



GROUP
dynamix

GAMES WE PLAY

WORKSHOP

Game Booklet

— Spring 2023 —

GAMES WE PLAY

Word Scramble

Purpose: To connect people in a fun way, learning names and sharing ideas.

Objective: Create a crossword using the letters of the participants' names.

Overview: Participants interact by sharing their names and offering ideas on combining letters to build words that interconnect into one crossword puzzle form.

Materials Needed:

- 3 x 5 index cards: as many as the total number of letters for spelling every participant's first and last name.
- Markers: 5 to 10 depending on group size; encourage sharing.

Set up:

- Have each participant write the letters of their first name on separate index cards. Make sure to specify which direction you want everyone's index cards to face!
- You'll need a decent amount of floor/table space to create the crossword (roughly 10'x10')

Game Play and Rules:

You must use all the letters from all the group members to create as many words as possible in a crossword format. You must have at least three 7-letter words and three 5-letter words (depending upon your group size, you may need to adjust this rule!). Participants' names CANNOT be used as words in the final crossword.

Alternative Game Play:

- Divide a large group into smaller teams and hold a competition to see which team can create their crossword first.
- Give the group a set time limit to form as many words as possible in their crossword.
- If you need more letters, have participants write their first and last names or first and middle names.
- Have the group create a crossword using as many of their names as possible.

Credits: Cavert & Sikes, 50 MORE Ways to Use Your Noodle – some of this content was changed to fit the needs of Group Dynamix.

GAMES WE PLAY

Shape Relay

Purpose: For groups to discover the power of goal setting, planning, and communication.

Objective: Using a rope, create the given shape as quickly as possible.

Overview: team members must thoughtfully work together to create the three-dimensional shape that has been provided.

Materials Needed:

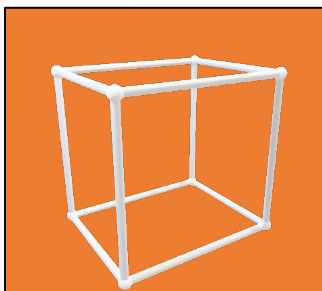
- For each group:
 - One, 12-foot piece of “paracord”, found at Hobby Lobby or Home Depot.
 - Tie the ends together, forming a loop with the cord.
 - A stopwatch for each group.
 - A table or 10' x 10' open area.

Number of Participants: 5 to 10 people in each group or at each table

Timeframe: For multiple rounds to experience improvement in performance: 15 – 30 minutes.

Game Play and Rules:

1. Ensure the 12-foot cord has the ends tied together, forming a loop.
2. The goal is to create a **3D cube** out of the cord as fast as possible. See diagram.
3. Everyone in the group must always hold the cord.
4. The finished cube must be a three-dimensional shape with 12 edges of “equal length” and 6 sides. *(See picture.)*
5. This is a timed activity. Start the time on the facilitator’s instruction. Stop that time when you have completed the 3D shape and record your time.



GAMES WE PLAY

Shape Relay

6. As a group, you will have multiple rounds to see how much your group can improve.
7. No one can touch the rope until “GO” is called and the timer starts.
8. Before the second or third round, ask the group to set a new goal.

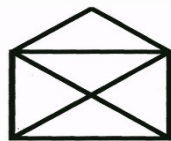
Facilitation Notes: When playing this game for fun, feel free to just do the activity for speed and score. If you wish to facilitate it, it is best to set it up first. As mentioned in the rules above, use the time between rounds to ask questions, set goals or focus on communication when sharing ideas. Use the variations below to add to or change the activity, if you wish.

Observations/Questions:

1. Did the group achieve its goal in the second and third rounds? If so, what contributed to the success? If not, what would you change to be more successful?
2. Did you spend time communicating and planning? What was that process like?
3. What were the noticeable differences in planning and communication between the rounds?
4. Was there a leader during this activity? Were they elected or was it natural? Was there shared leadership or responsibility?
5. What was the problem-solving process like? Did the group share in that process?

Alternative Game Play: (ways to change the challenge)

1. Have the group create a House or Envelope: This can only be created if the rope is untied. See the picture below.



1. Have the group create a Star: The rope stays tied in a loop. Inform the group that the rope must cross over itself, as shown in the picture below.



Credits: Karl Rohnke

GAMES WE PLAY

Alternating Cup Stack

Purpose: to encourage individual focus and teamwork when under pressure.

Objective: One at a time, restack the cups so that the top cup (odd color) ends up at the bottom of the stack as quickly as possible.

Overview: this game requires individual focus when it's your turn, and teamwork to help others perform their best when it's their turn in an ultimate race against time.

