

TOOLS , 2021

Games - energizers & icebreakers



Games - energizers & icebreakers
Tools for co-creation with children, 2021

Published by: CoC Playful Minds

www.cocplayfulminds.org

CoC
Playful
Minds

Here are **25** games.

In co-creation, trust and relations are very important ingredients in ensuring that the participants will dare take initiative and contribute with their own perspectives. Here, games can be a good approach.

Enjoy!



Table of contents

PREFACE

INTRODUCTION

GAMES THAT STRENGTHEN RELATIONSHIPS

My Shoes

Name drop

True or False

Good Morning

Numskull Jack

GAMES TO FOCUS ATTENTION

Co-21

Bang Bang

Zip Zap Zup

Portrait

Find the Partner

GAMES TO STRENGTHEN COMMUNITY

Co-Jump

Rock-Paper-Scissors in Teams

Tick-Tack-Toe in Teams

Shrinking

The Knot

GAMES TO GIVE NEW ENERGY

1-2-3

High Five

Development

Stand Up

Ding Dang Dong

GAMES THAT KICKSTART CREATIVITY

Gifts

Picture story

Copy

Old Wives' Tale

Linked opposites

LITTERATURE

Preface

At CoC Playful Minds, we are inspired by children and focused on a co-creative and playful approach. We acknowledge children as experts in their own lives and view their perspectives as legitimate knowledge with the same validity and the same necessity. Our definition of co-creation with children is as follows:

"Co-creation with children is a practice, a method, an ideology, where children and adults are equals and willing to take a risk to create something together. In co-creation, it is the case that is at the centre and the participants include their different perspectives on the shared case. All perspectives are viewed as equally important and through this way of thinking a shared ownership is created. It is the adults that have the ethical responsibility for the children's wellbeing and for creating the framework needed to enable equality, equal rights to take the initiatives, active participation, and meaningful involvement of all."

Tanggaard & Dilling, 2019

We also believe in a playful approach to co-creation with children. A playful approach can mean experimenting and testing out different things, but it can also mean to create a free space for playing and doing something different where it is possible to try out new roles, break down hierarchies, and laugh together. In a co-creation process, where the participants are very different as for example, children and adults, this is especially necessary. Playing and co-creating work well together. We have already published quite a few methods for co-creation with children. The methods are a part of the co-creational triangle and can be downloaded from our website: <https://www.cocplayfulminds.org/vi-denlab/toolbox/tools/>

This game booklet consists of 25 games which all function well in a co-creation process together with children – and in groups with young or exclusively adult participants. The games supplement and expand the methods from the toolbox.

The games are described based on their ability to facilitate, but most of the games can also be played without facilitation. We have divided the games into categories which respectively strengthen relationships, focus attention, strengthen the community, give new energy, and kickstart creativity. We have put indicators on each method card to make it easier to navigate. Many of the games can accomplish multiple things and can therefore, be utilised in more than one category. Try it out.

We hope that you will have much enjoyment from playing together!

CoC Playful Minds

Introduction

The purpose of the games in this booklet is to support co-creation, especially between children and adults. The games are not free playtime initiated by children or others, but can be shaped and used as inspiration for playful activities that create community, give energy etc.

Playing

Play is a large field of research across knowledge and practice fields. We understand play as motivated by one's inner self and as truly meaningful, where the child itself or together with others decide the content of the game. The content can be based on real life, but according to, emeritus professor in children's psychology Stig Broström, it is the fantasy and the ability to imagine that control the game (Broström, 2014).

Most researchers agree on the fact that play creates learning (Andersen, 2019; LEGO Foundation, 2018). Play is a way for a child to experiment and explore things about themselves and their surroundings. Lector and researcher in play and general education Lars Geers Hammershøj, points out that playing is important because it is the source of all the forms of creativity later on in life (Hammershøj, 2017).

When playing, the participants include different perspectives where they take turns contributing, inspiring, and building on each other's ideas (Hammershøj, 2017). Here, the shared ownership is created where the game's potential and purpose are unfolded. The same happens in co-creation.

Play and co-creation

In co-creation, trust and relations are important factors to ensure that the participants dare to take initiative and contribute with their own perspectives. Here, playing can be beneficial. According to professor in culture and learning Charlotte Ringsmose, children (and adults) challenge each other when playing which contribute to experiencing and understanding real life (Ringsmose, 2015). Through games we can learn about and with each other.

Therefore, playing supports co-creation because it builds relations between people in a community with space for experimenting with roles and positions which is a premise for co-creation (CoC Playful Minds, 2019). In co-creation, there are three phases: 1) Exploring, 2) Idea Developing, and 3) Creating.

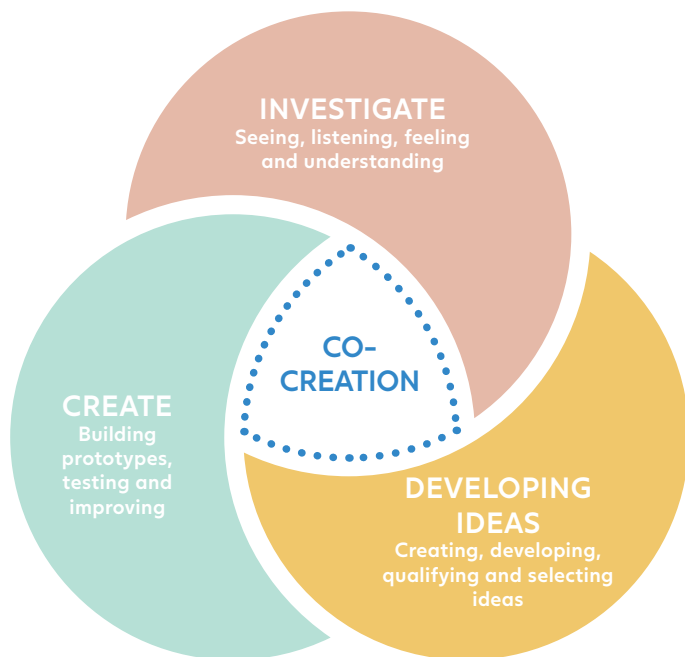
When playing is included in co-creation between children and adults, it is necessary to have a facilitator that will create a framework which makes it possible for everyone to be

Introduction continued...

equally and meaningfully involved. However, all adults have an ethical responsibility for the wellbeing of the children. In co-creation, facilitation is both focused on the intent of playing and on the perspectives of the participants. A clear framework is, therefore, a necessity for active participation and to create a good flow when playing. Consequently, it is a good idea to consider who starts playing the game and how it should continue.

