



## **Girl Scouts of Greater Chicago and Northwest Indiana**

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# **Games for Girl Scouts Mini-Training**

## **Basic Guidelines for Playing Games**

- Play games where everyone can be involved. No girl likes to be eliminated from playing for a long period of time.
- Model the style of play you want to encourage. Assure the girls with words and gestures that each game will be fun.
- Develop the Girl Scout troop's ability to play together.
- Begin with simple games that are easily explained and have few rules.
- Avoid contact games - some can get rough, tempers can get short as time goes by, and someone can get hurt.
- Play down aggressive competition, stress cooperation.
- Be flexible - if a game isn't working, adapt the game or plan an alternate game.
- Be very safety conscious, and give clear safety instructions to the children.

## **How to Begin**

Game playing is best started by having the Girl Scout troop initially form a circle, all joining hands, while the leader explains the game. You can play games in this formation and count off to create teams. Another way to form teams is to walk around the circle, while everyone has their eyes closed, and touch backs to designate secret players, or choose who will be "It."

- Use the Quiet Sign as a signal for everyone to be pay attention.
- Speak clearly and with enough volume to be heard.
- Begin with a general description of the game including its imagery, object, and, if possible, a familiar game category.
- Give the girls choices as to who plays what part in the game.
- Practice any special moves or phrases ahead of time.

Source: [www.eldrbarry.net/mous/games.htm](http://www.eldrbarry.net/mous/games.htm)

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## QUIET GAMES

Keep some dice, bags of construction paper shapes, and grids of dots and pencils in your Girl Scout troop bag and you are ready for any situation – a rainy day, restless Girl Scouts, or unexpected down time.

### **Go to Boston** (Grades 3 and up)

Objective: Girls aim to make the highest score.

Supplies: 3 dice, paper, pencil

How to Play:

- A girl rolls three dice together.
- After the first roll, the girl leaves the dice showing the highest number, then rolls the other two dice again.
- She leaves the higher of the two dice and rolls the last die.
- Total the score of the three dice.
- The game round ends when every girl has had a turn.
- The girl with the highest score wins.
- In the event of a tie, roll another round. The game consists of an agreed number of rounds.



### **Twenty-One** (Grades 3 and up)

Objective: Girls aim to roll the sum equal or as near to 21 as possible, but not more than 21.

Supplies: 1 dice, paper, pencil

How to Play:

- Each girl in turn throws the dice as many times as necessary to get the sum equal to, or as near possible to, but not more than, 21. Throwing a sum of 22 or more “busts” her and she is out of the game.
- The girl who gets 21, or closest to 21 without going over, wins.

### **Five Alike** (Grades 3 and up)

Objective: Girls aim for the highest score at the end of ten rounds.

Supplies: 5 dice, paper, pencil

How to Play:

- Each girl rolls the dice once and scores accordingly.

Scoring:      5 alike = 10 points  
                  4 alike = 8 points  
                  3 alike = 6 points

2 alike = 5 points  
0 alike = 3 points

## QUIET GAMES (continued)

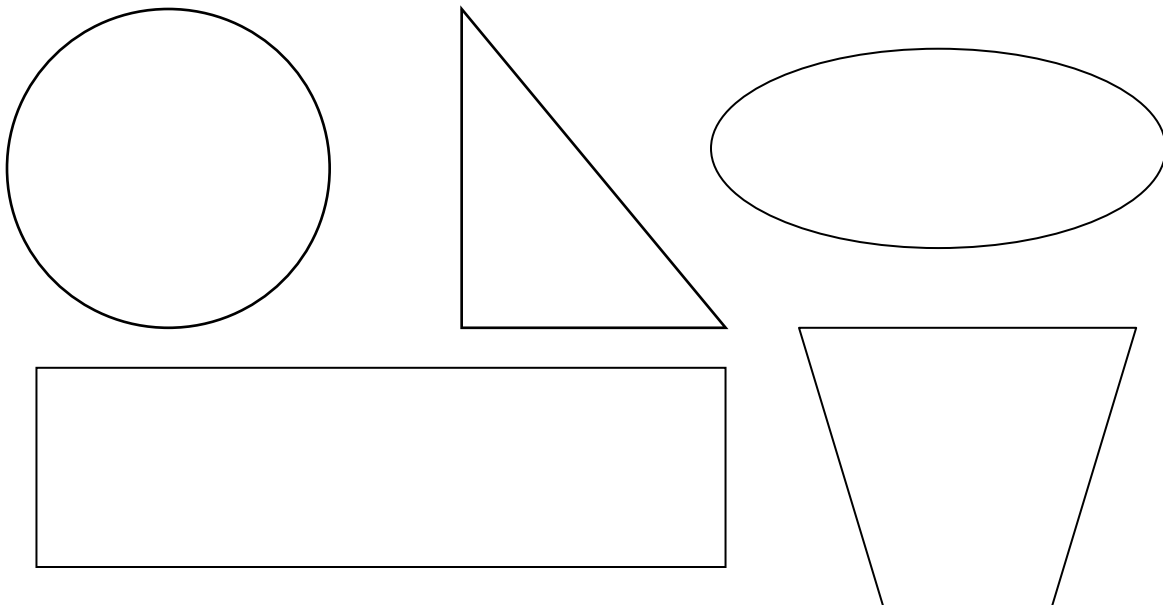
### Designer (All ages)

