

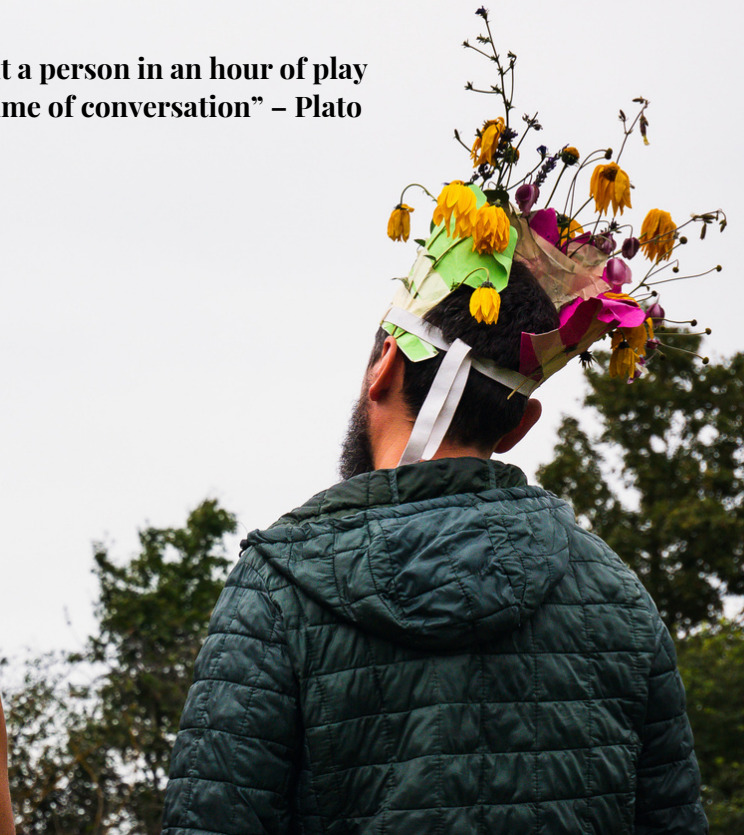


"The Game Is On!"

**A 10-day training & research on physical games
& why, when, where & how to play them.**

2021 Jonglirium e.V.

**“You can learn more about a person in an hour of play
than you can from a lifetime of conversation” – Plato**



introduction

We organized this training to explore the power of physical games and their use in various settings. How do they build trust? Solve conflicts? Question oneself? Create a group? Entertain? Connect? Be a tool for sharing? Transforming? Growth? Working through difficult topics? Or simply for fun? We played a lot, shared a lot. Our knowledge and our thoughts... We explored, deconstructed and analyzed games of various types as well as created and customized our own games for various situations.

The training was designed for youth workers, volunteers, activists and other people who work with people.

There were participants from the following countries: Germany, France, Spain, Slovenia, Italy and Poland.



The training course was led by **Richard Kimberley & Anne Merlin**, who guided the group into exploration of physical games.

The participants were invited to play, create & reflect on them & explore the possibility to apply games in their daily work as well as exchange on their own experiences.

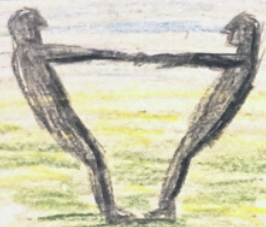


about this booklet

This e-book was created by the participants and the Jonglirium team to collect tools, methods and impressions of this project. We hope it gives you inspiration to apply some of them in your work. You might notice that we've included lots of creative expressions by the participants in this booklet that were inspired by our surroundings and activities in the outdoor space.







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TRUST GAME

In a big circle a person walks around, with eyes closed, trusting the rest of the group to save them from going outside of the circle and crashing with someone / something.

It's also possible to do it when one designated person protects the person inside the circle.

Trust, feel, walk.



Trust jumps

Around 6 people stand in line facing each other. They extend their arms and intertwine them together to create a "bed of arms". One person will fall into these arms. She/he can stand on something higher and face the "bed of arms" with his/her back. The person asks "ready?" and the group responds "ready!", but only if they really are ready! The person falls into the bed of arms only when the group responds "ready".

