

# BARE NAKED GAMES

An incredible collection of games  
and activities requiring  
**NO EQUIPMENT!**



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# HAND STACKING RACE

Those of us from the 60's and 70's will recognize this fun activity. We probably used it to select teams or to just have a fun and silly time.

## How to Play

To begin the race, divide the large group into small teams of six players. Each team forms a circle. Players stack their right hand on top of each other in the middle of the circle. Next, have them stack their left hands on top of the right hands. On the signal, the player with their hand on the bottom moves her hand to the top. Once teams have learned the manoeuvre, the race begins. The first team to complete a round with their hands in the starting order wins. It's helpful to mark the top hand with a dot or sticker to remember the correct order.



# TRIANGLE TAG

## Objectives

For the Tagger to tag the target, while the triangle works to protect the target.

## Setup

- Divide the players into groups of four.
- One player starts as the Tagger, and the other three join hands to form a triangle. The target is the player opposite the Tagger on the far side of the triangle.

## Instructions

1. The Tagger begins to try and tag the target, while the triangle works as interference.
2. The triangle should cooperate to protect the target by moving and shifting.
3. The Tagger wins if the target is tagged or the triangle breaks.
4. If played properly by the triangle, this game can become frustrating for the Tagger, so stop and change roles regularly.

# LIONS AND LAMBS TAG

## Objectives

For lions and lambs to gain team members by chasing the other team and tagging players before they reach their respective end zone.

## Setup

- Divide the players into two equal teams. Call one team the "lions" and the other the "lambs".
- Have the players line up back-to-back at the centerline and instruct them to step forward (away from each other) one step. Each team has an end zone on their side of the playing area.
- Choose one player to be the caller.



## Instructions

1. The caller tries to fool both teams by shouting I-I-I-I-lions or I-I-I-I-lambs.
2. If the caller says lions, then the lions chase the lambs, trying to tag as many as they can before the lambs reach their end zone. The opposite occurs if lambs are called.
3. If a player is tagged, they must join the other team for the next call; or a winner can be declared and the game begins again.



# YING YANG YOU

## How to Play

In this game all players are standing in a large circle. Everyone is taught the terminology and actions before beginning:

- Ying – Placing either hand, palm down, on top of your head
- Yang – Bringing either hand up under your chin
- You – Pointing at someone and yelling “YOU” is termed a YOU

One person begins with a YING. You YING the person to your right or left. This is determined by the direction your fingers on the top of your head point which is determined by the hand you use. Example - A right-handed YING (right hand palm down on your head) would YING the person on your left. If you are YINGED you respond with a YANG to one of the players beside you. Remember, back of the hand under the chin. If you are YANGED, you must point at someone and yell YOU. You cannot YOU someone next to you. Players try and catch someone off guard and get them to make a mistake in terms of timing, action or sequence. If a mistake is made, the person is out and helps as a referee.

\* \* \* **ATTENTION** \* \* \*

Be sure to move slowly at first and let everyone feel comfortable with the game before adding the elimination. You may wish to give a letter from the word YING to the person making a mistake and waiting for them to make four errors and spell YING before being eliminated.

# LINE DANCE

Participants are taught a simple line dance. Any open area would be suitable for this event. The school foyer would be excellent.

# FROG SQUAT

## How to Play

Participants try and hold a frog squat the longest. Squat with hands flat on the floor or mat, arms are inside your thighs and elbows pressed hard against the inside of the knees. Lean forward slowly and lift your feet slightly off the floor. Hang on!



# SPLITS OR STRETCH

## Objective

To force your opponent to stretch as far as they can, do the splits and/or lose their balance.

## How to Play

All players are instructed to find a partner. Players stand heel to toe, with their front foot touching the toes of their opponent. Opponents play a game of RPS, the winner moves their front foot behind their back foot and their opponent slides their front foot forward. Players must remember to always move their front foot only. The pattern continues; every time a player wins they move a foot behind their own, whenever they lose they slide their front foot forward. Eventually someone will lose their balance.

