

# Play with me and learn from me

## Games Handbook



ΙΔΡΥΜΑ  
ΝΕΟΛΑΙΑΣ  
ΚΑΙ ΔΙΑ ΒΙΟΥ  
ΜΑΘΗΣΗΣ



Erasmus+

## **ABOUT THE PROJECT:**

***Play with me and learn from me*** is the title of the youth exchange project under Erasmus+ program, which took place in the town of Nea Moudania in Greece from 3rd to 12th of June 2019, by “You in Europe” Non Profit NGO. Our Partners Organizations were, **SE.M.I.** form Italy, **AJ INTERCAMBIA** from Spain, **AKTO HUMAN RIGHTS AND DEMOCRACY** from Portugal, **MLADINSKI CENTER TRBOVLJE** from Slovenia and **STOWARZYSZENIE DOROSLI-DZIECIOM** from Poland.

During the 10 days of the youth exchange, 36 young people from six countries with different cultural backgrounds got involved in playing and testing different creative and traditional outdoor games from each country, reflecting the historical, geographical, educational, social and economical conditions of the community they belong to. Through this project the young people discovered the fun of learning together by trying to play games from other countries with different culture. The games assist in the promotion of multi-cultural understanding which is closely related to aspects of personal and social development, offering participants the opportunity to learn about themselves and other cultures, leaving aside PC and internet games.

Through this project they also had the opportunity to create new multi-culti games, experiencing a decision-making process and meeting new cultures and values.

In this digital handbook, created by our ESC Volunteer from Poland, Bartosz Chomik, anyone who is interested on the topic can find the rules and descriptions of these games and share them within the groups of young people is working with.

Reference code number: **2018-3-EL02-KA105-004657**

**This project is funded by European Union**



**Erasmus+**

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# PART: 1

## NATIONAL GAMES

Traditional games popular in the Youth Exchange participants' countries of origin.



# "Caballeria"

It's a popular game in Spain that a lot of kids are playing in the school during the break or in the PE classes.

## Number of participants in the game/in each group:

- There is no limit, but you need a lot of space to play this game.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

- Yes. People with any kind of disability.

## Materials needed:

- Nothing, just a lot of space.

## DESCRIPTION OF THE GAME:

The game starts with one person standing in the middle and the rest of the participants need to stand on the other side. The participant who is in the middle needs to choose one player, say his name and that player needs to shout *Caballeria*. Then all the participants need to start running towards the other side and the participant who is in the middle needs to try to catch as many people as he can. The ones who are caught must stay in the middle and are now helping to catch the rest of the participants. The game is over when there is no more space to cross to the other side.





# “Cops and Thieves”



It has its origins in Colombia in the year 90's.

## Number of participants in the game/in each group:

– It has unlimited participants, divided into two teams (cops always have to be fewer than thieves)

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– It may be a bit more difficult to understand, but it is possible for disabled people to play it as well

## Materials needed:

– No material needed.

## DESCRIPTION OF THE GAME:

It is a combination between hide and seek and catch. It has two teams, cops and thieves. At the beginning, the thieves have some time to hide and after that, the cops have to find them and bring them to prison. A thief can save the ones in prison if he touch her/his hand of – then all of them are free again. The game finishes when all the thieves are in prison.



# “Musical Chairs”



It's a popular game for children in Spain.

## Number of participants in the game/in each group:

– It has no limits.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes, it can mostly be played by anyone.

## Materials needed:

– Chairs and music speaker.

## DESCRIPTION OF THE GAME:

Game of elimination with unlimited players, where all you need is chairs and music. Every one move as the music is playing and when the music stops whichever player fails to sit on a chair is eliminated. One (or multiple as the game goes by, to make it more difficult) chair is removed. This process is repeated until only one player remains.





# “Lençinho”

It's a game that kids usually play in school in Portugal.

## Number of participants in the game/in each group:

– Four or more as long as it's important that is a pair number.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes, it can be played by deaf people and people in wheelchair.

## Materials needed:

– Scarf, flag or piece of clothing.

## DESCRIPTION OF THE GAME:

There will be a person in the middle holding a scarf, flag or a piece of clothing. The teams will be on each side of the person in the middle and each person will have a secret number. The person in the middle will shout a number and when he does that both people with that number from each team have to run as fast as they can to catch the flag/scarf and bring it to their own team. If they manage to bring the flag/scarf to the other team they get double points.





# “Macaquinho Chinês”

It all started from an episode, experienced in China, by a man and his monkey. The Chinese man concentrated to prepare his meal, while the astute monkey with the sharp appetite began to sneak up, stopping exactly in the position where he was, whenever his owner turned suspicious that the little monkey was preparing something. Now the monkey was repeating this operation until he was very close to his desired target. This situation was observed carefully by two children, who amused by the event in question, gave rise to the game.

## Number of participants in the game/in each group:

– Four or more.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes. It can be played by people in wheelchairs, blind people and deaf people. In general it can be played by almost everyone.

## Materials needed:

– Nothing.

## DESCRIPTION OF THE GAME:

One player has to stand far away from the others and turn his back to the other players. Then he has to say “Um, dois, três macaquinho chinês” and while he is saying the sentence the players are moving towards him with the aim to reach him. Once he ends the sentence he needs to face the players and they must stay as still as they can like statues. Then the player who is saying the sentence turns around again and repeats it until one player or several are able to reach him.





# “The Padrino (God father)”



It is an old popular game that you can find in different countries with different variants. For example in Italy it is called “Il Padrino”. At the beginning the game was mostly used in the South of Italy and after was spread all over the country. It used also to introduce the topic of the Mafia victims to the children as during the game every participant must be silent. These principles remind the rules of Mafia that are *hear-no-evil, speak-no-evil, see-no-evil*.