Safety instructions: for the people catching, receive the weight by bending your knees and make sure you don't hit each others' heads. For the person falling, cross your arms on your chest and make yourself tight and straight and keep that shape when you fall & land as well.







- ① Participants stand in the circle, with one person inside. The person "shoots" at someone and say "PIM"

- ② Participant who got shot crouches quickly and says "PAM". Otherwise he's "killed" and sits at his place without participating.



- ③ People next to crouching person shoot to each other saying "PUM!"

Participant who said it faster wins, and another one is "killed". In case both "PUMS" are said at the same time, participants repeat it until one of them wins.

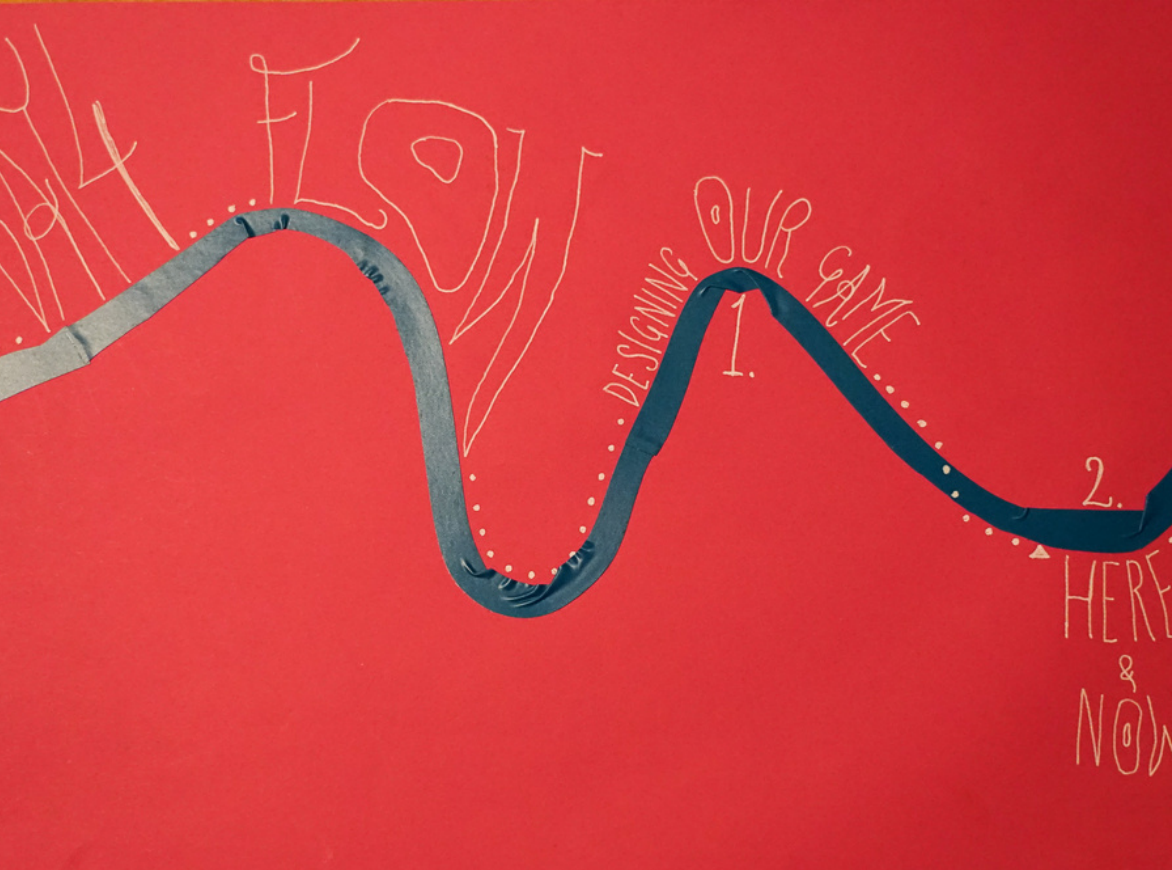
EXTRA: "PUMS" can be changed for people's names, to make the game more interesting.



