

Outdoor Games

Games are more than just fun! They are part of a growth experience. They enable Girl Scouts to experience the joy of working in a group, relieve tensions and encourage relaxation. Playing games helps kids to not only understand themselves but also understand others. They provide an opportunity for Girl Scouts to appreciate fair play and sportsmanship.

How to teach games:

- N- Name of the game
- O- Objective of the game
- I- Instructions (Keep them short, clear, and to the point)
- S- Safety (Set boundaries, give safety reminders)
- E- Example (Show them, or have them do a “practice round”)

Helpful Hints:

1. Play a variety of games, and keep things fun and fresh by mixing in new games.
2. Balance competitive activities with ones that encourage cooperation.
3. Adapt the activity to fit the abilities of the individual. Understand a Girl Scouts abilities and accept her limitations. Get creative to get maximum participation!
4. Begin with familiar games that are quickly learned, and then move on to more complicated games.
5. Ensure the progression of games corresponds with the progression of the group. For example- start with name games and energizers before moving on to more cooperative or team-building games.
6. Always end the game when players are still having fun!





Dragon Tail Tag

Materials: bandanas or scarves

1. Set boundaries that the campers must stay within.
2. Have one camper chosen to be "it".
3. Then give every other camper a bandana which they can tuck it into their back pocket or pants. Make sure to let them know that a portion of the bandana must be showing—it cannot be hidden away, and it cannot be tied or secured.
4. The person who is "it" will attempt to get the tails of everyone else by chasing the other players and pulling their tails out of their pockets.
5. **Once a camper's tail has been stolen they also become "it" and try to get other people's tails.**

Variations:


One a player's tail has been stolen, they stand behind the player who is "it" and place their hands on their shoulders. They are now both "it" and must stay connected. Each time someone's tail is stolen, they become part of the "it" chain.


Split players into 2-4 groups. The groups make a chain by standing in a line with their hands on the shoulders of the person in front of them. Only the people at the back of the line have tails, and the person at the front of the line must try to steal another group's tail. Groups must work together to navigate to another group's tail, so stay connected, and to protect their own tail!

Shipwrecked

1. The leader explains that she is the captain of the ship and is going give commands to the crew (players) to perform a specific movement.
2. **If crew members does not follow the commands correctly, or if they don't find a group of the right size for a group command and are the odd man out, they are out, and must go to the "brig".**
3. *The goal is to be the last crew member standing.*
4. Explain the playing area and designate which end is the "bow" (front) of the ship and which end is the "stern" (back).
5. Teach the commands a few at a time—introduce 3-4 commands, then add a few with each round.

Commands:

- Bow: the crew runs to the area designated as the bow.
 - Stern: the crew runs to the area designated as the stern.
 - Captain on Deck: **the crew must face the captain, salute and say "aye-aye captain!" The crew may not lower their salute until the captain salutes and says "at ease."**
 - Little Mermaid: **players lay on their side on the ground and wave while saying "Hi sailors!"**
 - Swab the deck: **players act like they're mopping the deck.**
 - Rowboat: crew must find a group of 2, sit facing one another, and act as if they are rowing to safety, while singing "Row, Row, Row Your Boat"
 - In the Mess: Crew must find a group of 3, stand in a circle facing one another, and pretend to eat.
 - Octopus: Crew must find a group of 4, put their backs to each other and link arms, and sit on the ground with their legs straight out.
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- Hit the Deck: Crew lie down on their stomachs as quickly as possible.
 - Climb the Rigging: Children pretend to climb a rope ladder.

Lions Cub

Materials: 1 rubber animal toy, 1 play cone

1. Place a cone on one side of the playing area to mark the “safe zone”.
2. Select a person to be the Lion; have the lion sit with their backs to the other players, who are at least ten feet away at the cone/ safe zone.
3. Put a stuffed animal behind the lion and have the lion pretend it is her cub.
4. The other players take turns sneaking up behind the Lion and trying to steal the cub. You do not need to tell the girls who should go first, second, etc—they should work together to figure that out.
5. If the lion hears the other person sneaking up it can roar and then turn around.
6. **If the lion has caught a player not in the safe zone, the player is “out”.**
7. If there is no player out of the safe zone when the lion roars, she turns back around and the game starts again.
8. If a player successfully steals the cub without being caught, they become the next lion.

Dead Bug Tag

1. Make really big boundaries.
2. One person is “it.” This person has to chase the others.
3. When she tags someone, that person must lay down with both hands and feet sticking straight up, like a “dead bug”.
4. In order for the dead bug to come alive, four people must tag one limb each—so, four other teammates must come and each touch one of the “bug’s” hands or feet.
5. Once four friends have “resurrected” a dead bug, that player can rejoin the game.


