



GAMES, ACTIVITIES, FUN FOR EVERYONE!

BOOKLET CREATED BY
THE VOLUNTEERS
FROM THE EVS PROJECT
"EYE CARE/ DAY CARE"

The project Eye Care/Day Care was a long term EVS activity carried out in Baia Mare, Romania and the surroundings of the city. It involved 7 volunteers from 4 different countries: Poland, Belarus, Ukraine and Estonia. The service lasted 12 months, from March 2015 to February 2016.

The activities had 2 target groups: visually impaired people, for the Eye Care part of the project, and children aged between 7 and 12 years old, for the Day Care part. The goal of the project was to offer, through non-formal methods, educational alternatives for children from the city and from rural areas and to give them the chance to get in contact with international volunteers. The project also aimed to offer support to visually impaired people by facilitating their access to cultural events and by involving them in activities that developed their knowledge and abilities.

All the games and methods described in this booklet were used during the 4 after school programs developed by the volunteers ("Educația nu ia vacanță", "Laboratorul Cunoașterii" and "Puzzle" - two parts, which involved in total 106 childrens) and the 6 summer camps organized in villages from Maramureș and Sălaj (Firiza, Groși - two, Arieșu de Pădure, Mogoșești, Aluniș in which there were, in total, 171 participants).

AIM:

- Make children feel more comfortable in the group;
- Integrate children.

DESCRIPTION:

- Prepare small pieces of paper with the pictures of different animals written on them (there can be either 2 or 3 same animals, depending on the number of participants);
- Put the pieces in the hat/box or anything else;
- Explain the instructions to the children: when they choose the card with an animal, they shouldn't show it to anybody;
- Come to each child and let her/him choose one piece of paper from the box;
- Ask children to make a sound of their animal and find their pair. Talking is not allowed, only sound imitation or movement;
- The game finishes when all the children find their animal pairs.

EVALUATION

- What was your animal?
- Ask each group to imitate their animal sound all together for others to guess what was the animal.
- Was it easy to find your animal pair?

RESULTS

Children feel more comfortable in the group. They feel to be part of the group.

TIPS

- The number of the same animals depends on the number of children. If the group is smaller, make 2 cards with the same animals. If it is bigger, then there can be 3 same animals);
- This division into smaller teams can be used for the next group activity.

ANIMAL PAIR

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

6-25

DURATION:

5-8 MIN

MATERIAL:

SMALL PIECES OF PAPER,
ONE FOR EACH PARTICIPANT

A HAT OR ANY OTHER BOX
TO PUT THE PAPERS IN



7UP

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

5-30

DURATION:

5-8 MIN

MATERIALS:

NONE



AIM:

- Make children focus and keep calm.

DESCRIPTION:

- Children make up a circle;
- They are asked to count till 7 one by one (to make sure they know how to count from 1-7 in English);
- First kid is putting his/her hand on the opposite shoulder in such a way showing the direction for the next person (e.g. right hand on the left shoulder shows the direction to the left and vice versa) and names number 1;
- The next child is the one, who was pointed out by the hand of the neighbor, puts his/her hand on whatever side he/she wants, and names the next number – 2;
- Next child is continuing in the same rhythm;
- When it comes to 7, instead of putting a hand on one of the shoulders, a participant raises any hand up in such a way again showing the direction (left hand – right direction, right one – left direction) and says 7 UP;
- The game starts from 1 again;
- The person who makes a mistake either with the movement or the number is out of the game;
- The game finishes when there are 2-3 people left.

EVALUATION

- How do you feel now?

RESULTS

Children have become more focused and calm. They have also repeated/learnt the numbers in English

TIPS

- Give children 1 - 2 rounds when nobody is out to show how the game works;
- Start slower, but later make the game faster and faster;
- Children can cheat looking in one direction, but showing by hand another in such a way confusing the neighbor

AIM:

- to help children to learn more about each other
- to see the similarities and differences between each other

DESCRIPTION:

- The children stay or sit in a circle and one of them is placed in the middle of it.
- The person in the middle says a fact in a form <I have a brother>, <I have never travelled by plane>, <I have a cat>, etc.
- All the participants who has the same situation should change their places.
- The main idea is to take someones place and not to be left in the center of the circle.
- The one who was too slowly to take someones place is staying in the middle and continue the game.