Supplies: Construction paper in various colors  
Zip top sandwich bags, one per girl  
Scissors

Preparation: Cut the construction paper into various shapes that will fit in a sandwich bag. (Examples below) Put 5 or 6 different shapes in each bag, but make sure each bag matches another just like it, with the exact same pieces. You might want to mark the bags 1A, 1B, 2A, 2B, and so on.

### How to Play:

- Divide the girls into teams of two. Each team sits on the floor or at school desks with their backs to each other.
- Give each team two matching bags, one per girl. One girl is the “designer,” the other the “copier.”
- The designer opens her bag and makes a design with her shapes. Then she describes her design to her partner/copier, who does not look at it.
- The copier tries to duplicate the design by following the designer’s description. No one is allowed to peek at the other’s design.
- After the two are done, using only their voices to pass the information back and forth, they may compare their pictures.
- Have the girls trade partners or bags of shapes and try again.



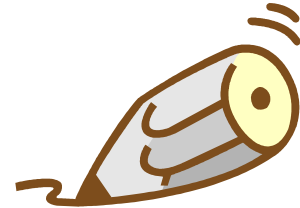
## QUIET GAMES (continued)

### Connections

Objective: To complete as many squares as you can, and prevent the other players from doing the same thing. Each square must have only one line per side.

How to Play:

- Make photocopies of the grid of dots on the following page. Use one grid per game.
- Girl Scouts take turns drawing one short line between two dots that are side by side.
- The girl who completes a square puts her initials in it and takes another turn. (If two boxes are made by one line, only one extra turn is taken.) If a girl finishes a square, she must take a turn, whether she can finish another square or not.
- When all the dots are used up, count the number of squares each girl has initialed to determine the winner. The player with the highest score subtracts the next highest score to get her final number of points.
- Always try to avoid making the third side of a square because that means the next girl can complete the square and put her initials on it.
- As the game begins, it is easy to avoid making the dreaded third side, but as the game goes on, it becomes harder.