FINAL

When only 2 people are left they go in the middle and participate in "dual". They stand back to back. Then they do three steps at the same time and turn towards each other shouting "PAM". Faster person wins and killed one dies dramatically.





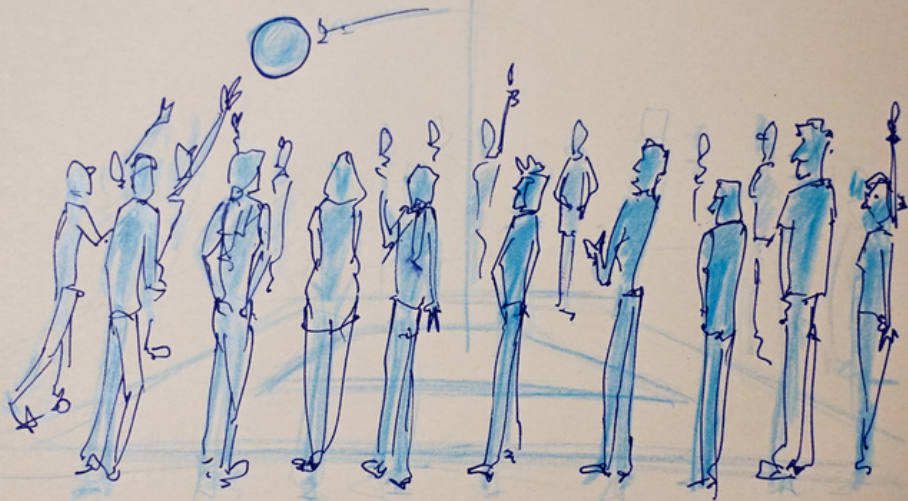
FLOR

DESIGNING OUR GAME

1.

2.

HERE
&
NOW



Rules: - unknown

OUR GAME

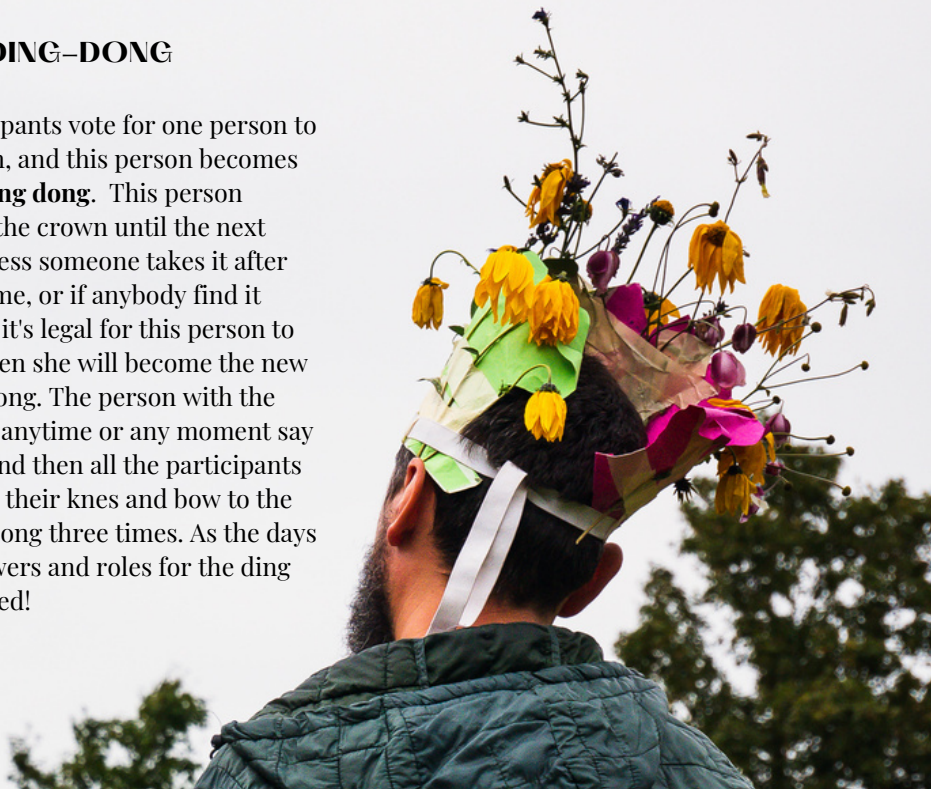
A GROUP EXPLORATION INTO GAME CREATION
+ GROUP DYNAMICS.

