



Team Games

1. Making Shapes

Divide the children into small groups and make sure each group has space. Give them a letter of the alphabet and they have to make the letter using their bodies. They might make the letter in 2D by lying on the floor in different shapes or they might make it more '3D'. You can also give them numbers, shapes or animals to make too.

You could try bringing all the groups together and giving them a letter or number to make as a class.

2. Hoola Hoop Pass

Equipment: Hoola hoops

Divide the class into groups of about 6. Each group stands in a circle holding hands. Ask one child from each group to break hands. Place a hoola hoop over their arm and ask them to link hands with the circle again. The challenge is to pass the hoola hoop around the circle without breaking hands. This means everyone in the group to pass through the hoola hoop. How quickly can they pass the hoola hoop around the circle?

There are lots of videos of this game online if you search '[pass the hoola hoop](#)'

3. Helium Stick

Equipment: 5 or 6 long narrow sticks e.g. metre rules, counting sticks, bamboo canes.

The children need to be in groups of about 6. Ask them to stand in two lines of 3 facing each other. Each of them needs to hold their arms out in front of them and point their index fingers. Place the stick so that it is resting on their fingers. Make sure the stick is horizontal and in contact with everyone's fingers. The challenge is to lower the stick to the ground without anyone losing contact with it. If anyone's fingers stop touching the stick they have to start again. Fingers must remain straight and underneath the stick, there is no hooking the stick and they are not allowed to touch the stick with anything but their fingers.

There are lots of videos of this activity online if you search for '[helium stick](#)'.

(If you don't have sticks you can also do this activity with hoola hoops.)



4. Forehead Dots

Equipment: coloured dot stickers

This is an activity for older children.

Get everyone to stand in a line. Stick a coloured sticker on each child's forehead. Children are not allowed to turn around or talk whilst you are doing this. Their challenge is to sort themselves into groups with the same colour sticker on their forehead. They are not allowed to talk while they do this. *(They might first try to find out what colour their own dot is and then find others with the same colour.)* This activity encourages non-verbal communication and working together.

5. Walk Through Paper

Equipment: A4 paper, pencils, rulers, scissors, copies of 'How to walk through paper' instructions (*See below*).

This activity is suitable for KS2. It's a good one to use if you don't have too much space.

Children work in small groups of about 4-6. Give each group some A4 paper, pencils, a ruler and scissors. Tell them that there is a way to walk through the piece of paper. Can they work out how to do it? Give them a little bit of time to talk and experiment. After about 5 minutes, give them the instructions below. Can they work together to follow the instructions and make the piece of paper into a loop they can walk through? Encourage children to try again if they make mistakes and to keep communicating as a group.

If one group finishes early, ask them if they can work out how to make an even bigger loop *(they could do this by cutting thinner slices)*.

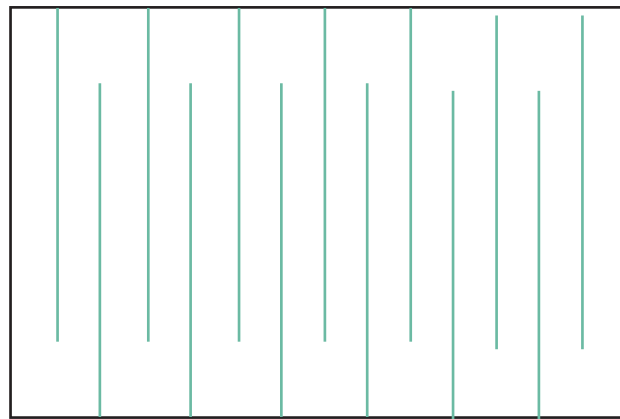
Videos of this activity can be found online if you search '[walk through paper trick](#)'



How To Walk Through Paper!

Step 1: Fold your piece of paper length ways.

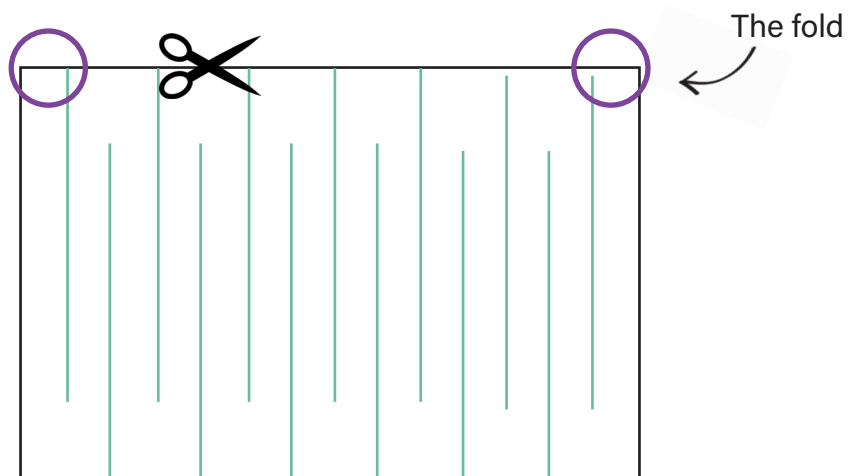
Step 2: Draw vertical lines on your folded piece of paper leaving spaces at the top and bottom alternatively.



(Allow about 2cm between each line.)

Step 3: Keeping the piece of paper folded over, carefully cut along each line. *(Because the paper is folded you will be cutting through both sides at the same time.)* Remember to leave the spaces at the top and bottom.

Step 4: Leave the first and last sections *(the bits that are circled)*. Cut along the fold of the other sections.



Step 5: Unfold your piece of paper and walk through it!