

GAMES FOR EVERYONE



9-16 September 2022
Velké Kapušany



INTRODUCTION

CONTENTS

- Spanish games
 - The tissue
 - Burning
 - Countries
 - The rope
 - Burning flag
- Estonian games
 - Wolves & Foxes
 - Zarnitsa
 - The Hunter
 - Eat / Not Eat
 - To be in Rush
- Hungarian games
 - Recruit
 - Race
 - Tangle
 - I came from America
 - The tissue and the wolf's issue
- Bulgarian games
 - Blind Grandma
 - Capitan Capitan
 - Burn-Burn a towel, the dogs pull it
 - Weeks
 - Octopus and Fish
 - Catch me if you can
- Slovakian games
 - Hug or Run
 - Witch's night
 - Black-White-Red
 - Caps

CONTEXT

"Games for everyone!" was a youth exchange project supported by Erasmus+ program, gathering 30 youngsters from 5 countries - Spain, Estonia, Hungary, Slovakia and Bulgaria, with the aim of learning and exchange the value of popular and traditional games in order to raise awareness about the current bad habits that young people have in their free time due to the excessive use of technologies and social networks, promoting a sedentary lifestyle.

During 8 days, participants were learning about traditional games advantages sharing each country ones that were used to play. Each game develops a series of skills and attitudes necessary for personal and professional growth.

SPANISH GAMES



The tissue

Materials

A tissue and an open space to play.



Rules

1. The players are divided into two groups, whom are placed in a row facing each other. Except for one player who is in the middle and equidistant of both of them.
2. Every participant in each team is assigned number, from 1 to the number of players.
3. The one in the middle is holding a tissue. And also is the one responsible for shouting a random number each round.
4. The called numbers should run as fast as possible to the middle to take the tissue.
5. The first one to catch the tissue has to run back to their base, with the rest of the team, to win a point.
6. The rival is supposed to chase after him in order prevent him to achieve their base, and win the point back.
7. Before the tissue is taken away, the players can't cross the mid-line of the field. If they do so, they also lose that round.
8. The winning team is the one who wins more rounds.

Skills

- Optimistic approach
- Leadership
- Teamwork
- Work under pressure
- Risk-taking
- Patience
- Strategy
- Concentration
- Psychomotricity



Burning



Materials

A ball and an open space to play.

Rules

1. The players are divided into two groups. Each group is placed in one half of the playing field.
2. The ball is released in the field. All the players go after the ball, without crossing the limits of their field.
3. The aim of the game is to catch the ball and throw it and hit/burn someone of the other team.
4. The opposite team must either dodge the ball or catch it.
5. If you get hit, you die. And if you catch the ball in the air, the one who threw you the ball dies instead.
6. When you die you get the ball and go to the outer limit of the opposite field. There you have to try to hit someone and kill them in order to return to the game.
7. Wins the team who that burns all the opposite players.

Skills

- Optimistic approach
- teamwork
- communication
- risk-taking
- perseverance
- patience
- strategy
- concentration
- multi-tasking ability
- psychomotricity



Countries



Materials

A ball and an open space to play.

Rules

1. Everybody is in a circle. And every player must be assigned a different country.
2. Someone in the middle, throws the ball in the air and shouts the name of a random country.
3. The player who has that country assigned must catch the ball as soon as possible.
4. At the same time the other players need to run away from him.
5. The chosen country player must catch the ball and scream "STOP". Then he can make 3 steps in order to come closer to someone and hit them with the ball.
6. The other players must freeze when they hear "STOP".
7. The player who has been hit is the next one to throw the ball in the middle of the circle, and start the game again.



Skills

- optimistic approach
- leadership
- work under pressure
- strategy
- concentration
- psychomotricity



The rope



Materials

A rope and an open space.

Rules

1. Two participants are moving the rope so the rest can jump in.
2. One has to jump in, then goes out and the next one comes in, and so on.

Skills

- Optimistic
- Leadership
- Work under pressure
- Strategy
- Concentration
- Psychomotricity



The burning flag



Materials

A ball, lanyard (or a flag) and an open space.



