

Respect-Building Games

Purpose

To practice telling your truth in a variety of ways.

1 Partner Activity: Is It True?

 Paper and pen/pencils.

- 1 Find a partner.** Pick a Person A and Person B. For this first round, Person B will go first.
- 2 Person B.** Write down three things about yourself to share with Person A. Make two of them the truth and one of them a lie. When you're done writing, share them with Person A. Person A, it's your job to figure out which one is the lie. Go!
- 3 Debrief.** Who correctly identified the thing that wasn't true? Who learned something new about your partner?
- 4 Person A.** Now Person A, it's your turn. Write down three things about yourself to share with Person B. Make two of them the truth and one of them a lie. When you're done writing, share them with Person B. Person B, it's your job to figure out which one is the lie. Go!
- 5 Debrief.** Raise your hand:
 - Who correctly identified the thing that wasn't true?
 - Who learned something new about your partner?
 - Who will share: What is it like sharing the truth vs. a lie? [Get 3 examples.]

tell your
TRUTH

Group Activity: Four Corners

- 1 Introduce the activity.** For this game, I will call out different categories. Each corner will represent one of them. You will go to the corner that most closely matches your favorite.
- 2 Movies.** For round one, pick your favorite movie type.
 - Corner 1: Dramas/Thrillers
 - Corner 2: Comedies
 - Corner 3: Documentaries/Biographies
 - Corner 4: Sci-Fi/Fantasy
- 3 Share.** Once you have found your corner, share with at least one other person your favorite movie and why it's your favorite. [After a few minutes, pause the sharing to call out Round 2.]
- 4 Dessert.** For round two, pick your favorite dessert.
 - Corner 1: Anything Chocolate
 - Corner 2: Cake
 - Corner 3: Pie
 - Corner 4: Ice Cream
- 5 Share.** Share with at least one other person your specific favorite dessert and who you think makes the best version of it. [After a few minutes, pause the sharing to call out Round 3.]
- 6 Holidays.** For round three, pick your favorite holiday.
 - Corner 1: Winter Break (Christmas, Hanukkah, Kwanza, New Year's)
 - Corner 2: Halloween
 - Corner 3: Thanksgiving
 - Corner 4: Summer Break!
- 7 Share.** Share with at least one other person your favorite thing to do on your favorite holiday.
 - **TIP!** You can add additional rounds based on topics you design. Continue additional rounds as time allows, ensuring that each round includes sharing about their choice.
- 8 Debrief.** What did you learn from this activity? Who will share? [Get 3 examples.]

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Purpose

To celebrate your, and others', unique gifts and talents.

