

# Games booklet



Faith and Light international

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# Introduction

The games suggested in this booklet are based on the pleasure of playing, on solidarity and helping one another. It isn't about winning but forming a team to create an atmosphere of trust in the group where each person can learn to express themselves.

In these twenty chapters, you will find games for memorising names and getting to know each other, movement games and quiet games, inside and outside games as well as games for celebration days and holiday camps. There are games for everyone, for those who like to move around and for those who tire quickly when moving, for those who are more artists, for those who need a lot of time to choose and those who are in a great rush, for those who don't say much and those who talk too much...

These are games without difficult challenges or competition, joyful, collaborative games, contests to make you laugh, creative games to develop the imagination...

**Now it's up to you to play!**

## Symbols

### Preparation

-  not necessary
-  easy
-  plan preparation time

### Number of players

-  small group of 3 or more
-  group of around 10
-  group of more than 10

### Difficulty

-  very easy
-  easy
-  requires a bit of help

## I. Memorising names

### The headband



**Equipment:** headband

One person is in the middle of the circle. A headband is across her forehead. On this headband is written the name of a member of the community. The person wearing the headband has to guess who it is by asking the other members questions, for example, “Why is this person so valuable to the community?”, “What specifically does she bring to the community?” (a smile...) “What does she do to show she loves us?” ...

### Knees



**Equipment:** blindfold

We sit in a circle on chairs. One player is in the middle, blindfolded. He has to turn around, go and stand in front of one of the seated players with their hand on their shoulder and guess their name. But beware: he cannot touch him, he can only ask him to make a sound: whistle or hum. When he has guessed the name, he rejoins the circle and the other player goes to the middle. If he is wrong, he has to try again with another player.

### I recognise your voice



**Equipment:** blindfold and stick

The players move in a circle around “Mr Durand” who is blindfolded. When he wants to, “Mr Durand” bangs on the floor with his stick (or a brush handle). The players stop. “Mr Durand” points his stick in the direction of the players and says: “Hello Mr Dupont!” The player who is being pointed at answers in his normal voice: “Hello Mr Durand!” Mr Durand must recognise who Mr Dupont is. If he is correct, they swap places, if he is wrong, he chooses another person.

## Names on balloons



**Equipment:** balloons, felt tip pen

On the balloons, write with the marker, the names of each member of the community. One name per balloon. Form two teams. Give each team the balloons with the names of the players from the other team. The first player from each team takes a balloon and gives it to the correct person opposite. If he is wrong, he returns to his team with the balloon and another person tries his luck. And then the next until the team has no more balloons to hand out.



## Names and their adjectives



Taking turns, the participants say their name and a corresponding adjective beginning with the same letter as their name. For example, Marvellous Martin, Loyal Linda, Optimistic Oscar, Beautiful Barbara... Before introducing themselves, the person repeats the name and associated adjective of the people who went before them. The idea is that by often repeating the names with a memory aid, you learn names quickly. At the end, you can ask those who went first if they want to try and repeat the names of everyone.

## Balloon carousel



**Equipment:** balloon

The players form a circle. A first person throws the balloon to another player saying the name of the person aimed at. This person then calls the name of another player and throws the balloon to her. The game continues until every person has been named.

## The web



**Equipment:** *ball of wool.*

The players form a circle. The first player who starts the game holds a ball of wool in his hand. He names a person and throws the wool to them keeping the end of the thread in his hand. The person who receives the wool throws it to a third person whilst keeping hold of the thread. A web is then woven between all the community members.

**Variants:** *A ball of wool per participant is needed. A circle is formed and each person makes a loop (quite big) with the end of the wool from his ball and keeps this loop in his hand. The balls of wool are thrown to each other; when someone receives a ball, pass it through the loop before throwing it to another person.*

*When all the balls are finished, you have a large net ! With a fragile thread of wool and links woven between everyone in the community, something very strong has been constructed!*



## Who has the Truth?



**Equipment:** *a small foam ball upon which the word “truth” is written, a music player*

We form two teams and sit in two circles. One person is in the middle. Sing a lively Faith and Light song, and whilst listening to the music, the ball is passed discreetly behind the back to your neighbour. When the game leader stops the music, everyone asks the question at the same time: “Who has the truth?” The person in the middle has to guess where the ball has stopped. She points to who (maybe) has the ball behind their back and says: “It is you, (name), who has the truth”. The player can give a maximum of three names. The person who is discovered goes to the middle. You start again until everyone has played.



## Are you getting on the train ?



Someone plays the role of the engine. He stops in front of someone else and asks: “What is your name?” The player answers and the first person says to him loudly: “Hello Nicolas” Nicolas then becomes a coach on the train and they set off singing: “The little train is coming down the mountain...” They are then going to find another person with the same ritual and so on until all the community members have boarded the train.



## Zip Zap



We all sit in a circle. One person is in the middle. Each person is called once. The person in the middle points to one of the players in the circle and says to him: “Zip” or “Zap” or “Zip-Zap”. If she says “Zip”, the person indicated must say the name of her neighbour to the left. If she says “Zap”, she must give the name of her neighbour to the right. If she says “Zip Zap”, she must give the names of her neighbours on both sides. If the person indicated does not remember the name(s) of her neighbour(s), or gets them wrong, she replaces the person in the middle.



## 2. Getting to know each other

### Rainbow of wishes



**Equipment:** *pieces of paper, box, coloured card*

On the pieces of paper, we write the name of all the people present. We put them in a box. The box passes from hand to hand and each person pulls out a name. We take a few moments to think of something we would like to say about or wish for this person because of who she is or the links that unite us. We then give different coloured cards to each person to write or illustrate their wish.



We attach these cards to the wall by colour in the shape of a rainbow. Each person takes turns to go up to the rainbow and the community reads the wish made. We all come in front of the rainbow and the community leader thanks God for the love, the unity and the life that his Spirit spreads continuously in the community. Then he/she reads the wish made by the coordinating team for the community.

### Does the shepherd know his sheep?



**Equipment:** *paper, pen*

Do we know one another as well as we think we do? In turn, one player goes to the middle of the circle. He writes the name of a person from the community (or known in Faith and Light) on a piece of paper. We ask him all sorts of questions to discover who this person is. He can only answer “yes” or “no” or “I don’t know”. If the person is quickly discovered, then it is true that we know each other as well as the shepherd knows his sheep.

## Trust



**Equipment:** *a blindfold*

One person is blindfolded. Another stands behind her and guides her. She touches her right shoulder to indicate to her to turn right; touches her left shoulder for her to turn left; she touches her head for her to move straight ahead; she touches her back for her to move backwards...

## The game of hands



One person sits on a stool. She is wearing a jacket back to front with the sleeves at the back. Another person is behind her and puts their arms in the sleeves. The person sitting down is asked all sorts of questions. She answers but it is the person behind who makes the gestures.

## List of questions



**Equipment:** *sheets of paper, pens*



The game leader gives a sheet of paper to each person to fill with questions, for example: what is the quality you appreciate most in others? What is your favourite animal? Your hobby? Your greatest wish? When the participants have all responded, the leader collects the sheets, mixes them up and gives them out again out of order so that each person has the sheet of paper of another person. Then, in turn, each participant reads the sheet that he is holding and tries to find out who it is about.

