles and place them several feet apart.

On the signal to go, everyone on the team must cross over the rope or masking tape without touching it. It's a race to see which team can complete it first. If a person touches the string/tape, the entire team must start over. You can increase the tension by having a judge watch each team. The team that successfully gets everyone over without touching wins that round. You can try it again and put the string or tape a little higher.

For a change of pace, have everyone on the team go under the string instead of over the string. A judge can determine if someone accidentally touches the string. If one person does, the entire team must start over. Make the chair holding the string off limits as well. Who won that round?

Add to the challenge by having half of the team go over the string and the other half go under the string. Or the leader can arbitrarily announce that five people must go over, five must go under, and the rest can do either.

The final challenge is to put two strings or masking tape lines across—one at the top of the folding chair and one at seat level. Then announce that one person in the group must go through the small space without touching on either side. Others on the team can assist, but nobody can touch either string or the team must start over. Announce how many must go over and how many must go under in addition to the one who goes through. You can make it more difficult by requiring that two people on each team go through instead of only one.

Time to Talk: What made this activity easy? What made it difficult?
Do you help or hinder your team, or did you do neither?
Do you prefer to go over, under, or through obstacles?



THREE TRUTHS AND ONE LIE

Goal: Get to know people better by discovering some tidbits they are willing to share.

Optimum Group Size: 8 to 15.

Materials Needed: None.

Time Needed: 10 to 15 minutes.

Activity Described: Divide your group into sub-groups of three to five people. Sit in chairs in a circle, facing each other. For this activity, each person must come up with four statements about themselves. Three of these must be true statements and one must be false. For example, here are four statements about me:

01. I've lived in the same house my entire life.
02. I'm allergic to bee stings.
03. My dog had puppies less than a week ago.
04. My family is going on a mission trip next summer.

The rest of the group tries to guess which items are true and which one is a lie. You may have to repeat them a second time. Have everyone make a guess before you give the answer.

Give a little bit of time at the beginning for people to come up with four statements about themselves—three true and one a lie. If you don't know the people in your group very well this will be easy. If the people in your group already know you well, this will be more difficult, and you'll have to look for more obscure truths.

After one person finishes, go to another person in your group. Continue until everyone has had a turn. This can take a lot of time, so that's why we suggest dividing into groups of three to five people. You could save time by making it two truths and one lie. The purpose of this activity is to get acquainted with some people. It's not a practice session in lying. That's just to pique interest.

Time to Talk: What did you learn about yourself? About others?
How easy (or difficult) was it for you to figure out the truth or the lie?
What else would you like to find out about the people in your group?

MONSTER WALK



Goal: Work together as a single unit to complete a challenging physical task.

Optimum Group Size: 10 to 15.

Materials Needed: None.

Time Needed: 10 to 20 minutes.

Activity Described: Your group has the task of creating a moving pyramid that can cover a certain amount of space (15-30 meters) by having everyone in the group connected. A good place to do this is outside on a large, grassy area.

Here's what makes it extra challenging: You are limited to a certain number of points that can touch the ground. One foot touching the ground counts as one point of contact.

A person standing on both feet counts as two points of contact. The number of points that can touch the ground is quite limited. Use the ratio of $\frac{3}{5}$ x the number of people in your group. This means:

8 to 9 people	5 points of contact
10 to 11 people	6 points of contact
12 to 13 people	7 points of contact
14 to 15 people	8 points of contact

You can compete against other teams or simply against the clock. If more than the allowed points of contact are used, feel free to send the group back to the starting line.

If time runs out and no team has made it to the destination, consider who has made it the farthest and label that team the winner.

Time to Talk: What happened? What didn't happen?

What role did you play? Was that role a help or a hindrance?

Do you prefer to work with others or by yourself when it comes to projects?

DO YOU LOVE YOUR NEIGHBOR?

Goal: To break down barriers and get the people in the group to feel more comfortable around one another.

Optimum Group Size: 5 to 15.

Materials Needed: None.

Activity Description: The group should sit in a circle in chairs, with one person in the middle. The person in the middle should go to someone in the circle and say, "Do you love your neighbor?" If that person responds "Yes!" everyone except the two neighbors stands up and races for a different chair in the circle. The person in the middle should try to get a chair, too, so that there will be someone new in the middle.

If the person in the middle goes to someone and asks, "Do you love your neighbor?" and that person says "No!" then the middle person says, "Who do you love?" The person in the circle can say anything, such as "The people wearing red." All the people wearing red will remain seated while everyone else—including the person who was in the middle—must race for another chair. The person left without a chair goes to the middle. The game goes on until the group chooses to quit.

How to Process: Processing is optional. The facilitator can, if he/she chooses, discuss with the group feelings they had throughout the game and how those feelings compare with how the participants feel after the activity.

Submitted by or Source: YOUTH TO YOUTH

BOOK HUG TAG

Goal: To build group cohesion, break down barriers, and have fun!

Optimum Group Size: 5 to 15

Materials Needed: A notebook or AY manual.

Activity Description: Everyone walks around while balancing a notebook or Participant Manual on their head.

Try to keep the book from falling off. (They cannot use their hands.) If a person's book falls off of his head, he is "frozen" and must not move.

The only way for a person to "thaw out" is for someone else to shake his hand or hug them, depending on whatever is acceptable to the culture.

HERE'S WHAT I SEE



Goal: Increase understanding by testing some of the limits of communication, including one's ability to speak effectively and to listen accurately and with empathy.

Optimum Group Size: 5 to 15.

Materials Needed: Collection of geometric designs, plus paper and pens or markers to draw what is described.

Time Needed: 10 to 20 minutes.

Activity Described: Divide into groups of two to five people. If you are in twosomes, sit back-to-back; otherwise, sit in a tight circle, facing outward. Each group selects one person to be the eyes and mouth for their group. Show that person a geometric design. That person must then use words to describe the design to the other person(s) in their group, who must write or draw what they hear being described.

This communication activity provides many options and alternatives, such as:

- The person talking can't see what the person drawing is doing, and so has to rely on their own judgment as to how they communicate with their team.
- The person listening can't ask questions to clarify what the "mouth" is speaking. (Or allow just two questions during the activity.)
- People drawing can hear only the person in their group describing what they see. Or you can complicate thing by allowing them to overhear what others are saying (which may help or further confuse the drawers, especially if different teams are drawing different figures).
- Limit the amount of time the speaker can see the geometric design or the amount of time the speaker can describe the design.
- Allow the speaker to take only one look at the design or allow the speaker to take repeated looks at the design.
- Change the speaker (eyes and mouth for the group) and see what a different perspective yields.

Have those in the group each draw their own version of what they hear the speaker describe or do a single group composite of what they hear the speaker saying. You can probably come up with other options, too. Be sure to show the original geometric design after each team has had a chance to draw it. Compare the original with those created. This usually creates some immediate feedback within the group. Allow that to happen and then draw on it while debriefing later. Change roles and let someone else be the eyes and mouth for the group. Provide another design. You can create your own design by hand on a computer.

Time to Talk: What made this difficult? What made it easy? Compare the oral description with the drawings made; did anyone follow every description and still come up with something that looked entirely different from the original drawing? Who is responsible for improving communication? Who do you find it challenging to communicate with? How could you improve the way you communicated during this activity?

IMPULSE

Goal: Coordinate actions as a group and be willing to be foolish in the process.

Optimum Group Size: 10 to 15.

Materials Needed: None.

Time Needed: 5 to 10 minutes.

Activity Described: Stand and form a tight circle. Then get down on all fours with everyone's head facing toward the center.

Overlap your arms so your hands are below the head of the person on either side of you. The people on either side of you should have overlapped your arms so their hands are on the floor under your shoulders. From outside of your group it will look like a bunch of dogs have gathered to drink out of one large bowl, with faces toward the middle and bottoms and legs sticking out.

Start with one of the leader's hands and raise that hand off the floor a little and then go back down. Going clockwise, the next hand needs to be raised up off the ground and then put back down. This is harder than it seems because the hands are overlapped. Don't just raise your fingers while keeping the palm of your hand on the ground. Instead, raise the entire hand off the ground and then set it back down.

After your group does this successfully around the circle, try going the opposite direction or try going faster.

Make it more difficult by adding a new element. If a person raises and drops their hand two times instead of one time, that action reverses the order of movement around the circle, whereas one tap keeps it going around the circle in the same direction.

Another way to add more challenge later in the activity is to start a second tap after the first one has gone partway around the circle.

ALTERNATIVE: You can do this same type of activity while sitting in chairs around a circle or sitting cross-legged on the floor. Instead of putting your hands on the floor, put them on the knee of the person on either side of you. Those people do the same. Once again, the hand must be raised and dropped, not just lifting the fingers while keeping the palm of the hand stationary.

Try going all the way around the circle and then try going the other direction. Then add the "double tap" to reverse directions. And you can add a second impulse after the first one has gone partway around the circle.

Time to Talk: Was this easier or harder than it looked?

What feelings did you have when somebody messed up?

Where does this kind of thing happen in real life and not just a game like we're playing here?

GROUP JUGGLING



Goal: Overcome a challenge by focusing and working together.

Optimum Group Size: 10 to 20.

Materials Needed: A collection of five or more balls or other objects that can be tossed, caught, and dropped without breaking anything.

Time Needed: 10 to 20 minutes.

Activity Described: Form a somewhat loose circle with everyone standing and facing the center.

While holding one ball, tell the group that each person will need to remember just two people for this activity—the person who throws the ball to them, and the person to whom they throw the ball. The reason is that you are going to try to develop a pattern in which everyone in the group has the ball at some point, and then you want to repeat that pattern exactly. It can be done as long as you remember just two people: the person who throws you the ball and the person you throw the ball to.

The leader throws the ball to one person and reminds that person to remember who threw the ball to them and who they will choose to throw the ball to.

Then that person throws to another person and so on until everyone in the group has received and passed on the ball. The last person to receive the ball should throw it to the leader who started it, which completes the cycle.

Sometimes it's easier for people to turn sideways after they have had their turn so it's obvious who hasn't received a toss yet. This is especially true when the group is large. Then after everyone has had a turn, have everyone face the middle and start over. This second time they shouldn't have to turn sideways.

Try the same pattern again, but time it.

Then do it again and try to beat that time.

Then do it again and add a second ball, and a third ball, and a fourth, etc. This is when it becomes "group juggling."

Time to Talk: Were you more concerned about yourself or someone else in the group?

What happened inside you when someone messed up?

How many balls can you juggle by yourself? How does this compare to what your group just did? How does this relate to church?

OUT OF THE HAT

Goal: Engage in conversation by using low-risk openings for the conversation.

Optimum Group Size: 10 to 20.

Materials Needed: Out of the Hat, round options for low risk. If you don't have this game, you can make it for yourself with the questions/statements at the end of the activity described.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit, knee-to-knee (or, if you prefer, make teams of three or four people). One person draws a paper out of the hat and reads it aloud to everyone.

Each person in a team has 20 to 30 seconds to respond to the question. When all team members have responded, continue discussing the topic.

Use "Out of the Hat" by Steve Case, available from AdventSource.org or create your own game by using the following 25 options to put in a hat for low-risk interaction:

- Describe an enjoyable time you had with family this year.
- What's something you're looking forward to doing with family in the next six months?
- Name three qualities you admire in your parent(s).
- What's one of the best books you have ever read?
- What is one tradition your family has?
- What's a great movie you've seen?
- What are three things that make you feel frustrated?
- Describe a happy memory you have.
- Where's a favorite place to go with friends?
- What are two things you would do if you were President?
- Describe a fun time you had with friends this past year.
- What is one food that you can't stand?
- What is a gift that you'd like to receive?
- Where in the world would you like to live?
- Describe the ideal vacation.
- A musical artist I like right now is . . .
- My two favorite colors are . . . (and why they are my favorites)
- Are others more likely to say you're "serious" or "funny"?
- One of my favorite sports is . . .
- My dream car is a . . .
- At an amusement park, which ride would you want to go on first?
- Are you more of a "talker" or a "listener"?
- Are you more like your dad or your mom?
- Would you rather sky dive or scuba dive?
- Would you rather be on TV or in the movies?

Time to Talk: Just use the low risk items to start talking.

READY-2-ROLL



Goal: Start a conversation by using low risk prompts from the dice.

Optimum Group Size: 10 to 20.

Materials Needed: Ready-2-Roll, three cubes for low risk. These topics cover Food, Facts, and Fun. If you don't have this game, you can make it for yourself with the questions/statements at the end of the activity and simply roll one die.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit, knee to knee or sit in a circle with four to six people. One person rolls one of the dice and answers a question out loud to the people in the group. Another person can roll the die or choose from one of the three dice already rolled. Use "Ready-2-Roll" from AdventSource.org or create your own by using the following three options for the three low risk interactions of Food, Facts, and Fun:

Food

01. The three top "junk food" items on my list are . . .
02. The ethnic food (Mexican, Chinese, Italian, etc.) I prefer is . . .
03. I'm most apt to "pig out" when . . .
04. Five foods I can't stand are . . .
05. My idea of "the perfect meal" includes . . .
06. My biggest meal of the week is usually . . .