Games that strengthen relationships

The first five games are focused on creating good relationships in a group. It is games that focus on who the participants are and their expectations to a given case or subject. The games are about creating relations and being aware of each other. To get to know each other, seeing, understanding, and recognising different perspectives is essential in the deconstruction of prejudice, the cancellation of common and imagined hierarchies, and the creation of a more equal space. In co-creation with children, it is crucial to create a space for all the participants and their different perspectives.



My shoes

PURPOSE

The purpose of MY SHOES is to create good relations between the participants. The game invites the participants to focus on who the participants are and especially their expectations to a given case.

WHEN AND WHERE TO USE

The method can be used as the start to a process or day. It connects the participants and is helpful in building trust in the group. This is done by sharing a bit of personal information about oneself with the others. The method is made for creative thinking by using the shoe as a starting point for a story.

EXAMPLE

A group of children start their morning with MY SHOES. They stand in a circle and take turns telling the others about their expectations for the programme of the day by using the shoes they are wearing as a starting point. One tells that he feels comfortable in his shoes and is excited to learn something new in good company.

STEP BY STEP

1. The participants stand in a smaller circle with between 3-14 people in each circle. If there are more than 14 participants more circles can be made
2. All the participants must present themselves based on the shoes they are wearing. It can be based on the shoes' shape, colour, feeling, material, or the like. The participants must think in metaphors when they present themselves. E.g., "My shoes are soft and comfortable, and I feel well in them"
3. The participants end their presentation by telling where they wish the shoes will take them. It can be expectations to the day, the process, life in general. E.g., "I hope that my shoes will take me through an exciting day where I will learn a lot of new things".



3 - 30 ppl.



10 - 20 min.



8 - 100 yrs



Medium



Participants' shoes

Name drop

PURPOSE

The purpose of NAME DROP is to break the ice in a group and try to reduce common or imagined hierarchies by doing something silly together. It is also used to establish trust.

WHEN AND WHERE TO USE

NAME DROP is often used to start a process or day where the participants need to get acquainted with each other by laughing together. The method works both when the participants already know each other, but also when they do not know each other beforehand.

EXAMPLE

A group of children and adults are starting a project together. They start their day by playing NAME DROP. They walk around in between each other and both children and adults forget their "names" as they keep switching names with each other. They meet each other with a smile when they walk around and greet each other.

STEP BY STEP

1. All participants walk around in between each other in all directions
2. When two participants meet each other, they shake hands and state their name. Afterwards, the participants have switched names. If you e.g., have met Sophie, you are named Sophie the next time you greet someone
3. The names are now bouncing around between everyone. It is important to acknowledge everybody by greeting as many as possible
4. The game can be expanded in many ways. One way of expanding the game is to have the rule that if you meet your own name again you will have to sit down. Another way is to add a hobby e.g., "My name is Sophie and I play badminton.". Then both the name and hobby will bounce around. The most important part of the game is to put focus on the community. All the participants have the same validity, and everyone are in the game together.



5 - 100 ppl.



5 - 10 min.



8 - 100 yrs



Easy



None

True or False

PURPOSE

The purpose of TRUE OR FALSE is to create relations with each other by sharing a bit of personal information with the group.

WHEN AND WHERE TO USE

The method is used when a group want to know each other better or need to focus on each other's differences. It is a good icebreaker and functions best when used in groups who already know a bit about each other.

EXAMPLE

A group starts their day by playing TRUE OR FALSE. The participants gather in smaller groups and tell the others two made up stories and one true story about themselves. In unison, the remaining participants put their abilities as people experts to the test and find out which story is true about the other participants.

STEP BY STEP

1. The participants stand or sit in smaller groups of five-six people. In cases with more than six participants, the participants will be divided into more groups
2. Every participant gets a maximum of two minutes to tell the others three things about themselves where only one thing must be true. It can be a good idea with a bit of time to reflect before sharing the stories
3. When a participant has told the group their three small stories, the other participants must try to figure out which one of the stories was true. It is important that all participants acknowledge all the stories and try to find the right answer together
4. The game stops when everyone in the group have told their three stories.



5 - 30 ppl.



20 - 30 min.



8 - 100 yrs



Medium



None

Good Morning

PURPOSE

The purpose of GOOD MORNING is to get a bit of personal information about each other to ensure a focus on differences and similarities and thereby, reduce the occurrence of common and imagined hierarchies.

WHEN AND WHERE TO USE

GOOD MORNING is used as a start to a process or day where the participants need to get better acquainted with each other. The method is a way to train the ability to focus, which can be important to do before a demanding task. The most optimal time to use the method is in the morning.

EXAMPLE

A group is working across different areas of expertise. They start their day by using GOOD MORNING. During the game, the participants discover new things about themselves as well as each other. They find out that they may not be as different from each other as they first believed.

STEP BY STEP

1. The participants pair up and stand face to face. It is a good idea to make eye contact with the counterpart as eye contact signals focus and interest in each other
2. The participants alternately tell their partner about their morning and what they have done up until their meeting. It is important that the participants try to include as many details as possible for example how they woke up, what they had for breakfast etc.
3. Afterwards, the participants switch roles, and it is now the other participant's turn to talk about their morning
4. The game can be developed further in many ways. However, it is not necessary. But a development to the game could be to ask the participants to find three differences and three similarities in their stories, another one could be to talk about one's morning backwards.



Numskull Jack

PURPOSE

The purpose of NUMSKULL JACK is to get to know each other's names and become better acquainted by playing and laughing together.

WHEN AND WHERE TO USE

NUMSKULL JACK is used to start a process or a day where it is necessary for the participants to get better acquainted. The method ensures that the participants get physically closer together which can be a contributing factor in creating trust in a group of participants.

EXAMPLE

A group that is starting a process, starts their day by playing NUMSKULL JACK. In the game, some participants choose to tease each other a little, while others help the participants that are in a tight spot. They end the game in silly positions while they laugh together and have become closer to one another.

STEP BY STEP

1. The participants stand in a circle
2. The first participant throws a brick into the middle of the circle and say another participant's name
3. The participant whose name was mentioned take a step forward with one foot while not moving the other foot and picks up the brick
4. The brick is thrown once again, and a new name is said. It is never allowed to move more than one foot. Repeat this exercise as long as it is possible.



5 - 100 ppl.



5 - 10 min.