Screaming Toes


1. Everyone stands in a tight circle, shoulder to shoulder, with their heads down looking at their shoes.
2. The leader will count down “3,2,1, LOOK”.
3. On “LOOK”, everyone looks up and stares directly at someone else in the circle.
4. If that person is staring right back at you, then you scream real loud and jump back out of the circle.
5. **If the person you’re looking at is not looking at you, put your head back down and wait for the next round.**

Keep going until there are two players remaining.

Dot-Walk

Materials: Bean-bags, blindfolds

1. Scatter a large quantity of bean-bags on the floor. Designate one side of the play area as the starting side, and the opposite side as the ending side.
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2. Have the girls pair up into teams of two. All groups start on the starting side.
 3. Each pair will have one blindfolded member and one un-blindfolded member.
 4. The un-blindfolded member must lead their teammate using words only from one side of the play area to the other without walking on any bean-bags and without bumping into any other girls.
 5. Girls are to give spoken instructions only to their teammates—no touching!
 6. Once all the teams make it to the ending side, teammates should switch roles and navigate from the ending side back to the starting side.


Wahhh!


1. Everyone stands in a circle.
2. **This game is essentially a large group, silly version of “Rock, Paper, Scissors”.**
3. Teach the girls that there are 3 basic motions:
 - The Cobra: right elbow in the palm of your left hand, with your right forearm held up against your body **and hand cupped and facing down (like a snake’s head)**
 - The Fireball: clawed hands, palms together, arms straight out away from the body
 - The Crane: stand on one foot, hands over head
4. Designate a **“Wahh Master” who stands in the center of the circle.**
5. Everyone bows to the Wahh Master, and the game begins.
6. **The Wahh Master counts to three and then chooses and does a motion while saying “WAHH!” (1-2-3-WAHH).**
7. Everyone else must do a motion at the same time.
 - Make sure the girls are being honest and do not try to wait to see what motion the Wahh Master chooses before committing to theirs!
8. If you do the same motion as the Wahh Master, you sit down.

The last person standing is the new Wahh Master.

SPUD

Materials: any soft ball that won't hurt when it hits someone.

1. Every player is assigned a number from 1 to the number of players.
 2. Players form a close circle with one Scout in the center who has the ball.
 3. The Scout throws the ball straight up as high as she can and yells out a number.
 4. Everyone scatters/ runs outward from the circle, except the Scout whose number was called.
 5. She catches or picks up the ball. As soon as she has the ball, she yells "SPUD" and everyone must freeze.
 6. The Scout with the ball can then take up to 3 giant steps towards any Scout she wants.
 7. She then throws the ball at the Scout. The target Scout can move all parts of her body to dodge the throw - except her feet, which must stay frozen.
 - **If the scout gets hit by the ball, they get a letter from SPUD. If it's their first time getting hit, they get S, second time they get P, and so on (like the basketball game “HORSE”).**
 - If they do not get hit, they do not get a letter.
 - If they take a step or move their feet to avoid getting hit, they get a letter.
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8. Everyone gets back in the circle and the girl who just had their number called and threw the ball become the one in the center to throw the ball and call a new number.

Once a Scout gets all letters in the word “SPUD” they are out.

Park Ranger

Materials: Two ropes for start/finish lines.

1. Use ropes to mark a start line and a finish line on either side of the play area.
2. One player is chosen to be the Park Ranger. This player begins in the center of the play area.
3. All other players stand in a line (shoulder-to-shoulder) facing the Park Ranger at the start line.
 - All of these players choose an animal. This animal becomes your identity, but you do not tell anyone else what your animal is.
4. The Park Ranger then says a characteristic that the other players' animals may have (ex: If your animal has a beak/ feathers/ four legs/ tail/ etc.)
5. If a player's animal does have the feature mentioned they must run across the lawn to the finish line without being tagged or going out of the boundaries.
6. The Park Ranger tries to tag as many people as possible who run from the start line.
7. If a player is tagged they become a tree.
 - Trees freeze where they are tagged and though they cannot move their feet (though they can sway) and tag others as they run past.
 - If a Tree tags you, you too become a tree.
8. The park ranger faces the start line and names another characteristic, and steps 4-7 are repeated. Once everyone has left the start line, the park ranger faces the finish line; if there is more than one player there, the game continues with players running from the finish line to the start line instead.

The last player who is not a tree wins and gets to be the Park Ranger for the next round.

Fruit Bowl

1. Campers sit in a circle.
2. Give each camper one of four fruit names (ie: apple, orange, grape, banana).
3. Have one camper sit in the middle (this camper is also named one of the fruits) and call out one of the four fruits.
4. Each camper who is that fruit gets up and tries to find an empty seat, while the camper in the center also tries to find an empty seat.
5. There should be one camper left without a seat- they go to the center and call out another fruit, and so on.

Variations

The camper in the center can call out more than one fruit at a time, OR "tip the fruit bowl," at which time, everyone gets up and finds an empty seat.