Game Development

1. The players are divided into two groups. Each group is placed in one half of the playing field. Every player has a lanyard/flag with them, on their pockets.
2. The ball is released in the field. All the players go after the ball, without crossing the limits of their field.
3. The aim of the game is to catch the ball and throw it and hit/burn someone of the other team.
4. The opposite team must either dodge the ball or catch it.
5. If you get hit, you die. And if you catch the ball in the air, the one who threw you the ball dies instead.
6. When you die you get the ball and go to the outer limit of the opposite field.
7. Players who are on the dead field have to try to steal the lanyards from the other team in order to get back to life.
8. If a player gets the lanyard stolen goes to the death zone.
9. Wins the team who that burns all the opposite players.

Skills

- Optimistic approach
- teamwork
- communication
- risk-taking
- perseverance



Estonian Games

Wolves & Foxes



Materials:

- A field with two parallel lines on the opposite sides.

Rules:

- 2-4 wolves, the rest are foxes.
- Wolves must stand between two lines.
- Foxes start a game behind one of the lines and the goal is to get to the other side without getting caught by wolves.
- Wolves start the game in the area between two lines and the goal is to catch (touch) as many foxes as possible.
- If a fox dies, it becomes a wolf.
- Whenever a fox reaches the destination, each fox gets an opportunity to rescue one wolf and turn it back into a fox (by telling the name of a person).
- The game progresses by rounds.
- Any team may ask for a time-out to discuss their strategy.
- The winner is defined when there are no wolves/foxes left on the field.
- Neither team cannot sabotage the genocide of their breed by pushing, punching, and/or kicking their team members.

Zarnitsa



Materials:

- Two flags aka two things that represent flags.
- A tape in two colors that can be attached to clothes.
- Big field for playing with some trees or places to hide

Rules:

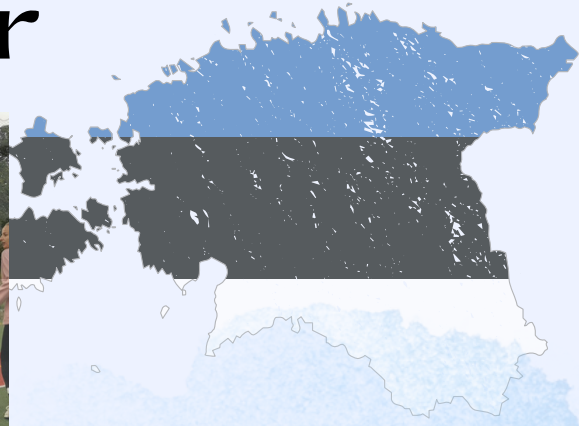
- Do not go outside the playground borders.
- Do not hold your hand on your tape while fighting.
- If a player finds his team's flag, he should keep it in the same place or show it to everyone while moving and keep it visible during the game.

Game development:

Participants are divided into two teams, each team has its color. Each person wears a tape of the color of his/her team. Before the game starts, participants choose two people, who will go to the field and hide the flags on two different sides of the field.

The game starts when each team takes its side on the field - the home side. Each team's goal is to claim both flags on their home side. Each team may discuss its strategy. Since players don't know the locations of their own flag, they need to choose players, who will be looking for the flag on the home side and opponents' side. Players can kill members of the other team by stealing their tape from their clothes. The game ends when two flags are found or if one of the teams is eliminated.

The Hunter



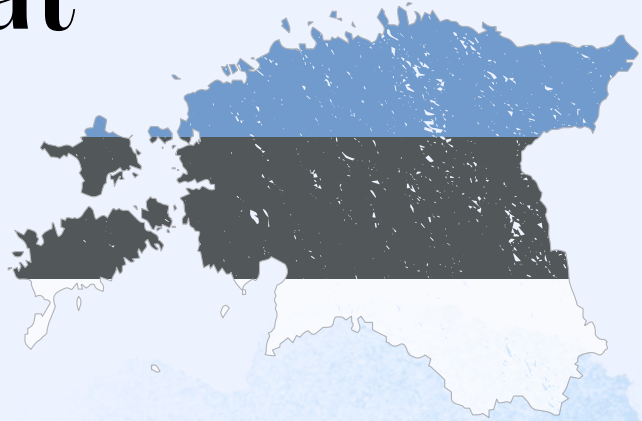
Materials:

- A ball/balls.
- An open field.