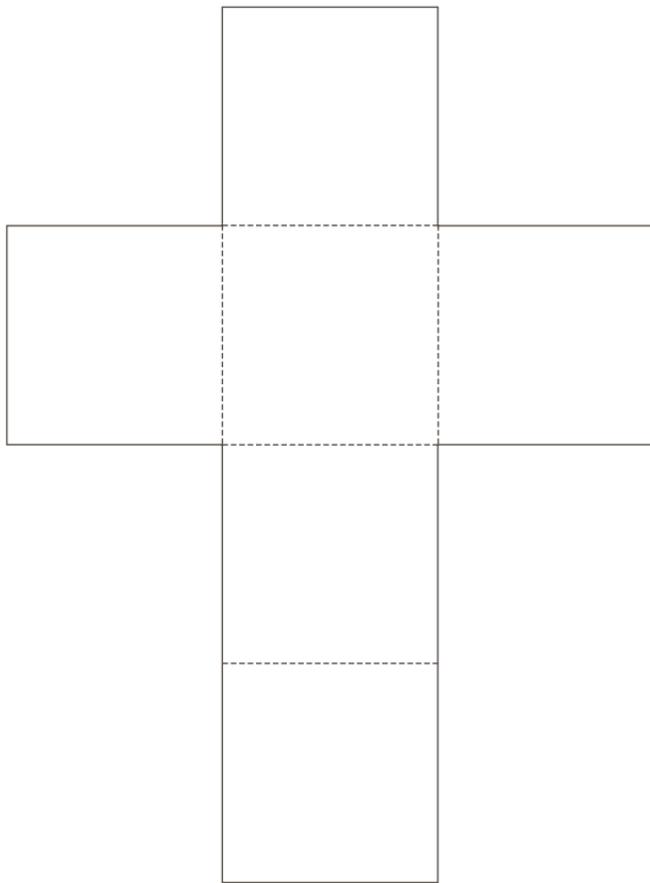
R Group Activity: The Best

- 1 **Arrange groups.** Get into groups of three or four. Everyone has to participate in at least one round.
- 2 **Explain rules.** I will be announcing a contest category (for example, "The Tallest"). Each group needs to select one person who they think will win the category. If the person chosen by the group is "the best" within the category, his or her team gets a point.
- 3 **Select the category.** Choose one person from your group who you think will win the category. [Use the list below or create your own categories.]
 - The Tallest ... Thumb
 - The Fastest ... Crab Walker
 - The Highest ... Jumper
 - The Longest ... Stare in Staring Contest
 - The Fastest ... Alphabet Song Singer
 - The Smallest ... Shoe Size
 - The Farthest ... Length to Throw a Paper Airplane
 - The Largest ... Bubble to Blow With Chewing Gum
 - The Strongest ... Thumb for a Thumb War
 - The Fastest ... Paper Cup Stacker
 - The Longest ... Thrower and Catcher (Two People)
 - The Longest ... Hair
 - The Best ... Coin Spinner
 - The Fastest ... Word Looker-Upper in the Dictionary
- 4 **Select the winner.** The person with the best action or measurement wins a point for his or her team. The team with the most points wins the game.
- 5 **Debrief.** What did you learn from this activity? Who will share? [Get 3 examples.]



1 Individual Activity: Inside Outside

- 1 Make a box.** Using a piece of paper, copy the template at right. Cut your paper template along the regular lines.
- 2 Decorate your box.** On the front side of the template, write a word or draw a picture in each box that represents something you love about yourself on the OUTSIDE. On the back side of the template, write a word or draw a picture in each box that represents something you love about yourself on the INSIDE. When you are done, fold your paper template along the dotted lines to make a box (with the outside words on the outside) and tape the sides so that you can still open the top of the box and see inside.
- 3 Debrief.** Share about your box with the group or a partner. What did you notice?



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To discover insights into who we are and what makes us “tick.”

Group Activity: “If I Were A ...”

- 1 Introduce the activity.** Today we are going to play a game called “If I were a ...” I will select a category, and then you will share what type of thing you would be that belongs to that category and why.
- 2 Example.** I will give an example. The category is books. *If I were a book, I would be a comic book, because I like to have fun and go on wild adventures that help save the day!* Now each of you share: **If I were a book, I would be...**
- 3 Additional rounds.** The next category is animals. **If you were an animal, what kind of animal would you be and why?** [After everyone has had a turn to share] Next is clothing. **If you were a type of clothing, what would you be and why?** [Continue with as many categories as you have time for. You can also have the participants pick a category. Some additional categories include sound, color, flower, food, form of transportation, form of water, etc.]
- 4 Debrief.** What insights did you gain through this game? What did you see about yourself? Who will share? [Get 3 examples.]

Group Activity: Fishbowl

 Paper, pen/pencils and a container to hold submissions from Step 1.

