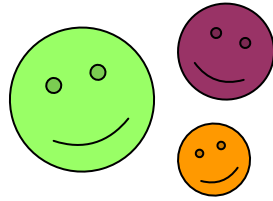
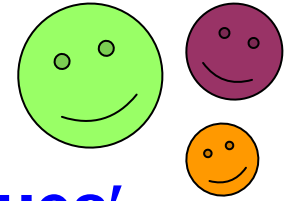


Game 2: 'Friends'



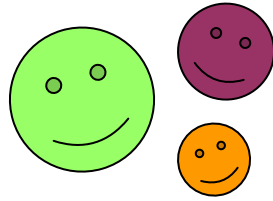
- Draw a line, use a line painted on the playground or decide on an imaginary line.
- One person stands on one side of the line and everyone else stands on the other side.
- The big group calls to the person on the other side of the line "PLEASE CAN WE BE YOUR FRIENDS?"
- The person on the other side of the line calls back "I'M LOOKING FOR A FRIEND WHO...
...is wearing a hair band" or
...has got blue eyes" or
...likes cricket" or ...plays the violin" or
...anything else they can think of!
- If a person matches the description they can join the other person on their side of the line
- Every time the person says what type of friend they are looking for, after some people have crossed the line, the group calls out again and the other person keeps thinking of different descriptions until there is only one person left.
- Then they become the one person on the other side of the line and the game starts all over again!

Game 3: 'Beat the bully / Beat the blues'



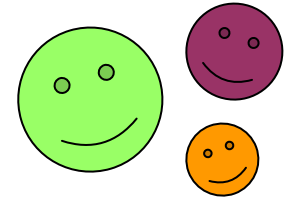
- Everyone needs to get into 3 big groups.
- One group are the 'Bullies' or 'Sad Bubbles'.
- The second group are 'Friends' or 'People'.
- The third are 'Helpers' or 'Happy Bubbles'.
- The bullies or sad bubbles should stand in a circle with loads of space between them. They should not be able to touch each others hands no matter how hard they stretch.
- The friends or people need to stand inside the circle of bullies or sad bubbles.
- The helpers or happy bubbles start on the outside of the circle.
- The helpers or happy bubbles need to save the friends or the people from the bullies or the sad bubbles.
- They need to run into the circle and get the friends or people out without getting touched by the bullies or sad bubbles.
- If the helpers or happy bubbles get touched by the bullies or sad bubbles trying to rescue the friends or people they have to stay in the middle until they get saved too!

Game 4: 'Feeling sticky'



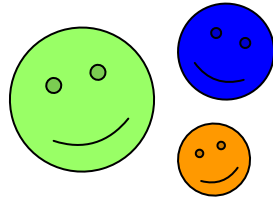
- All stand at one end of the play area.
- One person gives everyone in the group a number 1 or 2 and then stands in the middle of the play area and becomes the 'Feeling Baddie'.
- All the number 1's are 'Feeling OK-ers' and all the number 2's become 'Feeling Goodies'.
- The feeling baddie shouts "FEELING BAD" and all the feeling OK-ers have to run past the feeling baddie without getting caught.
- If a feeling OK-er gets caught by the feeling baddie they have to stay stuck to the floor where they got caught.
- When the feeling OK-ers get caught they can call out "FEELING GOODIES".
- Then the feeling goodies should run to the feeling OK-ers and if they touch them they become unstuck.
- But if the feeling goodies get caught by feeling baddie or the feeling OK-ers get caught again, they get stuck too!
- The winners choose the next feeling baddie.

Game 1: 'Safety'



- Get into groups of 3.
- 2 of the people in the group are the 'friends'.
- The other person is the 'friend in need'.
- One person needs to be 'the bully'.
- The 2 friends need to stand facing each other with the friend in need between them.
- The 2 friends need to hold hands so the friend in need is safely in between them.
- Then the bully needs to shout "BULLY" and all the friends need to lift their arms.
- When the friends lift their arms, the friend in need should run into the safety of a different pair of friends.
- When a pair of friends has a new friend in need in between them they can lower their arms again so the friend in need is safe.
- The bully can also try to get safety and is allowed to try to get in between 2 friends.
- One person will not find a pair of friends and they become the bully in the next game.
- REMEMBER, BULLIES GET BULLIED TOO AND THEY NEED FRIENDS AS WELL!

The Play Leader's responsibilities:

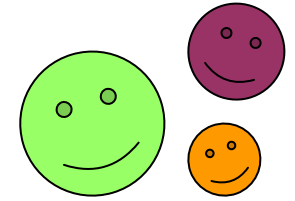


Being a Play Leader is a very important job. You need to make sure that everyone is playing nicely together and that everyone is allowed to join in.

Here are some important things to remember:

- You need to know the games really well and teach other people the rules.
- You might have to help people decide what part to play in the game.
- Some people might want to change the rules and you will have to see if that's OK with everyone else.
- Someone might want to join in late and you might have to help them fit in somewhere.
- No-one should be told they cannot join in.
- If an argument breaks out you should ask everyone else to walk away and you should tell a teacher or supervisor straight away.
- Everyone playing the game should take turns and play fairly.
- It is not your job to tell people off.
- It is your job to be friendly and lots of fun!

