



Fun & Games
with
**The Girls' Brigade
International**



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Introduction

Welcome

The Girls' Brigade International wants to equip GB members to transform the lives of girls and young women across the world. Whilst the expression of this varies in light of the different contexts we work with, the desire to create a fun and engaging programme is universal. One way many achieve this is through games. Created by a team of GB leaders from around the world following a workshop at ICGB 2022, this resource aims to provide inspiration for new activities to try.

Who is the resource for?

We hope this resource can be used by all members of our Girls' Brigade International family. The games included are designed for a variety of different ages and use equipment we hope is available to most. Please feel free to adapt the content as needed to be suitable for the girls and young women you work with.

How is the resource structured?

The resource features a variety of games (listed in alphabetical order) which can be used in isolation.

Each game contains the following elements:

- Works well for: recommended age range.
- Works well with: recommended group size.
- Needs: equipment required to play the game.
- How to play: instructions for the game.



Top tips for teaching games

Games come in all different shapes and sizes such as chase games, ball games and racquet games. Here are some top tips for teaching a new game to your group:

1. Consider the space you are playing in.
 - Is it big enough for the game and number of young people? Are there any hazards which need to be considered? Can they be removed, or do you need to create extra rules to ensure safety?
2. Consider the young people you work with.
 - How old are they? What skills do they have?
 - Do you have young people with additional needs? Are they able to play the game as it currently is, or do you need to make any special amendments?
 - Do they need to wear anything in particular to play the game such as suitable footwear?
3. Consider the equipment required.
 - Do you have what you need, or do you need to make any substitutions?
 - Be prepared and get equipment ready before the session starts to avoid the young people waiting around.
4. Consider the rules.
 - Be confident of the rules and instructions for playing the game so you can explain them clearly. Tailor the language you use to the group you are working with.
 - Have a signal that means stop if the game gets out of control or someone has hurt themselves.
5. Consider allowing a practice run.
 - Practice runs ensure that everyone understands and can ask questions however remember you are there to have fun and it doesn't matter if mistakes are made.
6. Consider elimination games.
 - Elimination games may not be for those who are out first. Is there a way of that participant staying in but have a sign that they have lost a life?

Finally, be enthusiastic – if you don't sound like you are enjoying it, the girls will not want to join in.



Games

Ama Close the Door

Works well for: All ages

Works well with: At least five

Needs: Nothing

How to play:

1. The girls stand in a circle and three players who are next to each other are selected to start the game.
2. The middle girl crouches down and as she does so, the other two clap their hands over her head.
3. The girl on the right hand of the triplet then crouches down and the participants on either side of her clap over her head.
4. This continues until someone makes a mistake. The girls who made the mistake is out/ loses a life.

Catch the Spot

Works well for: All ages

Works well with: At least five

Needs: Something to mark a place for each girl, minus one

How to play:

1. The place markers are arranged in a circle.
2. One girl stands in the middle of the circle whilst the others stand on a marker.
3. When the leader says go, the girls move around the circle in a clockwise direction one space at a time.
4. As the girls move, the girl in the middle tries to get to an unoccupied marker before it is filled. If she is successful, the girl without somewhere to stand now enters the middle.



Countdown

Works well for: All ages

Works well with: Any number

Needs: Something to catch

How to play:

1. The girls stand in a circle.
2. The object is thrown randomly around the circle until it is dropped.
3. Once the object is dropped, the girls begin to countdown from 10 to 0.
4. Whilst the countdown continues, the girl who dropped the object runs to pick it up and continue passing it around the circle.
5. When the countdown reaches zero, the girl who had the object is out/loses a life.



Fetch Me

Works well for: All ages

Works well with: Larger group

Needs: A list of items close to hand

How to play:

1. The girls stand in one area of the playing space close to the leader.
2. The leader calls out an object which is close by, for example: bibles, pens, something beginning with the letter “b”.
3. On hearing the object, the girls run to find the item and return it to the leader.
4. The winner is the girl who returns the item first. The game continues for as many objects as desired.



Foxes & Squirrels

Works well for: Younger girls

Works well with: At least five

Needs: Two balls of different sizes

How to play:

1. The girls stand in a circle.
2. A small ball known as “the squirrel” is passed around the circle in one direction.
3. After a few seconds, a larger ball known as “the fox” is introduced and passed around the circle in the same direction with the aim of catching the squirrel.
4. The game continues until either the squirrel is caught or a designated time is reached.



