

**No Equipment? No Problem!**

**Nothing But**

**PLAY**

  
**CiRA**  
Ontario

# Me Switch

First, the players must master the game's three signals:

1. hands angled above the eyebrows;
2. one hand pointed up and the other sideways, touching the opposite elbow;
3. both hands crossed in front of the chest.

The players break off into pairs. One of the players starts by saying, "Me, switch!" At the word switch, the player snaps into one of the three signals. The object is for the caller to trap their opponent into making the same signal they did. If there's no match, the players switch roles and immediately start the next round with "Me, switch!" Winning three rounds by one of the players wins. The best game is played ultrafast with each "Me switch!" coming rapidly after one another.

# Acting Broken Telephone

The group is divided into two teams of four-five players. The first team leaves the room where they cannot hear the other team. The other team makes up a story and then selects one player who will act it out while the rest of the players watch. The other team sends one player in who watches the selected player who acts out the story. Then a second player is sent in and watches as their teammate then tries to act out what they just saw. This continues until the entire team has acted out the story. After every player takes a turn acting out the story, the final player tries to recite what she thinks the original story was.

# Toilet Tag

This game is similar to freeze tag with a slight variation. One to three players are selected as the taggers. Players begin running around trying not to get tagged by the taggers. When players are tagged they must pretend to be a toilet and place their hand out to the side like a flusher. To be set free they must wait for another player to come and press their flusher and they must spin in a circle and make a “swish” sound pretending to be a toilet flushing. Then they may rejoin the game.

# RPS Stretch

Players find a partner and stand facing them and place their feet directly in front, heel to toe. The front foot of each player is touching their opponent's front foot. Players play a game of RPS. If you win you move your front foot behind your back foot and your opponent slides her front foot forward so that it's again touching her opponent's foot. Continue until one player can stretch no further or they lose their balance.

It is important to remember that whether you win or lose, it is always the front foot of each player that moves.