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Villages on Move Baltic



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**PLAYBOOK FOR CREATIVE WORKSHOPS:
GAMES AND EXERCISES**

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Introduction

This book is the first one, as we know, where you will find a lot interesting games from different countries: Lithuania, Latvia, Estonia, Finland and Denmark. All these games were “tested” during the international project “Villages on move, Baltic”.

It is not new, that physical activity has positive influence for physical and mental health. Unfortunately, physical activity is decreasing among all age people. Usually, there are several most common reasons, why physical activity is decreasing: “Sport becomes a routine”, “There are no equipment for doing exercises”, “It is boring and not interesting” and others...

Our purpose of this book was to share of interesting games from different countries which can be used to increase physical activity among different age, social status, religion and physical fitness people. We made this book suitable for everyone who wants to add variety to physical activity.

All games in this book are recommended for families because games involve all members of family.

These games might be also used as a team building games or “ice breakers” in the group.

We think this book might be interesting also for professional sport educators, also for physical activity enthusiasts.

This book might be the first step to increasing physical activity of you, your family, and community.

You have our guaranties, that you will have fun and interesting time playing these games!

This book also explains what it is creative workshop, and how you can use it. It gives you ideas, how to collaborate in the group creating your own games and being physically active.

You will find “Idea generation example sheets” in this book.

For more ideas, please visit our project web site: <http://www.villagesonmove.com/>

There you will find the map of events, games and exercises.

ACKNOWLEDGEMENTS

Our thanks to all those who participated in our international project “Villages on move Baltic”. Particular thanks goes to staff and consultants from rural areas municipalities and refugees centers.



What is a “creative workshop?”

First step in preparing a creative workshop is understanding what it is.

Workshop can be defined as a period of discussion or practical work on a particular subject in which a group of people share their knowledge or experience.

Creativity, on the other hand can be described as mental characteristic that allows a person to think outside of the box, which results in innovative or different approaches to a particular task.

Combining these two terms provides an opportunity to create fresh thinking about an idea. It may be used in many different situations, for example:

- when a project “stuck” in some phase
- when “normal” or “usual” methods are not working, and standard solutions have failed
- when there is a new opportunity to do things differently.

Bringing people together to focus on thinking differently about a specific problem can help to achieve new breakthroughs, or at least understand the elements of the issue in more detail. A Creative Workshop is a tool that can be used to enable this process of collaborative innovation.

Moreover, Creative Workshop is distinguished from other workshops by its focus on providing a supportive environment for participants to share new and innovative ideas openly.

Holding a successful Creative Workshop takes careful thought and planning. A poorly run workshop can be a disappointing experience for all involved.

The facilitator needs to be sure that the right people are in the room, and that they have the space and support they need to think playfully and inventively about potentially serious topics.

Targeting

As mentioned running a workshop for wrong audience create opposite result than intended. That’s why first step in planning should be careful choosing target group.

Creative workshop can be implemented for group children, adults or elderly. In this case important is to remember about some limitations that different groups can meet.

Moreover, different groups can create different solutions because of their point of view and experience.

Exercises mentioned in this guidebook are primarily designed for children in primary school age because of their high creativity and ease in creating ideas.



How to create workshop?

Workshop can have different goal, aim different people or take place in different place but all workshops have a few things in common:

- They’re intimate and interactive — no one can hide in the back like they might in a lecture
- They set the stage for learning, growth, and relationship building
- When done right, they spark engaging experiences and forward momentum for individuals, companies, and communities

First step in planning creative workshop is choosing topic. Topic or problem you want to solve can be as broad as you want it to be, or it can be as niche as you want it to be. Whatever you choose, just make sure you know what kind of result you expect on the very end.

Next thing is choosing gathering place. Creative workshop goal is to create a shift and change in the way people think things so taking them out of their environment during idea generation exercises can be a great idea. While deciding the place remember that:

- Comfort is crucial; look for as much space as it’s possible and comfortable place to sit



- Consider going off-site and out of the everyday-environment to a different part of the school/office, a public space like a park or a college campus.
- Don't choose a place where you will be limited by unexpected time constraints, inclement weather or other interruptions.

Third step is preparing timeframe. It is very important to keep track on the schedule. Time will be probably limited so you have to be sure that you will be done on time. Good idea is to add additional 30 minutes in case that something will consume more time than expected.

Do and don't

During creative workshop establishing groups of four or five people is ideal. If possible bring in some provocative outsiders to challenge the conventional thinking in your team. Seeing problem from different perspective can create different solution. Mathematician can follow one way, artist on the other hand may follow opposite track. Together they may create something unexpected.

Great idea is to have a facilitator. Facilitator should be external to the group. They can use different techniques to manage the process. The manager or teacher is often a poor choice for this role as they cannot stop themselves shaping the content or impose their ideas. Facilitator should take attention if group energy level is on the same level. It means that if group is working everyone is working there cannot be one person taking break or playing on phone. If he sees that someone is tired he should order a short break.