Rules:

- 3 steps with a ball in the hands.
- If you hit someone with a ball, he/she dead.
- If you are dead, you can't move.
- You can save dead people by killing the hunter that killed them or by crawling under them.
- If somebody gets the ball, he/she becomes a hunter and can kill people.
- In this free for all game, a player who has the ball is a hunter and other players are his prey.
- You can team up with other players during the game and build up your own strategy, for example, to kill the strongest player.
- The number of balls in a game depends on the number of players.
- Everyone can get the ball in their hands and become a hunter.
- The goal of the game is to kill other players by hitting them with a ball and be the last player alive.

Eat / Not Eat



Tap me! I am a video.

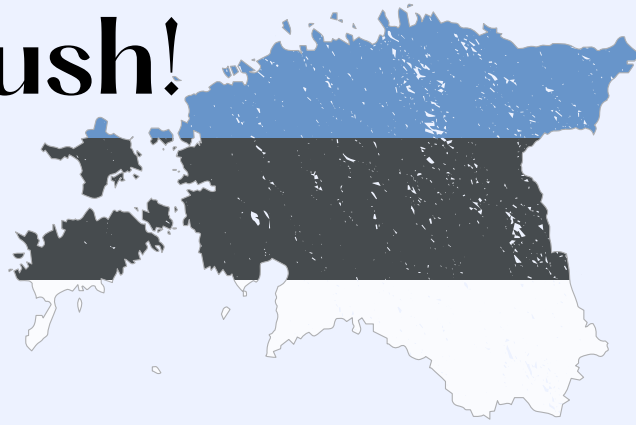
Materials:

- Any amount of balls (whichever is best to your liking)
- Participants' legs

Rules:

- Players have to stand in the circle;
- Participants choose a number of people to come to the center of the circle.
- The quantity of balls is equal to the number of people in the circle.
- People in the circle throw balls to people, who make the circle while shouting the name of a random object;
- The goal of the people, who make the circle is to catch the ball, if the object is edible, and push it away if the object is not edible;
- If the catching/pushing player messes up, he/she needs to switch places with the person within the circle
- The game ends, when it becomes boring

To be in rush!



Materials:

- A ball
- A field

Rules:

- You can't step on other teams' fields
- You can start running when the ball hits the ground
- You cannot use violence

Game development:

There are 2 teams standing in a line and facing each other. Each member of the team has to decide under which number he will play (if there are 12 players, there are supposed to be 12 numbers). The host of the game is standing between teams and has a ball in his hands. When teams are ready to play, the host throws the ball on the ground and shouts a number. After that players with the same number start running to the center and trying to get the ball. The player with the ball tries to hit his opponent. If the ball hits the opponent, he is out and he stands next to the host - he is dead. But if the ball doesn't hit, another player gets a chance to hit him/her. But if there are dead people in a team, the player with the ball has a chance to save one of them by giving the ball. The winner of a game is the team which has more people alive.



Hungarian Games

'Adj király katonát!' – 'Recruit'

Materials:

A large place to play

Rules:

This game usually suits bigger groups (6-20) who would like to do some easy, not overwhelming activity.

The players are divided into two groups as in kingdoms, they become the representatives of the kingdoms – soldiers. They need to stand in two straight lines, holding hands, facing the rival team.

Every participant needs to learn the verses in order to play the game. Each team needs to say a line, to answer each other's question as a conversation.