8 - 100 yrs



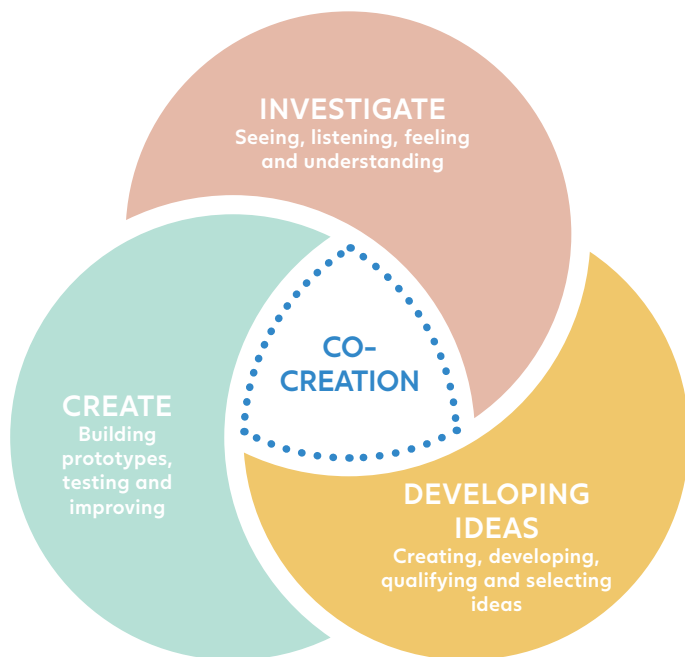
Easy



A LEGO-brick

Games to focus attention

These five games are about focusing on the process and each other, as well as being focused and adaptable. In groups, it is important to keep focus on what the group is working with. Focus is a contributing factor in supporting opinions and makes it possible to move in the same direction. The games are especially good in the transition between two activities or if the group is having a hard time finding a shared focus.





Co-21

PURPOSE

The purpose of CO-21 is to focus on the community, to become aware of oneself and the others as equal parts of the community, and thereby, to pay attention to and accept each other.

WHEN AND WHERE TO USE

The method is often used as an energizer. In the game, the participants need to sense, see, and be aware of each other, as well as the importance of accepting each other and the choices that are made.

EXAMPLE

A group of children and adults is moving from one task to another. The group gets a little restless and therefore, plays CO-21. In the game, the participants stand close to one another and are aware of each other as well as what is happening. The participants are concentrated, and they are happy when they finally master the game.

STEP BY STEP

1. The participants stand in a circle
2. They alternately say a number, and in that way, they count all the way up to 21, in unison. There is no certain order in which they should count. The participants just need to enter the middle of the circle when they feel that there is space for it
3. There are no rules about how many times a participant may say a number, however, a participant may only say one number at a time. Furthermore, there must only be one participant in the middle of the circle at a time. If two participants enter the circle at the same time, the group needs to start over counting
4. The game can be developed further by adding the letters of the alphabet simultaneously with the participants counting to 21. In this instance, the individual decides whether they would like to say a number or a letter.



8 - 30 ppl.



5 - 10 min.



10 - 100 yrs



Medium



None

Bang Bang

PURPOSE

The purpose of BANG BANG is to shift the focus to one another, become aware of what is happening, as well as get new energy in the group by doing something silly and laughing together.

WHEN AND WHERE TO USE

The game is often used in the transition between two activities when there is a need to regain focus on each other and the process.

EXAMPLE

A group of participants start a new co-creation project and some tumult breaks out. Therefore, the group decides to play BANG BANG. The participants are concentrated and focused on the game. At the beginning, some participants have a hard time, but they realise that they must focus on the game to avoid getting shot.

STEP BY STEP

1. The participants stand in a circle. One of the participants is the cowboy and stands in the middle of the circle. The cowboy pretends that his/her hands are guns that are hanging down by his/her side. The cowboy looks around the circle at the other participants
2. Suddenly, the cowboy draws his/her gun and shoot one of the other participants by pointing at the participant in question. BANG! Whomever is shot must quickly duck down before the two participants standing to both left and right turn towards each other and shoot. If you do not duck, you are dead. Otherwise, it is the slower of the other participants that dies
3. You can choose that whoever dies leaves the game and the one who ducked down will go stand in the middle and become the cowboy. The game continues this way until there are only two participants left. These two participants must now duel.
4. In the duel, the participants stand back-to-back. Each participant takes five steps forward. The last person that has left the game must now say a bunch of numbers. The participants must turn when an equal number is said. Whoever shoots first has won
5. It is also possible to play with the rule that no one leaves the game, meaning that the person who dies will now take the place of the previous cowboy and must be the one to shoot the other participants.



PLAY!



7 - 30 ppl.



10 - 15 min.



8 - 100 yrs



Medium



None

Zip Zap Zup

PURPOSE

The purpose of ZIP ZAP ZUP is to sharpen one's concentration and be aware of what is happening around oneself, pay attention to the others in the group, and interact with them by being ready to always receive information and act accordingly.

WHEN AND WHERE TO USE

The game is often used between two activities when it is necessary to shift the focus and get new energy in the group.

EXAMPLE

A group returns after a break and it is proving hard to get back into the process. Therefore, the group decides to play ZIP ZAP ZUP. In the game, the participants focus on what is being sent around. In the beginning, it is tough to master the game, however, when the group masters the game, it is a big success.

STEP BY STEP

1. The participants stand in a circle
2. One of the participants send a message by swinging their arms in pendulum motions to their right and saying "zip". The person to their right sends on the message by doing the same. Continue this until all participants have gotten and sent a Zip
3. Now, a Zap is added which is a pendulum swing with one's arms to the left. A Zap can make a Zip change its course from right to left
4. When the group has gotten a hang of the Zip and Zap, the Zup is added. A Zup sends the message across the circle and is made by shooting one's stomach forward and swinging one's arms back while saying "zup". It is now the participant who was pointed at that can send the message on with either a Zip, Zap or a Zup
5. Continue until you are no longer interested .



7 - 30 ppl.



5 - 10 min.



8 - 100 yrs



Medium



None

Portrait

PURPOSE

The purpose of PORTRAIT is to ensure that the participants shift their focus by observing each other. The game supports the creation of a trustful room where the participants can get to know each other better.