King of the Kings

Works well for: All ages

Works well with: Larger groups

Needs: Nothing

How to play:

1. With someone close by, the girls play “rock, paper, scissors”.
2. The loser of the game stands behind the winner with their hands on her shoulders.
3. The winner of the first game plays a second match of “rock, paper, scissors” with another previous winner.
4. The loser of that match joins the back of the line behind the winner.
5. This continues with increasing length of lines until there are only two girls left to battle. The winner of that match is then the king of “rock, paper, scissors”.

Actions:

- Rock: the girls make a fist
- Paper: the girls make a flat hand.
- Scissors: the girls make a “V” shape with their index and middle finger facing forwards.

Rock beats scissors, scissors beats paper, paper beats rock.



Ladders

Works well for: Older girls

Works well with: An even number. If you have an odd number, one girl can take the role of the leader.

Needs: Nothing

How to play:

1. The girls sit in pairs facing each other with their legs outstretched in front of them feet almost touching.
2. Each pair is given a number or a name around a theme, for example: fruits, or animals.
3. The name of one pair is called out. The girls in that pair run along a designated route including over the legs of the other pairs, down the ladder, to return to their places. The girl who returns first wins and gets a point for their team.



Land, Sea, Air

Works well for: All ages

Works well with: Larger groups

Needs: Nothing

How to play:

1. An area of the playing space is designated as land, an area as sea, and an area as air.
2. At the start of the game, the girls stand in one of the three areas.
3. As the leader calls out the name of one of the other areas, the girls run to that location.
4. The different areas are called out in a varied order and speed so that the girls have to be quick and not get confused. The girls who get to that area last or go to the wrong area are out/lose a life.



Leader of the Orchestra

Works well for: All ages

Works well with: Larger groups

Needs: Nothing

How to play:

1. The girls stand in a circle.
 2. One girl leaves the circle and stands with their back to the circle.
 3. Another girl is chosen to become the “leader of the orchestra”.
 4. The “leader of the orchestra” in silence pretends to play a musical instrument with the remaining girls copying her.
 5. After a short while, the “leader of the orchestra” changes their action with the others following.
 6. As the actions continue to change, the girl who had left the circle rejoins and tries to guess who the leader is.
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Snatch the Bacon

Works well for: All ages

Works well with: An even number

Needs: A number of different safe objects

How to play:

1. The girls are divided into two teams and each girl is given a number (same numbers in each team).
2. At the start of the game, the two teams stand in lines facing each other about 5 metres apart with the gathered objects in the middle.
3. The leader calls out a random number and an object.
4. The girls with that number run to try and grab the object and return with it back to their position in their team.
5. Once returned, the leader calls out a second number and object. The game continues until all objects are collected with the team with the most objects winning.



The Fellowships are Coming

Works well for: All ages

Works well with: Any number

Needs: Nothing

How to play:

1. An area of playing space is allocated to each of the five Fellowships (Africa, Asia, Caribbean and the Americas, Europe, Pacific).
2. Each girl is then allocated one of the Fellowships.
3. The leader calls out one of the commands listed below.
4. As a command is called out, the girls perform the associated action. The last girl to do the action or those who do the wrong action do a simple forfeit, such as star jumps.
5. The game continues with the commands called out in a random order for a designated time.

Commands:

- The Fellowships are coming: the girls run to their specific Fellowship area.
- Africa/Asia/Caribbean and Americas/Europe/Pacific: the girls run to the Fellowship area called.
- International President is coming: the girls stand in a straight line and salute.
- International President has gone: the girls stand in a straight line and wave goodbye.
- Say the Motto: the girls shout out the Girls' Brigade Motto.
- Attention: the girls stand at attention in front of caller
- Stand at ease: the girl stand at ease in front of caller



Under and Over

Works well for: All ages

Works well with: Larger groups

Needs: A ball for each team

How to play:

1. The girls are divided into teams and stand in lines one behind each other with the girl at the start of each line given a ball.
2. The ball is passed down the line alternately going through the legs of one girl followed by over the head of the next.
3. Once they have received the ball, the girl at the end of the line runs to the front.
4. The ball is again passed down the line alternately going through the legs of one girl followed by over the head of the next.
5. The game continues until the original leader returns to the start of the line. The first team to complete the circle wins the game.

We'd love to see some photos of you using our Fun and Games resource. You can share them with us by emailing home@gbworldwide.org or tag us on Facebook!

Facebook: @GirlsBrigadeInternational

Website: www.gbworldwide.org