- 1 Introduce the activity.** Today we are going to play a team game called Fishbowl. It is a chance to share things we are passionate about in a new way.
 - First, divide into two teams (Team A and Team B).
 - Each person take three pieces of paper and write one word or short phrase on each paper describing a personal passion (a thing, not a person).
 - Fold your pieces of paper in half and put them into the container.
- 2 Round 1: Guess the word.** Team A select someone to go first. Team B choose a volunteer to watch the timer.
 - Team A volunteer: Grab a piece of paper from the "fishbowl." Try to get your team to guess the word/phrase on the paper using only words as hints. For example, if the word is "ribs," the person can say "baby back ____." No acting out, or "sounds like ...", or spelling hints. If your team can't get it, pass and grab a new paper. Team B: Start the timer 1 minute. Team A: Go!
 - After 1 minute: Team A count the number of successfully guessed words/phrases. Don't put them back in the fishbowl. Keep track of this number.
 - Team B is next. Select a volunteer to start--the rules are the same. Team A: Start the timer 1 minute. Team B: Go!
 - [The teams alternate until all of the words from the container run out. Place all the words/phrases back into the fishbowl for the second round.]
- 3 Round 2: One word.** Team A: pick someone to start. Team B, pick time-keeper.
 - Team A: For this round, you can use only ONE word as a hint to help your team guess what's written on your paper. For example, if the word is "ribs," you could say the word "bone." Team A volunteer: Grab a piece of paper from the fishbowl. If your team can't get it, pass and grab a new paper. Team B: Start the timer 1 minute. Team A: Go!
 - After 1 minute: Stop! Team A. Count how many you got; don't put papers back in fishbowl. Team B, pick someone to start. Team A: Start the timer 1 minute. Team B: Go!
 - [Once all the words in the container run out, count how many each team guessed and place them all back into the container for the third round.]
- 4 Round 3: Charades.** Team A will go first and your volunteer will act out what is written on the paper, but CAN NOT speak. For example, if the word is "ribs," the person can point to his or her rib cage.
 - Team A volunteer: Grab a piece of paper from the fishbowl. If your team can't get it, pass and grab a new paper. Team B: Start the timer 1 minute. Team A: Go!
 - After 1 minute: Stop! Team A. Count how many you got; don't put papers back in fishbowl. Team B, pick someone to start. Team A: Start the timer 1 minute. Team B: Go!
 - [Once all the words in the container run out, count how many each team guessed. The team who guessed the most words/phrases wins the game!]
- 5 Debrief.** What did you learn about people in our circle's passions from this game? Who will share?

Respect-Building Games

Purpose

To help see yourself in relationship to others and improve listening and nonverbal communication.

Group Activity: Write It Out

- 1 Create teams.** Divide into two or more teams. Teams must have equal numbers.
- 2 Line up.** Form a line with your team members. This activity must be done without talking.
- 3 Draw a word.** The object of this game is to use your finger to draw a word on the back of the person in front of you. The first team that gets to the last person and has the correct word wins. The person at the back of the row chooses the word. [You can have words to select from or have them choose their own.]
- 4 Additional rounds.** [For additional rounds, have the person at the back of each line rotate to the front of the line.]
- 5 Debrief.** Did you trust your gut about what word you were feeling? What was it like to get it right or wrong? Who will share?



R Group Activity: Detective

- 1 Observe.** You have 1 minute to observe and study your surroundings as if you were detectives. [After 1 minute] Now close your eyes and imagine the room we are in.
- 2 Ask questions.** I will ask a variety of questions. Raise your hand and answer—but keep your eyes closed:
 - How many doors are there?
 - Point to the door that takes you to the hallway.
 - What colors are the walls, ceiling, floor?
 - What color is the rug?
 - Point to the fire extinguisher.

●**TIP!**● For additional rounds, allow participants to take over the role of facilitator and/or ask more difficult or more detailed questions.
- 3 Debrief.** What do you notice about what it's like to trust yourself and your memory? What was it like when you got it wrong? What was it like when you got it right? Who will share?

1 Partner Activity: Shadow

- 1 Pick a volunteer.** You are my shadow, so you do everything I do. [Start off slow and easy and then exaggerate and make funny movements.]
- 2 First person shadows.** Find a partner. [Designate a signal to begin moving and to stop moving.] Be aware of your surroundings, so you don't run into your partner or others. Person A, you will shadow person B. [Give signal to begin.]
- 3 Change roles.** [After one minute] Now change roles—Person B, you're the shadow.
- 4 Debrief.** What was that like? What does this game teach us about trusting our guts? Who will share?

