



“Chill Out” Games

Implementation Guide

Brain Teasers

Materials Needed
<ul style="list-style-type: none"> List of brain teasers (examples below)
Instructions*
<ol style="list-style-type: none"> Read brain teaser questions, one at a time. Allow players time to guess the brain teaser answer.

** Remember to review expectations for safe, responsible and respectful behavior at each step of the activity.*

Q: How can a person go eight days without sleep?

A: The person sleeps at night.

Q: What do the letter T and an island have in common?

A: They're both in the middle of water.

Q: How can you throw a ball as hard as you can and have it come back to you even if it doesn't hit anything, there is nothing attached to it, and no one else catches or throws it?

A: Throw it straight up into the air!

Q: What is in seasons, seconds, centuries, and minutes but not in decades, years, or days?

A: The letter "n."

Q: There are three houses in a straight row. One is red, one is blue, and one is white. The red house is left of the middle. The blue house is right of the middle. Where's the White House?

A: In Washington, D.C.

Q: Lose me once, I'll come back stronger. Lose me twice, I'll leave forever. What am I?

A: A tooth.

Q: It is flat as a leaf, round as a ring, has two eyes, but cannot see a thing. What is it?

A: A button.

Charades

Materials Needed

- None!

Instructions

1. Explain that the object of this game is for players to guess what word or phrase the actor is acting out.
2. Choose something to act out.
3. Without using any words, act out this word/phrase.
4. As players guess what you are drawing, shake your head to indicate their guess is incorrect or nod your head to indicate their guess is correct.
5. Continue until someone has guessed your word/phrase correctly. That player is now the actor.
6. Supervise restarted game play.

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Fishbowl

Materials Needed
<ul style="list-style-type: none"> ▪ Hand sanitizer ▪ 6-8 strips of paper per player ▪ One writing utensil per player ▪ One basket/bowl
Instructions*
<ol style="list-style-type: none"> 1. Instruct each player to use hand sanitizer. 2. Choose a theme for the game. <ol style="list-style-type: none"> a. Examples: People/places/things that start with the letter “R,” famous people, Disney movies, etc. 3. Have each player write one person/place/thing/phrase per slip of paper. 4. Collect all the pieces of paper into the basket. 5. Split the group into two teams. <p>Round 1:</p> <ul style="list-style-type: none"> • Pick a team to start. <ul style="list-style-type: none"> ○ One member of that team gets the basket of slips, blindly chooses one slip, and has to try to <u>describe</u> that person/place/thing/phrase to the other members of their team. ○ Once their team guesses the slip correctly, the same person pulls out another slip from the basket and so on. That player has one minute to go through as many slips as they can. ○ If stuck on a slip, they can pass and pick a different one. Slips that are guessed successfully are put in a pile; those that are ‘passed’ are put back in the basket. • When one minute is up, count the total number of slips guessed, and add that to the team’s score. • Move onto the next team who will do the same as above. This continues, from team to team, until all the slips in the bucket have been used up/‘guessed’. <p>Round 2:</p> <ul style="list-style-type: none"> • Follow the procedures for Round 1, but the describing player can <u>only use one word</u> to describe the person/place/thing/phrase to their group. • Award 1 point per slip guessed as above. <p>Round 3:</p> <ul style="list-style-type: none"> • Follow the same procedures, but this time the describing player has to <u>act out</u> the person/place/thing/phrase – no talking! <p>Add up all of the points from each round. The team with the most points wins!</p>

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Guess Who?

Materials Needed

- Hand sanitizer
- One notecard/piece of paper per player
- One writing utensil per player

Instructions*

1. Instruct each player to use hand sanitizer.
2. Distribute one notecard and writing utensil to each player.
3. Explain that the object of this game is for players to guess what person clues refer to.
4. Instruct players to write three facts about themselves on their notecard and not show this notecard to anyone else.
5. Provide players a minute or two to write their facts.
6. Collect each player's notecard and writing utensil.
7. Shuffle the notecards.
8. Read the clues on each card to the group and allow the group to guess to whom the statements refer.
9. Continue until all cards have been read.

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Password

Materials Needed

- Whiteboard and marker or paper and writing utensil

Instructions*

1. Choose two youth to be the contestants.
2. Instruct the two contestants to stand at the front of the room facing the rest of the players.
3. Explain that the object of this game is for the contestants to guess the secret word using clues from the other players.
4. Choose a secret word.
5. Write this secret word on your whiteboard or paper.
6. Share it with the rest of the players but not the contestants.
7. Instruct Contestant 1 to call on a player to share a one-word clue for the secret word. After the player shares the clue, give Contestant 1 one opportunity to guess the secret word.
8. Instruct Contestant 2 to call on a player to share a one-word clue for the secret word. After the player shares the clue, give Contestant 2 one opportunity to guess the secret word.
9. Continue rotating between contestants until a contestant has successfully guessed the secret word.
10. Instruct the player who gave the last clue to trade spots with the contestant who did not successfully guess the secret word.
11. Restart game play.