Facts

01. In 30 seconds, name everything you've done in the past 24 hours
02. When five facts about your school (or work)
03. Two facts most people don't know about me are . . .
04. Three things I know "for sure" about God are . . .
05. It's a fact that _____ is better than _____.

Fun

01. I seem to have the most fun when . . .
02. When I go to the mall, it's to . . .
03. Three things I do for fun that don't cost anything are . . .
04. I'd rather
 - a) go to the movies
 - b) watch a DVD
 - c) surf the internet
 - d) play video games
05. One time when I had some fun but got into trouble was . . .
06. What makes me laugh is . . .

Time to Talk: Use the low risk items to start a conversation.

PERSONAL COAT OF ARMS

Goal: Identify and share some key identity marks in an artistic manner.

Optimum Group Size: 5 to 15.

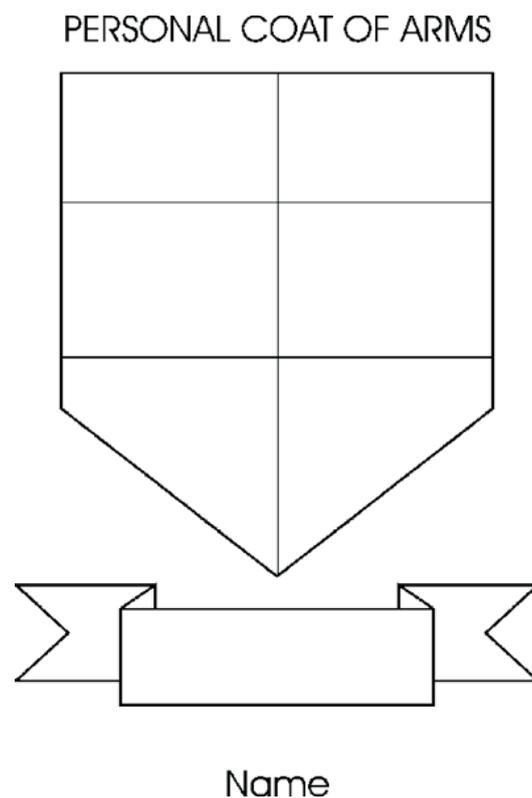
Materials Needed: A sheet of paper with a blank "coat of arms" for each person and writing utensils such as pens, pencils, markers, or even crayons.

Time Needed: 10 to 20 minutes.

Activity Description: If there are not any copies of the shield made, have the participants draw their own shields on paper. Have them divide the shields into six sections. The facilitator then chooses six topics. For example:

- I would never give up ...
- My favorite vacation spot is ...
- I want to be ...
- My favorite band is ...
- I am ...
- My greatest personal achievement is ...
- The most important thing to me is ...
- If I had a million, I would ...
- If I had one year to live, and could do anything, I would ...

How to Process: Discuss the differences in the shields when everyone is finished. Discuss why something might be important to one person, but not to another. Have them share their shields and briefly explain each part.



WEATHER REPORT



Goal: This activity is good for starting off group meetings. It clarifies where each person in the group is at the time of the session. It also makes sharing and taking risks a little easier.

Optimum Group Size: 5 to 15

Materials Needed: None.

Activity Description: The group sits in a circle, and each member takes a turn stating how they feel in terms of a weather report. This is a good chance to get creative. An example might be, "Partly cloudy, with a warm front on its way. Temperatures in the high 70s."

Options: Have each member take a turn stating how he/she feels about religion, God, their own spiritual growth, etc., in terms of a weather report.

How to Process: After all members of the group have given their reports, go back and see if anyone would like to elaborate on their report. Take special note of any "heavy weather" signals, as a one-on-one follow-up may be needed. Be sure that 1) Everyone gets to share and 2) There are shout outs for every forecast.



I'VE NEVER . . .

Goal: Share similarities and differences within your group.

Optimum Group Size: 10 to 15.

Materials Needed: None.

Time Needed: 8 to 15 minutes.

Activity Described: Sit in a circle with one person standing in the middle. The stated object of this activity is for the person in the middle to sit in one of the chairs. Here's how that can happen.

The person in the middle says, "I've never . . ." and finishes the sentence with a true statement. For example, "I've never been to another country." Everyone in the group for whom that statement is also true must stand up and try to move to a free chair, but it must be a different chair than where they were sitting previous to the statement. If the statement is not true for a person, that person just stays seated.

If the person in the middle doesn't find a seat, the person must come up with another "I've never. . ." statement. If a different person is left in the middle, that person comes up with their own, "I've never. . ." statement.

Here are some examples of "I've never . . ." statements:

- I've never been more than six feet tall.
- I've never eaten Thai food.
- I've never shaved my head.
- I've never sung a solo.
- I've never been on a short-term mission trip.
- I've never played in an orchestra.
- I've never organized a service project.
- I've never run a marathon.
- I've never preached a sermon.

Time to Talk: What surprised you about all of these "I've Nevers"?

With which people do you share things in common?

What's an example you could have given, but you didn't?

YOUR IDEA(S)

This a place for individuals to add their own game/activity

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:





INTERACTIONS-MEDIUM RISK



Interactions - the “work” portion of a Friendship Group in which the group seeks to develop deeper levels of trust by doing activities, sharing history and personal outlooks, feelings, insights, hopes and dreams, frustrations, etc. These activities are divided into low-, medium-, and high-risk levels of intimacy. Start with the low risk activities and proceed to deeper levels as the group is able based on shared experiences and learning to trust one another. Be sensitive to move to increased intimacy or to back off to less vulnerable elements in the give-and-take as a group develops.

Medium Risk—The fun element is still present, but the group moves beyond fun and games and begins to share personal and meaningful things. This might not be highly vulnerable stuff, but it establishes more history, and trust continues to develop.

THE SHOUT OUT STORY

Goal: This activity emphasizes the importance of being nice to others, and letting people know that we care about them through a variety of ways.

Optimum Group Size: Any size group.

Materials Needed: The Shout Out Story and cotton tails.

Activity Described: Read the story to the group, and process it using some of the questions below. Pass out a cotton ball to each member, and tell them they must give it to someone else (not in the group), explain what it is to that person, and tell them to pass it on.

How to Process:

Discussion questions:

- What is a shout out?
- What can a shout out be? (anything that makes someone feel good: a hug, a smile, a note, a wave)
- Do you give a lot of shout outs?
- Do you get a lot of shout outs?
- How does it feel to give a shout out? To receive one?
- What did you learn about yourself? About others?
- What can we do to help everyone in this group feel good about themselves?

Submitted by or Source: Unknown

Shout out Story

Once upon a time, there was a beautiful valley called Happy Valley. It was impossible for tourists to reach Happy Valley for it was not on the maps, and tourists sped by. There were no motels, no golf courses, no TVs, no restaurant chains, but the people of the valley didn't miss any of these things.

They were just ordinary people, just like people you'll find anywhere, except for two things. They were happy. And they had shout outs. Some people are happy only when they are at a party, or when they win a contest, but Happy Valley people were happy almost all the time. They enjoyed Monday mornings, a blizzard, and even spinach! They were so simple, they didn't know that it takes things to make people happy, or that some people could make you unhappy.

And they liked people! They never mistrusted or were suspicious of other people. They went out of their way to do each other favors. Most of all, they enjoyed meeting and greeting one another. When they met people, they gave each other a "shout out." Now, what is a shout out? It is something like a little puff of warm, soft fur. The shout outs loved to be given away. It always made the village people feel better to give them to others. It meant, "I care about you. You are wonderful. You make my day brighter."

So the custom of giving shout outs grew over the years. They gave them to sick people, to young couples starting a new home, to everyone! The shout outs brought lots of cheer to every single person. Everybody looked forward to exchanging shout outs, and it kept everyone happy.

One day, a wicked old woman found Happy Valley and saw what was going on. "This is ridiculous," she said. "I have got to do something about these people. They are so simple. They may spend their whole lives thinking they are happy. They need to be like the rest of the world." So, she thought of a plan to help Happy Valley people get rid of the notion that they were happy.

One day, she pretended she was sick, and sure enough, a kind lady came to visit with a shout out in her hand. The woman gave the shout out to the old woman. The wicked old woman asked her how many shout outs she had, and she began to put evil thoughts into the lady's head—thoughts such as "Someday you are going to run out of these shout outs, and no one will give them back," and "Did it ever occur to you that other people may be deliberately inviting you to come so that you have to give away your shout outs just so they can hoard more of them?" She spread the rumor that there would be a shortage of shout outs.

The wicked woman's plan worked! The Valley people started hoarding their shout outs instead of sharing them! The people would cross the street to avoid a friend. They stayed home, and worried about people stealing their shout outs. Soon no one gave away any shout outs. The months without shout outs turned into years, and soon there were quite a few people in the Valley who had never even heard of a shout out. Happy Valley filled up with strangers, and people didn't know their neighbors anymore.

Then, one day, a great-grandmother was telling her grandchildren about the good old days when everybody was happy and everybody gave away shout outs, and how good it made others feel to get one. And the children got so excited that they all went out and gathered up all the shout outs they could find and began giving them away to each other. It brought much happiness back to the people of Happy Valley, and they realized how selfish they had been. They all lived happily ever after!

TRUST FALL



Goal: Build trust in another person by taking increasing risks of trust.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 10 to 20 minutes.

Activity Described: Have everyone stand and team up with someone roughly the same size. One person will stand stiff, with arms to their side. Their partner stands behind them with one foot forward, and the other behind—braced and ready to catch their partner. Stand close enough so that the partner will be caught within two or three inches after beginning to fall. Be sure to call out when the catcher is ready. A strong and affirmative response can build trust. Catching the partner builds even greater trust.

After catching the partner, try it again, but let the partner fall five or six inches the next time. Keep trying this, extending the distance until either one of the partners decides that's enough. Then trade places and repeat the process in your new positions. Remember that the first fall should be only a few inches, and remind the catcher to be braced with one foot behind and the other one in front.

If you want a bigger challenge, stand on top of a sturdy table and fall into a "bed" formed by six or eight people who are facing one another and holding onto one another's arms. The one falling needs to alert the ones catching before they begin their fall, keep their arms close to their body instead of spreading them out, and keep their body stiff as they fall to distribute their weight evenly among the catchers. Catchers must give special attention to protecting the head of the person falling.

Time to Talk: How much did you trust your partner? Why?
What make trust easy? What makes it difficult?
Where are you challenged to trust others?

I'D LIKE TO GET TO KNOW YOU

Goal: To engage in a meaningful conversation by following prompts that move from superficial topics to deeper topics.

Optimum Group Size: 10 to 20.

Materials Needed: "I'd Like to Get to Know You" card 2-pack. If you don't have these card packs, you can make some for yourself by writing the questions/statements at the end of the activity on 3 x 5-inch cards.

Time Needed: 15 to 45 minutes.

Activity Described: Team up with one other person and sit facing each other. One person responds to the first card, and then the partner responds to the same card. The next time trade places so the person going last now goes first.

Use "I'd Like to Get to Know You" cards from AdventSource.org or create your own by using the following open ended statements and questions that move from superficial to more meaningful topics.

I'd Like to Get to Know You

Relax. Take a few deep breaths. You're about to get to know someone who also wants to get to know you. Each card has a sentence for you to complete. Break up into pairs. The person with the longer hair should go first, and for the next round the person with the shorter hair goes first. Everything the two of you share should be confidential. You choose how much you want to say. When you share something on a deeper level, it's an invitation for your partner to also go to a deeper level. The first items will be lighter and then you'll move to more significant ones. When you're ready to begin, face your partner and smile. When your partner smiles at you, you're ready to start.

01. My full name is _____, but people just call me _____.
02. I live in . . .
03. I spend most of my time each day . . .
04. One of my favorite foods is . . .
05. When it comes to computers, I usually . . .
06. The members of my family include . . .
07. When I get some free time, I prefer to . . .
08. My favorite store is . . .
09. I spend most of my money on . . .
10. If I had two extra hours each day, I would probably spend it . . .
11. Most people would describe me as . . .
12. My family . . .
13. When it comes to sports, I . . .
14. When I think about the opposite sex my thoughts . . .
15. One of my goals in life is to . . .
16. Three of my strengths are . . .
17. Three of my weaknesses are . . .



18. I read my Bible . . .
19. I'd describe my religious background as . . .
20. The spiritual leader in my home is . . .
21. Jesus is most real to me when . . .
22. When there's a fight at home, it's usually about . . .
23. One regret I have is . . .
24. Something that really motivates me is . . .
25. If I could be any character in the Bible, I'd want to be . . .
26. When I want to hear from God, I . . .
27. One talent I've dedicated to God is . . .
28. The first time death was a real thing to me was . . .
29. If my parents could change anything about me, it would be . . .
30. If I had three wishes, they would be . . .
31. I pray like I really mean it when . . .
32. Move close enough to your partner so that your knees touch.
33. Right now I'm feeling . . .
34. If Jesus were to return right now, He would . . .
35. If I could change one thing about myself, it would be . . .
36. If Jesus could change one thing about me, it would be . . .
37. Something I'd describe as miraculous would be . . .
38. I feel unconditionally loved by _____ when _____.
39. I think the reason poor people are poor is because . . .
40. The role I play at school (or work) is _____.
41. I'm really afraid of . . .
42. If people really knew me, they'd find out that . . .
43. If I could do one thing different in my life, it would be . . .
44. When I think of the future . . .
45. I expect that Jesus will return to earth when . . .
46. I feel successful when . . .
47. I struggle with . . .
48. What life really boils down to is . . .
49. I wish God would . . .
50. I feel loved when . . .
51. I feel insecure when . . .
52. My relationship with Jesus . . .

