



# Time wasters

(Reviewed May 10)



**Be Healthy**



**Stay Safe**



**Enjoy and  
Achieve**



**Make a  
Positive  
Contribution**



**Achieve  
Economic  
Wellbeing**

# Time Waster

## Back to Back Race

|  |   |
|--|---|
| <p><b>Equipment:</b></p> <p>Markers for start and finish</p>   | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group into twos or into equal numbers</li> <li>• The players then have to get back to back and link arms</li> <li>• They then have to try run around the marker and back without unlinking arms</li> <li>• First team back wins</li> </ul> |
| <p><b>Time :</b></p> <p>5 – 20 Minutes</p>                     |   |
| <p><b>Recommended numbers</b></p> <p>4+<br/>Multiples of 2</p> |   |
| <p><b>Tip</b></p> <p>None</p>                                  |   |
| <p><b>Recommended age:</b></p> <p>6+</p>                       | <p><b>Every Child Matters Outcomes:</b></p>   |

# Time Waster

## Can't Sit Down

|   |  |
|---|--|
| <p><b>Equipment:</b></p> <p>Enough chairs for all the group</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get all the group so sit on a chair scattered around the room</li> <li>• Get one member of the group to stand up and go to the opposite side of the room to their chair</li> <li>• This person is now trying to sit down</li> <li>• The group has to try stop them by moving to the empty seat</li> <li>• The person that is stood up will then try sit on the new empty chair</li> <li>• The activity will eventually get faster</li> <li>• If the person walking sits down the person that was moving will then have to try get a seat</li> </ul> |
| <p><b>Time :</b></p> <p>10 - 15 Minutes</p>                     |  |
| <p><b>Recommended numbers</b></p> <p>5+</p>                     |  |
| <p><b>Tip</b></p> <p>None</p>                                   |  |
| <p><b>Recommended age:</b></p> <p>10+</p>                       | <p><b>Every Child Matters Outcomes:</b></p>    |

# Time Waster

## Fishy, Fishy, Fishy

|   |   |
|---|---|
| <p><b>Equipment:</b><br/>Large room,<br/>If outside markers for two sides and clear out of boundaries</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group to line up at one end of the room</li> <li>• Choose 2-3 people to be sharks</li> <li>• They then have to run to the opposite end of the room without been tagged by the sharks</li> <li>• Both the fish and the sharks have to sing songs before they can run</li> <li>• Sharks sing 'fish fish fishy come swim in my sea'</li> <li>• The fish then sing 'sharky sharky sharky you can't catch me'</li> <li>• They then run</li> <li>• If they get tagged, you then turn into funky seaweed. This means that they cannot move but can tag the fish when they run past</li> <li>• Sea weed can shout out 'funky funky seaweed' and do a dance with their hands</li> <li>• Keep asking the groups to do actions of fish and sharks and seaweed to do their dance and song</li> <li>• The last 2-3 fish left wins and if want to they will be sharks for the next game</li> </ul> |
| <p><b>Time :</b><br/>10 - 20 Minutes</p>  |   |
| <p><b>Recommended numbers</b><br/>10+</p>   |   |
| <p><b>Tip</b><br/>None</p>  |   |
| <p><b>Recommended age:</b><br/>10+</p>  | <p><b>Every Child Matters Outcomes:</b></p>   |

# Time waster

## Fruit Salad

|  |  |
|--|--|
| <p><b>Equipment:</b></p> <p>Chairs to sit on</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group to sit on a chair in a circle, with one person in the middle</li> <li>• Think of 3 fruit names e.g. apple, orange, banana</li> <li>• Alternately give each person in the group a fruit name so you end up with so many apples, oranges and bananas</li> <li>• The person standing in the middle shouts one of the fruits out e.g. banana</li> <li>• Then all the bananas would have to stand up and change spaces the person in the middle has to try and sit down in one of the empty spaces</li> <li>• The last person standing has to then shout out the next fruit and so on</li> <li>• If the person in the middle shouts fruit salad the whole group have to stand up and change places</li> <li>• You aren't allowed to change places with the person sitting next to you</li> </ul> |
| <p><b>Time :</b></p> <p>10-15 minutes</p>        |  |
| <p><b>Recommended numbers</b></p> <p>8+</p>      |  |
| <p><b>Tip</b></p> <p>None</p>                    |  |
| <p><b>Recommended age:</b></p> <p>6+</p>         | <p><b>Every Child Matters Outcomes:</b></p>    |