## Number of participants in the game/in each group:

– The practical minimum number of players is four, but the spirit of the game is best captured by groups of at least six players or more. Age: +6

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– This game can be played by everybody apart from those who have serious intellectual and development disabilities.

## Materials needed:

– Neapolitan cards.

## DESCRIPTION OF THE GAME:

*Wink murder* is a party game or parlour game in which a secretly selected player is able to “kill” others by winking at them, while the surviving players try to identify the killer. In each round of play, one player is secretly assigned the role of “murderer”, by handing every player a playing card with a particular card. For instance, every ace is the assassin, be aware of putting the quantity of aces depending on the number of the participant. The murderer has the ability to “kill” other players by making eye contact and winking at them. If a player is winked at, they must count silently to five before feigning sudden death, and either lying on the floor where they died, or silently leaving the playing area.



In the game there are also *cops*, depending on the number of participants. Those who pick the number ten card. The cops have to identify the murderer by pointing at them, only when they are totally sure because there have only one chance to identify the killer. Otherwise (if they are pointing to different players, or to an innocent player) the cops are both eliminated. Players are forbidden from communicating their thoughts on who the murderer might be, and players who are not the murderer are not allowed to wink.

The objective of the murderer is to murder as many people as possible without being caught.

There is a variant in which *a nurse* plays (the participant who takes the queen of hearts), the nurse has the power to bring back to life dead participants sending kisses without being noticed. The nurse can be killed by the assassin. In group of more than ten players the suggestion is to add another nurse.







# “Abariza”

Abariza is a group game of two teams that played children in the old neighborhoods – was mainly popular from the mid-1950s to the early 1970s. The game was one of the favorites in the old Athenian neighborhoods. Through the narrow streets of the city, one had the ability to hide and surprise the opponent, unlike the open space, which made the game more interesting.

## Number of participants in the game/in each group:

– Two groups, above three players per group.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– The game includes running, but even people who can not run people could play the role of the guardian. In every disability we could be creative and modify the game.

## Materials needed:

– A chalk for drawing the field if it’s needed.

## DESCRIPTION OF THE GAME:

The players are divided in two equal groups. The game needs to be played in a big field indoors or outdoors.

Description of the field: The field is divided in two equal parts with a visible line. Each team occupies one half of the field. In each half exists one object (a tree, a wall or a basket) called “the base”. These bases should be in the one corner of each team’s field. There is also a place called “the prison” in the other corner of each field.



Description of the game: The purpose of the game is to touch the opposite base and shout "ABARIZA" without getting touched from the other team's players. The players of each are safe only in their half field. If they cross the line to the opposite side could be captured. If they get captured they have to go (by their own) to the prison. To be "free" again somebody from their own team has to cross the field, go to the prison without being touched and touch the prisoner. The team whose player touches the base first, wins.



# “Hide and seek”

The history of the game dates back to the war times. The exact story is not known. Children created it naturally, because no additional items are needed for it, only participants.

## Number of participants in the game/in each group:

– More than three.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes, everyone can hide :)

## Materials needed:

– No materials needed.

## DESCRIPTION OF THE GAME:

The point of our game is looking for each other on the previously designated area. The basic version is based on the fact that one person (or group of people) covers their eyes and counts down, while the rest of the participants have the task of hiding from the seeker. When the person has already counted, he says loudly “I AM LOOKING FOR” to be heard aloud in the whole area. The player that is looking for, has the right to deduct in the designated place, which is the so-called “klepanka”. “Klepanka” is a place where hiding players can clap. When player touch “klepanka” the stave saying loudly: “One, two, three for me”, which means that the player will no longer be looking for the next round and he will win with the seeker. The player looking – if he found a person in the game – must also tap it, but by saying the name of the person found (eg: one, two Oskar). The person who was found at the latest is the winner. The person found first – becomes the seeker in the next round.





# “Rotten Egg”

The rotten egg is a game, which is usually played by small children. The rotten egg can be anything (stone, paper wrinkled into ball etc.).

## Number of participants in the game/in each group:

- Six or more.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

- Yes, of course everyone that can run can play this game. However, I think that such a game should be adapted to persons at the scene.

## Materials needed:

- One “rotten egg”, can be anything, usually a stone or a pinecone, piece of paper crumbled up into a ball, unleash your creativity.

## DESCRIPTION OF THE GAME:

*Rotten egg* is a game where everyone sits in a circle, looking into the centre of the circle and it is forbidden to turn around. One person is standing outside the circle and has a paper/stone in his/her hands.

Then he/she walks around the circle (behind other people’s back) and pretends to put the “rotten egg” behind other’s back but eventually really drops it behind someone’s back. During the walk he/she sings/says: *Rotten egg I have, who’s is going to be? If you look around, you’ll get it on your head (two times)* .



When a person realises he/she has an egg behind her/his back he/she must run around the circle and try to catch the singing person. If singing person gets to empty position first, he/she can sit in a circle and now the other one holds the rotten egg.



# “Between Two Fires”

It’s the most popular game in Slovenia. We start with the game in the first grade of elementary school since we and our parents/grandparents can remember.  
The exact date of origin is not known, however it is an old game.

## Number of participants in the game/in each group:

– From six to twenty-five people in a group.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes, why not, you just need to adapt a bit. Rules are there to be adjusted to the needs of the group :)

## Materials needed:

– Soft ball and a field somehow like in volleyball but without net (rectangular shape in the middle split in half). You can create it with a chalk on asphalt.