Thank you for sharing with your partner. Please remember that what you've shared is confidential. Honor each other with that. Close by reaching out and holding hands. Pray together, either out loud or silently. When you are done, gently squeeze each other's hands.

Time to Talk: Use the "I'd Like to Get to Know You" cards to engage in a meaningful conversation.

I'LL BET YOU DIDN'T KNOW

Goal: Share something personal and private with a group of trusted people.

Optimum Group Size: 8 to 15.

Materials Needed: One index card and pen for each person.

Time Needed: 10 to 20 minutes.

Activity Described: Depending on the size of your group, you may want to split into two groups because each person will share something personal over a period of time. If you have more than 10 people, split into two groups or plan for a lot more time.

Sit in chairs in a circle. Give each person an index card and a pen. Each person writes on an index card one thing that most people in the group wouldn't know about them.

Don't put your name on the card, but when you're finished, turn over the card and place it on the floor. Once everyone has completed their card, the leader collects the cards and rearranges the order. Then the leader reads off the cards one by one.

The individuals in the group try to guess which card belongs to each person. Give that person the card in question. But don't admit or deny whether the card is yours yet.

Once all of the cards have been assigned, each person can reveal whether they were given their own card.

Time to Talk: Why did you choose to share what you shared?

How well do you keep other people's secrets?

Who in this group would you go to if you needed help for something?



OUT OF THE HAT

Goal: Engage in deeper conversation by using medium-risk prompts for the conversation.

Optimum Group Size: 10 to 20.

Materials Needed: “Out of the Hat,” square options for medium risk. If you don’t have this game, you can make cards with the questions/statements at the end of the activity described.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit knee-to-knee. One person draws a medium-risk card out of the hat and reads it aloud to the group. Partners have 45 to 60 seconds to both respond to the question and to continue their conversation. You can also do this in groups of 3 or 4 people.

Use “Out of the Hat” by Steve Case, available from AdventSource.org or create your own by using the following 25 options to put in a hat for medium-risk interaction:

- What’s one thing you really want out of life?
- Describe what you would do on “a perfect day” in your life.
- What’s something that makes you really happy?
- What’s something that makes you afraid?
- What are two secrets for keeping a good friendship?
- How do you feel about living forever?
- What is something you’ve learned “the hard way”?
- What are three qualities you look for in a friend?
- What do you think life on earth will be like in 100 years?
- When is a good time for a kid to become fully independent?
- What are your current thoughts about death?
- How should we relate to poverty?
- What is a cause you’re willing to die for?
- What is a cause that you’re willing to live for?
- What’s something that gets you down?
- Would you rather be wealthy or happy? Why?
- What is the purpose of your life?
- What are three things you hope people will say about you at your funeral?
- What are two hopes or dreams you have for the future?
- Why do you think bad things happen?
- Why do good things happen to people?
- Are things getting better or worse? Explain.
- Name three specific ways you demonstrate love?
- Should a couple stay married if they don’t love each other anymore?
- What are two differences between males and females (beyond the physical)?

Time to Talk: Use the medium-risk questions to share a meaningful conversation.

READY-2-ROLL



Goal: Engage in deeper conversation by using medium-risk prompts from rolling the dice.

Optimum Group Size: 10 to 20.

Materials Needed: Ready-2-Roll, three cubes for medium risk. These are on the topics of Friends, Frustrations, and Family. If you don't have this game, you can make it for yourself with the questions/statements at the end of the activity described and simply rolling one die.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit knee-to-knee or sit in a circle with four to six people. One person rolls one of the dice and answers out loud to the people in the group. Another person can roll the die or choose from one of the three dice. Use "Ready-2-Roll" from AdventSource.org or create your own by using the following three options for the three medium risk interactions of Friends, Frustrations, and Family:

Friends

01. You can tell that a person is really your friend when . . .
02. In the past year, my number of friends has:
a) increased b) decreased c) stayed the same
03. My friendships go deeper when . . .
04. I communicate with my friends most by:
a) phone b) internet c) face-to-face d) other
05. Friends stop being friends when . . .
06. To be friends with Jesus, I need to . . .

Frustrations

01. The thing that bugs me the most about the opposite sex is . . .
02. I'm most apt to lose my cool when . . .
03. I wish God would . . .
04. I never have enough time to . . .
05. It doesn't seem fair that . . .
06. One talent I wish I had is . . .

Family

01. My family is good at . . .
02. One memory I'll always have about my family is . . .
03. Describe each member of your family using one word
04. In my family, I . . .
05. My family a) falls apart or b) pulls together when . . .
06. I wish my family . . .

Time to Talk: Use the medium -risk items to start a meaningful conversation.

GROUP CHARADES

Goal: Increase understanding by testing some of the limits of communication, including one's ability to speak effectively and to listen accurately and with empathy.

Optimum Group Size: 10 to 20.

Materials Needed: A collection of scenes to be acted out.

Time Needed: 10 to 20 minutes.

Activity Described: Have people sit or stand in a place in which they can easily move into action. This is a variation on charades—something that is acted out and others try to guess what it is.

But here's the variation: instead of saying out loud what you think the person is acting out, go and join the person, adding to what is being acted out. For example, if you think the person is doing a charade of conducting an orchestra, don't say, "Directing an orchestra." Instead, spring into action and join the action by playing an imaginary instrument, or by being a back-stage helper or someone in the audience, etc.

The important thing is to spring into action as fast as you can and to join the action. That's more important than getting it "right."

The leader can go first or select a volunteer. Draw from the collection provided or create your own. Sometimes volunteers will have an idea of their own they want to act out.

When a number of people have joined the action, shout, "Freeze!" At that moment everyone freezes into position. The person who started the activity can then go from person to person and ask what they are doing. Sometimes their response will fit in nicely and sometimes it will make no sense at all. Some of these can be fairly funny, and others are just interesting or unique.

Pick another volunteer and act out another charade. Encourage those watching to respond quickly rather than to hold back.

Continue until you anticipate that the interest is waning or you're ready to go on to something else.

Time to Talk: What makes it easy to join in? What makes it difficult?
What changes, if any, did you make while doing the group charade?
How does this activity relate to living the Christian life?

UNDER THE STRING



Goal: Create a plan with adequate input and implement it. Identify and capitalize on the strengths in your group. See what is done to care for others in the group.

Optimum Group Size: 10 to 20.

Materials Needed: String (10 feet long), chairs to tie the string to, masking tape.

Time Needed: 10 to 20 minutes.

Activity Described: Have your entire group stand on one side of the room.

Imagine a river running through the middle of the room. Use masking tape to indicate the shoreline on either side. Make the stream about three or four feet wide.

Tie a string to a chair or some other stable object, and hold the other end. The string should be about 30 to 36 inches off the ground and running over the middle of the river.

Explain to your group that the string represents an electric fence. Your group is on the run from a group of terrorists. You have to get everyone in your group under this electric fence to safety before the terrorists arrive to hurt you. The electric fence is only part of the challenge. What looks like a river is actually acid that will burn you if you touch it or if it touches you. You will have to work together to accomplish this. You must get everyone under the string without touching the acid river. The leader decides how high the string/electric fence will be. Work as a group to get everyone under the fence in a safe manner as quickly as possible. So encourage everyone to work together; don't allow macho males to overrule or less athletic people to avoid the exercise. Listen to everyone's ideas. Some people may have great ideas but nobody listens to them.

Set a time limit and update the group on how much time remains until the terrorists will arrive.

Time to Talk: What did the different people in your group do to help? What kinds of obstacles and pressures do you or your friends face in your daily lives? What part does God play, and what part do you play in helping?

FRIENDS

Goal: To help participants realize what they hope for and expect in a friend, as well as what they have to offer as a friend.

Optimum Group Size: 5 to 15

Materials Needed:

- Paper
- Pens
- Pencils

Activity Described: Participants brainstorm a list of ten qualities they want in a friend. The facilitator writes the ten qualities down. The group members will then list the ten qualities on their own paper, in their own order of importance, the most important (number 1) to the least important (number 10). The group then shares their lists with each other.

How to Process:

Discussion questions:

- Why did you put the qualities in the order that you did?
- What do you have to offer your friends?
- Are your friends good to you? Are you good to them?
- When does friendship hurt your friends? When does it feel good?
- How did you feel during this activity? Why?
- What did you learn about yourself? About others?

Submitted by or Source: Unknown

SYMBOLS

Goal: Develop self-awareness and spiritual growth by opening the way for the group members to express their feelings about themselves and God.

Optimum Group Size: 5 to 15

Materials Needed: None.

Activity Described: Give the group members ten minutes to find objects that represent their current feeling about:

01. The type of day they are having.
02. The conference.
03. Their own self.
04. Their relationship to God.



The group members may look for their ideas inside or outside the meeting room. At the end of ten minutes, gather the group for discussion.

How to Process: After bringing the group back together, ask them to share their objects and explain why they chose them. After allowing time for each member to share, ask “Did you learn anything from this activity? What objects were the easiest to share? The most difficult? Why?” Be ready with affirmation to any feeling that is expressed.

Source: Building Community in Youth Groups

HEALTHY LIVING CHECKLIST

Goal: Members of the group will become more aware of all the factors operating in their lives, and will become aware of what areas they may need to work on.

Optimum Group Size: 5 to 30.

Materials Needed: Checklists, pens or pencils.

Time Needed: 20 to 40 minutes

Activity Described: Each member of the group receives a checklist to fill out.

Give the group 10 to 15 minutes to complete the lists.

Once everyone is done, discuss their lists by using the processing questions below.

How to Process:

Discussion questions:

- What areas are most outstanding for you?
- What areas do you need to work on?
- What can you do to improve these areas?
- What can you do to help others improve in their areas?
- What did you learn about yourself? About others?

Submitted by or Source: Unknown

HEALTHY LIVING CHECKLIST

Directions: Place a check mark in the appropriate column to rate yourself on each of the items listed below.

	Needs Work	Okay	Outstanding
PHYSICAL HEALTH			
Physical Condition			
Amount of Rest			
Weight			
Height			
What I like best about the way I look is			
FEELINGS			
Dealing with Frustration			
Caring for Others			
Handling Disappointment			
Expressing Joy			
I feel best about myself when			
FAMILY			
Relationship with Parents			
Feeling Important to My Family			
Sharing Things with Others			
Honesty with My Parent(s)/Guardian(s)			
My family has the most fun together when			
FRIENDS			
Having Friends			
Keeping Friends			
Comfortable Disagreeing with Friends			
Honesty with Friends			
I wish my friends would			
LEISURE TIME			
Participating in Sports			
Participating in Extra-Curricular Activities			
Participating in Friendship Activities			
I wish I had more leisure time			



THINKING SKILLS			
Using Facts in Making Decisions			
Considering Different Points of View			
Considering Choices When Deciding			
Reconsidering a Decision			
I do my best thinking when			
SPIRITUAL LIFE/IMPORTANT BELIEFS			
Feeling of Peace within Myself			
Relationship with God			
Trust in God and Others			
Honesty with Self and Others			
I feel very strongly about			
WORK/SCHOOL			
Good Team Worker			
Relationships with Teacher(s)			
Grades			
Enjoyment of Schoolwork			
I do my best work when			
FINANCES			
Having Spending Money			
Planning Ahead			
Spending Money Wisely			
Earning Money			
I would like to be able to			

Directions: Go back, circle at least two items about which you are concerned and think need immediate attention.

PICASSO

Goal: Increase understanding by testing some of the limits of communication, including one's ability to speak effectively and to listen accurately and with empathy.

Optimum Group Size: 8 to 20.

Materials Needed: Index cards and pens for each group of four or five people, plus a collection of geometric designs.

Time Needed: 10 to 20 minutes.

Activity Described: Divide into groups of four or five people. The groups should have the same number of people in them. Have each group form a line, one person behind the other, and each person sitting in a chair. Each group should match up with the other groups so it looks like a school classroom with students sitting in rows.

Give an index card and pen to each person at the front of their group line. After describing the activity, you will show each person at the back of their group a geometric design. After they see the design, they are to use their finger to draw the design on the back of the person in front of them. They can draw the design only one time, and they can't use words.

After that person "feels" the design on their back, they must use their finger to draw what they felt on the back of the person in front of them. They can do it only once, and they aren't allowed to use words.

This continues until the person at the front of the line feels what is drawn on their back. They then draw it on the index card.

