

HUMAN KNOT

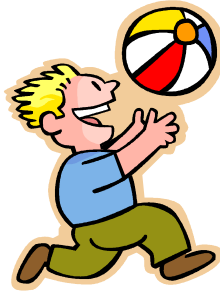
This is good for 6 to 10 people. Be sure people move slowly so as not to hurt one another!!



- ▶ Have everyone stand shoulder to shoulder in a circle
- ▶ Everybody puts in their right hand and grabs the hand of someone else (don't grab the hands of those standing right next to you)
- ▶ Maintain that hand grip throughout the exercise
- ▶ Now put in the left hands and grab someone else's left hand (again, not the people next to you and not the same person whose right hand you already have)
- ▶ Maintain this hand grip throughout the exercise
- ▶ now, try to untangle without letting go!

MOON BALL

You will need one or two blow-up beach balls. This activity does not work well in the wind and it requires a level, open piece of ground



- ▶ Gather a group of people from 2 to as many as you have
- ▶ Get in a line, or a circle, or one big clump
- ▶ Someone starts by tossing the ball(s) in the air and then keep the ball(s) in the air for as long as possible with the help of the entire group
- ▶ Counting the number of hits helps keep the momentum going
- ▶ You can make up any rules you want i.e. no one may hit the ball twice in a row, everyone must keep one foot planted, add in using feet, etc.

Games

FOR NEIGHBORHOOD EVENTS

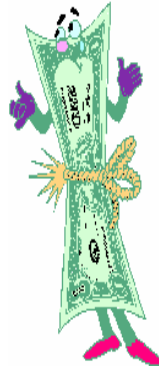


Neighborhood Services
fcgov.com/neighborhoodservices
970-224-6046

DOLLAR JUMP

If you're worried about losing money, you can use a piece of paper the same size as a bill.

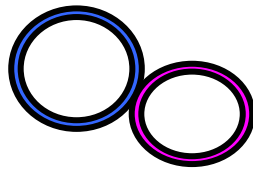
- ▶ Place a dollar bill flat on the ground and tell people that anyone who can jump over the bill gets it
- ▶ The hitch...jumpers must grab their toes (both feet) and not let go during the jump or the landing
- ▶ Jumpers must jump forward and completely clear the bill
- ▶ Jumpers can't fall backwards
- ▶ Jumpers start with their toes as close to the bill as possible



CIRCLE THE CIRCLE

You will need one or two hula-hoops.

- ▶ Have a group stand in a circle holding hands
- ▶ Rest the hoop(s) between two people on their grasped hands
- ▶ Now, have the group pass the hoop(s) around the circle without dropping hands (hint: people will be stepping completely through the hoops)
- ▶ If you have 2 hoops pass them around the circle in different directions



THE BALANCE BROOM

Warning!!!! People will fall down so please do this activity on grass and have someone spotting the spinner.

- ▶ You hold a broom vertically over your head
- ▶ While looking straight up at the broom spin around 15 times
- ▶ At the end of 15 spins, put the broom on the ground and then try to step over it



COMMONALITIES

Good for any number of people.

- ▶ Arrange people into small clusters (2's, 4's, 8's...whatever works)
- ▶ Give each group paper and pen or pencil
- ▶ Ask the groups to create a list of things they all have in common but that you wouldn't know by just looking at them (i.e. number of brothers or sisters, languages spoken, places visited, etc.)
- ▶ Share what people learned...which group came up with the most things in common?



RUN AND SCREAM

For this activity you need a long field or perhaps a long safe stretch of street.

- ▶ Have participants line up on a starting line
- ▶ When the starter yells "go" runners take a deep breath, start to scream as loudly as they can, and start running towards the end of the open space
- ▶ Each runner must stop when out of breath
- ▶ Only one breath per sprint
- ▶ Encourage people to scream loudly!
- ▶ Who can get the farthest?



TOUCH THE POP CAN

- ▶ How many people can you get touching a pop can without touching each other?



AND DON'T FORGET THE CLASSICS...

- Dodge Ball
- Red light, Green Light
- Red Rover
- Pin the Tail on the Donkey
- Duck, Duck, Goose
- Mother May I?
- Tag games