Materials Needed:

- 20 solo cups of one color
- 1 solo cup of a different color
- Stopwatch

Set-Up:

- Stack all the solo cups together with the odd-colored cup at the top of the stack
- Have all the participants stand in a circle with one person holding the cup stack.

Gameplay and Rules:

- The cup stack will be passed around the circle clockwise.
- With every pass, the new person will unstack the bottom cup and restack it at the top.
- The group must alternate which hand they are using to stack the cup. So, if the first person stacks with their right hand, the next person must stack with their left hand and so on.
- The goal is to get the odd cup on the bottom as quickly as possible. Using a stopwatch, time each round to keep track of the group's progress.

Facilitation Notes:

- Using your non-dominant hand can feel awkward and uncomfortable. Discuss this with the group and ask how they navigated that discomfort.
- This game requires individual responsibility for group success. Ask how that idea translates into the real world.

GAMES WE PLAY

Alternating Cup Stack

Alternative Game Play:

- After a few rounds of rotating the cup stack clockwise, try going around the circle counter-clockwise and see if the group success stays the same or changes.
- Start with the odd cup at the bottom of the stack and move the top cup down. This gives a new twist to the game, especially after playing it the original way.

GAMES WE PLAY

Ugly Duckling

Objective: The teams are trying to find the one item that does not have a match in the pairs of items (i.e., finding the ugly duck)

Materials Needed:

- 13 matching pairs of an item (i.e., pencils, blocks, pencils, army men, ducks, etc.) 1
- 1 pair of the item that is a slight mismatch (i.e., same pattern but different colors, etc.)
- Red solo cups or cloths or anything to cover the item.
- Numbers to label each item
- Paper and pen for each team to keep notes.

Setup:

- Place each item under a cup or cloth to hide it.
- Place numbers in front of covered items.
- If possible, have the area with the items behind a wall or partition to keep the items hidden as much as possible. If this is not possible, have the teams face away from where the items are hidden.
- Split the group into small teams of 3-5 people each.
- Hand out note-taking material to teams.

Gameplay and Rules:

- Each team will send out one member to the area where the items are hidden. They can pick one number to look under and make observations about that item.
- Then they will walk back to their team and give three words only to describe the item they saw and what number they checked under.
- Everyone on the team must take turns checking under certain numbers. The next teammate cannot go until the last teammate returns to the group.
- After a certain amount of time (5ish minutes), the teams will have a chance to guess which pair is mismatched. They will only get 3 chances to give the correct answer.

GAMES WE PLAY

Ugly Duckling

Facilitation Notes:

- What were some of the differences in how people communicated the item to the group?
- What strategies did you use for note-taking?
- Was everyone involved paying attention, and was every voice heard?

Alternative Game Play:

- With a smaller group, you can make it a collaborative activity as they try to find the item within a certain time frame, like 10 minutes.
- The number of pairs of items can be adjusted to make the game either easier or more challenging.

GAMES WE PLAY

Five Finger Contract

Material Needed: None

Set Up: Circle up – or sit in your classroom/activity room

Objective: Simple way to establish and teach respectful behaviors expected of each student/participant.

Overview: This activity uses your fingers and thumb to create a visible sign for classmates to remember how to treat one another throughout the school year.

Game Play:

Ask the group if they know what a contract is. Solicit several ideas. Discuss the concept of a verbal contract (your word is your bond). Ask the class if they are willing to make a contract with you and fellow classmates to govern how we treat each other during the year. You can post this in the class as a reminder. Show them and ask them to follow along.

Thumbs up: Ready to go; good job.

Pointer Finger: Take care of number one. Ask them to point to number one (they should point to themselves.) You must be responsible for yourself. This might mean making “I need” statements or asking for help when you don’t understand something.

Respect Triangle: Make a triangle with thumbs and pointer fingers using both hands. The respect triangle has three parts: pay attention (point to eye), listen (point to ear), and speak when it’s your turn (point to mouth). Remind them that your job is to help them learn. To learn, they must pay attention, listen, and only speak when it’s their turn.

Middle Finger is always joined to the thumb (making a big zero) to keep it out of trouble. This is for zero put-downs. Ask them if they know what a put-down is. Point out to them that we don’t put down each other, and just as importantly, we don’t put down ourselves! (teach Rule of Three – on next page)

Ring Finger: Ask them what usually goes on that finger (they usually will come up with “wedding ring”). This finger is for *commitment*. We always ask for 100% commitment, 100% effort. Do your best each day.

Pinky: Take care of the little guy (or SAFETY.) Talk about how the little guy is one who needs help or encouragement; this could be the leader or the most prominent member of the group or even the teacher, etc. They can even use this sign when they need help.

Use the signs regularly with the group. You can use the Respect Triangle to get their attention when you want them to be quiet. Zero put-downs works well when the group is getting frustrated and starts to be critical of their members.