During the whole process there is no place for judging. No one is allowed to criticize or even discuss an idea. All the ideas matter, no matter how silly they are. This can be done on post-its, laptops or flip charts but no guilty-finding or comments are allowed to slow the process of idea flow. Especially facilitator should be aware of that and react if he notices situation like that.

Workshop participants should be aware that they don't have to think inside box. Wild ideas are useful because they challenge boundaries and provoke other fresh ideas. It is easier to tame a wild idea than to inject

something radical into a bland one. They should try to see problem from different perspectives, not only from their own. During discussing their ideas, they have to be aware how it will affect all kind of people, not only specific groups.

Exercises

1. INTRODUCE PLAN AND ICEBREAKING

Firstly, if creative workshop is to be successful, all participants need to understand its purpose. Ensure that they know what they are going to do and help people to focus on their exercises.

Next step is creating groups. If there are people with different backgrounds/skills or abilities try to mix them as much as it's possible. It will allow them to combine their ideas and create new solutions.

If people in groups doesn't know each other or they never worked with each other before it will be necessary to make some icebreaking exercise. It will be great so spend around 10 minutes on some of this type of exercises. They will allow participants to get to know each other at least enough to speak more freely.

One word

What's the one word you'd use to describe yourself? Everyone picks one and then they're referred to by that name throughout the meeting. It's more than a silly way to start the meeting; it helps everyone get to know one another a bit better.

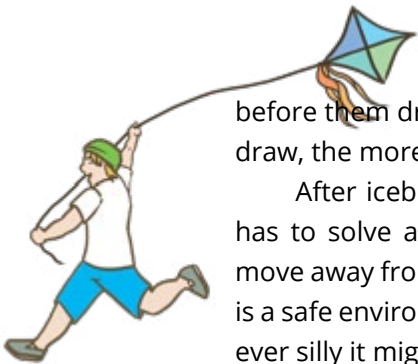
Desert Island Picks

Story begins with: "If you were stranded on a desert island what would you have with you?". Each group member has to point three things. It could be books, music, food, etc. Again, a silly ice breaker, but a real way to better know the people on your team.

Exquisite Corpse

This is a game that was created by the Surrealists in which you divide a piece of paper in three, and then same number of people must draw the head, torso and legs, respectively, without seeing what the person





before them drew. Inevitably, the final drawing is a hoot. The worse they draw, the more hilarious the outcome.

After icebreakers it's High time to outline the problem that group has to solve and emphasize the importance of thinking inventively to move away from the current position. Participants need to know that this is a safe environment for sharing ideas and that nothing is off limits, however silly it might seem.

2. IDEA GENERATION

Group people together to define the focus areas that they will explore. Think about how you will ask groups to capture their ideas; for example, using flip charts or sticky notes. Whilst the groups are working, go around and listen to the sorts of ideas that are being generated. Don't be afraid to redirect groups that are going off topic – a good definition of a focus area should be short and to the point.

During first exercise each group member have to create at least ten ideas how to solve the problem in 5 minutes. It is a lot but after writing these the most obvious or the most reasonable people will start thinking about silly ideas that might help to create solution.

Next step is gathering all ideas that group created and discussing them. Some of them can be similar, other totally different. During this exercise group has to create four categories and place there their ideas.

Now, each group member has to transform ten ideas he/she likes the most into picture/drawing. They should use their whole imagination here! The crazier the idea/drawing is, the better. When they will be done, they should place all the everything on the whiteboard and discuss similarities and differences between them.

Time for the last exercise before next step. Each member of the group will be assigned to different role. They have to imagine that they are someone else. Propose the solutions from perspective of someone else. Imagine how he would see the problem. (president, scientist, baker, etc.) Every group member will have to create pros and cons of each idea. If there is too much ideas to discuss or not enough time, group can focus on five ideas they are most interested. On the very end they have to pick three to five best for now.

3. IDEA DEVELOPMENT

Here, the groups bring their ideas together. The focus areas could emerge clearly, or you might be able to identify three or four broad themes from

diverse ideas, in which case you can pin those headings around the room and ask each group to post their sticky notes under each heading. If you have asked the groups to capture ideas on flip charts, pin these up together.

Now groups can “steal” from each other. It will allow them to rethink their ideas or maybe some groups will be inspired to continue with some combined ideas.

Next step is identifying relations: they have to try to find relations between your ideas inside groups (themes) you made. Try to merge them into one. Then try to discuss this what appeared.

4. PROTOTYPE

Continuing to work in the same groups, ask the participants to begin to think creatively around the focus areas. Remind people that this is about generating ideas rather than fully defined solutions.

A Creative Workshop is a good forum to both collect and share different stakeholder experiences. Therefore, allowing time and space for people to share their thoughts is essential, and so is the need for others to listen. Do not be afraid to use your role as facilitator to make sure that everyone plays an equal part in the activity.

