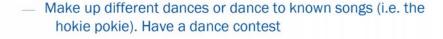
Simple Activities for Children and Adolescents



Activities with no supplies needed

- Tell stories
- Tell exaggerated "stories" of the "old days" to entertain
- Put on mini plays or skits. Have children act out different characters
- Play "Story Building." One person starts the story and then the other(s) add(s) to it during their turn
- Share secrets, most embarrassing moments, wishes, and/or dreams





- Play "Name That Tune." One person hums a tune or says a line of a song and the others try to guess what the song is
- Play "Hide and Seek." Designate an area with clear boundaries. Have everyone gather around a landmark, which will be "home base." Pick a person to be "it." Whoever that is will close their eyes and count to a designated number while the rest of the players hide. When he/she is finished counting, the person who is "it" call outs, "Ready or not here I come," then goes to look for and "tag" (gently touch) the hidden players before they get to home base. If the player gets to home base before he/she is touched then they are safe. The first player tagged will be "it" for the next round. If none of the players are tagged then the person is "it" again.
- Play "Sound Search." Everyone sits still and identifies as many different sounds as possible.
- Play "Charades." One person (or team) acts out a movie, book, or TV show using only body language, and the others try to guess what they are acting out.
- Play "Encore." Assign common words to two teams who take turns trying to think of a song that contains each word. Each team must be able to sing at least eight words of the song in order for the entry to count.
- Play "20 guesses." Think of any noun, cartoon character, singer, movie, television, or sports star. Then have the others take turns guessing. Answer the guesses with only a yes, no or sometimes/usually/rarely response. When the 20 guesses are up, you have to say what or who it was. If someone guessed it they get to do it next, if not the player goes again.
- Play "Rock, Paper, Scissors." Two people move their fists up and down three times while saying together "rock, paper, scissors." On the fourth downward motion, each person chooses one gesture:
 - · Rock a closed fist
 - · Paper a flat, open hand
 - Scissors index and middle fingers extended

 Determine who is the winner: Rock smashes scissors, scissors cut paper, and paper covers rock.