EVALUATION

- Did you find something in common with other children?

RESULTS

Children feel more comfortable in the group. They understand that have something in common with other children.

TIPS

- This game has no specific time limits so you have to watch carefully and dont let the game last too long

CHANGE THE PLACE

TARGET GROUP:

6-9

NUMBER OF PARTICIPANTS:

10-30

DURATION:

10-25 MIN

MATERIAL:

NONE



CAR AND DRIVER

TARGET GROUP:

8+

NUMBER OF PARTICIPANTS:

6-30

DURATION:

5-8 MIN

MATERIALS:

NONE

AIM:

- To improve communication in the group

DESCRIPTION:

- Children are split up into pairs where one person is a car and another one is a driver;
- The driver stands behind the car and puts his/her hands on the car's shoulders;
- The person who is a car is blindfolded and moves only by instructions of the driver which are the following: touching the right shoulder – moving to the right, left one – to the left, touching the head - straight;
- The participants aren't allowed to talk. They should communicate only with the help of gestures;
- After a couple of rounds car and driver exchange positions;
- After another few rounds the game ends.

EVALUATION

- Was it easy to communicate without talking?
- Was it more comfortable to be a car or a driver?
- What role plays non-verbal communication?do you feel now?

RESULTS

Children have understood how important non-verbal communication is and what has to be done to achieve positive results.

TIPS

- Pay attention to the number of children. If it is odd, participate in the game as well.



AIM:

- Finish day in a positive way
- Evaluate the work that has been done
- Let children express their emotions

DESCRIPTION:

- Volunteers make a frame of flip chart paper, writing “How do you feel today?” and hang this frame so the children can stand behind. Kids, one by one stand behind the frame and mime the emotions they have right now. Volunteer is making photos of children showing their emotions.
- After that, children watch the photos done together.

EVALUATION

- Everybody can discuss the work done during watching photos together.

RESULTS

Volunteers can evaluate their work basing on expressions of the children.

TIPS

- The game can be also useful at the beginning of the activities and sharing of actual feelings.

HOW DO YOU FEEL TODAY?

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:
UNLIMITED

DURATION:

10-25 MIN

MATERIAL:

FLIPCHART PAPER

CAMERA



TRADITIONAL DANCES

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

10+

DURATION:

30-45 MIN

MATERIALS:

STEREO OR CELLPHONE FOR REPRODUCING MUSIC

VARIOUS MATERIALS NEEDED IN TRADITIONAL DANCES

AIM:

- To provide appropriate ways to develop physical abilities and coordination
- To enjoy physical exercise
- To expose children to dances from around the world, to dances representing different historical and social times, and showing children how all cultures, nations, and people are connected and interrelated

DESCRIPTION:

Teaching children national dances is a great way to represent your culture, to demonstrate the connection between different cultures, learn festivals and holidays.

The best way to start young children folk dancing is to teach singing and moving games, where a group of children do certain activities to music or chants, and often sing along. Every culture has some form of such singing games.

Another way of learning folk dances is to repeat the movements after a volunteer standing in a line or in a circle, doing simple step and simple formations (small circles, pairs etc.).

Simplify the dances. The main purpose of teaching to the children folk dance is to present your culture and provide them with fun activity where they can enjoy music and movements, so don't try to make complicated and exact movements. If a dance requires children to pair off in couples and you feel that they are not ready, have them join hands in a large circle; if a dance requires too many different activities, simplify by repeating the same ones. Keep it simple until the children can use the music as a cue to know what to do next. Once the dance has been learned you can add more complicated steps, formations, and expectations.

EVALUATION

- Do you have similar dances, steps, music in your country? What are the differences between dances from your country and the dances of other countries? What features they have in common?