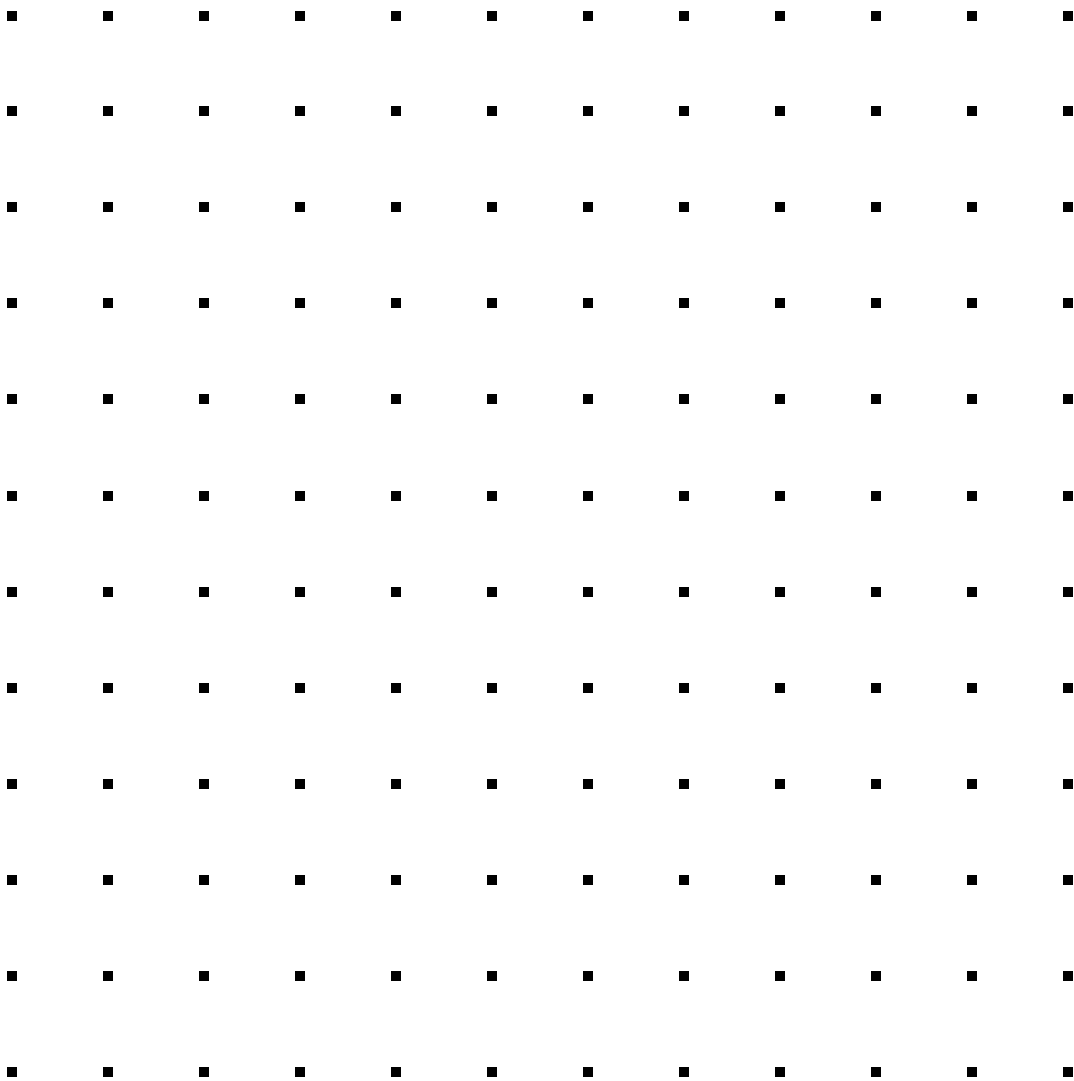
### Worms

Objective: To continue play without allowing any segment of the “worm” to touch another part of the “worm,” and to force your opponent into a position where she cannot add another segment to the “worm.”

How to Play:

- Make photocopies of the grid of dots on the following page. Use one grid per game.
- The first girl connects any pair of dots on the board with a horizontal or vertical line (no diagonals).
- The second girl draws another line that connects one end of the first girl’s line to another dot.
- Girls alternate turns, adding segments to either end of the worm. A worm never has more than two ends.
- The girl who is left without a legal move is the loser.

Photocopy this grid of dots for the games *Connections* and *Worms*.



## INTERACTIVE GAMES

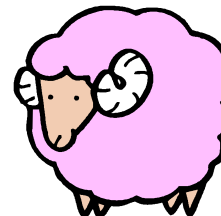
Great games for those times when girls need to burn off some energy. These games can be played indoors or out.

### **Blindman's Barnyard** (All ages)

Equipment: Blindfold

How to Play:

- Blindfold one girl, who is "It."
- The girls form a circle around her.
- "It" goes around the circle and points to someone.
- This girl must do what "It" says, e.g., "grunt, pig, grunt," "bleat, sheep, bleat," or "meow, cat, meow." If "It" recognizes the girl's voice, that girl becomes "It."



### **Pile Up** (All ages)

Equipment: Chairs

How to Play:

- Each girl sits in a chair in a circle.
- The Girl Scout leader asks questions or makes statements that can be answered yes or no, such as "you are a blonde," "you have a brother," "you are wearing a ponytail," and so on.
- Girls who answer "yes" move one seat to the right. If someone is already sitting in the chair, the girl sits on the occupant's lap.
- If a girl has others piled on her and she answers "yes", but they don't, then only she moves and the rest stay in the same seat.

**A B C**

### **Alphabet Search** (Grades 2 and up)

Equipment: Paper and pencils

How to Play:

- Form the Girl Scouts into two teams.
- Give each team paper and a pencil.
- Assign a letter of the alphabet.
- Teams have 5-8 minutes to look around and list items they see that start with that letter.
- The team with longest list wins.

## INTERACTIVE GAMES (continued)

### Tell a Tall Tale (All ages)

How to Play:

- Choose a girl to start the first line of a story or a Girl Scout leader starts it. For example, "Once upon a time, there were three pink monkeys riding in a taxi..."
- The next girl adds to the funny story, making it even more bizarre.
- Give every girl a chance to add to the story.