What makes this challenging is not being able to use words, especially when you see the person in front of you drawing something different from what you drew on their back. Drawing on the back is difficult to discern, especially when one's finger lifts off of the back and then starts at another place on the back.

Once each group is finished, collect the index cards and show them to all the groups. After that, show the original designs. Let them make comments.

Have everyone move forward one chair and the people at the front move to the \ back chair of their group. Do this again with another geometric design.

Continue this until each person in the group has had a chance to be in each seat.

You can use the geometric designs provided here or create your own by hand or on a computer. Start with simple designs and then move to more complicated ones.

Time to Talk: What happened when you tried this?

What handicaps you when it comes to passing on a message to others?

How does this compare to God's attempts to pass along messages to us?



WHO? WHERE? WHAT?

Goal: To simulate challenging discussions in the safety of role playing.

Optimum Group Size: 10 to 14.

Materials Needed: The game Who? Where? What? by Steve Case, available through AdventSource, or you can create your own version of the game using dice and some “Challenge Cards” (see below).

Time Needed: 10 to 20 minutes.

Activity Described: Pair up with another person and sit in chairs facing each other. This simulation game involves role playing and discussing challenging topics in two-minute spurts. But first you must establish the Who? the Where? and the What?

Who? Roll the two dice (green and orange) to establish the role you will assume. If you don't have the game, you can just roll a regular pair of dice. Based on the number on each die, one of you takes one role and the other takes the second role.

GREEN

1. Popular Teen
2. Unpopular Teen
3. Athlete
4. Musician
5. Young Adult Male
6. Young Adult Female

ORANGE

1. Green's Brother
2. Green's Mother
3. Green's Best Friend
4. Green's Teacher or Boss
5. Senior Citizen
6. Religious Leader

Get into your character. Flesh it out some in your mind. For example, if your role is “Athlete” you need to decide which sport, your age, whether you're amateur or pro, your gender, and your attitude.

Where? This determines the location for your conversation. Imagine yourself in this setting and even make comments about it during your discussion. Roll the dice and the sum of the dice tells you where you're talking.

2. At a movie theater, buying snacks
3. Playing video games
4. The mall
5. Varsity game at school
6. At the beach or lake
7. In a church lobby
8. At a concert
9. Eating at a nice restaurant
10. Serving food at a soup kitchen
11. Singing in a group at a retirement home
12. Working at an office job



What? This gives you the topic. Draw from the collection of cards or create your own. Take current hot topics and have one person take one side and the other person take an opposing side to challenge the person. Remember the role that you're playing and the place where you're talking. Here are some examples of the topics for the Challenges.

Green has a terribly annoying younger sibling and is often rude to the sibling. Orange tries to convince Green that a sibling makes life better in the long run. Green starts.

Orange attributes success to having a clear idea and a plan for one's future and is bothered by Green's lack of focus. Green has absolutely no idea what to become and seems content to just let life unfold. Orange starts.

Because of controlling parents, Green is about to rebel. Orange tries to persuade Green that working together with people beats fighting them. Green starts.

Green recently moved due to a family break up and is insecure about opening up to others. Orange tries to be friendly but is frustrated by how guarded Green is. Orange starts.

Green gets lots of affirmation whenever speaking in front of church. Orange notices that the "walk" doesn't match the "talk" and tries to persuade Green not to be such a hypocrite. Green starts.

Green tries to persuade Orange to help regularly at a soup kitchen. When it comes to worthwhile projects, Orange prefers to give money instead of time. Green starts.

Green gets stoned every weekend and contends it's no problem since nobody gets hurt. Orange has concerns after hearing some wild stories about Green and decides to confront Green about this "problem." Orange starts.

Green has reasons for personally attempting suicide—twice! Orange can't imagine why a person would even consider suicide, much less attempt it. Green starts.

Orange lives in the United States and has converted to Islam. Green has fears based on reports that "Muslims intend to take over the world." Green starts.

Green lost a parent to death and is afraid of being close to anyone in case they die, too. Orange recommends that people should make the most of what they have, not what they no longer have. Green starts.

Time to Talk: That's what you've been doing

TRUST WALK

Goal: Communicate non-verbally and build trust in another person.

Optimum Group Size: 10 to 20.

Materials Needed: Vase of flowers, a bird, some pebbles, or other objects, one blindfold for each pair of people.

Time Needed: 10 to 20 minutes.

Activity Described: Pair up with another person and obtain one blindfold for each pair of people. The person who is not blindfolded must come up with a message to communicate non-verbally with the partner, such as “God loves you” or “It’s a dangerous world unless you’re with someone you trust” or “There’s a much wider world when you activate your senses in new ways” or something you choose.

No verbal communication is allowed between either partner. The one who can see must take the blindfolded partner on a walk and find ways to communicate the message without using words. The sighted person can also use prompts like a vase of flower, a bird, a pebble. He or she can inform the group of the time limit, such as six minutes or up to 10 minutes.

After the time has elapsed, the blindfold can come off and the words can flow. Have the blindfolded partner share first, describing what was sensed and the possible message the sighted partner tried to communicate. Then give the sighted person the opportunity to share things from that perspective.

Trade roles and try it again.

Debrief.

Time to Talk: What did you try to communicate? What did your partner think you were trying to communicate?

Did you prefer to be the one who could see or the one who was blindfolded?

What did you discover by not seeing? What did you discover by not talking?

FEELINGS CHARADE

Goal: To recognize that we each have feelings, and to look at how we show them.

Optimum Group Size: 5 to 15

Materials Needed: Slips of paper with a “feeling” word written on each one.

Poem: “Everyone Has Feelings.”

Outline of Activity:

Lead In: Everyone has feelings! We do not call feelings good or bad. It is what we do with those feelings that makes them good or bad. We each have trouble at times in naming our feelings by acting them out. Pass out a “feeling” slip to each person in the group. Ask each member to think about his/her word alone, considering how that feeling could be silently acted out. Have each group member act out his/her feeling and have the rest of the group guess which feeling it is.

How to Process:

Discussion questions:

- Does everyone express feelings in the same way?
- Are some feelings harder to express than others? Which ones? Why?
- Why is it important for people to express their feelings?

Source: I’m Special

FEELINGS LIST

- Proud
- Confused
- Bored
- Satisfied
- Scared
- Happy
- Embarrassed
- Shy
- Angry
- Mad
- Energetic
- Rushed
- Sad
- Fascinated
- Excited
- Hopeful
- Hurt
- Lonely
- Jealous
- Tired
- Contented
- Frustrated
- Tense

INTERACTIONS-MEDIUM RISK | FEELINGS CUBE

Goal: Gives group members practice expressing feelings (may want to briefly point out the difference between thoughts and feelings). Promotes closeness and sharing in the group.

Optimum Group Size: 5 to 30

Materials Needed: Use a square box (cube), and decorate it however you wish, with one “feeling” word on each side. These can be all happy feelings, all sad feelings, or a mix. For example, sad feelings could be guilty, angry, jealousy, rejection, loneliness; while happy feelings could be peaceful, proud, glad, enthused, satisfied.

Activity Description: One person starts, and tosses the cube to a group member. Whatever “feeling” word is facing up, the person talks about the last time they felt that way. Then that person tosses the cube to someone else. Proceed in the same way until everyone has had a chance to participate. Group members may comment or ask questions other during this activity if they wish.

How to Process:

Discussion questions:

- Was it difficult to talk about feelings? Why, or why not?
- Why do we find it difficult to talk about how we feel?
- Is it okay to feel different feelings?
- How can we express our feelings in healthy ways?
- What did you learn about yourself? About others?

Submitted by or Source: Mary Marvel.

SCARY

Goal: To get anxieties out in the open so they can be dealt with, and to allow members of the group see that everyone has anxieties about being there. To build trust and cohesion within the group.

Optimum Group Size: 5 to 15

Materials Needed: None

Activity Described: The group sits in a circle. The leader will ask the question, “What is the scariest thing about being here?” He/she will then share what that is for him/her. Then, going to the right or left, each member will share with the group what’s scariest for them.

How to Process: Talk about the fact that everyone is scared in a new situation, but that the Friendship Group is a place where a person is safe and can share and get support.

Source: Unknown

Q4U CARDS



Goal: Engage in deeper conversation by drawing a card that offers a challenging topic with two options so the person can choose.

Optimum Group Size: 10 to 20.

Materials Needed: A set of cards with two optional statements or questions on the same topic. A deck of more than 70 of these is available from AdventSource, or you can create your own by using the options below.

Time Needed: 10 to 15 minutes.

Activity Described: A person often feels threatened when another person asks a deep question. But drawing the question from a deck of cards turns it into a game. The one drawing the card feels in control rather than tagged by a person who directly asks the same question. Openness to deeper topics can also be enhanced by offering two choices of deep questions on the same card.

After one person responds to the card, the leader can ask for input from others or have the person who answered one question on the card choose another person to answer the other question.

You can have one person draw the card and respond to the group as a whole, or divide into pairs and have one person in each pair respond to their partner.

Be prepared to “buy some time” for the person who draws the card so that person has a little bit of time to think before responding. Ask others to think of how they would answer the question or whether or not they have thought about this topic in the past. Here are some examples from the 70+ Q4U card deck:

Who’s responsible when you do something wrong: You, your parents, friends, God, surroundings, Satan, nobody?

Who’s responsible when you do something right?

What should a person do when they’re losing their interest in spiritual things?

What has sparked your interest in spiritual things this past year?

If you had four more hours each day, what would you do with the extra time?

If you had four hours less each day, what would you cut?

How does the way a person dresses show their individuality and personality? Does it matter to God?

Is being out of style more spiritual than being in style? Explain.

Why hasn’t Jesus returned yet?

If you knew for sure that Jesus would return one week from today, what would you do this coming week?

Is it better to die a slow death in a nursing home or to have a “doctor assisted suicide”?
What’s the difference between an unhealthy lifestyle and committing suicide?

What are the top five qualities you look for in the opposite sex?
What are the top five qualities you have to offer someone of the opposite sex?

Which is worse: Doing things we shouldn’t OR not doing things we should?
Which is better: Doing things we should OR not doing things we shouldn’t do?

What do you do when you read something in the Bible and you don’t understand it?
What do you do when you understand what you read in the Bible, but you don’t want to do it?

Why did so many people miss Jesus when he came to earth the first time?
Why are people apt to miss Jesus when he comes the second time?

What makes it easy to believe what you read in the Bible?
What makes it difficult to believe what you read in the Bible?

If you were to live your life over, what would you do differently?
If you were to live your life over, what would you do the same?

What are some reasons you have to celebrate?
What are some good ways for you to celebrate?

Is it easier for you to worship by yourself or with a group of believers?
Describe a time when you sensed the presence of God.

Describe a situation when you would want to trade places with someone who has more than you.
Describe a time when you would want to trade places with someone who has less than you.

Which is more important, what you say or what you do? Why?
If we’re saved by faith, not by works (what we do), why do people make such a big deal about what we do?

How old do you think you’ll be when you die?
What really happens to a person when they die? Heaven? Hell? Purgatory? Reincarnation?
Unconsciousness? Nothing? What makes you think so?

How do you discover God’s will for your life?
Some people say, “God has one person specifically picked out for you to marry.” What do you think?

In which parts of your life are you least likely to be a hypocrite?
In which parts of your life are you most likely to be a hypocrite?

What are good ways to include God in relationships (with friends, people you work with and family)?
What do you think are good ways to include God in romantic relationships?

Time to Talk: The cards provide the topics for discussion. The leader needs to be sensitive on how to facilitate discussion, noting the level of openness and sharing taking place.

YOUR IDEA(S)

This a place for individuals to add their own game/activity

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:





INTERACTIONS-HIGH RISK



Interactions—The “work” portion of a Friendship Group in which the group seeks to develop deeper levels of trust by doing activities, sharing history and personal outlooks, feelings, insights, hopes and dreams, frustrations, etc. These activities are divided into low-, medium-, and high-risk levels of intimacy. Start with the low-risk activities and proceed to deeper levels as the group is able, based on shared experiences and learning to trust one another. Be sensitive to move to increased intimacy or to back off to less vulnerable elements in the give-and-take as a group develops.

High Risk—The activity level decreases, but the talking and sharing increases and deepens. Sometimes one basic activity can set the entire group into serious reflection. It might be one person sharing something very personal that will set the stage for others to feel secure enough and safe enough to share their story or part of it in this caring environment.

SPIRITUAL JOURNEY

Goal: To identify, plot, and share the ups and downs, the victories and setbacks and plateaus on one’s spiritual life over time.

Optimum Group Size: 8 to 12.

Materials Needed: One blank sheet of paper and a pen for each person.

Time Needed: 15 to 30 minutes.

Activity Described: Have each person sit in a chair. Provide a blank piece of paper and a pen and something hard for them to write on. Invite each person to graph their own spiritual journey from their earliest memory up to the present time. There are probably varying highs and lows and maybe some plateaus over the years. This might include baptism, a mission trip, a family breakup, moving to a new area, a death of someone significant, a time of significant reflection, or something else. Feel free to draw symbols or write words at various places on the spiritual journey that you graph. As you describe this, share something personal from your own journey to give an example of what someone experiences and your openness to sharing in the group. This has the potential to be something very deep and meaningful, but only if the people have significant trust for others in the group. This takes time to come up with graphing one’s spiritual journey. When it comes time to share, divide into smaller groups of 3 to 5 people unless you have the time and consider it significant to share with everyone in the whole group.