RESULTS

- Children learn more about different cultures
- They learn new dances and sometimes songs, and can perform using them



AIM:

- Finish activities in a positive way
- Evaluate the work that has been done
- Let children express their emotions
- Give possibility to tell each other wishes and opinion anonymously
- To receive wishes and get to know what other people think about you

DESCRIPTION:

- Volunteer attaches a piece of paper to the back of each child. Each person takes a marker and writes wishes, opinion, or memories connected with that person. The messages should be only positive. After that everybody reads messages from other people about him/her.

EVALUATION

- After reading the thoughts, the sentences or the opinions the Volunteers can ask how children feels now.

RESULTS

Everybody gets feedback about them and positively finish activities.

TIPS

- This activity is better to have at the end of activity course, such as training, camp or other long term activities

PAPER ON THE BACK

TARGET GROUP:

8+

NUMBER OF PARTICIPANTS:

6-20

DURATION:

20 MIN

MATERIAL:

PAPERS

MARKERS



WHAT ANIMAL ARE YOU?

TARGET GROUP:

6+

NUMBER OF
PARTICIPANTS:

UNLIMITED

DURATION:

10-25 MIN

MATERIALS:

CARDS WITH DIFFERENT
ANIMALS

AIM:

- Finish/start day in a positive way
- Develop imagination
- Evaluate the work that has been done
- Let children express their emotions
- Analyze character features of children

DESCRIPTION:

- The volunteer asks “what animal do you feel today?” Every child has to choose one card that he/she thinks describes his actual state in a best way and explains why he/she has chosen this card.

EVALUATION

- Volunteers and children can evaluate the actual state of the children together.

RESULTS

Volunteers now know how children feel about their activities.

TIPS

- Volunteers can use cards with other topics.



AIM:

- integration, alternative energizer/ physical exercise

DESCRIPTION:

- In this game in one time are taking part two persons.
- They should be more less in this same height.
- Kids have number on the back.
- Kids are holding hands behind his back.
- Their task is to see / to guess the number of the opponent.
- They can try three time.
- Who will say correct number wins.

TIPS

- You can set the time for one round. Optimal time - 2 minutes.
- You can use this exercise in group competition.

NUMBERS

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

6-20

DURATION:

30 MIN

MATERIAL:

SCOTCH

PIECES OF PAPER WITH NUMBERS FROM 0 TO 9



PEOPLE TO PEOPLE

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

6-30

DURATION:

10 MIN

MATERIALS:

NONE

AIM:

- integration, building trust in the group

DESCRIPTION:

- All kids are standing in pairs.
- Teacher is giving them task : nose to nose, foot to foot, back to back, hand to hand, etc.
- kids in pairs touch the mentioned parts of the body.
- For password, people to people should quickly change the partner.

EVALUATION

- Volunteers/teachers can see that the children are in a good mood, well energized.

RESULTS

Children are energized, there is trust in the group, and they will be more confident with each other

TIPS

- When it is an odd number of kids one child gives the instruction. When a kid is saying people to people also need find a few. After this new child is saying instruction.



AIM:

- Increase the attention and concentration of participants
- Get to know each other better
- Learn to identify nonverbal signals

DESCRIPTION:

- Children stand in a circle with their eyes closed.
- A volunteer chooses a “killer” by putting a hand on the shoulder of one kid.
- Once the killer is chosen the game begins. Everyone walks around the room, having an eye contact with somebody of the players.
- The killer “shoots” winking at others at the moment of an eye contact. If a person receives a wink, he or she dies.
- In order to keep the killer incognito, the person continues walking after receiving a wink and after 10 seconds artistically imitates death (screaming and falling on the floor).
- If a living person thinks he or she knows who the murder is they say” I accuse”, after that they whisper the name of a person they suspect to a volunteer, nobody of players should hear the name. If they are right, they are saved.
- The game ends when the all the children are either “killed” or saved.
- If the amount of the children being “killed” is more than The amount of saved children, the killer wins.

EVALUATION

- How did you identify the killer?
- What was the killer’s strategy to remain undiscovered?

