

Spiele für Gruppen

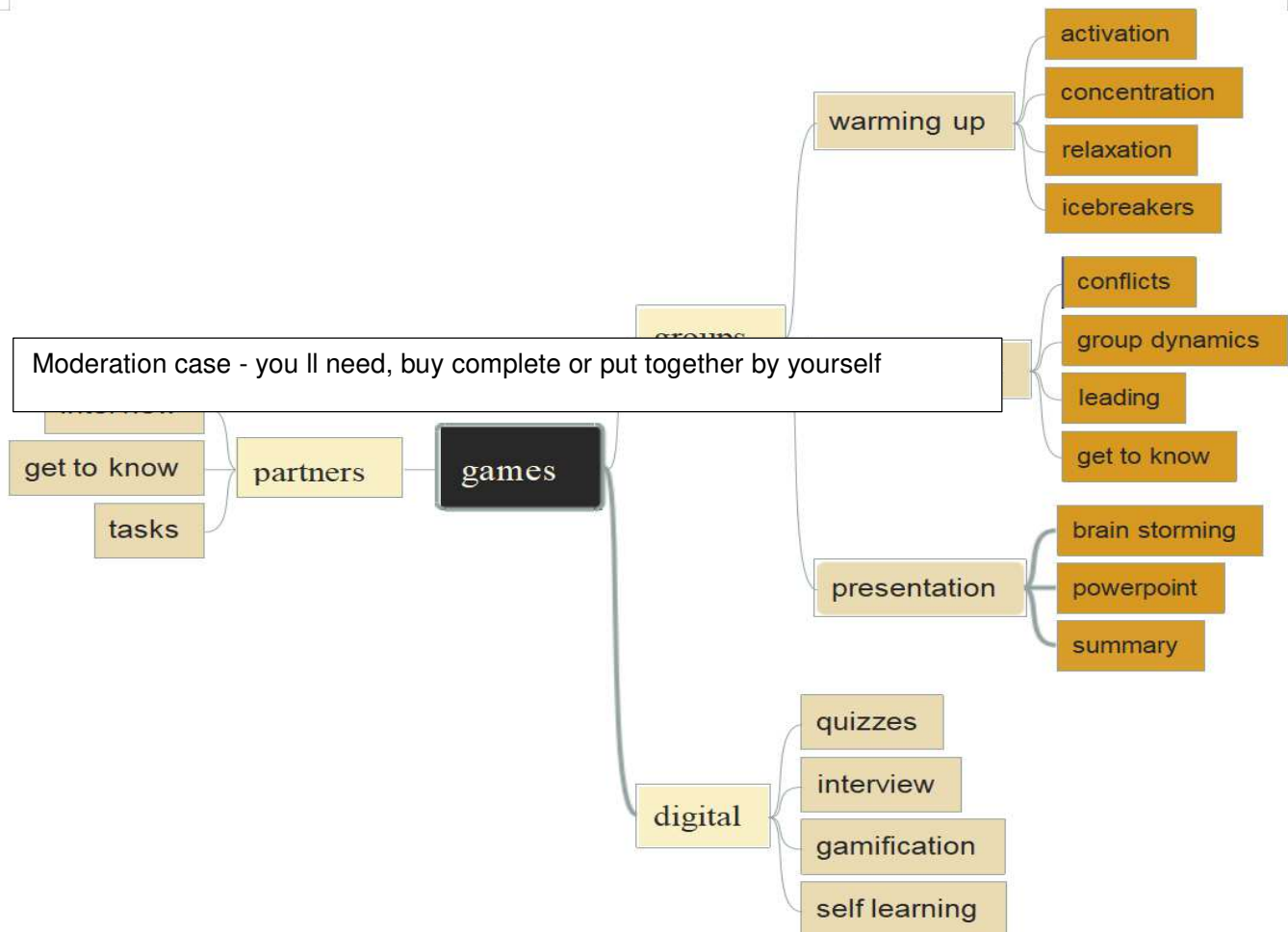
Games for groups

**Auch online Spiele
Including online games
Deutsch - english**



Kennenlernen
Aktivierung
Gruppenbildung

Meetings
Activation
Teambuilding



Why games are more than just funny nonsense

Who doesn't know this: In a workshop it takes again once a lot too long, until the participants loose become. Or a Meeting, at dem new Product ideas are to be generated, drags on, the participants tired, seem. Creativity is not to sense. What here helps, are Games. They are a tool that can be used to participants, and they are thematically and temporal versatile usable. Why should She itself this fact not also in your seminars, Workshops, meetings or conferences take advantage of? From the icebreaker to Team building, concentration and creativity exercises until there for the You will find feedback on a successful conclusion in this Book Numerous suggestions. It's certainly interesting to come up with your own variations. There are countless variations, and so games are often common property, and the authorship is not always clear.

The advantages from Play

"A person is only a person when he plays," said Schiller. Playful learn we on simplest. All Children learn so: She see something, she tryout it out of, she practice and any- When can she it then – be it run, towers build etc. Unfortunately, our school system designed so that this learning by doing at latest after the Primary school barely still is applied and we then usually only learn by listening learn may. Too bad actually, because Learn through Play might Joy and everything, What Joy might, remains also longer in the memory stick because the brain links and stores learning with emotion.

Besides that connect Games: Each other something experience, each other laugh, each other something to reach – all the are the best Prerequisites for good cooperation and a corresponding sense of group cohesion. Straight in Meetings or Workshops one company or Department can this far reaching Consequences until into in the Everyday company life have, when shared gaming experiences the daily Improve collaboration. Imagine one football team before, the out of louder Lone fighters consists – the would not function.

What Games cause

Doesn't matter, whether She a seminar lead, a Workshop organize or merely as a participant a important meeting act – the Games help Them, the Event interesting, more efficient to design. And included have She and the other participants also still Fun!

icebreaker at the beginning of a seminar help with making contact, especially with Participants who have not yet knew. Activation exercises bring energy again, they suitable itself particularly after one longer phase of the Listening. Creativity games bring tired brainstorming into momentum, relaxation exercises are particularly then applied, if the Participant intensive worked have, e.g. B. before dem Introduction in a new Topic block or before one longer Pause, but also on Evening, for the Fade out one Seminar day.

Generally suitable itself Games but naturally always then, if a bit of variety good does. So shy away She itself not. Maybe try She it to Beginning once carefully with the a or other activation or Relaxation exercise. Or alone the classification of Participants in Groups with help from gummy bears or brings sweets already a small Sense of achievement. If the Participant first once noted have, that it also different ge ht, become she also easily with other Play and participate in exercises.

Possible Resistances

The suggestion, in a seminar or meeting to play, is above all at those Participants difficult, the basically do not like to play or are generally shy or inhibited. At first, this seems sometimes childish before. Out of this reason should she also no participants force, to Games and exercises to participate. It is quite allowed, simply to watch. In in most cases gives itself the but very fast, if the participants see, How much Joy the others to the Play and Exercises have.

Experience has shown that it helps not to spend a lot of time asking questions and explaining, but to do things and encourage participation. The game leader must sensitively assess the group: do they all know each other or not at all, what is the situation with physical contact, and what are the risks of conflicts within a group?

It always depends on the degree of openness, ease, and familiarity—which can sometimes be difficult to assess, so it's better to ask less intimate, personal questions. The game leader needs experience, and therefore confidence when things go wrong. This shouldn't be underestimated. Try out all the games and always react to the current situation and mood.

Cultural, social and age differences

Some people are familiar with group games from seminars, for others, games are completely new, and not everyone is used to presenting themselves in a group of (strangers). Not everyone has the imagination to solve creative tasks. Humor and irony also depend on culture and language, on the environment, on age, etc.

Games for group work, which have a certain tradition in Germany, originate in the broadest sense from the groupworking movement to the encounter movement in the USA. Games are now standard even in "serious" seminars. Let's be honest: who lets from a dry and boring PowerPoint presentation!

All games are generally suitable for anyone who wants to play. With older people, you have to take into account their declining mobility and reaction time, so simply slow down a bit.

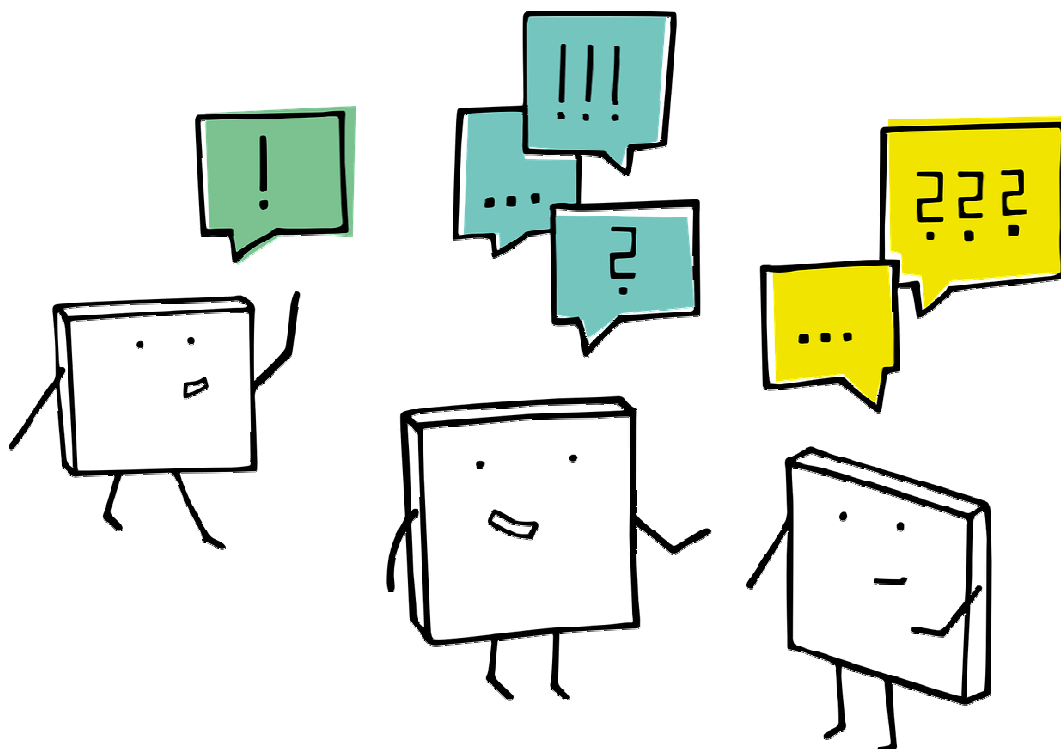


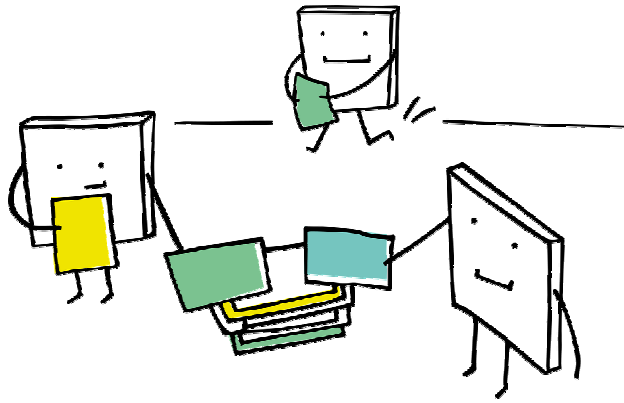
Table of content

The advantages from Play.....	4
What Games cause.....	5
Possible Resistances.....	5
Sort.....	12
.....	17
Get-to-know-you bingo Game sheet to print.....	18
Robot parking.....	24
Taaa - tung!.....	26
Tropical thunderstorm.....	27
I feel me now so.....	28
Zulu dance.....	28
Shoe salad.....	29
pause.....	30
Crack the code.....	31
Rapunzel.....	32
Association game.....	32
NASA game.....	33
NASA game sheets to print.....	34
shipwreck.....	36
Shipwreck note to print.....	37
Two euro.....	39
Scissors game.....	40
Circle escapes.....	43
Gummy bear analysis.....	44
Expectation poster.....	45
flash.....	46
Intelligence test.....	48
Energy level display.....	49
Hand feedback.....	51
Traffic light feedback.....	52
Note on the back.....	54
Two moderators are often better.....	71
Digital Tools.....	71
All who.....	81
Post-It variant.....	81
TIPS for digital tools.....	87
33 tips for online meetings and workshops.....	87
Bibliography.....	90

Goals and genres of games

- ◆ Warming Up
- ◆ Getting to know each other, clarifying expectations, loosening up
icebreaker
- ◆ Cooperation & Communication
- ◆ Group formation, team building
- ◆ FUN & Relaxation
- ◆ Having fun, moving, nonsense, music, organizing breaks and motivation
outside of the learning situation
- ◆ Perception & Sensitization
- ◆ Self-perception and perception of others, group dynamics
- ◆ debate topics
- ◆ (Develop content, evaluate, vote, find goals and topics
- ◆ Feedback Evaluation & Conclusion
- ◆ In between as a mood picture, at the end of group phases or at the end
of the seminar

As mentioned below, the goals of the games can be mixed and serve multiple purposes. Therefore, the attribution is not always precise and the use is variable.

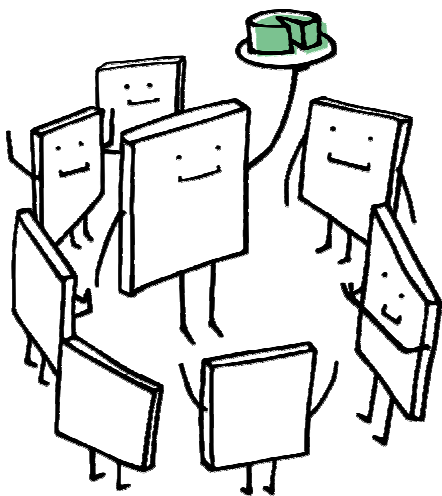


43

1	keychain	Get to know
Length of time	Approx. 15 min	
Number of participants	unlimited, even number	
material	keychains the participant	
<p>The Participants sit together in pairs. The trainer asks everyone to her R e m o v e the keyrings . Each couple poses now based on the Key mutually: "This is my Cellar key. Our cellar has three rooms and is ...!This here is my bike key!. The bike have I me in the last holiday because...!" Several Round played become, in those the parparticipantser respectively change so that as many participants as possible know learn.</p> <p>Important is included, it the participants to leave, What she from itself Everyone can and should be so willing to share information be, How he want.</p>		
comment	<p>As a rule, this results in an interesting conversation between two strangers, in which the two good know learn. This Exercise brings the participants on very U.N - complicated way in contact with each other, as they talk about keys (and not above itself himself, What the Inhibition threshold lowers) and included one whole Crowd from itself tell.</p>	
variation	Other items	
source	1	

2	Who am I? .	Get to know
Length of time	15-30 minutes	
Number of participants:	any	
Material:	3 DIN A sheets	Sheet 1: "My name is ... / My thoughts before the seminar were ..." Sheet 2: "Why I am here: ... / My expectations of myself/the trainer/the group: ..." Sheet 3: "What makes me special: I am the only one here who..."
<p>The participants sit on chairs in a circle (without tables). The trainer places the three prepared A3 sheets of paper on the floor in front of the group at a certain distance from each other. The sheets act as anchors. They also prevent participants from constantly turning to the flipchart to read the prompts. The trainer briefly explains the process to the participants and asks them to disagree if they disagree with another participant's statement on Sheet 3 (i.e., if they also possess the characteristic/ability).</p> <p>The game begins: One after the other, the participants step forward. The first participant goes first to sheet 1, introduces himself briefly and tells the others about his thoughts on the seminar. He then goes to Sheet 2 and makes a statement about his expectations of the participants and of himself. Then the sentence on Sheet 3 must be completed, for example: "I am the only one here who speaks Chinese!" Another participant may speak up and explain that he can also speak Chinese. So, another attempt: "I am the only one here who has four children!" If no one objects, the participant may sit down and another person takes their turn to three sheets of paper lying in front of the group.</p>		
comment	When groups first meet, this is an interesting change from the usual rounds of introductions. The exercise is also time-limited, yet still very informative. Everyone learns a lot about each other, and the seminar leader can better assess the group.	
variation		
source	1	