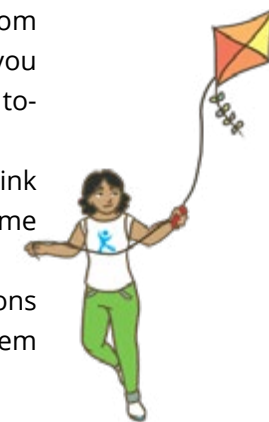
Each group in their workspace need to present pitch of their idea and prototype that they will present. It does not have to be a poster; it can be short video, comics, sculpture or other type of handcraft. Goal is to present as good as they can essence of their idea. Start of FigureEnd of Figure

5. REGROUP AND PRESENTATION OF THE IDEAS

When time for preparing prototype will run out bring the groups back together and ask a group to present their best idea. It is important that whole group have to present their idea. By that, they will show how much effort they put into creating it and they will be sure that they presented all the aspects of the idea. Check with each group that everyone is happy that their representative covered all the important points that were raised.

6. FUTURE OF THE IDEA

Gathered in one group, participants have to decide how best to move forward with the ideas created. Encouraging participants to move beyond their original outputs and to critically consider the merits of each idea.





Idea generation example sheets

IDEA NAME: _____

1. Introduction: Tell the team/members what the purpose of this exercise. This could either be that that your club or organization intend do more activities, instead of the old ideas this exercise aim to provide new and innovative approaches to acquire new ideas.

Find a problem/challenge that is interesting for a group to solve. It could be multiple problems/challenges and each group either is appointed or chosen a problem/challenge.

2. How to

- Firstly after establishment of groups, do an icebreaker exercise to encourage people to open their mind and have a positive mindset. Example for icebreaker could be Desert Island picks.
- After the icebreaker go to the exercise. Use 30-60 min on creating a good idea
- As a finish, write down the idea in this document

3. Brainstorm exercise for indoor activities for elders: Take a bunch of post-it notes. Each group member writes down two item that can be used for indoor activities (cards, balloon, table, chair etc.) Then when all members of the group have done this try to combine some of the notes with each other, and create an activity from that. If possible, create more activities. Write these activities on a post-it note.

As part of the exercise remember to draw some of the users of these activities. They might have some good ideas to contribute with to the exercises.

When the activity has been write down make sure not forget the idea, just park it so you can develop on a new idea.

4. Do

- Encourage each other ideas
- Ask each other what can be done to improve the idea
- Try to take the ideas to a crazy place and let them unfold

4. Don'ts

- Don't use the word no
- Don't put too many limitations on the process
- Try not to say "that is a bad idea"
- Don't say "that is not possible"

5. The Idea (Write you) idea in this box):

IDEA NAME: _____

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3. Brainstorm exercise

This is great and fun exercise for small groups. Tell group members to imagine how they would go about solving a given problem if their team were led by a famous character, fictional or real. How would Batman, Iron Man or Donald Trump lead their companies in virtual reality? What would Steve Jobs do to improve your latest communications package? How would Julius Cesar get your core messages across to millennials?

You can either chose someone you think personify the right qualities for the job to help develop your idea, or someone at the opposite end of that scale, to explore less conventional ideas.

Discuss and investigate ideas. Try to pick the most suitable idea.

4. Do

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- After the icebreaker go to the exercise. Use 30-60 min on creating a good idea
- As a finish, write down the idea in this document

3. Brainstorm exercise for outdoor activities: Take a bunch of post-it notes. Each group member writes down two item that can be used for outdoor activity (ball, boots, sticks, rope etc.) Then when all members of the group have done this try to combine some of the notes with each other, and create an activity from that. If possible, create more activities. Write these activities on a post-it note. (example: ball + stick + rope = Ropestick ball; An activity where the stick and rope are used to wip a ball from location A → B, and then challenge each other who can do it the fastest).

When the activity has been write down make sure not forget the idea, just park it so you can develop on a new idea.

4. Do

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3. Brainstorm exercise:

At the beginning ask participants to close their eyes and dream up the most unattainable, extreme and impractical solutions they can think of to a given problem. Tell them to draw them on sticky notes. Create a list of as many as it's possible wishes related to the task at hand.

Next step is selection of wishes, consider and discuss the ideas in detail, with the aim of triggering new but more realistic concepts to pursue. What makes them so impossible? How can that idea be scaled down? Which features of that wish could be integrate into this other approach? Pick one idea that might be the most suitable for the problem.

4. Do

- Encourage each other ideas
- Ask each other what can be done to improve the idea
- Try to take the ideas to a crazy place and let them unfold

4. Don'ts

- Don't use the word no
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5. The Idea (Write you) idea in this box):

“Villages on Move Baltic” events games and exercises

DENMARK

GAME: STORM SHELTER

Equipment: a ball, rice.

Number of participants: unlimited

This game was implemented during for a first time during VOMB tour. It was designed as outdoor exercise but can be set up indoor with some adjustments. In this exercise players has to toss the ball with rice threw one of the holes.



GAME: MEMORY

Equipment: pictures.

Number of participants: more than four players.

