

No More Inhibitions

Educational Objective: The students will demonstrate their ability to shake off inhibitions by playing several silly games.

Materials Needed: None.

Hook: Play “Mingle.” Have all the students stand anywhere in the space. Stand on a chair. Instruct them to walk around the room and talk to everyone but they can only say “mingle.” Call out a number. They must get into groups of that number. Anyone not in a group is out. Call out “mingle” again. Play until there are two players left. These are the winners. Give them a candy.

Step 1: Play “The Pointing Name Game.”

Level 1 - Everyone sits in a chair in a circle. One person starts by saying his own name and pointing at someone else in the circle. The person pointed to then points at someone else, again saying their own name. Repeat this pattern until everyone has had a chance to hear everyone else’s name several times.

Level 2 – Now do the same thing but they have to say the name of the person they point at. Go until everyone has pointed several times.

Level 3 – Now do the same thing as level 2 but instead of pointing at someone they must walk toward them to take their place. The person they call must call on someone else and vacate their chair before the other person gets to them.

Step 2: Play “One to Twenty.” Put them into groups of about 8. Sit in a circle. The object is for the group to count to twenty. If more than one person says a number at the same time, the group must start over. No strategy may be used. It must be random. Unless they come up with a system while they are playing – without explaining it – it just happens. That’s okay. But then make them do it again with their eyes closed.

Step 3: Play “Scream Circle.” Stand in a circle. Everyone puts their heads down. Someone counts to three. On three everyone looks up and directly at someone. If the person they are looking at is looking back at them they both scream. Then they do it again. Keep playing until no one screams. This is the goal – to have no one scream. Then play it where anyone who screams is out and the circle gets smaller and smaller each time until there are two people left. They are the winners.