Respect-Building Games

Purpose

To practice learning to communicate verbally and nonverbally in order to develop trust.

Group Activity: Silent Lineup

- 1 Introduce the activity.** This is a challenge where we line up based on topics I give you, but we will do it in total silence. [You may want to demonstrate or brainstorm other ways to communicate without talking.]
- 2 Line up.** Please line up based on your:
 - height—tallest to shortest. Remember, stay silent.
- 3 Debrief.** What was challenging about doing that lineup in silence? What were different ways you communicated with each other?
- 4 Round 2.** Now line up according to ... [Choose topics, such as:]
 - date of birth—youngest to oldest
 - length of hair—shortest to longest
 - foot size—smallest to biggest
- 5 Debrief.** What did this activity teach you about the Respect Basic: Set Boundaries? Who will share?

Group Activity: Untangled

- 1 Form groups.** [Divide the participants into groups of up to four, six, or 12 people.] Form a tight circle.
- 2 Grab first hand.** Grab the hand of anyone in the group—except someone standing right next to you.
- 3 Grab other hand.** With your other hand, grab the hand of anyone in the group except the people standing next to you and the person you are already holding hands with.
- 4 Untangle.** The challenge is to get untangled without letting go of each others' hands. This requires a lot of communication and cooperation!
- 5 Mid-point check-in.** Is there anything about this game that is particularly difficult? Has anyone discovered any secrets that might help the rest of the group get untangled?
 - TIP!**● For additional rounds, add difficulty by making the groups larger or adding restrictions to their communication methods.
- 6 Debrief.** What was it like for you when it was hard to get untangled? Was anyone tempted to cheat and just let go of a hand? What did this activity teach you about The Respect Basic: Set Boundaries? Shall we try the game again and time ourselves to see how long it takes to get untangled?

Respect-Building Games

Purpose

To learn about one another and connect around commonalities.

be
COMPASSIONATE

1 Partner Activity: Our Commonalities

- 1 Introduce the activity.** [Put participants into pairs.] We will take 2 minutes to ask each other questions to find out how many things you have in common that:
 - you didn't already know, and
 - are not visible.
- 2 Share.** Here are some examples of commonalities that meet the criteria: I might say my favorite food is pizza. What's yours? Or I might ask, What city were you born in? I wouldn't tell my partner that I have brown hair because he or she can see that. Ready? Go! [Give participants 2 minutes.]
- 3 Debrief.** Get into a circle, standing next to your partner. One by one, share one thing you have in common with your partner. If others in the group also share that commonality, put your hand in the air, lunge forward, and yell "Me too!" [The process continues until all pairs have shared.]
- 4 Additional rounds.** [You can have them switch partners and have them explore what they have in common around specific topics such as hobbies, families, etc.]
 - **TIP!** ● To help participants with their nonverbal skills, consider having them do a round where they can't speak and can only act out ideas.
- 5 Debrief.** What did you learn about someone that surprised you? What did you learn about The Respect Basic: Be Compassionate from this game? Who will share?

Group Activity: If You Could ...

 Container to hold questions you create for Step 1.

- 1 Create questions.** Create a bag or basket full of questions such as:
 - If you could go anywhere in the world, where would you go and why?
 - If you could spend the day with any person, who would it be and why? What would you do?
 - If you could go on the best vacation ever, where would you go and who would go with you?
 - If you could eat your favorite meals for breakfast, lunch, and dinner, what would they be?
 - If you could meet any person from history, who would it be? What would you talk about?
- 2 Share.** We're going to play a game called: If you could... Sit in a circle. Who will go first? Move to the middle of the circle and pick a question from the container to answer. There is no passing. You can choose what you want to share, but you need to answer the question in some way. If anyone in the circle has a similar answer to the question, raise your hand. Volunteer, pick one of the participants with their hand raised to be the next volunteer. [If no hands are raised, the next person is chosen at random.]
- 3 Debrief.** What did you learn about someone that surprised you? What is it like when we have similar or different answers? What did you learn about The Respect Basic: Be Compassionate from this game? Who will share?