In the same time two different teams try to find same pairs of pictures as fast as they can. Among ten pairs can be UCL and VOMB logo. Points are distributed based on number of moves that team had to make to reveal all the pictures.

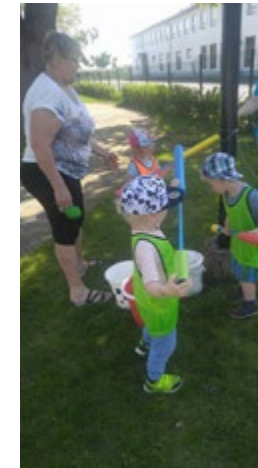


GAME: SHOOT A CUP

Equipment: a water pistol or a Nerf gun, a cup, a string.

Number of participants: more than two.

Players has to push the cup with the water stream. Cup is attached between two objects on string. Goal is to push the cup till the end by using as little water as it's possible. This game is designed as outdoor exercise but for indoor use water pistols could be replaced with Nerf guns that use foam darts.

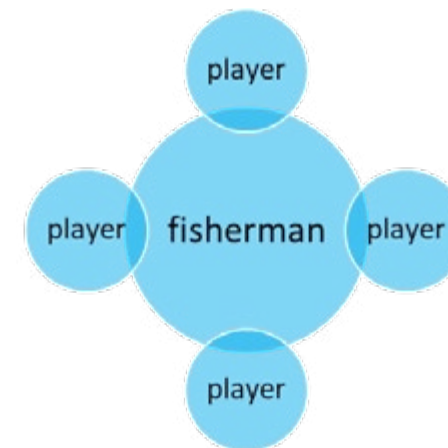


LITHUANIA

GAME: FISHERMAN

Equipment: a fishing rod, a rope, a bag and a ball

Number of participants: more than 4



The game is suitable for everyone.

All players are standing around in a circle. The fisherman is standing in the middle of the circle and holding a fishing rod in his hands. A rope is attached to the fishing rod, and a bag with a ball inside is at the end of the rope.

The fisherman starts turning around and the

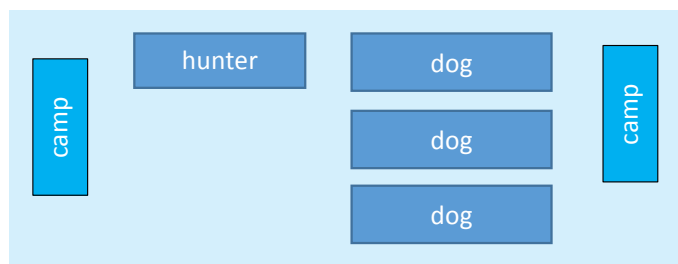
bag flies just touching the ground. The players must jump over the bag. The players who have not jumped over the bag in time must leave the circle. The winner is the person who remains standing the longest.

GAME: HUNTERS

Equipment: a square

Number of participants: More than 6

The game is suitable for all age groups of children. The players are divided into "hunters", "hunting dogs" and "hares". At the ends of the square there are two "camps". The hares from their camp try to run across the square to another camp. The hunters and their dogs catch hares. If the dog catches the hare, it will keep it until the hunter rushes and touches him. The player who is not caught becomes a hunter and the last three caught before him become dogs.



GAME: WOLF

Equipment: A narrow square

Number of participants: More than 6

The game is suitable for all age groups of children. The playground is a long and narrow square. The players stand at one end of it and the "wolf" stands in the middle of the area and screams: "Who's afraid of the big bad wolf?". Everyone answers: "No one!" and run past him to another side. The wolf tries to touch the runners. If the wolf succeeds, the touched person becomes the wolf's assistant and they catch others together. The last one becomes the wolf.

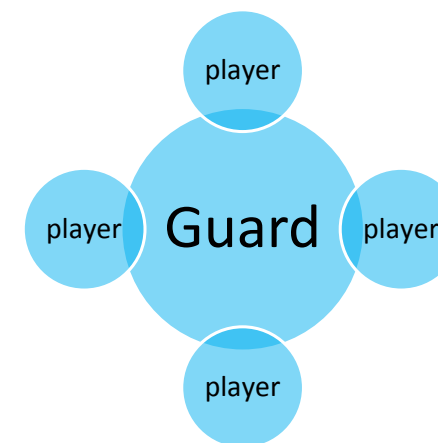


GAME: OVERTHROW OF STICKS

Equipment: A ball, three sticks

Number of participants: More than 6

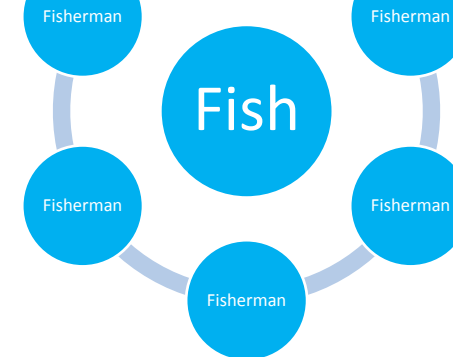
The three sticks are positioned in the middle of the site. A guard stands near them. The players stand 6 meters around the guard. They throw a ball to each other and try to get the opportunity to hit the standing sticks. The guard must defend the sticks and push the ball away. The player who has been able to defend the tripod for the longest time is the winner.



