



TOOLBOX FOR INCLUSIVE OUTDOOR GAMES

OUTDOOR GIVES MORE ERASMUS+ TRAINING COURSE ADANA, TURKIYE



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Outdoor Gives More Adana, TURKIYE 2025



Project Summary

Outdoor Gives More Erasmus+ Training Course

The Erasmus+ Training Course “Outdoor Gives More” was successfully implemented in Adana, Türkiye, between 3–12 May 2025. The project brought together 35 participants from Germany, Türkiye, Italy, Hungary, Latvia, Bulgaria, and Romania. It focused on equipping youth workers with the knowledge, skills, and tools to use outdoor activities as a means for personal development, social inclusion, and especially the integration of disadvantaged young people.

The project was developed in response to several pressing challenges within youth work. Many youth workers lacked the necessary competencies and resources to design inclusive outdoor activities, while disadvantaged youth continued to face barriers in accessing the benefits of such activities. Additionally, the global rise in physical inactivity, as reported by the World Health Organization, highlighted the urgent need for creative approaches to promote healthier lifestyles among young people.

A key outcome of the project was the co-creation of a practical resource titled the “Toolbox for Outdoor Activities”. This toolbox was collaboratively developed by participants during the training and included a variety of engaging and inclusive outdoor activities tailored to the needs of disadvantaged youth. The activities were designed to be adaptable, impactful, and easy to implement across diverse contexts.



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I. STICK TOGETHER



TIMEFRAME

- **Introduction & Safety Briefing:** 10 mins
- **Play Time:** As long as everyone has been the goalkeeper.
- **Debriefing:** 5 mins
- **Total Time:** Depends

AIM

- Encouraging cooperation, social skills, and empathy.
- Exposing each other's individuality, learning how to be a part of society.

MATERIALS & SPACE NEEDED

- Stick (or anything that could be held up)
- Ball (not hard)

STRUCTURE & DESCRIPTION

- **Player:** Tries to knock down the stick with the ball
- **Goalkeeper:** Does everything to keep the stick up.

STEPS

- Set up the area
- Inform players about the rules and check if all players are safe with getting hit with a ball.
- A person tries to hit the stick. if they knock it over then they have to become the goalkeeper.
- Game goes as long as everyone has been the goalkeeper.

RULE

- The same player can not hit the ball more than 2 times in a row.

TARGET GROUP

- **Age:** 13+ (able to move), applicable to disabled people.

SAFETY MEASURES

- First Aid Kit
- Briefing on balance and general safety.
- No hitting above the torso

II. TITANIC



TIMEFRAME

- **Introduction & Safety Briefing:** 10 mins
- **Play Time:** 15 mins
- **Debriefing:** 5 mins
- **Total Time:** 30 mins

AIM

- Encouraging teamwork, physical activity, and teaching a bit of history.

MATERIALS & SPACE NEEDED

- Cones, rope or anything else that can be used to set an area.
- Speaker.
- “Sinking” area must have a visible border (line).

STRUCTURE & DESCRIPTION

- **Facilitator:** Sets the area of the game, plays music (not too loud), and tells the story about the Titanic.
- **Player:** When the music is ongoing, you move around the area. When the music stops, you and all of the team members have to fit inside the “not sinking” area.

STEPS

- Set up the area
- Inform players about the rules and check if all players are safe with physical touch.
- Start playing the music, participants are moving around the area. The facilitator is starting the story of the sinking.
- When the music stops, all players have to fit inside of the area.
- When everyone is inside the area, the facilitator says facts about the sinking of the Titanic.
- Decrease the area, but the number of players stays the same.
- Repeat steps 3–6. for as many times until it is not physically possible to decrease it more.

RULE

- When the music stops all of the players have to fit inside the “not sinking” area.

TARGET GROUP

- **Age:** 4+ (able to move) Not afraid of physical touch.

SAFETY MEASURES

- First Aid Kit
- Briefing on balance and general safety.
- No kicking.
- No pushing over.