ADD ONE RULE PER
DAY.

IN SEARCH OF
CLARITY + PLAY

GROSSE DING-DONG

So the participants vote for one person to get the crown, and this person becomes the **grosse ding dong**. This person should wear the crown until the next morning, unless someone takes it after the dinner time, or if anybody find it around, then it's legal for this person to take it and then she will become the new grosse dingdong. The person with the crown can at anytime or any moment say "ding dong" and then all the participants have to go on their knees and bow to the grosse ding dong three times. As the days pass new powers and roles for the ding dong are added!



Improv Games

Tree – Branch – Apple

We stand in a circle as a group. One person jumps in the middle, adopts a physical position and shouts out what they are. For example, stick their arms into the air and shout: 'I am a tree!'

Then a second person jumps in, adds their body to the image in some way and shouts out what they are. For example, they stick their arms out wide, leaning against the first person, and then shout out: 'I am the branch of the tree!'

Then a third person jumps in and adds themselves to the existing image. For example, they huddle up in a bit of a ball, with their head against the branch, and shout out: 'I am the apple hanging on the branch!'

Now that there are three people on stage, the next person is jumping in to replace the one who was there the longest. So, the tree person jumps out and somebody else jumps in and shouts, for example: 'I am the worm who is creeping out of the apple!' The next person to jump out would be the branch. Then the apple. This keeps on going. Once there are three people on the stage, there always are three people on stage, being replaced by people from the circle. The people from the circle go when they feel the impulse to.



Here and now (1 hour)

The goal of this game was to slowly dive into "**where am I now in this moment, how do I feel, how do I come into more intimate contact with people around, where is my 'here'?**". We start with standing in a circle:

1. An "Impulse" going around the circle - i.e. a "clapping wave"
2. Impulse going through the body and then further through the circle
3. shaking, yawning, stretching
4. giving a massage to ourselves
5. giving a massage to people on our left and right in a circle
6. we try to find the longest body position, then the smallest and we go back to the longest
7. we go for a walk: we follow our left knee, our index finger of right hand, our left ear, our hips, our tongue (whatever part of our body)
8. we walk and we try out how is it to be heavy and light, sustainable and chaotic, fast and slow (any other qualities)
- **breathing, checking how are we in our bodies** ---
9. following the hand - we find a pair and we follow the hand of each other (without touch)
10. following the arm
11. following the knee
12. duo statues - a person makes a pose and when then say 'now', a partner compliments the pose with their movement and posture
13. searching for 'here' - a person does max. 3 steps and without hurrying up searches for a comfortable, nice, pleasurable, enjoyable pose. When they find it, they say 'here'. Then, a partner, observing and following, but not necessarily adjusting to the first person, does max. 3 steps and searches for their 'here'. Then again and again.
14. sharing circle