WHEN AND WHERE TO USE

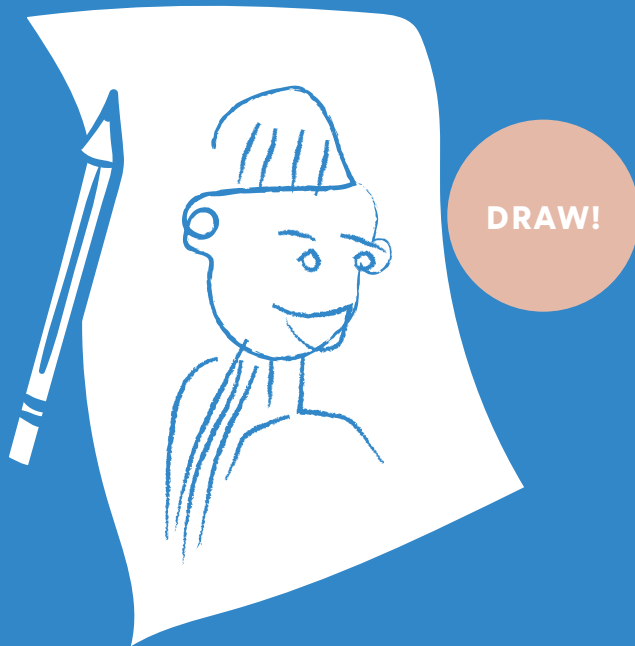
The game is often used as a start to the day or workshop and is especially good for getting to know each other, while simultaneously shifting the focus to time and creativity, in a fun manner.

EXAMPLE

A group of participants are starting a process where time is a vital element in the program. The participants start the day by playing PORTRAIT. In the game, the participants become aware of each other, how slowly time moves, and what you can manage to do in 30 seconds.

STEP BY STEP

1. The participants pair up and sit across from each other e.g., at a table. The participants each get a piece of paper and a pencil
2. The participants must now, at the same time, use 30 seconds to draw each other without looking down at the paper while drawing
3. Afterwards, the drawing is given to the other participant as a present.



4 - 30 ppl.



2 - 3 min.



8 - 100 yrs



Medium



Paper and pen

Find the Partner

PURPOSE

The purpose of FIND THE PARTNER is to focus on attention and cooperation. The game sharpens concentration and focuses on remembering and finding patterns.

WHEN AND WHERE TO USE

The method is often used as an energizer between two activities where the participants need a change of pace. The method is similar to a memory game, and it is especially good to play with children.

EXAMPLE

A group is playing FIND THE PARTNER. In the game, the participants are aware of each other. They try to find the different patterns and put them together in the right order. It takes a lot of concentration to remember all the participants' different sounds and/or movements and put them in the correct order which is what makes the game fun.

STEP BY STEP

1. The participants choose two people who must start by leaving the room
2. After this, the remaining participants pair up and choose a sound or movement that these two participants then share. Afterwards, the participants stand in a random order around the agreed area. When all pairs have found a common sound or movement the two participants outside the door are called back into the room
3. The task is now for the two matchmakers to work together to match all the pairs or perhaps as many as it is possible, within a time limit. The two matchmakers will ask one participant to make their sound or movement and afterwards they try to find the match by asking another participant to do the same. If these two participants do not fit together, the matchmakers must try again with two new participants. You cannot choose the same participant twice in a row
4. The game continues until all pairs are matched or until they have reached the time limit.



6 – 24 ppl.



10 – 15 min.



6 – 100 yrs



Medium

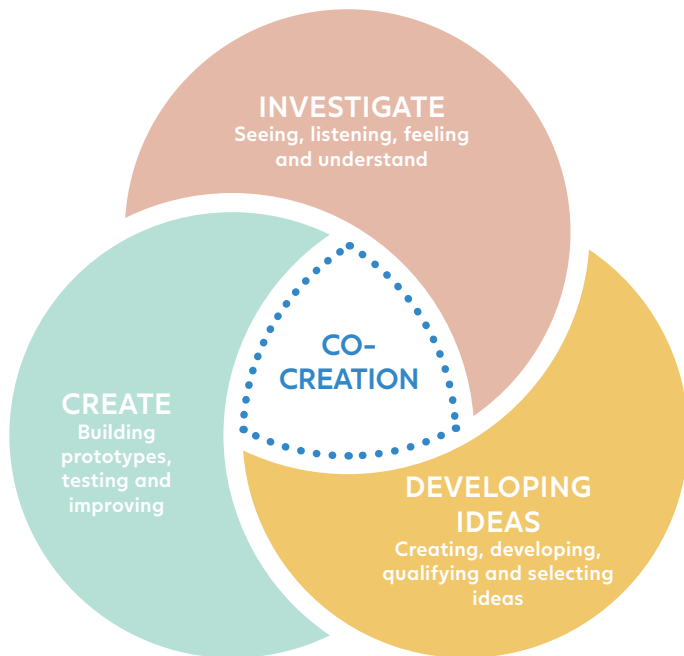


None

Games to strengthen community

The next five games strengthen the community in the group. Here, most of the games are focused on creating a room full of trust where the key words are recognition and acceptance. The games put attention to how the participants are mutually reliant on each other in the joint community.

It is always a good idea to strengthen and work on creating good communities in solidarity. In good communities, the participants respect each other which creates trust and safety in the group. This is a vital part of making sure that the participants dare to participate, take initiative, and dare to give a part of themselves in and to the process.





Co-Jump

PURPOSE

The purpose of CO-JUMP is to focus attention on the community and on the mutual dependence you have with one another in a community.

WHEN AND WHERE TO USE

CO-JUMP is often used when a group needs to get better acquainted with each other and ensure that everyone feels that they are a part of the community. The method is also a good energizer and good for focusing attention.

EXAMPLE

A group is working on a shared project that demands that everyone works closely together. The participants choose to play CO-JUMP. The participants are trying to jump all together at the same time and try to do so several times to become completely aware of each other – and when they are fully concentrated and focused on everyone in the group, they are able to jump together, almost as one body or one movement.

STEP BY STEP

1. The participants stand close together. If there are many participants, it may be a good idea to stand together in smaller circles
2. Now, the participants must, without communicating with each other, try to jump all together at the same time
3. If there are several smaller groups, it can be fun to make it a competition where the focus is to be the first group to have jumped in synchronicity.

DO!



4 - 100 ppl.



5 - 10 min.



8 - 100 yrs



Easy



None

Rock-Paper-Scissors in Teams

PURPOSE

The purpose of ROCK-PAPER-SCISSORS IN TEAMS is to strengthen the community in a group and focus on being there for each other through thick and thin.

WHEN AND WHERE TO USE

ROCK-PAPER-SCISSORS IN TEAMS is often used when a group needs to get better acquainted with each other and feel as a part of a community. The method is also a good energizer.

EXAMPLE

A group working together on a shared project has chosen to play ROCK-PAPER-SCISSORS IN TEAMS to become more aware of themselves as a team. The group is divided into two teams and on each team a shared strategy is agreed upon. The teams compete and when a team wins there is a great amount of joy amongst the team members.