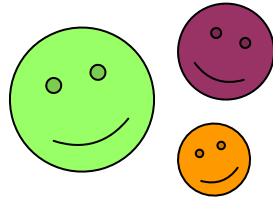
Game 5: 'Feeling Letters'



- The group needs to stand in a line facing one person who is the 'Caller'.
- The caller should stand 10 paces away from the group.
- One by one, the people in the group should call out a different feeling each.
- When everyone has decided what feeling they are going to be the game is ready to start.
- The caller should call "IF THE LETTER 'T' IS IN YOUR FEELING TAKE ONE STEP FORWARD".
- It can be any letter but if that letter is in someone's feeling, they take one step forward towards the caller.
- The caller keeps calling out different letters until one of the group is level with them.
- Then that person becomes the caller and the game starts all over again.
- You need to be able to spell quite well to play this game!

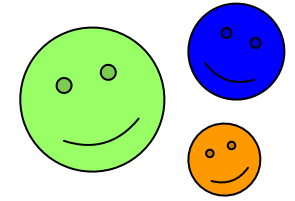
Game 6:

'Favourites'



- You need a soft ball for this game.
- One person stands in the middle and everyone else makes a circle around them.
- The person in the middle throws the ball to different people around the circle.
- In the first round, the person in the circle who catches the ball or should shout their name when they catch it then throw it back to the person in the middle.
- If a person drops or misses the ball they have to swap with the person in the middle.
- Every time the person in the middle changes, so does the thing the people in the circle have to shout when they catch the ball.
- The person in the middle decides what favourite thing the catchers should shout out.
- Here are some examples:
 - ...Favourite food,
 - ...Favourite TV show,
 - ...Favourite book
 - ...Favourite pop star.
- It's a great way to get to know people!

Getting started...



As a Play Leader, it is your job to get everyone who wants to play a game together. So how do you let everyone in the playground know that you want to start a new game?

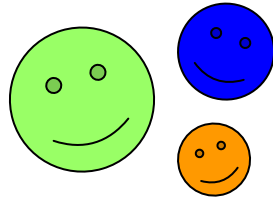
You can talk to your Teachers and Midday Supervisors about using some of these ideas to set up a routine:

- Having set times when Play Leaders will start a game.
- Having an area where people can wait so that when there are enough people, the Play Leader can start a new game.
- Having a whistle or bell so people can hear when you are ready to start a new game.

Perhaps you could also talk about how people will know that you are the Play Leader:

- Could you wear a sash?
- Could you wear a wrist or arm band?
- Could you have a special Tie?
- Could you have a special badge?
- Could you wear a special hat or vest?

Playing games is for kids!



Playtimes and lunchtimes are meant to be fun; a break from lessons, rules, keeping still and trying to be quiet.

But sometimes, lunch and play time can be really boring if you can't think of something to play. And sometimes it can be really sad if you have no-one to play with and you feel lonely!

Just think how much better it would be if everyone could join in a game.

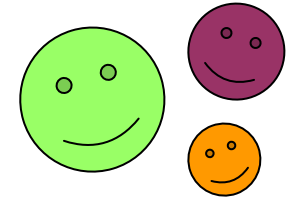
The games in this book are the sort that helps people make friends and learn how to get along. Some of them are about feelings too. You can change these games if you think they would be more fun a different way.

And remember:

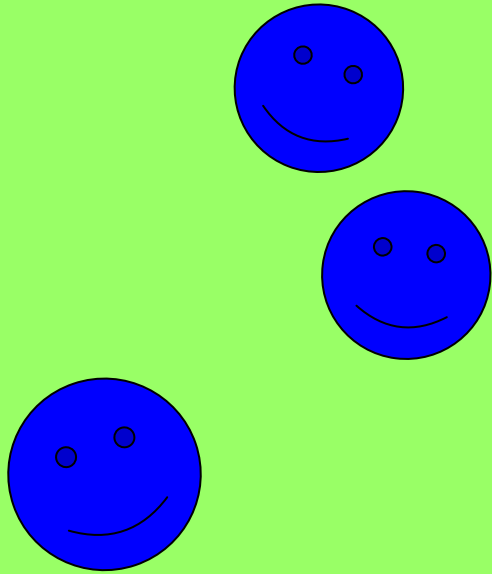
- Playing **IS** for kids,
- **YOU** are the experts,
- Go and have some **FUN!**

Game 7: 'Follow The leader'

(You're not the boss of me!)



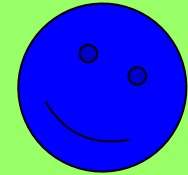
- First of all, one person should be chosen to be the 'Detective' and then the rest of the group gets into a circle and secretly decides on one person to be the 'Leader'.
- When a leader has been chosen, the detective goes into the middle of the circle.
- The leader starts doing actions and the other people in the circle need to copy them.
- The detective has to try and guess who the leader is by seeing who starts a new action.
- When the detective thinks they know who the leader is they can have 3 guesses.
- The detective points to the person they think is the leader and says "YOU'RE NOT THE BOSS OF US!"
- If the detective is wrong the person says "NO, I'M NOT" but if the detective is right the person says "YES, I AM".
- If the detective is right they say "NO YOU'RE NOT, WE'RE INDIVIDUALS!" and the circle shouts "YOU'RE NOT THE BOSS OF ME!"
- Then the leader becomes the detective and a new leader is chosen.



The Feel Good Factor

Playground games promoting friendship
and positive mental health and wellbeing

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Mental Health & Emotional Wellbeing
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The Feel Good Factor

Lunch / Play Time
Games Leader
Handbook

