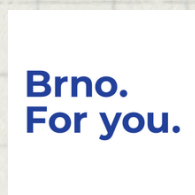
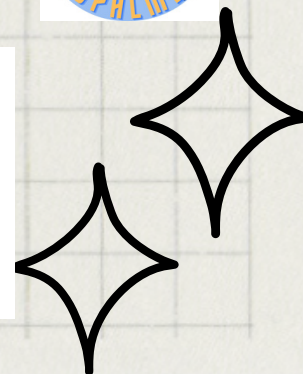


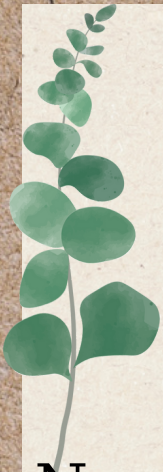
# GAME-BASED OUTDOOR ACTIVITIES FOR YOU(TH)



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Name of the game: **Zombie Catch**

Materials: piece of cloth (to cover the eyes)

Rules: We cover one person's eyes and for the start the blinded person has a guide. The game is situated in a smaller place so the zombies have a chance to catch someone. Once he catches another person, he becomes a zombie as well. The last one to be caught wins the game.

Season: all seasons

Time: whenever

Number of players: 15

Recommendations: wear something plushy so you do not get hurt







Name of the game: **TIC** (teamwork, inclusion and cooperation)

Materials: a scarf to blindfold and sheets of paper

Rules: This is a team game played by 2 groups of minimum 5 people each. Some of them have some handicaps. According to the number of the people in the group, you can change the number of the people who have handicaps. The goal of the game is to reach the end of the parkour without stepping on the ground and using only sheets of paper that you have. If you step on the ground accidentally, you have to go back to the start.

Examples of handicaps: 1 person can't see, 1 person can't walk, 1 person can't speak and so on.

Number of players: at least 10, divided into 2 teams

Materials needed: blindfold and sheets of paper

Location: outside in the field

Season: Spring

Time: No time limit

Recommendations: be patient and cooperate (because it's a teamwork)







Name of the game: **Sharks and shark hunters**

Material: piece of cloth

Rules: One of the players is a shark hunter and the rest are sharks. They face each other about 70 m apart and start running towards each other. The shark hunter has to pull out the piece of cloth that every shark has attached to their trousers/shorts. Once they do that, the shark becomes a shark hunter as well. The shark hunters hold hands, the players face each other again and run again. The game continues until there is only one shark left.

Number of players: unlimited

Location: outside, a big field

Season: any season

Recommendations: wear something sporty and comfy







Name of the game: **Ice cream ball**

Materials: handball, plastic cones.

Description: players stand in a circle and each person holds a cone in their hand. Players pass the ball to each other and they have to catch it with the cone.

Rules:

- you cannot touch the ball with the hands
- if you drop the ball, you are out of the game
- use the non-dominant hand
- the distance must be at least 4 steps
- you cannot pass the ball to the person who passed it to you, you have to switch players

Number of players: maximum 8 players

Location: outside/inside

Season: any season







Name of the game: **The witch and the vampire**

Description:

- one team is Witches and the other one is Vampires
- the main activity of the game is running
- the team consists of:

■ one main vampire or one main witch

They can freeze the opponents

■ a healer

-is the person who can unfreeze the teammates, but can't touch 2 people at the same time

- needs to charge his power in his "house" (a corner chosen by everyone)

- both teams have a healer

■ Participants are Witches and Vampires.