### Create a World (Grades 1 and up)

How to Play:

- One girl decides on a place and acts out what people do at that place (for example, at a beach).
- When a girl in the audience guesses what that place is, she does not tell anyone. She joins in the charade.
- Do not reveal the place until everyone girl joins the charade.
- Other examples: gym, shopping, carnival, camp, school, circus, library.

## MUSICAL GAMES

Music can help an active Girl Scout troop calm down, work off some energy, or just have a good time. Make music a part of your troop's meeting plan.



### **Rain Makers** (All ages)

- The Girl Scout leader explains to the troop that everyone must follow her lead if they are to make good "rain."
- The Girl Scout leader asks the girls to sit down. They are to do the motions she is doing at the same tempo.

#### **The motions are:**

1. Rubbing palms – forward / backward motion; slowly / softly; louder / faster.
2. Snapping fingers - slowly / softly; more loudly / swiftly
3. Slapping thighs - slow / softly; more loudly / swiftly
4. Snapping fingers - loudly / swiftly; slowly / softly
5. Rubbing palms - loudly / swiftly; more softly / more slowly
6. SILENCE

### **Hit Parade** (All ages)

- Divide the Girl Scout troop into two teams.
- Team A starts singing a song.
- When the Girl Scout leader raises her hand, the singing stops.
- Team B must pick up the song at that point and continue singing it.
- If Team B cannot finish it, Team A sings a different song.
- If Team B can finish the song, then they start a song for Team A.

## ACTIVE GAMES

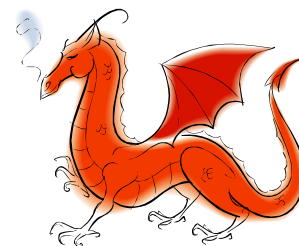
Before you begin a game, clear the play area of all dangers. During the game, watch for rough play or dangerous situations. Make safety your number one concern at play time.

### **Catch the Dragon's Tail** (All ages)

Equipment: Bandana, ribbon, or long strip of paper

How to Play:

- About 8-10 Girl Scouts line up, one behind the other.
- Each girl puts her arms around the waist of the person in front of her.
- The first girl in line is the "head" of the dragon; the bandana is the "tail."
- The last girl in line tucks a bandana in her waistband.
- At the signal, the "head" of the dragon tries to snatch the "tail."



Variation: You could have two competing dragons trying to catch each other's tails. If a dragon breaks apart, that team loses.

### **Indoor Ski Relay Race (on carpet)** (All ages)

Equipment: 4 pieces of waxed paper

How to Play:

- Divide the Girl Scout troop into two equal teams. Have the girls remove their shoes.
- The first girl on each team is a "skier." Each "skier" gets two 12" pieces of waxed paper, which she puts under her feet.
- The next two people on each team are the "ski poles." They pull their "skier" to the finish line without losing the "skis." (Obstacles can make the slalom course more difficult.)
- The "ski poles" must be careful not to make the "skier" fall. If a girl is pulled off her "skis," she must start over.
- When a team's "skier" successfully completes the ski course, the next three girls on the team take their place and "ski" around the course. The first team to get all its "skiers" around the course wins.

## ACTIVE GAMES (continued)

### Sew the Circle (All ages)

How to Play:

- Girl Scouts stand in a circle.
- One girl is the runner and one girl is “It” and can move either inside or outside the circle.
- The runner runs chases “It.”
- Whenever “It” passes between two girls in the circle, they join hands.
- This continues until the circle is sewed up or until “It” catches the runner.

### Back to Back (All ages)

How to Play:

- Girl Scouts stand in pairs, except one girl who is “It.”
- When “It” calls “back to back,” players must stand back to back with a partner.
- “It” then calls “face to face” and these partners must face each other and shake hands.
- On the next call of “back to back” girls must run to find a new partner.
- “It” tries to get a partner during the change.
- The girl left out becomes the new “It.”



### Big Wind Blows (All ages)

How to Play:

- The Girl Scout troop sits in a large circle with everyone an arm's length apart.
- One girl is chosen to be the "wind," and stands in the center of the circle.
- The game begins when the girl in the middle acts like the “wind” (by turning in a circle and waving her arms) and says, "The Big Wind blows!"
- At this point she must specifically state what the wind blows, e.g. "The Big Wind blows every girl who has blue eyes."
- All of the girls who have blue eyes, including the girl who is the “wind,” must stand up and run through the circle to a position that is now empty on the other side of the circle.
- Upon reaching this spot, the girls sit down. The last girl standing is now the wind and the game continues.
- There is no winner or loser, just a lot of fun.