Time to Talk: What did you discover during this process?
How has your spiritual journey been similar and different from others?
What does this graphing tell you about God? About yourself?



MY FRIENDS



Goal: To consider those closest to you in terms of reflection, appreciation, and needs.

Optimum Group Size: 8 to 12.

Materials Needed: One piece of paper and one pen for each person.

Time Needed: 15 to 30 minutes.

Activity Described: Have each person sit in a chair; provide a pen and paper for them to write down the names of the 10 people who are closest to them at this time in their life. This could include family and friends, near and far.

Number these 10 people in the order of closeness to you: who is #1, who is #2, etc., until you get to #10. What does "closeness" mean? It has to do with the feelings of trust and intimacy, emotional attachment that you sense in relation to that person. Put a letter "F" by those who are family members or relatives.

- Draw a circle around those you'd like to be closer to.
- Draw an arrow that points to those to whom you give more of yourself to than you receive from them.
- Next to each name, write the number of years you've known that person.
- Draw a cross by the one(s) you feel you can have spiritual conversations with at any time.
- Underline the name of the person who has the most positive spiritual impact on you.
- Put a question mark next to anyone on your list who tends to bring you down.
- Draw a smiley face next to the person you would choose to spend the rest of your life with out of the entire group.
- Draw a football next to the person you play with the most.
- Draw a heart next to the person you trust the most.
- Draw a tear next to the person who has hurt you the most.
- Draw a light bulb next to the person who has shown you the most about what Jesus is like.

After individuals have done this, you may choose to give them a chance to share in the group. Or divide into smaller groups to share. This can be a wakeup call that may challenge some to make changes. It can also be the cause for gratitude and rejoicing. It can easily lead to various types of prayer.

Time to Talk: What insights did you gain from this experience?
What changes do you want to make based on what you've learned from this exercise?
What does Jesus have to do with this?

PHONE A FRIEND

Goal: To examine my friendship (my friendship to others and their friendship to me) in light of what it means to me and what it means to God.

Optimum Group Size: 5 to 15

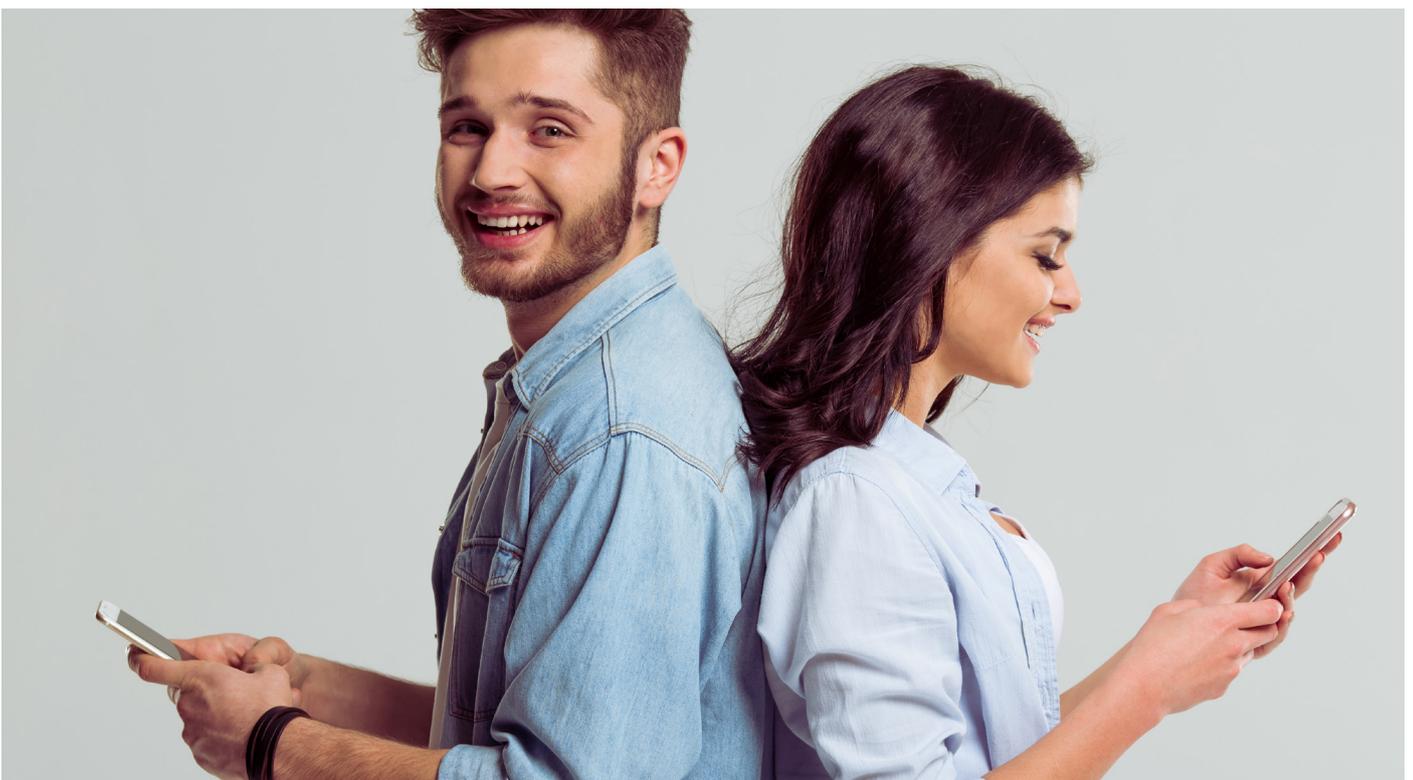
Materials Needed: Paper, pencils or pens, Bible.

Activity Described:

- Lead-in:
 - Friendship: Acceptance, care, and concern.
- Brainstorm: What is friendship? Who offers it to us? Who do we offer it to? Why?
- Pass out worksheets and pencils. Allow ten minutes for each individual to fill out the worksheet, and then have the members share their answers with the group.
- Share Luke 10:30-37.
- Brainstorm: What does this story have to say about friendship?

How to Process: Ask each member to share his/her responses and to tell why they responded as they did. Discuss God's style of friendship. Discuss how we can improve our friendship.

Submitted by or Source: Serendipity Youth Ministry Encyclopedia





PHONE A FRIEND WORKSHEET

Goal: To examine my friendship (my friendship to others and their friendship to me) in light of what it means to me and what it means to God.

Optimum Group Size: 5 to 15

Materials Needed: Paper, pencils or pens, Bible.

Activity Described:

- Lead-in:
 - Friendship: Acceptance, care, and concern.
- Brainstorm: What is friendship? Who offers it to us? Who do we offer it to? Why?
- Pass out worksheets and pencils. Allow ten minutes for each individual to fill out the worksheet, and then have the members share their answers with the group.
- Share Luke 10:30-37.
- Brainstorm: What does this story have to say about friendship?

How to Process: Ask each member to share his/her responses and to tell why they responded as they did. Discuss God's style of friendship. Discuss how we can improve our friendship.

Submitted by or Source: Serendipity Youth Ministry Encyclopedia

Phone-a-Friend Worksheet

01. What phone numbers do you use the most right now? List the numbers you call most frequently. If you can't remember the number, jot down the name of the person. Include your home and church numbers.

02. Who would you call? Place the following symbols next to the numbers you would call for the various situations. You may use a symbol more than once, and more than one symbol next to a number if it is appropriate.

- \$ if you need money but cannot explain why.
- ? if you have a major choice to make in your life and you need some good counsel.
- # if you have a serious personal problem and need someone to talk to—someone who would keep their mouth shut.
- + if you have a spiritual problem and need someone to listen and understand.
- * if you are feeling really down and need a good laugh and a good time.
- (-) if you receive a "Dear John" letter and need a shoulder to cry on.
- % if you have a new joke that you want to share.



03. When it comes to friends, I tend to (circle one in each category):

- a. Make friends quickly..... slowly
- b. Change friends often..... never
- c. Break off friendships easily with great pain
- d. When in trouble, I call on my friends..... keep to myself

04. In times of trouble, I tend to rely on (rank the top three):

- My boyfriend/girlfriend
- My friends
- My teachers/ coach
- Myself alone
- One friend
- God

05. When one of my friends is in trouble, I am best at (circle two):

- Listening
- Going to bat for them
- Sharing my struggles with them
- Cheering them up
- Getting others to help
- Sticking by them
- Keeping my mouth shut
- Praying



AFFIRMATION CIRCLE

Goal: To give and to receive affirmation, especially affirmation on deeper things in life.

Optimum Group Size: 8 to 12.

Materials Needed: None.

Time Needed: 15 to 30 minutes.

Activity Described: Arrange chairs in a semi-circle. Put one chair by itself where it's the focal point of the semi-circle. Invite the group to sit in one of the chairs. The person in the isolated chair is in the "hot seat" or "affirmation chair." Each person will have a turn in this place.

NOTE: If you do this before people in the group know each other well or before they have built trust in each other because of experiencing significant activities and sharing, this can be a very superficial experience. If there is a lot of trust and shared experiences, this can be a very deep experience.

The long version of the affirmation circle is to have each person in the semi-circle state one affirmation about the person in the hot seat. Do this one person at a time. Then everyone moves one seat in a clockwise direction, which puts a new person in the hot seat and moves the previous person back to the affirmation circle. Beware that it will be easier to come up with affirmations for some people more than for others. How will you deal with that?

A faster way to do this is to give only 10 seconds for the entire group to say as many affirming things as they can about the person in the hot seat. When the leader gives the signal, everyone starts talking fast and loudly because the whole group has only 10 seconds.

A less threatening way to do this is to give each person a blank sheet of paper. Write your name at the top of the paper. Then everyone can either pass the papers around or move to where the papers are and write an affirmation for each person to take with them in writing.

Time to Talk: What feelings did you experience before, during, and after you were in the hot seat? What do you wish people would have said about you? What would God say about you?

BROWN BAGGIN' IT

Goal: This activity allows the participants to express the friendship and closeness gained through the group sessions. It also provides a keepsake for each member, and may be looked at many times, along with providing the opportunity for reflection on experiences and relationships at the conference.

Optimum Group Size: 5 to 15

Materials Needed: Paper, writing utensils, paper bags (enough for all members of the group).

Activity Described: At the last meeting of the group, everyone writes notes to each member of the group. What is written should be what the person thinks and has learned about the other person. It should also be positive. The person then puts it in the brown bag designated as that of the person to whom the notes are being written. After everyone has put a note in each person's bag, each person rolls up the top of his/her bag to close it. The notes are not to be read until the person gets home.

How to Process: None needed (explain the goal beforehand). Submitted Source: Youth to Youth

MAKING A LIST; CHECKING IT TWICE

Goal: To help the group members identify their positive and negative qualities as they see them, and to explore the importance of recognizing and utilizing those positive qualities within themselves.

Optimum Group Size: 5 to 15

Materials Needed: Paper, pencils or pens.

Outline of Activity: Instruct the group members that they have one minute to list all the qualities they like about themselves. At the end of that minute, have them take another minute to make a second list of all the qualities they don't like about themselves. Once both lists are completed, have them compare the two lists. Usually, the majority of the students will come up with a list of negative qualities that greatly exceeds the list of positive qualities. When facilitating a follow-up discussion, be sure to utilize this point.

How to Process: Discuss such things as:

- Why do so many of us look at ourselves so negatively?
- What can we do about this?
- Can we help each other with this by telling others more often about their positive qualities, and by complimenting them?

Submitted by or Source: Prevention is Primary (PIP)



HEY BUDDY, CAN YOU SPARE A COMPLIMENT?

Goal: Group members should better understand the importance of giving and receiving compliments.

Optimum Group Size: 5 to 15

Materials Needed: Paper, pencils or pens.

Activity Described: This activity is a great follow-up for “Making A List – Checking It Twice.”

Have the members of the group write their names on their paper. Then collect and shuffle the papers, redistributing them so that no one gets their own name. Members are then to write something they like about the person whose name is on the paper in front of them. Write only something complimentary—no criticism or jokes allowed! And don’t sign the paper. Statements should remain anonymous. When done, the papers will be collected and read aloud. (Be sure to glance at each description first to be sure it is positive. If it is not, use your own in place of it.)

The person complimented should say, “Thank you” (and only “Thank you”) when their compliment is read.

How to Process: Suggestions for discussion:

- What was accomplished by this exercise? How do you feel after something complimentary has been said?
- Is it easy to receive compliments? Why, or why not?
- Do you usually thank the person, or try to “argue” with their point of view? Why?

Submitted by or Source: Prevention is Primary (PIP)

HIGHS AND LOWS



Goal: To share one's ups and downs with others in a spiritual setting.

Optimum Group Size: 8 to 12.

Materials Needed: None.

Time Needed: 15 to 30 minutes.

