

Fun Community-Building Program 30 people (30 mins)

1. Evolution – innovative elimination game involving 'Rock-Paper-Scissors'
2. I Pass This Shoe – zany circle game involving the passing of shoes
3. Lap Circle – classic group challenge which never fails to generate laughter

Props – one shoe for each person

Step-by-step instructions for each of these activities are provided below.
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1. Evolution (10 mins)

1. Gather your group in front of you..
2. Introduce five different looking creatures, each with a unique physical stance and sound. For example:

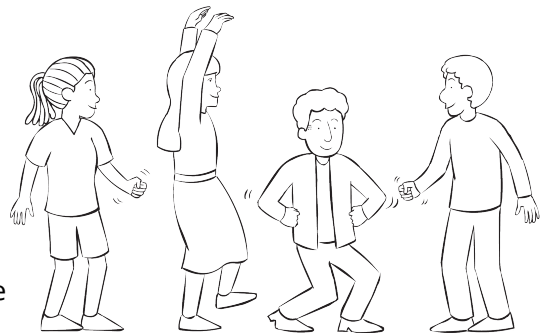
Egg – crouch down into a little ball with legs, and make muffled “EEK-EEK” sounds.

Chicken – flap your arms by your sides and make clucking sounds.

Dinosaur – raise your arms above your head, take big heavy strides and make scary noises.

Ninja Turtle – make like a kung-fu champion slicing the air with lots of karate chops and kicks.

Supreme Being – fold your arms like a genie, look calm and wise.



3. Explain that everyone will start at the lowest level (the egg).
4. To progress through the five phases, each creature must find another like-creature and play a quick round of 'Rock-Paper-Scissors.'
5. Whoever wins a round, steps up one evolutionary phase, and the 'loser' will step down a phase.
6. In the case of an egg, the 'loser' remains an egg.
7. Announce that everyone aims to be a Supreme Being.
8. Keep playing until the energy starts to wane.

2. I Pass This Shoe (10 mins)

1. Form a circle inviting everyone to sit on the floor.
2. Ask everyone to take off one of their shoes and place it directly in front of them.
3. Teach the words to this simple ditty:

"I PASS THIS SHOE FROM ME TO YOU.

I PASS LIKE THIS AND I NEVER, NEVER MISS."

4. Explain that you would like everyone to pass the shoe in front of them to their left-hand neighbour once for every beat of the song.
5. Practice the passing of shoes for one full stanza a couple of times.
6. Explain that when the group says "AND I" everyone should hold the shoe that they just picked up for two full beats, although continue to make the 'passing' motions.
7. Practice the passing of the shoes with this new routine.
8. Announce that your aim is to sing five full stanzas of the song while still passing the shoes correctly.



3. Lap Circle (10 mins)

1. Ask your group to form a very tight circle, with each person facing to their left.
2. Ask each person to place their hands gently onto the shoulders of the person in front of them.
3. Check that your group is actually standing in a circle, ie no corners.
4. When ready, invite everyone to slowly bend at the knees, push their butt out to gently sit down onto the lap of the person behind them.
5. When settled, ask each person to move their feet forward in unison, one foot at a time.
6. Challenge your group to rotate its members a full 360 degrees around the circle.

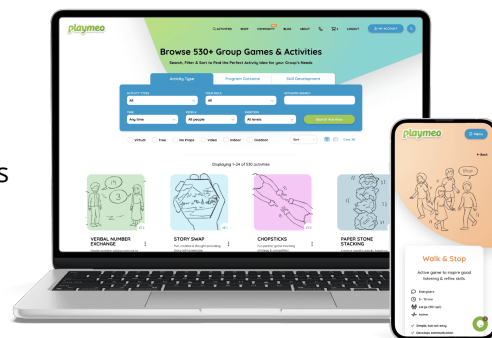


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