They run from the main characters

(vampires are running from the main witch and the witches are running from the main vampire)

Number of players: from 6 to 50 players

Materials: something to make the difference between teams

Location: open space (or in a big room)

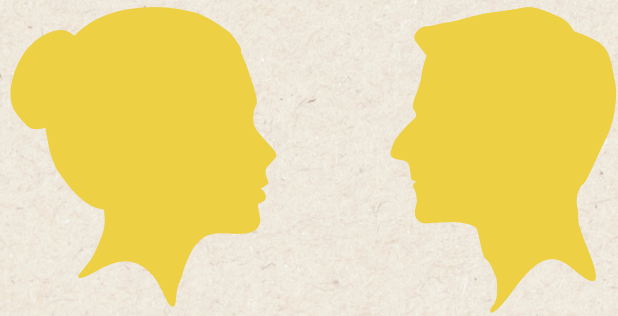
Season: any

Time: 1 round is 10 minutes (you can play it as long as you want)

Recommendation:

When you decide who are vampires and who are witches you can use any method (for example rock scissors paper)





Name of the game: **Side by side**

Material: ball

The game is played by two teams. The first team is divided into two groups and each group goes on the right and left side of the second team.

The team in the sides starts shooting a ball to the team in the middle. If the person from the middle team is hit, he/she leaves.

When there is a last person in the middle team, the side team has 10 attempts to hit him/her. If he/she is hit, the side team wins, otherwise the middle team wins.







Name of the game: **Catch me if you can**

Materials: players, speaker to play music, cones (or something that delimits the space to play)

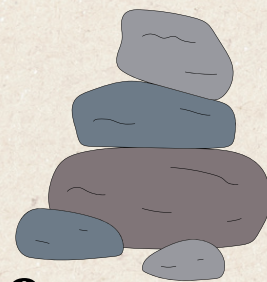
Description and rules:

- players are divided into 2 teams
  - zombies and humans
- when there is a music, zombies are just wandering around
- when the music stops, the zombies try to catch the people
- all touched humans become zombies
- the last human wins the game

Instructions: space needs to be delimited, someone has the control over the music.







Name of the game: **The Castle**

Number of players: even number of players

Materials: a ball, stones

Location: outside

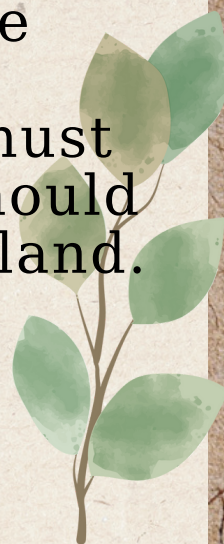
Season: spring, summer, autumn

Time: 5-10 minutes

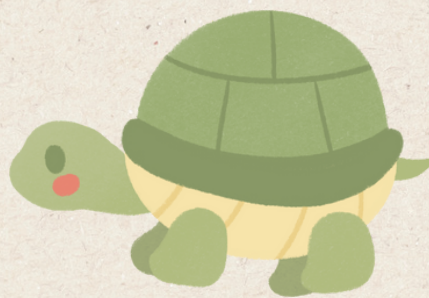
Description:

2 equal teams. The first group throws a ball to hit a number of stones (called *the castle*) equal to the number of participants in one group. When the first group knock down the castle, they must run and try to put the stones back on top of each other while the second group tries to catch them. If they manage to rebuild the castle, they win a point, but if the second group catches them, they win a point and switch places with the first group.

Recommendations: the location must be well delimited, participants should be careful while playing on hard land.







Name of the game: **Animals' bandiera**

Description: players standing in two rows, each person in the row has a number assigned from 1 to 9.(2 groups)

In the centre one leader with a "bandiera" will have to say an animal name and then the number of a person who will have to imitate it until he returns to the row, the first that will keep the bandiera and come back to their row will win one point.

Rules: you cannot win the point if:

- you take the "bandiera" and your opponent touches you before you are back to your row
- you touch the opponent without a "bandiera"
- you do not act like the animal all the time (until you touch the line)
- the player misunderstood the number
- the animals that the leader can call are: turtle, frog, crab, dog, horse, chicken.







Name of the game: **The Shoe launch**

Location: inside or outside

Season: any

Materials: shoes, people, whistle

Rules:

- 10 people play against 10 people
- each player has to launch his own shoe after a minimum line distance
- after that all the team hops together arm in arm until the minimum line (after that you can recover your shoe alone), recover your shoe, wear it as fast as you can and run back to the starting point (alone this time)
- the first team that recovers all shoes and return to the start point wins the game

Score: the first one that has three victories wins the game.



## Participants:

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