

# Cooperative Games

- Musical Chairs and variations thereof (can be used in educational gymnastics, movement training, etc.)
- Tag, Hug-Tag and Not-Hug-Tag — try to tie in with sports. e.g. basketball, soccer.
- Cooperative juggling — the kindergarten to grade 12 version.
- T-shirt relay — just watch how many you remove!
- "Chinese sit-ups" — link arms with people on either side of you, stand back-to-back in two straight lines.
- Human knots — to do or not to undo, that is the question (don't hold same person, or person next to you). The record is 31 as of 2/6/93.
- Shoulder rub — try a stress break rather than a coffee break.
- Lap sit — sit on each other's knees in a circle; feet, knees, etc. together; toes touching heels of person in front. Try the centipede manoeuver.
- Dead Man's Lift — fall into partner's arms; keep hips up; start slowly. Also in a circle. (Trust game—also off stage, table, etc.)
- Dead man's pass — on backs, arms in the air.
- Body roll — keep the arms straight so the elbows don't dig into kidneys ("Trust me").
- Sculptor and Model — "Hey, watch those hands!" Three in a group, one blind-folded, one the model, the other the clay.
- Cooperative relay races - Lap sit relay  
- Ankle hold relay
- Parachute games — Ball through hole, Mushroom, Jaws, Waves, plus associated kids songs. e.g. Ring Around the Rosie.
- Cooperative Volleyball, Tennis, etc. — see how long you can volley or rally. In games such as soccer, add the scores together at the end.
- Frisbee

*"The Cooperative Sports and Games Book"* — Terry Orlick

*"The Second Book of Cooperative Sports and Games Book"* — Terry Orlick

*"Everybody Wins"* — Jeffrey Sorbel

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