Glass Ceiling

Equipment:
- One balloon

Directions:
Pre-game Setup:
- Blow up your balloon.
- Gather the group in a circle.

Verbal Instructions:
- Your objective is to keep the balloon from touching the ground for 30 seconds
- No one may touch the balloon more than once in a row
- The balloon cannot go above head height.
- If the balloon touches the ground, is touched by the same person twice in a row, or breaks the glass ceiling by going above the tallest person’s head, the time will start over.
**Tent Pole**

**Equipment:**
- A lightweight, shock-corded tent pole 12 to 15’ long or a hoola hoop

**Directions:**

*Pre-game Setup:*
- Divide the group into two parallel lines facing each other.
- Have them lift their arms from the elbow out and extend their index fingers. They should end up with a straight line of fingers in the middle of the two lines just above waist height.

*Verbal Instructions:*
- Your objective is to lay the tent pole that will be placed on your fingers to the ground.
- You cannot just pull your fingers out and let the pole drop. It must be laid on the ground.
- You cannot place your fingers on top of the pole, pinch the pole, or hook it with your fingers/thumbs. The pole must stay at rest on top of your fingers.
- Everyone’s fingers must stay in contact with the pole. If anyone loses contact, the group starts over.
Minefield

Equipment:
- 50’ boundary rope (or cones)
- One blindfold for every two participants
- Lots of balls, bean bags, mouse traps, and other miscellaneous props (or crumpled up pieces of paper)

Directions:
Objective:

Pre-game Setup:
- Prepare your minefield by making a 10’ x 15’ rectangle on the floor with your boundary rope.
- Spread out your plethora of props within the boundary rope so that someone could walk from one end to the other without touching any of the props, but not easily.
- Have the group partner up.
- Distribute blindfolds to partners.

Verbal Instructions:
- Your goal is for each of you to successfully lead your partner across the minefield, while blindfolded, without touching any of the props.
- The sighted member of each pair will coach the blindfolded participant.
- Only the blindfolded walker may be inside of the minefield.
- The coach may only provide verbal assistance, i.e., no touching the walker or otherwise assisting physically.
- Determine between yourselves who will first function as a coach and who as a walker and arrange yourselves accordingly.
Group Juggle

Equipment:
- One or more throw-able items (such as a koosh ball)
- Stop-watch

Directions:
Objective:
- Participants try to successfully pass multiple objects through a pre-determined sequence of people without dropping items.

Pre-game setup:
- Gather the group together in a circle.

Guidelines:
- First, you must establish a random pattern by passing one of the items around the circle (to someone other than the person to your immediate right or left).
- While establishing your pattern, each person must touch the item once and only once.
- You must call out the name of the person you are throwing to.
- Once the sequence has been established, you can challenge your group by either asking them to make a timed goal, or by adding more items into the mix so that multiple items are in rotation at once.
- Once they meet their timed goal, I like to ask the group, “Is that the best you can do?”, and if any member of the team says “no”, then I will challenge the group to set a new goal. (I like to keep doing this until they get under 5 seconds or before it begins to lose steam).
- Another variation is to choose one item that has to move through the circle in a backwards order from the originally established sequence.