

Unplugged Play



Tech - Free Energizers



PONG FLIP CHALLENGE

Activity Type: Energizer + Relay

Group Size: Any number

Materials: (10 Cups) + 10 Pong Balls + 2 Tables

Time: 10 to 15 minutes

Setup:

1. Arrange the cups: Place ten cups in a line or a pyramid formation on a flat surface.
2. Ball placement: Carefully place a ping pong ball on top of each cup.

Flipping technique:

1. Grip: Hold the base of the cup firmly with your dominant hand.
2. Lift: Lift the cup with the ball, ensuring a secure grip.
3. Flick: With a quick wrist motion, flick the cup upwards, aiming to release the ball cleanly.
4. Catch: As the cup descends, catch it with the same hand.
5. Land the ball: The ball should land precisely back into the cup you just flipped.

The Challenge:

- Success: A successful flip is when the ball lands accurately back into the cup.
- Failure: If the ball misses the cup, you must start over with that cup.
- Completion: The challenge is complete when you've successfully flipped all ten balls back into their respective cups using only one hand.

MARSHMALLOW TOSS

Activity Type: community Builder

Group Size: Any number

Materials: Box + Marshmallows

Time: 10 to 15 minutes

Setup:

1. Choose a container: Select a container that can easily fit or sit on someone's head, such as a bucket, box, or hat.
2. Position the target: Have a volunteer wear the container on their head, ensuring it's stable and level.
3. Set the distance: Determine a suitable distance for the toss, depending on the skill level of the players.

Tossing technique:

1. Grip: Hold the marshmallow gently between your thumb and forefinger.
2. Aim: Aim for the center of the container on the target's head.
3. Toss: Use an underhand toss with a gentle, controlled motion.
4. Adjust: Observe the trajectory of the marshmallow and adjust your aim for subsequent tosses.

The Challenge:

- Success: A successful toss is when the marshmallow lands softly inside the container.
- Failure: If the marshmallow misses the container, it doesn't count.
- Completion: The challenge is complete when five marshmallows have been successfully tossed into the container.

THE DICE GAME: A TUG-OF-WAR SHOWDOWN

Activity Type: Energizer

Group Size: Any number

Materials: Tape - Game Piece- Dice

Time: 10 to 15 minutes

Setup:

1. **Game Board:** Create a linear ladder game board with 15 spaces, representing a tug-of-war arena. Divide the board into two equal halves, each belonging to a team.
2. **Dice:** A standard six-sided die.

Gameplay:

1. **Turn-Based:** Teams alternate turns, rolling the die.
2. **Movement:** The player rolls the die and moves their team's marker the number of spaces indicated on the die.
3. **Conquest:** When a team's marker reaches the opposing team's starting point, they have successfully conquered that space.
4. **Victory:** The game ends when one team completely conquers the other team's territory.

Additional Rules (Optional):

- Consider this as a final portion to a relay involving many of the other highlighted games.
- **Power Plays:** Introduce special dice rolls that grant extra moves or defensive abilities.
- **Obstacles:** Add obstacles to the game board that can hinder movement or provide strategic advantages.
- **Teamwork:** Encourage teamwork by allowing players to combine their dice rolls for a more powerful move.

CATERPILLAR RELAY: A BALLOON-BALANCING CHALLENGE

Activity Type: Energizer

Group Size: Any number

Materials: Balloons + Course Markers

Time: 10 to 15 minutes

Objective: To create a human caterpillar by adding team members one by one, while balancing balloons between them, without dropping any.

Setup:

1. Team Formation: Divide participants into equal teams.
2. Balloon Supply: Prepare a pile of balloons for each team.
3. Starting Line: Mark a clear starting and finishing line on the track or playing area.