## Chinese shadows



**Equipment:** *white sheet, torch, hats...*

In the invitation letter, each person should have been asked to bring an object or a hat. Each person has fun going behind the sheet with a hat, cap, umbrella or walking stick to make a gesture or strike a particular pose... But who is hiding behind the sheet?

## Photos



**Equipment:** *photos of community members*

The photos of community members are attached to a board. Form two teams. A brief description of a person is given to the first two players. This description must steer them to the correct photo. For example: she is wearing glasses and has blond hair, her sister is called Ann. She is mum to three children...

## Who are you ?



**Equipment:** *a blindfold*

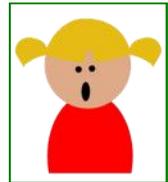
Recognising each other when blindfolded is not easy! We blindfold one player. Community members move around the player to mix themselves up. The blindfolded player must recognise the person in front of them simply by touching their face and shoulders. If he guesses, then it is the turn of the person who has been discovered to be blindfolded and so on.

## When I was little



**Equipment:** *each person brings in a photo of themselves when they were little.*

A community member puts the photos on a board. In twos, try to guess who each photo is of and also a characteristic that can already be spotted in the photo, for example: "You can already see Pierre's smile or his peaceful gaze". This can also let those who want to then tell a short story about their childhood.



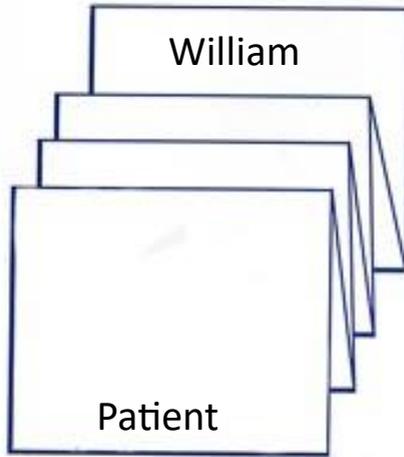
## Card of qualities



**Equipment:** *sheet of paper, pen*

Each participant writes his name at the bottom of a sheet of paper and passes it to his neighbour on the left. The latter notes down a quality of this person at the bottom of the page. Then he folds the sheet across

the width of his word and passes it to the next person to do the same. When all the sheets of paper (folded like accordions) are returned to their owner, each person individually discovers his “card of qualities”.



### 3. Moving around

#### “1, 2, 3, sun”



The players are next to each other at the starting line, ten metres from an opposite wall, against which the leader of the game is stationed. When he turns towards the wall and counts “one, two, three”, the players can go forward. When he says “Sun”, he turns back again and the players must stand still. All those that the leader of the game sees move when he turns around must return to the starting line. When a player successfully touches the wall, he replaces the leader of the game and everyone else returns to the starting line.

#### The Roped party



**Equipment:** ball, tumbler... depending on tests

We make up several roped parties of 4 -5 people, each one of them linked to another by holding hands. We plan a course with obstacles that the roped parties have to complete without coming undone (go under a table, pass a tumbler full of water without spilling a drop, passing a ball without dropping it...). Each roped party must complete the whole course and remain united.

#### Swimming fishes



**Equipment:** piece of card

We will have cut out paper fishes beforehand. Draw out two demarcation lines on the ground: a starting line and a finishing line. Everyone goes to the starting line. They each have a piece of card and a fish. At the signal, they put the fish on the floor and make it go forward by waving the card above it. The goal is to take the fish to the finishing line.



## The shepherd's stick



**Equipment:** a whistle, a blindfold

We form a circle. One player is in the middle with a whistle and is blindfolded. At the first blow of the whistle, the stick passes very quickly from hand to hand. On the second blow of the whistle, the stick stops. The aim is not to have the stick in your hands when the whistle blows again. The person with the stick goes to the middle...

**Variation:** in the middle of the circle, the shepherd and his stick. He calls one person and let's go of his stick. The person named, very quickly catches the stick before it touches the ground... If not, a forfeit!

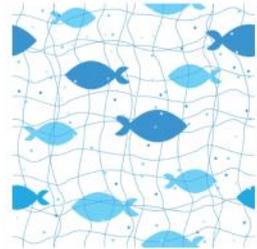
## The Fisherman's net



This game is played in two groups. The first will be the net, the second the fish. The net group secretly decide on a number (or word) that will be used as a signal.

When the "net" is ready, the net players form a circle and raise their arms so the fish players can go under and enter the circle. The fish players have to go in and out between the links of the net whilst the net player counts (or sings).

When the signal (the chosen number or word) is announced, the net players lower their arms and the fish players who are inside the circle at that time are prisoners. They then join the net group who, once more, choose a signal word. The game continues until there is only one fish left free. Begin again reversing the roles.



## 4. Team and coordination games

### The gift



**Equipment:** newspaper, string, sellotape, scissors, shoe box.

Link the right arm of one player to the left arm of another. Each pair must wrap a box with newspaper, stick it with sellotape and wrap string around it only using the two free arms. Not so easy! A jury will decide on the most beautiful parcel, the most funny, the most original, and the most fantastic... in a way that every pair receives a prize!

### Bullseye!



**Equipment:** a hoop, a blindfold, a stick

Draw a circle on the ground or put a hoop on the ground. It is the target. Each person in turn is blindfolded and holds a stick. She must place the stick in the middle of the circle. She can try her luck five times. When she succeeds, everyone shouts “Bullseye!”

### The fatal 7



The players in a circle take turns to count. The first player says: 1, his neighbour 2 and so on. Carry on counting without stopping but replacing the 7 with “hop”. 7: hop, 17: ten hop, 27: twenty hop, 71: hop one. Go up to 77: hop hop.

### The font

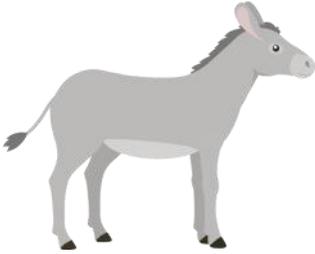


**Equipment:** bring drawings of “drops of water” and two fonts

Form two teams. Two large drawings of fonts are fixed to the wall. Each person is given a “drop of water” (on the back will be double-sided tape). A first player comes up, blindfolded, but accompanied by a “guide”. On their instructions, the blindfolded player has to stick the droplet in the font. Then you change roles until everyone has taken part. The team having filled their font with water without putting too

many on the outside is declared the most skilful, the other... the most imaginative!

### Pin the tail on the donkey



**Equipment:** board, marker, woollen tail

On a panel is a drawing of a donkey without a tail. A donkey's tail is made from strands of wool held together at the top with double-sided tape. The player looks carefully at the donkey, then she is blindfolded and turned around. She has to try to attach the tail in the right place.

### Opposite



The players are in a circle, in pairs. In the middle, the leader gives orders that each duo must carry out immediately.

For example, "back to back": the players must place themselves back to back. "Face to face", the players must face each other. "Hand in hand", the players hold both hands. "Side by side", the players stand shoulder to shoulder. "Elbow to elbow", the players hold forearms... At the command "Opposite" everyone must change partner. The leader uses this opportunity to find a partner and the player who is left alone becomes, in turn, the leader of the game. On "Opposite", he then hurries to find a partner and so on.



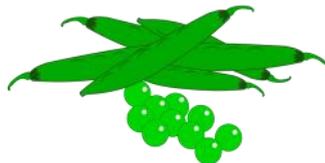
## 5. Relays and races

### Pea race



**Equipment:** straws, peas (or smarties)

Give several players a straw and ten peas. At a certain distance, there are containers for each person. The game entails moving the peas one by one as quickly as possible by sucking through the straw.



