

---

# WINTER OUTDOOR ACTIVITIES FOR YOUTH WORK

This handbook has been prepared within project  
„Winter outdoor activities for youth work”  
which was organized in Latvia 01.02.2013 –  
11.02.2013.

Organizer: NGO „Izdzīvo Ideju”  
Editor: Rudolfs Pukitis  
Funded by EU, Program YIA



HANDBOOK OF THEORY/ACTIVITIES/ENERGIZERS

---



# OUTDOOR EDUCATION THEORY



WITHIN THIS CHAPTER YOU WILL GET INFORMATION ABOUT  
BASIC OUTDOOR EDUCATION THEORIES, METHODS AND  
TOOLS TO HELP YOU TO DISCOVER ONES PERSONAL AS WELL  
AS GROUP BENEFITS AS AN OUTCOME FROM OUTDOOR  
ACTIVITIES.

## 3F THEORY

### Purpose:

How to deal with three most common reactions of youngsters faced with challenge

### Description:

#### 1) Fight

- person starts to fight (verbally, physically) against set conditions, tasks etc.
- solution: keep calm and wait until the person gets calm as well. Peace bro!

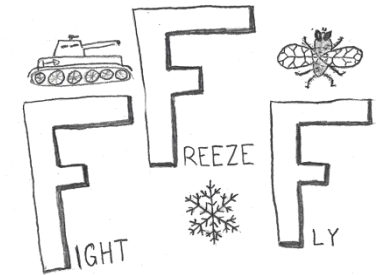
#### 2) Freeze

- person gets stucked, „frozen“ when a task is set up

- solution: literally (physically) push smb, so that he „opens his eyes“;
- expect angry reaction, however later it will pass away.
- e. g. 3th day of hike, children sitting next to fire. Order to make a dinner doesn't work. You need to put a knife and onion to smb hands and set exact orders

#### 3) Fly

- person gets away of topic when supposed to do challenging task
- solution: give exact and explicit task
- person before jumping bungee talks about weather etc.



---

## 3P THEORY

---

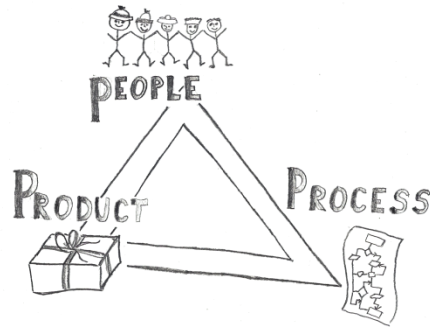
### Purpose:

Main three types of motivation and their understanding

### Description:

Motivation:

- 1) by people – whos going to participate?
- 2) by process – how are we going to do it?
- 3) by product (goals) – what product is it going to have?
  - usually participants have a mix of two types of motivation
  - we can adjust the program according to the participants motivation if we know it



---

## EIGHT POINTS OF OUTDOOR

---

### Purpose:

Several areas to concentrate on when you are working with people outdoors.

### Description:

1. Real consequences  
Ex. The wood means the fire which means being warm (immediately visible consequences)
2. Challenge by choice – provide safe environment for challenge
3. Leader – positive approach
4. Learning by doing, feedback
5. Purpose and added value  
Purpose – fun is not the main aim  
Added value – ex. Writing the diary during the night shifts

6. Role model for children – be true (confess if you failed, don't demand anything you are not respecting)
7. Skills, communication
8. See nature in different situations

---

## ACCEPT A PERSONAL CHALLENGE

---

### Description:

People are developing their competences faster when they do things in their learning|stress zone.

Activity:

1. Set challenge for yourself or for your friend. The challenge should be in an area where you don't feel sure or you are afraid of.
2. Try to fulfill your challenge.
3. Talk about yourself (feelings).

---

## CIRCLES OF INFLUENCE AND CONTROL / PERSONAL COMPETENCE

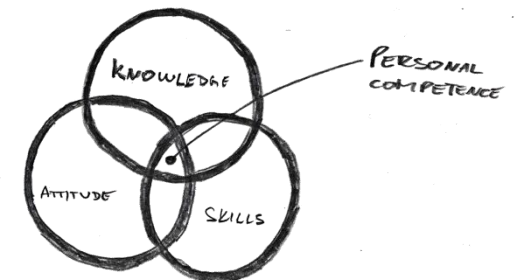
---

### Purpose:

What you can and cannot change in your life and where to put your energy and competences

### Description:

Personal competences are those competences that belong to you



as a person and come from a combination of your:

- Skill
- Attitude
- Knowledge

You should use your competences during activities to make things happen and to reach the goal of the activity. Skill and knowledge are not easy to change, it is something you develop over time. But attitude is something that can be easily changed and differs from time to time.

The theory about the circles of influence is about things that you can and things that you cannot change in your life with a certain attitude. There are some things in your life that are within your circle of influence, that are within your reach and that you can change of influence in some way. But there are also many things that are in your circle of concern which you cannot influence. If you put your energy in the things you can influence, your circle of influence will grow. But if you put your effort in the things you cannot change your circle of concern will grow and your circle influence will become smaller and smaller.

If you have the right attitude in life you can make your circle of influence bigger. In general there are two different attitudes:

- Proactive: Initiate things, focus on the positive
- Reactive: Wait for others, focus on the negative

By having a proactive attitude in life you will make your circle of influence bigger, you will enjoy challenges more and you will learn and grow.

---

## COMFORT ZONES THEORY

---

### Purpose:

Understanding the background of learning process

### Description:

Two approaches towards learning process

- 1) Choice by challenge – setting up a challenge; its important to adjust challenge to the skills of participant; works better for less experienced
- 2) Comfort zones approach

3 zones:

- comfort zone – no learning
- learning zone – zone of controled learning,
- panic zone – no learning again, loosing control over the actions
- we need to get out of comfort zone to learning zone and thus spreading it

---

## EVALUATION AND REFLECTIONS

---

### Purpose:

Different tools to reflect on activites and to learn from it.

### Description:

A summary of different evaluation en reflection methods which can be used after activities to evaluate, summarize and learn from it.