Activity Described: This is related to the "Spiritual Journey" but this just focuses on the extremes. Ask participants to reflect on their lives and to share different highs and lows that they have experienced. Some have wild swings, while others might be comparatively moderate or even dull. Sometimes it has to do with one's personality or just things that happen to them.

As the leader, you can ask for just "highs" or just "lows" for a while, or you can open it to a combination in which people can share either or both. It's good to have a personal example to set the tone during this time of deep and personal sharing.

If a person's life is very, very steady, there may not be lows, but there may not be highs either. Look for patterns or unique spacing. Classic Bible examples of extreme highs and lows include Elijah on Mount Carmel and then running from Jezebel (1 Kings 18-19), Christ's affirmation and rebuke of Peter (Matthew 16:13-23), and Mount Sinai extremes of Israelite worship of Yahweh when given the 10 Commandments compared to the worship of the golden calf (Exodus 19-20, 32).

Time to Talk: How do your highs and lows compare to others?
Are your highs and lows the same thing as your spiritual walk with God?
Do you wish your highs and lows were more extreme or more mellow?

SINGIN' THE BLUES

Goal: To develop group sharing at a higher risk level, and to prompt positive thought about loneliness.

Optimum Group Size: 5 to 15

Materials Needed: A pencil and handout for each person.

Activity Described: Distribute the handouts and pencils. Give the group members ten minutes to write out their answers to the questions, and then gather the group in a circle. Go around the circle, one question at a time, allowing each person to respond. Allow other members in the group to ask questions of clarification.

How to Process: Go through the responses to the questions on the handout. If there is a common issue, discuss it as a group.

- Brainstorm: Ways to avoid loneliness.
- Brainstorm: Ways to help the lonely.
- Share Lamentations 3:52-59 as an example of God being there in the worst situations.

Submitted by or Source: Building Community in Youth Groups

Singin' the Blues Worksheet

Write down a time when you felt lonely in life.

What has helped you overcome loneliness?

What have you done to help people who are lonely?

How have times of loneliness added depth to your life?

How has God been with you in your loneliness?



I'VE GOT A QUESTION

Goal: To share deep questions with others in a spiritual setting.

Optimum Group Size: 8 to 12.

Materials Needed: None.

Time Needed: 15 to 30 minutes.

Activity Described: Sometimes we have questions, but we don't have answers or we don't have a safe place where we can share our questions. If your small group has built enough trust and intimacy, some of these may have started to emerge.

This activity of high-risk interactions simply opens the floor for questions people in your group might have. Sometimes just airing the question is important. There are times when a person really desires an answer. And sometimes there is no answer.

Be prepared to turn to prayer, to listen to impressions from God, to seek God's message to you from Scripture, to seek input from other spiritual guides or mentors. Identify answers God has given to enable us to trust God when we don't have answers or don't have the answers we want.

Here are some examples of some deep questions people in your group might have.

- Where was God when _____?
- What am I supposed to do when I can't forgive myself for something?
- Is it possible that God isn't real, but is just an idea in our minds?
- Will Jesus return in my lifetime?
- How does prayer work?
- What is the purpose of my life?
- Why do so many people who are smart and powerful not follow God?

Time to Talk: What are some of the hard questions Bible writers asked?

What are examples of answers God has provided in other areas?

What kind of picture of God do you have right now?

ONE OF MY FAVORITES



Goal: To share favorite Bible texts and why they are favorites.

Optimum Group Size: 8 to 12.

Materials Needed: A few Bibles in case they are needed.

Time Needed: 15 to 30 minutes.

Activity Described: Sit in a circle. Explain that the group will be sharing favorite Bible verses or Bible stories. These might be popular while others may not be well known. Some people might have more familiarity with the Bible than others.

The purpose isn't to show Bible superiority or memory work, but to share something from God in the past and match that with what God is doing in each person in the group.

The Bible text or Bible story certainly is important, but why is it important to this particular person? This is when Scripture becomes personal and deeply meaningful.

Plan to give individuals some time to reflect on this invitation, maybe even a few minutes over lunch hour or overnight. You might need to have some Bibles available or some common verses handy for referencing.

When people are ready, have them share from the Bible and from their own lives why the text or story is one of their favorites.

Here are some common Bible texts and stories:

- Deuteronomy 29:29
- Joshua 1:9
- 1 Samuel 16:7
- 2 Chronicles 20:20
- Esther 4:14-16
- Psalm 103:1-5
- Proverbs 1:7
- Proverbs 3:5-7
- Jeremiah 29:11
- Joel 2:28-29
- Zechariah 4:6
- Matthew 11:28-30
- Luke 6:43-45
- John 5:24
- Acts 4:29-31
- Romans 8:28
- Romans 8:37-39
- 2 Corinthians 5:20
- Galatians 2:20
- Philippians 4:19
- I John 5:11-13

Time to Talk: What amazes you about what God has shared with us?

What parts of the Bible relate to your life?

How do you get messages from God?

SUCCESS AND FAILURE

Goal: To promote sharing in the group about values.

Optimum Group Size: 5 to 15

Materials Needed: A Bible for each person.

Activity Described: Gather the group in a circle and distribute the Bibles. Then ask the following questions:

01. What do you view in life as some of your “big” successes? What made them successful?

02. What do you view in life as some of your “big” failures? What made them failures?

03. Ask individuals in the group to read the following verses:

- 1 Samuel 15:22
- 1 Chronicles 22:13
- Psalm 51:16-17
- Proverbs 1:1-7
- Hosea 6:6
- Matthew 7:24-27
- Luke 14:28-30
- 1 Corinthians 13
- Hebrews 11:32-40

04. How does God define success? Failure?

05. What implications does this discussion have on your life in this group? with your family? at school? in sports? etc.

How to Process: Follow the discussion questions. If there is a central issue, discuss it with the group. Use question 5 as a brainstorm question. After the brainstorm, have the group reach a consensus on the three that they can put to work in their lives.

Submitted by or Source: Building Community in Youth Groups

READY-2-ROLL



Goal: Engage in deeper conversation by using high risk prompts from rolling the dice.

Optimum Group Size: 10 to 20.

Materials Needed: Ready-2-Roll, three cubes for high risk. These are on the topics of Faith, Feelings, and Forgiveness. If you don't have this game, you can make it for yourself with the questions/statements at the end of the activity described and simply rolling one die.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit, knee-to-knee or sit in a circle with four to six people. One person rolls one of the dice and answers out loud to the people in the group. Another person can roll the die or choose from one of the three dice. Use "Ready-2-Roll" by Steve Case, available from AdventSource.org or create your own by using the following six options for the three high-risk interactions of Faith, Feelings, and Forgiveness:

Faith

01. I trust God the most when . . .
02. A difficult time in my faith journey was when . . .
03. The people who have influenced my faith the most are . . .
04. I put my faith into action by . . .
05. When tough times come, my faith . . .
a) shows b) goes c) grows Explain.
06. If would be easier to trust God if . . .

Feelings

01. Is it better to express your feelings or hold them back? Explain.
02. The feelings I find most difficult to express are . . .
03. I can feel God when . . . but I can't feel God when . . .
04. Name 3 feelings and a good way to express each one.
05. For girls, feelings are _____; while for guys, feelings are _____.
06. Feelings motivate people to _____. For example, _____.

Forgiveness

01. What makes it difficult to forgive?
02. Who/What do you still need to forgive?
03. What makes it easy to forgive?
04. What does it feel like to:
forgive? not forgive? be forgiven? not be forgiven?
05. Where do you need forgiveness most frequently?
06. Which is more:
the amount you've forgiven? or the amount you've been forgiven?

Time to Talk: Use the high risk items to share a meaningful conversation.

OUT OF THE HAT

Goal: Engage in deeper conversation by using high-risk prompts for spiritual conversations.

Optimum Group Size: 10 to 20.

Materials Needed: Out of the Hat, square options for high risk. If you don't have this game, you can make it for yourself with the questions/statements at the end of the activity described.

Time Needed: 10 to 15 minutes.

Activity Described: Team up with one other person and sit, knee-to-knee. One person draws a medium-risk paper out of the hat and reads it aloud to everyone in the group. Partners have a minute or two to both respond to the question and to continue their conversation on the subject. You can also do this in groups of three or four people, too.

Use "Out of the Hat" by Steve Case, available from AdventSource.org or create your own by using the following 25 options to put in a hat for high risk interaction:

- Describe a time when you were aware of God's presence.
- What three questions would you ask God if He was talking with you face-to-face right now?
- When does God seem distant to you?
- When is God nothing more than a Santa Claus to you?
- What's a question you have about Christianity?
- If Jesus walked the earth today, what would upset Him?
- If Jesus walked the earth today, what would make Him glad?
- What's one problem in the world today that you would like for Jesus to fix?
- Why are there so many different religions?
- Use five words to describe heaven.
- Define sin? What should be done about it?
- Why do you think people go to church?
- Why would Jesus take you to heaven?
- Who won't go to heaven? What do you base that on?
- Pray out loud right now one of your typical prayers (not a "blessing" for a meal).
- What is the purpose of religion?
- What are two beliefs your parents passed on to you?
- What are two beliefs you have that are different from your parents?
- What part of the Bible are you most likely to read?
- Was Jesus really God? Explain.
- Where do you see God?
- Why do so many people not believe in God?
- Some say God is like a crutch for weak people. What do you think?
- Is following God more about "yes" or more about "no"?
- If heaven didn't exist, would you still follow Jesus? Explain.

Time to Talk: Use the high risk items to share a meaningful spiritual conversation.

RISK SLIPS



Goal: To have each group share something about themselves and gain group cohesion and support

Optimum Group Size: 5 to 15

Materials Needed: A number of slips of paper with an open-ended risk-statement on each (see Risks Slips, page 74).

Outline of Activity: The participants sit with a paper bag full of risk slips. The bag is passed around the circle, and each member takes a turn pulling a risk slip out of the bag, reading the risk slip, and completing the sentence.

How to Process: Discuss such things as:

- Did anyone learn anything about themselves? About others?
- How did you feel during the exercise?

Submitted by or Source: Unknown

Risk Slips

- I love to...
 - Something I do well is...
 - I worry about...
 - I'm happiest when...
 - I get angry when...
 - When I feel sad, I...
 - I get scared when...
 - I see myself as...
 - Right now I'm feeling...
 - More than anything else, I would like to...
 - The best thing about me is...
 - The worst thing about me is...
 - The thing that makes a good friend is...
 - Other people make me feel...
 - People can get to me by...
 - I pretend to be when I really...
 - I get people's attention by...
 - People seem to respect me when...
 - I want to be able to...
 - I have accomplished...
 - When a person uses drugs...
 - Alcohol affects people by...
- I love to...
 - Something I do well is...
 - I worry about...
 - I'm happiest when...
 - I get angry when...
 - When I feel sad, I...
 - I get scared when...
 - I see myself as...
 - Right now I'm feeling...
 - More than anything else, I would like to...
 - The best thing about me is...
 - The worst thing about me is...
 - The thing that makes a good friend is...
 - Other people make me feel...
 - People can get to me by...
 - I pretend to be when I really...
 - I get people's attention by...
 - People seem to respect me when...
 - I want to be able to...
 - I have accomplished...
 - When a person uses drugs...
 - Alcohol affects people by...

GIVE AND TAKE

Goal: To wrestle with and make commitments with God.

Optimum Group Size: 8 to 12.

Materials Needed: None. You may prefer an option of index cards and pens for making lists, or something to create a piece of art or another symbolic item. Background music and candlelight can be a nice extra.

Time Needed: 15 to 30 minutes.

Activity Described: In most relationships, there is “give and take” in which both people make sacrifices and receive benefits. If one person does all the giving and the other person does all the taking, the relationship is out of balance and can be detrimental.

How does this apply to our relationship with God? Some people picture God as the great giver and we are the great receiver. But that’s not healthy for relationships.

What does God give in the relationship and what do you give?

What does God take in the relationship and what do you take?

See Leviticus 26 for a description of the covenant agreement God offered to the Israelites. Some Christians like to refer to the “New Covenant” found in Jeremiah 31:31-34. For a shorter version in the New Testament, see Matthew 11:28-30.

What does God ask of you? What are you willing to give God?

What do you ask of God? What are you willing to take from God?

This can be done in silence or shared verbally. Some like to write it on paper to make it more tangible. Others prefer something more artistic or a memento for future reference.

Soft background music and candlelight can be nice additions to this time of reflection and commitment.

Time to Talk: Are you more of a giver or taker in your relationships?

What has been missing in your relationship with God?

What do you need to give to God? What do you need to take from God?

YOUR IDEA(S)

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:



ENDINGS

Endings - Activities to tie off a Friendship Group session with some type of meaningful push, summary, commitment, or sharing. This makes it more memorable than simply, "I guess it's time to quit now."

CINNAMON ROLL

Goal: To experience a group hug as a farewell or send off.

Optimum Group Size: 10 to 100.

Materials Needed: None.

Time Needed: 3 to 5 minutes.

Activity Described: Form a line, standing side-by-side. Put your arms over or under the shoulders of the people on either side of you.