GAME: FISHING

Equipment: A large square

Number of participants: 15-45 players.



Players choose a large square ("the water pond"). The players are divided into two equal parts: fish and fishermen. The fishermen stand in a row and hold hands of each other forming a fishing net. Then fishermen start catching fish forming a circle. The caught fish are taken away from the square and the game continues. When playing, it is not allowed to catch fish without holding hands. If the fishing net breaks down, it must be fixed. When fishermen catch all the fish, the players then change: the fish become fishermen, and the fishermen are fish.

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GAME: RUNING WITH PAPER SHEETS

Equipment: Two paper or cardboard sheets

Number of participants: 6 and more players

This game is played in a room or outdoors. Players receive two sheets of paper. One player steps onto one sheet. The second sheet is placed opposite. Then the player



takes a step on the second sheet and puts the first sheet opposite etc. The fastest runner is the winner. The game can be played with two teams. The first one to complete the task sends the sheets to another waiting participant. The distance from the start to the finish can be about 10 meters.

GAME: THROW THE BALL

Equipment: A ball

Number of participants: More than 5 players

This game can be played outdoor or in the larger room. The players form a circle. In the middle there is a player with a ball. The player with the ball shouts three times: "Catch, catch, catch". Pronouncing of the third word, the player throws the ball up and shouts loudly the name of chosen player. The named person must catch the ball, and the rest to escape as far away from the circle as possible. The player shouts stop when (s) he catches the ball. All players stop and do not move. The player with the ball takes 5 steps to the chosen player and tries to hit him with ball. If he hits, then players change places and play again.



GAME: PIGEONS

Equipment: A square

Number of participants: More than 5 players

A circle is drawn and is called a pigeon nest. Players pick a farmer and hawk. The rest become pigeons. Once the farmer gives permission, the pigeons leave the nest and walks around. When the farmer shouts: "Pigeons go to the nest, the hawk is

coming!", the players try to get back to the nest, and the hawk tries to catch them. The caught player becomes a hawk and the game continues. This game can be played in shallow water.

GAME: CATCH THE MONKEY

Equipment: A square

Number of participants: 3 and more

This is a simple catch game, only the catcher has to repeat the runner's movements: if, for example, the runner starts to jump on one leg, so must the catcher. The runner must change his (her) movements and thus escape from the catcher.

GAME: TAKE THE PLACE

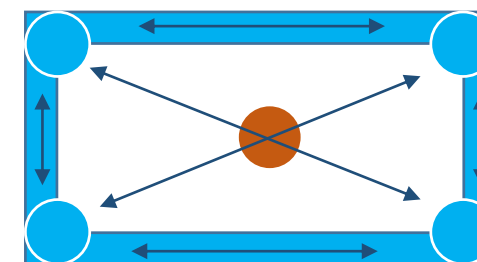
Equipment: A square

Number of participants: 5 players

Four players stop on the corners of a square. The fifth player stays in the middle of the square.

Players standing in the corners must often exchange places.

Players can change places along and across. The middle player must run and take any free corner. If (s)he succeeds, the player without the corner goes to the middle of square.



GAME: GET THROUGH ME

Equipment: ball

Number of participants: More than 10

Two teams stand facing down. The last person goes with the ball forward. Then he stands in the same position as his friends and rolls the ball to the finishing line. The team that reaches the goal first is a winner.

GAME: FEATHER**Equipment:** Two feathers**Number of participants:** More than 2

Stand in a line and throw a feather as far as you can. A person who throws the feather the farthest is a winner. It's very funny game.

**GAME: BASKETBALL DIFFERENTLY****Equipment:** Ball and basket**Number of participants:** More than 2

Stand bended in front of the basket so that you face it through your legs. The person who gets the most hits from 5 wins.

GAME: TAKE A SEAT**Equipment:** chairs (one less than the number of participants), music (not necessary).**Number of participants:** More than 5

Chairs are lined-up in a circle (with the back side facing inside the circle). Participants stand around the circle. When the music starts everybody moves clockwise in a motion of dance steps. When the moderator stops the music all the participants must take a seat (one chair for only one person). As there is one chair less than participants one person is left without a seat and he drops out of the game. Then everybody stands up again, one chair is taken out and second round begins. Game is played until there is only one person left and he is the winner of the game.

This game might be played with other kind of movement, for example the moderator asks everybody to move around the circle jumping on one leg.

**GAME: PLUS ONE****EQUIPMENT: NO EQUIPMENT****Number of participants:** More than 5

All participants stand in a circle. The first player shows a movement, then a player on his right has to repeat it and show another movement (the first player repeats with him). Then the third player repeats both movements and adds one more (first and second players repeats together with the third player). That way the game is played until it reaches the first player again and he has to repeat the whole sequence (all the players repeats together). Note: the more complicated movements are shown, the more difficult and more interesting the game gets.