- Choose a direction or part of an existing theory on which you will focus during the activity. Afterwards explaing to someone else or the group why you chose that focus, if you achieved it or not and what you could have done to achieve it.
- Choose one word that summarizes your day and explain why
- Make a drawing (one or more pictures) about the activity in which you explain what was most important for you or what you have learned from it. Present your drawings to the group.
- Use of metaphors to evaluate what happened in the group during an activity from different points of view:
  1. Wolf: what happened in the group seen from the eyes of someone who was in the group
  2. Deer: what happened in the group seen from the eyes of someone who was leading the group
  3. Eagle: what happened in the group seen from the eyes of someone who was outside the group and watched what was going on.
- Highlight your high and low points of the day and explain/present
- Go outside in nature alone and sit, listen and think
- Set a challenge for someone else to get him or her out of his or her comfort zone. Afterwards talk about if he or she succeeded and what he or she learned from it.

Thumbs up method: after a discussion or explanation everyone in the group has to put his thumb up if he understood the result of the discussion or explanation or thumb down if he did not understand it.

## LEAVE NO TRACE

### Purpose:

We are visitors in nature so we should make your footprints and actions invisible for others living creatures.

### Description:

1. Plan ahead and prepare- equipment, food, route.
2. Travel and camp on durable surfaces- allowed places, make camp fire where it makes less harm and easy to hide it afterwards, use and see the opportunities what nature is giving you.
3. Dispose your waste properly- take them with you, bury organic stuff.
4. Leave what you find- do not take things which you will throw out afterwards, you do not need new dust collectors at your home.
5. Minimize impact of campfire- best places on sand, be sure it will not expand when you are not there, use determined places.
6. Respect wildlife- make yourself invisible, leave no marks, get info about your route and animals there, in some cases it's needed to get know that you are there (shouting against bears).
7. Be convenient of other visitors- you are not alone on this planet so do not disturb others.

## OUTDOOR CV

### Purpose:

For you and others to know your personal path which is leading to this day.

### Description:

It is interesting to look back on your life how did you get here where you are now. It is also healthy for your mind to remind how did you make important decisions, how and why it happened, it might help you with making new decisions and doing new things. Also good way to spend time with yourself. It is about you, it is your map and there are no borders.



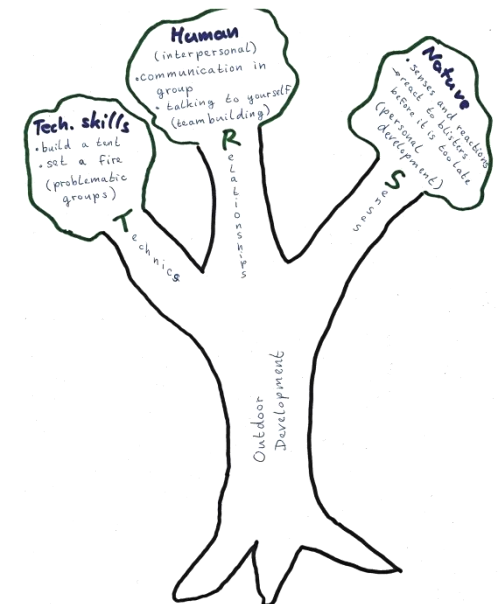
## OUTDOOR DEVELOPMENT TREE

### Purpose:

Outdoor development tree describes areas of person development in outdoor environment.

### Description:

- Technical skills
  - Is aimed at improving person or group technical skills. Successfully used in problematic groups (criminals). These groups often have a problem with



interpersonal communication and it is necessary to start from the basics. It is easy to satisfy person by learning something.

- Human
  - Improve group or personal communication skills and develop your perception.
- Nature
  - Sences and perception of yourself and your close environment, reactions to stimuli and impulses. Learn how to react properly.

---

## OUTDOOR EDUCATION TREE

---

### Purpose:

The process of learning from experience.

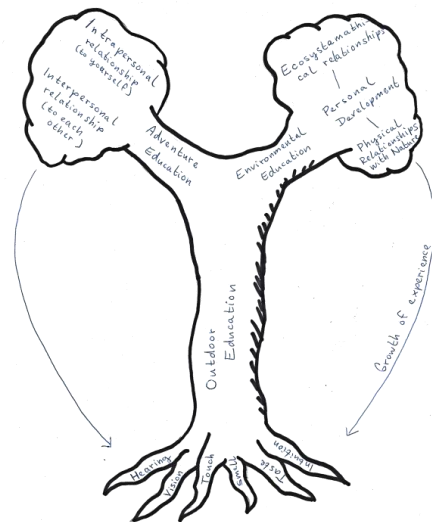
### Description:

The tree of outdoor education explains in which way we can learn from outdoor activities. It consists of 5 different parts which can be seen in the figure below.

With our senses we get all sorts of information from our environment. This information we use in our outdoor activities to accomplish and experience the activities.

There are two directions in which we can learn from outdoor education:

1. It can be the more challenging and adventurous activities in which we learn about ourselves, our connection to other people and our way of communicating with others. So it's about intra and inter personal relationships.
2. It can be education in and about our environment. We learn about the nature and ecosystematical relationships when we are in nature and when we work with natural things. Besides that we learn about ourselves when we spend



time in nature, especially when we spend time in nature alone. We learn to listen to our inner selves and to see and feel our physical relationship with the nature/

By being in nature and doing challenging (adventure) activities, our experience will grow and so we will grow. With this new and bigger experience we can start the process again. Like the circle of life, our experience will keep growing.

---

## RISK MANAGEMENT

---

### Purpose:

The optimalization of risks in order to get the most results from outdoor activities

### Description:

In our lives we have to encounter risks all the time, not only during outdoor activities in which we are systematically searching for risks, but also in our daily lives we experience may risks.

The aim of outdoor professionals should be to offer the highest possible experienced risk while the actual safety is guarded all the time. We need the experience of risk to develop ourselves, it brings us out of our comfort zone and then the learning will start. For example in the field of:

- Personal development, learn about yourself, your limits, your feelings
- Responsibility
- Leadership
- Communication

There are many things in an activity that you can change to optimize the risk for your target group. By changing some of the factors that influence the activity the experienced and maybe also the actual risk can be changed.

