

Youth Highland Participation Project

Our Favourite Team Games

Below is a selection of our favourite team games from our first residential weekend away together. We think these are really good games to use with young people in youth clubs and groups. We recommend you think about any health and safety issues before you play the games with your youth club/group members.

- **Mini roll towers**

Spilt your group into small teams (4 people per team is a good size). Give each team two packs of mini-rolls, some straws, paper plates and other resources of your choosing. Give the teams ten minutes to make a tower of mini rolls. Their towers must be predominantly made of mini rolls, and must be self-supporting. You can award prizes for tallest tower, best architecture, best team work and so on. It's a good idea to cover the floor/table with something for this game, and ensure that the young people do not eat the mini rolls they are using for the game!

- **Hoopla!**

Spilt your group into small teams (4 people per team is a good size). Give each team a large hoola hoop, and get one member of the team to put their arm through it. Next get all the members of each team to hold hands in a circle. The aim of the game is to get the hoola hoop around the circle without letting go of hands. The team to do this the fastest is the winner!

- **Triangle tag**

Spilt your group into teams of four. Three members stand in a triangle and hold hands, and nominate one person to be chased. The fourth member of the team is 'on it'. The fourth member has to try and tag the nominated person, whilst the other two members of the team protect them. Clear the area of furniture and other objects before you play this game. Warn people about the danger of knocking into things and make sure they take care not to fall over.

- **Elbow fencing**

Spilt your group into pairs and get each pair to stand facing each other. Get each person to put their left hand behind their back and their right hand in front of them with the forefinger extended. The aim of the game is to try and tag your opponent on their left elbow with the extended finger on your right hand, without getting tagged yourself. Clear the area of furniture and other objects before you play this game. Warn people about the danger of knocking into things and make sure they take care not to fall over.

- **Pasta bridges**

Spilt your group into small teams (4 people per team is a good size). Give each team resources (dried pasta, paper, paper plates, card, sellotape, straws etc) and get them to build a bridge between two chairs, the bridge must be strong enough to hold a bag of sugar. You can award prizes for strongest bridge, best architecture, best team work and so on.

- **Cup stack**

Spilt your group into small teams (4 or 5 people per team is a good size). Put 6 plastic cups in a pyramid structure for each team. Give each team an elastic band with five pieces of string tied to it. Each team member holds one piece of string with one hand and puts their other hand behind their back. The teams must move the cups from one table to another using only the elastic band. They must make the same pyramid structure on the second table. They are not allowed to touch the cups with anything except the elastic band, even if they drop one on the floor!