Starting at one end of the line, begin to curl up until the line becomes a giant cinnamon roll. Once it is complete, at the count of three, have everyone give a big squeeze.

Then unwind. If your group is large (20+ people), start rolling from both ends and meet in the middle.



POPCORN PRAYERS



Goal: To pray in a simple and yet personal way to God without concern about what others might think.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 3 to 5 minutes.

Activity Described: Sit in chairs in a circle. Instead of praying long prayers or even sentence prayers, pray just 1-word prayers. This works like popcorn that is popping in the microwave. There are times of silence, times of one pop at a time, times of several pops all at once, etc.

This is less threatening than a full-length prayer. If a person says the word “Friends” the rest in the group don’t know if that means “I’m thankful for my friends” or “I need more friends” or “I can’t stand my friends” or something else. But God knows.

If someone says a word that resonates with you, just say something like, “Uh huh” or “Yes” or “Amen” or “Yep.”

Individuals can choose another 1-word prayer, and another one later if they’d like.

The leader can give a loud “Amen” when the leader thinks the popcorn is done popping for this time.



YARN SPINNING

Goal: To verbalize and visualize the network of support a group has developed.

Optimum Group Size: 10 to 20.

Materials Needed: A ball of yarn.

Time Needed: 5 to 8 minutes.

Activity Described: Stand in a somewhat close circle.

The leader holds a ball of yarn and makes one affirming statement about a person standing across from the leader. After the statement of affirmation, the leader holds onto the end of the yard and tosses the ball to the person so there is a line of yarn now connecting them.

The person who catches the yarn affirms another person in the circle and tosses the ball of yard while still holding onto their part.

This continues until everyone has been affirmed.

In addition to the emotional connection, you now have a visual example of how your group is now connected/bonded to each other. This works best after your group has developed a sense of closeness or else there isn't much to affirm each other about, or it becomes rather superficial.

QUAKER QUESTIONS

Goal: To reflect on warmth in a person's life.

Optimum Group Size: 10 to 15.

Materials Needed: None.

Time Needed: 3 to 5 minutes.

Activity Described: Sit in chairs in a circle.

Tap into a different culture—the Quakers.

Each person in your group can share four progressively challenging Quaker questions about warmth.

01. Where did you live when you were 10 years old?
02. Where in your house did you go when you wanted to get warm?
03. Where did you receive emotional warmth at that time?
04. When (if ever) did God become a warm person to you?

Be ready to listen, affirm, and follow up.



CONVERSATIONAL PRAYER

Goal: To talk with God the way you talk to a friend.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 5 to 8 minutes.

Activity Described: Stand or sit in a circle.

Many people pray the way they have heard other people pray. Sometimes this is in such a formal manner that Jesus seems distant or old and out of touch.

God desires an intimate relationship with us. It makes sense to talk to God the way you would talk to a friend. It's simply amazing that your friend is the God of the universe. A group conversation allows people to jump in and to say short phrases or a sentence rather than working up some convoluted, pre-meditated, formal, and foreign-sounding recitation.

In the group, just listen in silence. Seek to sense impressions of what you want to say to Jesus or what Jesus would like for you to say. If you don't sense anything, then don't say anything. If you do sense something, then say it out loud. That's all. Don't focus on trying to pray something clever or cute or funny or something to impress others in the group. You're praying to God, not to them. So release the performance anxiety.

If another person says something that resonates with you, don't be upset because they said it first or stole your line. Instead, just say, "Yes!" or "Amen" or "I'm with you on that." When there is silence, don't feel pressure to try to fill the silence. Use that time to listen to impressions from God.

When the leader of the group senses that people are done talking out loud, the leader says a hearty, "Amen!"

KEEPSAKES

Goal: To allow participants to have something to take home with them that they may look back on and remember the people they met and the experiences they shared.

Optimum Group Size: 5 to 15

Materials Needed: Markers and large sheets of paper (easel size).

Activity Described: Each member of the group receives some markers and one sheet of paper. Each person then draws something in the center of the paper that represents himself/herself. For example, the person might draw one of his/her favorite possessions, a favorite book, a pet, etc. After all members have completed their drawings, the papers are then passed around, and everyone signs each paper (much like signing a yearbook). This is also a good way to exchange addresses and phone numbers.

Submitted by or Source: Friendship Group (The Scopes) at June 1983 Conference.

CATEGORICALLY PRAYING

Goal: To develop focus through an organized manner of praying.

Optimum Group Size: 10 to 20.

Materials Needed: A sheet of paper or white board and marker.

Time Needed: 5 to 8 minutes.

Activity Described: Sit in a semi-circle formation.

This is a variation of the "Prayer request" method of preparing for prayer.

List 3 to 10 different categories for group prayer, such as:

- Family
- Friends
- School or Work
- Church
- Success
- Forgiveness
- Gratitude
- Help

Take these one at a time. Invite people in the group to pray with their eyes open, focusing on the category of the moment. Introduce each category by saying something like, "Now we're going to pray about Family." People in the group can then offer as many phrases or sentences as they want about that category.

When the leader senses it's time to move on, the leader says something like, "Now we'll pray about Friends." That changes the category, and people now pray about that topic. This continues until the topics listed have been covered.

The leader says a loud, "Amen," to close Categorically Praying.

HANDS IN

Goal: To pray as a group in close proximity to one another.

Optimum Group Size: 8 to 15.

Materials Needed: None.

Time Needed: 5 to 8 minutes.

Activity Described: Stand in a circle. Invite each person to place a hand in the middle, similar to what a sports team does when they gather to give a cheer.

In order to make it easier to hold the hands in the center, the first person should reach across the center of the circle, palm up and fingers cupped. Someone opposite this person can grasp the hand by placing their hand palm down and fingers cupped. Clasp the two cupped hands makes a stronger center for everyone else to place their hands in the middle.

Ask for one or two people to pray for the group to close. You may want to ask these people privately in advance so people don't feel put on the spot. You can just ask for volunteers, but that can be awkward if your group isn't accustomed to praying aloud together. Or you can just let the tension ride until someone in the group feels safe enough to take the risk.

Have the leader close with the final prayer for the group.

Option: A group cheer after the final prayer.

I SAW JESUS

Goal: To verbalize what you have seen of the activity of Jesus in the lives of the people in your group, and to help people realize that Jesus has shown himself through them to others.

Optimum Group Size: 10 to 20.

Materials Needed: None.

Time Needed: 5 to 8 minutes.



Activity Described: Sit in a circle of chairs. Jesus shows Himself through other people. He probably shows himself through you! If you've asked Jesus into your life, you can expect Jesus will show Himself to others through you.

So go ahead and verbalize where you've seen Jesus in someone else in the group. The leader might need to start this to get the ball rolling or simply to get the others in the group to begin to think in this manner.

It might require doing this a few times before the people in the group understand that God shows Himself through others in the group.

By the way, identifying seeing Jesus in another person doesn't have to be limited to only these orchestrated moments!

YOUR IDEA(S)

Goal:

Optimum Group Size:

Materials Needed:

Time Needed:

Activity Described:

EXTRA PLANNING SHEETS FOR YOU

Friendship Group Planning Sheet

Friendship Group #: _____ Session #: _____ Day/Time: _____

Friendship Group Activity	Category	Supplies Needed
1-		
2-		
3-		
4-		
5-		
6-		
7-		
8-		
9-		
10-		
11-		
12-		

Example 1: Friendship Group Planning Sheet

Friendship Group #: 18 Session #: 1 Day/Time: Thur. 10 AM



Friendship Group Activity	Category	Supplies Needed
1- Name Toss	Introduction	5-10 balls
2- Name Alliteration	Introduction	None
3- Electricity	Icebreaker	None
4- Snap, Crackle, Pop	Icebreaker	None
5- Mirrors	Icebreaker	None
6- Friendship Group Rules	Low-Risk Int.	Poster and markers
7- Clothespins	Low-Risk Int.	50 clothespins
8- Personal Coat of Arms	Low-Risk Int.	Papers, markers
9- Out of the Hat	Low-Risk Int.	Hat with round cards
10- The Shout out Story	Med-Risk Int.	Story, post-its, pens
11- Feelings Charade	Med-Risk Int.	List of feeling words
12- Cinnamon Roll	Endings	None

Example 2: Friendship Group Planning Sheet

Friendship Group #:18 Session #: 2 Day/Time:Thur. 4 PM

Friendship Group Activity	Category	Supplies Needed
1- Instant Replay	Introduction	None
2- Name Alliteration	Introduction	None
3- Four Up	Icebreaker	None
4- Human Knot	Icebreaker	None
5- Animal Farm	Low-Risk Int.	None
6- Book Hug Tag	Low-Risk Int.	Books for part.
7- Ready-2-Roll	Low-Risk Int.	Ready-2-Roll cubes
8- Feeling the Tug	Low-Risk Int.	Tape or rope
9- 3 Truths and 1 Lie	Low-Risk Int.	None
10- The Shout out Story	Med-Risk Int.	Story, post-its, pens
11- Get to Know You	Med-Risk Int.	Get to Know cards
12- Quaker Questions	Endings	None

Example 3: Friendship Group Planning Sheet

Friendship Group #: 18 Session #: 3 Day/Time: Fri. 10 AM



Friendship Group Activity	Category	Supplies Needed
1- Picnic	Introduction	None
2- Knee Bop	Introduction	Newspaper sheets
3- Keep It Up	Icebreaker	15 Balloons
4- Forced Choices	Icebreaker	None
5- Monster Walk	Low-Risk Int.	None
6- Love Your Neighbor?	Low-Risk Int.	None
7- Impulse	Low-Risk Int.	None
8- Here's What I See	Low-Risk Int.	Paper and pens
9- Trust Fall	Med-Risk Int.	None
10- Feelings Cube	Med-Risk Int.	Cubes of feelings
11- I've Got a Question	High-Risk Int.	None
12- Categorically Praying	Endings	None

Example 4: Friendship Group Planning Sheet

Friendship Group #:18 Session #: 4 Day/Time: Fri. 8 PM

Friendship Group Activity	Category	Supplies Needed
1- Drop It	Introduction	Large sheet/fabric
2- Creative Introductions	Introduction	None
3- Toe Tapping	Icebreaker	None
4- Human Spring	Icebreaker	None
5- Group Juggling	Low-Risk Int.	5-10 balls
6- Human Top	Low-Risk Int.	None
7- I've Never . . .	Low-Risk Int.	None
8- Out of the Hat—Med.	Med-Risk Int.	Hat and Med. cards
9- Healthy Living Checklist	Med-Risk Int.	Checklist
10- Trust Walk	Med-Risk Int.	5-8 blindfolds
11- Spiritual Journey	High-Risk Int.	Paper and pens
12- I Saw Jesus	Endings	None

LARGE GROUP GAMES

Session 1: For the whole group to play together

SPIRALS

Have everyone form a large circle and join hands. Two helpers will be the final link in the circle. Have the helpers break the circle. Helper #1 remains stationary, while Helper #2 goes to the middle of the gym and remains stationary. Helper #1 then begins to lead the rest of the circle in spirals, beginning large and gradually getting smaller until Helper #2 burrows a tunnel out of the circle, pulling the people behind him. Helper #2 should then lead the line so that a large circle can be formed again. Other helpers should intersperse along the line to help keep order, or to give help where needed.

LAP SIT

Immediately upon completion of Spirals, everyone drops their hands and stands shoulder to shoulder. (Six helpers should drop out and move around the circle, getting people in proper places. Everyone takes two steps toward the center, making the circle smaller.

Then, have them turn left to face the back of the person in front of them. People should put their hands on the shoulders of the person in front of them. Have the group move closer together, tightening up the circle. Slowly, have the people move to a sitting position, so that the person in front of each participant will sit on that person's knee. Have the members of the group slowly lift their hands off the other persons' shoulders, and begin a slow "walk." While sitting on each other's laps, call out "left" and then "right" as the group "walks" in a circle.

The goal is to have everyone sitting on the lap of the person behind them and walking in a circle, each supporting the other, while in the "sitting" position.

Have everyone go to one end of the gym. Five helpers will be "it," and chase after the other players. The person caught joins hands with the five "it" persons, and then the "blob" chases after another person, who, when caught, joins hands and becomes part of the lengthening "blob." The object is to make it to the other end of the gym without getting touched by the "blob." After the "blob" gets big enough, have it split into smaller groups, or one large group stretching across the gym.



PRUI (TO COOL DOWN WITH)

Unlike the “blob,” during which everyone tries to avoid being tagged, in this game everybody wants to find and become part of the Prui. To do this, group members need to close their eyes and stand around in a group. With their eyes still closed, the group mingles about, trying to find Prui. When you bump into someone, you shake their hand and ask, “Pru?” If the other person asks back, “Pru?” then you know you haven’t found Prui.

While everyone is doing this, a leader whispers to one of the players that they are Prui. The person who receives this message can then open their eyes. When bumped into and asked if they are Prui, the person is to remain silent. Group members may want to ask twice to be sure. Once a member has found Prui, they can also open their eyes, link arms with Prui, and be part of Prui. Once the Prui chain starts to grow and members bump into the line, they must follow it to the end, where they then join Prui.



