

Games, Exercises, Activities

RICO ZOOK

WWW.I-PERMACULTURE.ORG

Ice Breakers/ Name Game

Unusual thing guessing game

Sock Toss

Board games

World Café: Four tables, four large pieces of paper, a bunch of markers at each table

Description: Each table has a piece of paper with a question written on it.

- Example questions:
1. What places are important to you?
 2. Where are you going after this?
 3. What are your hidden talents?
 4. What are our goals for the course?

Everyone chooses a seat next to a table, 4-5 people per table. They discuss the questions and their answers. People take turns writing or drawing about what people say about themselves from the questions. Every 5-10 minutes the facilitator asks the people to rotate to a different table. One person stays behind on the same table each time.

Stretch/ Tension Release Games

Human knot

Games & Exercises

Blind walk: a blindfold for every 2 people, a drum

Description: Each person chooses a partner. One person in each pair puts a blindfold on. The facilitator takes a drum 20-40 feet away, and plays on single beat every second. The facilitator chooses the pace he/she will move away from the blind crowd. The object of the game is for the blinded person to reach the drum. The blinded

person must use all of their senses (apart from their eyes) to follow the drumbeat. Their partner makes sure that they don't hurt themselves along the way.

This game is good for learning about environments without the use of sight. (slope, sounds, etc.)

Egg drop: drinking straws (100), clear tape, raw eggs

Ethics Circles: Chits

Elemental functions list: Chart paper, Markers (big)

Hula Hoop Raising: One hula hoop per team

Description: 4-10 people huddle around in a circle. Each person sticks two fingers out. The facilitator places a hula hoop on top of their fingers. The object of the game is to lower the hula hoop to the ground. Each team must develop a strategy to do this, while each team member keeps two fingers touching the bottom of the hula hoop the entire time.

The catch is that the hula hoop will raise, and the teams will have to figure out on their own how to lower it. This game is a great team building exercise.

Lava Team Building: 1'x1' piece of cardboard (per person playing)

Description: This game can be played with two or more teams. Each team can have 4-10 team members. The goal of the game is to get from the starting line to the finishing line without touching the ground or the 'lava'. The team that makes it across the finishing line first with all of their team members wins. Each team forms a line behind the designated starting line next to the other teams. Everyone is handed a piece of cardboard. The teams have to formulate a plan to get from one side to the other without letting their feet touch the ground. They are only allowed to walk on the cardboard. However, the cardboard cannot be on the ground if there is no foot on the cardboard. The cardboard will be 'burnt' up by the lava, and the team will not be allowed to use that cardboard for the rest of the game, they will have to adjust to using less cardboard pieces to cross to the finish line.

People Orbits: More than 5 people

Description: Everyone stands in a circle. Everyone has to pick 2 people silently, and remember those they have chosen. No one should know which people were chosen by who. Now the facilitator directs everyone to move to a place where they are of equal distance between or to the two people that they have chosen. If the movement of people seems to have stopped, the facilitator can move one person apart from the rest to add movement among the people. And once that is accomplished, the facilitator can remove one person permanently and ask those who are connected to that person to leave the game as well. This will result in everyone leaving the game.

This game is to show how a simple interconnectedness between people can result in a very complicated web of movements between people. It visually shows the importance of one element in a system and how its extraction results in a system coming to an end.

Principle charades: Chits

Observation Exercise

Outcome Game: Chart Paper, markers (big, small), tape

People & Yarn: As Below- Sit in circle, connect w/ yarn

People Assembly (people as elements): Chits

Random Assembly: Chits- lots, 2 colours

Resources/Needs/Limits Analysis:

Scavenger Poem Hunt: a Hide-able object, paper and pencils per team

Description: Each team hides an object. For the object hidden the team must also create a poem to describe how another team might find the object. For example, “welcome to the land of peck and scratch, find their castle and check their fertility”. The land of ‘peck and scratch’ refers to the chicken pasture, the chicken’s ‘castle’ is their coop and ‘their fertility’ is their eggs. The object was hidden in one of the chicken’s nests. The poems are generally 5-7 lines long. The teams switch poems and try to find the objects.

This game is a great way for students to learn observation skills and looking at their environment in an objective light.

Team card puzzle: Coloured Construction Paper

Watershed Exercise: Chart/Newsprint paper, Coloured Markers (small, atleast 6 colours), Watering Can or Hose with fine nozzle

Wild Island: Stick-its, chart paper, markers (small, big)