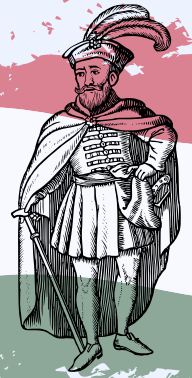
It goes like:

1. 'Give us soldiers, King!'
2. 'We won't!'
3. 'In case, we're crushing you!'
4. 'Who do you wish?'
5. *Agreed player's name being said*

After these lines the team who started the verse can attack the other team, choosing a specific person. They need to run in between the players- "breaking their line". Breaking the line means the 'attacker' has successfully gained another recruit into their army. The winner is who has most of the players.

Skills:

- Teamwork
- Strategy
- Concentration
- Communication
- Cooperative skills



Click! It's a video :)
or
<https://bit.ly/3di2U2I>



Race

Materials:

Buoys
Sacks
Bottles
Large T-shirts
Gym or an open place

Rules:

Participants make 4-5 teams depending on the number of participants who make rows and they stand up behind a line. The fastest team is the winner. They get points, and at the end points are added up.

- Running in a sack

The first player behind the line steps into a sack. He must run or jump as fast as he can, turn round the buoy then step out of the sack and run back to his team.

- Talicska - Wheel-barrow

2 players per team form a barrow and run to the buoy, they change position there and run back.

- Bottle run

The first person in the row runs to the buoy, turns around it then runs back. Before running, he has to turn around the bottle in front of the row 5 times.

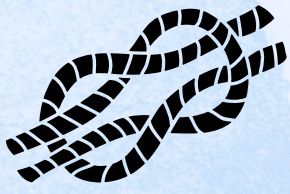
- Change your T-shirt

Each team gets a T-shirt. The 1st player puts it on and runs turning around the buoy. When he arrives back, has to take off the T-shirt and the next player has to put it on.

Skills:

- Teamwork
- Speed
- Concentration
- Strategy
- Social skills





Tangle

Materials:

A room or an open place

Rules:

Participants play in groups of a maximum of 10 people. Circle up with the rest of the players so that each person is standing close to the next. Players will have to reach across the circle to form their human knot, so with large groups of people, you may have to scrunch together tightly. After you're in your circle, reach out and hold hands with two different people in the circle, excluding the two people to either side of you. Each left hand should hold a left hand, and each right hand a right. Form a circle by untangling your knot. You'll notice, as your knot becomes untangled, that a circle will start to form. Some people may end up facing the inside of the circle, some the outside, but by the time you've finished untangling, you should have an unbroken circle of joined hands.

Skills:

- Teamwork
- Concentration
- Strategy
- Social skills
- Being creative
- Cooperative skills





'Career Charade' 'Amerikából jöttem...'

Materials:

A room or an open place

Rules:

It can be played in two teams or a team as a whole. In that case, 2 people go out of the room and agree on a trade then they come back and say the verse:

'I came from America and my trade is 'X' 'Y' said the first and the last letter of the chosen trade. (e.g. 'A' and 'T' for artist) Then they play charades to present their job and the rest of the group tries to guess what it is. If it is too difficult to find out, players can help with sounds to help.

Skills:

Concentration
Being creative
Using your imagination
Creativity
Memory



The tissue and the wolf's issue

Materials:

An open place
A tissue
A ball

Rules:

The players are divided into 2 groups in two lines, facing each other. Each player chooses a number for themselves, this is a secret for the other team. There will be a person who's holding a flag/tissue in the middle, they have to shout a number randomly and the player who has the number has to run for the flag. When catching it, we have our first wolf. The wolves as in attackers stand in a zone, they can't move from there, and they will have a ball to throw the other players out. The trick is that they can only use one of their legs. So jumping on one leg, while throwing the ball. When they hit someone, the prey will need to freeze and stand with their legs open. In case they were in the zone and got hit, they'll turn into a wolf. If the wolf throws the ball between frozen players' legs, they become wolves too. After 4 wolves, there will be no zone, they can run wild killing everyone.