Nonsense Handshakes

1. Everyone pairs up. The leader teaches the pairs a silly handshake.
2. Once the group has learned this handshake, the leader instructs everyone to find a new partner and teaches them a new silly handshake.
 - Partners need to remember which handshake goes with which buddy.
3. Once you have gone through 4-5 different handshakes, the leader will then call out one of the names of the handshakes and participants will run to find the correlating partner and do the handshake.


Variation:

Have each girl invent a handshake and name it, and teach it to the group instead of using the examples below. (The leader should write down the names of these handshakes in order to call them out).

Handshake examples:

- o Milk the Cow: Person 1 interlaces his/her own fingers with thumbs up and flips their hands over so the **thumbs are pointed down. Person 2 mocks milking a cow by gripping Person 1's thumbs**
- o Mistake: Partners begin to give each other a high five, but miss hands and reach beyond hands towards **their partner's shoulder. Each person reaches over their partner's shoulder and pats them on the back.**
- o Criss-Cross: One partner crosses their arms, the other partner does not. They clasp hands and push and pull their arms sideways to switch who has their arms crossed.
- o Backwards: Partners stand back to back and clasp hands and shake them back and forth.
- o Foot Shake: Players face one another then lay down, teaching out their feet towards one another. They place their feet sole to sole and move their feet up and down.

Evolution Game

1. Describe five stages of this mock-evolution process and their stances.
 - EGG – squatting and curled up on oneself
 - CHICKEN – squatting on floor, using arms like wings
 - MONKEY – hunched over with hands under armpits
 - HUMAN – standing up straight
 - SUPER HERO – standing on tip toes with hands in the air
 2. Every person starts out as an egg. Every egg finds a partner and plays Rock, Scissor, Paper with the person.
 - You can only play with someone who is in the same stage as you—so, eggs can only play with eggs, chickens can only play with chickens, etc EXCEPT for super heroes, who can play with everyone.
 3. The winner advances to the next stage (egg becomes a chicken, monkey becomes a human, etc). The loser goes down to the earlier stage (chicken becomes an egg, human becomes a monkey, etc).
 - If you are an egg and you lose, you remain an egg.
 - If you are a super hero and you lose, you stay a super hero.
 - You cannot play two rounds of rock paper scissors with the same partner in a row; you must find a new partner for the next round, but you can go back to that partner again later.
 4. Play until everyone becomes a superhuman!
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Windows and Doors

1. The group forms a circle holding hands. Then they spread out enough so that everyone's arms are straightened out forming large spaces between kids. These are the windows and doors.
2. **One child crouches and starts running and weaving in and out between children. They don't have to do this in any pattern.**
3. As they do this, the kids in the circle randomly gently drop their arms down trying to tap the person weaving their way in and out. Girls can only drop their arms when the person is under their arms, not before.
4. Once the person is tapped by the arms of someone, they are out.

The person who tapped them would be next to weave in and out of the windows and doors.

“Knock Out” Dice Game

Materials: toy dice

1. Players stand in a circle.
2. **Each player chooses a “knock out number”** – either 6, 7, 8, or 9. More than one player can choose the same number.
3. Players take turns throwing both dice, once each turn. Add the number of both dice for the score.
4. If a player throws their knock-out number, they are knocked out of the game until the next round.
5. **The circle gets smaller as people get “knocked” out, and the last person standing is the winner.**

“Catch Up” Dice Game

Materials: two toy dice


1. Players sit in a circle on the floor.
2. Divide the dice so that two players who are seated directly across from one another each has one.
3. The children without the dice create a rhythm by first slapping their knees (or the table) once and then clapping their hands once. Then the children begin chanting:
 - **“Toss the dice to the ground/ pass them when a SIX comes down!”**
4. The chant is repeated as play continues.
5. The players roll the dice, hoping for anything but a six. If it is six, players must pass the die to the player on their left and take up the chant.

A child wins the round when she is still in possession of a die and receives another from the player on his right.

Poison Dart Frog

1. Sit all of the children in a circle, and have them all put their heads down.
2. Tap one person on the head; this person is the Poison Dart Frog and has to eliminate the others by quickly sticking their tongue out at them (like a frog)
3. If the Poison Dart Frog sticks their tongue out at you, silently count to 10, then safely fall backwards. It is **fun if the girls want to dramatically “die”.**

If you think you know who the Poison Dart Frog is before you get eliminated, you can say you have a suspect. If you are wrong, you are out. If not, you win and the game begins again.





Cat and Mouse

1. Everyone but two people form a circle standing far enough away from each other so that a person can safely run past them on either side. They must also be close enough to reach the hand of the people on either side of them.
2. One of the people outside of the circle is the cat and the other is the mouse. They will begin on opposite sides of the circle.
3. When the game starts, the cat tries to catch the mouse. If either the cat or the mouse runs through one of the spaces in the circle, the space gets closed. This is done by holding hands.

The game goes on until all the spaces are closed or one or the other gets trapped inside the circle

