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## **No Contact and No Prop Activities**

To help get you started with activities you can play while maintaining social distancing here are some examples that utilize no contact and/or no props. We recommend discussing and/or practicing these activities prior to using them with groups. Social distancing could change how some of these activities work. Instructors will have to remind participants to maintain proper social distancing as applicable to your site-specific protocols. We have also provided additional print and online references.

## **Games**

**Barnyard/Hog Call** - Select several animals with distinct sounds. For example, if there are 20 participants, you could select four animals, with five participants each having the same animal. The participants must only make their animal sound to find everyone in their same animal group.

**Cheerleader/Rock Paper Cheer** - Participants find a partner to play Rock Paper Scissors. Whoever loses becomes the personal cheerleader for whoever wins. Then they find another person to play Rock Paper Scissors. Whoever wins now has all those people as cheerleaders. Eventually there are two players left each with half of the group as their cheerleaders for the “final showdown.”

**Eye Tag/Laser Eyes** - The group stands in a circle, looking at the ground. When the instructor says “Look Up,” each player looks directly at one person and stays looking at that person. If they have made eye contact with that person (they both looked at each other), they are out. Then a new round begins with all players looking down, the instructor gives the signal to look up, and anyone who makes eye contact is out.

**Rock Paper Scissors Olympics** - Designate three sections- Bronze, Silver, Gold. Everyone starts in the Bronze section and plays Rock Paper Scissors. Winners move to Silver. The players in Silver play Rock Paper Scissors. Winners move to Gold and losers move to Bronze. Players in Gold play each other, winners stay in Gold, losers move to Silver. Play for a certain length of time or until group tires.

**Simon Says** - The classic game. Can be modified by introducing difficulty levels (i.e. easy - Simon says tap your knee, medium - tap your knee and pat your head, hard - Simon says tap your knee, pat your head and turn around). Can also vary increasing or slowing the speed of play. Players can get a point instead of getting out if desired.

## **Get to Know You Activities**

**2-Minute Frenzy/Mingle** - Intended for large groups, can be done with any size group. Every person has to meet and introduce themselves to every other person in a limited amount of time. During COVID-19, do this while remaining socially distant.

**Anyone Who/Change your Spot/Have you Ever/West Wind Blows** - Participants form a circle using place markers, cones, or landmarks (this can also be done without place markers to avoid using materials

during COVID-19. Also be aware that some groups will have a hard time maintaining social distancing). Ensure there is a space for each participant. Someone volunteers to be the first “speaker.” This person makes a statement that applies to themselves and potentially other participants. For example, “Change your Spot if you’re wearing a hat.” Any participant which the statement applies to has to move to a different spot, and the speaker also goes to one of the vacated spots. The participant ends up where the speaker stood is the next “speaker.” This can alternatively be done with the “speaker” spot in the center of the circle.

**Comfort Circles/Zones** - Establish three expanding circles on the ground in a “target” design (small center “bull’s eye,” large “outer” circle, and a middle circle). The center represents our comfort zone, middle is our learning/growth zone, and outer is our danger zone. Participants respond to instructor statements by positioning themselves in their appropriate zone (ex. Baking a cake, going on the zip line, etc.) Make the circles appropriate size for your group to accommodate social distancing.

**Dance Machine** - Standing in a circle, each person introduces their name and their “dance move” of choice. Each person introduces those individuals (name and “dance move”) who preceded them until everyone has shared. “Motions” or “actions” can be substituted for dance moves.

**Map of the World** - Designate a point in a field or on a floor to represent your location. Participants move to where they are from in relation to this point.

**Me You You Me** - Standing in a circle, one person steps into the middle and faces another person (Person A is now facing Person B). Person A says their own name to Person B, then Person B says their name to Person A. Now the process reverses. Person A says Person B’s name, and Person B says Person A’s name. Now person A moves to the next person and the pattern repeats until everyone has introduced themselves to everyone else.

**My Name My Scar** - Each person introduces their name and describes the story of how they got one scar.

**Name, Adjective, Echo** - Each person thinks of an adjective which describes themselves AND begins with the same sound as their first name. Starting with the instructor or a participant, each person introduces their name and adjective and those individuals who preceded them (using both adjective and first name). Adjectives can be replaced with actions or other word categories.

**Obscure Commonality** - Participants find a partner, ideally someone they don’t know as well as others in the group. The partners have a conversation to find something obscure that they have in common. Once they decide their obscure commonality, the partners then create a charade about their obscure commonality. After all pairs have done this, each pair gets a turn to share their charade while the others try to guess what the obscure commonality is.

**Story of My Name** - Each person describes how their name was selected.

**Thirty Second Life Story** - Each person has 30 seconds to introduce themselves to the group.

**This or That** - Designate a line in the middle of a large activity area. The instructor states two choices (ex. Chocolate or Strawberry ice cream). Participants move to the side that they choose.

## Initiatives

**2B or Knot 2B/Not Knots** - The instructor places a tangle of rope on the ground. Before the instructor pulls the ends of this rope, the participants have to examine it and try to decide if it will form a knot, or not. Several tangles of rope can be laid in the area to form a progression.