### The spoon



**Equipment:** spoon, ping pong ball

Make a chalk path on the ground. The player has to follow the path with the spoon in her mouth and the ball in the spoon. She must complete the course without dropping the ball.

### Fill the pot



**Equipment:** a spoon, a pot filled with water

Form three teams, each made up of roughly ten people in single file.

In front of the first person from each team is a pot full of water. Behind the last person in the line is an empty pot. Each person has a spoon. When the game begins, the first person in the team fills the spoon with water and empties it into the spoon of the person behind... and so on. The aim is to fill the empty pot! Really laugh at seeing at the end the amount of water that gets there!

This game can also be played with seeds or gravel..



### Noah's ark



**Equipment:** animal images or figures, a box to symbolise the ark

Form two teams of about ten people. The aim of the game is to take pairs of animals into the ark as quickly as possible before the Flood (use

a kitchen timer for example). The animal images or figures are placed mixed up on a table in front of each team.



On the signal, the leader gives the name of an animal to each team, the first person from each team goes to the table where the pairs of animals are and picks up the correct pair that she gives to the second player who passes them to the third until the last person who will put them in the ark. And so on to the last pair.

### Cross the river



**Equipment:** *cardboard*

Form teams whose participants stand in line behind two lines drawn one metre from each other. These two lines represent the banks of the river that the participants have to cross. Opposite each team, cardboard have been put on the ground, it represents a bridge over the river. A chair is placed about one metre from the other side of the river. On the signal, the first player from each team crosses the river putting their feet on each of the pieces of cardboard. He heads towards the chair, goes around it and comes back in the same way. He taps the hand of the second player who goes off in turn then he goes to the back of the line.



## 6. Ball games

### Foot ball



**Equipment:** *two balls (not too heavy or too light) and two bowls big enough to hold a ball*

The participants are divided into two teams, all sat opposite each other. Their hands are rested on the sides of the chairs and must not be used. Their legs are stretched out in front. At the start, two leaders (one per team) place the ball on or between the feet of the first player who has to pass it on to the feet or between the feet of the second player and so on until the last person who has to put the ball in the bowl.

### Balloon flies



**Equipment:** *balloons*

We draw a target on the ground and the players are in a circle around it. Each player is given a balloon that he has to blow up. At the top, release it in the direction of the target. The balloons fly away while twirling and deflating. The person whose balloon lands closest to the target is applauded by everyone and embraced by his neighbours.



### Balloon dance



**Equipment:** *coloured balloons, music player*

We blow up small coloured balloons. Each person has a balloon attached to their ankle. We dance to catchy music. The aim of the game is to dance for as long as possible without bursting our balloon.

**Variant:** *contrarily, the aim of the game this time is to hit the balloons and make all the balloons burst.*

### The musical balloon



**Equipment:** *balloons*

We blow up balloons and sellotape them to the edge of a table. There

are as many as there are players less 1. Everyone walks around the table while the music is playing. When it stops, each person attempts to catch a balloon. The players who do not have a balloon go and sit down. Take away one balloon every turn. At the end, there will only be two people and one balloon.

### The pilgrim and the bandit



**Equipment:** *a small and large ball*

We form a circle that represents the road that the pilgrim is going to take. The players pass a small ball (the pilgrim) to each other. A large ball (the bandit) is introduced and the players pass it around in the same direction. The bandit is going to have to catch the pilgrim...



The leader of the game can reverse the course at any time by shouting “Turn”. At that time, the pilgrim does a half turn as well as the bandit. The person who drops either ball takes the place of the leader of the game.

### The breath of the balloon



**Equipment:** *balloons, cotton wool*

Draw a starting and finishing line. The players each have an inflated balloon that they hold the end of tightly so that it doesn't deflate. On the signal, they try to push a ball of cotton wool on the ground by releasing air from the balloon above it. The game ends when a player crosses the finishing line with his cotton wool.

### The four elements



**Equipment:** *ball*

The players form a large circle. In the middle, a player throws a ball. He throws the ball to a member of the circle and says either “EARTH”, “AIR”, “WATER” or “FIRE”. The player must catch the ball and name an animal that lives on the earth, in the air or in water, depending on what is said by the person who threw the ball.

If he misses the ball or drops it, he takes the place of the person in the middle. If the person in the middle says “FIRE”, the ball cannot be caught, otherwise you go to the middle of the circle.



### Shaving balloons



**Equipment:** balloons, shaving foam, disposable razors.

Inflate the balloons and hang them from string. Cover them in shaving foam. The aim of the game is to “shave” the balloon without bursting it.

### Ball relay



**Equipment:** a ball

All the participants sit down and form a row. They pass the ball with their feet until the ball arrives at the last person. The last person in the row takes the ball with their hands, stands up and goes to sit on the first chair. All the participants move along one chair and continue to pass around the ball until the first person is back at their starting point.

### A message of friendship



**Equipment:** balloon, felt tip

We sit in a circle, each person supplied with an inflated birthday balloon and felt tip pen. Each person writes a word, a sentence or draws a picture on their balloon. We throw our balloon to the person of our choice. The person who receives the balloon, reads the message out loud. We continue the game until everyone has received a message of friendship.

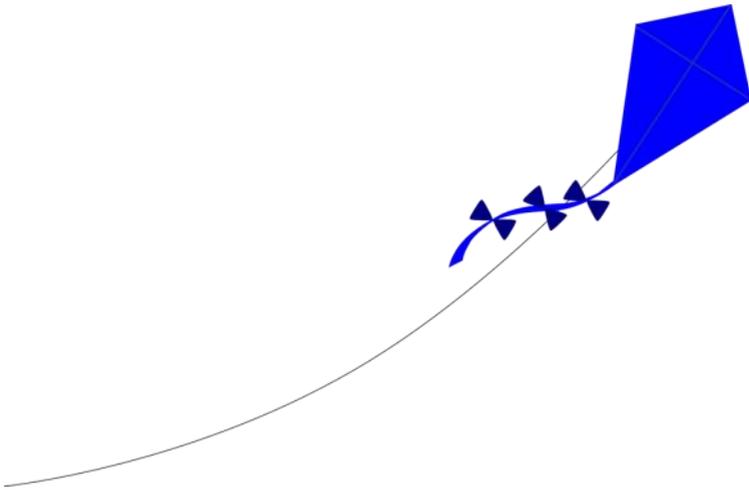


## The breath



**Equipment:** *ping pong ball*

On a long table, we put the very light ball in the middle. We are divided into two teams of three around the table. When the signal given, they blow the ball to send it to the opposing team, who must in turn push it back to stop it falling.



## 7. Guessing games

### The all-purpose word



One player is designated to leave the room. During this time, we choose a homonym (for example, cent, sent, scent) and a word to replace it. When the player who went out returns, the others must say sentences using the chosen homonym but replacing it with the all-purpose word. For example, “I have smelt the ‘gasp’ of lavender. The coin is a ‘gasp’...” The player has to try to find out what the word is. When he has guessed it, the last player to speak is the one to leave.