## DESCRIPTION OF THE GAME:

First we choose two leaders who pick their teammates, one leader picks one person first, then the second leader picks one person, then the first one again, until everyone has a group. When we get two matching groups the game begins. Every group has one half of the space and the leader is placed on the outer edge of the field of the opposing team.

The game starts with three throws over the opposing field without eliminating anyone.





The purpose of the game is to hit your opponents with the ball and just one person can be eliminated per throw.

You are not eliminated if:

- You catch the ball and don't drop it.
- The ball rebounds off you and your teammate catches it.
- The ball rebounds from the ground to you.

When a player is eliminated, he joins his leader on the outer edge and helps him. He must not step into the opposing field when leaving his field.

The aim for opposing teams is to catch the ball during a throw into/over the field and get the chance to hit their opponents.

The leader of the team can go into the field of his team at any time of the game. The leader can survive two strikes (has two "lives").

When a player is eliminated, he or she must run around the field of the opposing team, and join the leader of his team, then they can play again from the other side. When a player of the team is eliminated, the ball goes to his/her team.

The players can only stand/throw the ball from the area in front of and behind the field of the opposing team, not from the sides of the field.

Team wins when every player from opposing team is eliminated from the field.



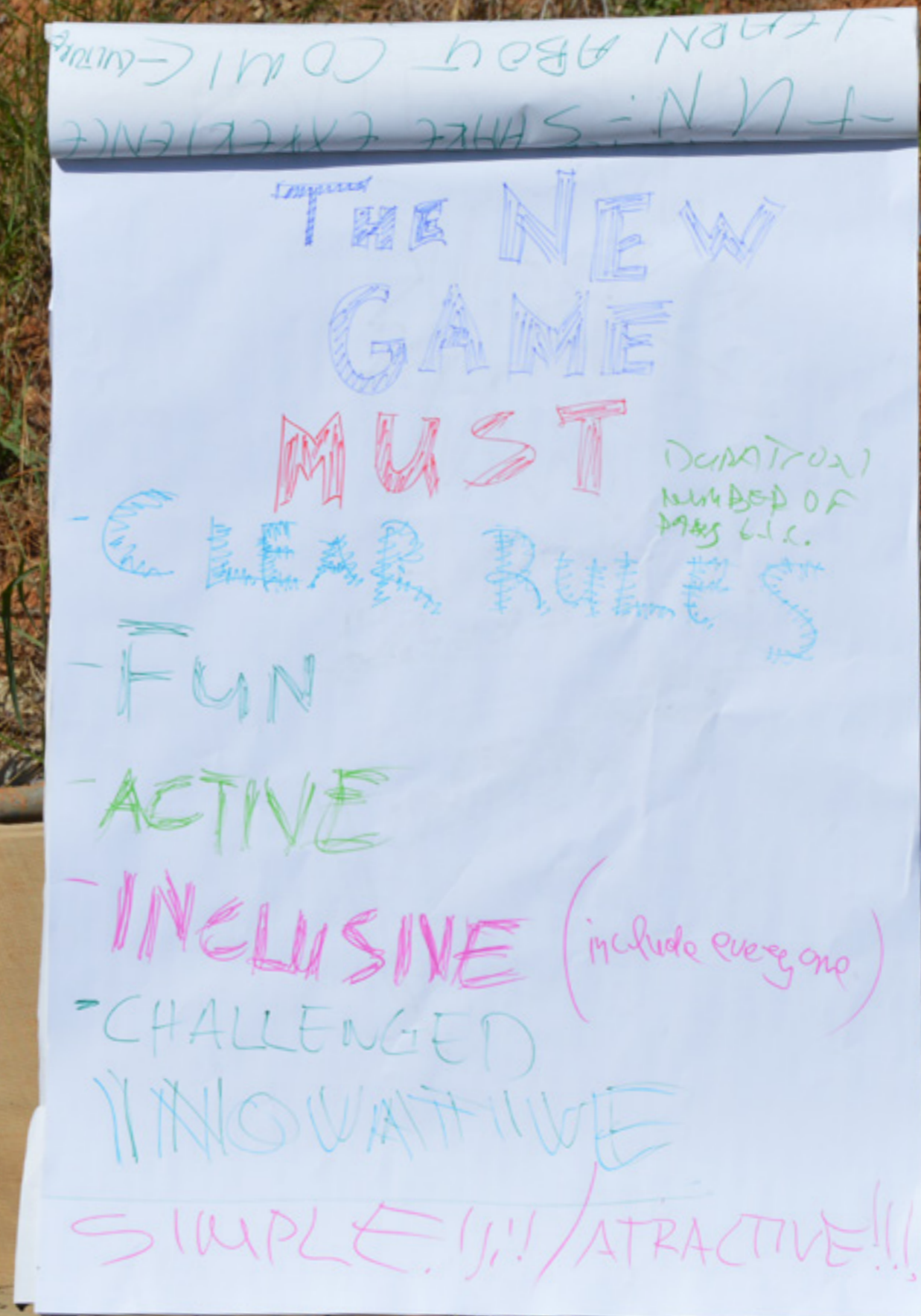




# PART: 2

## NEW GAMES

Games created by the Youth Exchange participants as a part of the Erasmus+ project.



# “Twist the Flag”



## Number of participants in the game/in each group:

- Two groups of four to ten people.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

- Yes, people with all kinds of disabilities can be included in this game.

## Materials needed:

- Flag or a scarf.

## DESCRIPTION OF THE GAME:

To play this game, the group has to be divided into two teams. Each team has to have the same amount of players standing in line in front of each other. There will be a judge in the middle with a scarf or a flag that will say a random number. The number can't be higher than the number of participants in each team. The distance between the flag and the teams has to be the same. The number that the judge says, has to be the number of people that will run towards the flag to grab it. There is a twist though, one player cannot touch the ground with his feet, so the other members of the team have to carry them.

