

Warm-Up & High Energy Program 100+ people (20 mins)

1. Gotcha – sure-fire game that is guaranteed to generate lots of laughter
2. Rock, Paper, Scissors: Five Lives – fun variation of the classic 'Rock, Paper, Scissors' partner game
3. Chic-A-Boom – wonderful circle game to finish your program on a high

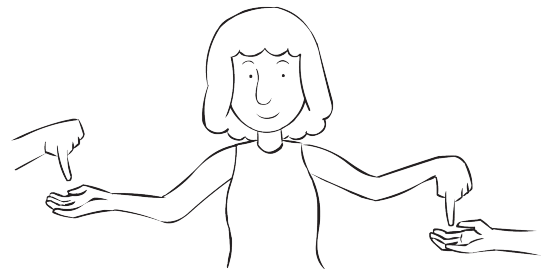
Props – none required

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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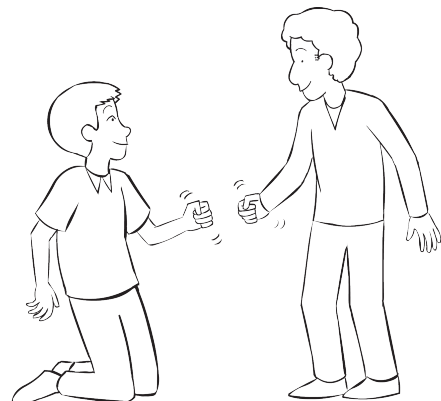
1. Gotcha (5 mins)

1. Form a circle, including yourself, facing inwards and standing side by side.
2. Ask everyone to hold out their right hand palm-facing up towards their right-hand side neighbour.
3. Ask everyone to place the end of their left pointer finger into the open palm of their left-hand neighbour.
4. On "GO," everyone attempts to catch the finger of their partner in their right palm while also avoiding their finger being caught by their left-hand neighbour.
5. A person who successfully catches a finger in their palm yells "GOTCHA!"
6. Repeat several times, or try one of many variations (refer [Variations](#) section).



2. Rock, Paper, Scissors: Five Lives (10 mins)

1. Ask your group to form into pairs.
2. Clearly establish a standard 'Rock, Paper, Scissors' protocol for everyone to follow.
3. Explain that everyone starts by standing on their two feet, facing their partner.
4. By demonstration, explain that with each round played, the winner goes up one level, and the loser goes down one level.



5. Explain that upon the first loss, the loser will kneel on one knee.
6. From this position, a further loss will mean the loser will then kneel on two knees.
7. A further loss, the loser then sits on their bottom, then another loss lies on their back.
8. Finally, a loss from the lying-on-back position will mean this player is eliminated.

3. Chic-A-Boom (5 mins)

1. Ask your group to form a large circle, including yourself.
2. Demonstrate a series of moves, asking your group to copy you, pointing your index fingers alternately up and down, and to the left and right.
3. Teach them the following chorus, inviting them to make the appropriate move with each line:

“...AAAAND, UP CHIC-A-BOOM, CHIC-A-BOOM,
CHIC-A-BOOM.

AND DOWN CHIC-A-BOOM, CHIC-A-BOOM, CHIC-A-BOOM.

TO THE LEFT, CHIC-A-BOOM, CHIC-A-BOOM, CHIC-A-BOOM.

TO THE RIGHT, CHIC-A-BOOM, CHIC-A-BOOM, CHIC-A-BOOM.”

4. Then, from the middle of the circle, sing the following tune as you look directly at one person:

“HEY THERE [enter name], YOU’RE A REAL COOL CAT.
YOU’VE GOTTA LOT OF THIS, AND YOU’VE GOTTA LOT OF THAT.
SO COME ON IN AND GET DOWN.....”
5. At this point, invite this volunteer into the centre of the circle with you.
6. Resume singing the chorus, inviting everyone to sing it with you.
7. After the chorus is sung, everyone in the middle of the circle invites a new person from the circle to join them.
8. The chorus and verse routine continues until everyone ends up in the centre of the circle, for one final rendition of the chorus.



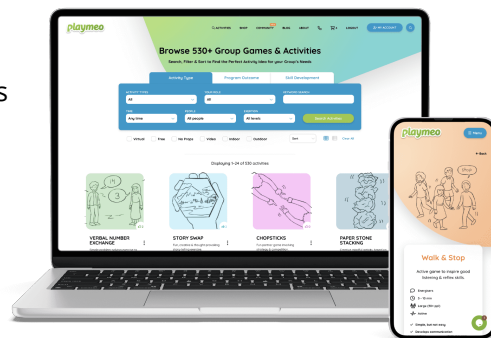
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