The risk of a certain activity can be calculated in the following way:

Chance of risk \* Impact of risk = actual size of risk

So when you organize an activity you should always think about all the risks, what the chance is that it will happen and what the impact of the risk is if it happens. If the outcome of that is an unacceptable risk you should take some precautions to improve the safety of the activity.

## SEE-DO-GET

### Purpose:

SEE-DO-GET is good method for solve situation which is hard to solve in hard condition where is needed easy method for make good results.

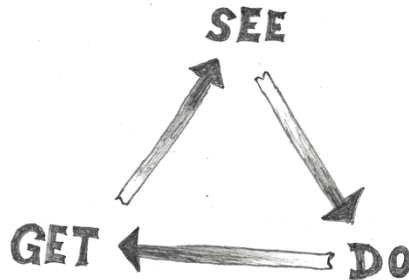
### Description:

SEE – Recognize real situation what we have|need|want.

DO – Recognize all action which is possible to do.

GET – Thinking about output from our actions.

Example – explain model situation in which we are, think about possible actions which should produce some result which we want manage.



## WORRIES AND EXPLANATION COMPASS.

### Purpose:

Useful tool for working with group in the beginning of course.

### Description:

The compass serves as a base for thinking about worries and expectations. It can be personal or be used in a bigger group discussion.

North = New things I want to learn, get

East = Expectations I have

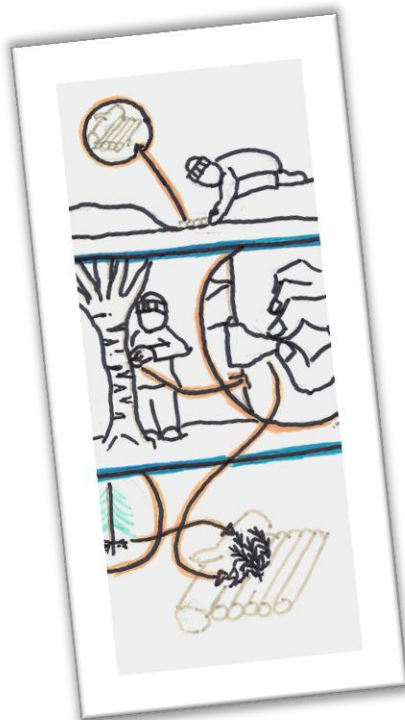
West = What I have|can offer

South = Shit = worries I have





# WINTER OUTDOOR ACTIVITIES



IN THIS SECTION YOU WILL FIND VARIOUS ACTIVITIES, WHICH ARE SUITABLE FOR WINTER CONDITIONS. EVERY ACTIVITY HAS DESCRIPTION, AIM, NUMBER OF PARTICIPANTS, TIME NECESSARY, EQUIPMENT NEEDED, SUITABLE PLACE AND SAFETY REGULATIONS FOR THE ACTIVITY. ALL ACTIVITIES HAS BEEN TESTED IN PROJECT „WINTER OUTDOOR ACTIVITIES FOR YOUTH WORK“

## CITY HUNTING

### Aim

Aim: Get to know the surroundings, team building, having fun, communication, within the team and outside the team. Woop Woop

### Number of participants

At least 6 people. With 3-4 in a team.

### Age

6+ (just make it challenging for each group)

### Time

60min – weekend

### Equipment

Map, camera, pen, description, flashlight (if its dark) and a mobile phone.

### Place

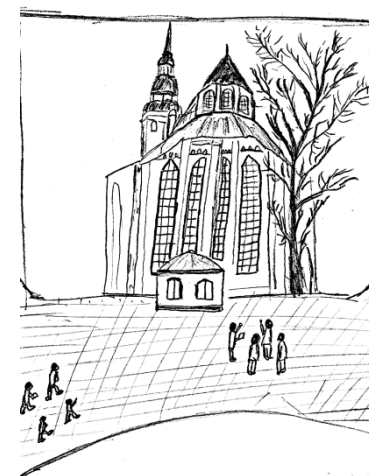
Urban environment

### Description

Every group gets a map with locations. There should be more locations then you can get to in the given time period. Extra tasks to get more points. The tasks and locations should be challenging enough for the group you have. Improvise and make it interesting!

### Safety

Make rules e.g. area boundaries. Have supervisors for small children. The tasks should not be too dangerous.





---

# CROSS COUNTRY SKIING

---

## Aim

Aim: Health, Travelling, Team building

## Number of participants

2-10 people

## Age

4+

## Time

1 hour – many days

## Equipment

Skies, good shoes, map, GPS, First aid kit, compass, food and snacks, backpack, water, wind- and rain proof clothing, other equipment depending on the length and nature of the trip.

## Place

Track and countryside

## Description

Cross country skiing can be a fun and interesting experience. Even if you don't have much experience skiing you can have a good time. Make a plan where are you going? What is your skill level? Prepare your equipment. Wax your skies.

Go "south" and don't get lost!

Orienteering: You can include orienteering when skiing and improve your skills.

## Safety

First of all, be prepared to get lost. If you are prepared then the risk of getting hurt is greatly reduced. You will need to know how to use a GPS and/or compass. You also need know how to read a map. Let someone know where you are going and when you will arrive at your destination. Take a phone with you and have it charged. A good rule when taking your phone with you as a safety device is to have it turned off to save battery. Last but not least remember your first aid kit. But you have to know how to use it!



---

# DOWNHILL SKIING AND SNOWBOARDING

---

## Aim

Aim: Fun, improves your muscle coordination, health.

## Number of participants

2+

## Age

3+

## Time

Any

## Equipment

Snowboard, snowboard boots, skies, ski boots, helmet, goggles, ski poles, warm clothing, snacks, drinks and your good mood.

## Place

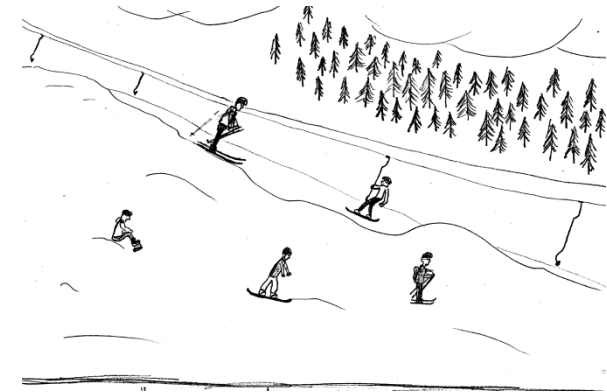
Snowy mountains (or hill), preferably with ski-lifts.