GAME: DON'T DISTURB EACH OTHER**EQUIPMENT: NO EQUIPMENT****Number of participants:** unlimited

All participants are standing in the circle and have to count till 20, one by one. You can say number twice or more times, but it can't be in succession. If two people say number in one time, you have to start counting from the start. Also, you can't count one by one like you stand in the circle, it has to be from different sides.

GAME: BANANA PASS**Equipment:** Banana**Number of participants:** 6-10 people

Players lie down on the grass, head to toe in a straight line with each person's toes about 2 feet away from the next teammate's head. When the game begins, the first people in line grab hold of the banana with their feet and pass it over their heads to the next person's feet. The next person receives the banana with his or her feet and passes again until the entire team is done. The one, who drops the banana, has to peel it with his feet and eat it.



GAME: KITE RACE

Equipment: a kite

Number of participants: 2 or more

The participants are racing and aiming to bring the most colourful and longest tail of the kite to the sky.

The kite game is a fun activity, also a very good therapy for treating neck and neck pain. So wherever you spend the long weekend, do not forget to take the kite with you!



LATVIA

GAME: BLIND VOLLEYBALL

Equipment: opaque sheet, fabric or other material, a volley ball

Participants: As traditional volleyball. Two teams.

Playing traditional volleyball just the volley net is covered with opaque material in all its' lenght.

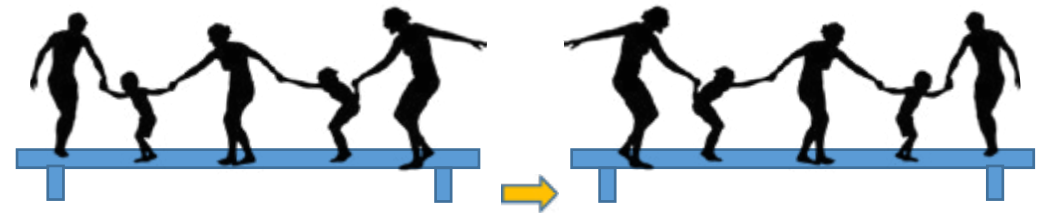


GAME: HUMAN BRAID

Equipment: the log or other narrow object

Participants: at least 4 but depends on the length of the log or other narrow object

At least 4 eople standing nex to each other on the log or other narrow object that is higher than land. The task is to exchange in the opposite sequence no stepping of the log and not tuching the land, for example from 1, 2, 3, 4, 5 to 5, 4, 3, 2, 1, so the one that was on the right side at the beginning is on the left at the end. To make it easier there can be numbers of the sequence on the people.



GAME: HAY ROLL ON THE HILL

Equipment: hay roll

Participants: two or more teams, 3-5 people in a team

Team should roll up the hill, than to roll it back down and after crossing the final line all team should sit on the top of the hay roll. Winners are the fastest team.

GAME: GRANDMA, COME TO THE RESCUE US!

Equipment: none

Participants: more than 5

One of the participants is Grandma. At the begining he need to go away because he can not see what happens next. The other participants, meanwhile, stands in a circle holding hands.



The task is to get tangled without releasing arms. When the players are ready, they call - Grandmother, come to the rescue us! And the participant who is the grandmother comes to the rest participants to untangle them but also in a way that their hands are not released.

GAME: RUNNING IN THE RAIN

Equipment: long-sleeved clothing and long trousers

Participants: 2 and more

Participants run in the rain, dressed long-sleeved clothes and long trousers. Wins a participant who has the driest clothes at the finish (measuring the area where the outfit is dry). Can be used as a final stage in a competition if there is rain in the open.



GAME: THE LAST PAIR SPLITS

Equipment: none

Participants: as much as possible

The more players, the more fun the game. Everyone is standing in pairs one by one. Without a pair is only the game leader who is standing in front of everyone and says "The last couple splits!".

The last couple runs around the queue each on their own side and encounters in the front row with hands. If one of the pair is caught by game leader while running, then the one who stays without pair remains in front as game leader. But the young couple comes to the front of the queue.

This game develops co-ordination, teaches you to run fast and cooperate, react swiftly to changes in the situation.

GAME: FINDING CORRECT SEQUENCE OF THE NUMBERS

Equipment: sheet with differently sized and shaped numbers from 1 to 90 or less

Participants: for individual accomplishment or in teams



Each team member gets a piece of paper with numbers from 1-90. Numbers are scattered randomly over the paper and also take different shapes and sizes. The goal is to find all of the numbers in the ascending order and say them out loud.



GAME: STONE, JUMP OUT!

Equipment: small stone you can hide in hands

Participants: At least 4

Requires at least four players. Everyone sits close to each other. The head of game has a stone that is hidden in hands. He walks along all the players and places in someone hands the stone, imitating action with the rest.