**Blindfold** - The group closes their eyes (do not use blindfolds during COVID-19) and remains silent while each participant is given a number by the instructor. The group then arranges themselves in numerical order. To avoid contact during COVID-19, have the group remain still or seated, and have them say each number in order. Or have them count to a higher number without two people speaking at the same time (i.e. from 1 to 20). Group starts over if two people say the same number or count out of order.

**Consensus** - This is often done in conjunction with another initiative; it works well with 2B or Knot 2B/Not Knots. The group is challenged to come to a consensus before proceeding on the activity. Using the example of Not Knots, the group is presented with the tangle of rope. The group comes to one consensus as to whether it will form a knot, or not form a knot, before the reveal.

**Line Ups/TP Shuffle** - Designate a line on the ground. Participants arrange themselves in an order given by the instructor. Getting in order without speaking increases the level of challenge.

**Traffic Jam** - Participants exchange places while adhering to a set of rules presented by the instructor. Each participant stands on their own space- half to the left of an empty space, half on the right of an empty space. The two sides solve how to exchange places while adhering to the following rules: Participants may only move forward. Participants may move forward one space into an empty space. Participants may move forward around one person into an empty space (“jump”). Only one person moves at a time. Only one person may be on a square at a time. Any time the group becomes stuck (creates a traffic jam) or violates a rule, the group resets. The group can be arranged in a line, U-shape, V-shape, or X- shape.

## Processing Strategies

**6 Word Summary** - Participants choose 6 words to summarize an activity

**Apples & Onions/Rose & Thorn** - Participants describe something “sweet” and “bitter”

**Concentric Circles** - Participants form two circles, with the inner circle facing the outer circle. Discuss a question or topic with the person facing them, then one circle moves so that everyone is facing another person to discuss something else.

**Facebook Status** - Participants describe or write about their experience as if it would be on their Facebook page

**Fishbowl/Notetaker/Observer** - Select one or more participants to observe the group planning process and execution of the activity. After the activity they share their observations to the group.

**Goal Setting** - Have the group discuss and come to agree upon their goals for the experience, and their shared values as a group.

**I Appreciate/Encourage** - Participants make statements addressing the two categories. This can be done in partners or addressing the entire group.

**Meter/Spectrum** - Create a meter or spectrum by placing a line on the ground or designating an imaginary line between two points. Participants react to a processing topic by positioning themselves along this line. If desired, participants can state their reason(s).

**Quote Sharing** - Ask participants to share a meaningful quote and explain how it applies to their experience.

**Self-Portrait/Mood/Emoji** - Participants draw their “emoji” reaction to an activity and then can show or describe. To modify for COVID-19, have participants make their facial expression, or print out different emojis that the instructor can show to the group.

**Team Story/Summary** - Have the group work together to create their own story describing their experience as a team.

**Thumb Meter** - Participants react to a question using their thumb up, sideways, down, or anywhere in between.

**Twitter Handle/Hashtag** - Each participant describes their “hashtag” and why they chose it.

## Book Resources

*1, 2, Let's All Groove!* - K. Solomon Masala  
*50 Ways to Use Your Noodle*- Chris Cavert & Sam Sikes  
*50 More Ways to Use Your Noodle* - Chris Cavert & Sam Sikes  
*Adventure Play* - Nancy MacPhee Bower  
*Back Pocket Adventure* - Karl Rohnke and Jim Grout  
*Book of Raccoon Circles* - Jim Cain  
*Cowstails and Cobras* - Karl Rohnke  
*Cowstails and Cobras II* - Karl Rohnke  
*Find Something to Do!* - Jim Cain  
*Funn 'n Games* - Karl Rohnke  
*If Anybody Asks Me...1001 Questions for Educators, Counselors, and Therapists* - Larry Eckert  
*No Props, No Problem* - Mark Collard  
*Open to Outcome* - Micah Jacobson, Mari Ruddy  
*Quicksilver* - Karl Rohnke  
*Re-Zoom* - Istvan Banyai  
*Rhythm Play!* - Kenya S. Masala  
*Rope Games* - Jim Cain  
*Silver Bullets* - Karl Rohnke  
*A Small Book About Large Group Games* - Karl Rohnke  
*Teamwork & Teamplay* - Jim Cain and Barry Jolliff  
*Teambuilding Puzzles* - Mike Anderson, Jim Cain, Chris Cavert, and Tom Heck  
*Teambuilding Activities for the Digital Age* - Brent D. Wolfe and Colbey Penton Sparkman  
*Tweak It!* - Edward P. Caplan  
*Vestals Gap Ventures Challenge Course Manual* - Vestals Gap Ventures, LLC.  
*Zoom* - Istvan Banyai

There are lots of other books as well.

## Online Resources

[Experiential Tools](https://experientialtools.com/) - <https://experientialtools.com/>

[Teampedia Online Activity Database](https://www.teampedia.net/wiki/Main_Page) - [https://www.teampedia.net/wiki/Main\\_Page](https://www.teampedia.net/wiki/Main_Page)

[Teamwork & Teamplay](http://www.teamworkandteamplay.com/) - <http://www.teamworkandteamplay.com/>

[Training Wheels](https://training-wheels.com/) - <https://training-wheels.com/>

[Wilderdom](http://www.wilderdom.com/) - <http://www.wilderdom.com/>

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