



serious FUN

Fun Community-Building Program for 12 people (60 mins)

1. [Bumpity Bump Bump Bump](#) – simple name-game that's not so easy
2. [Jump In Jump Out](#) – contagiously fun group-jumping exercise
3. [Come To My Party](#) – intriguing 'What's The Key' group activity
4. [King Frog](#) – animated circle game that involves good memories & sharp reflexes

Props – none

Step-by-step instructions for each of these activities are provided below.
To view video tutorials, practical leadership tips and popular variations, click the links above.

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1. Bumpity Bump Bump Bump (10 mins)

1. Ask your group to form into a circle.
2. Explain that in a few moments, you will start to point at random people in the circle, saying one of four words – “LEFT,” “RIGHT,” “YOU” or “ME.”
3. Each is an instruction for the person being pointed at to accurately name the person to their left or right, their own name or yours (person in the middle).
4. Announce that the name must be uttered quicker than you (middle person) can say the words “BUMPITY BUMP BUMP BUMP.”
5. If the correct name is called quickly enough, this person survives another round.
6. If they are too slow, or make a mistake, they are invited to swap roles with the person in the middle.
7. Play a couple of 'test' rounds to help your group practice.
8. After a few minutes of playing for 'real,' introduce one or more new people into the middle of the circle.

2. Jump In Jump Out (10 mins)

1. Ask your group to form a circle, holding hands, facing in to the centre.
2. Announce that you want the group to - “SAY WHAT I SAY, AND DO WHAT I SAY.”
3. Explain that you want to practice this skill with one of four commands - “JUMP IN,” “JUMP OUT,” “JUMP LEFT” or “JUMP RIGHT.”
4. Call out a series of 'Jump' commands, one after another for 20 seconds.
5. Re-form the circle, and announce that you now want the group to - "SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY."
6. Continue with a series of 'jump' commands, one after another for 20 seconds, or until the circle breaks up too much.

3. Come To My Party (15 mins)

1. Gather your group together, close enough so everyone can hear one another.

2. Explain that each person's task is to identify the 'key' which unlocks the secret to a puzzle.
3. Announce to your group that you're hosting an imaginary party, and everyone is invited.
4. To attend, every person must bring some 'thing' with them. It can be a food, a prop or even a person.
5. Next, invite a series of volunteers to nominate what they would like to bring to your party.
6. Here's the key: the 'thing' must have two consecutive letters that are the same to be acceptable.
7. Unless a person brings the correct thing, eg beer, strawberries, Darren, they can not attend the party.
8. As each person makes an attempt to uncover the key, congratulate those who get it, and encourage those who do not.
9. Continue to offer more and more obvious clues until everyone has identified the key.

4. King Frog (25 mins)

1. Ask your group to sit in a circle, including yourself, whereby everyone can see everyone else.
2. Invite each person to think of a unique action and sound which mimics an animal, eg gorilla beating its chest.
3. As leader, introduce yourself as King Frog, as you move one palm swiftly over the palm of your other hand away from you.
4. Ask everyone to mimic the gesture and sound of King Frog, and then one at a time, introduce and practice all the other animals in the circle.
5. Explain that each round starts with King Frog performing their action, followed immediately with the gesture and sound of another animal.
6. This will instruct the person who is represented by that animal to respond by quickly doing their action and follow it with the actions of another animal, and so on.
7. If someone makes a mistake, or is too slow to respond, they must leave their seat and sit directly to the left of King Frog, while everyone in between moves to the empty seat on their left.
8. Importantly, when someone moves into a new seat, they will assume the animal that originated in that seat, ie players do not take their animal with them.
9. The object of the game is to move steadily around the circle until you arrive in King Frog's seat.