RESULTS

Participants are more concentrated and ready for further activities

TIPS

- The activity is likely to be played indoors

KILLER

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

6-20

DURATION:

20 MIN

MATERIAL:

NONE



HANDS AND FEETS

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

6-20

DURATION:

15 MIN

MATERIALS:

NONE

AIM:

- integration, group work

DESCRIPTION:

- Teacher divides kids in 2 or 3 or more groups.
- Between groups it should be distance.
- Teacher is giving instruction. for example: 4 hands and 4 legs children should stand in groups in that way that only the number of hands and feet touch the ground.
- Children can lift each other, handstands, etc.

TIPS

- The instructions should be feasible.
- You can use this exercise in group competition.



AIM:

- to help people to get acquainted with each other
- to learn more about each other
- to improve communicational skills

DESCRIPTION:

- All participants have to create line. After that the leader gives a task which is to create a line by: the color of the hair (from black to white or opposite), the size of the feet, the color of T-shirts, the first letter of the name, ets. It is good to set the time. Approximately from 1 to 2 min depending on the task.

EVALUATION

- How was it? was it easy?
- Did you enjoy it?

RESULTS

Participants are more concentrated and ready for further activities

TIPS

- If the kids didnt fit in time, repeat that task again and let them complete it.
- if you think is adequate, you can ask the kids to not talk with each other until the mission is complete

MAKE A LINE

TARGET GROUP:

5+

NUMBER OF PARTICIPANTS:

10-30

DURATION:

15 MIN

MATERIAL:

NONE



LET'S COOK SOMETHING!

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

10-40

DURATION:

< 1HR

MATERIALS:

DEPENDS ON THE SPECIFIC RECIPE

AIM:

- Get introduced to the culture of a specific country
- Let children work in groups
- Make a creative environment
- Teach some basic cooking rules and order

DESCRIPTION:

- Prepare all the ingredients beforehand;
- Make children wash their hands and prepare the area for cooking according to the instructions;
- Divide children into groups giving each one a certain amount of products ;
- The instructors/teachers should show and explain all the procedures to children so they can follow them;
- After finishing let all the children clean their areas (it can be done in a form of a competition as well);
- When the food is ready, all the children and instructors are welcome to taste the delicious masterpiece.

EVALUATION

- What country is famous for “the name of the prepared food “?
- Would you prepare this food for your family or friends in the future?
- Have you ever cooked before? If yes, what was it?

RESULTS

Children have learnt about your country's culture through cooking traditional food. They could prepare it later at home or share their experience with family and friends.

TIPS

- Choose an easy recipe which doesn't require using any sharp tools (e.g. working with dough);
- Prepare a little bit more than necessary of ingredients in case of substantial interest in preparation;
- Make a competition between teams (like whose eg. would be the most beautiful or which team would finish first, etc);
- In order to introduce your culture even more, you can present a flag of your country which can be drawn on cups or just made by children.



AIM:

- to understand if the kids enjoyed activities of the day

DESCRIPTION:

- We draw the pizza shape and explain to kids the rules: the closer they draw dots or anything else to the center of the pizza the better they evaluate activities. After that one by one or all at the same time the kids draw inside pizza.

EVALUATION

- You can evaluate if your activities are good for kids

TIPS

- make sure that children are not afraid to say the truth

PIZZA MAKERS!

TARGET GROUP:

4+

NUMBER OF PARTICIPANTS:

5-30

DURATION:

10 MIN

MATERIAL:

FLIPCHART
MARKERS



THE NAME GAME

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

10-25

DURATION:

20 MIN

MATERIALS:

NONE

AIM:

- to help people to get acquainted with each other
- to remember each others names
- to break the ice between participants
- to help kids feel welcomed

DESCRIPTION:

- All participants create a circle and choose the one who will start.
- The first kid says his/her name and the phrase <I like to...> with one's favourite action (It can be reading, playing football, swimming, etc.) and the movement that represent ones hobby.
- The next kid repeats the previous story, movement and name the same things about himself/herself. And every next kid have to start from the very beginning. The last kid will repeat the names and the hobbies of all the participants.

RESULTS

Children are ready to play and know more about each other

TIPS

- Give kids some time to remember the information about others and dont hurry them



AIM:

- Make children feel comfortable and be part of the team

DESCRIPTION:

- Children are split up into 2-3 groups (depends on the number of children);
- Each group is given a certain amount of newspapers (enough to make a tower);
- Each group is asked to build a tower from the newspapers without using any other materials;
- The game finishes when the groups are ready with their towers; It can also be a competition for the teams. The team which tower is higher, wins.