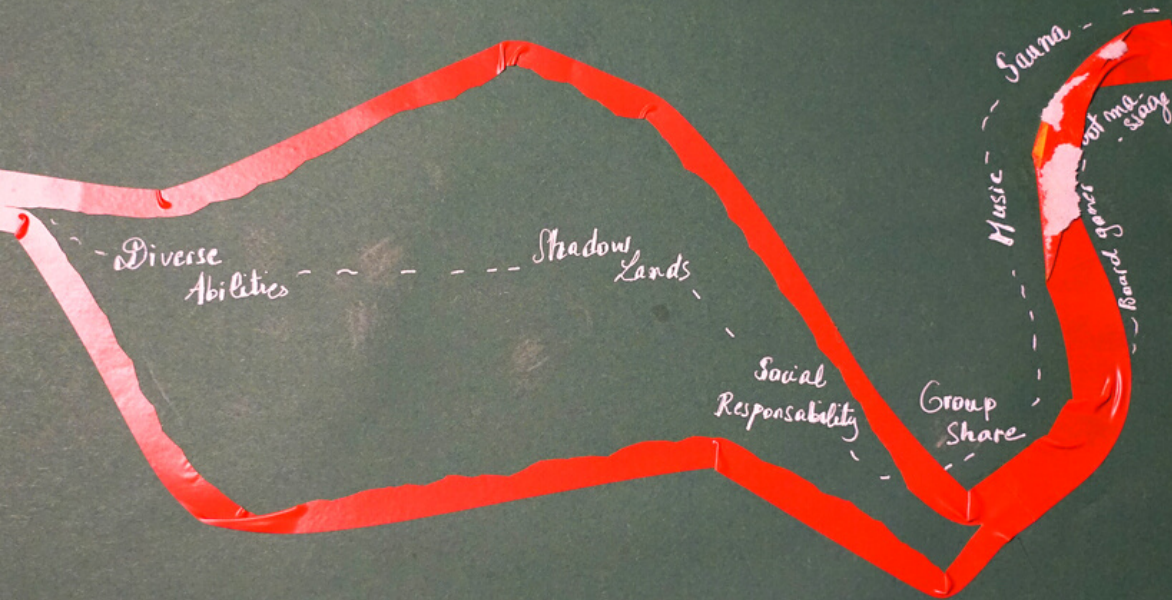
Awareness
Through
Movement



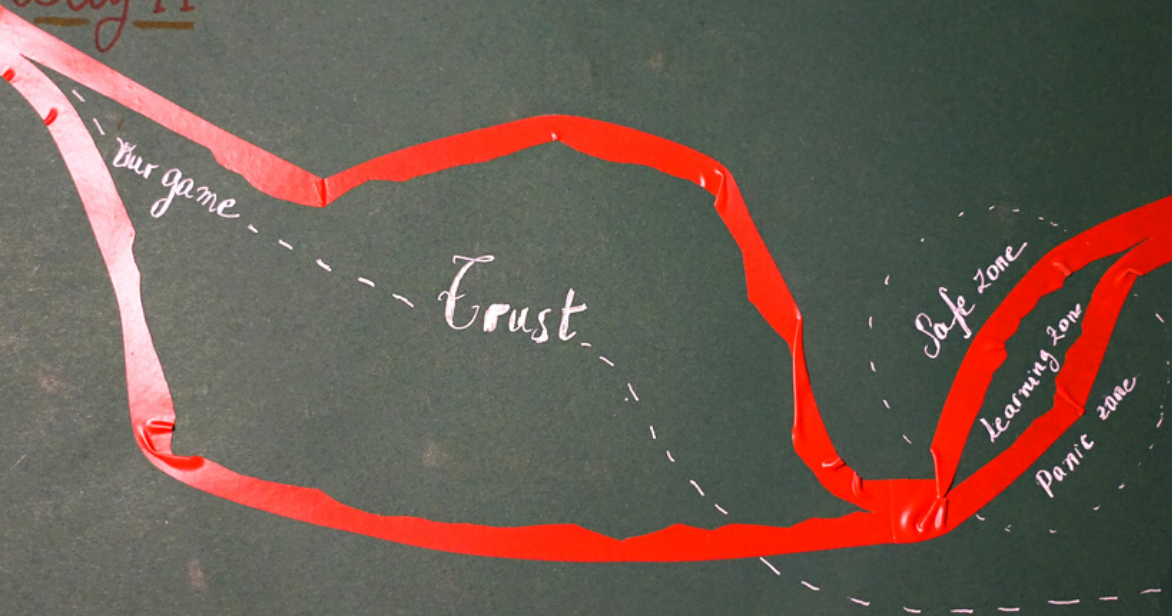


Seaweed – Algae game

People stand still with their feet "glued" to the floor as if they are seaweeds, and their partner gently pushes them so they move as seaweed moved by the current of the water.