And then the head of game cries out: "Akmentiņ, lec laukā! (Stone, jump now!)" The stones holder should try to jump. Others try to stop the stones holder. This game develops the ability to observe and measure other reactions, take action quickly.

GAME: THE FROZEN ONES

Equipment: none

Participants: 3 and more

One of the participants is a catcher, and to whom he touches, becomes "frozen" - he stays on the spot. The rest of the participants can unfreeze the frozen ones by touching



them. The catcher should try to freeze as many players as possible and watch out of unfreezes so that those who have been caught stays frozen. The game ends when everyone is frozen.



GAME: HIGHER THAN GROUND

Equipment: none

Participants: 3 and more

One of the participants is a catcher, the rest of the participants tries to run away from him, but they have some safe zones were the catcher can not touch them. And those are the places which are higher than ground,

for example, step up, some stone to climb on, chair, table etc.

The game leader changes when chatcher touches other participant who haven't made to safe zone. He become the next catcher.

FINLAND

GAME: POKEMON GO WITHOUT PHONE

Equipment: papers, colour pencils

Participants: unlimited

The Pokemon GO without phone is idea developed during idea competition with kids from afternoon club in Mikkeli, Finland. The idea is to involve kids already in the process of preparing the activity by choosing 10 different pokemons. Those are then made in a creative way (art and crafts aspect). The instructor hide those pokemons either if the game is played indoor and outdoor and needs to prepare different sport task for each pit stop with pokemon. Kids then try to complete whole course and collect all the pokemons and earn a sticker. If you are working with the same group of kids several times, you can then add new pokemos and sport tasks next time. Kids were enjoying a lot!



GAME: PLOGGING

Equipment: trash bags, plastic gloves

Number of participants: unlimited.

The activity / exercise can be done with kids, youngsters, adults, seniors. We can gather the group and hand them out trash bags and plastic gloves. Group can be divided into teams. Group can together decide either for running or walking. They chose route also together. Following the route, trash is collected during the activity. We can give the prize for the person or team that collects the most trash. Being physically active while taking care of our planet is very important. It has been very well accepted among our participants. It is also very motivating for people, instead of just running or walking adding extra value to the activity.



GAME: OBSERVATION WALK BINGO

Equipment: printed papers with different items

Participants: unlimited

For this activity from our idea competiton we will go for a walk. It is ideal for immigrants or refugees during integration course - but of couse can be done with kids or groups that are learning new languages.

We need to prepare paper with pictures of the objects or things that we might see on the walk. Group in then taken for a walk (30min - 60min)

while their need to spot this things or objects from the paper and write down the name of them in the language they are learning.

GAME: TABLE TARGET**Equipment:** 2 soft balls**Participants:** unlimited

Seniors are sitting around the table and big soft ball is put into middle. Each gets own turn when they try to throw second soft ball to hit the big soft ball in the middle. When they hit it, they need to tell something about themselves, they want to share with other. It is not only physical game but also to train brains, older people tend to forget things and it is a way to communicate and build new relationships while being active.

**GAME: FOLLOW THE LEADER****Equipment:** not needed**Number of participants:** unlimited

During idea competition we have develop the game follow the leader. Follow the leader can be implemented especially in kindergatens, but can be also implemented with kids with their parents and grandparents. An adult needs to find a good location / place where activity can be implemented. We discussed that different parks are good, cause there is no traffic or anything that could make activity dangerous. The activity is done the way that an adult leads the way and kids are following him through different obstacles or thorough different funny activities (stopping for few seconds and doing silly jumps etc...) after kids get familiar with the activity everyone can get their turn to be a leader. So follow the leader and enjoy!

**GAME: HOBBY HORSE RACE****EQUIPMENT:** A hobby horse (or hobby-horse) is a child's toy horse.**Number of participants:** unlimited

Nowadays hobby horses are not only ridden by children, but also teenagers and adults. Players race on the track. A player who reach distance the farthest is a winner.

Players can compete with hobby horses the same disciplines as real horses

GAME: MAKING SNOW SCULPTURES**EQUIPMENT:** glowes, different tools**PARTICIPANTS:** unlimited

Snow sculpturing is nice physical activity for the whole family. Creativity and working together makes this hobby attracting.

Plan and draw your sculpture on paper from two directions and with measures (dimensions).

Take good sculpturing tools, as saw, shovel, short planks, plastic pipes, mason equipment etc.

Make a mold: get a big solid cardboard box, take off the bottom and cover .

Take a snow shovel and start filling the mold on flat surface 20 cm at time – you can use both wet and dry freezed snow. Compress the snow by stepping on it, break hard snow clods.

