

Welcome to Squirrels in East Norfolk

SQUIRREL GAMES

Games are an important part of Squirrel meetings.

They help young people “let off steam” and it is good to theme the game to link in with the things you are going to do during your meeting, if you can.

Safety alerts

Supervise young people appropriately when playing games.

If Young Leaders are running the game, at least one adult volunteer must also be present to supervise.

Make sure of a clear playing area indoors or outdoors and remove any items likely to cause trips or injury and refer to the generic risk assessment for indoor and outdoor games.

Equipment

Make sure you have all the equipment to hand for the game.

Ensure all the equipment is in good condition and suitable for the age group.

Before you begin

Make sure that everyone knows the rules of the game and how you will start or stop the play i.e. whistle.

Stop the game

If the players start to lose interest, if the players are not following the rules or the game becomes unsafe.

A-Z of GAMES FOR SQUIRRELS

This list will be added to, so please check for new games regularly.

BEANS

Type of game: a “follow me” game.

Equipment needed: none.

How to play:

Players spread out so that they each have space around them, the leader calls out the “type of bean” and the players act out the following moves along with the leader:

STRING BEANS – Stretch up as high as you can.

BROAD BEANS – Make yourself as wide as you can.

RUNNER BEANS – Running on the spot.

BAKED BEANS – Curl up on the floor.

BEANS ON TOAST – Lie on backs on the floor.

CHILLI BEANS – Shiver as though you are cold.

JELLYBEANS – Wobble whole body like jelly.

Repeat but change the order of the “beans”.

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).



CAPTAIN'S COMING

Type of game: an energetic elimination game.

Equipment needed: none.

How to play:

A leader is the Captain and will call out the commands, and everyone else should stand in the centre of the space, ready to respond to the commands with the appropriate actions.

Everyone should practice the Captain's commands at the start of the game:

STREN – Run to the back of the space.

BOW – Run to the front of the space.

PORT – Run to the left of the space.

STARBOARD – Run to the right of the space.

HIT THE DECK – Lie down on your stomach.

CLIMB THE RIGGING – Pretend to climb rigging.

SCRUB THE DECK – Kneel down and pretend to scrub the floor.

CANNON BALLS – Crouch on floor with hands over head.

DIG FOR TREASURE – Mime digging a hole.

SEAGULLS ABOUT – Flap your arms like a bird.

CAPTAIN'S COMING – Stand completely still and salute.

When all players are confident with the game, you could add two additional commands, which then makes it an elimination game:

LIFEBOATS (2, 3 or 4) – Players must get into a group of that number as quickly as possible.

For example, for the command 'Lifeboats three!', players must get into groups of three.

Anyone without a group or with a lower number in their group is out.

SHARKS SPOTTED – Everyone to run to a designated safe area, the last player to reach safety is out.

CIRCLE TAG

Type of game: an energetic game.

Equipment needed: cones (optional to mark spaces for people in the circle).

How to play:

Everyone should stand in a circle, with one person chosen to be "IT".

IT should jog around the outside of the circle and hover their hand over people's heads.

As they pass each person, IT should gently tap them on the head and say either "NO" or "TAG".

When the person says "NO", nothing happens, and IT should carry on going around and tapping people.

When IT says "TAG", the person who was tapped on the head is going to race them.

Both players race in opposite directions around the outside of the circle, trying to get back to the chosen person's empty space first (IT continues in the same direction and the tagged player the opposite direction).

The player who gets to the empty space last will then be IT and the game continues.

FIRE BALLS

Type of game: energetic team game.

Equipment needed: 4 large balls and 8 small balls, cones or chalk to divide the room.

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).

How to play:

Divide the room into two halves and divide the players into two teams.

Each team takes one half of the playing space.

Place the four large balls across the centre of the room, along the divide, these are the FIRE BALLS.

Place four small balls in each half of the room, these are the throwing balls.

Players stay in their own half of the room and use any throwing balls in there are to try to stop the FIRE BALLS entering their space.

The game is over after 3 minutes or when all the FIRE BALLS are in one half of the room.

FRUIT SALAD (Super Chef)

Type of game: a teamwork game.

Equipment needed: cones to mark where players are sitting).

How to play:

Ask everyone to sit in a circle, making sure that there is enough space for people to run around the outside of the circle.

Choose four different types of fruit, walk around the circle, tap people on the shoulder, and give them a fruit name and give the fruit names out in order, so every fourth person will be the same fruit.

Check that everyone knows what fruit they are by asking each fruit to put their hands up in turn.

The leader calls out the name of one of the fruits. Anyone with that fruit name should get up, run around the edge of the circle, and sit down in a different place to where they were before.