Ex: If the judge calls the number six, five people from each team have to run carrying one of the members of the team to give a total of six people.



The team that reaches the flag first wins.

Points:

- The team that grabs the flag first wins 1 point.
- The winning team is the first that reaches 10 points.
- Until the number is said, they have to stay in a line.
- If the team drops the member that is being carried or if they touch the floor, the other team wins a point.
- The member that is being carried has to be different each time.





# “Touch Me!”



## Number of participants in the game/in each group:

– Four to ten.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– Yes, by disabled people that are able to move freely.

## Materials needed:

– The two decks of cards (body cards and action cards).

## DESCRIPTION OF THE GAME:

- 1) The players have to choose one person that will get the cards (the leader).
- 2) All the others players have to form a close circle.
- 3) The youngest person on the group plays first.
- 4) The leader picks two cards from the “Body cards” and one from the “Action cards” and reads them out loud.
- 5) The first “Body card” describes the part of the body of the player and the second the part of the victim’s body. For example, if the first says “elbow” and the second says “hand”, the player must put his elbow on the victim’s hand. Players should help each other to achieve the challenge.





6) The “Action Cards” indicates to who the player should touch to complete the challenge.

7) There are special cards:

- *Joker*: player chooses his/her part of the body.
- *Reset*: player can free him/herself.
- *Free Body Part*: player chooses one part of the body to free.
- *Reset for Everyone*: everyone free themselves.

8). If it's necessary players can move to reach the person they must touch, but only if the whole group agrees to.

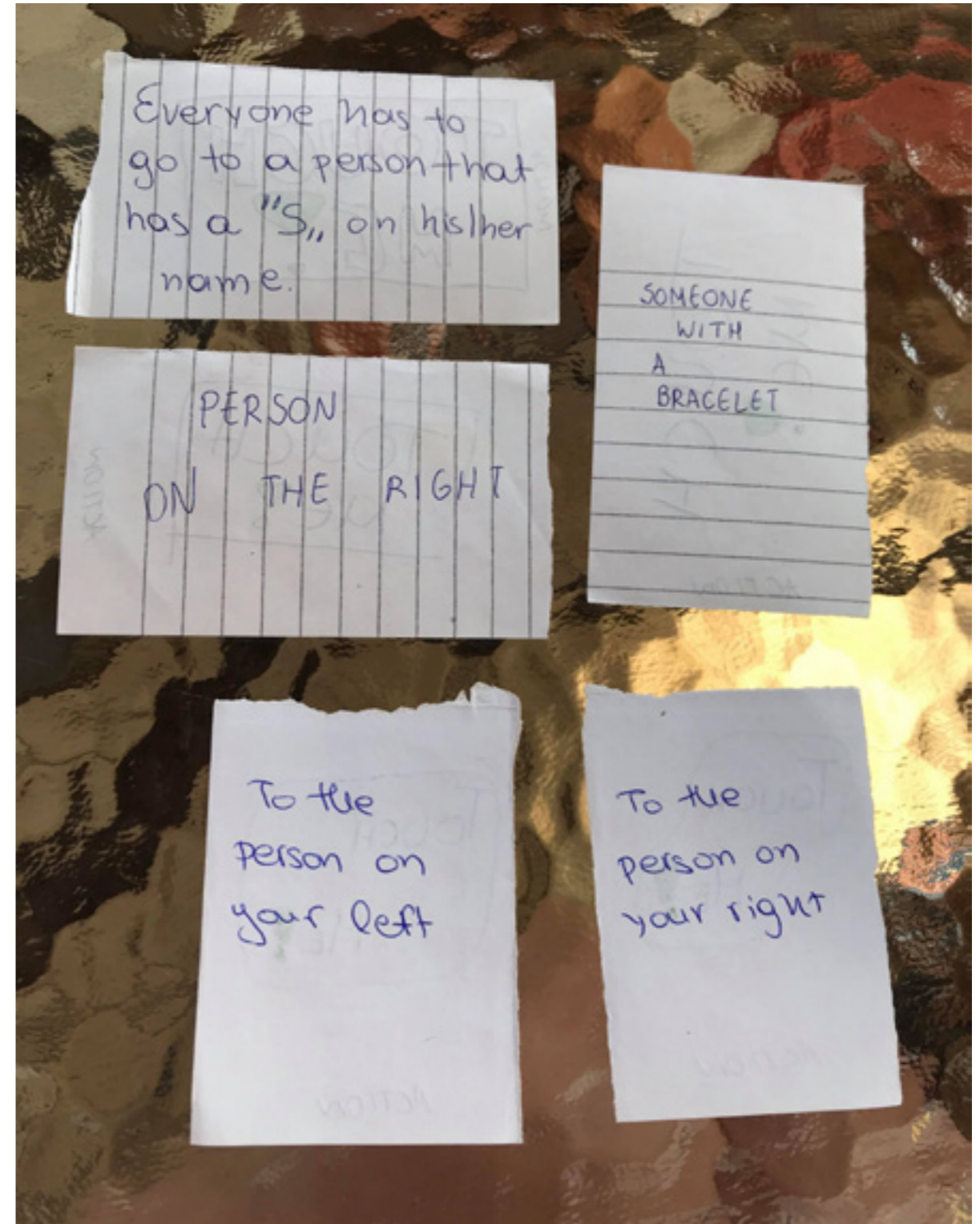
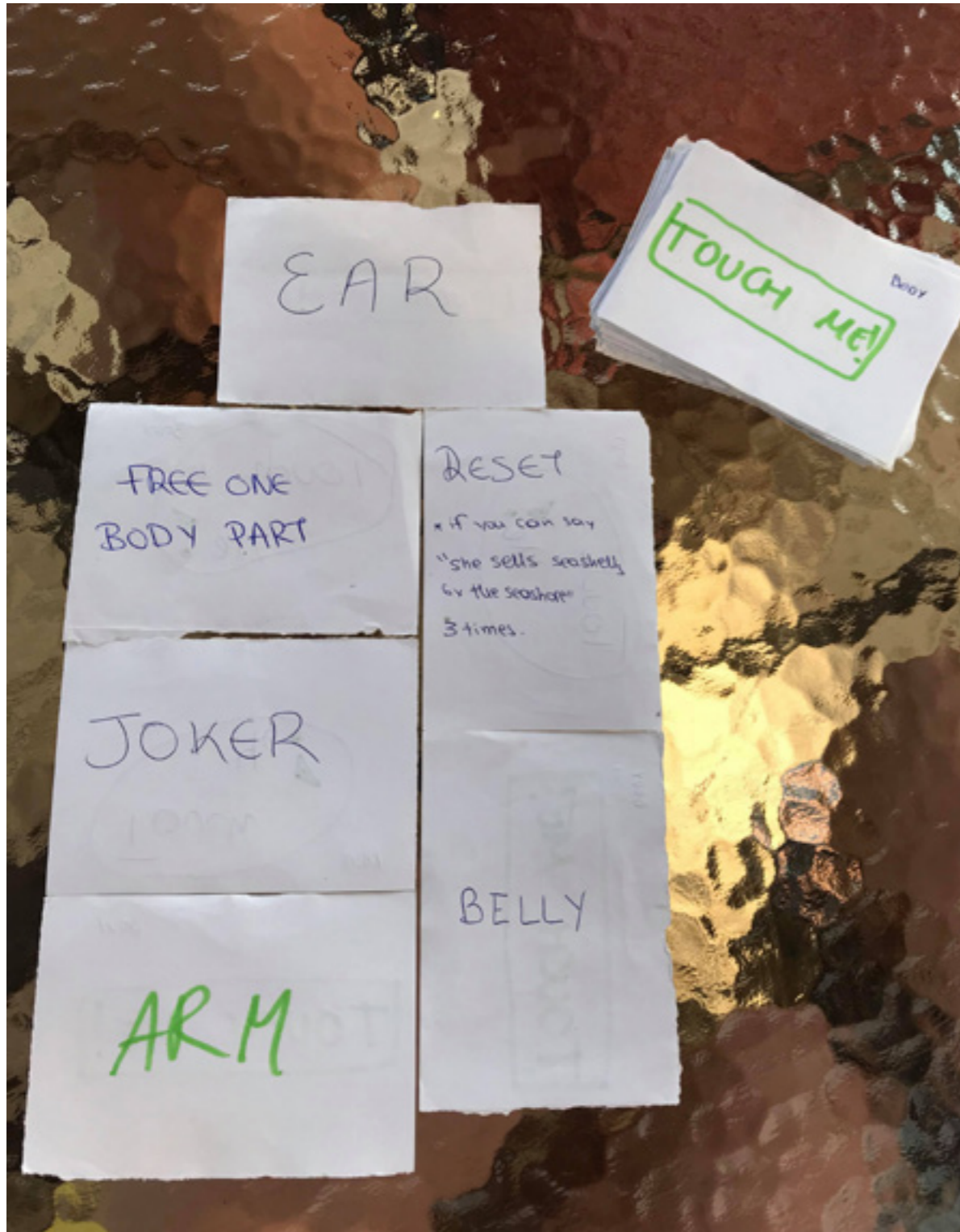
9) The game can be played in two versions: a simple and a hard one. The first one includes only the body cards and the player chooses the victim. The hard one includes both decks of cards.