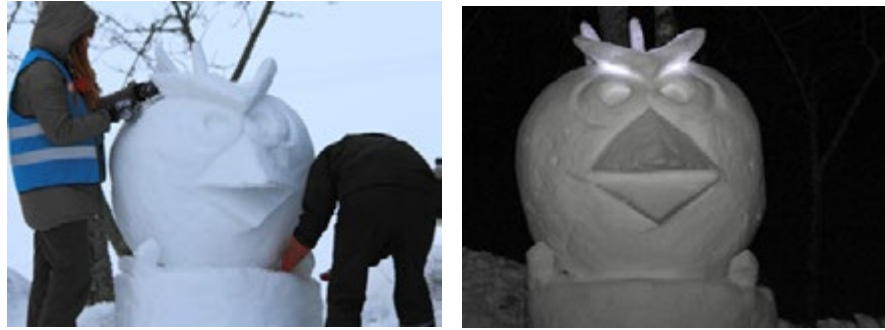


When the mold is almost full, tap the edges evenly with hands, and you can lift the mold. You can make the sculpture motif as high as you want.

When the hight is suitable, you can remove the mold. Removing the snow is good to start from the top of the motif. Use different tools – try and learn. Choose warm gloves that are resistant for moisture.



Inspect your sculpture from your plan drawing once and a while.
When you finalize details, you can add some snow (use some water, if needed). Also separate smaller molds can be used to make details of certain shape. Best pictures of snow sculptures are taken often, when it's dark. You can also put a light on the sculpture.



Snow sculpturing is nice physical activity for the whole family. Creativity and working together makes this hobby attracting. These instructions are made by Markku Sohlman from Mäntyharjun Reissupolku, stakeholder of Villges on Move project.

ESTONIA

GAME: BEDSHEET FOOTBALL

Equipment: a sheet, a football

Participants: The number is not limited. Two teams

Two holes are cut into the sheet on each side, big enough for the football to fit through the hole.

Team members pull the sheet tight from the corners.

Moving the sheet (lifting, lowering, tilting) the team must roll the ball to the side of the hole (gate).

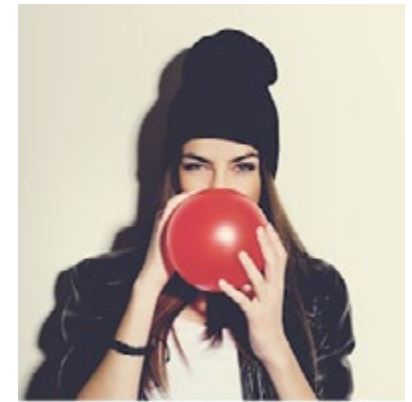
The game lasts for seven minutes, the winner is the team that scores more.

GAME: BALLOON DANCE

Equipment: Balloons, cord or thread, music

Number of participants: not limited.

You dance in pairs of two. A balloon is attached to one person's leg with a thread. Other couples have to break the balloon during the dance. At the same time protect their own balloon from breaking. The winner is the pair who has an unbroken balloon at the end of the dance. The time of the game and pace: according to physical ability.



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GAME: COLOURED PAPERS

Equipment: coloured papers A4

Participants: up to 8 people (4 pairs).

Coloured papers are on the floor – as many colours as you can find. At least 4 each colour.

Players play in pairs. The game manager starts calling out colours in local language and in English. Players have to go to the colour they heard and stand both on paper – the ones who fall or make a mistake leave the game. The winner is the pair who stays in the game last and makes no mistakes.



GAME: NIGHT AT THE ZOO

Equipment: Lots of stuffed animals

Number of participants: unlimited

Participants are standing in a circle, the number of participants is not limited. Participants have to throw a stuffed animal to each other without making any sound. Talking to each

other is forbidden, participants can contact each other only by looks. The ones who drop the animal have to leave the game. There can be several animals in the game – depends on the skill level of the participants. Game ends when there are as many participants as animals left.

GAME: KASSI KUJU

Equipment: music

Number of participants: no limits

Participants play cats moving gracefully with the music. During the game the game manager calls different guides: “cat fell asleep”; Cat caught the mouse “;” cat is stretching out” etc. Participants freeze in the position of the sleeping, eating, stretching etc cat and have to keep it until the music starts again. Benefits: Copying cats movement is physically challenging and one needs to stretch quite a bit. Keeping the positions trains muscles and balance. In the end of the game the price goes to the one who imitated cat the best.



GAME: DANDELION WREATH FOR A GIANT

Equipment: dandelions, (clothes that can get stained)

Participants are divided in pairs – one is the picker, the other is making the wreath. It is allowed to change assignments. Teams start making the wreaths and winner is the team that gets the biggest wreath in 10 minutes (or whatever time determined).

GAME: EGG RACE

Equipment: Eggs

Number of participants: Unlimited

Participants are divided into two even teams. Teams stand in a row, approximately 0.5 meters from each other. Game manager gives one egg to both teams and participants have to roll the egg to each other until the end of the row without

breaking it. It is not allowed to pick the egg up from the ground. This game can be played with a ball also, but egg – as it is fragile – adds excitement.

The winning team is the one who completes the exercise first with egg remaining in one piece.

Exercise can be physically challenging for elderly (have to bend down) and should be simplified for them (sitting down in a row etc).

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