EVALUATION

- Was it easy to build a tower all together or would it be easier to build it alone?
- Did you have the same or different ideas on how to make the tower?
- Was it hard to cooperate?
- How did you decide that you would build it in such a way?

RESULTS

Comfortable atmosphere has been created and children have learnt how to contribute to the work of the team.

TOWER

TARGET GROUP:

6+

NUMBER OF PARTICIPANTS:

5-30

DURATION:

10 MIN

MATERIAL:

NEWSPAPERS



ROYALS AND DRAGONS

TARGET GROUP:

10+

NUMBER OF PARTICIPANTS:

10-20

DURATION:

20 MIN

MATERIALS:

NONE

AIM:

- Energize kids
- Get to know each other better
- Learn to work as a team

DESCRIPTION:

- Divide campers into two teams.
- Children form two lines at opposite ends of the playing area. The volunteer tells them to “fight!” Each player should be facing a player on the other team.
- On the count of three, the campers perform one of three motions (the whole team doing the SAME motion, for that members of team discuss before the fight what motion they will perform):
DRAGON (bent arms at sides, imitating small wings, growling)
PRINCESS (arms low at side like you’re twirling a skirt, saying “nininini” in a girly voice)
KNIGHT (arms held in front like you are gripping a sword)
Dragons beat princesses
Knights beat Dragons
Princesses beat Knights
- The team that wins chases the losing team back to their starting position (find some way to mark this area). If a losing team member is tagged, they join the other team and the whole process starts all over.

EVALUATION

- How did you choose the motion inside the team?
- What was the best strategy?

RESULTS

Children know each other better and are ready to do other activities without being shy or afraid to say what they think

TIPS

- be sure that the two teams cannot hear each other moves



AIM:

- Trust each others
- Communication

DESCRIPTION:

- Participants have to close their eyes and start to move inside the circle. Same time hands should be in front of them and open.
- Every hand has to catch another hand. If all hands find the other hands, let them to hold and ask the participants to open their eyes.
- For next step, they have to fix this „mess“. With communication they should make beautiful normal circle without opening their hands any time. It is not allowed.
- If they managed, then activity is over. Congrate them and repeat or move to evaluation part.

EVALUATION

- If you have too many kids, you can separate them into two teams.
- Pay attention that they will not open their hands until they managed to do nice circle.

CONNECTING HANDS

TARGET GROUP:

6+

NUMBER OF
PARTICIPANTS:

10-15

DURATION:

10 MIN

MATERIAL:

NEWSPAPERS



AEROBIC

TARGET GROUP:

ALL AGES

NUMBER OF PARTICIPANTS:

2-20

DURATION:

20 MIN- 1 HOUR

MATERIALS:

MUSIC
SPEAKERS
MATTRESSES
SPORT CLOTHES
WIDE SPACE



AIM:

- Energize kids

DESCRIPTION:

- Aerobic have main three parts:
- 1) Warm-up (5min)
(head, shoulders, hands, body, legs etc.)
- 2) Exercises with different movements
- 3) Stretching it's important!
- Choose music and prepare your list.
- Create and show movements for different parts of body.
- Go in front of participants and show moves.

EVALUATION

- How did participants feel?
- Was it too hard or too easy?

RESULTS

Children are ready to play and feel more energized

TIPS

- Pay attention about different ages, for smaller kids use more easy steps.
- Choose one song, which you can repeat every time with same movements.
- You can let the kids to show moves themselves.
- There is also the option to stay in a circle.

AIM:

- Put participants focus on you and make them quiet

DESCRIPTION:

- It is one of the rules in your activities/camps
- Explain it for participants during your first activity
Name has two parts: Ci and Sza.
- You will say loudly Ci and participants have to answer Sza. Do it 3-4 times until participants are focus on you. First time say loudly and then say more quiet.