Skills:

Concentration
Taking risks
Motor skills
Strategy



BULGARIAN GAMES



Blind Grandma

Materials:

-a piece of cloth

2. Rules:

One of the players, initially determined usually by a counter, becomes the Blind Grandma - he is blindfolded with a piece of cloth. Somebody rotates him 5 times clockwise. The blind grandma starts searching the other players while they go around and teasing him/her with shouts while he tries to catch one of them to keep it. The Blind Granny has to guess the captured player by clothes and physique, and if she/he is wrong, she/he continues to be the Blind Granny in the next game.

3. Skills:

The game gives you the opportunity to get to know better each of the players, also making you more oriented and have more trust in other people.



Captain, Captain



Materials:

-you don't need materials for this game

Rules:

One of the players stands with his back to the others. Then the participants ask the captain the following question: "Captain, captain, what's the sea like today?" He has the option to choose from the following options and answer the question:

- stork: With this sea, the participants start running on only one leg.
- duck: With this sea, the participants must walk crouching to the ground
- frog: In this sea, the participants have to walk hopping like frogs
- ice: In this sea, the captain says "one, two, three-stop" and the participants freeze in one place.

After that, the captain with closed eyes must touch one of the players. The goal of the captain, after choosing one of the listed options, is to succeed in capturing one of the participants, as he has the right only to walk slowly, not to run. After he succeeds in capturing one of the participants, the captured must take his place.

Skills:

The game gives you the opportunity to be more physical, durable, balanced, and concentrated, to have more persistence, confidence, and self-development.



Burn–burn a towel the dog pulls it



Materials:

-Towel

Rules:

People line up in a circle and sit down. They choose one of them, who runs and walks around with the towel in hand. Everyone sings "Burn-burn a towel, the dog pulls it." The running person bends down from time to time to lie to the others in the circle that he is dropping the towel behind someone, and when he really drops it, the person behind him must feel it and run to run around the circle. A person who dropped the towel also runs, but in the opposite direction, and whoever reaches the place where the towel was dropped first stays there, and the other continues the game by dropping the towel.

Skills:

The game gives you the opportunity, to develop your own strategy – throwing the towel behind someone's back without being seen. It teaches you agility, and trickery and also develops your way of thinking.



Weeks

Materials:

-Ball

Rules:

The participants line up in a circle and one of the players passes the ball to someone of his choice and says Monday, so each subsequent player passes to another player of his choice and says the next day of the week. With each completed week everyone takes a step back, when someone drops the ball they are out of the game and everyone else takes a step back. The object of the game is for everyone to play together and drop as few people as possible and make the circle huge. The game ends when everyone is at a great distance from each other and fails to pass the ball to each other.

Skills:

The game gives the opportunity to be more concentrated, organized, and motivated, and teaches you agility, trickery, and good teamwork.



Octopus and fish



Materials:

-You don't need materials for this game

Rules:

1. There is one Octopus player and the rest are fishes.
2. The octopus needs to catch all of the fish. In case they are caught they become tentacles.
3. They remain in the place with their eyes closed and arms spread.
4. If a fish is touched by one of the tentacles they become tentacles too.
5. The game finishes when there is only one fish left.

Skills:

This game helps with developing your physical strength.



Catch me if you can

Materials:

-You don't need materials for this game

Rules:

The game starts with one captain and the soldiers. The soldiers can speak but cannot see, and the captain is the opposite. The mission of the soldiers is to find the captain by walking around and trying to catch someone. When a soldier catches a person they have to check if it is the captain by asking a question. If they receive an answer- it's not a captain and they continue to search around. If they hear silence- the person is the captain. This person opens his eyes and holds the hand of the captain and they walk together. Like this, all soldiers are supposed to become captains.

Skills:

The game helps with developing a better orientation among the surroundings while being disabled.



SLOVAK GAMES



Hug or run

Materials:

None

Rules:

The participants are standing in a circle. They spread their legs in a way that a person can crawl under them on all fours. Two people are standing in the circle. The task is for one of them to grab the other person like you would hug someone, the other person's task is to try to escape. If they are caught they need to choose a person to replace them by escaping between their legs. The participant joining the game is the new attacker who has to hug the person who stayed in the circle. It plays on until we stop enjoying it.

