



18 Social Activities ideas¹

“It’s ok to have fun, as long you please the Lord.”
— **Andres J. Peralta**

Note: Be creative in your social activities, adapt these ideas to your own area.

1. Who AM I:

You Will Need:

- Sticky notes
- A pen

How To:

1. Write down a famous character or celebrity name on the sticky note.
2. Stick a note on each player’s forehead without them seeing what is on it.
3. The player then asks questions with a yes or no answer to their group members.
4. They should try to guess the character based on the answers received.
5. Each player gets a maximum of three attempts to guess the name.

2. Sing the Lyrics:

You Will Need:

- Paper
- Pen
- Song lyrics (We recommend using Camporee songs)
- You can also use projection (Computer and Projector or TV) for this activity

¹ Activities 1-15 have been adapted from mom junction website.

http://www.momjunction.com/articles/indoor-activities-for-your-teen_00351440/#gref

http://www.momjunction.com/articles/team-building-activities-games-and-exercises-for-teens_00375666/?ref=end





How to?

1. Write down (or project) one or two verses of the songs. Ensure you leave a few words missing here and there and leave it as a blank.
2. Write down the name of the song beside it so that you know the right answer.
3. Divide the pathfinders into teams.
4. Give each team a chance to guess while you read out the clues that you wrote down as a verse. Set a time by which the players have to guess. If the team or player cannot guess the lyrics, pass it on to the next person or team. The team that gets the maximum answers right is the winner.

3. Organize Sports Games Such As:

- a. Basketball
- b. Soccer/Football
- c. Volleyball

4. Foot Volleyball

You Will Need:

- Balloon
- A volleyball net

How To:

1. Ask all teens to remove their shoes and form two groups.
2. Hang the net in such a way that it is at least three to four feet above the floor. Let both the teams take their positions, on each side of the net.
3. Your teen and their friends now need to play volleyball with the balloon using their feet instead of their hands!

5. The Orange War:

You Will Need:

- Oranges
- Plastic spoons to hold the oranges





How To:

1. Place the oranges in the spoons and give them to two players at a time.
2. The players have to tip off the orange of their opponent without touching them and while trying to keep their orange in their spoon.
3. As soon as someone loses their orange, they are out of the game. The winning player may stand on one side.
4. Keep repeating the competition until all players get a chance.
5. Now give a spoon and an orange to each winner and ask them to play for the winning title. The player who has the orange in the spoon until the end wins.

6. The Human Pretzel:

How To:

1. Ask all players to stand in a circle.
2. Each player has to grab the hands of another player, except for the players standing on either side.
3. Now everyone has to try and untwist themselves in such a way that they end up making a circle.

7. Balloon Hitter

You Will Need:

- A balloon for each player
- Some objects that will be the target





How To:

1. Hand out a balloon to each player and ask them to inflate it.
2. Place the targets at a considerable distance on the floor and ask all players to stand on one side. At the signal, the players have to hit their target with their balloon. You can decide the amount of tries the players are allowed or base it on time.
3. The player who can hit the target first with the balloon is the winner.

8. Asa:

It is one of the fun indoor games for pathfinders where all the players maintain a rhythm by tapping legs, clapping hands or clicking fingers (twice – right and then left).

Each player takes their name and motion. You should pick such a motion that syncs with the name.

How To:

1. One person will begin the game by taking his/her name and a rhythm, followed by the name and motion of another teammate.
2. The next player will be the one who was named by the previous player. He will now take his name and a rhythm followed by someone else's name and motion.
3. You can also play a variation of the game by just pointing out two players with your finger saying 'you, you'. These two will at a time start saying their name with some motion.
4. To make the game harder, you can pick more than two players or say, everyone. Here everyone will start saying out their names with motions.
5. The hardest variation will be when players stop saying names but only perform motions, and the other players need to recognize the motion and relate it to their name.





9. The mute organization

You Will Need:

- Nothing

How To:

1. Announce to all the pathfinders to make a queue/line by their birth date. But the catch here is that they cannot talk.
2. Once the players have lined up, ask them their birthdays.
3. You can play the same game with the height, birthday month or shoe size.
4. Variation:
5. Give each teen a number and tell them to arrange themselves in the numerical order without talking to each other.
6. Neither can they hold up the fingers. But do not prohibit them from using or making up their sign language or sublanguage.

The game will improve the communication skills within the pathfinders.

10. Balloon Frenzy

You Will Need:

- Balloons in two different colors (the number of balloons depends on the strength of the team).





How To:

The objective of the game is to knock down or burst the opposition's balloons while keeping your own in the air.

1. Divide the teens into two teams.
2. Handover a balloon to each player and tell them to blow it up.
3. After they have blown up the balloons, have the teams to stand at the opposite ends of the room.
4. At the call of 'go', the players have to launch the balloons into the air by hitting it.
5. The balloon will be eliminated if it hits the ground. Make sure the team members collect the sunken balloon.
6. The first team to knock down the opposing team's balloons will be the winner.