# Time Waster

## Ghosts

|   |   |
|---|---|
| <p><b>Equipment:</b></p> <p>None</p>        | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Choose one member of the group to be the ghost</li> <li>• The rest of the group then leave the room</li> <li>• The ghost will move an object (something obvious at first) then shout ready!</li> <li>• The group comes back in the room and the first person to guess what has been moved is then the ghost</li> <li>• Start making it harder by using smaller objects or moving more objects</li> </ul> |
| <p><b>Time :</b></p> <p>10 - 15 minutes</p> |   |
| <p><b>Recommended numbers</b></p> <p>5+</p> |   |
| <p><b>Tip</b></p> <p>None</p>               |   |
| <p><b>Recommended age:</b></p> <p>7+</p>    | <p><b>Every Child Matters Outcomes:</b></p>   |

# Time Waster

## Giants, Wizards and Elves

|   |  |
|---|--|
| <p><b>Equipment:</b></p> <p>Large room,<br/>If outside create a large area using cones, rope etc and clearly mark two lines opposite each other for the both team</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Before starting the game get the group to decide actions and noises for the giant, wizard and elf</li> <li>• Then split the group into 2 teams</li> <li>• Get the teams to stand at opposite sides of the room or field etc</li> <li>• Each team will then decide if they are going to be a giant, wizard or elf</li> <li>• This game is similar to rock, paper, scissors as the giant wizard and elf will all cancel each other out or beat one another, for example:</li> <li>• The giant beats the wizard, but can be beaten by the elf</li> <li>• The wizard beats the elf, but can be beaten by the giant</li> <li>• The elf beats the giant, but can be beaten by the wizard</li> <li>• When they have chosen one they must make sure that the other team does not find out which one they have chosen, by performing their action and noise secretly and quietly</li> <li>• When both teams are ready, everybody will take 3 big steps forwards at the same time, then perform the action and noise they have chosen</li> <li>• The winning team will chase the other team and tag them before they reach their area</li> <li>• If they have been tagged they join the other team</li> </ul> |
| <p><b>Time :</b></p> <p>10 Minutes</p>  |  |
| <p><b>Recommended numbers</b></p> <p>8</p>  |  |
| <p><b>Tip</b></p> <p>None</p>   |  |
| <p><b>Recommended age:</b></p> <p>7+</p>  | <p><b>Every Child Matters Outcomes:</b></p>    |

# Time Waster

## Grab a Granny

|  |   |
|--|---|
| <p><b>Equipment:</b></p> <p>Large room,<br/>If outside, use markers for<br/>two sides and clearly set<br/>out boundaries</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Tell the group to find a partner and link arms with them</li> <li>• Get all the partners to stand in a circle</li> <li>• Choose one pair to demonstrate</li> <li>• One person will chase the other around the circle</li> <li>• The person that is been chased has to link onto another pair before they are caught</li> <li>• When they link on it makes a three so the third person is then kicked off</li> <li>• This person is now chasing the first person</li> <li>• Keep going until everyone has had a go</li> <li>• If the person that is been chased gets caught they then have to chase the other person</li> <li>• If it is a large group get two pairs running</li> </ul> |
| <p><b>Time :</b></p> <p>10 - 15 Minutes</p>  |   |
| <p><b>Recommended numbers</b></p> <p>8+</p>  |   |
| <p><b>Tip</b></p> <p>None</p>  |   |
| <p><b>Recommended age:</b></p> <p>7+</p>   | <p><b>Every Child Matters Outcomes:</b></p>   |

# Time Waster

## Hello

|  |   |
|--|---|
| <p><b>Equipment:</b></p> <p>Large room,<br/>If outside markers for two<br/>sides and clear out of<br/>boundaries</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group to all sit down facing the same direction</li> <li>• Choose one member of the group to go sit on their own, in front of everybody else with their back to the rest of the group</li> <li>• The leader then chooses one member of the group to say hello followed by the name they are saying hello too</li> <li>• The person can then turn around and has 3 guesses to find who greeted them</li> <li>• If they choose the person who greeted them correctly, they swop over</li> <li>• If they get it incorrect with their 3 guesses, the leader then selects another person to sit and guess who greeted them</li> <li>• Start by using normal voices and start to make it harder by using silly voices</li> <li>• Also can use two people one will say hello and the other will say the name</li> </ul> |
| <p><b>Time :</b></p> <p>10 - 15 Minutes</p>  |   |
| <p><b>Recommended numbers</b></p> <p>6+</p>  |   |
| <p><b>Tip</b></p> <p>None</p>  |   |
| <p><b>Recommended age:</b></p> <p>7+</p>   | <p><b>Every Child Matters Outcomes:</b></p>   |