STEP BY STEP

1. The participants are split into two teams. Each team agree upon an order of five positions. It is possible to choose between rock (a squatting position), scissors (standing with one's arms pointing outwards), or paper (standing with one's arms up in the air)
2. The teams now stand opposite of each other and count to three. Afterwards, the first position agreed on is done followed by the second etc.
3. Who wins? A rock wins over scissors because the scissors can be broken by a rock. Scissors win over paper because the paper can be cut into pieces by the scissors. Paper wins over rock because the rock can be rolled into the paper. The team who had agreed on the winning strategy wins.



4 - 12 ppl.



5 - 10 min.



10 - 100 yrs



Easy



None

Tick-Tack-Toe in Teams

PURPOSE

The purpose of TICK-TACK-TOE IN TEAMS is to strengthen the community in a group, accept each other, and have fun together.

WHEN AND WHERE TO USE

TICK-TACK-TOE IN TEAMS is often used when a group needs to get better acquainted with each other and to experience being a part of a community. The method is also a good energizer.

EXAMPLE

A group that is working on a larger project choose to play TICK-TACK-TOE IN TEAMS. In the game, the participants discover that if they want to win, they must accept and try to understand each other's choices and strategies without talking to each other.

STEP BY STEP

1. Divide the participants into two teams with the same number of players and draw, or indicate with sticks, nine equally big squares that will function as the playing field
2. All the participants are now pieces in the game, and the intention of the game is to have three players standing in a line either horizontally, vertically, or diagonally
3. Now, each team takes turns moving players around on the field until one team has got three players in a line. The game works best if all moves are taken by the individuals without talking or indicating their moves to the others on their team.



9 - 12 ppl.



5 - 10 min.



8 - 100 yrs



Easy



Chalk or sticks

Shrinking

PURPOSE

The purpose of SHRINKING is to create a stronger community in a group and strengthen the cooperation between the participants.

WHEN AND WHERE TO USE

SHRINKING is often used in groups where it is necessary that the participants are openminded and cooperate with each other. It is a good method for sharpening the concentration, thinking creatively, and getting new energy.

EXAMPLE

A group of participants must cooperate on a shared project. To start off the day they play SHRINKING. In the game, the participants show their abilities to work together as well as their creative solutions. They stand close together and the task becomes increasingly harder. The participants discover that it takes a lot of effort and courage to solve the task.

STEP BY STEP

1. The participants stand in smaller groups of four-five
2. The participants are given a tablecloth or a piece of plastic which all members of the group must be standing on. The size should be 1m x 1m
3. The participants must now fold the tablecloth on the middle without any of the participants stepping outside the cloth
4. The participants fold the cloth on the middle yet again and keep on folding it on the middle until one of the participants steps outside of the cloth, or there is not space for all participants to stand on the cloth at the same time.



DO!



4 - 7 ppl.



5 - 7 min.



8 - 100 yrs



Easy



Table cloth

The Knot

PURPOSE

The purpose of THE KNOT is to make the participants grow closer to one another, laugh together, and solve a challenge within the community.

WHEN AND WHERE TO USE

THE KNOT is often used when a group needs to get better acquainted with one another. It is often used as an energizer or to start or end a day.

EXAMPLE

A group of participants is finishing a workshop and meets in a circle to play THE KNOT. The participants step forward, reach out their hands, and shake each other's hands but are not allowed to let go afterwards. The participants laugh when they discover that they have created a big knot which they have to loosen together.

STEP BY STEP

1. The participants stand in a circle
2. The participants walk towards each other to shake another's hand with their right hand. You cannot shake hands with a participant that is standing next to you. Now, the participants hold onto each other's hands
3. Yet again, the participants must shake hands with another participant, this time with their left hands. You cannot shake hands with one who is standing next to you or someone who you are already holding hands with
4. Now, the circle is tangled, and the participants must work together as a group to untangle themselves **without** letting go of each other's hands.



DO!



6 - 20 ppl.



5 - 10 min.



8 - 100 yrs



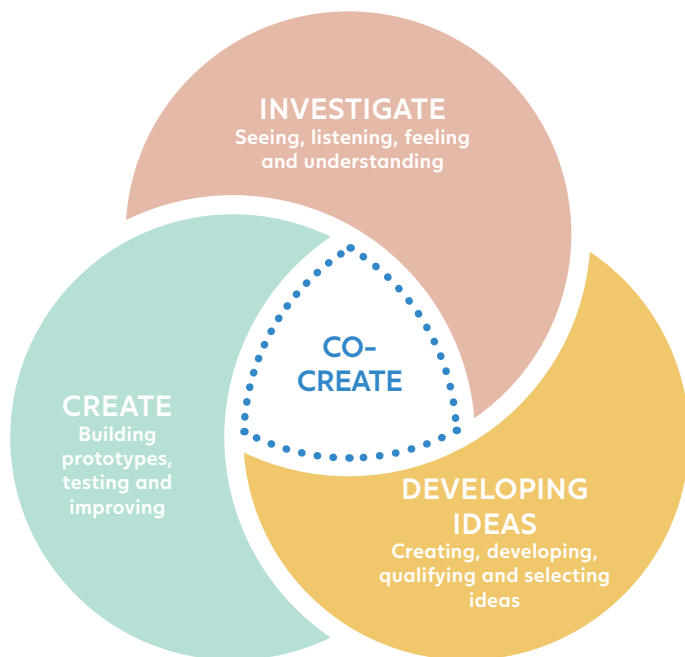
Easy




None

Games to give new energy

The main purpose of these five games is that the participants move around, laugh, and become ready for change by renewing and shifting focus. When synergies and attentiveness are created in a group, it can often be necessary to add more energy. The games will ensure that groups are: openminded and positive, ready to learn something new, and ready to contribute with their own perspectives. It is beneficial to use the games in the transition periods between two activities or if the level of energy in the group is rather low.





**Stay curious
Stay awake
Stay playful.**

 SEE WHAT CAPSULE OF THE WORLD IS LIKE

1-2-3

PURPOSE

The purpose of 1-2-3 is to focus attention, create trust through acknowledgement of one another, and get renewed energy by laughing together.

WHEN AND WHERE TO USE

1-2-3 is used when it is necessary to shift focus e.g., after lunch, or if the energy level is low. It can also be useful in situations where a group needs to practice acknowledging each other as people as well as each other's inputs.