10) Players cannot move unless the cards indicate it.

11) Players cannot lay or sit on the ground.

12) The winner of the game is the player who follows the instructions without falling down or giving up.







# “Escandalo”



## Number of participants in the game/in each group:

- Groups of min. four people or max. ten people, total of five groups.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

- Yes if played in proper place (accessible) and with possibility to see, speak and talk.

## Materials needed:

- Paper, pen, empty bottle, scissors.

## DESCRIPTION OF THE GAME:

The purpose of the game is to finish as fast as possible. The game has five stations and five teams with the same amount of people.

At the first station you can find as many cards as people in the group. On these cards you can find written one different word on each card. The goal for each player is to read the word and describe it with other words to the player behind him. That is why all the players must be in a line first. When the person guesses the word, next player will do exactly the same to the player behind him and do the same until all the players have done it. Every player has as many guesses as he/she wants. If somebody can not find the word and wants to give up, the whole team gets a



penalty. The penalty is plus five seconds in the final time.

At the second station you can find as many cards as people in the group. On these cards you can find a written word, a different word on each card. The goal for each player is to mimic the word in order somebody from the group to guess it. The team has as many guesses as they want. If the group can not figure out the word they can skip it and have a penalty.

At the third station you can find as many cards as people in the group. On these cards you can find a written word, a different word on each card. The goal for each player is to make only sounds, no words, in order somebody from the group to guess this word. The team has as many guesses as they want. If the group can not figure out the word they can skip it and have a penalty.

At the fourth station there is only one paper which has to be read by someone who is not playing. On this paper there are as many questions as the players of the team. At the first question the first and the second player have to answer the same time. At the second question the second and the third and so on. When two players answer they have to answer simultaneously at the count of three and they have to give the same answer, otherwise they get a penalty. They have only one try. Some examples of questions are: *tell me a brand of sport shoes* or *tell me a Spanish football team*. So in order for them to win they have to answer simultaneously for example *Nike* or *Barcelona*.