# Team Building

## Magic Stick

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|--|---|
| <p><b>Equipment:</b></p> <p>A bamboo Cain or broom handle</p>                        | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group into pairs</li> <li>• Tell them to stand opposite each other, forming 2 straight lines about 3 ft apart</li> <li>• Tell them to interlock both hands together except their index fingers</li> <li>• Hold their hands out with a slight overlap</li> <li>• Lay the stick along the row of fingers, so everyone has contact with the stick</li> <li>• Tell them they need to work as a team and all they need to do is lower the stick onto the floor without any one taken their fingers off or pulling the stick down</li> </ul> |
| <p><b>Time :</b></p> <p>10 minutes</p>   |   |
| <p><b>Recommended numbers</b></p> <p>6+</p>  |   |
| <p><b>Tip</b></p> <p>Check that everyone has contact with the stick at all times</p> |   |
| <p><b>Recommended age:</b></p> <p>8 +</p>  | <p><b>Every Child Matters Outcomes:</b></p>   |

## Time Waster

### My Moon

|   |  |
|---|--|
| <p><b>Equipment:</b></p> <p>A small object like a pen</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Have the group sat around in a circle</li> <li>• The leader starts off and describes their moon with the object in their right hand e.g. eyes, mouth, nose and smile</li> <li>• Then the leader passes the object to the next person using their left hand</li> <li>• Then the next person describes their moon and so on</li> <li>• After each person has described their moon the leader will say if they are right or wrong after they have passed it on</li> <li>• To get it right you must receive the object with their right hand and pass it on with their left, it doesn't matter what the description of the moon is</li> </ul> |
| <p><b>Time :</b></p> <p>10 - 15 minutes</p>               |  |
| <p><b>Recommended numbers</b></p> <p>4+</p>               |  |
| <p><b>Tip</b></p> <p>None</p>                             |  |
| <p><b>Recommended age:</b></p> <p>8+</p>                  | <p><b>Every Child Matters Outcomes:</b></p>    |

# Time Waster

## Number Race

|   |   |
|---|---|
| <p><b>Equipment:</b></p> <p>None</p>        | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group to stand in a circle</li> <li>• Number all the members</li> <li>• The leader will call out two consecutive numbers e.g. 2 and 3</li> <li>• These two people will then hold hands making an arch</li> <li>• The numbers ether side so 1 and 4 will run under the arch and round the circle in different directions</li> <li>• The first back will get a point</li> <li>• The players with the most points wins</li> </ul> |
| <p><b>Time :</b></p> <p>11 - 15 minutes</p> |   |
| <p><b>Recommended numbers</b></p> <p>6+</p> |   |
| <p><b>Tip</b></p> <p>None</p>               |   |
| <p><b>Recommended age:</b></p> <p>7+</p>    | <p><b>Every Child Matters Outcomes:</b></p>   |

## Time Waster

### Pizz + Zipp

|   |   |
|---|---|
| <p><b>Equipment:</b></p> <p>None</p>  | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Everyone stands in a circle, the facilitator sends a zipp around the circle (they say the word zipp and perform the accompanying action)</li> <li>• Once the group has got that, they then send a pizz around the circle in the opposite direction</li> <li>• When both zip and pizz have been practised, it is time to get them both going at the same time. Send the zipp in one direction and a few seconds later set the pizz off in the opposite direction. They should both go round at the same time, but it is more likely that chaos will ensue</li> <li>• You can also send zipp in 1 direction and if a person along the line claps twice, it changes to pizz and goes back in the opposite direct, the way it just came</li> </ul> |
| <p><b>Time :</b></p> <p>5 - 10 minutes</p>  |   |
| <p><b>Recommended numbers</b></p> <p>10 +</p>   |   |
| <p><b>Tip</b></p> <p>The action for pizz and zipp are to point both hands to the left or right and clap</p> |   |
| <p><b>Recommended age:</b></p> <p>6 +</p>   | <p><b>Every Child Matters Outcomes:</b></p>   |

