



# Youth Work Activities



**Be Healthy**



**Stay Safe**



**Enjoy and Achieve**



**Make a Positive Contribution**



**Achieve Economic Wellbeing**

## Group Agreement

<p><b>Equipment:</b></p> <p>Flip Chart Coloured paper (cut into speech bubbles) Pens Blu tac</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Gather group together</li> <li>• Introduce the activity: a group agreement is the rules that the group has to abide by during the session and referred to if someone doesn't uphold them</li> <li>• Write on a flip chart/speech bubbles, the rules that the C&amp;YP come up with</li> <li>• Try and encourage each member of the group to contribute</li> <li>• Post the flip chart sheet on the wall to remind the group of the rules that have been agreed</li> </ul> <p><b>Note: You can refer back to the agreement at any point during the session if necessary.</b></p>
<p><b>Time :</b></p> <p>10 minutes</p>	
<p><b>Recommended numbers</b></p> <p>Groups from 4+</p>	
<p><b>Tip</b></p> <p>If the group is not very vocal then ask them individually to fill in a speech bubble with one rule the group should adopt</p>	
<p><b>Recommended age:</b></p> <p>7 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Ice Breaker

## Name Game

<p><b>Equipment:</b></p> <p>None</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group standing in a circle?</li> <li>• One person will start</li> <li>• They have to say something that goes with the same first letter of their name and then their name</li> <li>• It could be anything you want e.g. an animal or object or action. As long as the first letter is the same as the first letter of your name. E.g. Swimming Sam</li> <li>• Then you move around the circle so the next person will say the persons before them and their own e.g. Swimming Sam, Jellyfish John</li> <li>• Keep going around the circle so the last person will have to say the names of all the People in the group</li> </ul> <p>You could then change the direction of the group and get them to pick new things to go with their name</p>
<p><b>Time :</b></p> <p>10 - 15 minutes</p>	
<p><b>Recommended numbers</b></p> <p>This is for the whole groups</p>	
<p><b>Tip</b></p> <p>Best played at the start of the session to help familiarise the group.</p>	
<p><b>Recommended age:</b></p> <p>4+</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Ice Breaker

## Ball Name Game

<p><b>Equipment:</b></p> <p>Ball (one to three)</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Ask group to stand in a circle</li> <li>• Throw the ball to someone and ask them to say their name loudly and clearly, get them to throw to someone else and ask them to say their name. Ask them to fold their arms if they have already caught the ball</li> <li>• Continue until the ball has been thrown to everyone in the circle</li> <li>• Second time round: throw the ball to someone whose name you remember, shout their name and throw the ball to them</li> <li>• Third time round: ask if they can remember the route we did last time; encourage them to work it out and chat to each other</li> </ul> <p><b>Variation:</b> After one round is complete throw in another ball, and then another until all 3 balls are being used. You can use 5 balls for older people and larger group to make it extra hard</p>
<p><b>Time :</b></p> <p>10 minutes</p>	
<p><b>Recommended numbers</b></p> <p>Groups from 4+</p>	
<p><b>Tip</b></p> <p>Remember to stress eye contact, saying each person's name loudly and clearly, and use under arm throw.</p>	
<p><b>Recommended age:</b></p> <p>7+</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Ice Breaker

## Human Bingo

<p><b>Equipment:</b> Bingo grid (e.g. see bottom of page)</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Give a copy of the bingo card to each player</li> <li>• Players circulate to find group members who match the descriptions in the bingo squares</li> <li>• When a match is found, the player writes the name of the individual in each square</li> <li>• Different names must be used in each square.</li> <li>• When a player has filled each square of the grid, s/he yells “Bingo!”</li> <li>• With the group, check the squares and identify the individuals described</li> </ul>
<p><b>Time :</b>  <b>10 minutes</b></p>	
<p><b>Recommended numbers</b>  Groups from 4+</p>	
<p><b>Tip</b> Make the bingo card colourful and interactive</p>	
<p><b>Recommended age:</b> 7 +</p>	<p><b>Every Child Matters Outcome:</b></p> 