## Description

Choose you level of difficulty, but keep in mind your skill level, and go! Try to find someone who is more skilled than you and is ready teaching you.

## Safety

Always wear your helmet when skiing or snowboarding.



---

## LIGHT MY FIRE

---

### Aim

Aim: Learn how to use your resources, how to use fire for heating and/or cooking

### Number of participants

Not to many 1-5

### Age

7+

### Time

60min

### Equipment

Matches or flint, wood, starters (Burch bark, paper, cardboard or cotton), first aid kit, something to put out the fire.

### Place

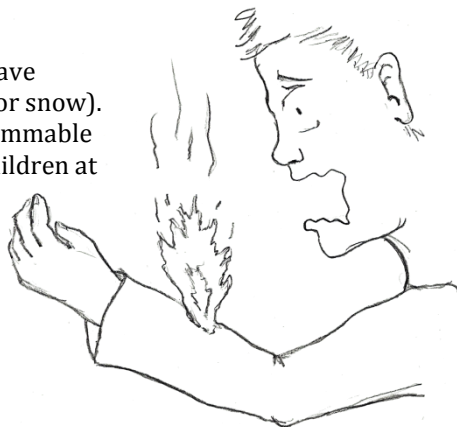
Somewhere outside where it is allowed.

### Description

Start by collecting materials and find a place to start the fire. Choose what method you want to use to start the fire (matches or flint). Start by lighting your starter with matches/flint and keep the fire going by adding small and dry branches. Work your way slowly up, starting with small wood and end with the bigger pieces. Finally remember LNT (leave no trace)!

### Safety

Don't make the fire in a very dry place and have something nearby to put it out (water, sand or snow). Make sure the fire can't spread to nearby flammable materials. Adults should supervise young children at all times.



---

## MAP MAKING – TREASURE HUNTING

---

### Aim

Title: Map making – Treasure hunting

Aim: Get to know your surroundings. Organizing tasks for someone else. Don't have the task too hard but not too easy either.

### Number of participants

At least two groups of 2 people. Have even numbers in every group. Maximum 6 people in the groups.

### Age

12+

### Time

Min: 60min

Max: 3-4 hours. Give a specific time limit before the task begins.

### Equipment

Paper, pen, colours and treasures.

### Place

Everywhere

### Description

The goal of the game is to have the teams communicate with each other so everyone wins and not just one team.

Start to draw a map of the surrounding. Make area boundaries, hide the treasures and mark it on the map or make riddles. When this is done the teams switch the maps and start looking for the treasures within the time limit. Hide the treasures in plain sight.

### Safety

Area boundaries, safety factors in the area e.g. roads, rivers and lakes.



---

# OUTDOOR COOKING

---

## Aim

Aim: Back to basics, Teaches people to survive, useful skill

## Number of participants

2-4

## Age

7+

## Time

60min+

## Equipment

Heat source (fire, gas, and coal), knife, pots/pans and other cooking utensils, spork, water, ingredience, matches, first aid kit.

## Place

Outside in the woods, in front of your house or other places.

## Description

Begin by choosing what you want to cook before leaving your house. Prepare the food and try to have it simple, think about how you packed it. Find the place you want to cook at and light the heat source. Then you make the meal as you would at home and finally eat. When you have finished eating clean up after yourself. You can use snow, sand or water to clean you pots and pans. If all else fails you can just use your tongue

## Safety

Be careful and watch the fire/heat source. Don't cut yourself and put the heat source in a safe place.



---

# SHELTER

---

## Title and Aim

Aim: Back to basics, one with nature, being self-sufficient, preparing for emergency situations and just to have fun.

## Number of participants

2-4

## Age

7+

## Time

Plenty

## Equipment

Igloo: Snow, shovel, branches (30cm long), time and head light.

Kotta: Ten to twelve 7m long poles, fireproof sheet, stairs, plenty of rope, shovel

Tent: Tent, poles, rope, shovel, (heating system if needed).

"Tent": Sheet, plenty of ropes, shovel and branches.

Axes, saws, knife, sleeping bag, mattress and extra dry clothing.

## Place

Outside

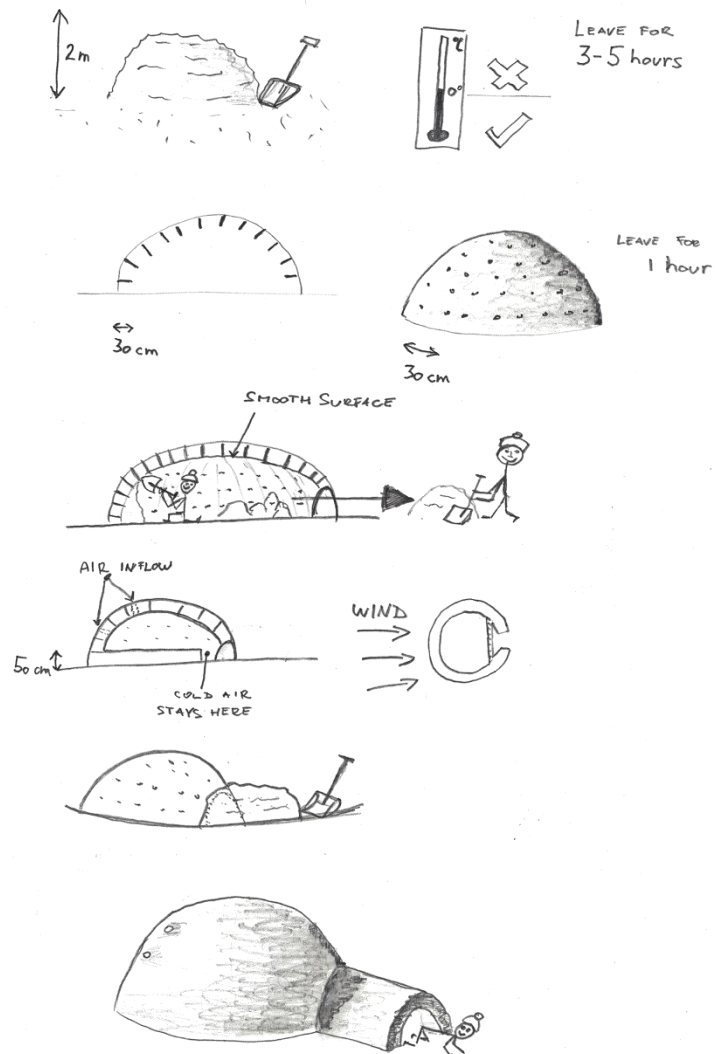
## Description

Types of shelters:

### Igloo:

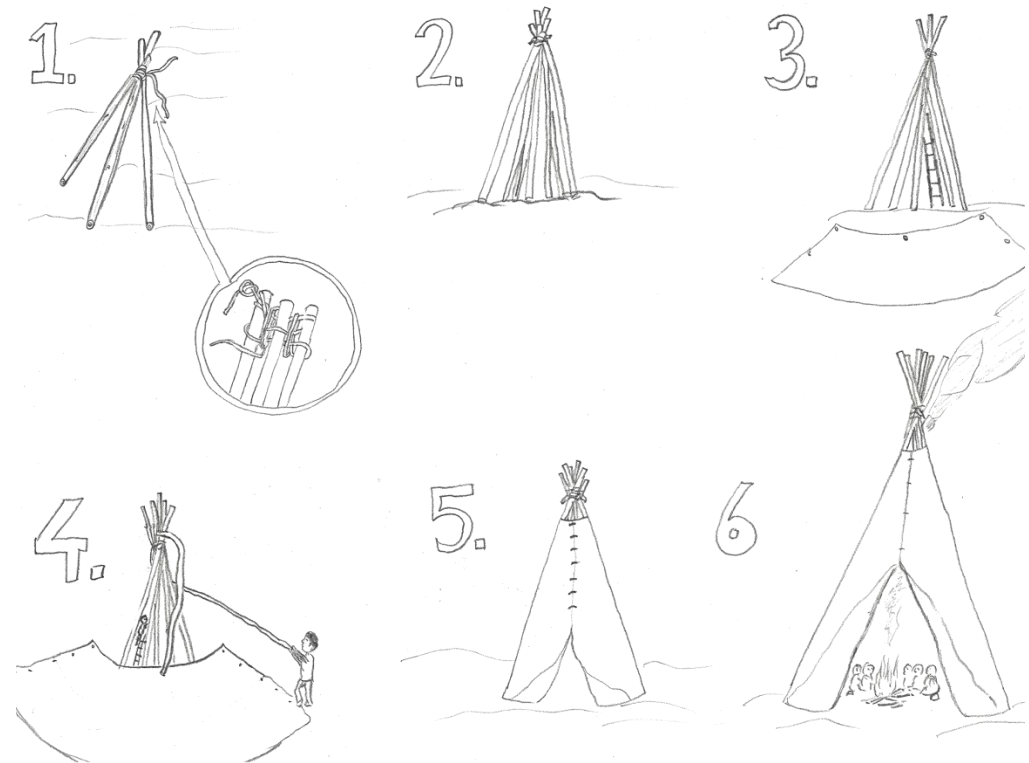
1. Gather a big pile of snow 3x2m (for 3-4 people)
2. Wait for 3-5 hours, while waiting start gathering branches that are about 30cm long and no thicker than your fingers.
3. Stick the branches into the snow pile all around with 30 cm intervals.
4. After you have waited 3-5 hours start digging into the snow pile. Dig straight through until you start seeing the sticks then you should stop digging in that direction.
5. Start hollowing out the snow pile. This should leave you with an Igloo that has 30cm thick walls. The branches are just too measure how thick the walls are and not for support so don't have them too thick.

6. Make a sleeping platform and a cold air trap.
7. Smooth out the inside ceiling and decorate with pine trees ☺
8. Use the extra snow you gathered from the inside to make walls outside the entrance.
9. Make a ventilation shaft so fresh air can come inside the Igloo.