KAWT PAWT BO (KY BY BO)



First, participants need to learn the Korean words, along with the actions taken:

Wotnpal ul Dul-o (Wen parl dro)	Lift left leg twice
Orun-pal ul Dul-o (Oren parl dro)	Lift right leg twice
Ap-u-ro got-da (Op pro kottah)	One hop forward, legs together
Dui-ro Got-da (Twee row kottah)	One hop backward, legs together
Kong, Kong, Kong (kong, kong, kong)	Three hops forward
Kawt Pawt Bo	At the sound "bo," opponents make the sign of their choice.

At the Kawt Pawt Bo step, opponents hold the other person's left hand at shoulder height, and on the sound "bo" make either a sign of a hammer (fist), scissors (two fingers extended), or paper (hand flat). Scissors wins over paper; Hammer wins over scissors; Paper wins over hammer. Penalties are prescribed to loser as noted below:

Option 1: The loser (and his supporters) stands behind the winner, making a "tail." The loser puts his/her hands on the winner's shoulder. Then a new contest begins, with another opponent (and his supporters). The final winning team is the one with the longest "tail." At the final meet, the two finalists do Kawt Pawt Bo three times. The winner is the team which wins twice first. Then, the winning team makes two lines, facing each other, and join hands to make a tunnel. The losers make a line, and, putting their hands on the shoulders of the person in front of them, stoop down and run through the tunnel. As the losers pass, the winners tap them lightly on the back. The game may then be replayed.

Option 2: Contestants are paired; each pair has a chair placed about 15 feet distant from them. Prior to beginning, the opponents decide on how many steps Kawt or Pawt or Bo will be worth if it is the winning sign. Then they do Kawt Pawt Bo. Loser must carry the winner on his/her back toward the chair the number of steps previously agreed upon for the winning sign. The contest is continued until the pair reaches and circles the chair. The winning pair is the one which circles the chair first.

SOURCE: Lew Hak Bong, Korean Union Conference of Seventh-day Adventists

NOTE: The above games are sufficient for one hour's play. If more time is available, add KNOTS (see Friendship Group Activities, page 43).



**YOUTH
ALIVE**



Session 2: For the whole group to play together



STAND UP

Start with two Friendship Group members, and have them sit back-to-back with interlocked arms. Tell them to try to stand up together. Make the groups larger, until the whole Friendship Group can do it. Then combine the groups until all are doing it.

PEOPLE JAM

Need masking tape. Make a 3-by-3-foot square on the floor with masking tape for each group, and then see how many people can get inside the square in 20 seconds. Then make 2-by-2-foot squares and see how many can get inside.

BANANA GAME

Need the same number of bananas as there are Friendship Groups. Have the Friendship Groups sit in a line, with four groups making a large square. Put a chair in the middle of the square. At the signal, the first person from each of the Friendship Groups takes the banana and runs around the center chair, then takes the vacant seat at the opposite end of his Friendship Group sitting line, while the rest of the team scoots down one seat. The banana is passed down the line from person to person until it reaches the first person in line. He or she runs around the center chair, takes the vacant seat at the opposite end of the group, and the game continues. When the original first person again has the banana, the game ends, and he may eat the banana.

The Friendship Group whose original first person finishes eating the banana first wins.

THREAD THE NEEDLE

Participants are divided into two equal groups. Each group forms a single-file line, and the two groups stand face to face with their hands clasped. The leader numbers the participants in each line. The leader then calls out two consecutive numbers, such as 6 and 7. Participants 6 and 7 raise their linked hands in the air, and the people at the end of the lines must run under their arms, pulling the rest of the line through, until they are back in a straight line again. The activity continues in this way until everyone is tired.

PASS THE BALLON

Give each group a large balloon and have them sit in a circle. On signal, pass the balloon around the group. When the whistle blows, whoever is holding the balloon gets a penalty. If that person is again caught with the balloon, he or she gets the second penalty, and the next time the third.

First Penalty: Stand up and sit down before passing the balloon.

Second Penalty: Stand up, turn around, and sit down before passing the balloon.

Third Penalty: Stand up, turn around, laugh loudly for three seconds, crow and flap your arms like a chicken, then sit down and pass the balloon. Helpers keep track of penalties in each group and help keep the game moving.

BALLOON POP RELAY

Divide the group into teams. The teams line up single-file at a starting line. A chair is placed about 30 feet away. Each team member has a deflated balloon. One at a time, the players run to the chair, blow up the balloon, and pop it by sitting on it, then run back and tag the next player who repeats the process.

TENNIS BALL RELAY

The group is divided into two or more equal teams. The facilitator gives each team a tennis ball and a foam cup. Each team forms a straight line, with each player standing behind another. The teams line up behind a line. The first person in line becomes the thrower and stands about 10 feet from the line. The second person is the catcher and holds the cup while standing on the line. When the whistle blows, the thrower throws the ball to the catcher, and the catcher tries to catch it with the foam cup. If the thrower or catcher miss, they must keep trying. When the catcher catches the ball, the thrower becomes the catcher, and the next person in line becomes the thrower. The catcher goes to the back of the line. The first team to complete the cycle wins.

NOTE: This set of seven games is sufficient for one hour's play.



Session 3: For the whole group to play together

RELAYS

Have the group divide into Friendship Groups, with each Friendship Group in a single-file line with all groups starting on the same line.

RELAY ONE

Each person in the group must walk backward (no running) to a chair 30 feet away, and then crab walk (hands and feet on the ground with your back toward the ground) back to the starting line.

RELAY TWO

Each person must walk on their toes to the chair, and then walk back on their heels.

RELAY THREE

Two people stand back-to-back with elbows locked and walk to the chair and back.

RELAY FOUR

Two people race to chair and back.

RELAY FIVE

Two people walk side-by-side, with their inside legs tied together.

RELAY SIX

Each person must walk with a balloon between their knees to the chair, drink a glass of water, and walk back, still with the balloon between their legs. If the balloon breaks, they must go back to the starting line, blow up another balloon, and start again. Helpers will hold the balloons, and others will fill and hand out water cups at the chair.

SHOE GAME

Materials Needed: None

Everyone puts their shoes in a pile. Then form a large circle around the shoe pile. Each person needs to find two different shoes and try to find the matching shoe.

Catch the Dragon's Tail

Each Friendship Group will form a line by putting their arms around the waist of the person in front of them. The last person in line tucks a handkerchief in the back of his/her belt. At the signal, the dragon begins chasing its own tail, the object is for the person at the head of the line to snatch the handkerchief from the tail. In this struggle, the people at the front and the people at the end are clearly competing, but the folks in the middle aren't sure which way to go. When the head finally captures the tail, the head tucks the handkerchief in the back of his/her belt, and becomes the new tail, while second in line becomes the new head. If there are two dragons trying to catch each other's tails, the game is even more lively.

NOTE: The above three games are sufficient for an hour's play session.

BEAR - HUNTER - WOMAN

Goal: To have fun and build cohesion

Optimum Group Size: 12 or more

Materials Needed: None

Activity Described: This game is a take-off of Rock, Scissors, Paper.

Each person picks a partner, and stands back-to-back. At the count of three, they turn to each other and be either a bear, a hunter, or a woman. The gesture for a bear is to stand with your arms extended over your head, hands in claw position, as if you are growling. The gesture for a hunter is to hold up an imaginary rifle. The gesture for a woman is to put your hands on your hips. The bear kills the woman, the hunter kills the bear, and the woman always gets her man hunter. Losers are eliminated and sit down. If there is a tie, they should find a different partner at the beginning of the next round. The game continues until only one person remains (the winner!).

Submitted by or Source: Unknown

TUG OF WAR

Optimum Group Size: As many as you like! **Materials Needed:** A long, fat rope.

Activity Described: Divide the players into two teams. Draw a center line on the ground. Or for more fun, position the rope so the center is across a creek, a mud hole, or a lawn sprinkler.

The teams pull as hard as possible and try to pull the opposing team across the center line or obstacle. For a variation, have everyone stand 10 feet back from the rope until the signal is given, and then scramble for position.

Source: Andrew Fluegelman, Editor, *The New Games Book*, Doubleday, New York, 1976



LAND OF LIFE OR LAND OF DEATH?

Goal: To provide an experience with decision-making about eternal destinations under conditions where both good and bad forces seek to influence the decision.

Optimum Group Size: Large group

Materials Needed: Enough blindfolds for all participants.

Activity Described: A large playing field or gymnasium. One end is designated by the activity director as the “Land of Life;” the opposite end is the “Land of Death.”

Only the staff “angels” are told which end is which. Participants are gathered in the center of the area and are given blindfolds to wear.

Staff leaders will be designated as “good” or “evil” angels—about one person for each 10 participants in the role play. Usually, the co-facilitators of the Friendship Groups are assigned to opposite sides.

The “angels” seek, by entreaty and persuasion, to get the participants to come with them to their respective homes—the Land of Life or the Land of Death. Certain rules must be followed by the “angels” as noted below. The participants must make a decision as to which “angel” to allow to lead them to a final destination.

Once they have entered the destination end zones, they may remove their blindfolds and learn where they are. When all the participants have chosen one end or the other, the activity leader will direct a discussion, which is usually conducted by Friendship Groups. Discussion questions are given below.

Rules:

- Good “angels” must always be truthful in what they say to the participants.
- Evil “angels” are allowed to be untruthful if they are commanded to depart “in the name of Jesus,” they must obey, at least for now.
- No physical force may be used by “angels” to drag a participant to an end zone. Participants who have reached an end zone are allowed to sing or otherwise express themselves to the participants who have not yet reached one of the end zones, but they cannot leave the end zone to join in the “tempting” process.

Submitted by or Source: Unknown

Discussion Questions:

Participants: What did you feel like during this exercise?

What was the hardest part for you? How did you finally decide which “angel” to believe? What did you learn? How do you feel now?

Angels: How did you feel during this experience? What did you learn from it?

HOW TO DEBRIEF AFTER AN ACTIVITY



Doing these activities often has a play element to them, especially light-hearted ones like the Introductions, Ice Breakers, and even the Interactions that are low-risk. But as the Friendship Group develops, these “games” reveal what people are like when the veneer is removed through engagement. The real person comes out. Sometimes this leads to gratitude and praise to God. At other times it reveals our ugly, natural, selfish nature in need of repentance, confession, even redemption that can initiate a new start (again). We estimate that about 15 to 20 percent of the people in a group see this on their own. But the clear majority in the group often don’t see it unless someone draws it out through thoughtful reflection called “debriefing.” How does a leader debrief an activity? Humbly, with on-going prayer, asking questions more than giving answers, with more observations than admonishments. As in most educational experiences, the “Aha moment” happens when a person discovers this for themselves rather than having it spelled out. For simplicity, a variety of questions for debriefing can be divided into three broad categories that flow from observations to internalization and application.

01. What? This includes questions such as:

- What did you observe? (the more detail, the better)
- Tell me more details about what happened.
- What did this look like from your perspective?

02. So What? This includes questions such as:

- What was going on under the surface?
- What does all of this mean?
- Tell me about the feelings you experienced and observed.

03. Now What? This includes questions such as:

- Where do you see these things happening in real life?
- How would you apply this to other situations in your life?
- What do you need to celebrate or change?

List of Materials

Following is a list of materials that are helpful to do any or all of the activities in this Participant's Manual. As you adapt your activities, you might find that you need to add more or you could subtract some. A 5-gallon bucket can work nicely to carry materials for the activities from a central spot for the various Friendship Groups for each session. Ideally the co-facilitators will be able to take their final "stash" with them back to their local school, church, or neighborhood for their Youth Alive club.

Most of the activities can be adapted so fewer "toys" are needed, but here's a comprehensive list for the activities for one Friendship Group. Buy in bulk for a conference. Have someone in charge to supplying the needs for each session.

Each Friendship Group will need:

- ___ Youth Alive Participant's Manual
- ___ Balls for tossing (5 to 10, variety preferred)
- ___ Masking tape (1 roll)
- ___ Plain paper, 8.5 x 11 (50 to 100 sheets)
- ___ Index cards, 3 x 5 (100)
- ___ Pens (20 to 30)
- ___ Color markers (10 to 12)
- ___ Roll of toilet paper
- ___ Plain M&Ms (half pound bag)
- ___ Rolled up newspaper (single sheets, 3 to 5)
- ___ Ball of yarn (4 or 5, each 100 feet long)
- ___ Balloons (25 large ones, variety of colors)
- ___ Large piece of fabric (4 x 8 feet, non-see-through material)
- ___ Blind-fold cloths (10 to 12)
- ___ Clothespins (50 to 100)
- ___ Dice (2)
- ___ String (50 feet)
- ___ Personal Coat of Arms (15 copies of one sheet)
- ___ Group Charades (one copy, cut into individual strips)
- ___ Small Group Planning sheet (5 to 8)
- ___ I'd Like to Get to Know You cards (8 sets of 2)
- ___ Out of the Hat discussion starters
- ___ Ready-2-Roll discussion starters