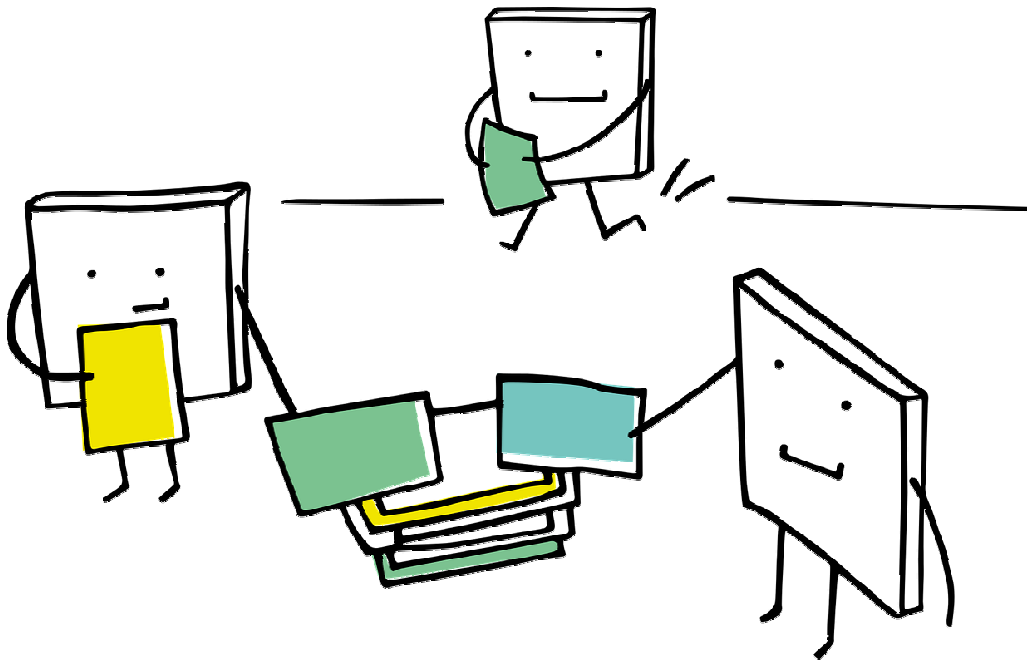
3	Viewpoints	Get to know
Goal:	Show from similarities, content Group	very transparent Group formation after content Criteria
Length of time	1–5 minutes	
Material:	a a little Place	Thematic specifications written/oral
<p>the game leader gives before, which Place What means, for the Example:</p> <ul style="list-style-type: none"> • at the window: wants to work on topic 1 • in the right back corner: wants to work on topic 2 • at the door : wants to work on topic 3 <p>Then the participants line up according to their interests. It quickly becomes apparent how many people are interested in which topic, and whether a group might become too small or too large .</p> <p>V</p>		
variation	variants: Opinion poll: Do I agree with the thesis or not? Opinion poll with intermediate stages: The participants line up on an imaginary line. The two endpoints represent the extreme positions, everything in between is Accordingly a graduated "both-and"	
source	1	



4	Sort	Get to know
Goal:	the Participant learn itself in Relation on a Characteristic know and mix itself at the same time	
Length of time	1–5 minutes	
material	A little space	
<p>The game leader gives before, after which itself the Participant sort, for the Example:</p> <ul style="list-style-type: none"> ● By shoe size ● By travel kilometers ● According to height etc. etc. 		
comment	Good to the group new to mix	
variation		
source	1	

5	Mike Moonstruck	Get to know
Goal	Hearing names and by association with words memorize	
Length of time	with n players about nx 10 minutes	
material	Space for a standing circle	
<p>A Circle form . In turn calls every a saying How „ I am the jubilant Julian " or „ I am the singing Sabine ": The adjective should so with likewise Letters (or Loud) start we the own First name. In addition might the player one suitable gesture or Movement . Who your turn is , repeated the previous Sayings and movements , before she The own brings .</p> <p>Special Notes: Through the Link with others Impressions (words, Be move- gene) and Perceptions improved this Game the Memory performance at the names.</p>		
comment	Well suited: If the Group the Names still not or barely knows.	
variation	Variants: If her a particularly good Learning effect have, then plays two Round, and changed between both Round the Series – for the Example, by her she itself by registration number sort let	
source	1	

6	Zipp-Zapp	Get to know
Goal	quickly repeat names already learned	
Length of time	5–10 minutes	
material		
<p>Again, everyone sits in a circle, only this time one person sits in the middle. This person turns around, points to people, and says:</p> <ul style="list-style-type: none"> • Zipp: The person in question mentions the name of the person on the left, or not • Zapp: Name of the right neighbor <p>Zipp -Zapp: Everyone swaps places The person addressed must react quickly and say the correct name! If they fail, they must move to the middle. This quickly changes who your neighbor is.</p>		
comment	Well suited: If the Groups the Names already once heard .	
variation		
source	1	

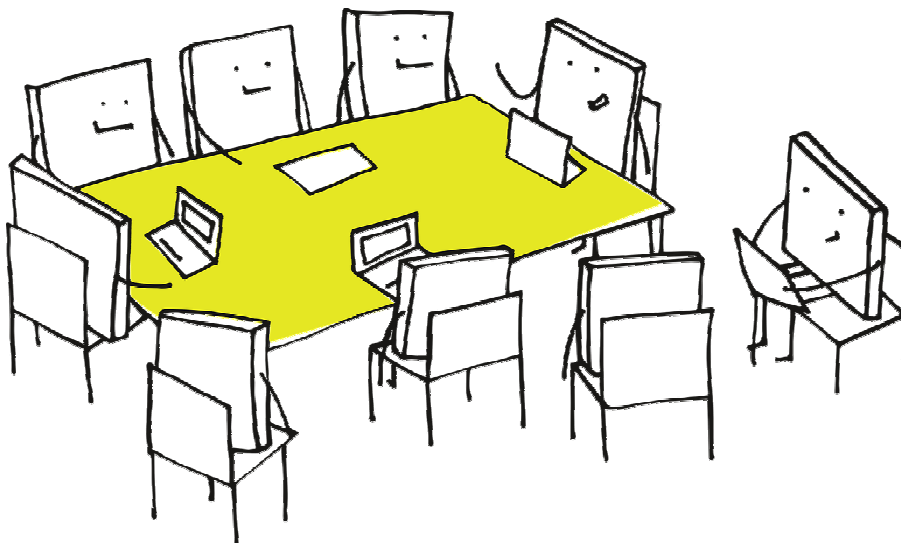


7	participants interview	Get to know
Goal	Introduce participants to the group	
Length of time	20 minutes of interviews plus evaluation	
material	Writing utensils for everyone, a sitting circle	
<p>The player find itself to couple together (or become from the Seminar leader classified), the itself in the Space or Building distribute. Both parts each couple. Both interview each other for 10 minutes</p> <p>The interviewer can everything questions, What him interested: names, Place of residence, Work, Age, hobbies, expectations, pets, anecdotes, experiences, ... If it for the seminar makes sense, can the Seminar leader also previously a couple Key questions write, to those itself the player orient can. Examples:</p> <ul style="list-style-type: none"> • What went you on dem Away here through the Head? • What would you do, if Money no role played? • As what for a animal would you have been born? • What would like you in 5–10 years be? • What for Expectations have you to the Seminar? <p>At the interview can it helpful be, itself the Facts to write down.</p> <p>After the Interview phase come the player again for the Circle of chairs together. The player place so two minutes long her respective participantser the group before (and correspondingly, the other way round, of course.</p> <p>After everyone Performance asks the Seminar leader, whether the Featured itself good shown finds. If dem so is, goes it with a applause and the next Performance further. Special Notes: Indicates the player thereupon, that she himself on the Time regard should, with it both Interviews approximately even long become.</p>		
comment	Good for: When people already know the names somewhat and now want to get to know each other in more detail.	
variation	Lies - Portrait	
source	1	

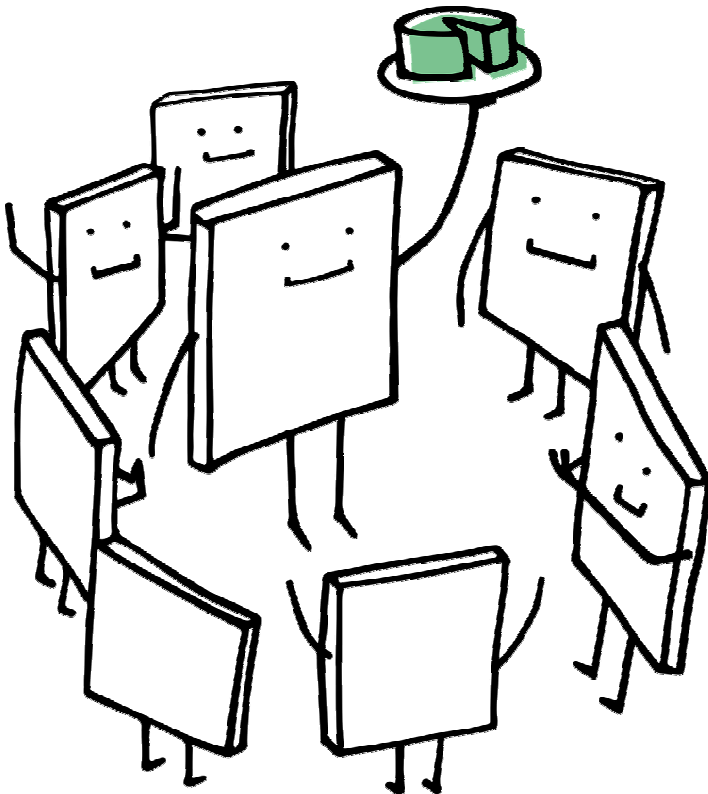
8	Lying portrait	Get to know
Goal	parparticipantser with true n and invented information introduce	
Length of time	30–45 minutes	
material	Writing utensils for all, empty Posters and Moderation pens	
<p>Works like the parparticipantser interview. At the Introduction phase there is however Differences: The interviewer reported the group the four most interesting Details above the Interviewees. the game leader can this Details on a poster visualize , there itself the Participants experience not everything remember can .</p> <p>One Detail should included „ lied “ (by the Interviewer invented) . The whole group should then guess, which the invented Information was.</p>		
comment	Well suited: If the group the Names knows and itself the People each other already a a little assess can .	
variation	Players can also invent the lies themselves or, funnier: attribute them to the interviewee	
source	1	

9	Chaos round	Get to know
Goal	itself successively short with many others entertain	
Duration Participants	15–20 minutes	
material		
<p>All go back and forth across the room. When the moderator in the hands claps, the participants pair up and ask each other questions. If the presenter claps again, everyone moves on until they meet again at the next clap to someone else.</p> <p>After several rounds , everyone sits back in the circle. Then, in turn, the Participants are introduced by telling everyone what they (possibly) learned in the discussions about the participants have experienced.</p>		
comment	Well suited: If the group the Names halfway knows .	
variation		
source	1	

10	fruit salad	Get to know Icebreaker
Goal	Similarities finden, loosening up, waking up.	
Duration Participants	10–30 minutes (each as you please can it has also happened one hour)	
material		
<p>A closed seating circle with one chair less than people there Safety measures: Backpacks , notebooks , pens , and other items should be safely stored away. All participants should also have their shoes tied.</p> <p>A participant stands in the middle and says "I like everyone who . . ." and then something about themselves. Examples: "I like everyone who doesn't wear glasses." (So she does n't wear glasses herself), ". . . who have birthdays in the first quarter of the year.", ". . . the hard to get out of bed in the morning." meets this requirement stands up and looks for a new seat (not their neighbor's seat, otherwise it would be too easy). Whoever was previously in the middle should try to get one of the free seats . Whoever doesn't get a seat goes to the middle next .</p> <p>Special instructions: If the group is already more familiar is , can also called properties like " . . . who have already fallen in love with their teacher." ". . . who have already failed a grade in school." "... who had sex for the first time after 18."</p> <p>But make sure that the group with the appropriate level of "outing" also feels good . It must Yes, not everyone always stands up or stays seated truthfully.</p>		
comment	Well suited: Actually always	
variation		
source	1	



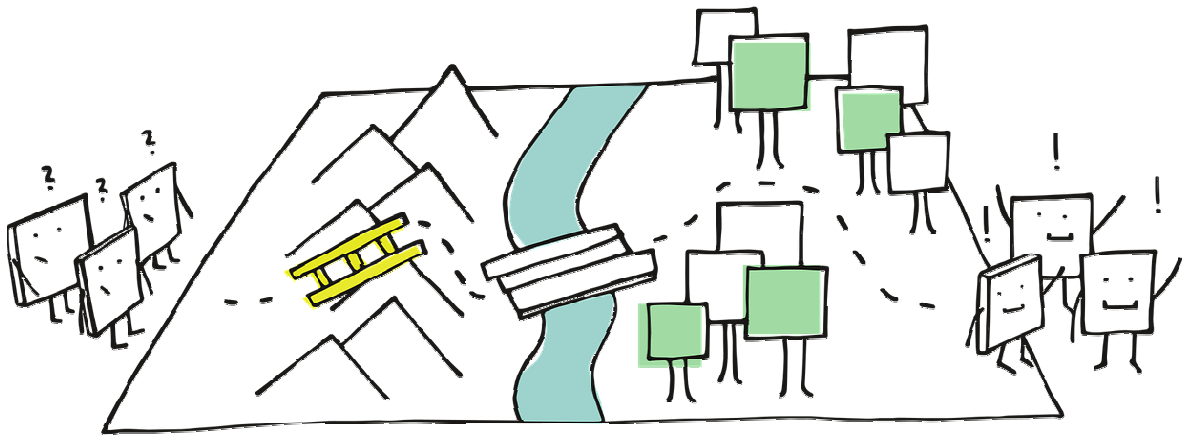
11	Get-to-know-you bingo	Get to know
Goal	People to find , the particular Characteristics have; Similarities find	
Length of time	15–20 minutes	
material	per person one copy of the „ Getting to Know You Bingo" card	
<p>All receive one copy of the „ Getting to Know You Bingo " slip and go so that in Space around. Included attempt she someone to find , on the the Description in a the box applies . The one signs then in the corresponding Box . Who four box in one Row filled out receive has – vertical, horizontal or diagonal –, has a bingo and calls running „ Bingo". The Game goes then but despite it still further, until it of the Game management after 10–15 minutes finished becomes . Thereafter in the round can all still short say, what she particularly Interesting at the Play found out (e.g. B. „ Nobody wears anything handmade. " or „ . . . speak Russian . ").</p>		
comment	Well suited: If the group already the Name knows.	
variation		
source	1	



Get-to-know-you bingo Game sheet to print

... speaks a language you do n't speak at all:	... has a pet:	... the same eye color as you has:	... has been in hospital once (as a patient) in the last three years:
... at least one year outside Germany lived:	... the same musical instrument like you:	... another Nationality than you has:	... in the same month that has a birthday like you:
... the same Favorite film has like you:	... some hand-machts trä gt :	... in the same year was born like you:	... no television has:
... the same number of siblings as you has:	... the same main means of transport as you has:	... was in a country where you have never been:	... the same sport as you operates:

12	match performance	Get to know
Goal	every may itself the group introduce , as long as a match burns	
Duration Participants	30 seconds per player	
material	a box of normal-sized matches , semi -fireproof tables, a seating circle	
<p>One Shaft el matches goes in the Sitting circle around. Who the box has , inflamed a match and presents itself the group before . If the match goes out (or the player it shakes out , to itself not the He caught to burn), gives the player the box (and with it the Word) further .</p>		
comment	<p>Well suited: For short, overview- like Performance, if the People itself in the Run of the Seminar still better know learn can . Also at relative large Groups and Talkative people very effective .</p>	
variation		
source	1	



13	Select an item	Get to know
Goal	choose an object with which you associate something	
Duration Participants	with n people and m rounds about $\frac{m \cdot n}{2}$ minutes	
material	10–20 different objects , for example a book, a stuffed animal , a juggling ball, a felt-tip pen, an apple, a scarf, a coffee cup ... the more different the objects , the better.	
<p>The Participant sit in the Circle of chairs , in whose center the objects lay . Now looking for each in turn chooses an object with which they identify or with the she something Personal associated . They shows the others the object , narrates The in addition appropriate story and places the object then again back .</p>		
comment	Well suited: For playful ways to get to know each other beyond the mere facts . Works best at events that involve a certain amount of self-awareness, less so at office training .	
variation	Can also be combined with the parparticipantser interview or used as a personality feedback technique when the others in the group choose objects for the person sitting in the " hot seat " . You choose something from photos or postcards	
source	1	