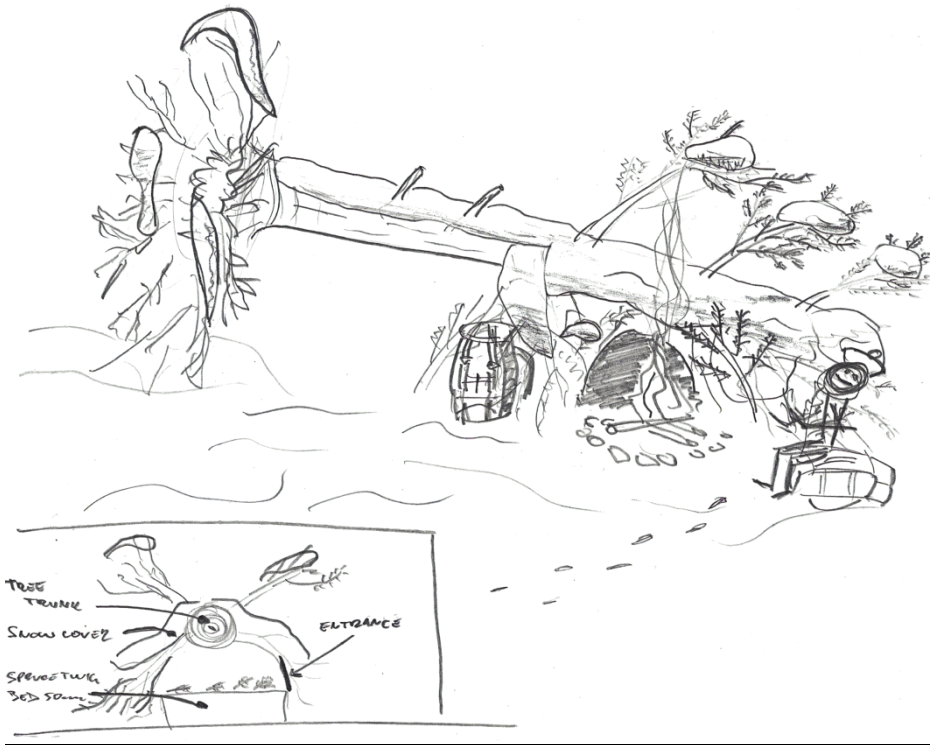
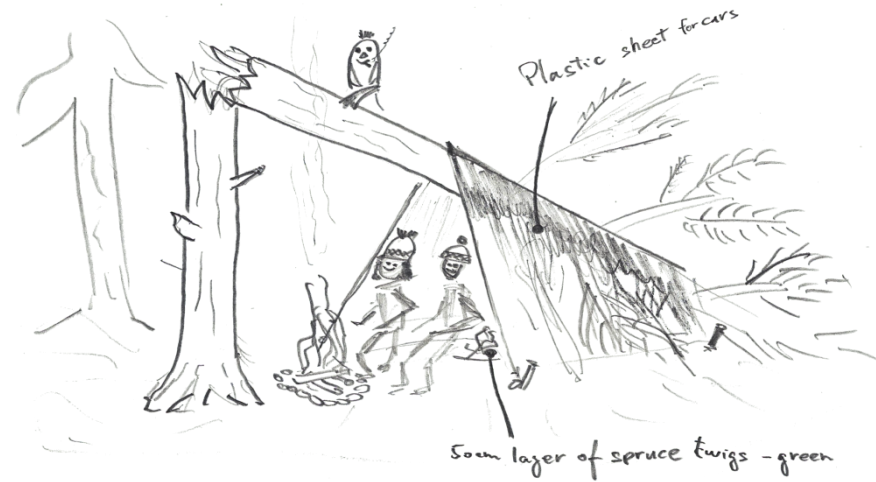
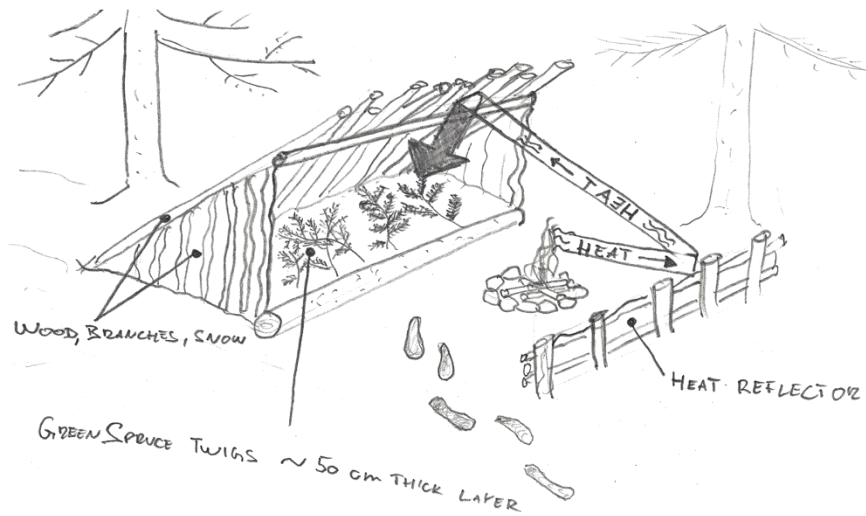
#### Kotta:

1. Tie up poles in a circle, remove the snow and flatten the surface you want to place the Kotta in.
2. Take the sheet up on stairs and tie it all the way to the ground on one pole.
3. Pull the sheet around all the poles and tie it to the first pole again.
4. Make it comfy and light a fire inside.



Shelter: Find the resources you have and plan accordingly. Think outside the box

1. Find a good place. Use your resources to insulate yourself from the outside, use snow, rocks, sand and moss.
2. Tie the sheet up and make a tent.
3. Put branches in and make a cold trap in the snow.



# ENERGIZERS



IN THIS SECTION YOU WILL FIND SET OF ENERGIZERS, WITH DETAILED DESCRIPTIONS AS WELL AS ILLUSTRATIONS FOR BETTER INSIGHT IN THE ACTIVITY.

## 3 AND 4

### Number of participants

2-40 (even number)

### Age

10 and up

### Time

5 + 10 to 30 minutes

### Equipment

None.

### Place

Any

### Description

Everyone stands in to lines facing another.

Warm up exercise:

With your partner, count to three. First person says one, second says two, first says three, second says one etc. Now start exchanging numbers for movements in any particular order.

1 becomes a jump

2 becomes a clap

3 is fistpump screaming 'Ha!'

3 and 4 game:

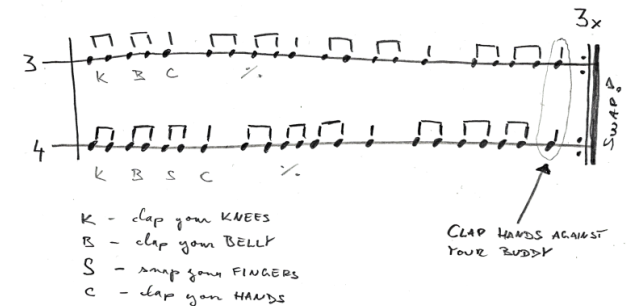
Same positions. Both lines produce their own rhythm.

Line 1 (3 counts): thigh thigh breast breast clap

Line 2 (4 counts): thigh thigh breast breast snap snap clap

Because  $4 \times 3$  is equal to  $3 \times 4$ , everyone can double high five the people opposite them after Line 1 has performed their rhythm 4 times, and Line 2 has performed their rhythm 3 times. You can choose to switch rhythms between Line 1 and Line 2 whenever you want.

3 & 4





---

## EARTHQUAKE!

---

### Number of participants

1 + (3xn), n≥3

### Age

4+

### Time

3 to 15 minutes

### Equipment

None

### Place

Any open flat space.

### Description

3 parts are played

Two people hold their arms up forming the roof of a house, one stands under it, the scared Indonesian (if politically incorrect, use other nationality).

One game leader stands in the middle and can give 4 different orders.

Left wall – all walls left of Indonesian move to other house

Right wall – all walls right of Indonesian move to other house

Indonesian – all Indonesian move to other house

Big earthquake – everyone moves to different positions, walls do not necessarily stay walls and Indonesians do not necessarily stay Indonesians.