### The five senses



**Equipment:** a blindfold, different foods (sweet, savoury), objects, a bag  
The coordinating team will have prepared five tables, one for each sense. The participants are blindfolded. At the “taste” table, they should recognise each proposed food. At the “smell” one, each sample. At the “touch” table, they should recognise everyday objects hidden in a bag. At the “hearing” one, they should recognise what object is producing the sound they are hearing. Finally, at the “sight” table, they should memorise as many as possible of the twenty or so items that are there in a few seconds.

### The gifts



One player moves away. The community chooses someone that everyone knows. The player who left is called back. He has to ask questions about the gifts of the person chosen until he has guessed who it is.

### What is this animal?



**Equipment:** pictures of animals

We pin a picture of an animal on the back of each member of the

community. Of course, no-one knows what animal it is. To discover what it is, she must ask the other members to imitate the animal, if it has feathers, hair, if it is white or brown...



### What is this object?



**Equipment** : different objects, a box with holes on each side. An object is hidden in a box. A hole just big enough to fit a hand is cut in one side. The player must guess the object hidden in the box.

### I went to the market and bought....



The first player begins by saying "I went to the market and bought..." and names a product starting with A, the next player says "I went to the market and bought (product A) and – a product beginning with B and so on to the end of the alphabet.

For example:

Player 1: 'I went to the market and bought an apple'

Player 2: 'I went to the market and bought an apple and a balloon'

Player 3: 'I went to the market and bought an apple, a balloon and a car'. And so on until you reach Z.



## 8. Drawing games

### Gentleman



**Equipment:** *dice, felt tips, one sheet of paper per team*

A man must be drawn. Each part of the body is associated with a number from 1 to 6. 1: head, 2: eyes, 3: mouth, 4: arms, 5: legs, 6: body. Form several teams. Taking turns, each person rolls the dice and draws the part of the body corresponding to the number. The game is over when one team has finished its gentleman.

### Draw a character (variant of the gentleman game)



**Equipment:** *dice, paper, felt tips*

The character has six parts: 1. Head - 2. Eyes - 3. Trunk and arms - 4. Hands - 5. Legs - 6. Feet.

Divide into groups of 4 to 6 people. Each player has in front of them a sheet of paper and a pencil, he throws the dice just once on each turn. To begin, he has to throw a 1. If he doesn't, he has to wait for his next go. When a player gets a 1, he draws the head, then he throws again and tries to get a 2 to draw the eyes...



### Weird animals



**Equipment:** *paper, pencils*

Give each player a strip of white paper and a pencil. Each person has to draw at the top of their strip the head of an animal with its neck. The players fold the strip twice on itself to hide the drawing only letting a small end of the neck be visible. Each player then passes his strip to his neighbour and draws below the neck, the half of the body of her animal with its front paws. He folds the sheet of paper in a way that only allows the lower half of the body and passes it to his neighbour. Then ask the participants to draw the lower half body of the animal and its back paws. They fold the sheet of paper and pass it to their neighbour who finishes the drawing with the tail. When the drawing is finished,

unfold all the strips of paper and the players will be delighted to discover some weird animals!

### The portrait



**Equipment:** *sheet of paper, torch, felt tip, sellotape*

Stick a sheet of paper to a wall. One person sits in profile in front of the sheet of paper. A second person lights the profile with the torch in such a way that a Chinese shadow appears on the paper, finally a third person draws the outline... Surprising!

Once the profiles are drawn, cut out the outlines, mix them up and then try to guess who it is.



## 9. Observation and listening games

### Guess what's changed?



We form a circle, one person comes and stands in the middle. A small group looks at her carefully and leaves the room. The person in the middle removes, adds and changes something in their appearance. The group comes back in and has to guess what has changed. It can be helped by applause when they are close to the right answer and very loud applause when it has found everything.

### Simon says



The game leader gives orders, often making reference to parts of the body (for example: “Touch your nose, point your finger at your left knee” etc.). The players must only carry out the action when the order is preceded by the phrase: “Simon says...”. If there are a lot of us, we can form several groups. Any player who makes a mistake (does the wrong action or carries out an order without the set phrase being said) becomes a referee and observes the other players; the winner is the last person remaining in the game. The game can be adapted to the theme of the month by asking for gestures of compassion, peace or joy.



### “Kim” in a circle



**Equipment:** *a box, objects, a sheet of paper, a pencil*

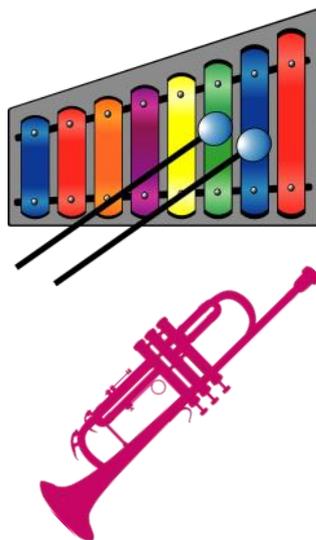
All the participants are in a circle. The leader of the game brings a box in which are placed the belongings of “Kim”. Pass each object amongst the players one after the other. When the objects have gone around the circle and are all back in the box, the players have to make “Kim’s” list on a sheet.

## The hunter of sound



**Equipment:** *pairs of musical instruments or objects, blindfold*

Each player receives an object or instrument to make a noise. These sounds must be different for each one. One player is blindfolded and receives the same object or instrument as one of the other players. Each person starts to make noise. The player who is blindfolded has to distinguish amongst these sounds the one that is the same object or instrument as his. If he successfully recognises it then someone else is blindfolded and takes his place and each person swaps their object or instrument.



## The obstacle walk



**Equipment:** *musical instruments*

The community members are going to be obstacles by spreading themselves all around the room. All the players are standing and have an instrument. They have a specific place and are relatively distant from one another. The person who is blindfolded has to walk across the room without hitting the human obstacles. Each time she gets close to an obstacle, he has to make a noise with his instrument acting as a warning. The blindfolded person is always moving. The leader should stay close to the player to guide them and ensure that they stay within the boundaries of the game. Change player after a few minutes.

## The sculptor



One person acts as a model: she is in the middle of the circle and strikes a pose (for example: one hand outstretched, the other on her head, her body bent to one side, a foot pointing back...). Another person is at the side, she is the clay. A third person is the sculptor, who copies the model with the “clay” person. He takes her hand and extends it like that of the model, bends her body, etc.

## The smile



The players sit in a circle. One player has the smile – he is the only one allowed to smile. The others are serious. The one with the smile sends it to another player as follows: he closes his mouth with his hand he makes the gesture of removing the smile from his lips he throws it to another person. When he has sent the smile, the player has to become serious. The person who received the smile, now smiles in their turn and sends it to someone else. Anyone who smiles during the game who has not received the smile has to do a forfeit (sing a song...)



## The grapevine



Form a circle or a line. The leader whispers in the ear of his neighbour a word or sentence that must be repeated to all the circle or line. For example: “In England, cars are driven on the left and it is complicated for the French...”

Variant: It can also be done with a drawing that should be copied as accurately as possible. This drawing has to be done shielded away from prying eyes. Each player in turn looks at the previous drawing for a few seconds then attempts to copy it as closely as possible.

## The shoes



**Equipment:** *a cover*

Ask one player to carefully observe all the audience “from head to foot” then go out. Three or four people sit on the ground, they are covered with a cover. Only their shoes can be seen. The player comes back in and must recognise who these shoes belong to.

## It has disappeared!



**Equipment:** *objects, sheet*

We place various objects on a table that we cover with a sheet. When the game begins, we lift the sheet up for a few seconds and each person carefully looks at what is on the table. Then we cover everything up again. Each person can say what he has seen. The second time, we take away one or more objects... What has disappeared?