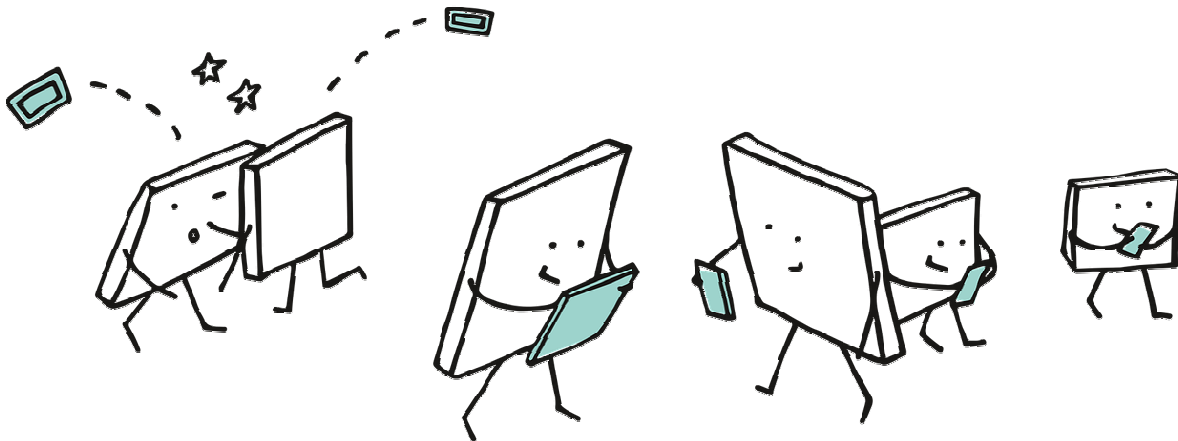
14	Draw sweets	Group formation
Goal	all n emmen itself Sweets and split itself so in Groups a	
Duration Participants	2–3 minutes	
material	various sweets (e.g. wine gums), 1 piece per participant , the sweets for the see the same group respectively same	
<p>The game leader has previously the Sweets accordingly sorted. Then may eachr Participant Part take. after Type of the Part certainly itself the Group membership . Example : Green wine gums is group 1, red wine gums group 2 etc .</p> <p>Special Notes: The Participant so should itself the Sweets remember, before she she eat!</p>		
comment	Well suited: To random Groups to form.	
variation	Swap sweets, change groups, whoever wants to swap has to offer more than just a sweet	
source	1	

15	Oh yes!	Fun Icebreaker
Goal	every may be about s say, What then all make	
Duration Participants	5–10 minutes	
material		
<p>All stand in the Circle. Who begins , says „ We do now all . . . “. All call „ Ouch Yes! Oh yes!“ and make the Said. So goes it ree hum.</p> <p>Examples : „ We everyone is doing it now one Grimace.“,</p> <p>„ We knock all of us on the Belly (the own).“</p> <p>„ We kiss us all on the left shoulder .“</p> <p>The Game is finished , if the game leader says : „ We work now all further .“</p>		
comment	Well suited: If the group long very seriously worked has . Or if she very much silliness let out must.	
variation		
source	1	

16	The milk is boiling over!	Fun Icebreaker
Goal	two groups roar itself in 5 minutes getting louder	
Length of time	5 minutes maximum	
material		
<p>The people form two groups that oppose each other . One group says: "The milk is boiling over !", to which the other group replies: "Then you take it off the fire!", to which the first group again says: "The milk is boiling over !" and so on. Since the other group obviously does not understand their own request , both Groups after and after increasingly louder, until both groups are finally yelling at each other . The game ends when the game leader calls it off (or when all participants are hoarse).</p>		
comment	Well suited: If the group frustrated is and steam drain must .	
variation	<p>In a restaurant while fighting for a seat: "You stand up right now!" – "No, I won't stand up now!"</p> <p>Children at the garden fence: "No!" – "Yes!"</p>	
source	1	

17	Gordian Knot	FUN Icebreaker
Goal	Untie the Gordian knot, but not by force .	
Duration Participants	10 minutes.	
material	8 participants , enough space for a standing circle plus safety zone	
<p>Everyone stands in a tight circle and stretches their arms forward into the middle of the circle. On command, everyone closes their eyes, walks toward the center, and grasps (exactly) one other hand with each hand – if possible , not the neighbor's. If all hands are docked, everyone opens their eyes again and tries to untangle the knot that has formed without letting go - without letting go of each other's hands</p>		
comment	The group should have been working together for a while, that the worst fears of contact are reduced.	
variation	Someone should give instructions on how to untie the knot	
source		

18	Machine game	Fun Icebreaker
Goal	The group together forms a large machine .	
Length of time	5–10 minutes	
material		
<p>The game leader begins and says , "I am a machine. I make a movement and a sound . " Like a machine, it makes a recurring movement and a sound .</p> <p>Gradually, the machine is expanded to include additional players who through contact with connect to the existing machine and perform a movement yourself and a Noise make.</p> <p>In the end, they all come together to form a big , crazy, pointless machine.</p>		
comment	Well suited: If you fancy something completely different and the group has the roughest has reduced fears of touch .	
variation		
source	1	

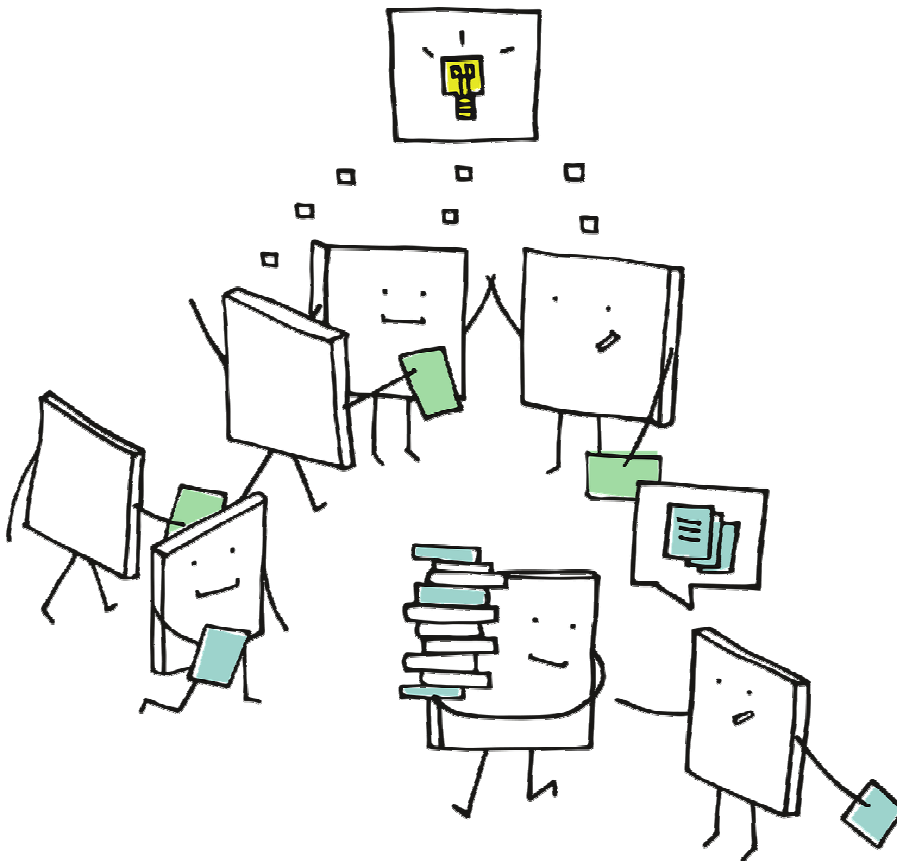


19	Robot parking	Fun
Goal	control two robots in parking position	
Duration Participants	10–15 minutes	
material	some space without nasty obstacles , but also works indoors	
<p>The participants find themselves in teams of three. Two of the participants are the robots and stand back to back . The third is the " robot leader ".</p> <p>When powered on, the robots move straight ahead with small, steady steps (stomp stomp). If a robot runs into an obstacle or another robot, it runs in place and beeps (beep beep).</p> <p>The robots can be controlled with three commands:</p> <p>Power button: By (lightly!) tapping the head, the robots can be turned on, after which they start running. Only both robots can be turned on at the same time .</p> <p>Left turn: By tapping on the left shoulder of a robot, this robot turns 90 degrees to the left.</p> <p>Right turn: Analogous to left turn.</p> <p>Goal is, both robots so to control that they finally stand in "parking position" (face to face) and then automatically switch off. If all robots in park position, the game is over.</p> <ul style="list-style-type: none"> • The robots can also accelerate continuously – starting slowly and then getting faster and faster. • The robot operator may only alternately serve. • The robots must not run parallel or orthogonal to a wall 		
comment	Well suited: For general relaxation and cheering up, for warming up after a break. Variants:	
variation	You can think of commands for the robots	
source	1	

20	Movement canon	Fun concentration
Goal	Action – Sweating while sitting	
Duration	10–15 minutes	
Participants	at least twelve people	
material	Seating circle (without chairs)	
<p>In the first round, the game leader asks everyone to imitate his movements: Clap your hands 3 times 2. Hit the thighs 3 times hands in the air 3 times 4. Stamp both feet on the ground 3 times Once the basic sequence is in place, things get increasingly difficult: the game leader divides the group into two halves . Then the canon begins: The first half begins by clapping. When they first slap their thighs , the second group begins clapping their hands . Once that is mastered, the most difficult stage comes: the game leader divides the participants into four groups and directs.</p>		
comment	Well suited: To general Flocculation	and amusement
variation		
source	1	

21	Snake and Rabbit	Fun Movement
Goal	Polonaise head starts Polonaise tail	
Length of time	5–10 minutes	
material	Place for the Run	
<p>All Participant place itself one after the other on (How at the Snake in the Supermarket) and hold itself How at one Polonaise to the shoulders. The Head this snake is the Eagle, the the rabbit (the end of the snake). may the snake not apart tear . If her Game multiple times one after the other play want, can someone other s the Hare be. The previous Snakehead can then to End the Snake go. Variants: The Hare can also from the Snake released be. With it it fair is, may the Hare but only hop and not normal run. The playing field should included limited be (all around is the " dangerous highway"), with it itself the Hare not simply above one Wall save can.</p>		
comment	Well suited: For the Waking up and because it Fun	might.
variation		
source	1	

22	Taaa - tung !	Fun concentration
Goal	fast pens in the rhythm pass along	
Length of time	10–15 minutes	
material	a knee circle, 1 Pen 0. ä. per Participant	
<p>Everyone kneels close together in a circle. Each has a pen in front of them. The game leader sets the rhythm: Taaa-tung (Taaa: grab the marker with the right hand, tung: place the marker to the person on the right), Taaa-tung, Ta-tung-ta-tung (Ta: grab the marker, tung: place the marker to the right and keep it in the hand, ta: place the same marker to the left again, tung: place the marker to the person on the right). So: Taaa-tung, Taaa-tung, Ta-tung-ta-tung, Taaa-tung and so on. getting faster and faster. If you gurgel, you 're out. Then it starts again until only one is left .</p>		
comment	<p>Special Notes: As long as no one notices, you can easily cheat at this game. Suitable for general amusement. Especially good after the last work phase of the day.</p>	
variation		
source	1	



23	Tropical thunderstorm	Fun relaxation
Goal	a himself made Tropical thunderstorm	
Duration Participants	5–10 minutes	
material	Standing circle	
<p>the game leader presents itself in the center of the circle . If she one player looks at and something pretends, might this it after – as long as, until she something other make should. The game leader lets all together successively following make: The Quiet before dem Storm : concentrated Quiet , Be silent !</p> <p>The first rustling of leaves in the wind: fingertips in one Money counting movement rub against each other</p> <p>The sound of the approaching rain: H ä nde together rub</p> <p>The first heavy drops: with the fingers one hand slow snap (according to experience not all)</p> <p>The drops fall more densely: with the fingers at the hands fast snap</p> <p>The Rain crackles from the Sky : fast in the hands clap (How at the Applause) It thunders : on the Floor jump (only a , two People)</p> <p>After the Highlight of the Storm reached is, builds the game leader the Thunderstorm in around- swept Series again slow away, until on End the Quiet after dem Storm follows: The Sun is again came out !</p>		
comment	Well suited: To the Head again clear to receive (morning or after one break), or to a few to Quiet to come.	
variation		
source	1	

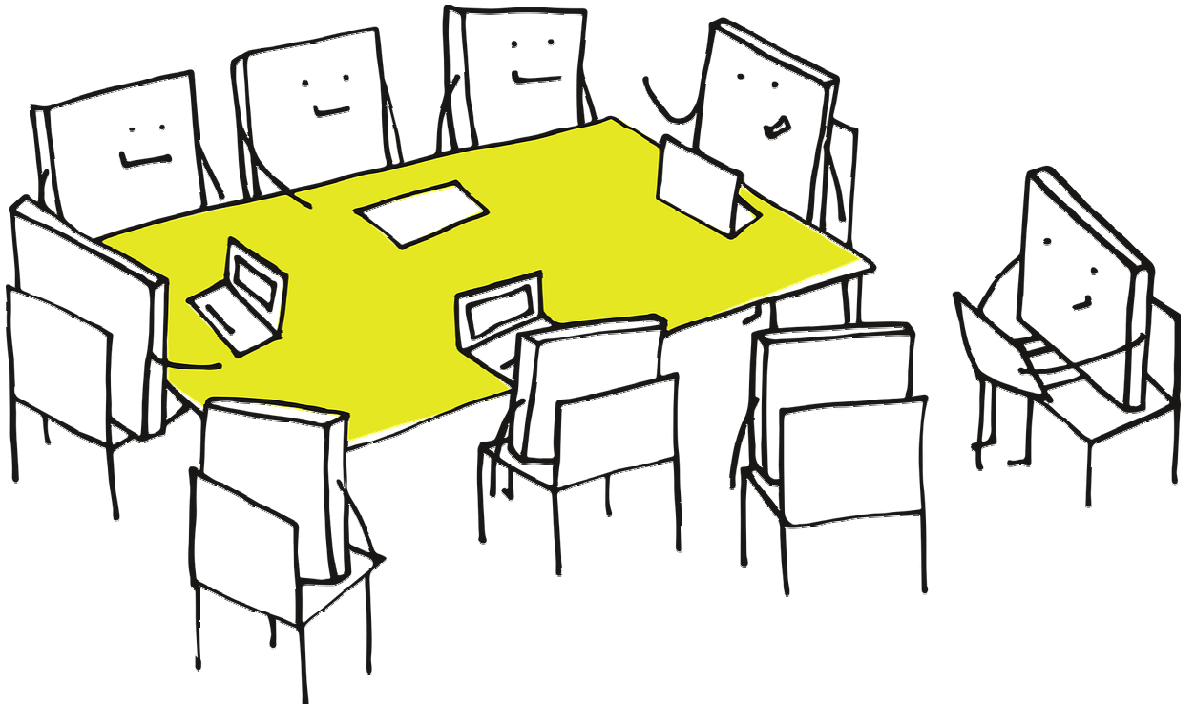
24	I feel me now so .	Feedback
Goal	through Movement and Noise show, How one itself straight feels	
Length of time	Depending on the group size but short	
material	Standing circle	
It goes around. Whoever is next says "I feel this morning (now) like this:" and represents this with a movement and a noise .		
comment	Well suited: To lighten the mood and set the mood. Also very nice in the morning before the first work phase. Participants don't have to be inhibited and need to be a bit creative.	
variation	If you were an animal / car etc., what would best match your mood	
source	1	

25	Zulu dance	Fun Movement
Goal	sing and included in the Circle hop around	
Duration Participants	10–15 minutes	
material	Standing circle	
<p>Everyone stands in a circle. The game leader sings, and everyone sings along: If you look at me, Zulu you will see. If you stand by me, Zulu you can be. Hey! Zulu! Attention! Look at me! Then the game leader demonstrates the actions. First one, then one more after each round, while the other movements remain the same: Right Hand: hit the right hand (in time) on the right thigh Left Hand: also hit the left hand on the left thigh lightly stamp your right foot Left Foot: also stamp your left foot lightly (i.e. hop with both feet) In a Circle: hop around in a circle as a whole group (as if a fire) Down: kneel down Nod: nod your head Spin: spin all additionally about yourself Backwards : now the circle jumps backwards Double time: sing and dance twice as fast The game is over when no one can do it anymore or everyone falls over.</p>		
comment	Well suited: To violent On flocculation and for the Fooling around . The game leader must be able to demonstrate everything perfectly. Of course, you can also choose a song or a dance that you are more familiar with.	
variation		
source	1	

26	Shoe salad	Fun
Goal	a circle with randomly selected shoes on the feet form	
Duration Participants	10–15 minutes	
material	Space (the whole group must fit in a circle)	
<p>All pull her Shoes out of and make with it in the center a Heap. Afterward takes every a right and a left shoe (out of different pairs). Everyone puts on the shoes (as best they can)... just don't break it). Now you have to the pairs of shoes (on the feet) find again and next to each other place. It form itself thereby one or more circles.</p>		
comment		
variation		
source	1	

27	Clothespins	Fun Movement
Goal	the other player Clothespins remove from clothing or attach	
Duration Participants	5–10 minutes	
material	three Clothespins per Participant , much Place for the Run	
<p>Each player receives three clothespins and places them in a clearly visible location to the Clothing. the game leader e rklart before each round the Regulate and he opens and ends the Rounds .</p> <p>First Round: Each player tries to take the other players ' clothespins and yourself to the Clothing to put.</p> <p>Second Round: Each player tries to pass their own clothespins to the other player Clothing to stuck . Wereine clothespin fall lässt , stuck this again with you even to the Clothing.</p> <p>Special Notes : Clear possible tripping hazards, bottles and similar previously out of the way. If possible , pulls Clothes before out of, the light tear (for example thin fabric jackets). Pay attention on it, that no one sharp-edged watches, Rings or other wears dangerous jewelry .</p>		
comment	Well suited: For intensive fluffing in between.	
variation	Introduce rules: where can the clothespins be attached Clothespins in certain colors count more	
source	1	