Always one person remains left over, this will be the new game leader.

### Safety

Very safe, you will even know what to do in a real earthquake.

And don't run with knives.



---

## FINGERGRABBING.

---

### Number of participants

4-30

### Age

10 and up

### Time

2 to 5 minutes

### Equipment

None

### Place

Any

### Description

Stand in a circle. One person who leads the game will stand outside the circle.

Everyone in the circle points upwards with their right index finger, and places their left hand stretched and horizontally on the index finger of the person next to them.

Leader outside the group calls random numbers. If the number is dividable by three (or whatever number you want), everyone will try to simultaneously grab the index finger of the person next to them, and pull back their own index finger preventing it from being caught.

### Safety

Safe. Please don't break someone's finger.



# GULLI GULLI RAMSAMSAM

## Number of participants

2 and up

## Age

4+

## Time

3 – 5 minutes

## Equipment

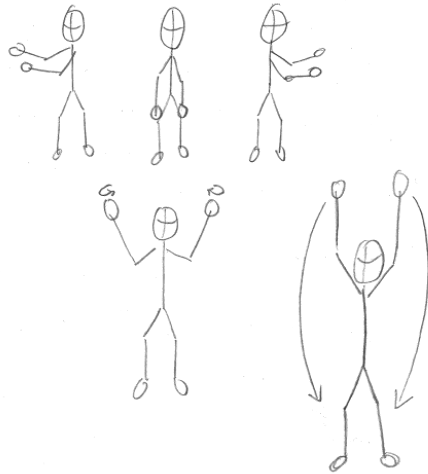
None

## Place

Any

## Description

It's a song fixed dance moves.



Lyrics	Move
Ram! Sam! Sam! x2	Hands down on the right, hands down in the middle, hands down on the left.
Gulli gulli gulli gulli	Shake hands next to your head
Ram! Sam! Sam!	Hands down on the right, hands down in the middle, hands down on the left.

Repeat once

Arabia! Arabia!	Bow with hands above your head twice.
Gulli gulli gulli gulli	Shake hands next to your head
Ram! Sam! Sam!	Hands down on the right, hands down in the middle, hands down on the left.

Repeat once (from Arabia on)

Repeat whole thing going faster and faster until you're tired.

## Safety

Safe, just don't overdo it

# HOO! HA! CHA!

4 - 25

## Age

8 and up

## Time

2 – 15 minutes

## Equipment

Your voice.

## Place

Any, but make sure fragile items are out of arms-reach.

## Description

Stand in a circle. Everyone holds the palms of their hands together. One starts pointing both hands at someone else screaming: 'Hoo!'. This person reacts pointing their hands upwards screaming 'Ha!', after which both people on its sides horizontally gesture in swordslashing movement to his or her belly (please do not actually hit the person) screaming 'Cha!'. The person who is still pointing their hands upwards will now point a new person screaming 'Hoo!' again.

If someone messes up, the entire circle will slap their thighs twice and clap their hands twice and point to the one who messed up screaming any angry Japanese warrior cry, after which this person will be excluded from the game and can enjoy the sight of weird aggressive people in a circle.

## Safety

Very safe as long as not real katanas are used.



---

## HORSE RACE

---

### Number of participants

4 - 100

### Age

4 and up

### Time

1 – 5 minutes

### Equipment

None.

### Place

Anywhere.

### Description

Stand in a circle. One person in the circle leads the horse race. You start with tapping the palms of your hands on your thighs, creating the sound of running horses. This is done throughout the entire game. Then different orders can be given by the leader.

Obstacle to the right! – Everyone jumps to the right.

Obstacle to the left! – Everyone jumps to the left.

Obstacle in front! – Every one jumps up stretching their right leg to the front and contracting their left leg (scissor shape).

President! – Stand up straight and wave politely.

Japanese tourists! – Everyone pretend to hold a camera making pictures with loud artificial clicking noises.

Betters won! – Everyone says 'Whoooooooooh!'

Betters lost! – Everyone thumbs down and 'Mooooooooos!'

### Safety

Very safe, you're not on an actual horse you see?



---

## MAAAAAAAAAACHINGA!!

---

### Number of participants

6 and up

### Age

4 and up

### Time

5 minutes

### Equipment

None

### Place

Any

### Description

Stand in a circle. One person starts a wave around the circle. Instead of throwing your arms up, you push your arms forward. When doing this, start (and keep on) screaming 'MAAAAAAAAAAAAAA!!!'. When the whole group is screaming, increase sound and simultaneously end with pulling your arms back screaming a loud 'Chinga!!!!'

### Safety

Very safe. Just keep breathing.

---

## NINJA GAME.

---

### Number of participants

3-15

### Age

6 and up

### Time

5 – 30 minutes depending on number of participants.

### Equipment

None.

### Place

Any place, need some space.

### Description

Stand in a circle. Bow to each other showing your respect and honour to your fellow ninja's, speaking promising words of fruitful battle (mostly sushi recipes). After that you jump up with a warrior cry and stand in your favourite ninja pose (I know you have one). One person starts by trying to slap the top of the hand of the person on their right in a SINGLE movement. The person who is attacked can dodge in a SINGLE movement. Both freeze as soon as they land. Repeat this.

Optional: If your hand is slapped, you must put it behind your back and you will not be able to use it anymore. If both hands are hit you will be excluded.

### Safety

Reasonably safe, but make sure (especially with young kids) that people do not slap too hard or poke each other's eyes out.

---

## PIANO

---

### Number of participants

8 and up

### Age

6 and up

### Time

5-15 minutes

### Equipment

None

### Place

Any

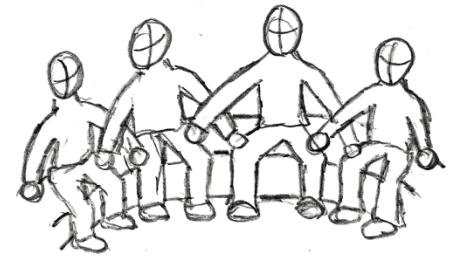
### Description

Sit in a circle. Place your hands on the upper legs of both people next to you. Now tap all the hands one after another in clockwise movement around the circle. Whenever someone taps twice, then it will go counter-clockwise. If you tap at a wrong moment or forget to tap when needed, that hand will go behind your back. If both hands are behind your back you are excluded (but can remain seated).

