

Fun Community-Building Program 100+ people (30 mins)

1. PDQ – zany audience-style activity that will generate bursts of laughter
2. Thumb Wrestling in Stereo - hilarious re-working of a classic partner game
3. Fill The Space – series of fun group walking challenges
4. Mission Impossible – ideal follow-up to Fill The Space

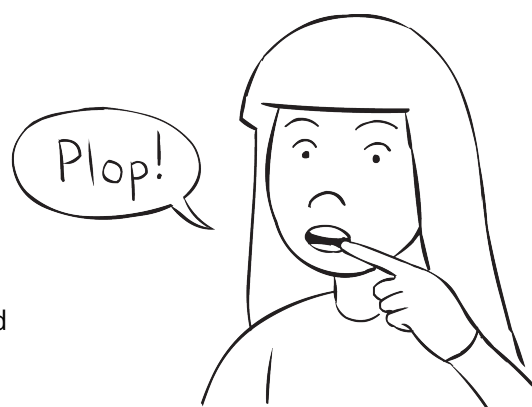
Props – none required

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips & popular variations, click the links above.

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1. PDQ Test (12 mins)

1. Assemble your group in front of you, sitting or standing.
2. Introduce the idea that you are about to demonstrate a series of physical 'tests' which you would like each person to attempt.
3. Explain that this is a self-assessed test, and only the individual will know if they passed or not.
4. Start by clicking your fingers, first your dominant and then less-dominant hands and fingers.
5. Next, invite everyone to attempt to whistle through their lips, and then pop their cheeks with a finger, etc.
6. Demonstrate as many nonsensical 'tests' as you can perform yourself, eg wiggle one ear at a time.
7. Conclude by inviting one or more volunteers to demonstrate a unique 'test' which they can successfully perform.



2. Thumb Wrestling in Stereo (5 mins)

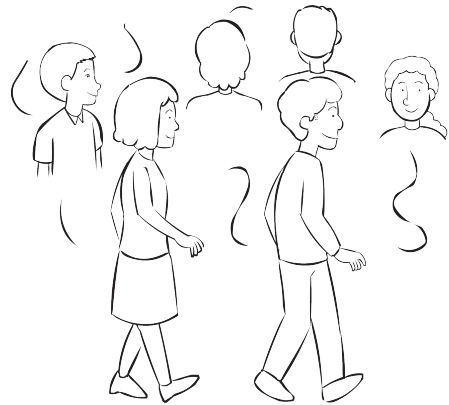
1. Form partners.
2. Instruct each person to extend both their left and right hands and to curl their fingers inside the matching palms of their partner.



3. Starting with opposing thumbs side-by-side, each person aims to pin their partner's thumb under their own thumb first.
4. Best of five rounds wins.
5. Swap partners and repeat.

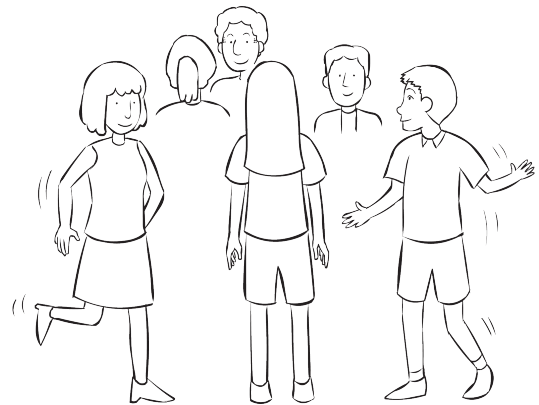
3. Fill The Space (10 mins)

1. Designate a large open area and ask your group to spread themselves evenly throughout it.
2. Invite everyone to walk aimlessly and silently about the area.
3. Loudly announce that you would like everyone to secretly identify one other person who is presently situated on the other side of the area.
4. Ask everyone to follow behind this 'secret' person as closely as possible, without being noticed.
5. After 10 to 20 seconds, ask the group to resume their aimless mingling.
6. Repeat the process with a new secret admirer, but this time to keep as far away from them as possible.
7. Repeat above moves with new partners.
8. Move onto the next activity, Mission Impossible, an ideal follow-up.



4. Mission Impossible (3 mins)

1. Following on from Fill The Space, and ask your group to spread themselves evenly throughout the playing space.
2. Ask everyone to secretly identify two other people in the group.
3. Explain that on "GO," everyone aims to keep one of the secret people between themselves and the second secret person at all times.
4. Stop after 30 seconds, and repeat with two new secret people.



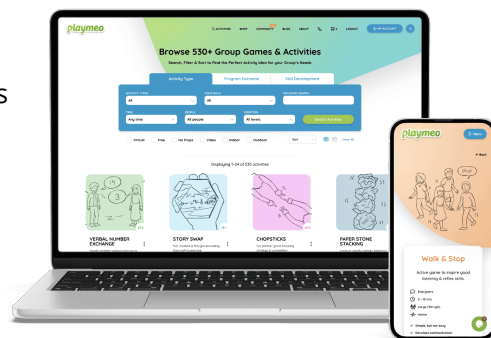
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