Keep running practice rounds until everyone understands the rules and is ready to play.

Keep calling out fruits, and everyone should keep getting up and running around the edge when their fruit name is called, before sitting down in a different place.

If "FRUIT SALAD" is called, everyone should stand up, run around the edge, and sit in a different space.

KEEPIE-UPPIE (Be Active)

Type of game: a teamwork game.

Equipment needed: balloons (one balloon for each player).

How to play:

Players spread out around the playing space and work as a team to keep the balloons on the air.

Start the game with only one or two balloons in the air and then gradually add more balloons to the game.

If a balloon hits the ground, the game is re-started.

RIVER AND BANK (Brilliant Builder)

Type of game: an energetic elimination game.

Equipment needed: rope, chalk or tape to mark a line on the floor.

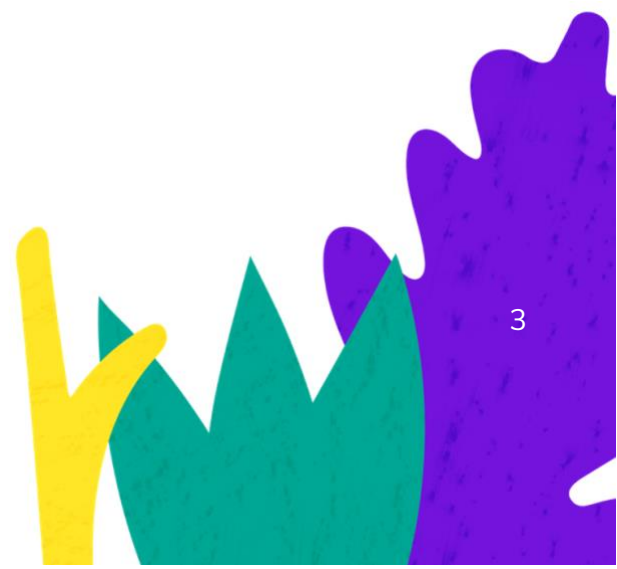
How to play:

Everyone should stand behind the line marked on the floor.

When the leader calls "RIVER" everyone should jump and land with both feet over the line.

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).



When the leader calls “BANK” everyone should jump back to the other side of the line where they started.

Play a few rounds like this, and then the leader explains that when “BRIDGE” is called everyone should jump and land with one foot is on either side of the line.

If anyone makes a mistake and jumps the wrong way, they are out of the game and should start help to spot people making mistakes. Try calling ‘river’ or ‘bank’ twice in a row to catch people out.

Everyone should play until there's one or two players left.

SHARK INFESTED CUSTARD

Type of game: an energetic team game.

Equipment needed: hoops (three per team).

How to play:

Divide the payers into teams of four or five players and give each team three hoops.

Players must cross from one side of the room to the other by placing hoops onto the floor and moving between the hoops (adults might have to help the players work out how to do it).

If any member of the team steps outside of the hoops, they enter “SHARK INFESTED CUSTARD” and the team has to start the journey again.

SHARKY, SHARKY

Type of game: an energetic game.

Equipment needed: none (but a shark hat is fun).

How to play:

Choose someone to be the shark and they should stand in the middle of the space.

Everyone else are the fishes and must line up at the one end of the space.

The fishes should shout “SHARKY, SHARKY, YOU CAN'T CATCH ME”.

The shark shouts back “ONLY IF...” and decides who to call forward.

For example, it could be ‘Only if you are wearing red’ or “Only if you are wearing a hat”.

The shark needs to try to tag as many people as possible.

The fishes that the statement applies to must try to run to the opposite end of the space, past the shark.

If the shark tags (catches) a fish, that player needs to stop and stand still. The caught fish become seaweed. As seaweed, they can't move their feet. However, they can reach out with their arms and attempt to try to catch other fishes in the group when they run past.

The game continues in the same way with anyone the shark or seaweed catch becoming seaweed.

The last person to be caught becomes the shark in the next game.

SPORTS DAY (Be Active)

Type of game: team and individual games.

Equipment needed: ropes to make start and finish lines, whistle, toy eggs, dessert spoons, spare neckers, hoops, bean bags, cones, footballs, frisbees, pool noodles, pen and paper (for scoring).

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).

How to play:

Divide the players into two teams, each player takes part in one or more race.

Set up the start and finish lines before play starts and use the whistle to start the races:

EGG AND SPOON RACE – players line up with a toy egg balanced on a dessert spoon and run a race whilst balancing the eggs on the spoons. If players drop an egg, they must start the race again.

THREE-LEGGED RACE – two players have one of their legs tied together with a spare necker. The race is run against other three-legged teams.

BEAN BAG TOSS – set out a target area using hoops and players take turns to throw three bean bags and try to score a hit in the target hoop.