## The intruder



**Equipment:** *board, felt tips or pens*

On the board, draw a series of objects collected together according to type (a group of vegetables, animals, kitchen utensils...) In each group of objects, draw an object that shouldn't be there, it's the intruder. The leader explains, then asks each person to point out the intruder in a group and say the name of this group, for example: the intruder is the hammer in the group of vegetables, etc...)

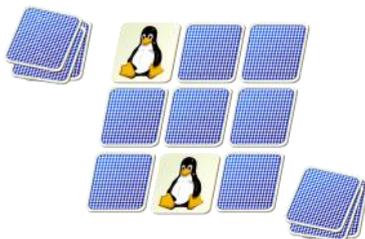
## Memory



**Equipment:** *white cards, felt tips or pens*

This game can be adapted according to the themes in the Guidelines.

On the cards, draw pairs of animals, objects, Biblical characters... The cards are placed face down on the table. Form two teams. The players from each team take turns to turn two cards over and keep them if the cards match (e.g.: two shepherds). If not, the two cards are put back. When a player has a pair, another player from the same team plays again. The game ends when all the pairs are taken. The team that has found the most pairs has an excellent memory!



## Where is my friend?



*Equipment: music player*

With catchy background music, the leader of the game asks community members to walk all around the room. When the music stops, everyone has to crouch down and close their eyes. With a cover, the leader completely covers one of them. On the signal, you have to find out which friend is hidden under the cover.

## Where am I?



Ask someone to leave the room. The other participants mime the actions of a place. For example: a restaurant, a shop, a hairdressers... All the participants must have a role in this place. On the signal, each person is in place and begins to mime. The volunteer returns and has to guess the place he is in.

## Who is it?



The players are all together. On the signal from the leader, they close their eyes. The leader taps the shoulder of one of them who opens their eyes and silently goes and hides. At the second signal, everyone opens their eyes. Who will be the first to name the person who has disappeared?

*Variant: While one player is out of the room, those who are left in the room change places and one of them hides. The player comes back and has to guess who has disappeared. If he guesses, it is the hidden player who takes his place and leaves. If he doesn't guess, he goes out again and we begin again.*

## The guided hand



*Equipment: blindfold, pencil*

One player is blindfolded and holds a pencil. The other player writes a word on a sheet of paper by guiding the hand of the blindfolded player. The blindfolded player has to guess what he has written. It isn't easy!



## 10. Impersonation and miming

### Mirror dancing



We place ourselves face to face in pairs. Each person in turn makes gestures that their partner copies as if he is a mirror. Put on slow music to accompany the dance. This exercise develops creativity, attention and ability to listen to one another.

### Exercise her imagination



**Equipment:** cane or stick

We are in a circle. A community member is invited to the middle and with the help of a cane or stick, he has to mime a job, sport... For example, the stick can be used as a horse, a golf club, a sword... Whoever guesses goes to the middle and does a mime in their turn.

### Mimed song



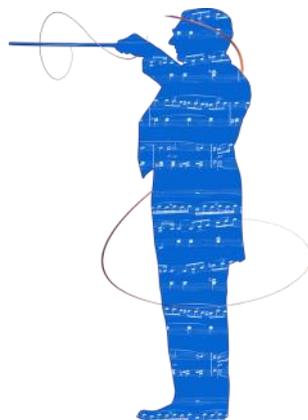
Each team chooses a song then finds actions to mime it. When it is ready, she mimes the song without singing it. When the song has been correctly guessed, we all sing it together with actions.

### The conductor



We sit in a circle, members of the orchestra. A first player leaves. A conductor is named: it is he who makes the gestures or dance steps that we are going to imitate. The player comes back in, the orchestra or the dance begins.

Who is the conductor? To confuse the issue, one or two conductors can be named.



## The word to mime



**Equipment:** *paper, pen. Write the word to mime on as many pieces of paper as there are players.*

One player picks a word. He must make another person guess the word. He can explain it in any way possible without getting up from his chair or saying a word. If after a set time (1 or 2 minutes), the other person has not guessed, it is the turn of two other players.

## Jobs



One person goes out. Choose a job and starts to mime it. The person comes back in and has to guess what the job is. She has three chances. If she doesn't guess correctly, choose another job to mime.

## Mime and draw



**Equipment:** *a board, two flipcharts, two clothes pegs, two felt tips, two baskets, small pieces of card with, on the front face, pictures of Biblical characters, animals (camels, sheep), some accessories... on the back, the letter "D" for draw, "M" for mime and "CHALLENGE" for the game with two teams together.*

Form two teams. They play one after the other. The player from the first team picks out a piece of paper and has to either draw the word or mime it to his team who have to guess what it is. If he comes across "CHALLENGE", the two teams play at the same time for the same word.

## Mime words in pairs



**Equipment:** *a box, paper*

In a box, put small pieces of paper upon which is written a word that has to be mimed. With music playing, pass the box from hand to hand. Whoever is holding the box when the music stops has to pull out a piece of paper and, helped by his neighbour, mime the word written on it. The others have to guess what they are miming.



## Mime words in pairs



**Equipment:** a box, paper

In a box, put small pieces of paper upon which is written a word that has to be mimed. With music playing, pass the box from hand to hand. Whoever is holding the box when the music stops has to pull out a piece of paper and, helped by his neighbour, mime the word written on it. The others have to guess what they are miming.

## Chain mimes



We stand in single file in groups of six. One person is designated to copy an animal or a job, only she knows what she is going to imitate. Six community members stand in line in front of her, turning their back on her. One after the other, they are going to do this imitation again. The first person from the column turns back, looks at the mime and re-does it to the second person who, in turn, turns around and so on... the final result is surprising!



## The mimed walk



The narrator takes the community on an imaginary journey filled with obstacles to overcome. The players follow him and mime each action to be accomplished (for example: swim, climb, crawl, jump, hide...) to get to the end of the journey.

## The storm



In a small circle, the leader quickly rubs his hands together and each person in turn copies the noise: it's raining. The following message: clicking fingers is hail. Then heavy steps are thunder. And finally, again, click fingers more and more slowly, then rub hands until the storm goes away.



## II. Singing, dancing and movement



### Friendship dance



**Equipment:** *music player*

Make up a friendship dance. With music playing, each person moves here and there in the room, in a circle, in a line, to the right, to the left. Pass each other without stopping but smiling. Then our gaze settles on someone. Approach one another, greet each other then begin the mirror game, quite gently, following each others movements (movement of hands, head, and arms)... After a moment, come closely together... our hands touching. Stay like that for a moment. Turn down the sound. What a beautiful dance! You get to know each other, you are friends. Put the music back up and begin again as many times as you want.

### Orange dance



**Equipment:** *music player, oranges*

With lively music playing, dance in pairs by placing an orange between the two foreheads and hands behind your back. Be careful not to drop the orange!

### The key dance



**Equipment:** *a key, a musical instrument.*

The players sit in a circle, hands under the table or behind your back. The leader sings a song known by all the group. Whilst he is singing, a key is passed from hand to hand under the table or behind our backs. The person who had the key in their hand on the last word of the song,

leaves the circle and takes a musical instrument to accompany the song. (If we don't have a musical instrument, the player joins the game leader in singing the song on the following turn). This means that the circle shrinks and the number of musicians increases. It is recommended to sing a new song each time. The aim of the game is to stay in the circle the longest.