## Time Waster

### Sticks

|   |   |
|---|---|
| <p><b>Equipment:</b></p> <p>5 objects like small sticks or pens</p> | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Sit on the floor with the objects in front of you and the group sitting opposite so that they can see you and all the objects</li> <li>• Number the objects as you are laying them on the floor in a pattern, so the group can hear you</li> <li>• As you are laying the objects on the floor and calling out a number, place that number of fingers on your knee with your other hand</li> <li>• Place the objects on the floor in a pattern, ask the group what the numbers are as you are making the patterns, continue placing a number of fingers on your knee</li> <li>• The group will be watching the objects and missing the correct answer corresponding to your fingers on your knee</li> </ul> |
| <p><b>Time :</b></p> <p>5 - 10 minutes</p>                          |   |
| <p><b>Recommended numbers</b></p> <p>4+</p>                         |   |
| <p><b>Tip</b></p> <p>None</p>                                       |   |
| <p><b>Recommended age:</b></p> <p>8+</p>                            | <p><b>Every Child Matters Outcomes:</b></p>   |

## Time Wasters

### Who am I?

|   |   |
|---|---|
| <p><b>Equipment:</b></p> <p>None</p>        | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Give the group a sticky label each and tell them to write a name on it e.g. it could be a famous person or an animal or a cartoon character.</li> <li>• They then have to stick it onto someone else, either on their back or forehead.</li> <li>• Tell them to walk around and ask each other questions to try and work out who they are.</li> <li>• They can ask questions like, am I a girl? Am I a footballer? Am I on TV? etc</li> <li>• The other person can only answer yes or no, so you can't ask am I a girl or a boy.</li> <li>• The group can't give each other extra clues to make it easier.</li> <li>• The game keeps going until someone has won by working out who they are or until the whole group know who they are.</li> <li>•</li> </ul> |
| <p><b>Time :</b></p> <p>10+ minutes</p>     |   |
| <p><b>Recommended numbers</b></p> <p>4+</p> |   |
| <p><b>Tip</b></p>                           |   |
| <p><b>Recommended age:</b></p> <p>8+</p>    | <p><b>Every Child Matters Outcomes:</b></p>   |

## Time Waster

### Yes or No Game

|  |   |
|--|---|
| <p><b>Equipment:</b></p> <p>None</p>                                   | <p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• 2 people play the game at a time</li> <li>• One person asks the other questions to try and make them answer “Yes “ or “No”</li> <li>• The person who is answering the questions has to answer without constantly repeating themselves or pausing for too long</li> <li>• They keep playing until they have been caught out and then swap over</li> <li>• You can set a time limit or time each other to see who lasts the longest</li> </ul> |
| <p><b>Time :</b></p> <p>5+ minutes</p>                                 |   |
| <p><b>Recommended numbers</b></p> <p>2+</p>                            |   |
| <p><b>Tip</b></p> <p>Members who aren't playing can act as judges.</p> |   |
| <p><b>Recommended age:</b></p> <p>6+</p>                               | <p><b>Every Child Matters Outcomes:</b></p>   |

## Every Child Matters (ECM) Outcomes for Children and Young People.

Below are descriptions of the ECM outcomes with examples of the type of projects which fit into them:

### Be Healthy

This outcome relates to physical, sexual, mental and emotional health, the promotion of healthy lifestyles and encouragement not to take illegal drugs.

e.g. accredited sexual health project, sports tournaments, gym sessions, healthy cooking project, team-building residential with health related theme, peer mentoring or 'buddying' projects.

### Be Safe

This outcome is about being safe from maltreatment, neglect, violence and sexual exploitation, accidental injury and death, bullying and discrimination, crime and anti-social behaviour in and out of school, and being secure, stable and well cared for.

e.g. young driver safety course, personal safety project, project to create a safe place to meet within an unsafe community, young women's empowerment project, first aid course.

### Enjoy & Achieve

This is about being ready for learning, attending and enjoying school, achieving personal and social development, enjoying recreation and achieving national educational standards

e.g. homework clubs, DJing project, arts/drama/dance, educational visits, residentials, celebration of achievement events, festivals, fishing - and many more.....

### Make a Positive Contribution

This is about engaging in decision making, supporting the local community and environment, engaging in positive behaviour, developing positive relationships, choosing not to bully and discriminate, developing self confidence, successfully dealing with significant life changes and challenges and developing enterprising behaviour.

e.g. project to make your local area better, gardening project, meeting community groups you don't normally meet with, anti-bullying or anti racism project, music/drama performances for local community.

### Achieve Economic Wellbeing

This is about engaging in learning, employment or training on leaving school, being ready for employment, living in decent homes and sustainable communities, having access to transport and material goods and living in households free from low income.

e.g. job search and homework clubs, IT courses, career guidance project, budgeting/managing money project, vocational training courses e.g. sports coaching, babysitting course, music production.