

ENCOUNTER GAMES - Continued

Games:

1. The Lap Game

- Rules:
- 1) Each team must stand in a circle
 - 2) Each team member should turn to the right, still maintaining the shape of the circle
 - 3) Next, each team member sits down on the lap of the person behind him/her
 - 4) They should attempt to hold this position for two minutes without falling

2. The Knot Game

- Rules:
- 1) All team members should stand in a circle, shoulder-to-shoulder
 - 2) Each team member should place both hands in the center of the circle
 - 3) Next, each person should grab two free hands, preferably not from the same person
 - 4) The last step is for the team to try to untangle the human knot without letting go of the hands
 - 5) After a few minutes of unsuccessful untangling, the advisor should call an end and move on to the next game

3. Stand Up

- Rules:
- 1) Each team member should pair up with another team member
 - 2) Each couple should sit on the ground, back to back, with knees bent in the air
 - 3) Next, each couple should link their elbows together
 - 4) The final step is one of trying to stand up without unlocking elbows

4. Circle Trust

- Rules:
- 1) For this game there must be an even number of people
 - 2) All the team members stand in a circle facing center
 - 3) Next, going around the circle, one person says "in", the next person says "out", and so on and so forth
 - 4) When finished, everyone should hold hands. All the "ins" lean in toward the center and all the "outs" lean out; away from the center
 - 5) This position should be maintained for two minutes

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5. People Pyramids

Rules: 1) Each level of the pyramid should consist of one less person on each level

e.g., Four on the bottom, 3 in the middle, 2 next, 1 on top

diagram:

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  X
 XX
XXX
XXXX
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2) Note that the heaviest individuals should be on the bottom and the lightest ones on top

Note: These five encounter games are adapted from:

New Games, edited by Andre Fluegelman.
California: The Headlands Press, Inc., 1976

More New Games, edited by Andrew Fluegelman.
California: The Headlands Press, Inc., 1981