28	pause	pause
Goal	b ester work afterwards	
Length of time	Set and adhere to times as needed	
material		
<p>The game leader asks the group how big the need after a break. If the need is there, the game leader sets a time at which it after the pause continues. Special Notes: Very important Play! Even small breaks can the Ability to work group enormous increase and the lived Annoyance enormous reduce .</p>		
comment	<p>Extremely important when concentration decreases and hunger, thirst and going to the toilet become important</p> <p>Ventilate the room once</p> <p>In principle, participants should avoid eating or engaging in other activities (listening to music, etc.)</p> <p>Well suited: If the group annoyed, exhausted , fidgety or What also always is. Only on Beginning for the Waking up is the pause not so suitable.</p>	
variation	<p>Long break with coffee and food</p> <p>Short break to catch your breath and use the toilet</p>	
source	1	



29	Crack the code	Fun Cracking the code
Goal	a Pattern at the Selection certain Objects / Words recognize - crack the code	
Duration Participants	15 minutes up to several hours	
material	a heap Participant , from those some ATTENTION that Game still not may know	
<p>The game leader plays a border guard or door guard who only lets the participants in with certain objects and people . The players therefore make suggestions as to what they which the customs officers will then allows or rejects .</p> <p>When a participant has recognized the pattern, they should not say it out loud, but first try to confirm it with further attempts . After that, they should keep their mouth shut so that they the other The game continues until all figured out the scheme.</p>		
comment	<p>Guessing game with one or two insiders Ideal for: Evenings in a social setting, when the music isn't too loud. The code shouldn't be too complicated.</p>	
variation	<p>Variants (ATTENTION Solution): Journey to Kanikano: The game master plays the border guard of the country of Kanikano. She only allows objects and people into the country that do not have the letters I or O in their name. Willi: Willi only wants objects and people whose names contain at least one letter twice. News Café: Only objects and people bearing the name of a newspaper or magazine are allowed into the News Café . Examples: a picture, your girlfriend, a gong, time... Pirate Ship: The pirates on the ship (all tough men and women) only take anything that starts with a letter that is contained in "pirate ship". There are countless variations of the code-cracking game</p>	
source	1	

30	Rapunzel	FUN Cracking the code
Goal	Find out who you have to shake hands with as "Rapunzel"	
Duration Participants	10–30 minutes	
material	a bunch of participants , some of whom may not yet know the game	
<p>One player is "Rapunzel" (the one who has to guess). Someone who already knows the game says:</p> <p>Rapunzel, Rapunzel, obey me ! Don't go until I say, 'Go!'</p> <p>After a while, she sends Rapunzel out of the room with the word "Go!" After a few seconds, Rapunzel is called back in through the closed door . She must then shake hands with a player. The whole thing repeats itself with this Rapunzel until she recognizes the pattern or loses interest. Then someone else becomes Rapunzel.</p> <p>ATTENTION Solution: Rapunzel must shake hands with the first person to speak after the obligatory line. Therefore, Rapunzel can only be sent out after someone has said something.</p>		
comment	Well suited: At evening in more sociable Round.	
variation	S. Code cracking many variations	
source	1	

31	Association game	Fun Icebreaker
Goal	Find word associations	
Length of time	5-15 minutes (each after Desire and Mood)	
material	Chairs for everyone plus an extra chair	
<p>, two chairs are placed a little way off as "hot chairs " . One of these chairs is free. Now the player on the occupied chair says: "I am . . ." and then a term . Then someone sits on the free chair and says a matching term . Next, someone sits on the first chair (the player gets up from the chair). and sits down in the circle) and again says a suitable term.</p> <p>Example:</p> <p>"I am the headache." "I am the aspirin."</p> <p>"I am the medicine cabinet."</p> <p>"I am the corn plaster . " "I am the foot . "</p> <p>"I am the hand."</p>		
comment	well suited: In the evening to warm up or in between to lighten up requires some creativity	
variation		
source	1	

32	NASA game	Group dynamics Team building
Goal	Recognizing the different working methods and decision - making processes for individual work, group work and delegation	
Length of time Participant	1.5–2 Hours At least 16	
material	manual per person	

Each player receives the sheet from the appendix. For the second phase , at least two groups of approximately eight players are formed . Course of the game: The following information is provided to the participants : explained :

In this r In this exercise, we will practice our decision - making options using a model. We will learn how to make decisions effectively and what obstacles might stand in the way .

Please make sure that players do not exceed the allotted time during the first three phases of the game . Time pressure is a very important element in this game!

1. Individual decision (5 minutes): You try – each for alone – to solve the task at hand .

Group Decision (15 minutes): The goal is a group decision that everyone agrees with. This means that the rank of each of the 15 items that are necessary for survival, the consent of a each of you must have to to become part of the group decision.

It will not be possible for all group members to reach the same opinion on all points. However, as a group, you should try to discuss and decide on each point in such a way that all members at least partially agree. can .

Delegate decision (10 minutes): Each group chooses two representatives who, in the group's opinion, best deal with the matter Representatives from all groups sit together and make a final decision in plenary. The other participants may listen and watch , but may not speak during the discussion. You can skip this round if time is limited .

4. Evaluation (15–30 minutes): The various results are compared with each other and with the expert results of the NASA experts:

1. Oxygen tanks
2. Water
3. Star map
4. Food concentrate
5. Telecommunications receiver
6. Sender
7. Nylon rope
- First aid kit
9. Parachute silk
10. Inflatable boat
11. Signal cartridges
12. Pistol
13. Powdered milk
14. Heater
15. Magnetic compass

16. Matches

This isn't the only true solution . The goal of the game isn't to achieve the best possible result, but rather the different paths to it and the experiences and insights gained along the way.

Please be sure to complete the evaluation! Without an evaluation, the NASA game is worthless!

Consensus: all can live well with the result; a win-win solution , if possible, which does not necessarily have to be in the middle between the starting positions; requires clarification of interests

Compromise: you meet itself in the middle; it is enough to compare the viewpoints to clear up

Majority decision: quick decisions, even if not everyone agrees; the opposite of consensus;

Disadvantages:

- not everyone is directly behind it and may sabotage the result

- not everyone necessarily understands the solution

- competent solutions may be overruled

comment		
variation		
source	1	

NASA game sheets to print

She are Member one Space Group, the originally planned had, on the he brightened Surface of the moon with to meet the mother ship . As a result technical difficulties your spaceship is However, they were forced to Position in the Tagzone to land, which is about 300 km from the meeting point . While the landing is a Much of the equipment on board was damaged been.

There the Outlook to survive of that depends , whether She the reach mother ship , must the most important the existing Things for the 300 km long way chosen become. Below find She one list from 15 objects , the after the landing undamaged stayed are. Her Task is it, this objects in one Ranking to bring, each after, How necessary She Them for the To reach of the Meeting point appear. Set She number 1 next to the most important item, number 2 next to the second most important etc.

List of undamaged items

Article		Ranking		
		Individually	group	Plenary
1	Box of matches			
1	can food concentrate per Person (lets with a Special valve to the Room connect train)			
15 m	nylon rope			
30 m2	Parachute silk (15 × 2 m)			
1	portable heater (with Infrared heaters as a heat source)			
2	Pistols 7,654 mm			
1	small Box Powdered milk per person			
2	oxygen tanks to 50 l each per person			
1	star map (from the moon's perspective)			
1	dinghy (automatically inflatable through integrated CO2 cartridges)			
1	Magnetic compass			
22 l	Water per person (with Special valve to the spacesuit connectable)			
20	Signal cartridges (also ignites in a vacuum , can be fired without a pistol)			
1	First aid kit (including injection needles)			
1	Telecommunications receivers and transmitters with solar cells			

33	shipwreck	Group dynamics Team building
Goal	Recognizing the different working methods and decision-making processes in individual work, group work and delegation	
Duration Participants	1.5–2 Hours at least 16	
material	per person one Game instructions and paperwork	

Each player receives the sheet from the appendix. For the second phase , at least two groups of about eight players are formed .

Course: The following information is provided to participants regarding the course of the game: explained :

In this exercise we play our possibilities , decisions We will use a model to demonstrate how decisions can be made effectively and what obstacles may stand in the way .

Please make sure that players do not exceed the allotted time during the first three phases of the game . Time pressure is a very important element in this game!

1. Individual decision (5 minutes): You try – each on your own – to solve the task .

2. Group Decision (15 minutes): The goal is a group decision that everyone agrees with. This means that the rank of each of the 15 items that are used for the

Survival is necessary, the consent of a each of you must have in order to to become part of the group decision.

It will not be possible for all group members to reach the same opinion on all points. However, as a group, you should try to discuss and decide that all members agree at least in part can .

Delegate decision (10 minutes): Each group chooses two representatives who, in the group's opinion, best deal with the matter can . The

from all groups sit down together and make a final decision in plenary. The other participants may listen and watch, but may not speak during the discussion. This round can be skipped if time is limited.

4. Evaluation (15–30 minutes): The different results are compared with each other and with the expert result (by US naval officers) .

According to experts, the most important items in a shipwreck are those that help you attract the attention of potential rescuers and help you survive in the short term .

Navigational items aren't important because you're too far from land to get there under your own steam. Neither food nor water would last long enough . Humans can survive for 36 hours without water and 30 days without food without lasting damage .

In the Southern Hemisphere, the seasons are opposite to ours: it's summer there when it's winter here (and vice versa). Ocean currents move counterclockwise there (clockwise in the Northern Hemisphere). The lifeboat is drifting toward Antarctica.

1. Shaving mirror. This can reflect the sun and send signals.

2. Diesel. Can ^{it} be poured into the sea and ignited (with a banknote or a piece of clothing and

matches) .

3. Water. To avoid dying of thirst.

4. Food ration. This consists only of basic foodstuffs and can be stretched over several days if necessary.

5. Plastic sheeting. This can be used to collect rainwater and dew and to protect against storms .

6. Chocolate. As a reserve food.

7. Fishing rods and accessories . Since it's not certain whether you'll be able to catch fish with them here, the chocolate is more important.

8. Nylon cord. For tying down important items during a storm.

9. Inflatable pillow. As a buoyancy aid/lifebuoy if someone falls into the water.

10. Shark repellent fluid ⁱⁱ . Only effective if you go into the water.

11. Cognac. For disinfecting wounds. Cognac is not suitable as a drink in this situation because it opens the pores (causing water loss) and makes you thirsty.

12. FM transistor radio. It's useless because the Earth's curvature limits the reception range to a maximum of 30 kilometers , and the mainland is too far away.

13. Map of the Indian Ocean. Doesn't help, as the shipwrecked people cannot determine their own position exactly determine still be able to move inland under their own power .

mosquitoes this far from land . The net isn't suitable for fishing either.

15. Sextant. Is without chronometers and tables relatively worthless, because then it cannot be used for positioning.

This isn't the only true solution . The goal of the game isn't to achieve the best possible result, but rather the different paths to it and the experiences and insights gained along the way.

comment	Special Notes: Please be sure to complete the scoring! Without scoring, this game is worthless! The results should be similar to the NASA game Of course, this is not a casual game and should be planned for a morning, afternoon or evening work phase.	
variation	NASA game	
source	1	

Shipwreck note to print

She sailing to Christmas with a private yacht on dem open Sea, approximately 800 nautical miles south east from South Africa, as to board a fire breaks out. She can only still the below listed 15 items in the only existing lifeboat take along. There the boat with it but overloaded is, must She itself some, which Article She throw away and which She keep want.

Her Task is it, this objects in one Ranking to bring, each after , How necessary You in this situation appear. Set She number 1 next to the important- ten Object, number 2 next to the second most important etc.

Some the shipwreck have aside from that matches and Money (Coins and notes) included.

The list of items

		Ranking		
Article		Individually	group	Plenary
1	sextant (without more Documents)			
1	Shaving mirror			
25 l	drinking water			
1	large it mosquito net			
1	food ration , suffices for 1 day (per Person)			
1	Map of the Indian Ocean			
1	inflatable pillow			
24 l	Diesel oil			
1	FM transistor radio			
1 l	Shark defense fluid			
10 m2	plastic film			
1.5 l	cognac			
5 m	nylon cord			
400 G	Chocolate (per Person)			
1	Angel with Accesories			

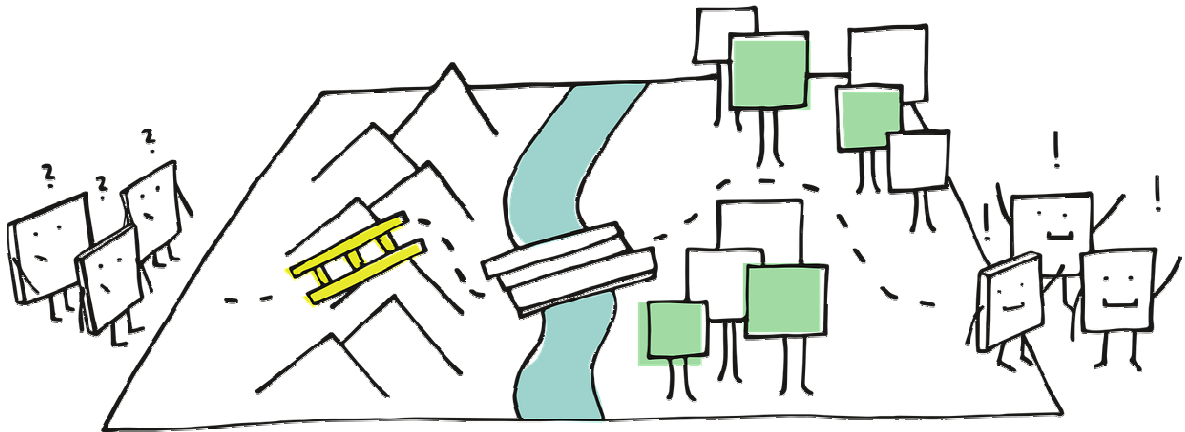
34	Two euro	Group dynamics Team building
Goal	one on the first View impossible Task in the team solve	
Duration Participants	10–20 minutes Approx. 12 participants	
material		
<p>The Group will in Teams from three until five members divided. Each team should as possible fast and as possible Exactly the Weight one 2- euro coin determine. To „ Tool ” stands for that everything to Disposal , What itself in the seminar room be fi ndet). The room may not be used during the exercise not leave become.</p> <p>The Team, the the Weight first (and as possible exactly) can, has the Game won.</p>		
comment	Attention solution: A 2 -euro coin weighs 8.5 grams.	
variation		
source	1	

35	Bridge build	Group dynamics Team building
Goal	in the team one difficult e Task solve	
Duration Participants	5–15 minutes Approx. 15 participants	
material	a total of 1 pair of scissors and 1 roll of masking tape, a few sheets of paper and 2 tables per team	
<p>The group is divided into teams of three to five members . Each team should Build a sturdy bridge between two tables as quickly as possible out of paper and tape (the farther apart, the more difficult it is – 50 cm is fine). The bridge should be able to withstand the weight of scissors . The teams are allowed to use the scissors for testing.</p>		
comment		
variation	other construction variations	
source	1	

36	Scissors game	Fun Cracking the code
Goal	recognize, the it not on the Superficial arrives	
Length of time	10–30 minutes	
material	Sitting in a circle, 1 pair of scissors (for the scissors game) or 1 bottle with a lid, a few participants who do not know the game yet	
<p>At the Scissors game becomes one Scissors in the Circle around given. Included is it doesn't matter, as the Scissors passed on becomes (also open , closed, with dem Handle after forward or backward rear), but the player says at the Pass along „ open " or „ closed".</p> <p>If one player the Pattern recognized has, should she it not loud say, rather first through more Try to confirm attempt. Thereafter should she the mouth hold, with it boil others the Fun not spoils . The Game goes as long as , until all the Scheme out of here - receive have.</p> <p>Attention Solution: „ Open" says the game leader , if the receiving Player the Legs open (also not crossed) holds , and „closed" accordingly vice versa.</p>		
comment	Perfect for: Simply for fun in a social setting. Or to emphasize the importance of communication, that a message isn't just about the obvious .	
variation	In the bottle game, a bottle with a screw cap is passed around in a circle. • Open /closed can also refer to the mouth of the player passing the card.	
source	1	