Day 11





Emotional session:

First, we moved around and tried to look inside our body and listen to what our body wants us to do, and how it wants to move.

Then we start a new activity, in which we stand in pairs. far from and facing each other (in two lines) and one person from the pair closes his\her eyes and the other not. When the person with closed eyes is ready, he\she invites the other person to start walking toward his\her direction.

The point is that the person with closed eyes tries to sense the presence of the other person. If she\he feels comfortable the other person continues to walk. If not, the person with closed eyes could ask him\her to stop walking until he\she feels ok again.

The idea here is to feel how much you are comfortable with your senses.

ALIEN

- GROUP IN THE CIRCLE
- EYES CLOSE D



- SPACESHIP COMPUTER
 - ↳ GIVES THE EGG TO SOMEONE ⇒ CAPTAIN
 - ↳ TOUCHES SOMEONE OUT THE ARM ⇒ ALIEN



- COMPUTER → TIME-KEEPING
- CAPTAIN → HOLDS EGG
DECIDES WHO CAN TOUCH IT
- CREW → WANT TO TOUCH THE EGG - IF SO, "SAFE"
- ALIEN → WANT TO TOUCH THE EGG - IF SO → EVERYONE DIES
- GROUP → HOW TO MAKE ALL SAFE ⇒ WIN



The Alien – leadership game & conflict exploration

All the participants stand in a circle with eyes closed. Then, the game Leader walks around, outside of the circle and chooses "the Alien" by gently touching this person on the back, so nobody else notices. Then, the Leader gives the Egg to one of the participants. This person becomes the Captain. Everyone opens their eyes. The game begins.

The Captain can't let the Alien touch the egg. But nobody knows who is the Alien, and the Alien doesn't want anyone to know. Everyone wants to touch the Egg and join the Captain to be safe! But if the Alien touches the Egg - the game is over. So everyone is trying to convince the Captain they are safe and the Captain needs to decide who can touch the Egg. If the Captain chooses wisely and all crew is safe and only the Alien is left - the Captain and the Crew win the game! The Alien wins if he/she manages to touch the Egg before everyone else is safe.

creativity game...

Zombie

GAME

There is a light ^{but visible} hidden. And we, the survivors have to get it. It's scary, dark and four zombies are waiting in the darkness. They awaken with sound and light and follow it. We are in a safe-house and we can only get out for 1 minute to search for the hidden light. Once we're back we can set the timer to 2 minutes and so on. But we must stay outside almost until the alarm rings. When the alarm rings before we reach the base we will attract all zombies! Zombies are a little bit stupid but still ... scary! They make weird sounds, can't properly speak and it's easy to fool them... But they do protect the light!

TURN BASED GAME
HIT MARBLES
TO WIN MARBLES.