### Suggested format:

Wearing Green socks	Has size 6 feet	Likes the colour blue
Has brown eyes	Supports Man U	Goes Horse Riding
Has a brother	Can Swim	Has been on an aeroplane

# Team Building

## Getting To Know You Card Game

<p><b>Equipment:</b></p> <p>Question cards (relevant to group)</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Place a selection of questions face down on a table and ask the young people to take a random seat around the table</li> <li>• Inform the group that if anyone feels uncomfortable or would rather not answer a question card then they are free to miss their turn</li> <li>• Ask the group to take it in turns to pick up a question card from the table and read aloud the question and then tell the group about their answer</li> <li>• The group can take it in turns to pick a question and if appropriate the other members of the group are free to give their own answers or shared experiences if they are happy to do this and you have enough time to let discussion develop naturally. The game keeps going until all the questions have been answered or the group seems to loose interest</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>Keep the questions relevant to the group and the activity you are delivering</p>	
<p><b>Recommended age:</b></p> <p>8+</p>	<p><b>Every Child Matters Outcomes:</b></p> 

## Team Building

### Finger Grabbing

<p><b>Equipment:</b></p> <p>No equipment needed</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group standing in a circle</li> <li>• Tell them to hold their left hand out flat and with their right hand point their index finger to the floor</li> <li>• Then the finger pointing to the floor goes on the hand of the person to their right</li> <li>• So everyone should be joined together by having their right index finger on someone's open hand and someone finger in the middle of your open left hand</li> <li>• The aim of the game is after the count 3 you have to close you left hand to grab the finger on your hand and at the same time pull your finger away so the other person can't grab it</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>Watch out for some people will always start before you get to 3</p>	
<p><b>Recommended age:</b></p> <p>8 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Team Building

## Fruit Salad

<p><b>Equipment:</b></p> <p>Chairs</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Have the group sat in a circle and 1 person standing in the middle</li> <li>• Think of 3 fruit names e.g. apple, orange, banana</li> <li>• 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 spaces. 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>6+</p>	
<p><b>Tip</b></p> <p>Look out for 2 people rushing for 1 chair, this could lead to falls</p>	
<p><b>Recommended age:</b></p> <p>8 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Team Building

## Group Splitting Exercise

<b>Equipment:</b>  No equipment	<b>How to:</b> <ul style="list-style-type: none"> <li>• If you have disruptive participants in the group you will usually pair up when asked to find a partner. Below are examples of ways for splitting groups into manageable pairings / teams. Split the groups as many times or needed so groups are balanced and manageable for the setting</li> <li>• Get people to pair up then give each partner a number, 1 or 2. Then place all the 1's together and the 2's in separate teams. This results in splitting one active couple up.</li> <li>• You can place people in height order and then start at one end giving them numbers according to the number of teams needed, 1,2,3,4 ect</li> <li>• Place numbers in a hat, the group then pick out a number and that is what team they go into</li> <li>• Split disruptive young people by making them team captains and getting them to choose teams, you can always add another splitting method if you feel the teams are unbalanced</li> </ul>
<b>Time :</b>  Approx 2 minutes	
<b>Recommended numbers</b>  10 +	
<b>Tip</b>  Split the group as many times as you need till you are happy with the pairings / teams	
<b>Recommended age:</b>  6 +	<b>Every Child Matters Outcomes:</b>  

## Team Building

### Magic Stick

<p><b>Equipment:</b></p> <p>A bamboo cane or broom handle</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Get the group to get into pairs and stand opposite each other forming 2 straight lines about 3 ft apart</li> <li>• Tell them to stick out their fingers (as though they are shooting the opposite participant)</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 anyone taking their fingers away from the stick</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> 