At the fifth station you can find as many cards as people in the group are. On these cards you can find written one different word on each card. The goal for each player is to say only one word in order somebody from the group to guess this word. The team has as many guesses as they want. If the group can not figure out the word they can skip it and have a penalty.

Before each station the team has to do one extra challenge called mini challenge, but different at each station, in order to create team building. Any time these challenges can be different and some examples are *60 push up* for the whole team, or *pour some water above the head of somebody*.

After the team has completed all the challenges and the tasks at the stations they have to scream *Escandalo*. From the beginning each team will be timed till the end. The team with the best time, including the penalties, wins.



The challenges and the cards at each station have to be the same for each team. At each station there are five packs of cards.

The first team have to start at the first station, the second team in the second station and so on.





# "The Nest"



## Number of participants in the game/in each group:

- Even number of players and a judge.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

- The game can be customized to any disabilities.

## Materials needed:

- Two tennis balls, table, basket (nest), cards, some stones to make spots.

## DESCRIPTION OF THE GAME:

Participants are divided into two groups that are facing each other. A judge with battle cards and a table with the basket on it (*nest*) stands between them. The spots/marks/places are on the way to the table (as many as the players). First person from each line has a battle in the middle, next to the table. Judge puts battle cards with four kinds of competitions:

1) ROCK PAPER SCISSORS. Rules well known.

2) THUMB WAR. In this game, one participant will control one thumb and another control the other thumb. Who first catches the thumb of other person wins the game.





3) ODD-PAIR. Before the game pair in front of judge scream what kind of number they are betting on – odd or pairs. They are showing with one hand from 0-5. We sum these numbers. Result is good just for one side.

4) DAY&NIGHT. Judge is saying “day” or “night”, if couple in the middle hears “night” needs to crouch if “day” – needs to stand up. Who makes the mistake – loses the battle.

Winner takes first mark on the path to the nest on their team’s side. Looser is going at the end of the queue, he/she participates again after all the members of his/her group played. When one group fulfills all spots on the way to the nest the players need to pass the ball without using hands from first mark till the nest. If the ball falls – they need to pass it from the beginning.

The group which is loosing has the chance to fulfill empty places by running one by one towards the nest (those participants who don’t have the spot) and doing one circle around the table. When they fulfill the places in that way they can also start passing the ball. Game ends when ball is brought to the “nest”.





# “Super Pirates”



## Number of participants in the game/in each group:

– For this game is needed min. two groups with five or more participants each.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– This game can be played by disabled people because it is about them! This game is not about winning or losing but actually is about cooperation with each other. People with physical disabilities can play this game with no problems, in particular deaf-mute, blind.

## Materials needed:

– For this game we need paper crown, cards, blind folds, cardboard/phone, objects to hide, tennis sized balls, hourglass.

## DESCRIPTION OF THE GAME:

This is a game combining disability and Pirates. In order to win the game the teams have to complete five tasks as a pirates group. Each tasks will be about five different disabilities. The two groups that reach the highest score will



fight in the final battle, in order to have just one winner.

Each member pick at the beginning one card about his disability that will be the key to solve each tasks. The tasks are:

1) NO HEARING. The person who picked the *no hearing* card have to guest a situation created by the other members of the group without using words. The scenario that the group will recive it is about pirates. The first group who accomplished the task will recive 3 points, the second 2 points, the third 1 point, and the last group and the groups that can't complete the task in time will have no points.

The time for the person to guest is for this task 3 minutes.

2) NO TALK. The person who picked the *no talking* card will know where the treasure is hidden, and he have to describe to the group with body language what country it is, without pointing or use words. The group is not allowed to interact eachother until the person stop describing, and they have only one chance to guest the answer.

The theam who guest the country correctly and faster get 3 points, the second 2 points, the third 1 point and the last team and the team who didn't guest gets 0 points.

The teams will have 3 minutes until the final call.

3) CAN'T SEE. The person who pick the *can't see* card will be blind and his task will be find the treasure following only the team direction.

The team can't follow the blind person but have to work together in order to make him reach the object.

The team who completate the task first will recive 3 points, the second 2 points, the third 1 point and the team who can't complete the task will have 0 points.

The teams have 3 minutes

4) NO ARM. The person who pick the *no arm* card have the task to bring a tennis ball back and forth to the team without using arm in a creative way.