EXAMPLE

A group is in the middle of a process, and before starting with the program of the day, the group wants to get more energy. Therefore, they decide to play 1-2-3. The participants find different sounds and find it funny when the different sounds change places, and everyone is making the funny sounds. After playing, the group feels ready to start the program of the day.

STEP BY STEP

1. The participants pair up and stand face to face. If there are more people in the group, it is important to count more numbers than there are participants in the group to ensure that the numbers can bounce around between the participants
2. The participants must now count to three (or more) by alternately counting aloud while only saying one number at a time. One participant starts by counting one. The next participant then counts two and then the first participant counts three
3. When this has been done a few times, the number 1 is replaced by a sound or a movement which the participants decide on themselves. It is important that the participants wait their turn, as well as respect and acknowledge each other's choices of sounds or movements
4. After a few more times, 2 is also replaced by a sound or movement and if there are more people in the group it continues this way until 3, 4 etc. has also been replaced by a sound or movement
5. Finish playing by counting with sounds or movements together.



2 - 100 ppl.



5 - 7 min.



6 - 100 yrs



Easy



None

High Five

PURPOSE

The purpose of HIGH FIVE is to focus, create trust, and get new energy by laughing together..

WHEN AND WHERE TO USE

HIGH FIVE is used when a group needs to get renewed energy and to refocus on the process. The method is rather easy to use and does not take up a lot of space. E.g., use HIGH FIVE after lunch to indicate that we are again focusing on each other and the process or use it when the level of energy is dropping.

EXAMPLE

A group is working on a shared project. It is early in the morning, and the group needs a bit more energy and decides to play HIGH FIVE. In the game, the participants follow the instructions and easily end up laughing because something which used to be so simple suddenly becomes difficult to master. After playing the game, the group has gotten renewed energy and is ready to start working again

STEP BY STEP

1. The participants pair up and stand face to face
2. When the number 1 is said out loud, the participants high five with their left hands. When 2 is said out loud, the high five is done with their right hands and when 3 is said, they must high five with both hands. The game starts out in a slow and steady tempo. After a while, the numbers are counted a little faster
3. When the participants get a good grip on it, the order in which the numbers are said is changed. Do not make it too difficult, because it still needs to be a game everyone can participate in. It is alright if the game becomes a bit difficult to make the participants focus their attention on the game to succeed
4. Now, the number 4 is included. When 4 is said, the participants clap their hands. Again, this is slowly introduced and tried out before increasing the tempo. When the participants master this part of the game, the order in which the numbers are said is once again changed
5. Finish playing by saying the number 4 over and over, so the participants end up applauding themselves and each other.



2 - 100 ppl.



5 - 7 min.



10 - 100 yrs



Medium



None

Development

PURPOSE

The purpose of DEVELOPMENT is to create new energy in the group as well as focus on each other and the game by laughing and doing something silly together.

WHEN AND WHERE TO USE

DEVELOPMENT is often used as an icebreaker in groups. It is also good to use in between two activities where the participants need to get renewed energy and shift focus.

EXAMPLE

A group meets for the last time in a process where everyone has developed a lot. They decide to play DEVELOPMENT and in the game the participants meet each other in a quick battle. The participants physically develop until the last stage is reached, and everyone thinks it is fun to reach the last stage.

STEP BY STEP

1. Choose which development stages the participants must go through e.g., small elf, cute elf, cool elf, and super elf, as well as what feature each stage has. A small elf could e.g., make itself extremely small etc.
2. Now, all participants walk around, and everyone is still in the first stage of development
3. When two participants meet each other, they fight by playing rock-paper-scissors. The participant who wins will develop into the next stage e.g., cute elf. If two participants are in different development stages, they cannot fight against each other
4. When a participant is fully developed, he/she is no longer able to fight, but will still move around between the other participants
5. When all participants are fully developed there will be a single representative from each development stage.



PLAY!



5 - 30 ppl.



10 - 15 min.



8 - 100 yrs



Easy



None

Stand Up

PURPOSE

The purpose of STAND UP is to experience the feeling of being mutually dependent on each other, creating trust, and doing something crazy/silly together.

WHEN AND WHERE TO USE

STAND UP is often used to ensure involvement and create trust in a room. It can be good to use between two activities where the participants need new energy, need to use their bodies, and to focus attention.

EXAMPLE

A group has been concentrating for a long time and have become very tired. Therefore, they decide to play STAND UP. The participants pair up and sit closely together with their backs towards each other and must now rise to a standing position by using their collective strength. They must support each other when trying to stand up while keeping their backs pressed against each other. It takes some time and effort to master the technique. Some participants master the game quickly while others must try several times. After the game, the participants continue with their process.

STEP BY STEP

1. The participants pair up with someone who is around the same height and size as themselves
2. All pairs sit together on the floor with their backs pressed against each other and linked arms
3. Now, each pair tries to stand up without unlinking their arms from one another while keeping their backs pressed together.
4. The game is finished when all pairs are standing up again.



2 - 30 ppl.



10 - 15 min.



8 - 100 yrs



Easy



None

Ding Dong Dang

PURPOSE

The purpose of DING DONG DANG is to create new energy in a group by laughing together, focusing attention, and getting ready for a new activity.

WHEN AND WHERE TO USE

DING DONG DANG is used when a group needs to get new energy and refocus their attention on the process. The method is easy to use and does not require a lot of space.

EXAMPLE

A group is meeting to start a shared project. They start their day by playing DING DONG DANG. In the game, the participants must continue being level-headed and it quickly gets difficult to differentiate between ding and dong. The participants get a lot of good new energy by laughing together in the game.

STEP BY STEP

1. The participants pair up and decide who is Ding and who is Dong
2. The participant who is Ding says "ding" and throws an invisible ball to their partner, Dong. Dong "catches" the ball and sends it back to Ding while saying "dong" etc.
3. When the participants have mastered this, they can switch names by saying "dang". When Dang is said to a Ding, Ding becomes Dong and Dong becomes Ding. Both participants can say "dang" at any point in the game.



2 - 100 ppl.



5 - 7 min.