37	Murderer, er, murderess	Fun
Goal	everyone brings themselves and after mutually (symbolically) around (and learn included the names)	
Duration Participants	alongside while the entire Event , a until several days long	
material	lottery ticket with the Names all r player	
<p>At the beginning of the event, the cards are shuffled and to distributed among the players . everyone receives a piece of paper with the name of their future victim :</p> <ul style="list-style-type: none"> • randomly by dragging if no one external is there who can distribute the leaflets, or • someone who is not playing distributes the pieces of paper in such a way that a circle is formed from all the murderer - victim relationships (so that the victim is the murderer when only two more players have survived) <p>Then A piece of paper with the names of all players is hung up . The game begins at the signal. A murder proceeds as follows :</p> <ol style="list-style-type: none"> 1. The murderer meets her victim , who is on her note. 2. There must be no (living) wiparticipantsesses present. If a wiparticipantsess is present at the murder, sees the murder and immediately reports it, then is the murder ung tidig . 3. The murderer gives the victim any object, such as a bottle or a pen. If the victim accepts the object voluntarily, she is murdered. 4. The murderer tells the victim that it is now dead. 5. The victim gives the piece of paper with the name of his victim to the murderer . This way, the murderer receives the name of her next victim 6. The victim enters a cross next to the name of the deceased on the list of names posted , as well as the time and manner of death, if they wish ("Murdered with a barbecue skewer.", "Was smoking a cigarette." or something similar). 7. Man must not lie about whether one is still alive or already dead (lies of omission are of course allowed). Dead people are also not allowed to expose the living . <p>Who survives should therefore not accept any items directly or ensure that a living wiparticipantsess is watching.</p> <p>The game is over when, at the showdown of the last two surviving players , one defeats the other successfully murdered.</p> <p>Special Notes: The game runs during the seminar or the trip However, it can lead to a lead to tangible paranoia and In extreme cases, constructive cooperation during the seminar make it impossible . It can but also be a lot of fun and very exciting !</p> <p>Variants:</p> <ul style="list-style-type: none"> •• The murder occurs through a symbolic act of murder, for example: <ul style="list-style-type: none"> - with a water pistol shot - poisoning with Tabasco in beer <p>destroyed by a time bomb (with a camera flash bulb as an explosive charge)</p> <p>To ensure that no one is injured, no one should be murdered while driving a car (for the murder short right approaching is of course okay). Real physical injury must also be ruled out be.</p>		

This can lead to some very nice mafia murders , such as someone at the front door at night to ambush with the water machine gun.		
comment	Well suited: For Seminars and longer events when those present Fun to so extensive Play have.	
variation	The murder is carried out by a simple "You're dead!" This has the disadvantage, however, that the victim cannot defend himself.	
source	1	



38	Circle escapes	Fun Group dynamics Cracking the code
Goal	escape from a circle of people	
Duration	5 minutes .	
Participants	at least 5 participants	
material	Space for a circle.	
<p>A participant who is unfamiliar with the game leaves the room. The game leader can now explain the game before the group calls the player back in: The players hold hands and form a circle around one player. The player then tries to escape. The group is instructed not to let the player through under any circumstances.</p> <p>Attention Solution: The group will only let the player through if she asks (verbally).</p> <p>Special notes: Only works once per group.</p>		
comment	Well suited: Simply so (for the Laugh) or as Introduction for one work unit to explicit communication.	
variation		
source	1	

39	Gummy bear analysis	Group dynamics Get to know
Goal	Reflect on roles and relationships in a group and explicitly make	
Duration Participants	45–60 minutes At least 8 participants	
material	For each small group (2-4 people) a blank moderation poster and a set of moderation pens; space on the floor or on tables so that each small group can Poster to work on; a large pile of Playmobil (figures , horses, weapons, furniture . . .) or Lego or A very wide selection of different Haribo figures; glue for attaching the gummy bears (not for Lego or Playmobil!)	
<p>Participants form small groups of 2–4 participants . Each small group then recreates the group whose relationships and roles they wish to represent on a poster , for example: The king (chairman) sits on his throne, with two other figures whispering behind him .</p> <p>The moderation pens can be used to draw arrows, dividing lines, names and the like to make the group structure even clearer.</p> <p>When all small groups are finished (a little time pressure from the moderator doesn't hurt here), each small group presents its work to the whole group. Applause!</p> <p>Special notes: If the plenary consists of different organizations, the small groups should if possible , sort according to the groups whose structure should be rebuilt.</p> <p>If there are many people from one group, the small groups can also represent the same group, so that different perspectives and representations emerge.</p> <p>This method may not work if the nasty boss or a extremely unpopular group member is present and the participants then do not want to present their honest view to the group .</p>		
comment	Well suited: to one group playful above her own structures, Roll and To reflect on relationships	
variation		
source	1	

40	Expectation poster	Feedback Expectations
Goal	Positive and negative expectations for everyone visible make (before everything for the game leader)	
Length of time	10–15 minutes	
material	Prepared poster, presentation cards in two colors, presentation pens, glue stick (or masking tape)	
<p>The game leader has prepared a poster with the heading What do I expect from this seminar and two columns:</p> <ul style="list-style-type: none"> • The seminar will be good if, . . . • The seminar will not be as good if, . . . <p>The background colors of the two column headings should match the two colors of the moderation cards .</p> <p>Once the poster is up , all participants receive cards and pens. The game leader collects the completed cards, shuffles them, and sticks them on the wall (ordered by the two colors). The game leader may need to adjust the program after this action if it is foreseeable is that the participants will not like something at all .</p> <p>, it can be interesting to look together with the participants to see which expectations were met , not met , or have changed .</p>		
comment	Well suited: On Beginning one Event	
variation		
source	1	

41	flash	Feedback
Goal	The Mood in the group becomes visible.	
Length of time	Maximum of one minute per person.	
material		
<p>Each participant is given one minute of speaking time. During this time, they can make a short statement about how they are currently feeling and whether they are satisfied with what they have experienced; how the collaboration in the group worked, etc. Special Notes: Everyone has the opportunity to speak; statements are not discussed or judged. The game leader also has the opportunity to say something.</p>		
comment	<p>Well suited: If Difficulties noticeable make . Or as Feedback on End of the Daily or for the Diploma one subject area. The flashlight is an absolute standard in every seminar</p>	
variation	Possible at any time With adhesive dots on flipchart	
source	1	

42	Evaluation gallery	Feedback
Goal	Anonymous , for all visible Feedback to one Event	
Length of time	15–30 minutes	
material	Several Pinboards or walls , prepared posters , many Modera - tion pins	
<p>The game leader has prepared posters with questions about which she would like to hear from the participants . Possible questions :</p> <ul style="list-style-type: none"> • The seminar moderator: What did I like, what did I not like? • How did I like the accommodation? • How did I feel about the group at this seminar? • What has become clearer to me: (blue moderation cards) • What is unclear to me: (white moderation cards) • A thought that fascinates me: (orange moderation cards) • A thought I do not agree with: (red moderation cards) • a large painted suitcase : What I will take home from this seminar in terms of experience and knowledge: • a large painted trash can : What I would rather leave here : • What else I would like to say : <p>Once all posters have been hung up and there are enough pens near each poster, the participants can get to work make and their thoughts to poster.</p> <p>If no one wants to write anything else , the gallery is available for everyone to view he opens .</p> <p>Special instructions: As a tutor, do not look over the participants' shoulders while they are writing! (Otherwise , they will feel watched, and it is no longer anonymous.)</p>		
comment	Well suited: On End one Sem inars or one longer work unit	
variation	possible via card query . Then 2 or 4 aspects can be placed on one poster. The " suitcase " variant is also popular. and trash cans".	
source	1	

Intelligence test

Date: _____

To read She please first all Questions thorough _____ through, before She she answer. She have _____ in total three minutes Time.

1. Who composed the opera Aida? _____

2. Who wrote the Book War and Peace ? _____

3. Where found 1954 the Football World Cup instead of? _____

4. Set She the number series continued: 2 – 4 – 6 – _____

5. From whom originate the Figures Max and Moritz? _____

6. When lived Karl the Size ? _____

7. How many continents gives it on the Earth? _____

8. Who invented the Light bulb ? _____

9. Which country produced the most Öl? _____

10. How is called the western Defense alliance ? _____

11. How many Zodiac signs gives it (Bull, Aquarius etc.)? Only the Number: _____

12. Through who became Napoleon defeated? _____

13. Fill She only the today's Date above left out of. Everything other can _____ She itself save. Enjoy _____ She still two minutes Quiet.

43	Energy level display	Feedback
Goal	fast Feedback about it , How much Energy every out of the group in the moment has	
Length of time	2 minutes	
material	Standing or Sitting circle,	
The game leader determines the height at which the maximum energy level is (e.g. , belt height , chest height , crown of the head, etc.) . The floor represents no energy. Then everyone simultaneously shows with their hand how much energy they currently have.		
comment	Well suited: Before longer work units, or when the group as a whole looks somewhat weak.	
variation		
source	1	

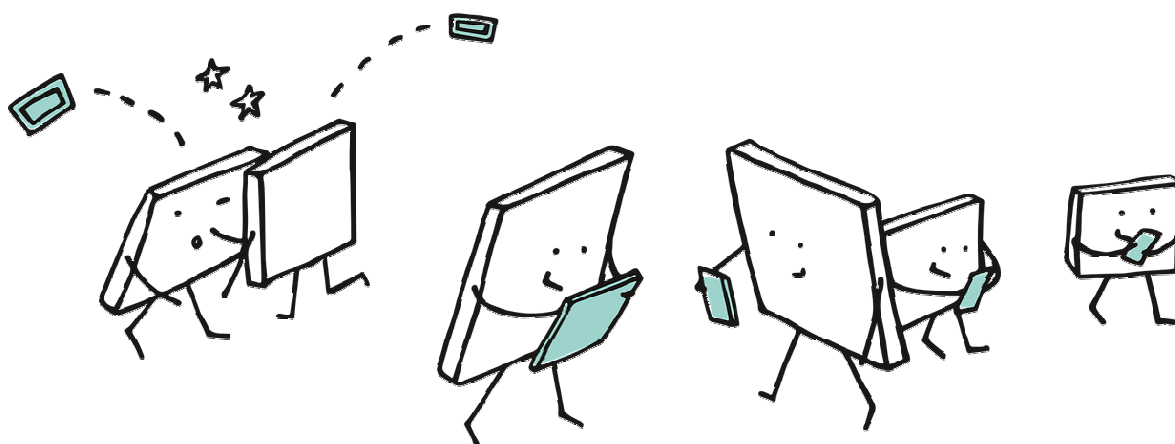
ORIGINAL

44	Day or seminar feedback	Feedback Group dynamics
Length of time	15–20 minutes	
material	prepared poster, markers or adhesive dots (possibly in several colors)	
<p>On the poster has the game leader the Floor plan one T heaters painted: stage , wardrobe for Guests , Foyer, Seats , Standing places , Lodge, Director, Mask, Artists ' Guard , telephone booths, toilets, Park, Technology, Bear . . .</p> <p>All Participant carry itself so a to the position, to the she itself (in the transferred senses) today (or while of the Seminar) seen have. Who itself even not can decide , may itself also double enter .¹</p> <p>Variants : If the Feedback anonymous be should , can the Participant also Adhesive dots stick , instead of her Names to enter.</p> <p>For a temporally more precise Feedback can the game leader also several Colors use (for Late morning, Afternoon, Evening . . .). Then should she but one legend in the poster integrate .</p>		
comment	Well suited: On End one Daily or one Event	
variation	An alternative to the theater could be another building , the Enterprise or a pirate ship .	
source	1	

45	Hand feedback	Feedback
Goal	Daily or seminar review	
Duration Participants	10–15 minutes	
material	a Poster, on the one size hand painted is, the finger labeled with the below standing Questions	
<p>The five fingers of one hand correspond to five questions . Starting with the thumb, the participants give their feedback one after the other on all the questions on the poster:</p> <p>Thumbs: Thumbs up for . . .</p> <p>Pointing finger : I would like to point out .</p> <p>. . Middle finger : The focus for me was . . .</p> <p>Ring finger (with ring):</p> <p>My gem today/at the seminar was...</p> <p>. Little finger: For me it was too short . . .</p>		
comment	Well suited: as Daily or Seminar criticism	
variation	Change questions	
source	UG	

46	Traffic light feedback	Feedback
Goal	quick, overview- like daily review	
Length of time	5–10 minutes	
material	Standing or chair circle, one red, yellow and green moderation card per participant	
<p>Every Participant receives from each the three Colors each one Moderation card. Then says one after the other one Claim (to Example: „I have much New learned.“). All lift thereupon one the three Moderation cards, to her approval or Rejection to this Statement to show:</p> <ul style="list-style-type: none"> • green: I agree to • yellow: I white not (or want me in addition not express) • red: I agree not to 		
comment	Well suited: To Daily review. As Seminar review is the method too little qualitatively.	
variation		
source	1	

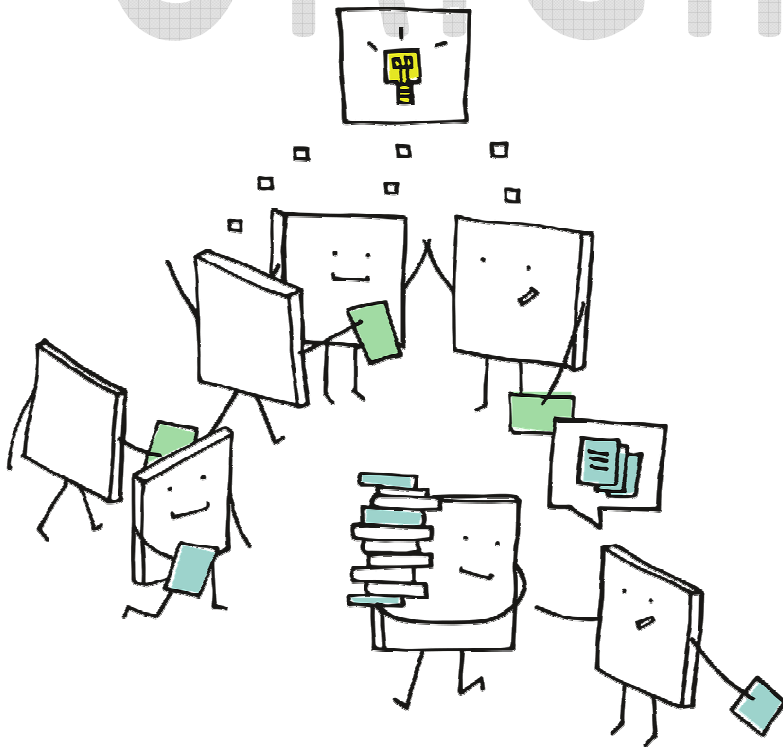
47	Sector flexibility	Feedback Group dynamics
Goal	short, funny opened s Feedback for the day or seminar	
Duration Participants	5-10 minutes	
material	We need in addition : Seat - or standing circle , a Drink per person (sparkling wine , orange juice , Beer . . .)	
<p>wants to say something (either in turn or whoever feels like it) starts a sentence with one of the following two phrases:</p> <ul style="list-style-type: none"> • "I also toast . . . " • "I flush my anger down over . . . " <p>After the statement, everyone takes a sip. Special instructions: Can only be used if there is enough trust between the participants , so that this criticism can also be expressed non - anonymously can .</p>		
comment	Well suited: To Daily or Seminar review.	
variation		
source	1	



48	Note on the back	Feedback Group dynamics
Goal	very nice personal Feedback between the Participant	
Length of time	5–10 minutes	
material	Each participant will need 1 piece of wrapping paper (approximately A3 size) , 1 black or blue presentation pen and a few strips of presentation tape	
<p>Each participant sticks a piece of wrapping paper on the back of another participant with adhesive tape . Then each participant writes to each other participant the she something else to say , a message on the note that this on However, not every participant has to write something down for everyone else – only for those to whom they have something to tell want . The news should be positive if possible so that no one is sad on the way home . The messages are pseudo-anonymous: You don't have to reveal your identity, but it is often still clear who a message is from.</p>		
comment	Special Notes: Pay attention on it, that her In any case non-copying Fashion ration pens used well suited: quite on End of the Sem inars after the „ official ” Evaluation	
variation	Instead of A3 paper, use individual moderation cards Guess the celebrities. Stick notes with celebrities on their backs. Participants guess. More of a fun game.	
source	UG	

Written feedback form

1. What has you today particularly good fallen ?
2. What has you today not so good fallen?
3. How found you the atmosphere in your group today ?
4. What have you today understood and keep?
5. What have you understood, but not in all Details keep?
6. What have you today not understood ?
7. What would like you us otherwise still communicate? (On the Back is also still Place.)