FOOTBALL DRIBBLE – set out the cones in two lines of 12 cones, with a metre space between each cone. Players race against each other to complete the course, dribbling their football between the cones.

FRISBEE THROW – set out a target area using hoops and players take turns to throw frisbees and try to score a hit in the target hoop.

POOL NOODLE JAVELIN – set out a target area using hoops and players take turns to throw the pool noodles and try to score a hit in the target hoop.

Each race scores one point for the winner and the winning team is the one with the highest score after a set number of races.

SQUIRREL'S COMING

Type of game: an energetic elimination game.

Equipment needed: pictures of four trees (Oak, Elm, Birch and Maple) to be placed in the four corners of the room or playing space if outside.

How to play:

A leader is the Chief Squirrel and will call out the commands. Everyone else should stand in the centre of the space, ready to respond to the commands with the appropriate actions.

Everyone should practice the Chief Squirrels commands at the start of the game:

SQUIRRELS SCURRY – move around pretending to be a squirrel.

BURY AN ACORN – kneel and pretend to bury some acorns.

BUILD A DREY – move around and pretend to pick up sticks to build a drey.

HIBERNATE – curl up on the floor and pretend to be asleep.

CLIMB A TREE – pretend to climb a tree.

SHAKE YOUR TAIL – pretend to shake your tail.

CATCH A LEAF – move around and pretend to catch falling leaves.

DOGS ABOUT – move to any tree of your choice.

OAK or ELM or BIRCH or MAPLE – move to the named corner of the room.

Play the game and when OAK or ELM or BIRCH or MAPLE is called.

The last player to reach the named tree is out for the next three commands and can then rejoin the game.

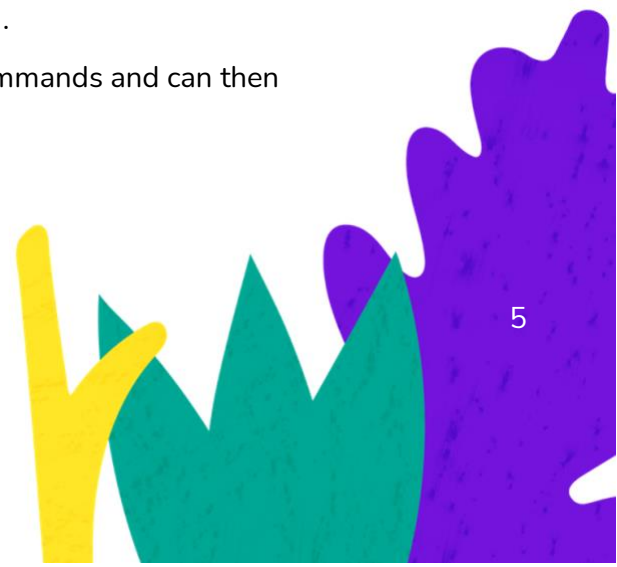
TRAFFIC LIGHTS

Type of game: a “follow me” game.

Equipment needed: none (or three chairs option).

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).



How to play:

Players spread out so that they each have space around them, the leader calls out the instruction and the players act out the following moves:

RED – Stand still, arms up straight above head & feet together.

YELLOW – Curl up into a ball shape.

GREEN – Jog around in a circle, all going in the same direction or jog on the spot if preferred.

If you want to have the last young person to react on each turn to be out of the game, then another option is to have a three-chair system with them sitting out but all players returning to play when the three chairs full.

This will mean that there will be no overall winner or loser.

WHAT IS THE TIME MR WOLF

Type of game: an energetic game.

Equipment needed: cone (but a wolf-looking hat is fun).

How to play:

Choose someone to be the wolf. The wolf should stand at a marker, such as a cone at one end of the space. Everyone else should line up and wait at the opposite end of the space to the wolf.

The aim of the game is to avoid being caught by the wolf.

The wolf should turn around, so they have their back to the other players and can't see them.

Together, when everyone is ready, the players should call out "WHAT IS THE TIME MR WOLF?"

The wolf then states anytime time, such as "IT IS THREE O'CLOCK".

The players would then take that number of steps towards the wolf. For example, three steps.

Everyone should keep repeating the question and moving forward the number steps of the time.

Eventually, in response to the question, the wolf should say, "IT'S DINNER TIME"

When the wolf says this, the wolf will start to chase everyone.

Players need to get quickly back to the start before the wolf can catch one of them.

If the wolf catches one of the players, then that player becomes the wolf and the game starts again.

More games will be added.

Please send in your favourite games, so we can share with other Squirrel Teams.

For more ideas

The Scout's website has some great ideas for games, search the Scout Association's [Activity Finder](#).