

## UPFRONT GAMES

These games are best for selecting participants, and not as “all in games” during sessions. They are a great way to promote engagement and get people relaxed at the beginning of a session.

## BUBBLE GUM SCULPTURES

### Prep Time:

2mins

### Play Time:

5-7mins

### Materials Needed:

- A pack of bubble gum per team
- Wipes!

### Instructions:

Have players come forward with a friend, or get them to choose a leader.

Players must chew and create a bubble gum sculpture in the hands of their friend or leader. Added points if the friend chews and contributes bubble gum!



## SLEEPING BAG WORM RACE

### Prep Time:

5mins

### Play Time:

10mins

### Materials Needed:

- A sleeping bag per team.

### Instructions:

Each player needs to get into their sleeping bag head first. They then need to use a worm type motion to make their way to the end of the playing field. Warning, sleeping bags can get damaged!

# WKND YOUTH GAMPS

## BANANA STAB

### Prep Time:

3mins

### Play Time:

5mins per round.

### Materials Needed:

- Bananas.
- Blind folds.
- Rope, 1m-3m in length.

### Instructions:

Two volunteers hold one end of the rope in one hand, and a peeled banana in the other. Whilst blindfolded, they attempt to poke the banana into the other persons face.

## CHEESE FACE

### Prep Time:

3mins

### Play Time:

5mins per round.

### Materials Needed:

- Shaving cream.
- Cheese balls.
- Garbage bags.

### Instructions:

Volunteers are grouped in pairs with one being the “catcher” and the other the “thrower”. The catcher sits on a chair and a garbage bag (with a head hole cut out) is placed over their body. Their face is then covered in shaving cream.

The thrower stands 2m away and has 1 minute to throw as many cheese balls as possible at their team mate, one at a time.

The team with the most cheese balls suck on the persons face is the winner.