III. MAGNET



TIMEFRAME

- 10–15 minutes depending on the number of participants

AIM

- Energize, connect people, physical activity and competition

MATERIALS & SPACE NEEDED

- Speaker

STRUCTURE & DESCRIPTION

- The group needs to be divided into pairs. Pairs need to separate into 2 different circles. When music starts to play, they need to dance in the circle, holding hands. When the music stops, they need to hear a number order
- **1:** Clapping hands and freeze
- **2:** Squatting together and freeze
- **3:** One sit on the other one
- They search for their pair and do the thing. The last pair finishing the activity will be eliminated.

TARGET GROUP

- **Age:** 13+ (anyone)

SAFETY MEASURES

- Be careful and aware of your surrounding

IV. THE GAUNTLET



TIMEFRAME

- 30–45 mins

AIM

- Inclusion of all participants, potentially including disabled people in sport activities and competition.

MATERIALS & SPACE NEEDED

- Trashbags
- Frisbees
- Cups and Water
- Cones and Balls

STRUCTURE & DESCRIPTION

- The group needs to be divided into pairs. Pairs need to separate into 2 different circles. When music starts to play, they need to dance in the circle, holding hands. When the music stops, they need to hear a number order
- **1:** Clapping hands and freeze
- **2:** Squatting together and freeze
- **3:** One sit on the other one
- They search for their pair and do the thing. The last pair finishing the activity will be eliminated.

TARGET GROUP

- **Age:** 7+ (regular and disabled people)

SAFETY MEASURES

- For the blind person, we need one person who guides them, not touching only with words.
- At the basket throwing game, we need strong and stable people to hold the one.

V. ISLAND OF EMOTIONS



TIMEFRAME

- Up to 90 mins
- **Introduction:** 5–10 mins
- **Movement Rounds:** 20–30 mins
- **Group Trust Challenges:** 20–30 mins
- **Final Round & Debrief:** 15 mins
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AIM

- Foster emotional awareness and reduce stigma around mental health
- Build trust and a sense of emotional safety among participants
- Promote inclusion and understanding through shared movement and storytelling
- Develop basic teamwork and reflective listening skills

MATERIALS & SPACE NEEDED

Space: Open outdoor area (field, park, schoolyard). Can be done inside too, but larger space venue preferred.

Materials:

- 5–6 hula hoops, cones, or ropes to mark “islands”. Can be also done with stones, sticks.
- A4 paper, where to write down emotions and tasks.
- **Optional:** Small speaker for background music.

STRUCTURE & DESCRIPTION

Facilitator Tasks:

- Introduce the theme of emotional backpacks and emotional states
- Guide participants to move between emotion islands with prompts
- Facilitate short trust/inclusion tasks at each island
- Lead the closing reflection in a group circle

Participant Flow:

- Move to emotion-based “islands” based on personal feelings
- Share short personal insights (voluntary)
- Complete quick group tasks per island
- Return to circle for final reflection

TARGET GROUP

Age: 15–30 (can be older, but then the emotions and questions need to be adapted)

Group Size: 10–30 participants

Abilities/Skills: No specific physical skills required; adaptable to most fitness levels

SAFETY MEASURES

- Check area for tripping hazards (roots, rocks, wet grass)
- Remind participants to move mindfully during running
- Keep first-aid kit nearby
- Have a facilitator or assistant ready to support anyone feeling overwhelmed by emotional prompts
- Participation in sharing is always optional

DEBRIEFING

Methods:

- Group circle discussion
- Optional journaling or pair-sharing

Reflection questions:

- “What emotion was easiest to connect with?”
- “What surprised you about yourself or others?”
- “What helped you feel included during the activity?”
- “How do you lighten your own ‘emotional backpack’ in daily life?”

FLOW OF ACTIVITY

BEFORE ACTIVITY

Mark 5–6 “islands” using cones, hula hoops, or ropes. Or rocks or sticks.

Each emotion is written on A4 paper with large letters.