Points and timing are the same of other tasks



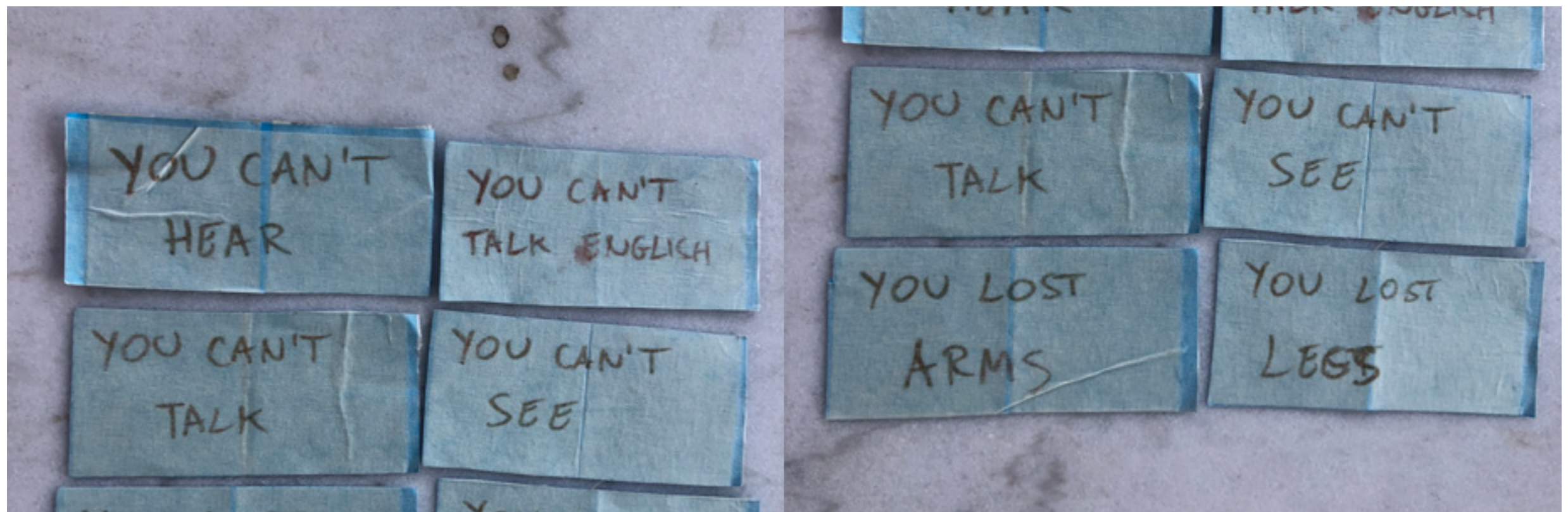
5) NO LEGS. The person who pick up the *no legs* card will be for this task *the king/queen*. For this will be necessary the crown that can't fall down and it's forbidden to hold it.

The team have to bring the king/queen from a point *A* to a point *B* without carrying him but using creative way to let him move, they can use arm. The most creative way and faster gets more points.

AT this point teams will recive scores and the first two teams will fight in the last battle in order to win.

6) FINAL BATTLE. The two teams left have to choose secretly one leader within the group.

The person who pick up the *no english* card will know the name of the leader of the other team, and his task is to describe the leader of the other team to his group in his own language in order to shout his name fist and "kill" the other group leader and win the game.







# “The Fast Thematic Ball”



## Number of participants in the game/in each group:

– More than five people in each team, the participants should be divided into two teams.

## Can this game be played by disabled people or not? If yes, with what kind of disability?

– People with wheel chairs can play the game, people without serious mental disorders can play the game.

## Materials needed:

– Cards with topics, a ball, something to make the two lines in the end of the field.