Gameplay:

1. Initial Pair: Two team members from each team stand side-by-side at the starting line, holding a balloon between them.
 - The Relay: the back person of the pair picks up an additional balloon.
 - They then run forward and join the front of the line, holding the new balloon between themselves and the original front person.
 - The original back person now becomes the new back person and picks up another balloon.
 - Continue the Process: The relay continues until all team members have joined the caterpillar, balancing balloons between each other.
 - The Finish: The team that successfully completes the relay without dropping any balloons and crosses the finish line first wins.

Tips:

- Communication: Clear communication between team members is crucial for coordination.
- Balance: Practice balancing the balloons between teammates to avoid drops.
- Pace: A steady pace is better than rushing, as it reduces the risk of accidents.
- Teamwork: Encourage teamwork and cooperation among team members.
- Strategy: Consider different strategies, such as assigning specific roles to team members or practicing different formations.

"CUPS" (BOOM-SNAP-CLAP)

Activity Type: Energizer

Group Size: Any number

Materials: Object (Cups) + Open Space

Time: 10 to 15 minutes

Setup:

- Two Players: Two players face each other across a table.
- Cup Placement: A cup is placed in the center of the table, equidistant from both players.

Gameplay:

1. The Call-Out: One player, typically a leader or additional team member calls out one of the following: "Head," "Shoulders," "Knees," or "Cups."
 - The Reaction: Head, Shoulders, Knees: Both players must touch the corresponding body part.
 - Cups: Both players must race to grab the cup in the center.
2. The Winner: The player who successfully grabs the cup wins the round.

Additional Rules (Optional):

- Boundaries: Players can challenge one another to start with a slight advantage, such as one being closer to the cup or having the first move.
- Best-of-Series: Play multiple rounds to determine an overall winner.
- Group play: consider incorporating more than one-on-one in the gameplay.

TIC-TAC-TOE (VARIATIONS)

Activity Type: Community Game

Group Size: Any number

Materials: Open Space

Time: 10 to 15 minutes

Objective: To be the first player to get three of their team's markers in a horizontal, vertical, or diagonal row on a large tic-tac-toe board.

Setup:

1. **Grid Creation:** Create a large tic-tac-toe grid on the ground using tape, chalk, or other markers. Each square should be large enough for a person to stand within.
2. **Team Division:** Divide players into two teams: X's and O's.
3. **Starting Position:** Players start outside the grid.

Gameplay:

1. **Turn-Taking:** Teams take turns sending one player onto the grid.
2. **Marker Placement:** The player must step into an unoccupied square and claim it for their team.
3. **Winning Condition:** A team wins when they have three of their markers in a row (horizontally, vertically, or diagonally).
4. **Tie Game:** If the grid fills up without a clear winner, the game is a tie.

Strategies:

- **Center Control:** The center square is a strategic position, as it can lead to multiple winning opportunities.
- **Corner Play:** Controlling the corners can limit the opponent's options.
- **Edge Play:** Edge squares can be used to create forks and block the opponent.
- **Anticipation:** Anticipate your opponent's moves and plan accordingly.

Variations:

- **Number Assignments:** Each team member is assigned a number. When their number is called, both team members with that number race to claim a square on the tic-tac-toe grid.
- **TRY - TIC - TAC - TOE (Relay):** Each player moves accordingly as their teammates returns.
- **Ultimate Tic-tac-toe:** Four teams compete on a 9x9 grid. Each successful "flip cup" earns a team a move. Teams can claim any unoccupied square on the grid, even those already occupied by another team. The first team to achieve three in a row wins! It's a thrilling twist on the classic game.

MIND MEISTER MAZE

Activity Type: Game

Group Size: Any number

Materials: Paper + Cups

Time: 10 to 15 minutes

Objective:

- Be the first player to move your designated colored cup to the target square.

Materials:

- A 3x3 grid marked on a flat surface (or 4 x4)
- colored cups:
 - 3 x 3 grid = 7 of one color + 1 unique color
 - 4 x 4 grid = 10 of one color + 1 Unique color

Setup:

1. Place the Cups: Arrange the colored cups randomly on the grid.
2. Determine the Target Square: Randomly select a square on the grid as the target square for the unique colored cup.