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Pictionary

Materials Needed

- Hand sanitizer
- Whiteboard and marker or paper and drawing utensil

Instructions

1. Explain that the object of this game is for players to guess what the artist is drawing.
2. Use the hand sanitizer.
3. Choose something to draw.
4. Draw this on your whiteboard/paper.
5. As players guess what you are drawing, provide them with feedback about whether they are correct or incorrect.
6. Continue until someone has guessed your drawing correctly. That player is now the artist.
7. Instruct the artist to use the hand sanitizer.
8. Hand the artist the whiteboard/paper.
9. Supervise restarted game play.

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Scattergories

Materials Needed
<ul style="list-style-type: none">▪ Whiteboard and marker <u>or</u> paper and drawing utensil
Instructions
<ol style="list-style-type: none">1. Provide each player with the necessary materials.2. Choose a letter from the alphabet.3. Provide three minutes to attempt to write with as many campus-appropriate words as possible that begin with that letter.4. Instruct players to take turns reading their lists aloud, cross out any of their answers that matched another player's answer, and score one point for each answer <i>not</i> crossed out.<ol style="list-style-type: none">a. Creative answers are allowed, but any player has the option of challenging an answer. If an answer is challenged, all players, including the player whose answer is being challenged, vote on the acceptability. Majority rules. In the event of a tie, the vote of the challenged player does not count.5. The player with the highest score wins the round.6. Repeat as many times as desired, using a different letter of the alphabet each time.

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Shazam

Materials Needed

- None!

Instructions

1. Explain that the object of this game is for players to guess what tune the hummer is humming.
2. Choose a campus-appropriate song to hum.
3. Hum this song.
4. As players guess what you are humming, provide them with feedback about whether they are correct or incorrect.
5. Continue until someone has guessed your song correctly. That player is now the hummer.
6. Instruct the hummer to choose a campus-appropriate song to hum.
7. Supervise restarted game play.

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Signal Pass

Materials Needed
<ul style="list-style-type: none">▪ None!
Instructions
<ol style="list-style-type: none">1. Instruct all players to sit in a circle.2. Explain that all players will choose and remember their own unique, campus-appropriate hand signal (e.g., thumbs up, peace sign, flying hands, fist bumping self).3. Explain that the object of this game is for players to respond to their hand signal and “call on” another player by using their hand signal.4. Describe how game play will work:<ol style="list-style-type: none">a. One person will start off by showing the hand signal of another player.b. That player will need to recognize their hand signal and respond by showing the hand signal of another player.c. Game play continues in this way until someone does not recognize their hand signal or cannot show the hand signal of another player. When this happens, that person is eliminated.d. The last person in the game wins!5. Supervise game play.

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20 Questions

Materials Needed
<ul style="list-style-type: none">▪ None!
Instructions
<ol style="list-style-type: none">1. Explain that the object of this game is for players to guess what the person is thinking of by asking 20 or fewer yes-or-no questions.2. Choose something for players to guess.3. Prompt players to start guessing.4. Answer players' yes-or-no questions and keep tally of how many questions have been asked.5. Continue until someone has guessed correctly. That player is now the answerer.6. Instruct the player to think of something for players to guess.7. Supervise restarted game play.

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What Could It Be?

Materials Needed
<ul style="list-style-type: none">▪ None!
Instructions
<ol style="list-style-type: none">1. Explain that the object of this game is for players to use clues to guess an object.2. Choose something for players to guess.3. Choose clues that describe different parts of the object (see example below).4. Provide one clue at a time and prompt players to start guessing.5. As players guess, provide them with feedback about whether they are correct or incorrect.6. Continue until someone has guessed correctly. That player is now the clue-giver.7. Instruct the clue-giver to think of an object for players to guess.8. Supervise restarted game play.

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Example Clues (Answer: Elephant):

- There is a thin, flat object that moves slowly back and forth.
- There is a rough textured thick object kind of like a tree trunk, with wrinkles in it.
- There is a long hollow object, with wrinkles on it, and a hole in the end of it.
- There is a very large, rounded object.
- There is a smooth long pointed object that feels almost like a smooth stone.
- There is a thin rope-like object with strands on the end.