### The scarf dance



**Equipment:** *music player, coloured scarves*

With lively music playing, we form a large circle, each person shakes his scarf. In the middle, one person invites two others to join her, they knot their scarves together and go and invite two others... until a large farandole is formed.

### The farandole



We stand in a circle. To the tune of “The farmers in his den” (<https://www.youtube.com/watch?v=UFEWNNwggSY>)

we are going to form a large farandole. The farmer takes his wife (he chooses his female neighbour, takes her hand and leads her in the start of a farandole). The wife takes her child (she chooses her neighbour), the child takes a nurse, the nurse takes a dog, the dog takes a cat, the cat takes a mouse, the mouse takes the cheese, the cheese is beaten (everyone surrounds the mouse and taps him – not too hard – on the back). Start again until everyone has been called.



## The loudest voice



**Equipment:** *music player, a blindfold*

The group is sitting or standing in a circle. One of the players, who is blindfolded, is in the middle. The aim is that the whole group sings a song, but that each participant sings at a different intensity level. Each person has to agree, in advance and secretly, to their own vocal intensity: quiet, very quiet, relatively loud or loud. Only one member of the group will sing louder than all the others. It is up to the blindfolded player to distinguish who this player is by ear. She will need to identify him in order to be able to then touch him. When she has done this, change player.

## Lend an ear



**Equipment:** *sheets of white and blue paper, pens*

The leader brings a mix of white and blue sheets of paper. The name of a song is written on each piece of white paper and they are copied on to the blue sheets. Give out one sheet of paper to each participant. Those who got a sheet of white paper form a circle holding hands. Those with sheets of blue paper stand in a circle one metre behind the others. On the leader's signal, each person sings the song whose title is on the piece of paper they received. It is about identifying the participant in the other circle who is singing the same song from the sound. On the second signal, the blue papers move around the room and each white paper tries to join their song partner.

**Variante:** *In a large group (more than 30 people), invite the participants to move around the room singing. Each one tries to find the participant (s) who is (are) singing the same song.*



## 12. Hitting a target

### Where is the ball?



**Equipment:** *one ball, as many small bags of sand as there are participants*

Form two teams. Draw a line on the ground dividing the two sides. Place a ball on this line and give a bag of sand to each participant. On the signal, the participants throw their bag of sand at the ball so as to make it go on to the opposition's side. The game ends when all the players have thrown their bag of sand once. Where is the ball?

### The crowned bottle



**Equipment:** attach a metre and half long cord to the end of a metre long stick. At the end of the cord, attach a ring made of hard cardboard. The rings must all be the same size. The players stand beside each other with the bottle in front of them at a distance of two metres. On the starting whistle, they try to put their ring over the neck of the bottle.

### Sea, earth, air



**Equipment:** *three hoops, bags of sand*

Place three hoops on the ground and identify them as follows: the first represents the sea, the second the earth and the third the air. The leader prepares pieces of paper and writes on each of them a name of an animal. Team X chooses a piece of paper randomly and one of the players has to throw a bag of sand into the hoop representing the habitat of the animal written on the paper. The members of the team can discuss it together before throwing. It is then the turn of the other team. The leader can decide on a points system. Throwing has to be done from a line drawn on the ground. The participants take it in turns to throw.

**Variants:** *instead of linking living beings to environments, you can link realities to the seasons, food to countries, and words to various categories... Vary the number of hoops to the number of categories.*

## Miraculous fishing



Equipment: fish, two large squares of material for the nets, two baskets. Peter being a fisherman, we can play miraculous fishing! We form two teams. In each team, two people remain on the shore and cast their net (a simple piece of material on the ground will do the job). The rest of the team are in the boat on the Sea of Galilee. They have to throw as many fish as possible into the net.



Those who are on the shore have to quickly pick them up and put them in the basket. The team that has caught the most fish is declared the “St Peter” of the day.

## Cup tower



Equipment: cups, cardboard coasters

Each team is given cardboard coasters and cups. The aim is to build a tower by alternately placing a cup and a coaster. If the tower falls down, you have to start again. Each player takes turns to place a coaster and a cup. Who has the highest tower?

## Small box



Equipment: small box, cards in shape of flower petals upon which are the names of all the community members

The clues lead to a small box filled with cards in the shape of flower petals upon which the names of all the community members are written. We can put these various petals together to make flowers. They remind us of the ones Mary Magdalene certainly brought to the tomb of Jesus.



## 13. Faith and Light Quiz



### The Faith and Light family game



**Equipment:** white cards upon which is written the name of all the countries where there are Faith and Light communities. On coloured card, write the name of each province in the world. You will also need a map of the world and a watch to time the game.

Shuffle the white cards well and place them in the middle of where you are playing. Some people are given a coloured card with the name of a province. All the cards have to be given out. One person is responsible for timing the game. At the starting signal, the other community members start to collect together the cards with the name of each country and are going to give them to those who hold the coloured province cards.

All the community members should take part and all the countries have to be correctly placed in the provinces to which they belong in the least time possible. It is necessary to check that the cards are in the correct corresponding provinces before stopping the clock.

At the end, see how long the community has taken to put the countries into the right provinces. Begin the game again and see if the community can do it successfully in less time.

## QUIZ “What do we know about Faith and Light?”



This small questionnaire can be adapted to the history of Faith and Light in our country. We form two or more teams, the first to answer the question gets 1 point.

### **Faith and Light was born**

- in Lourdes in 1971
- in Rome in 1975
- in Quebec in 1980

### **Faith and Light was founded by**

- Mother Teresa and John Paul II
- Marie-Hélène Mathieu and Jean Vanier
- Francis of Assisi and Claire

### **What are the first names of the two children who are at the origins of Faith and Light?**

- Frank and John
- Loïc and Thaddée
- Jane and Beth

### **What is the name of the International Chaplain?**

- Father Franck Denver
- Father Antonio Carlos
- Father Marco Bove

### **What are the three times of the community meeting?**

- Tea, prayer, walking
- Prayer, manual work, singing
- Sharing, celebration, prayer

### **What is the symbol of Faith and Light?**

- A cart
- A boat
- A flower

How many Faith and Light communities are there in the world?

- 150
- 1000
- 1290

**In how many countries?**

- 14
- 46
- 86

**Can I name at least five countries where Faith and Light is? Is the movement?**

**The movement is**

- Orthodox
- Catholic
- Ecumenical



## 14. For Christmas

### Christmas game



**Equipment:** Box, figurine of the Infant Jesus from the Nativity, sheets of paper and pen, small presents...

In advance, prepare sheets of paper that will be used to wrap the Infant Jesus in and upon which are written riddles...



In a box, we place the Infant Jesus from the Nativity, wrapped in the first sheet of paper which carries the question: "who is the community chaplain?" Each new sheet that wraps the previous one has a riddle on it, for example: "I play the tambourine, who am I?" "I always bring biscuits for everyone, who am I?" ...

Each person in turn removes a sheet of paper, whoever gives the correct answer takes off the next sheet, reads the riddle and so on... When the last sheet is removed, the chaplain carries the Infant Jesus back to the crib and explains that in a few days, we are going to celebrate Christmas. Sing Christmas carols, exchange the small gifts brought by each person, and offer them to our guests...