Gameplay:

1. Players compete versus one another moving one of their cups.
2. Valid Moves: A cup can only be moved to an adjacent empty square (horizontally, vertically, or diagonally).
3. Winning: The first player to move their target cup to the target square wins the game.

Strategy Tips:

- Plan Ahead: Think a few moves ahead to anticipate your opponent's strategy.
- Control Key Squares: Try to control the squares around your target cup and the target square itself.

COLOR CUP: A CODE-BREAKING GAME

Activity Type: Game

Group Size: Any number

Materials: Box and Unique Colored Cups

Time: 10 to 15 minutes

Objective:

- Arrange the four colored cups on top of the box to match the hidden pattern underneath before your opponent who is aiming to accomplish the same task.

Materials:

- 4 unique colored cups (e.g., red, green, blue, yellow)
- A box to cover the hidden pattern

Setup:

1. Create the Secret Code:

- Randomly arrange the four colored cups in the inside of the box. This is the secret code.

2. Initial Guess:

- Place the four colored cups on top of the box in any arrangement.

Gameplay:

1. Reveal the Clue:

- Your teammate, who knows the secret code, will tell you how many cups are in the correct position.

2. Adjust Your Guess:

- Use the clue to rearrange the cups on top of the box.
- You can move the cups around, but you cannot add or remove cups.

3. Repeat:

- Continue this process of guessing and receiving clues until you or the opposing team has matched the secret code.

Example:

- Secret Code: Red, Green, Blue, Yellow
- Your Initial Guess: Blue, Green, Yellow, Green
- Clue: 1 cup is in the correct position.
- Your Second Guess: Red, Green, Yellow, Blue
- Clue: 2 cups are in the correct position.
 - Game continuous until you have a solved the code and sequence.

Winning:

- You win the game when all four cups are in the correct position.

REINDEER PAWS

Activity Type: Energizer

Group Size: Any number

Materials: Marshmallows + Cups

Time: 10 to 15 minutes

Objective: To collect as many "snowballs" (marshmallows) as possible in a set amount of time using only "reindeer hooves" (two cups) on your hands.

Setup:

1. **Reindeer Hooves:** Have each player put two cups on their hands, one on each hand, to act as reindeer hooves.
2. **Snowballs:** Scatter a large number of marshmallows (snowballs) on a table or flat surface.
3. **Timer:** Set a timer for a specific time limit, such as 30 seconds or 1 minute.

Gameplay:

1. **Scooping:** Players use their "reindeer hooves" to scoop up as many marshmallows as possible within the time limit.
2. **Scoring:** The player with the most marshmallows at the end of the time limit wins.

Tips:

- **Practice Makes Perfect:** Practice scooping with the cups to improve your technique.
- **Quick Movements:** Be quick and efficient in your movements.
- **Strategic Placement:** Consider where to place the marshmallows to make them easier to scoop.

BOW BLASTER- LAST BOW STANDING

Activity Type: Community Game

Group Size: Any number

Materials: Bows + Open space (Pool noodle)

Time: 10 to 15 minutes

Objective: To be the last player remaining with a bow on their back.

Setup:

1. **Bow Assignment:** Each player starts with three bows pressed/strapped securely to their back.
2. **Playing Area:** Designate a clear and safe playing area.
3. **Pool Noodles or spatula (Optional):** If desired, provide players with pool noodles/spatula to use as gentle tools for dislodging opponents bows.

Gameplay:

1. **The Chase:** Players move around the playing area, trying to swipe bows off other team players' backs.
2. **Evasion Tactics:** Players can use various strategies to evade opponents and protect their bows, such as dodging, weaving, or using obstacles. However can NOT press up against a wall.
3. **Disarming:** Players can use their pool noodles/spatula to dislodge bows from opponents' backs.
4. **Last Bow Standing:** The game continues until only one player remains with a bow on their back.