## ACTIVE GAMES (continued)

### Blanket Stand (All ages)

Equipment: Blanket

How to Play:

- Spread a blanket out on the ground.
- The whole Girl Scout troop must get on the blanket so that no appendages are touching the ground beyond the blanket's edges. This will require some planning and cooperation.
- If the troop completes the first blanket stand, have them get off and fold blanket in half. Repeat the above process for as long as possible.

### Leader

How to Play:

- The girls all sit in a large circle.
- A girl is picked to be "It."
- "It" leaves the room or sits with her back to the circle.
- The Girl Scout troop then decides on a "leader" who starts a motion that all the girls copy. The motion can be anything at all.
- The leader changes the motion from time to time..
- "It" faces the circle and tries to guess who the leader is by watching when the motions change. She can guess three times.
- If "It" guesses who the leader is, the leader becomes "It."
- If "It" does not guess correctly, a new game is started by choosing a new "It."

### Mouse Trap

How to Play:

- Divide the girls into 2 groups. One group is the "trap" and the others are "mice."
- The "trap" stands in a circle holding hands in the air. One girl is designated to be leader of the "trap." The leader should not be facing the Girl Scout troop.
- The mice have to run through the trap.
- Without looking at the action, the leader yells, "MOUSE TRAP."
- The "trap" lowers their arms.
- Whoever is inside the trap at this point is caught and becomes a part of the "trap."
- The last mouse left is the winner.
- Switch roles and play again.



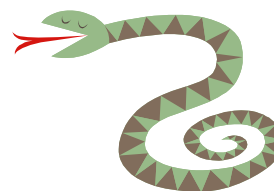
## OUTDOOR GAMES

### Rope Tag (Grades 2 and up)

Equipment: A 5-foot-long piece of rope

How to Play:

- Pick one girl or an adult to spin the rope.
- The other Girl Scouts get in a circle around her.
- The rope is spun a few inches off the ground - not too fast, not too slow.
- As the rope spins, everyone tries to jump over it.
- If a girl gets tagged by the rope, she is out.
- The last girl not tagged by the rope is the winner.



### Snake in the Grass (All ages)

How to Play:

- Mark off an area to be the playing field.
- One girl is the "snake." She has to crawl around and move like a snake.
- The "snake" tries to tag the other players, who run around trying to stay away from the "snake."
- If the "snake tags a girl, then she becomes a "snake," too. That means she has to move like a snake and try to tag the other girls!
- Snakes and runners are not allowed to go outside the playing area.
- The last runner left is the winner.

### What Time Is It, Mrs. Fox? (All ages)

How to Play:

- Pick a girl to be Mrs. Fox. All other girls line up on the starting line.
- The object of the game is to walk past Mrs. Fox without getting caught.
- Mrs. Fox stands about 20 feet away with her back turned.
- The rest of the players say, "What time is it Mrs. Fox?"
- If Mrs. Fox answers a time like, "It's five o'clock," the girls take five steps forward. If she answers, "It's one o'clock," girls take one step forward, and so on. The girls can take any size step they want.
- If Mrs. Fox says, "It's time to eat you!" she turns around and chases the other girls back to the starting line.
- If Mrs. Fox catches a girl, she becomes the next Mrs. Fox.

## INVENT A GAME

(Good for older girls)

Make up your own games. All you need are some enthusiastic girls, dice, some simple equipment, copies of the grid below (one per team), and your imagination.

Divide the Girl Scout troop into two teams. Each team rolls one dice one time for each of the six game elements and circles the results on the grid below. Then each team has 10 -15 minutes to invent a game, using the six elements they rolled. Be sure to have the props and equipment that each team will need. Now it's time to test the game and have lots of fun.

Roll #	Results of Roll: <b>1</b>	Results of Roll: <b>2</b>	Results of Roll: <b>3</b>	Results of Roll: <b>4</b>	Results of Roll: <b>5</b>	Results of Roll: <b>6</b>
<b>1</b> Game Objective	Tag	Race	Throw	Guess	Pretend	Remain Still
<b>2</b> Type of Activity	Sitting	Running	Jumping	Crawling	Pantomime	Passing an Object
<b>3</b> Organization of Group	Circles	Safe Zones	Start & Finish Lines	Rows or Lines of Players	Scattered	Huddled
<b>4</b> Props or Equipment	None	Flags or Handkerchiefs	Balls	A Long Rope	Frisbees or Paper Plates	Balloons
<b>5</b> Roles	Two Teams	Three or More Teams	Partners or Pairs	Whole Group	An "It"	Individuals
<b>6</b> Themes	Fantasy	Animals	Outer Space	TV or Movies	Monsters	Chants
Or invent your own themes:						