Respect-Building Game

Purpose

To practice being willing and able to accept the ideas of others and then add to or build on what someone else is creating.

1 Partner Activity: “Yes, And”

1 Introduce the activity. Today we are going to play an improv game known as “Yes, and.” Here’s how it works: Person A is going to start telling a story. Person B accepts what Person A has established and then adds to the situation to move the story forward. Don’t negate what Person A has said. You will go back in forth to create your story together once sentence at a time. Help your partners-- setting them up for success so it’s easy for them to add on to your story. And you practice receiving help, by taking what your partners give you and using it to move the story forward.

2 Examples. Here’s an example:

Person A: What a hot and miserable day to be at school!

Person B: Yes, and the teacher said we have to stay inside and finish this test no matter what.

Person A: Yes, and isn’t he the meanest teacher you’ve ever had?

Person B: Yep, and it’s made me think about leaving and never coming back.

Person A: Yes, and then you’d get in trouble and have to sit in the hot detention room.

Person B: Yes, and then I’d be even more hot and miserable.

Person A: Yes! And after I go to college and make my fortune, I will come back and buy this place some air conditioning!

Imagine what happens if you play “No, and” instead and deny the other person:

Person A: What a hot and miserable day to be at school!

Person B: Yeah, but I’m not hot and I’m not even at school.

Neither person has anywhere to go, so the conversation is over.

- 3 Find a partner.** Now we will try it! Find a partner and pick a Person A and a Person B. For the first round, Person A will start.
- 4 Person A.** Offer the first sentence of your story. Share something you’re struggling with today. Person B, say “Yes, and…” and add a sentence to the story. Keep going back and forth until I say stop. Person A, ready? Go! [After a few minutes, pause the conversation.] What was that like? Did anyone slip up and say “Yeah, but” to their partner instead of a “Yes, and”? What was the “Yeah, but” like?
- 5 Person B.** Person B, this time you will start a new story. [After a few minutes, pause the conversation.] What was that like this time? Were there any “Yeah, but” this round? What was the “Yeah, but” like?
- 6 Debrief.** What did you learn about The Respect Basic: Get Help from this game? After playing “Yes, and,” we hope to learn how to embrace the ideas and help offered by others. You don’t actually need to say the words “Yes, and” for it to work in everyday life. Simply affirm what the other person is saying and allow yourself to build on it. When it comes to getting help, what do you think is important about “Yes, anding” people instead of “Yeah, butting” them? Who will share?

Respect-Building Game

Purpose

To share and learn about one another and develop social comfort by being courageous.

Group Activity: Dance Party

- 1 Circle up.** Form a circle. The purpose of this game is to share and learn about each other and to develop social comfort by being courageous.
- 2 Practice chants.** Together, let's practice the group chants (see below). [You may want to write them on the board or paper to assist the first few rounds.]
- 3 Explain ground rules.** No touching anyone or anything, no falling down, keep it respectful. Who will go first? Volunteer, stand in the center of the circle.
- 4 Dance.** Do whatever dance you want (within the previously stated safety rules), while everyone claps and chants this song:

Let me see your dance move,

Your dance move,

Your dance move.

Let me see your dance move,

Your dance move at this school.



have
COURAGE

Now, everyone join in and do the same dance while chanting:

We can do it too,

It too,

It too.

We can do it too,

We can do your dance move!

- 5 Choose next volunteer.** Volunteer please stand in the middle, close your eyes and spin around. Group, count to 10 and on the count of 10, the participant in the middle freezes. Volunteer, whoever you are pointing to is the next person in the middle. [Continue as time allows or until everyone has had a turn.]
- 6 Debrief.** Was this game difficult? What did you learn The Respect Basic: Have Courage during this activity? Who will share?