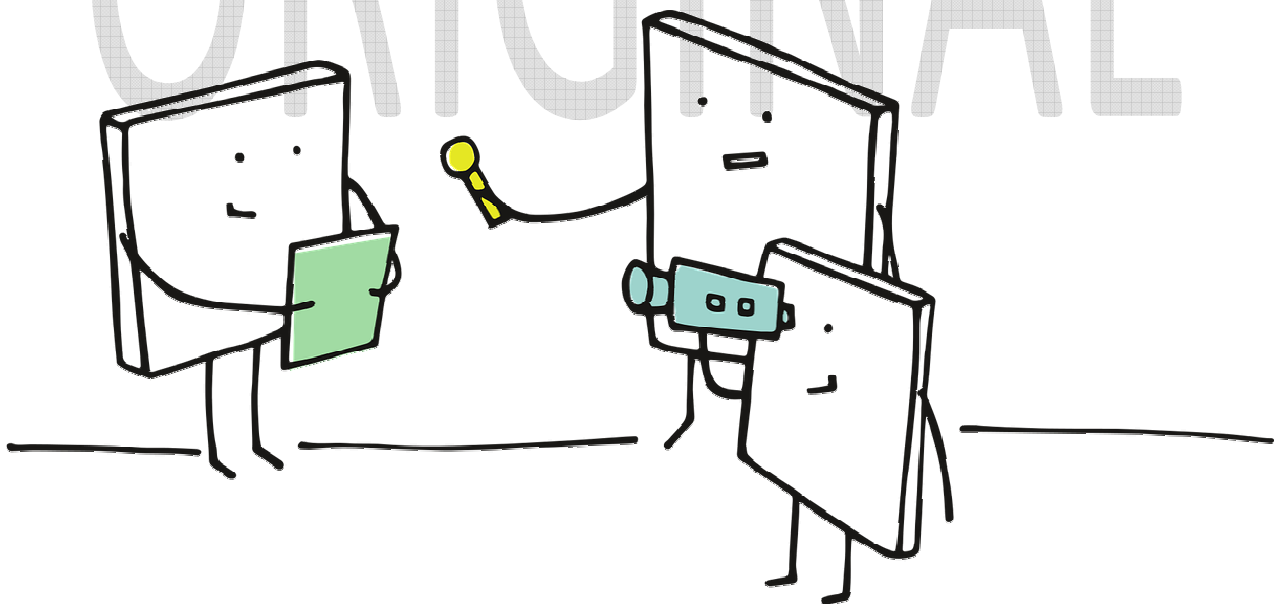


49	"Freeze and Go	FUN activation Movement
Length of time	Approx. 2-3 minutes	
material		
<p>The instructor will choose a type of movement specified by the Group imitated Now one of the participants calls people a few seconds "Stop", after which all Then the person who called Stop The player who calls out "Stop" is given a new movement type, and everyone moves accordingly until someone calls out "Stop" again. Following this principle, the method can be played for as long as desired.</p>		
comment	<p>Example: "Swimming through space" "Everyone is hiding"</p>	
variation		
source	2	

ORIGINAL

50	Catch	Fun activation Movement
Length of time	5-30 minutes	
material	ball	
<p>The participants are in a circle, the person leading stands also in a circle and holds a ball in his hand. Now he *she a command give, throw the ball to a person and this must do the opposite of the command (see example). Then the person is the row to which the ball is passed The player who was called out again calls out a command and immediately throws the ball to another person. This can be played several times, depending on the fun factor and creativity.</p> <p>Command: "Catch" → Participant is then NOT allowed to catch the ball. Command: "Catch with right" → Participant must catch with left hand. Command: "Don't catch" → Participant must catch the ball</p>		
comment	Commands can also be mentioned several times in a row	
variation		
source	2	

51	1,2,3	FUN activation concentration
Duration	At least 3 per group	
Participants		
material		
<p>The participants are paired up and their task is to Alternately to count to three. After about 30 seconds, the difficulty increases by clapping instead of two. Even more difficult it, if to additionally replaced he should be stamped three times.</p> <p>Example: participants1: "1", participants2: "2", participants1: "3", participants2: "1", participants1: "2", participants2: "3" Participant 1: "1", Participant 2: *clap*, Participant 1: "3", Participant 2: "1", Participant 1: "*clap*", Participant 2: "3"</p>		
comment	Optimal in moments when concentration decreases or participants appear tired.	
variation		
source	2	

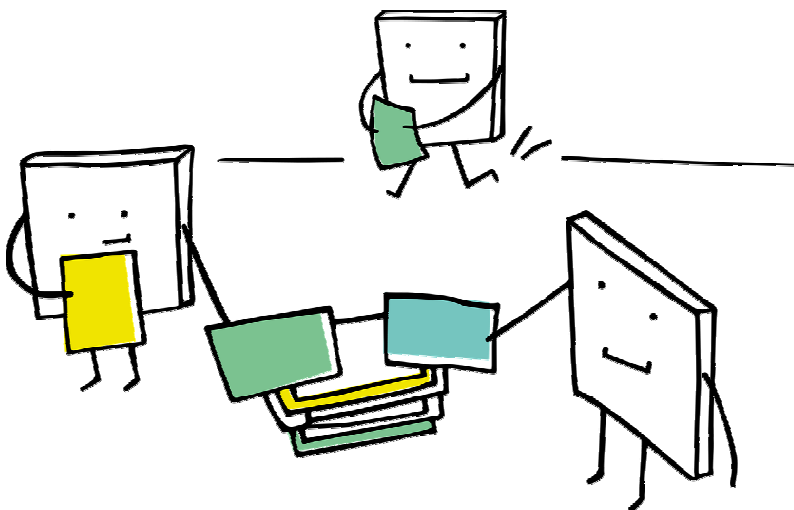


52	Massacre" Look into my eyes	FUN Icebreaker
Length of time	Approx. 5-10 minutes District group	
material		
All participants stand in a circle and look down at the ground. The game leader counts to "3." On "3," everyone raises their heads and looks at someone (similar to the game "Blink"). If two eyes meet, they "die." both so painful and theatrical, as they only can. The only thing they are allowed to say is: "Why?" Once the agonizing act of death is over, the deceased just lie down.		
comment	It also works well in groups where the participants are not yet long time, as they decide for themselves how much pantomime they want to use in front of the group. There should not be more than 15 people be, otherwise it will be too long and boring	
variation		
source	2	

ORIGINAL

53	Traffic Jam	FUN Get to know
Duration Participants	Approx. 10 minutes Approx. 15 participants or more	
material	Approx. 3-4 m long rope	
With a slight curvature a rope in the room on the ground laid and The participants are instructed to stand on the rope with both feet so that their shoulders are lightly touching. They are then given the task of positioning themselves on the rope according to the initial letter of their first name, from A to Z. Important is that always at least one foot must touch the rope.		
comment		
variation	Participants can also line up according to size, age, etc.	
source	2	

54	2 lies, 1 truth	Get to know FUN
Duration Participants		
material	Approx. 10-15 minutes Approx. 10 participants or more	
<p>At the beginning, the announcement is made that each participant has to choose two true statements and a lie about himself. Then all participants come together and look for a participant to whom they present three statements. These should Guess what was a lie and what was true. Afterwards, you can discuss it. Finally, it's your participant's turn. Once both are finished, each person finds a new participant and presents the three statements to each other again.</p> <p>Example: Statement 1: "I have already been to Mont Blanc" Statement 2: "I am the German champion in discus throwing." Statement 3: "I spent a year in Puerto Rico after school."</p>		
comment		
variation	<p>Even for groups that already know each other well, it is very interesting, because extraordinary and interesting things come to light</p> <ul style="list-style-type: none"> ■ Provides good material for private conversations 	
source	UG	



55	Throwing and catching	Get to know activation concentration
Duration Participants	Approx. 10-15 min Approx. 10 participants or more	
material	3 different items	
<p>The participants present itself in a circle, the person leading calls a name from the group and throws an object (e.g. pen) to that person. D follows he took a step back. So it goes around until everyone had the item once. Then it is thrown back to the leader and rounds two and three begin with a new item each. In round four are all three items in the race at the same time.</p> <p>By multiple mentions you can get the names of the other T N well memorized</p>		
comment	<p>Round 4 stimulates concentration and coordination</p> <ul style="list-style-type: none"> ■ The more similar the objects are, the more difficult it becomes <p>Notes: Since in round 4 3 objects fly through the room at the same time, light items are selected</p>	
variation		
source	2	

56	revolver	Get to know
Length of time	Approx. 15 minutes	
material	stopwatch	
<p>The participants ask in an inner and an outer circle, so that each person has a person opposite them. The person leading Now ask questions (e.g., "What is your next travel destination and why?"), which are answered first by the person in the inner circle and then by the person in the outer circle. Each person has only 30 seconds to answer their question, then the other person is up. The person leading Time stops here. Once both have answered the question, the outer circle rotates to the right, while the inner circle remains stationary, so that everyone now faces a new person. The time pressure is therefore crucial to encourage further acquaintance beyond the method.</p>		
comment	<p>A maximum of 10-12 questions should be asked, otherwise it becomes monotonous.</p> <p>Getting to know each other, exchanging ideas</p>	
variation		
source	2	

57	Ball position r	Get to know Group dynamics
Participant	Approx. 15 or more	
material		
<p>The participants are divided into 2 equal The pairs are divided into large groups. Group 1 forms the inner circle, Group 2 the outer circle, so that everyone has a conversation parparticipantser from the other group in front of them. Then a topic is given for the pairs to discuss. After 2-3 minutes, the outer circle rotates 2 positions to the right and a new topic is given. This can be repeated as often as desired. be repeated.</p>		
comment	<p>Provides a good platform for initial exchange, as participants do not have to entire group, but "protected" in a private conversation Here a common theme is in the foreground (see Revolver)</p>	
variation		
source	2	

58	Image file	Get to know Group dynamics
Length of time	Approx. 15-20 minutes	
material	<p>As many pictures as number of participants Max. 30-35 Choose beforehand</p>	
<p>The participants sit in a circle of chairs, lying in the middle printed Images that can be assigned to a common theme. Each should take a picture from the circle which has a personal association with the topic triggers and think about why. Afterwards, you can either take turns or by message the whole thing be discussed.</p>		
comment	<p>Method can give rise to interesting perspectives. "Yield" of the Method depends strong from the Participants or from the style of the pictures that are selected</p> <ul style="list-style-type: none"> ▪ Can also be used to learn it again to deepen, by Seminar content concrete Pictures / situations transmitted become ▪ With a high number of participants Images can also be double-sided, after all, not everyone the same associations 	
variation		
source	2	

59	conversation mill Associations	Get to know Group dynamics
Duration Participants	Approx. 10 minutes Approx. 15 or more	
material		
<p>The participants receive the task in a tight "balls" to run (tip: with music). After a few seconds, the command is given to pair up. Then a topic of conversation is given and a rule determines who will start may tell. After a few minutes, the participants must run around again, and the whole thing begins again with a new topic and a new rule. Depending on interest and topic, 3-4 rounds are required.</p>		
comment	<p>Similar to ball bearings: less rigid due to the rolling motion</p> <ul style="list-style-type: none"> ▪ Can also be used to get to know each other through other questions/topics. 	
variation		
source	2	

60	Picture Puzzle	Team building Get to know concentration
Duration Participants	Approx. 10 - 50 participants Approx. 10-15 minutes	
material	Pictures, scissors, container	
<p>Print out the pictures according to the desired number of groups (e.g., 6 groups, →6 pictures). The pictures are then cut up according to the number of participants, shuffled, and each participant must blindly draw a piece. The task is then to form groups so that the pictures completely can puzzle. The resulting groups represent the working groups for the further process.</p>		
comment	<ul style="list-style-type: none"> ▪ It is important that exactparticipants - number knowledge , since the method not correct <ul style="list-style-type: none"> works if it fewer participants as snippets are ▪ Both image selections can also include images that are Theme the event fit ▪ After dem Puzzles can e.g. still above the Pictures discussed who the or one refers itself to a later time the event on it 	
variation		

source	2	
--------	---	--

61	countdown	Team building concentration
Duration	Approx. 10 minutes	
Participants	At least 5	
material	Stopwatch if necessary	
<p>The participants are given the task of forming a circle in which they stand shoulder to shoulder and look outward (so they can't see each other). Then they are given the task of counting down from the number of participants to 0. It's important that they don't think about any tactics beforehand, and they aren't allowed to communicate during the method. Furthermore, two people standing next to each other are never allowed to say a number one after the other, nor are they allowed to say a number at the same time. If these rules are violated, the game must start again from the beginning.</p>		
comment	<p>The method sounds very simple at first, but with certain difficulties associated. Participants need a certain level of frustration tolerance, as a mistake may occur shortly before completing the task and they may have to start again from the beginning.</p>	
variation	<p>Alternative: You can also play by giving the group 30 seconds to discuss the problem beforehand. This makes solving the task easier. You can also time the game.</p>	
source	2	

62	auction Auction properties	FUN Group dynamics
Duration Participants	Approx. 60 min. From 10 participants	
material	Writing materials flipchart Adhesive dots (play money)	
<p>From a given list of properties, each participant can choose 3 properties and bid on them (instead of play money, everyone has a supply of adhesive dots or similar). The game leader plays the auctioneer "first, second, and third"). What is worth a lot to you also costs a lot of points if others are also after that property.</p>		
comment	The game alternates wonderfully between seriousness and fun	
variation	<p>2. Phase of the game. The properties you have acquired can now be auctioned again</p> <p>3. Variation: You think of your own properties and offer them for auction</p>	
source	UG	

Example lists (only positive ones, can be found on the Internet):

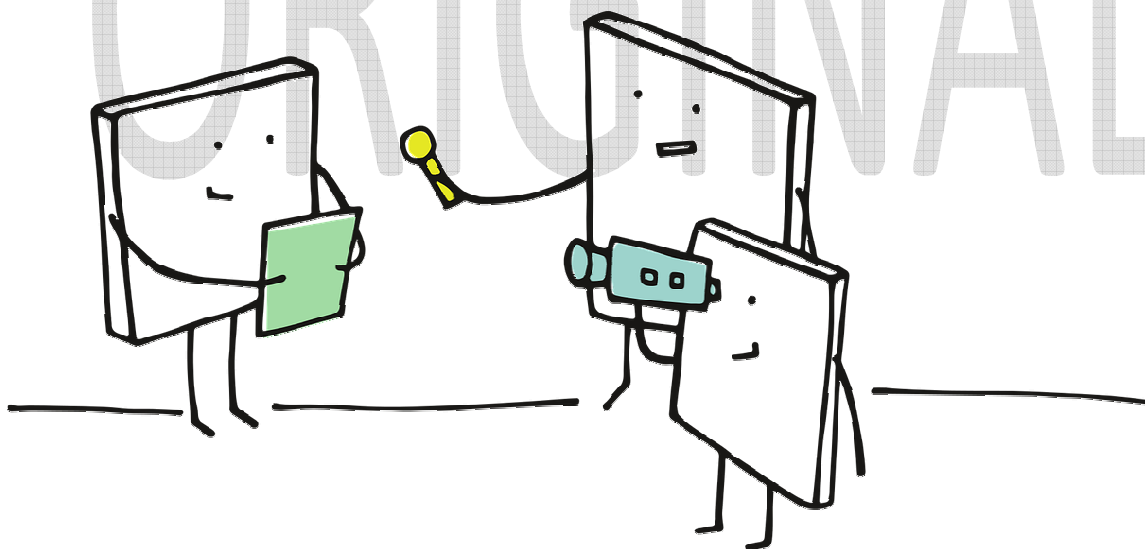
175 Positive Character Traits				
accessible	dependable	honest	passionate	sensible
adaptable	determined	humble	patient	sensitive
adventurous	dignified	humorous	peaceful	shy
affable	diligent	idealistic	perceptive	sincere
affectionate	diplomatic	imaginative	persistent	skilful
agreeable	disciplined	impartial	personable	sociable
ambitious	discreet	incisive	persuasive	solid
amicable	dynamic	independent	pioneering	spontaneous
amusing	easy-going	innovative	placid	sporting
articulate	educated	insightful	plucky	stable
balanced	efficient	intelligent	polished	steadfast
benevolent	eloquent	intuitive	polite	stoic
brave	empathetic	inventive	powerful	straightforward
bright	encouraging	invulnerable	practical	strong
brilliant	energetic	keen	precise	suave
broad-minded	enthusiastic	kind	principled	subtle
capable	exuberant	liberal	profound	sympathetic
captivating	fair	logical	protective	tasteful
careful	faithful	lovable	prudent	thorough
caring	fearless	loving	punctual	thoughtful
charming	firm	loyal	quick-witted	tidy
clear-headed	flexible	magnanimous	quiet	tolerant
clever	focused	mature	rational	tough
compassionate	forgiving	meticulous	relaxed	unassuming
confident	frank	moderate	reliable	uncomplaining
conscientious	friendly	modest	reserved	understanding
considerate	funny	neat	resourceful	upright
courageous	generous	non-authoritarian	responsible	versatile
courteous	gentle	obedient	responsive	vivacious
creative	genuine	objective	romantic	warm
curious	gracious	open	scrupulous	well-read
daring	gregarious	optimistic	secure	well-rounded
decent	hard-working	orderly	self-confident	willing
decisive	helpful	organised	self-disciplined	wise
educated	heroic	original	selfless	witty