# Team Building

## Wink Murder

<p><b>Equipment:</b></p> <p>No equipment needed</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Sit the group down in a circle, making sure they can all see each other</li> <li>• Send one person outside the room</li> <li>• The rest of the group choose someone to be the murderer</li> <li>• The person who is outside comes back in the room and walks around the outside of the circle</li> <li>• The murderer has to wink at people who then die, the person who is dying has to do the actions of being killed once they are dead they stay lying on the floor</li> <li>• The person on the outside of the circle has 3 chances to guess who the murderer is</li> <li>• The murderer then goes outside and so on</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>Take your time and be sly</p>	
<p><b>Recommended age:</b></p> <p>8 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

## Team Building

### Pizz + Zipp

<p><b>Equipment:</b></p> <p>No equipment needed</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> 

## Team Building

### Marble Run

<p><b>Equipment:</b></p> <p>8 – 10 pieces of drain pipe and a ping pong ball</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Give each participants a pieces of drain pipe and tell them they have to line up and roll the ball along the pieces of pipe for as long as they can</li> <li>• The only rules to the game are that the ball isn't allowed to stop moving and you aren't allowed to walk with the ball</li> <li>• Participants need to work as a team and place pieces of pipe next to each other in a line and allow the ball to roll along their piece of pipe and onto the next person</li> <li>• They then have to move to the other of the chain in order to be ready for the ball to roll on to their pipe again and so on as far as they can</li> </ul>
<p><b>Time :</b></p> <p>5 - 10 minutes</p>	
<p><b>Recommended numbers</b></p> <p>6 + no more than 10</p>	
<p><b>Tip</b></p> <p>Players should be able to work out that the ball moves slower if you only have a gentle slope on the their pipe</p>	
<p><b>Recommended age:</b></p> <p>6 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

## Team Building

### Sharks

<p><b>Equipment:</b></p> <p>Small carpet tiles, blind folds, start and finish line, cones.</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• Make a start and finish line and lay the cones out randomly in the area between them</li> <li>• Tell the group that they all have to get from one end of the course to the other using the carpets as stepping stones and collect all the cones along the way</li> <li>• Explain that If someone is not touching a piece of carpet the leader ( shark ) can take it</li> <li>• They can trade confiscated carpet back if they want for so many collected cones (leader decides how many) then the cones go back and they have to collect them again</li> <li>• If someone touches the floor they get blindfolded</li> <li>• If the blindfolded person touches the floor again the whole team starts again. They have to get the whole team and all the kit across the finish line to complete the game</li> </ul>
<p><b>Time :</b></p> <p>15 - 20 minutes</p>	
<p><b>Recommended numbers</b></p> <p>6+</p>	
<p><b>Tip</b></p> <p>You can have 1 or 2 sharks in the activity area trying to grab pieces of carpet that is on the floor and not being used.</p>	
<p><b>Recommended age:</b></p> <p>8 +</p>	<p><b>Every Child Matters Outcomes:</b></p> 

# Team Building

## Scale Exercise

<p><b>Equipment:</b> numbered sheets marked 1 to 10</p>	<p><b>How to:</b></p> <ul style="list-style-type: none"> <li>• This exercise can be used to find out what young people think of an activity or service</li> <li>• It can be used to find out dynamics in a group, strengths and weaknesses</li> <li>• Simply put up the scale 1 – 10 a reasonable distance apart, then ask relevant questions that can be answered between 1 - 10</li> <li>• Participants then place themselves at various positions on the scale.</li> <li>• You can ask individuals why they have placed themselves on the scale</li> </ul> <p><b>Note: You can also use this type of exercise at the end of a session to measure outcomes or evaluate the session</b></p>
<p><b>Time :</b> 5 - 10 minutes</p>	
<p><b>Recommended numbers</b> 4 +</p>	
<p><b>Tip</b> Plan what questions you want to ask, you can also get the participants to make up questions</p>	
<p><b>Recommended age:</b> 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, residential, 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.