10 - 100 yrs



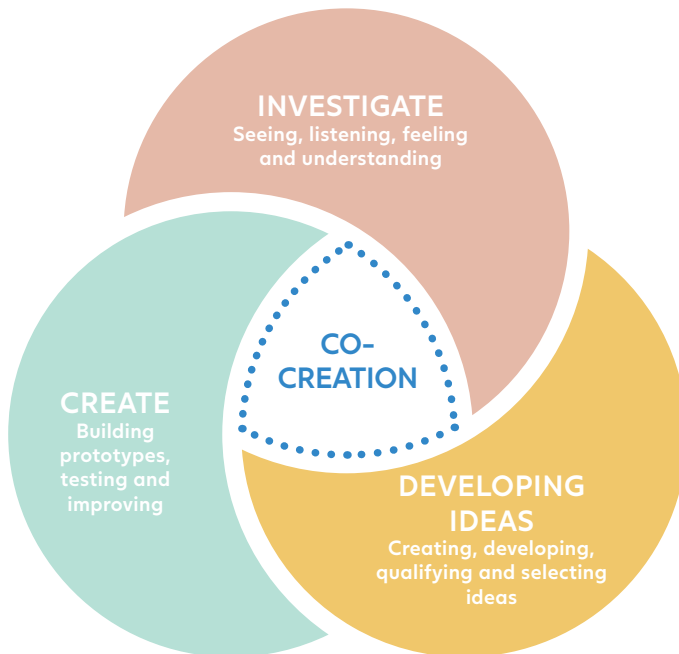
Easy

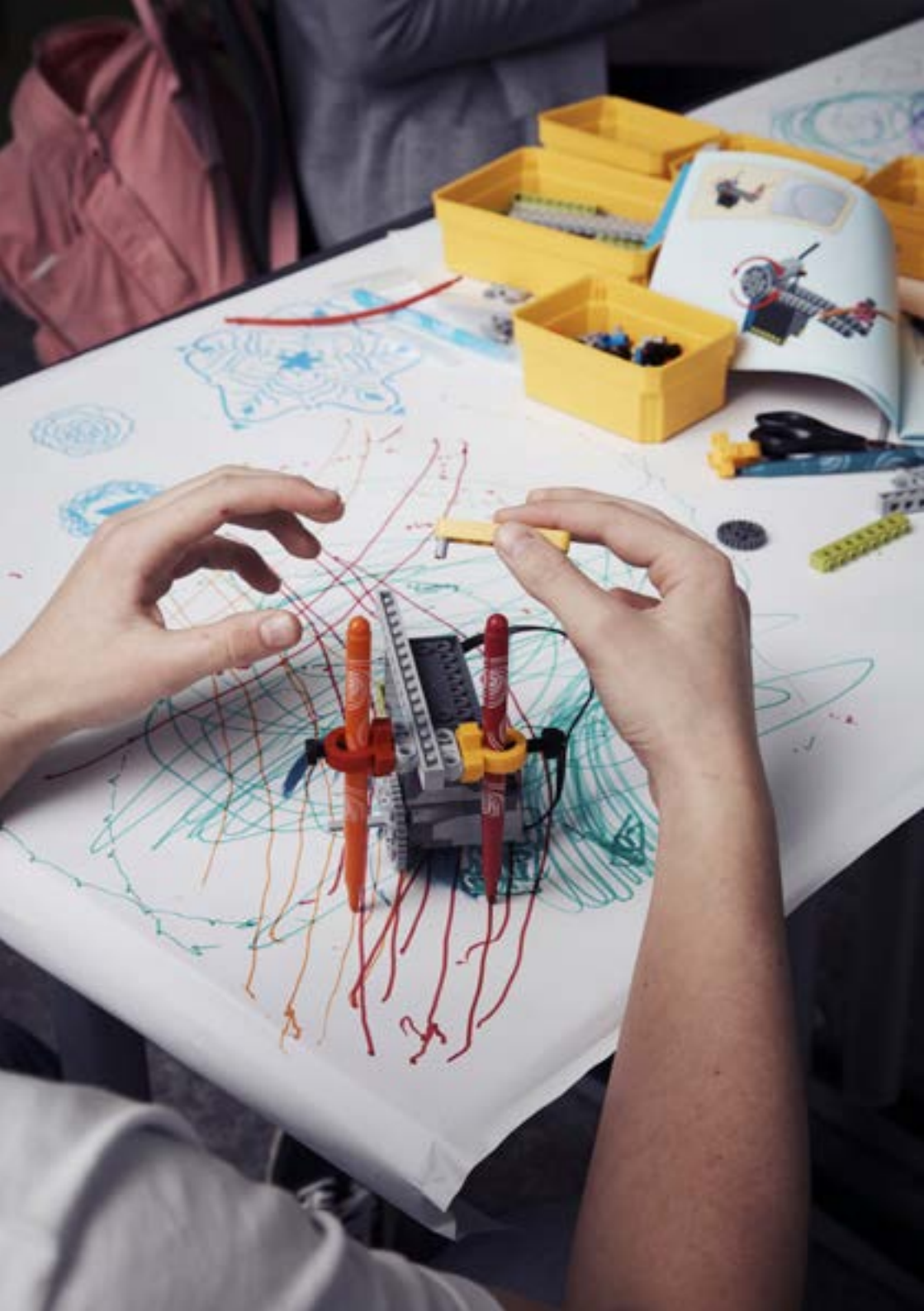


None

Games that kickstart creativity

The last five games are about strengthening the creative mindset. The games are especially good to use when a group needs to develop new ideas or in situations where alternative solutions are needed. Human beings are often extremely rational and bound by habits and order in the way they think. This can limit creativity. Therefore, the creative mindset is about being open to another way of thinking, breaking habits, bringing a lot of ideas to the table, and being able to accept all ideas, as well as letting go of prejudice, going with other's ideas, and having faith in what is happening. The games are, therefore, also a part of supporting relations, equality, creating trust, and focusing attention.





Gifts

PURPOSE

The purpose of GIFTS is to kickstart creativity by making up something crazy, playing along, and acknowledging each other.

WHEN AND WHERE TO USE

The method is often used before a shared idea generation where the participants must be open with one another and generate several ideas. It works well when you need to get in the right mindset before a creative process.

EXAMPLE

A group is going to find solutions to a shared issue. Before they start, they play GIFTS. In the game, the participants walk amongst one another and give away fictitious gifts. At the beginning, it is a bit difficult and feels slightly odd. However, it does not take long before the participants give wild and funny gifts to each other.

STEP BY STEP

1. The participants walk around amongst one another
2. Now, it is time for them to give gifts to the other participants. The gifts are fictitious, but the participants pretend and mime that they are not. A gift is given to another participant without telling the recipient what it is. E.g., the participant mimes that he/she is dragging a very big gift towards the recipient. It is important to state to all participants that they should give gifts to the other participants they meet on their way, and that they should not favour one or more participants. It is also possible to structure the game in such a manner that the participants stand in a circle and give a gift to the participant to their right
3. The recipient thanks the giver for the gift and tells the giver what they have received in their gift. E.g., "Thank you for the huge and beautiful elephant, it is something I have always wanted". It is important that the recipient acknowledges the gift that he/she has received, and that he/she plays along with the fact that he/she has just gotten a gift. If the recipient does not feel like saying what he/she has received, he/she is allowed to just say thank you and continue playing the game
4. The recipient mimes giving a new gift to the participant to their right or a random participant



5 - 30 ppl.