## DESCRIPTION OF THE GAME:

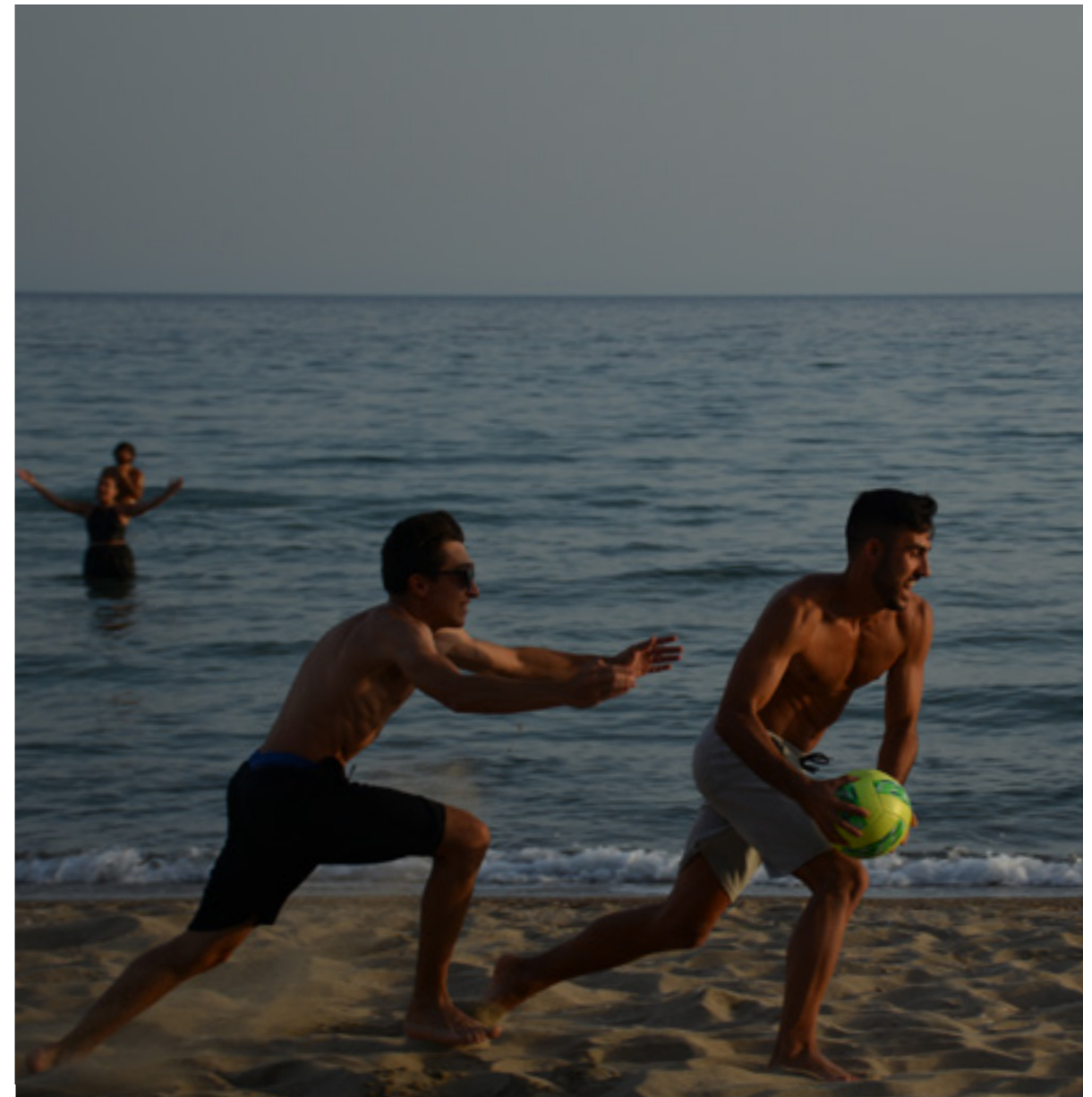
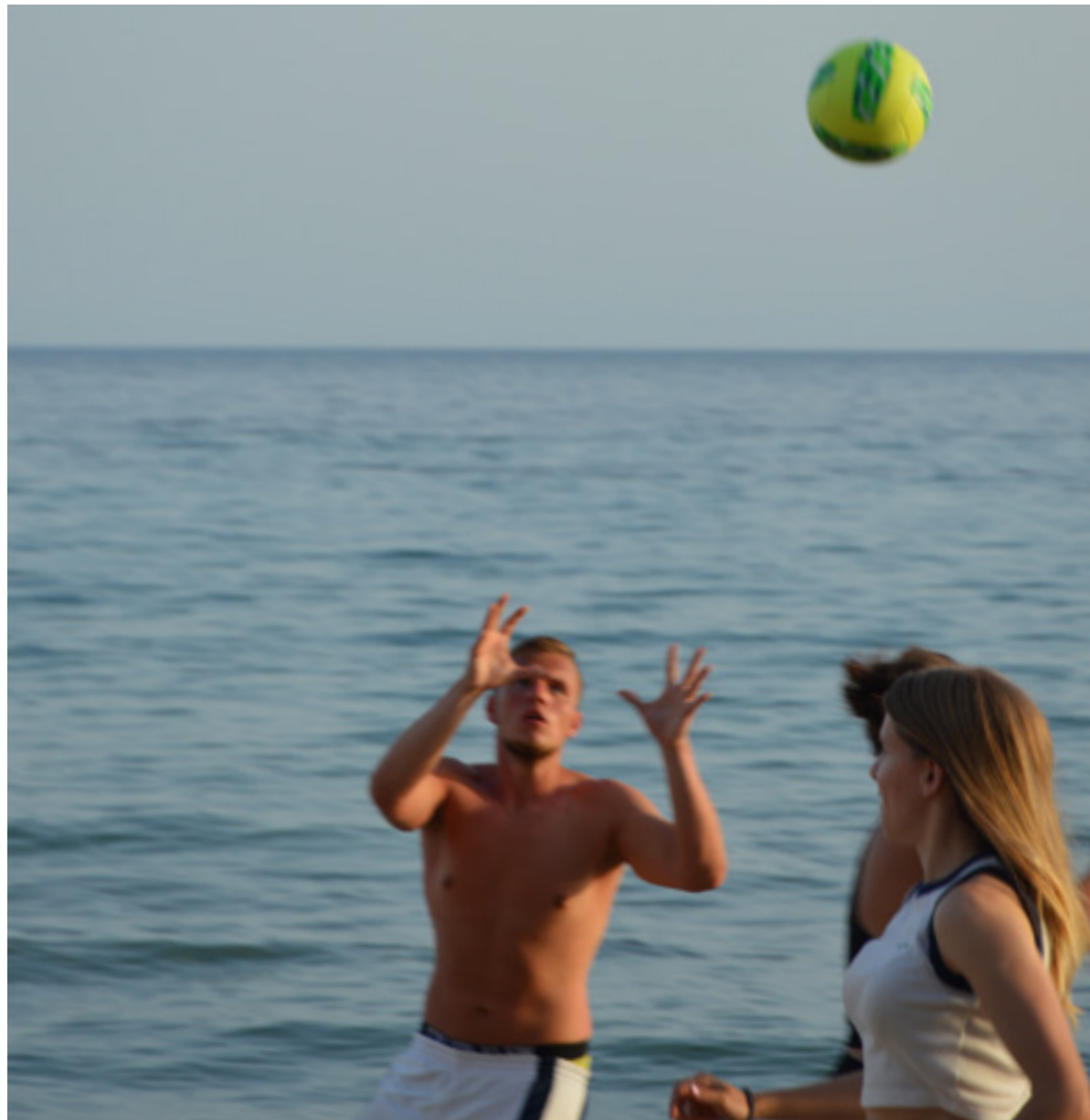
Participants will start from the two different lines and the goal is to cross the opposite line.

They can not run with the ball, they just can throw the ball and make at least three steps and after that the participant who will have the ball has to pass it to a different teammate. There is a referee and when the referee says “stop” all the players has to stop and the team which has the ball has to answer and say different words related to the topic that referee announces (e.g. “drinks” all the players start saying: coke, water, fanta, sprite). There must





be a specific order already decided among participants in which they will answer. They have three seconds for answer if not they lose the participants. Both teams has to go to their lines and the opposite team restart the game. The game will finish when a team reaches 5 points.





## APPENDIX

### YOUTUBE LINKS:

- 1) Caballeria
- 2) Cops and Thieves (part 1)
- 3) Cops and Thieves (part 2)
- 4) Musical Chairs
- 5) Lençinho
- 6) Macaquinho Chinês
- 7) Abariza
- 8) Twist the Flag
- 9) Touch Me!
- 10) The Nest
- 11) The Fast Thematic Ball