MARBLES, جلول



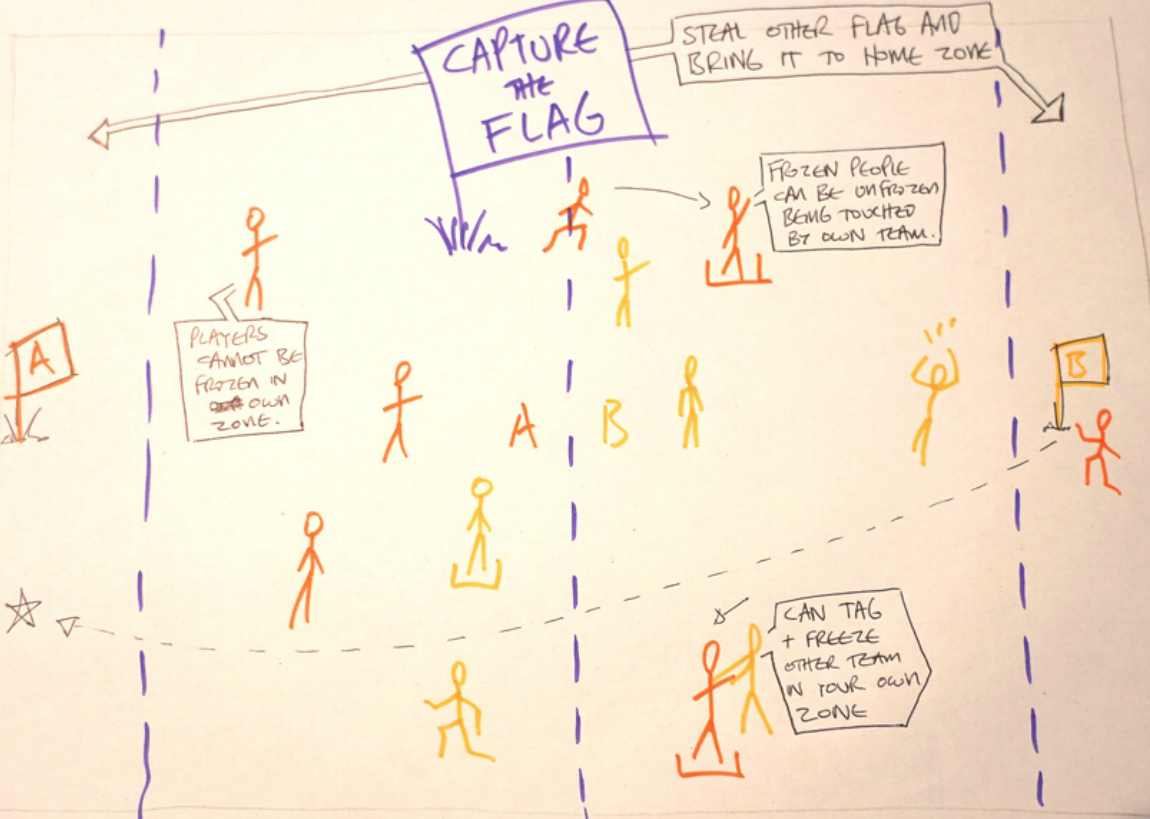
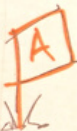
CAPTURE
THE
FLAG

STEAL OTHER FLAG AND
BRING IT TO HOME ZONE

FROZEN PEOPLE
CAN BE UNFROZEN
BEING TOUCHED
BY OWN TEAM.

PLAYERS
CANNOT BE
FROZEN IN
OWN
ZONE.

CAN TAG
+ FREEZE
OTHER TEAM
IN YOUR OWN
ZONE





WEST SIDE DANCE



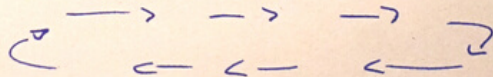
GANG follows
②

LEADER ①
Proposes CLEAR DANCE
+ moves FORWARD!

③

OTHER GANG
MOVES BACK
UNTIL NO ROOM
- THEN A NEW
LEADER
STEPS TO
FRONT +
MAKES NEW
PROPOSAL.

EYE
CONTACT



GAMES FOR PEOPLE OF DIFFERENT ABILITIES

1. Chatting in pairs

We were asked to share some examples of games with people of different abilities and explore whether the game was inclusive or exclusive.

2. Reinventing games

We split into groups of four, and each group got one of the impairments: hearing, vision, language or motricity. Then, we were supposed to choose any games in which certain abilities are necessary, and reinvent them in a way that would be inclusive for people of chosen impairment.

» "Bee-Dee-Bob"* for the people with a hearing impairment » all the commandments are based on vision and movement (*this game is based on saying a collection of words faster than others)

» A person with eyes covered walking through the maze guided by voice of its partner for people with a language impairment » all the commandments are based on sounds like clapping, whistling and so on

» "Jumping the rope" for the people with a vision impairment » we split into pairs and in each pair there is a person who can see and a person who is blind, and they jump together

» "Mice and cat" for the people with a motricity impairment - we sit, each person who is a mouse has a tennis ball and there are two cats with a bigger ball, mice pass their balls to each other when cats are trying to hit them and eliminate the mice





