

## Fun Community-Building Program 100+ people (20 mins)

- **1.** <u>Gotcha</u> sure-fire game that is guaranteed to generate lots of laughter
  - **2.** <u>Clumps</u> fun, energetic mixer that blends well with <u>Paired Shares</u>
- 3. Wiggle Waggle nonsensical hand exercise to generate focus & energy

**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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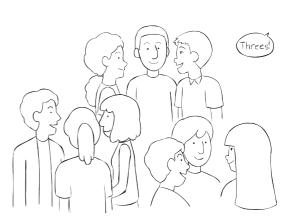
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#### 1. Gotcha (5 mins)

- 1. Form a circle, including yourself, facing inwards and standing side by side.
- 2. Ask everyone to hold our their right hand palmfacing up towards their right-hand side neighbour.
- 3. Ask everyone to place 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.

#### **2. Clumps** (10 mins)

- 1. Assemble your group in front of you.
- 2. Explain that everyone will soon be invited to form a series of smaller groups.
- 3. Each group will comprise a defined number of people matching the number you announce.
- 4. For example, if you announce "SIX," everyone must



form groups of six people, including themselves.

- 5. Loudly announce the first number.
- 6. Encourage people to locate or form their groups quickly.
- 7. Upon gathering, consider asking the group to complete a task or respond to a question you pose, such as those described in <u>Paired Shares</u>.
- 8. Repeat, by continuing to announce a series of numbers.

#### 3. Wiggle Waggle (5 mins)

- 1. Ask each person to place their two hands in front of them in a prayer-like manner.
- 2. Without moving any other fingers, move each of the middle fingers so that they cross side to side.
- 3. The middle fingers should be resting perpendicular to all other fingers.
- 4. Ensuring no other fingers cross, slide the palm of one hand away from the body while the middle fingers remain interlocked.
- 5. Keep sliding until the fingers of each hand partially overlap the palm of the other.
- 6. The middle fingers will be pointing in opposing directions on top of each other.

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