In larger groups, it is possible to start at two point simultaneously.

### Safety

Safe.



---

## RAIN DANCE

---

**Number of participants**

8 and up

**Age**

4 and up

**Time**

5 minutes

**Equipment**

None

**Place**

Any

**Description**

Stand in a circle. Absolute silence is required. One person directs from the middle of the circle. Person in the middle walks around the circle making a movement. When the person in the middle is standing in front of someone, they will start copying the movement. Each round a new movement is introduced.

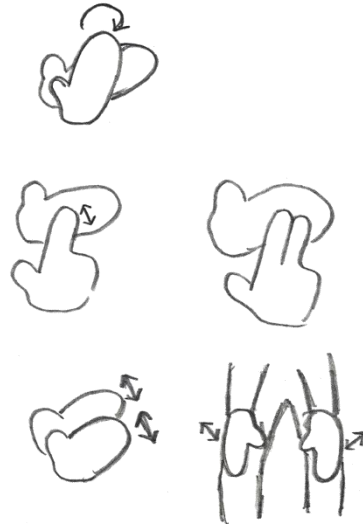
Movements:

1. Rub palms of hands slowly
2. Rub palms of hands swiftly
3. Slap your index finger in the palm of your hand
4. Slap your index finger and middle finger in the palm of your hand
5. Drum on the thighs
6. Drum on the thighs + stamp your feet.

Build up and build down again.

**Safety**

Safe.



---

## SWORDS AND HEARTS

---

**Number of participants**

2-15

**Age**

4 and up

**Time**

2-10 minutes

**Equipment**

None

**Place**

Outside or spacious inside.

**Description**

Everyone holds an invisible sword in front of them, and holds an invisible heart behind their back. Now everyone tries to stab each other's hearts. Each time you are stabbed in the heart, you either count points or be excluded from the game.

**Safety**

Don't use actual swords and don't rip out your own heart.

---

## TANGLE TWISTER

---

### Number of participants

4-10

### Age

6 and onwards

### Time

10-15 minutes

### Equipment

A small object that lies stable on the ground (i.e. a notebook)

### Place

Any

### Description

Stand in a circle. One person takes the object, throws it on the ground and orders someone to pick it up. From where this person is standing, he or she is allowed to only take one step and pick up the object. When they pick it up, they can throw it again and ask someone else to do the same. This continues until at one point the entire entanglement of people drops to the floor.

### Safety

You will get some aching muscles from standing in uncomfortable positions, but generally you'll be fine.

---

## THE KILLER AND THE GUARDIAN

---

### Number of participants

8-50

### Age

4 and up

### Time

2 to 15 minutes

### Equipment

None

### Place

Outside, or very spacious inside.

### Description

Everyone in a group has to be able to see each other, after which everyone will pick their own personal Guardian and Killer from the rest of the group without telling anyone else. As soon as the game starts, everyone will try to be as far away from their Killer and as close to their Guardian as possible. Enjoy the utter chaos, and have a separate game leader freeze the game at any desirable moment. Everyone who has their Guardian between themselves and their Killer will go to the next round.

### Safety

Killers are not supposed to actually kill anyone.

...and don't run with a knife.

---

# THROW FLOW

---

## Number of participants

10 - 30

## Age

6 and up

## Time

15 minutes

## Equipment

Some things to throw, preferably some that do not kill people, like giant rolls of duct tape.

## Place

Any

## Description

Stand in a circle. Have one person throwing an object to someone else in the circle. Keep on throwing to different people (never throw to one person twice) until everyone has held the object, return it to the first person. Now ask if everyone remembers who they threw their object to and have it thrown around several times, increasing speed every time. To make it harder, have different objects circulating the circle at the same time.

## Safety

Don't throw with knives, hammers, babies or giant duct tape rolls.

---

# Warming up exercises

WHEN FREEZING COLD, WARM YOURSELF UP WITH A PARTNER

---

## Number of participants

2

## Age

All

## Time

1-2 minutes

## Equipment

None

## Place

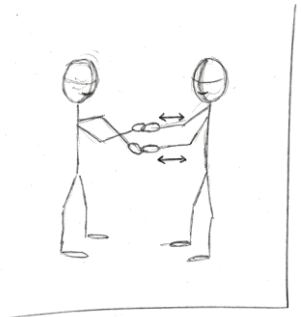
Any

## Description

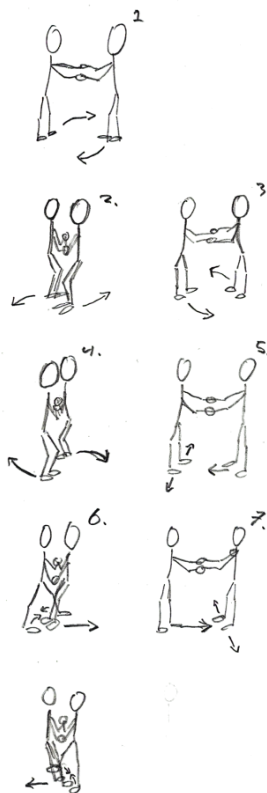
1. Two people hold hands, one has their arms crossed, other one has them straight. Now move in sawing motion as fast as you can!

2. Two people hold hands. At the same time, they both jump to their right, back to the centre, jump to their left, back to the centre, one jumps to the front in between the spread legs of the other, back to the centre, jump to the front vice versa, back to the centre.

3. Two people facing each other. Tap insides



of right foot, twist and tap one inside and one outside of left foot, tap outsides of right foot, tap insides of left foot, twist and tap one inside and one outside of right foot, tap outsides of left foot.



### Safety

Perfectly safe. Just. Don't. Fall.

## ZOMBIE

### Number of participants

8-30

### Age

10 and up

### Time

10-20 minutes

### Equipment

None

### Place

Any

### Description

Stand in a circle. Absolute silence is required. One person tries to make eye contact with someone else in the circle. As soon as this is achieved, this person will move towards the person who they made eye contact with and take their spot. This person in the meantime will try to make eye contact with someone else from the circle, and so on.

### Safety

Very safe, no actual zombies.