ROTTEN EGG / FOX

- 1 PERSON WITH OBJECT
- OTHERS IN THE CIRCLE FACING EACH OTHER



- III
- RUN AROUND TO TAKE THE EMPTY PLACE

- II
- OBJECT LEFT BEHIND BACK
 - TAKE NOTICE
 - CATCH THE PERSON



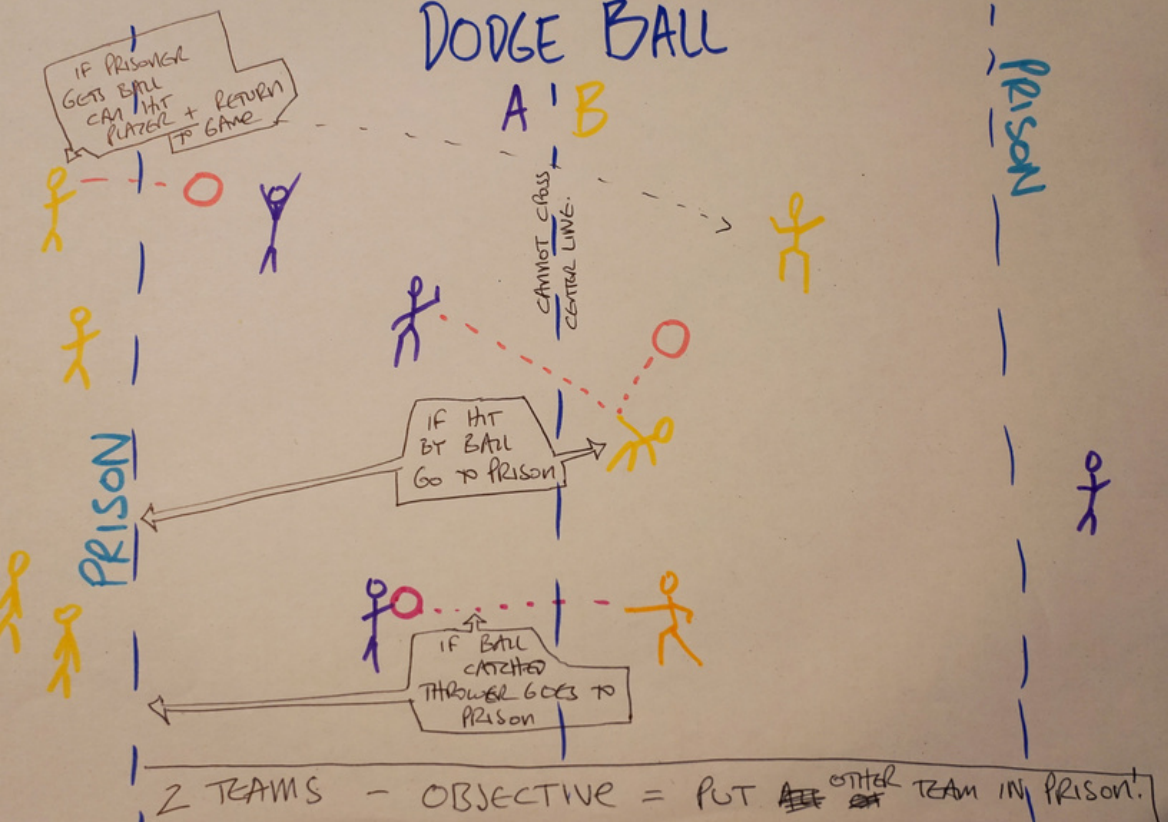
- IV
- stick figure = red stick figure
- IF NOT GOUGHT YOU BECOME THE EGG/FOX PERSON

JUMPING THE ROPE





DODGE BALL









**why we
created
this
booklet?**



this booklet was created for everyone who is interested in creative way of getting to know each other and working with groups in a creative, mind-opening way. Please share it with everyone who might benefit from it and let us know what are your reflections on it!



PLAY

and everything will
be alright

“Games have so much freedom. You can go anywhere you want.”
— Jeneva Chen

"The Game Is On!" Erasmus+ Training Course organized by Jonglirium e.V.

Trainers: Anne Merlin, Richard Kimberley

Created by: Marta Witecka

Drawings, text, photos: All of us together



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