RESULTS

Children are now quiet

TIPS

- Don't forget to be first time loud.
You can use also another words in romanian or another languages.
(Ci-Sza is polish expression)

CI SZA

TARGET GROUP:

ALL AGES

NUMBER OF
PARTICIPANTS:

2-20

DURATION:

30 SEC

MATERIALS:

NONE



TALENT SHOW

Talent show is a set of 4 competitive activities where children are divided into teams. Minimal number of participants in each team 3 people, maximum 10, number of teams is unlimited. This activity required at least 3 “experts”. The role of experts can be played by the volunteers or the children if they do not want to take part in the competitions (this can be a great way to keep such children involved). Experts evaluate each team after each contest secretly in 5 rate scale. After all 4 activities the results sum up and this is how the teams get their places.

Important: each team and each participant gets a prize for taking part in the contest.

Talent show is a team building and communicative activity that pursues the aim of learning to work as a team, develop creativity and develop competitive skills.

AIM:

- Learn to work as a team
- Develop competitive skills
- Develop creativity

DESCRIPTION:

- participants are divided into teams; each team pulls 3 cards with random words.
- The task of each team is to create a poem using all the words.
- Teams have 15 minutes to complete the task.
- After that the participants read out loud the poem that they created.

EVALUATION

- How did the team divide roles and responsibilities?

YOUNG POETS

TARGET GROUP:

10+

NUMBER OF PARTICIPANTS:

6+

DURATION:

30 MIN

MATERIAL:

PREPARED PAPERS WITH
RANDOM WORDS
PIECES OF PAPER
PENS



BLIND ARTIST

TARGET GROUP:

10+

NUMBER OF PARTICIPANTS:

6+

DURATION:

40 MIN

MATERIALS:

FLIPCHART PAPER
MARKERS
SCARF
TIMER
CARDS WITH DIFFERENT
TOPICS

AIM:

- Develop competitive skills
- Create trustworthy atmosphere
- Learn to work as a team

DESCRIPTION:

- participants are split into the teams; each team chooses one person to be “blind artist».
- The chosen person gets blindfolded.
- Other members of the team pull one of prepared cards with the object the blind artist will draw.
- The other members CAN NOT say the given word.
- After that the artist sits in front of prepared flipchart paper and starts to draw.
- Other members of the team give the instructions orientating him/her and helping to draw chosen object.
- Each team has 5 minutes for completing the task.

EVALUATION

- What was the best strategy for the best result?
- How did the team divide roles and responsibilities?



AIM:

- Learn to work as a team
- Develop creativity
- Develop competitive skills

DESCRIPTION:

- Participants are divided into teams. Each participant chooses “musical instrument” among the objects they can find in the room.
- Each team has 15 minutes to create music using chosen objects.
- All the team should take part into creating the music. The duration of the musical composition should be 5 minutes.

EVALUATION

- Why communication is important?
- Do you trust each other?

FUNNY ORCHESTRA

TARGET GROUP:

10+

NUMBER OF PARTICIPANTS:

6+

DURATION:

40 MIN

MATERIAL:

EVERYTHING THAT CAN MAKE SOUNDS



JUST DANCE

TARGET GROUP:

10+

NUMBER OF PARTICIPANTS:

6+

DURATION:

40 MIN

MATERIALS:

COMPUTER
SPEAKERS

AIM:

- Learn to work as a team
- Develop creativity
- Develop competitive skills

DESCRIPTION:

- Children are divided into teams. The participants get a task to create a dance in their teams. The main rule is that all the members of the team should participate in the dance. The volunteer explains that teams will not know the music that will accompany their dance before they perform, and it can be any genre of music. Teams have 20 minutes to create the dance, and the dance should last 5 minutes. After the preparation teams perform their dances while volunteers choose random track for each dance.

EVALUATION

- How did the team divide the roles and the responsibilities?
- How did you adapt the dance to a random track?



Games described by:
Aneta Bogacka from Poland
Andra Onton from Estonia
Yuliia Sokol from Ukraine
Anastasiia Lukianenko from Ukraine
Maria Ivanova from Belarus

The "Eye Care / Day Care" project was an European Voluntary Service, financed by the European Commission, through Erasmus+ Programme.