We'd recommend you play the game in three rounds as its super fun this is a super exciting team building games for your teenage son or daughter.

11. Human Knot

You Will Need:

- Nothing





How To:

1. Have the teen make a circle.
2. Now tell them to put their hand in the middle and grab two hands without looking at each other.
3. Now the teens have to talk to each other How To untangle without letting go of the hands. It may involve climbing over arms or crawling under.
4. The players will become more tangled if they don't communicate with each other.

The human knot is an excellent team building activity for pathfinders. It will help teens express their ideas and opinions and listen to others.

12. Trust Me:

You Will Need:

- Scarf to blindfold the pathfinders
- Objects to create the obstacles.
- Stopwatch.

How To:

1. Divide the teens into groups of 5.
2. Now let the kids create an obstacle course. They can create either one or two obstacle course.
3. Blindfold a pathfinder and let one member of the team guide the blindfolded kids around the course.
4. Assign a time for this activity, the maximum should be 3 minutes.
5. When they get back to the starting point, either let them swap or select another pair.

This game will help the pathfinders develop trust in each other.





13. Tug-Of-War:

You Will Need:

- A rope

How To:

1. Divide the teens into two teams.
2. Hand each team an end of the rope.
3. At the blow of the whistle, the teams have to pull the ropes to bring down the opposing team. Or you can even mark a distance where the teams have to bring the rope against the force of the opponent's pull.
4. You can even team the strongest against the weak.

14. Wheelbarrow Race:

You Will Need:

- Nothing

How To:

1. Divide the team into pairs.
2. One teammate will play the role of the driver, and the other has to play the role of the wheelbarrow. The driver needs to hold the 'wheelbarrow's ankles as they walks with their hands.
3. This classic game will not just get the teens moving but moving together to reach the end of the race.





15. Seated Basketball:

Basketball team building ideas are a fun way to interact each other.

You Will Need:

- Basketball
- Laundry basket
- Chairs

How To:

1. The game will be played in rounds.
2. Divide the participants into two teams.
3. At the beginning of round one, the players will get just a short amount of time to place their chairs in a position. They cannot move their spot after placing the chairs.
4. Then the teammates have to pass the ball to each other, without being intercepted by the opposing team.
5. After making the pass, the player has to toss the ball to the basket.
6. The team that makes the maximum baskets will be the winner.

16. Mbube, Mbube²: (pronounced Mboo-bay Mboo-bay) is a popular game in African countries where children are helping the lion (mbube) find and capture the impala (a southern African buck).

Age: All ages

No. of players: Large groups (6+) Equipment: Two blindfolds

Time: Two to three minutes per round

Aim: To help the lion catch the impala

² Book Aid International/Educational Resources/Assembly Activities





How To:

1. To play this game everyone forms into a large circle
2. Choose two players to be the lion and the impala
3. Place a blindfold on each player and spin them around several times.
4. Staying inside the circle, the lion then moves around hunting for the impala. The impala can move around too.
5. The children who have formed the circle begin calling out to the lion, "Mbube, mbube". As the lion gets closer to the impala, the chanting gets louder and faster. However, if the lion moves away the chanting gets softer and slower.
6. If the lion doesn't catch the impala within one or two minutes, a new lion must be chosen. If the impala is caught by the lion then another child is chosen to be the impala. You might like to use a stopwatch to ensure the timing is fair.

17. Mamba³:

Age: All ages

No. of players: Large groups (10+)

Equipment: None

Time: 5-10 minutes per round

Aim: To be the last player caught by the snake

How To:

1. Mark out an area for play and set boundaries. Everyone must stay within the boundaries or they are out for the remainder of that round.
2. Choose one player to be the mamba (snake).
3. The snake runs around the marked area trying to catch others. When a player is caught he becomes part of the snake's body by joining onto its tail. He joins the snake by holding onto the shoulders or waist of the player in front of him.
4. Only the first player (the snake's head) can catch other people. However, its body (the other players joined to him) can help by not allowing players to get past. Players are not allowed to pass through the snake's body.
5. The game continues until all the players have been caught. The winner is the last player left and becomes the head of the new snake.

³ Book Aid International/Educational Resources/Assembly Activities





18. Stop⁴

Equipment

Each player needs a piece of paper and a pencil.

How To:

1. This game can be played with two or more players.
2. The game begins with one player reciting the alphabet silently to himself or herself.
3. After a few moments, another player yells, “Stop!”
4. All players must then play the game with the last letter said by the player reciting the alphabet.
5. All players write a word beginning with the determined letter for the following categories:
 - City or town
 - Country
 - First name
 - Food
 - Plant or flower
 - Animal
 - Color
6. The first player to complete his or her list then yells “Stop,” and the other players put their pencils down.
7. All players share their answers and are awarded a point for each word written down.
8. The player who reaches the pre-determined number of points first wins the game. Once that player reaches the final number, he or she yells “Stop” and the game ends.

⁴ <https://blog.unbound.org/2013/08/games-children-play-in-colombia/>