Skills:

This game is developing your attention span and your reflexes.



SLOVAK GAMES



Witch's night

Materials:

on a lined field- None

on open space- objects to mark the playground

Rules:

The game starts with choosing a witch. Their task is to stand with their back to the other participants. The participants are standing on the other side of the field, facing the witch's back. Their goal is to get to the witch, but when the witch turns around they have to stop moving or else they die. If the witch saw them move they are out of the game. The winner is the first person who gets to the witch. You can make the game more interesting by setting a time limit.

Skills:

This game helps your attention and discipline.



SLOVAK GAMES



The caps

Materials:

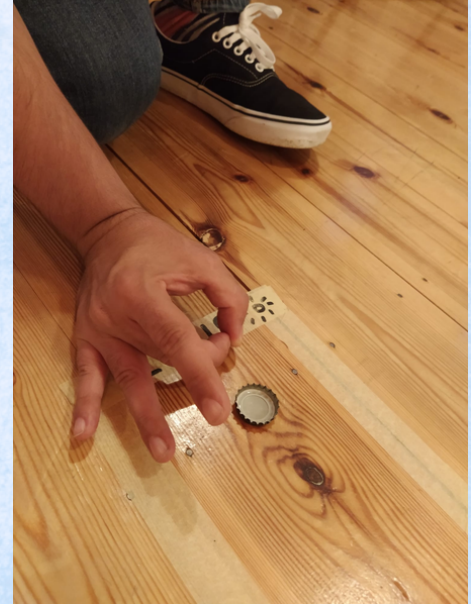
drink caps

Rules:

1. Players recreate a circuit race with paper tape with a start and end point
2. Each player has a cap that needs to be beaten by using the finger as shows in the image.
3. If the cap goes totally out of the circuit they need to restart again from starting point.
4. Players can crash their caps with others to get them out of the circuit.
5. The winner is the one who gets to the ending first.

Skills:

This game helps with your aiming.



SLOVAK GAMES



Black–white–red

Materials:

none

Rules:

1. The participants are standing in two even lines, facing each other.
2. The first team to play chooses a person to represent their team.
3. The other team holds out their hand so the chosen participant can run while high-fiving them. Passing by, the person needs to say a color, this can be either black, white or red.
4. If they choose to say red to someone, they chose their opponent whom they need to play tag with.
5. The red person has to catch the high-fiving person before they could get back to their place.
6. Whichever succeeds that team gets the point.

Skills:

This game helps with your pace and stamina.



PARTICIPANTS QUOTES

"In this project unlike we played nobody lose. This experience brought only winners"

"It was our first youth exchange but not the first Erasmus+ project. The program was structured in a fantastic way, tasks were varied and very interesting. Now we have known a lot of wonderful people, we experienced what diversity (in the best sense) is, and we were given a warm reception.

We are not the same people who arrived here 8 days ago."

"Hey! My name is Olesya, I am youth worker and I have been in more than 30 different projects. I can share my thoughts about "Games for everyone". For me this project was in top 5. We played outside a lot, it was fun and I haven't enjoyed my time that much for a long period. Debating was one of the best part of my week, answering to questions like "Are the traditional games better or worse than digital ones?" As expected, we couldn't get only one opinion for the group, but for me personally its even better, because again I have confirmation for myself, that as many people are living on our planet as much different opinions there are, and it's perfectly fine and amazing at the same time. Being different is cool. In conclusion, if I was asked "Will I recommend coming on a project with Luminosus organisation?" – definitely yes. Project was organised well, we had great food and good accommodation. Now I need to finish, because it's still my last day with this brilliant group and I want to enjoy this day. Kisses XOXO"

"It was amazing to experience your childhood when ayou are already an adult . You appreciate it even more and realise why it is so important to learn through games, especialy for kids. We have to preserve and teach our kids those games to provide them a better childhood."