5 - 7 min.



8 - 100 yrs



Easy



None

Picture story

PURPOSE

The purpose of PICTURE STORY is to be creative together. It is about acknowledging each other's perspectives and building on each other's input.

WHEN AND WHERE TO USE

PICTURE STORY is used to train creative thinking by building on each other's input. It is a good energizer and can be a good teambuilding exercise as well.

EXAMPLE

A group working on a shared project, meet up and play PICTURE STORY. In the game, the participants stand in a circle and together they tell a story from a series of pictures. In the game, the participants discover the importance of accepting each other's input, and how there can be different interpretations of the same picture.

STEP BY STEP

1. PICK A CARD is hanging or is placed somewhere where it is accessible to everyone. The participants choose a random card that they like
2. The participants stand in a circle with their chosen picture in hand
3. One of the participants start a story. The pivotal point of the story is the picture the participant has chosen. After 10-15 seconds the story is passed on to the next person in line. This participant continues telling the story with their chosen picture as the pivotal point
4. It continues this way until all participants have contributed to the story a few times. It is important to state that there are no right or wrong answers to how the story is told. It is more important to continue building on the story by saying, "yes, and" rather than saying "no".



4 - 30 ppl.



5 - 10 min.



8 - 100 yrs



Easy



PICK A CARD

Copy

PURPOSE

The purpose of COPY is that the participants practice communicating and having trust in each other, as well as accepting each other's understandings and perspectives.

WHEN AND WHERE TO USE

The game is often used to start a creative process where the participants must trust each other, as well as accept the input and perspectives the other participants bring to the table.

EXAMPLE

Before a creative process, a group decides to play COPY. The participants sit with their backs towards each other and describe a picture to each other. In the game, the participants are concentrated on communicating and listening. When the task is done, the participants discover just how important it is: to be precise in one's communication, to listen, and to dare ask clarifying questions.

STEP BY STEP

1. The participants pair up and sit with their backs towards each other. One participant gets a picture from e.g., PICK A CARD. The other get a piece of paper and a pen
2. The participant with the picture must now describe what the picture looks like by describing only the colours, shapes, and placements. The other participant must try to draw whatever is being described
3. After the two minutes are up, the drawing is given to the other participant as a gift and the roles are switched.



2 - 30 ppl.



5 - 7 min.



8 - 100 yrs



Medium



Paper, pen and
PICK A CARD

Old Wives' Tale

PURPOSE

The purpose of OLD WIVES' TALE is to create equality between the game's participants and kickstart creative patterns of thinking by accepting each other's ideas.

WHEN AND WHERE TO USE

The game is often used to warm up before an idea generation or as an icebreaker before a workshop.

EXAMPLE

The group is standing in a large circle and practices letting a story grow between them. The first stories that the group tells, are rather weird and they never become real stories. However, something suddenly changes and everyone in the group can feel it. The story grows and the participants laugh and tell the craziest old wives' tale together.

STEP BY STEP

1. The participants make groups of four-five people in each group. The game can also be played in larger groups where the participants then stand in a large circle
2. The point of the game is that the participants invent the craziest old wives' tale. One participant starts with one sentence. Afterwards, another participant adds to the story by saying, "yes, and...". The story keeps developing because the participants continue saying, "yes, and...".



2 - 30 ppl.



5 - 7 min.



8 - 100 yrs



Easy



None

Linked opposites

PURPOSE

The purpose of LINKED OPPOSITES is that the participants, in pairs, develop their creative competences and kickstart a creative stream of thoughts without being hindered by habitual thinking.

WHEN AND WHERE TO USE

LINKED OPPOSITES is often used when participants need to develop and open themselves up to new possibilities.

EXAMPLE

Before a creative process starts the participants pair up and play LINKED OPPOSITES. Some music is put on and the participants are paired and walk around to the tact of the beat and finds linked opposites in the room. At the beginning, it is difficult for the participants but after a couple of tries, it is almost difficult to stop them again. After the game, they are ready to start the creative process.

STEP BY STEP

1. The participants pair up and walk around the room together. It can be helpful and soothing to play some music for the participants that they can walk around to
2. The first participant looks around the room and finds two random things and ask the second participant, "Why are those two things linked opposites?". E.g., "Why is a table the linked opposite of a piece of paper?"
3. The second participant must now buy into the premise that these two things are each other's opposites and that they are somehow linked together. The second participant must then answer the question of why they are linked opposites. E.g., "They are linked opposites because you can fold a piece of paper and put it in your pocket, and you can put the things you have in your pocket on a table"
4. Afterwards, the roles are switched and the participant who answered the question must now find two things in the room and ask why they are linked opposites. The game ends when the agreed upon time limit is up.



2 - 30 ppl.



5 - 7 min.



10 - 100 yrs



Medium



None

Litterature

Andersen, M. M. (2019): Leg, Tænkepause 70. Aarhus Universitetsforlag. P. 6 - 16

Broström, S. (2014): Et legeorienteret læringsbegreb for de nul til femårige I:
Aabro, Christian (red.) "Læring i daginstitutioner – et erobningsforsøg". P. 144-158

CoC Playful Minds (2019): Tools - Co-create. Samskabelse med børn.
<https://www.cocplayfulminds.org/videnlab/toolbox/tools/>

Hammershøj, L. G. (2017): Hvorfor legen er vigtigere end nogensinde I:
Leg gør os til mennesker. Eyermand Zakarias m.fl. (red.) Forlaget 55* NORD

LEGO Foundation (2018): Det vi mener med: Læring gennem leg. Billund. The LEGO Group.
Version 2.1, maj 2018. Retrieved from <https://www.legofoundation.com/en/learn-how/knowledge-base/det-vi-mener-med-laering-gennem-leg/>

Ringsmose, Charlotte og Kragh Müller, Grethe m.fl. (2015): KIDS kvalitetsudvikling i
daginstitutioner. Dansk Pædagogisk Forlag. P. 28 - 42

Tangaard, L. Dilling, J. (2019): Retrieved from <https://www.cocplayfulminds.org/vores-verden/samskabelse/vores-definition-af-samskabelse/>

cocplayfulminds.org

**CoC
Playful
Minds**