### La Piñata



**Equipment:** balloons covered in papier mâché, multi-coloured paper, sweets or fruits

In Mexico, you break what is called "la piñata". "La piñata" is a balloon covered in papier mâché. To make it, criss cross strips of paper mixed with glue all over the surface of the balloon until it is completely covered except for the knot. Repeat this for three or four layers, leaving it to dry completely between each layer. After having placed the last layer of papier mâché strips, leave the piñata to dry until it is hard. It can then be covered in coloured paper to decorate it.



To fill the piñata, cut the knot off the balloon, pull out the balloon and make the hole as big as required. Inside, you can put sweets, fruits, streamers... As everything in the piñata will fall on the floor, don't put small objects that will break in it. Cover the hole with sellotape. Suspend "La piñata" from the ceiling on a piece of string. It symbolises the demon that is trying to enter our hearts and take the place of Jesus. Each person in turn, starting with the smallest, tries, blindfolded, to break "la piñata" with a stick. To finish, we can put on some music and dance...



## 15. For the Feast of Light

### The Owl and his keeper



**Equipment:** a blindfold, torch

Two players stand in the middle of the circle. The owl and his keeper. The owl is blindfolded and holds a lit torch. Community members form a very large circle around them holding hands, approaching them as quietly as possible. As soon as the owl hears a noise, he shouts “Stop” and points his torch in that direction. His keeper names the person touched by the ray of light and sends him to sit down.



On the signal, the others continue to approach. The first person to reach the owl becomes the owl in turn...

### Lights of the Church



**Equipment:** one torch per person, different coloured crepe paper, a large cross made from cardboard or drawn...

Everyone sits in darkness, each person is holding a torch that is switched off and covered with crepe paper. A large cross symbolising the Church is placed in the middle of the room. Sing a song about light, a first person turns on his torch and goes and places it near the cross. Continue singing, other lights light up one after the other until the whole community is around the cross.

### Lights!



**Equipment:** one candle jar per person

After a merry dance, we sit down and light all our candle holders. We turn off the lights and sing songs of thanksgiving.



## 16. For Easter

### The Easter Egg



**Equipment:** *plan to bring in hard boiled eggs*

This is a tradition from the Middle East. On Easter Sunday, the meal always begins with decorated hard boiled eggs. Each person chooses an egg and holds it in his closed palm. Only the end of the egg is visible. Each person then tries to break his neighbour's egg. The one whose egg doesn't break is the winner. They are then eaten during the meal. The egg is the symbol of life, its shell represents the sepulchre. When the eggs are broken, it is a reminder of the resurrection of Jesus who left the sepulchre.



### Fishing



**Equipment:** paper fish, large sheet of paper or blue material, fishing rod  
Paper fishes are placed on the ground on a large sheet of paper or blue material. Each person tries to catch one with a home-made fishing rod. On the back of the fish that we have caught, we discover an Easter word, a life message that will accompany us until the next meeting.

### The web of forgiveness



**Material:** *a ball of wool*

The facilitator throws the ball to the first player, keeping the piece of wool in his hand. The person who receives the ball says a few words about his or her personal experience of mercy (given or received). Then he or she throws the ball to another player, keeping the thread in hand. As the ball is thrown, a web of forgiveness is woven.

## The king of the feast



**Equipment:** a cake, a napkin, a hat, gloves, a fork and knife, a dice

A cake is placed in the middle of the table. The players take turns throwing the dice. Whoever rolls a 6 must put on the hat and gloves, unfold the napkin and start eating the cake with the fork and knife. Meanwhile, the others continue to roll the die until one of them rolls a 6. Then the one who is eating must quickly remove the props and give them to the other player. And so on. Whoever eats the last piece is the king of the feast.



## 17. For birthdays

### Birthday acrostics



You will need to compose an acrostic poem. For example, if it is Janet's birthday, take the letters of her name to compose a compliment. Each letter of the name is the start of a verse. Using the same idea, you can also compose a song to a familiar tune.

**J**...oyous and full of happiness

**A**...rtistic with lots of creative ideas

**N**...eat and organised

**E**...legant and gracious

**T**...ender, caring and a gentle soul

### The joyful dice



**Equipment:** a dice, a pair of gloves, a hat and a well-wrapped present (several layers of paper).

The participants are around a table. They should be close to one another. In the centre of the table, put the dice, the gloves, the hat and the present. The first participant throws the dice. If he gets a five on the first throw, he puts on the hat and the gloves and tries to unwrap the present. His neighbour, in her turn, throws the dice to try and get a five. If she doesn't get a five, it is the turn of another person to play. When a participant gets a five, he takes the hat, gloves and present. The game is over when someone successfully unwraps the present completely.

### The perched cat



One person is designated as the cat. The cat must try to touch the other players, but it cannot touch a player when it is perched, i.e. when its feet do not touch the ground. Whoever is caught becomes the cat.



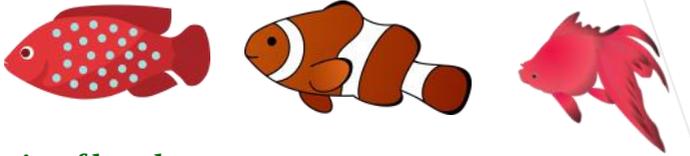
## 18. Miscellaneous

### Gone fishing



**Equipment:** *small paper fish*

Each community member has a small paper fish attached to their back and each person has to try to remove the one from the back of one of the other players. The last person with their fish still attached has won.



### The chain of hands



8 to 15 people (if there are more, it becomes difficult) get into a group. Each one takes the hand of another participant, if possible not the hand of her neighbour. When all the hands have found another, the group tries to untangle itself without releasing hands. At the end, a large chain will have been formed.

### The moustache



**Equipment:** *tissues*

Twist the tissue in the middle to make a moustache shape. A few people are in line, the moustaches fixed between the nose and the top lip by the lip muscles. The players have their hands behind their backs. In front of each player with a moustache is another person whose job it is to make the moustache fall off without touching the person. The best way to do this is to make them laugh. So pull faces and cause laughter. The Moustache King will be the person who, despite everything, does not drop their moustache.



## The giant dice



**Equipment:** a dice, sheets of paper and a pen per team

Write on a large sheet of paper part of the sentence corresponding to each number of the dice: Jesus, (1)help me (2) to enjoy (3) the goodness (4) and happiness (5) of others (6)". The aim of the game is to rebuild the sentence. Form several teams. One player from the first team throws the dice. He reads aloud the part of the sentence corresponding to the number on the dice and then writes it on a sheet of paper. It is then the turn of the other team to play. Whoever makes the sentence quickest is the winner. If a team gets the same word twice, too bad, it is the turn of the next team to play.

## My niece goes to the market



Participants sit in a circle. The facilitator addresses the person sitting on his or her right, saying, "My niece went to the market, she bought a windmill." The facilitator makes the gesture of turning the windmill while the person next to him or her repeats the same sentence to the next person, and so on.

When all the participants have performed the gesture, the facilitator gives a new instruction: "My niece went to the market, she bought a mill and an iron. While continuing to turn the mill, the other one makes the gesture of ironing back and forth. Then it's a sewing machine (leg movement), a clock that goes "cuckoo" (nodding from right to left)...