Positive Adjektive

abgeschlossen	gesichert	sonnig
abwechslungsreich	gewichtig	sorglos
akzeptiert	grundlegend	sorgsam
allerbeste	grundsätzlich	standhaft
allumfassend	gründlich	steigend
angesehen	göttlich	süchtig
atemberaubend	gütig	talentiert
ausgebaut	heilsam	tatkräftig
aussichtsreich	hervorragend	treffend
außergewöhnlich	hochgradig	tätig
barmherzig	hoffnungsvoll	umfassend
beispielhaft	idyllisch	unbeschwert
beneidenswert	klar	unbestreitbar
denkwürdig	kompatibel	unermüdlich
diplomatisch	leistungsfähig	ungebrochen
eindrucksvoll	leistungsstark	ungezwungen
einfallsreich	lückenlos	unschuldig
empfehlenswert	meisterlich	unumstritten
engagiert	mild	ununterbrochen
ertragreich	moralisch	vertrauenerweckend
erwünscht	namhaft	vertraut
etabliert	nett	verwöhnt
euphorisch	optimal	verzückt
fantasievoll	populär	vorbehaltlos
fantastisch	privilegiert	weitgehend
faszinierend	qualitativ	wertig
fehlerfrei	rechtmäßig	willensstark
fein	reich	wirtschaftlich
fesselnd	reichhaltig	wünschenswert
freundlich	respektiert	zufrieden
furchtlos	respektvoll	zuverlässig
gehoben	rosarot	überraschend
gelernt	ruhmreich	überschwänglich
gemütlich	schmackhaft	
genehm	solid	



63	Auction of values	Team building Problem solving debate
Duration Participants	Approx. 8-25 participants Approx. 30-60 minutes	
material	pens Metacards	
<p>Depending on the number of participants , groups of 2-3 people should together, so that ideally about 4-8 small groups are formed. On a specific problem or a question The participants should now develop 1-3 proposed solutions within the group and write them on meta cards. After a short introduction, the respective meta cards are pinned . Afterwards, each team receives a point account of 100 in the form of 10 objects (e.g. colored scraps, marbles, etc., 1 object = 10 points). They can then distribute these points among the respective suggestions. Once all groups have finished, the points are added up and, for example, the 4 suggestions with the most points are followed up. Group size, number of suggestions, points, etc. must always be adjusted according to the objective and group. be adjusted.</p>		
comment	The method is suitable for determining certain rules for the future in a group or for finding common values	
variation		
source	2	



64	Fishbowl goldfish bowl	debate Team building
Duration	30-45 minutes	

Participants	large group	
material	Space Chairs	
<p>Fishbowl is a method for discussions in large groups. It's ideal for quickly identifying key points in the closing phase, for example, while incorporating the perspectives of all participants. Incidentally, the name of the method is inspired by the seating arrangement of the discussion group, which resembles a goldfish bowl, with the other participants sitting in a circle. The intention of the fishbowl is to bring together a diverse group of people for intensive discussions on specific key issues. The fishbowl format facilitates controversial discussions and also clarifies and channels different positions.</p> <p>The inner circle serves as a forum for lively discussion with experts and participants. The fishbowl is preceded by intensive discussions – perhaps in small groups of seven – on relevant key questions. A representative from each of these small groups is invited to the inner circle for discussion. The fishbowl moderator and any experts on the topic join in. The remaining participants sit around the circle and follow the discussion in the inner circle. One or two chairs in the inner circle remain empty, allowing a participant from the outer circle to sit if they wish to participate in the discussion. Once a participant in the inner circle has expressed their wishes/interests, they return to the outer circle, giving another participant the opportunity to join the inner circle. For evaluation, all participants are asked to comment on the course of the discussion. Following the feedback, the results can be summarized together.</p> <p>Important rules</p> <p>The Fishbowl discussion is only held in the inner circle</p> <p>Only one discussant speaks at a time</p> <p>Any person from the outer circle can sit on the free chair in the middle</p> <p>The person on the empty chair has the right to speak immediately</p> <p>After the contribution, the person returns to the outer circle</p>		
comment	It is actually only used for serious and professional discussions. It is result-oriented.	
variation		
source	UG	

65	Mood thermometer	Feedback
Duration	Approx. 5-10 minutes	
Participants		
material	Flipchart & sticky dots Drawing thermometer	
<p>A large barometer/thermometer is drawn on a flipchart, including a scale (e.g., → low temperatures mean a bad mood, high temperatures the opposite). The participants are then asked to place sticky dots accordingly. their emotional state into the barometer. Each of the pieces is assigned a specific aspect. The participants must then provide feedback by attaching</p>		

adhesive dots or pins; closer the points hang towards the center of the circle, the greater the satisfaction. The further outside, the worse the rating.		
Field 1: Content of the event		
Field 2: Speakers' presentation style		
Field 3: Atmosphere of the event		
Field 4: Event schedule		
comment		
variation	Do not evaluate the event, but describe the current mood	
source	UG	

66	Traffic light game	Feedback
Length of time	Approx. 5-10 minutes	
material	Metacards (green, red, yellow)	
<p>The T N each get 1 cards the Color Red, Green and Yellow.</p> <p>Green → the has me fallen</p> <p>Yellow → the has me mediocre fallen</p> <p>Red → that was not good</p> <p>The game leader asks questions and the participants show accordingly their opinion of one of their cards (hold up) and can then vote on their choice express.</p> <p><i>"How are you doing right now?"</i></p> <p><i>"How satisfied are her with the result?"</i></p> <p><i>GoodsContents new?"</i></p> <p><i>" How has you the Event fallen ?"</i></p>		
comment	Fast feedback	
variation		
source	2	

67	Chinese whispers - whispering	FUN
Duration	10-30 minutes	
Participants	District group	
material	Pen, paper, if necessary	
<p>Everyone sits in a circle. The first person thinks of a sentence (a complicated word, in a different language) and whispers it into the ear of the next person. The next person must pass on what they heard and is not allowed to ask questions. At the end, the beginning and end are compared.</p>		
comment		

variation	Pass the sentence to both sides, overlapping makes it more difficult The last person writes what he heard on a piece of paper	
source	UG	

68	Chinese whispers on the back	FUN Get to know
Duration Participants	10 minutes Approx. 12 participants	
material	Post-it, pen	
Everyone sits (stands) in a circle. The first and last players receive a sheet of paper and a pen. The first player receives a sheet with a (simple) geometric shape, which he draws on the back of the next player in the circle (with his finger). The last player in the circle then draws the shape on his sheet and compares it with the beginning.		
comment	You have to learn to "write" slowly and clearly	
variation	Can also be played individually: guess what is painted on your back. Instead of geometric shapes, alternatively letters (words)	
source	UG	

ONLINE - OFFLINE

We cannot concentrate as long or as intensely online as we can offline.

Therefore, according to general experience, the times are shortened

So instead of 90 minutes seminar 60 minutes

Breaks are important components of an online session:

Stretch your legs, get a coffee, put on some music

Take breaks and Energizer (every 30-45 min.)

Objectives: the online games serve on the one hand to get to know and familiarize with the operation of the

Video conferencing tools - on the other hand, to playfully loosen up the meeting

Just lecturing is boring both offline and online. Therefore, equivalent Participation is important:

Votes, mood pictures, flashes, surveys, parallel Working on online documents

Breakout rooms

Offline, we sit in a circle and (mostly) see each other. Online, there are a few rules:

- since you don't want everyone to talk at the same time, mute the audio (video) at least at the beginning

- Report (raise finger) or write questions in the chat
- Praise with emojis
- no parallel Discussions / Distractions through chat
- Moderator explains and if necessary practices the rules and operation

Rules for the moderator:

Two moderators are often better

M1 moderates and presents, M2 observes chat, notes questions, reacts to technical problems, lets participants in...

punctual arrival (in video conferences this means to join the meeting a few minutes earlier to ensure picture, sound, light etc.)

Workplace and materials are set up and prepared

Be motivated and motivating (smile!!!)

Welcome all participants, share the process (schedule and topics)

The order of conversation retain

Stick to the schedule

Summary and outlook

and say thank you at the end of the unit!

Today, protocol and summary can be created with the help of AI

ORIGINAL

Digital Tools

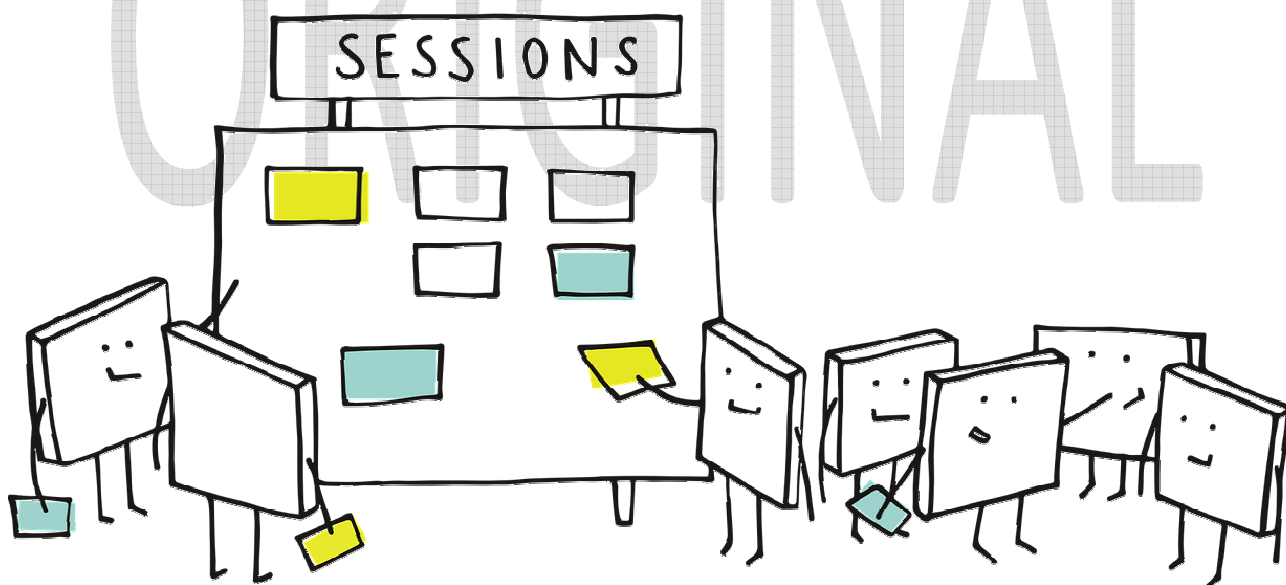
69	Surveys online	Digital tools Online Evaluation
Duration Participants		
material	Internet-enabled devices	
On-line Evaluation <ul style="list-style-type: none"> • " Survey monkey " (https://www.surveymonkey.de/) • " poll everywhere " (https://www.poleverywhere.com/) 		
comment	Tools for creating surveys must be prepared by the game master or similar	
variation	Google forms MS forms is completely sufficient	
source	UG	

70	Kahoot	Digital tools quiz
Duration Participants		
material	Internet-enabled End devices	
<p>Above create . kahoot . it can one with relative few Expense a quiz create (https://create.kahoot.it/login) . After the completion the Questions and Answer receives one one Number combination. The Participants must in the event above her internet-enabled Device kahoot.it call and there the code input. Then must she itself respectively a Game names give and the quiz can begin n. As Game master offers it itself to, by Projector that Questions to the Wall to project .</p>		
comment	There are many existing quizzes and a large community	
variation		
source	UG	

ORIGINAL

71	Padlet www.padlet.com	Digital tools presentation Online collaboration
Duration Participants		
material	Internet-enabled End device e	
<p>Above padlet.com can one virtual Pinboard created There are extensive possibilities for integrating all possible formats . Everyone the daran to cooperate , receives by link an access . Afterward can several People at the same time to certain Topics, Questions, Ideas etc. Collect aspects and then present.</p>		
comment	In the free version only three padlets can be created and upload options are limited. Padlet has also proven itself as an alternative to PowerPoint.	
variation		
source	UG	

72	Mentimeter https://www.mentimeter.com	Digital tools Feedback Opinion poll
Duration Participants	Large group possible	
material	Internet-enabled End devices	
Mentimeter is a Online tool that through different Forms of representation a query to a certain Aspect/Topic visualize can. After Furnishings can through a PIN code or a link the Whole shared and with the T N together edited This allows a survey to be conducted in a large group in real time .		
comment	As with an election, you can follow the developments in real time Mentimeter is basically free, there are paid extensions	
variation	It is also possible one "Word Cloud" to create, in the those Words, the of the Participants most common entered were , larger seem than the others. Alternative: https://answergarden.ch	
source	UG	



73	Pitch Perfect Cup Game	activation FUN Digital tools
Goal	Brain activation and concentration Coordination and Rhythmic ability, Warm Up	
Duration Participants	2 - 20 participants Depending on how long one practice lets • At least 10 minutes	
material	Cup (plastic is recommended) and just Support surface Film video for practice Camera/video meeting	
<p>The exercise is based on the Pitch Perfect film example</p> <ul style="list-style-type: none"> • The Cup percussion consists of 2 parts • cup in front of him place (opening of the Bechers below on de rSupport surface) • Demonstrate both parts in "Normal speed" • Part 1 demonstrate slowly • Camera on the Mug align • Everyone should now this part participate - Slow always repeat and included say what one might • Volunteers are allowed to show it <p>Link to Learn and Practice: Original version in the film "Pitch Perfect": www.youtube.com/watch?v=Ixi9imJZ40M</p>		
comment	Possibly long practice phase	
variation	Trainer or participant makes the Exercise before and all attempt, she synchronous to participate • small groups form, together practice (breakout room) and then demonstrate	
source	3	

74	Screen gymnastics	activation Digital tools
Goal		
Duration	6 - 20 participants	
Participants	10 minutes	
material	Internet-enabled devices	
<p>All participants withdraw dem Picture, can your Screen but still recognize</p> <ul style="list-style-type: none"> • Who Desire has, goes before his camera and might any Movement before • As soon as the person finished with it is, it goes out again dem Picture out, and the other participants take priority her camera and make this Movement after • In connection everyone leaves the Picture, one person comes back, might one Exercise before, goes again out, the others do it after, go again out, etc. • For the case that several at the same time go in and pretend something, may the others, as soon as the leading figures are gone, choose which the Be-movements they after make want • Please pay attention on it, that her objects or Cables etc. for caution out of dem Away clears • Everything sure, then my Command: Please all out of dem Picture. On the places, complete, go! • As soon as ideally all at least once something pretended have and the participants Fun had the warm Up finish . 		
comment	Attention to Cable, Drinks etc., with it through the movements nothing broken Experience in handling video meetings is required	
variation		
source	3	

75	Zoom command	Digital tools
Goal	activation Getting to know video meeting operation	
Duration Participants	2 - 20 participants 10 minutes	
material	You must with the different Familiar with the features of the video tool be and know how to get to PC, on the tablet or on dem smartphone function . If necessary list with Shortcuts for the Operation of the Prepare features	
<p>Participants explain, that one them the Features this tool closer bring want</p> <ul style="list-style-type: none"> • Ask what they already everything know • Participants explain where the respective Features , the in the Game be used, condition and how you (de)activate them. <p>Game principle follows the Game Commando pimperle. The trainer or the Trainer gives different instructions. But only if the instruction Word Preceded by "command" is, the participants should carry out!</p> <ul style="list-style-type: none"> • After the participants have been given the Commands are presented that one use becomes, goes it go :-) • The following zoom commands can one to Example selection: <ul style="list-style-type: none"> • Turn on your Micro off / on • Switch your Camera off / on • Write your Names in the Ch at (goes only if Chat activated) • Show that Emoji "Thumb high" or "clapping hands" • Lift the blueness Hand (for this the Point "Participant" in the under en Menu- open bar and on "Hand lift" click) • Turn on the Speaker view / Gallery view on and show one Thumb high in the Camera, if you done have • Canopies the camera with a finger • Change your Names in a Fantasy name n / back to your correct Names • 		
comment	Refers to ZOOM operation in other software similar, possibly with fewer features	
variation	<p>This Game can gladly with Movement requests be combined, e.g.</p> <ul style="list-style-type: none"> • Stand up and sit down • Set you with dem Back to camera • Disappear short from the Screen • Hold a Object in the camera • Once about your Chair run / in Circle turn 	
source	3	