Tips:

- **Strategic Positioning:** Position yourself strategically to avoid being targeted and to launch surprise attacks.
- **Quick Reactions:** Be ready to react quickly to both attacks and opportunities.
- **Defensive Tactics:** Use defensive maneuvers to protect your bows, such as shielding your back or using obstacles.
- **Offensive Tactics:** Employ aggressive tactics to disarm opponents and gain an advantage.
- **Pool Noodle Etiquette:** If using pool noodles, use them responsibly and avoid hitting opponents directly.

COIN HOCKEY/SOCCER

Activity Type: Game

Group Size: Any number

- Materials: A smooth, flat surface (like a table) + 3 coins (ideally similar in diameter) + 2+ Players

Instructions:

- the game begins with a coin toss between the two players. The player who calls correctly and wins the toss receives first possession.
- The player who loses the coin toss moves to one edge of the table and creates the "I love you" sign (shown on the right). This player places the symbol down on the edge of the table they are defending to create a net.
- Now, the player who won the initial coin toss takes the three coins to the opposite end and places them in an upside-down triangle. The top coin of the triangle should be half way off the edge. To begin, bump the upside-down triangle with your hand toward the opponent's edge of the table to send the coins into the playing area.
- As the coins go out, the offensive player aims to use their fingernail or finger to press, push, and split them each time. A new coin must progress through the middle of the coins with each move.
- The offensive player's turn ends if one of the following occurs:
 - No split is made through the other two coins.
 - The same coin is split consecutively.
 - A coin is hit.
 - A coin goes off the table.
- When the offensive player feels they have a good opportunity to shoot towards the opponent's net, they can attempt a shot. If the coin slides into the middle of the created net, a point is awarded.
- Change possession and repeat the process until the desired total score or time limit is reached.

"I love you" sign



COIN FOOTBALL

Activity Type: Game

Group Size: Any number

- Materials: A smooth, flat surface (like a table) + 1 coin (ideally a loonie or toonie) + 2+ Players

Instructions:

Getting Started:

- Coin Toss: Flip a coin to determine who goes first. The winner chooses whether to start on offense or defense.
- Set the Downs: Decide how many "downs" each turn will have. This could be 3, 4, or 5, depending on how long you want the game to last.

Gameplay:

- Kickoff: Place your coin halfway off the edge of the table. Bump the coin into the field (table), this counts as your first down.
- Offensive Turn: Use your finger, knuckle, or fist to continue to bump the coin down the field (table).
- Each bump is one down.
- Goal: Get the coin to dangle off the edge of the table. If you can flip it over and catch it, that's a touchdown (6 points).

Turnovers:

- If you run out of downs and haven't scored a touchdown, the other player gets the coin for their offensive possession.
- If you bump the coin off the table, it is a turnover and a change of possession.

Extra Point (Field Goal):

- After a touchdown, your opponent sets up the upright on their edge of the table.
- You spin the coin on the table and try to catch it with your thumbs.
- If successful, you throw the coin towards the upright.
- If it goes through, you get an extra point.
- If it misses, you still get the 6 points for the touchdown.



Winning:

- Play until you reach a predetermined score or time limit.
- The player with the highest score at the end of the game wins!

THANK YOU FOR YOUR SUPPORT!


I want to express my sincere gratitude for your efforts in promoting digital wellness and creative tech-free alternatives. By incorporating tech-free community energizers and games into your classroom, you're providing students with valuable opportunities to connect, collaborate, and have fun. Your dedication to your students' well-being is truly inspiring, and I'm confident that the skills, creativity, and experiences they gain will positively impact their wellness.


Explore more resources and activities focused on digital wellness, community building, and personal development by visiting our [website](#). If you found our teams resources helpful and purposeful, we invite you to strengthen our rapport in the community by clicking below to leave a testimonial about your experiences.




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