## The fruits of the Spirit



**Equipment:** two dice, a cardboard tree, coloured paper, pen

Prepare an adequate number of coloured pieces of paper by writing "the fruits of the Spirit" on them. Give a number from 1 to 9 to each fruit of the spirit (love, joy, peace patience, kindness, generosity, faithfulness, gentleness and self-control). On arrival, give each player one or more pieces of paper.

In turn, the players throw the two dice. All those who have a number corresponding to the number thrown are going to attach the fruit given to them on arrival to the tree. If the numbers thrown are 10, 11 or 12, the player who threw the dice and those who no longer have fruit in their hands sing a verse of the song “Come and set our hearts alight”. The tree was sad and bare, it is now bursting with colour!



### Shoe the donkey



The players sit in a circle. In the middle, two chairs feature donkeys to be shod. The shoes of all the players are also spread around the middle and represent horseshoes. Two volunteers who are blindfolded and on all fours, have to find the horseshoes and must put them on the feet of the donkeys. The volunteers can only carry one horseshoe at a time. The first who successfully shoes all four feet of the donkey is named the best “Marshall Ferrand”.

### Rock, scissors, paper



Two players sit or stand facing each other. Behind their back, they make the following signs with their hands: fist represents rock, two fingers extended represent scissors and open hand is paper. Then they simultaneously show each other the signs they have made. The rock dominates the scissors because rock breaks scissors. Paper wins over rock because it can wrap up the rock. Scissors beat paper because they can cut paper.

### Human Tic Tac Toe « X and O »



**Equipment:** 9 chairs

Put 9 chairs in three rows of three. Form two teams with three people in each one and give them a distinctive sign (M/F, scarf, cap...) The players are representing “X” and “O” of the game. The members of each team form a row. The players from Team A sit on the row in

O		X
X	X	O
O		

front, those from Team B on the row behind. The middle row is then free. Each team plays in turn: one player gets up and changes place. Each time a team manages to form a line (horizontal, vertical or diagonal), it gets a point. Not so easy!

### Treasures from my holidays



**Equipment:** *objects brought back from his holidays*

At the meeting, each community member brings an object that reminds them of their holidays and explains why they have chosen it.

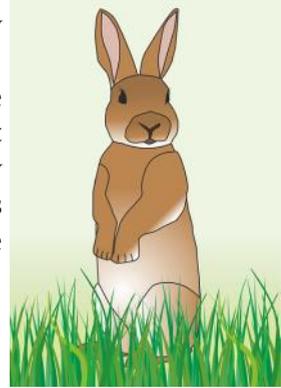


## 19. For outings, weekends and holiday camps

### Link and unlink



The players are in a circle. They are in pairs linking arms, their other free hand is on their hip. One rabbit player runs outside the circle. He is chased by the hunter. Neither is allowed to break the circle. The chased player can, at any time link up to the free arm of any other player. At that time, the person who is on the other side of the newly attached person becomes the rabbit and tries to flee the hunter. The game is very funny when the players link and unlink as often as possible. If the rabbit is caught, he becomes the hunter.



### Bouncing ball



**Equipment:** *ball*

One player is the hunter. The other players spread out over a large area and throw a ball. However, this ball cannot be caught until it has bounced once on the ground. If the hunter catches the ball, the player who has just thrown it takes his turn as hunter. Who is the last player standing?

### Group treasure hunt



**Equipment:** *puzzle, clues written on paper, a box for the treasure (optional), a treasure*

The leader of the game hides messages (clues) along a course, there are as many of them as there are players in the group so that everyone can take part. Once the first clue is solved, the answer points to the following place where the next clue is.

The last clue leads to the treasure. It has to be something that can be easily shared.

## The prisoner princess



**Equipment:** *a scarf, a blindfold*

Sit in a circle. In the middle, sat on a chair, a princess is prisoner. Her hands are behind the chair, tied with a knotted scarf. The princess is guarded by a blind dragon, he is blindfolded. At the signal from the leader of the game, the prince (another player) attempts to rescue the princess. To do this, he only has to take off the scarf tying the hands of the princess.



He must not let himself be touched by the dragon, who never lets go of the chair where the princess is prisoner. The dragon is not allowed to hold on to the prisoner. Once the prince has successfully taken off her chains, she is free.

## Stop the ball



**Equipment:** *a ball*

The players are standing in a circle with legs apart, feet against feet. It is a matter of moving the ball to the middle of the circle by hitting it with two hands clasped together and attempting to make it go between the legs of an opponent. The players stop the ball with their clasped hands only (the back of the right hand in the palm of the left hand or vice versa). You cannot bend your legs to prevent the ball going through. The balls going out between two players are put back in the game. If the ball successfully passes between the legs of a player, they turn their back to the circle... and play backwards. If the ball passes a second time between their legs without their being able to stop it, he plays with one hand. If the ball passes through a third time, he leaves the circle. The last player to resist is the winner!

## The disk



**Equipment:** *Large sheet of paper to put on the ground, markers*

Draw a large square divided into 25 compartments on the sheet of paper. Draw an object in each compartment: a pan, a spoon, a fork, a

bowl, scissors, a hat, a ball of wool, a key, a stone... only objects that are easy to find in the area where the game will be played. In turn, the players throw the disk on a compartment then go and find the object drawn there. The leader makes a large cross on the compartment corresponding to the object and writes the initials of the player when the object is brought back. The other players can no longer play in that compartment. Each player throws the disk and goes on the search, either alone or as a team, for the object. If the disk lands outside the square or on the line between two compartments, the player throws again. At the end of the game, all the compartments have to be crossed out. The team that has brought back the most objects is the winner.

## The Parachute

**Equipment:** *a coloured parachute, on sale in internet*



The space needed for the parachute games has to be a bit more than the diameter of the canvas and allow plenty of space for quick movements without being restricted by the walls.

- **The ball:** introduce a ball that rolls one way around the parachute. Make the ball turn without it leaving the parachute (or falling through the central hole for a parachute with a hole). Count the number of turns and if it goes out of the parachute reintroduce the ball once or twice until each person understands what it leads to: only lift or lower the canvas when the ball is in front of you.
- **Cat game:** raise the parachute well above head height. Ask one player to run (jump, hop, whirl or crawl) to the other side before the parachute descends and touches them.
- **One handed race:** ask each player to hold the parachute in one hand only while holding the other hand out to keep balance. Run around in one direction then change hand and run in the other direction. Another formula would be to use music as a signal to change direction (you could, for example, change direction each time the music stops).

## Skittles



**Equipment:** balls, a set of skittles made with plastic bottles, fill them with sand to weight them

Form two teams. The players stand about twenty metres away from the skittles and in turn, roll the ball towards the bottles. For each bottle that falls, they receive one point. If a player knocks down all the skittles in one go, he gets 10 bonus points! The team that gets the most points sings a song.

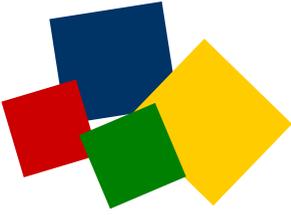
## Tunnel



**Equipment:** two balls

Form two teams. One ball per team. The players are in single file, legs apart to form a tunnel through which the ball will pass. On the signal, the first player in the line passes the ball behind him through his legs. All the players bend to the front to push the ball until it gets to the end of the tunnel. The last player then takes the ball and runs to the front of the line... and so on. The game finishes when first player of the team is back in his place at the head of the line.





**Make a joyful noise to the Lord  
all the earth  
break forth into joyous song  
and sing praises**

Psalm 98, 4-5