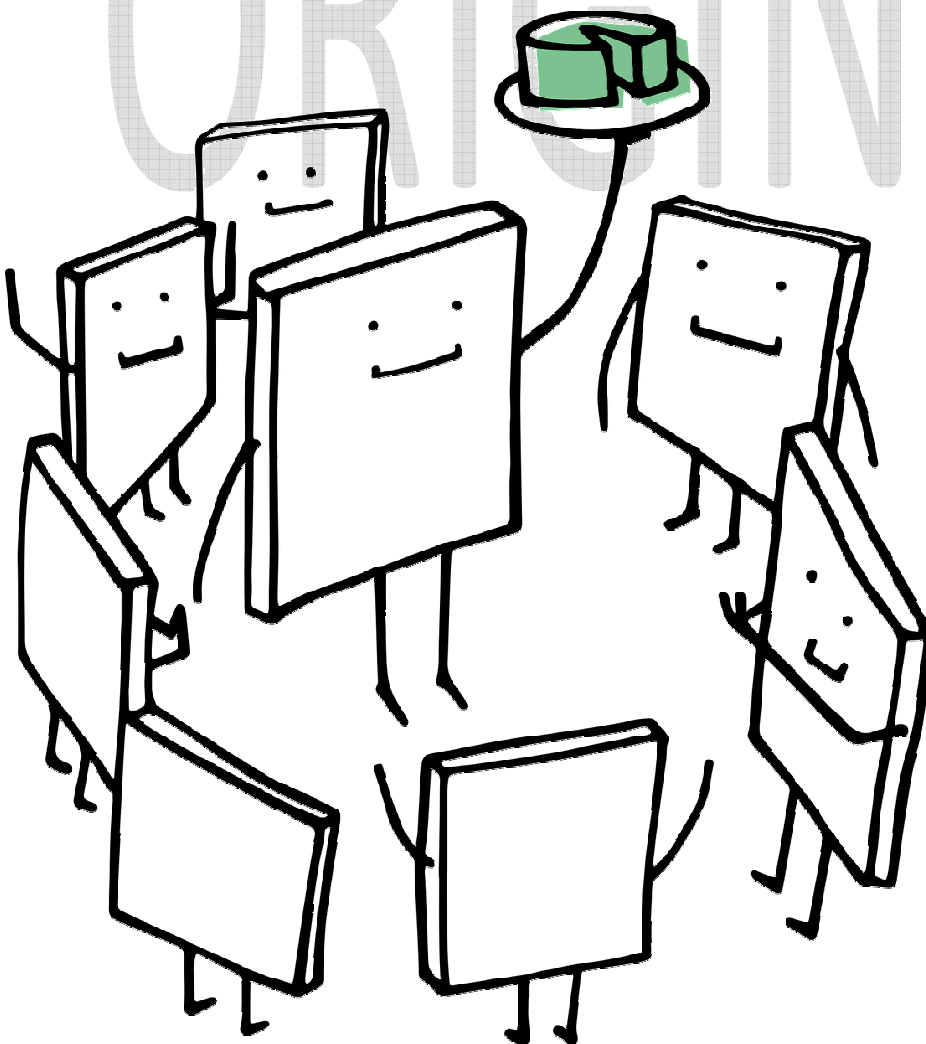
76	The quick exclamation mark	Digital tools activation
Goal	Get to know the Chat function, cooperation	
Duration	6 - 20 participants	
Participants	10 minutes	
material	stopwatch	
<ul style="list-style-type: none"> • if necessary, an original think of a sentence, the so many Words has, How participants with-make <p>Introduction:</p> <ul style="list-style-type: none"> • Participants explain how the Chat function functions <p>The participants should possible in one given Series a "!" in the Write chat</p> <ul style="list-style-type: none"> • The trainer or the trainer or the participants himself place one Series firmly, the for later control is noted. (Tip: One takes the Order as they in the list in the Window "Participants" listed is) • On a command starts the group • The trainer or the trainer stops the Time each passage • At a Mistake have to start again be started • At the Restart it is recommended to Position in the Chat with "start" or a Symbol to mark • On End of a Passage is the stopped time in the Chat noted 		
variation	<p>Variations:</p> <ul style="list-style-type: none"> • The group can advise how to do it faster create could • The participants should your Name men in the Chat tap • Entertaining is when the participants has a previously assigned number, a Book- letters or one word in the corresponding Series write in the chat ben, so that on End of a number series, the alphabet or a certain Sentence comes out 	
source	3	

77	Video on/off = Yes/No Quiz	Digital tools activation
Goal	video function, Quizzes , cooperation	
Duration Participants	2 - 20 participants 10 - 20 minutes (each by number the Questions)	
material	Prepare quiz questions that with Yes or No be answered can	
<p>Explain and demonstrate the video on/off function</p> <ul style="list-style-type: none"> • Yes = Picture to • No = Picture out of • To Beginn everyone Ask are always all Screens and Microphones off • Coach presents the first Ask • Participants answer with video on/off • Coach evaluates out of (optional) • All make the video and it will, the after Requirement, above the Question / Answer spoken • Videos again out of, it follows the next Ask 		
comment		
variation	<p>Variations:</p> <ul style="list-style-type: none"> • In Play in small groups (each correct answer of a Group member goes on the Group account) • In Small groups play (it may always only one person per group q uizzen; at everyone Question is changed in turn so that all your turn come) 	
source		

78	View from Your Window	Digital tools Get to know
Goal	Get to know, Guessing / Quiz, cooperation	
Duration	4 - 20 participants	
Participants	10 - 20 minutes	
material	Internet-enabled devices screen sharing camera	
<p>Before the game</p> <p>All participants make a Photo from dem Window and send it in advance the Trainer / the trainer.</p> <p>The Motive should be best bright and no People on it recognizable It will not reveal what the Photo is used!</p> <p>In the video meeting:</p> <p>Coach shares now the Row after the Photos and TB guess in Chat, to who this view heard Afterward may the person, to the the shown View from dem Window heard, tell a little about it</p>		
comment	Privacy regard No People on dem photo	
variation	Competition - There are points for the correct Err aten <ul style="list-style-type: none"> • Two teams are formed. Each team receives the outlook the others and must assign to whom which Picture heard	
source	3	

79	Rename name	Digital tools Get to know
Goal	Get to know each other online Get to know the operation	
Duration Participants	8 - 20 participants 10 - 20 minutes	
material	PC tablet smartphone Video meeting software Check if the Rename function enabled is	
<p>This moderated Form of presentation suitable especially when you have many Participants or little time has, and therefore on one forgo the classic round of introductions want</p> <p>Introduction:</p> <ul style="list-style-type: none"> • It will explains how the Renaming of the Name field works (in Zoom clicks one in the personal video window above right onto the three points and chooses " Rename . ") • Every Person should Names (first names and Surnames) rub in • All participants label her Name field • The Moderator Moderator can thus the individual participants namely benen nen and if necessary Basis of the extended notes comment, ask , Identify similarities, connections manufacture etc. and on this Way the individual participants of the group introduce 		
comment		
variation	A beautiful method is, next to dem Names even more Properties to name, e.g. Nickname, place of residence, Hobby, Favorite food or a Concept that a current moved, the state of mind, etc.	
source	3	

80	All who... Post-It variant	Digital tools Get to know activation
Goal	Learn names online	
Duration	4 - 20 participants	
Participants	10 - 20 minutes	
material	post It (all participants) ready	
<p>participants the Game principle of the game explain Before the coach the Statement might "All who have the property X remove the postit " the cameras with a post It lives If the statement on one person applies, should she the post It from the camera remove and in the camera smile After everyone has decided have, can the trainer still a little follow up and more experience let Before the next Statement comes again all the Cover cameras etc.</p>		
comment	Analogously, all those who... swap places (fruit salad)	
variation	participants should itself Testify superior	
source	3	



81	Hare and Hunter	Digital tools activation
Goal	responsiveness, Warm Up	
Duration Participants	4 - 20 participants 10 - 15 minutes	
material	Internet-enabled devices	
<p>it is about Reaction speed and good watch out</p> <ul style="list-style-type: none"> • The Hunter knows two Commands: "The Rabbit looks" and "The hunter shoots" <ul style="list-style-type: none"> • At the Shoot must the participants duck (from dem Picture go and there remain) • At the Look must the participants in the Picture remain <p>The Game management takes over the role the hunter and gives the Commands</p> <ul style="list-style-type: none"> • It separates nobody out, but the Game management commented when the participants wrong or correct react 		
comment	<p>Caution at the Duck</p> <ul style="list-style-type: none"> • Caution at Cable heads et <p>Play at speed</p>	
variation	<p>Variation 1</p> <ul style="list-style-type: none"> • Elimination game • If you make a mistake, you switch his picture from • This is played until only one is left Variation 2 • Participant may be a hunter Further variations • The game leader raises his hand, which means that the two commands "duck" and "look" are reversed • Additional commands: <p>"The hunter aims": Participants must cross both arms in front of their chest and leave them there</p> <p>"The hunter loads": Participants must move both arms lift up and leave it up</p>	
source	3	

82	Sort	Digital tools Get to know
Goal	Get to know each other online	
Duration Participants	8 – 20 participants 15 minutes (without Reflection) 20 - 25 minutes (including Reflection)	
material	PC tablet smartphone video meeting software	
<p>Task(s) for the setup(s) superior, e.g. first name alphabetically sort, number of pets, House number , age, number of until now in Video or conferences hours spent ...</p> <p>Participants should or her Screens after certain Sort criteria Explain technology and demonstrating how one the Screen order changed. The presenter or the Moderator lets the video turned off</p> <p>N should sort yourself out, e.g. after birth date (top left January and right below December, only day and Month, not the year)</p> <p>Everyone should Sorting on their Screen participate, because at all participants should on End the same Positioning of the individual screens</p> <p>The game management determines a certain number of participants, the speak may (for the Example 3 participants) The others are muted The chat or other written Communication may not used who the No time limit As soon as the participants believe, that the Series Now that's right, they should Notice give The Game management chooses a person, the some Screenshot might and This then divides (thereby has one the Check whether all the Screens with postponed have) Together we dissolved</p>		
comment	This Game works only with the video conferencing tools, in which the Order of video windows control individually lets. With Zoom is the right simply possible. You go with the Cursor on the respective window, fix it with the left Mouse button and then positions it on the desired Place.	
variation	Everyone is allowed talk	
source	3	

83	Weather report	Digital tools Get to know
Goal	Communication, Creativity, Role (weather presenter perceive weather (sensually), Real reference produce	
Duration Participants	4 - 10 participants at least 25 minutes	
material	Internet-enabled device Camera	
<p>Before: All should Photo from Heaven in your own Vicinity make and to the trainer or the Train er send.</p> <p>How was the weather at You on ... (depending on when the photo was made)?</p> <p>All have 10 minutes time, to register for the submitted photo a approx. 1-2 minute weather report and a weather forecast superior</p> <p>Participants develop itself your Weather report For this they leave for 10 minutes the Online space At Questions arrive your Online space and can with my trainer Help fetch participants come to agreed Time back Afterwards, the participants successively their weather forecast , while the corresponding photo in the shared screen is shown. After a short Feedback comes the or the next participant your turn</p>		
comment	Photo without People (privacy!) The participants on point out, back on time for the online place back to come	
variation	<p>Optional: If all above Laptop / tablet are, the announcement can also with the current Live image be supported, by one with the camera the View from dem Window shows</p> <p>(Danger - no Show people!) Current weather report</p> <p>Particularly suitable if the participants are from different Regions switched on are and different weather situations occur</p> <p>All receive 5 minutes time, to a ns Window to go (Window open , fresh Refueling and observe the local weather!) and a current Weather report with prediction to consider (gladly take notes)</p>	
source	3	

84	Eye exercises	Digital tools relaxation
Goal	Relaxation above all for the Eyes (against Screen stress)	
Duration	Unlimited	
Participants	5 - 10 minutes	
material	Internet-enabled devices	
<p>All participants itself there and stretch and stretch itself The trainer selects the following ends Exercises couple out, each after situation and Desire the participant</p> <p>Palming Rub She the hands together, until it is pleasantly warm are and hold She them like a Lid open Your eyes After 15 seconds hands slowly from Face loosen the eyes but still closed hold This Exercise calms burning, dry or tired eyes</p> <p>Blink andwink So that the eyes can see through the Screen work do not dry out, consciously blink- individual, to close your eyes moisten The tear fluid also cleans the lens so that no Dirt that Eyes irritates</p> <p>Massage Massage She in circling movements the Area to the eyes with the fingertips. She can also be very gentle with the Finger drumming. Both stimulates the blood circulation and relaxes the eye</p> <p>distant view Participants stand up, stand to Window (Window gladly open up) and look- for 1-2 minutes in the Distance. Then come back again Ideally, View 50 meter and more in the distance direct. This prevents changed, that the Muscles cramp and You have tunnel vision get men, i.e. hide everything that is outside of the screen is</p> <p>Imaginary fly The participants should imagine that a imaginary Fly from above left after above flies right, then continues from below right after below left and one she followed with the eyes The Head there not move along First slow and not too far the outdoor areas the Eyes , first 5 seconds, then Pause (close eyes), then 10 seconds etc., as long as it not too strenuous becomes</p>		
comment		
variation		
source	3	

ORIGINAL

TIPS for digital tools

Test Wi-Fi speed

<https://speedtest.chip.de>

33 tips for online meetings and workshops

<https://teamworks-gmbh.de/33-tipps-fuer-online-meetings-und-online-workshops/>

Workshop games

There are several games, Energizer and warm Ups für den Mission in workshops. Many who in the real world proven have, can be with something Ingenuity for the Adapt to the online world . Caspar Siebel offers on his Page Workshops-Spiele.de a beautiful Game collection.

<https://www.workshop-spiele.de/category/online-warm-ups/>

Tools for collaborative work virtual learning environments

Etherpad

Web-based Open Source text editor for collaborative Editing of texts in Real time.

<https://edupad.ch>

<https://yopad.eu/>

Miro

online whiteboard, with the team in Real time and work asynchronously , Record brainstorming sessions and work processes and Visualize strategies can.

<https://miro.com/>

Flinga

Digital Canvas, to with several people at the same time brainstorm and Create mind maps to can. Is mainly at work with children and young people.

<https://flinga.fi>

Oncoo

The tool uses various interactive Methods from dem Area of the cooperative learning. It enables brainstorming and subsequent Clusters and offers for Feedback one Evaluation target.

<https://oncoo.de>

Usually there is a more or less functional free version and different price models

Space for your own game ideas

Duration Participants		
material		
comment		
variation		
source		

Duration Participants		
material		
comment		
variation		
source		

Goal		
Duration Participants		
material		
comment		
variation		
source		

Goal		
Duration Participants		
material		
comment		
variation		
source		

Bibliography

1 Klee, Oliver, Spielereader online accessed 4/2025

2 Denkeffekt eV: Method Reader online Retrieved 4/2025

3 cooperative games online

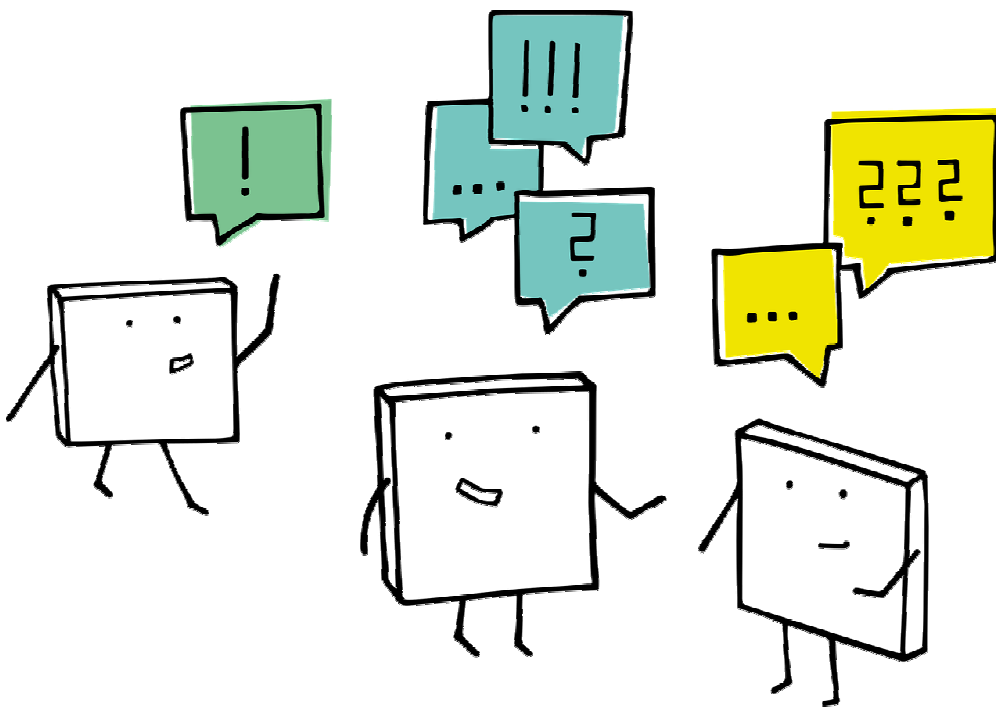
A practical guide for more entertaining online meetings
Harry Schwimmer , Editor: Munich Environmental Center
muz@oebz.de © 2020

Bear, Ulrich : 666 games: for every group , for all situations . Kallmey appears publishing bookstore,
Seelze (Velber), 24th edition 2011

Heinz-Peter G öbel, Joseph W. Seifert : Games: Games for Moderators and group leaders –
short, crisp, cheeky . GABAL Publisher, Ofenbach, 1998.

Rachow , Axel : Ludus & Co: Didactic Games for all those in and with Groups work . managerSeminare
Verlags GmbH; 2nd edition (January 1, 2002)

Röschmann , Doris: 111 × Fun in the evening : Cheerful games for Flocculation of partial participants
in seminars, courses and Leisure time . Windmühle Verlag, Hamburg , 3rd edition,
1997.



C) Uli Gilles 2025

All information is provided to the best knowledge and belief
Many games are shared and modified. Therefore, the origin is not always clear and no
copyright is visible.

If you have any questions or suggestions, please feel free to contact me
info@digital-bridges.eu
Ugi4you@web.de

Graphics: pixabay ccc pixel-cells c) Manfred Steger

ORIGINAL