Examples of the emotions:

- Joy/Happiness
- Peace
- Connection/belonging
- Confidence
- Worry
- Curiosity/surprise

!N.B.! Depending how deep you want to go into emotions, you can use other emotions– anger, disappointment, sadness, overwhelmed etc. But you need to adapt ROUND 2 activities based on emotions that you wrote here. Place the papers (the emotion islands) randomly on the ground across the field (in the middle of the big group circle)

2. Round 1 – MOVE WITH MEANING ENERGIZER

Stand in a circle, arm length wide. Ask people to close their eyes. Explain the idea of the energizer – to see how we work as a group, we need to clap as one (all of us at the same time, synchronized) with eyes closed. You try a few times by saying “Okay, whenever you’re ready, clap your hands. Participants will try to do it a few times, most probably will not do it at the same time. The idea is that participants come up with ideas on how to create a strategy to do it together. Either by counting, by saying “CLAP” or anything else. Once they’re done and they have achieved the goal of clapping one as a team.

Once it’s done, people stand in the circle and you give instructions.

“There are papers on the ground with different emotions (please share out loud what emotions and where on the floor you put them). Also make sure that people understand what is meant by each emotion (based on the level of English of people).

Explain that you will ask 5 (or more, if you have) different questions, one after another, where participants need to do an activity and go to the emotion they mostly relate to according to the question that is asked.

Also explain that once they go to the emotion paper (emotion island) physically, there will be a question for the group that is standing there to talk about within the group. Make sure to say – it’s optional to share. And that everyone else listens and does not judge anyone.

ACTIVITY

1. “HOP to the island that shows how you feel today (or this week, or in this project).”

Explain the activity by showing what you mean by hopping. Additional things you can say to participants (to understand their energy level in general) – hop like your energy! Low energy = slow hops, high energy = big, fast hops.

Once the participants have hopped to the paper, where the specific emotion is written on a piece of paper, then you ask them to share the answer in the small group “What’s affecting your energy today (this week or in this project)?”

2. “Walk backwards to the emotion you try to hide most often.”

Mindful backward walk = facing what we avoid.

Once the participants have walked to the paper, where the specific emotion is written on a piece of paper, then you ask them to share the answer in the small group “Why do you think this emotion is hard to show?”

3. “Tiptoe to the emotion that comes up when you feel safe.”

Quiet, playful movement emphasizes safety and sensitivity.

Once the participants have tiptoed to the paper, where the specific emotion is written on a piece of paper, then you ask them to share the answer in the small group “When do you feel most safe lately?”

4. “Spin 3 times around yourself and run to the emotion that surprises you the most when it shows up.”

Spin adds light disorientation—like unexpected emotions.

Once the participants have run to the paper, where the specific emotion is written on a piece of paper, then you ask them to share the answer in the small group “How do you usually respond when this emotion comes?”

5. “Walk like a superhero to the emotion that gives you strength.”

Confident, proud walking pose—celebrating inner resilience.

Once the participants have walked to the paper, where the specific emotion is written on a piece of paper, then you ask them to share the answer in the small group “How do you access this strength in tough moments?”

Once people finish, you ask them to come back to the big circle.

3. Round 2 – TRUST TASK

When participants stand in the big circle, ask participants to randomly choose a circle/paper (emotion island) with the written emotion. Equal number of participants in each emotion station/circle/emotion paper. You have to calculate yourself how many people should be in each circle/emotion island.

At each island, the group must complete a trust or inclusion challenge. On the other side of the paper (where the emotion is written), there should be a task written. For example:

- **JOY** – One by one, make a joyful sound or movement (e.g., clap, dance step, shout of excitement). Additional task – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question Example – What gives you most joy in life? Where do you find joy in life?

- **PEACE** – On the other side of the paper write – “Breathe Together” – Form a circle. Everyone closes their eyes and takes three deep, synchronized breaths. On the final breath, stretch hands to the sky and release tension with a calming sound (e.g., “ahhh”).
- **ADDITIONAL TASK** – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question example – What gives you the biggest peace in life? Where do you find peace in life?

- **CONNECTION** – Form a statue or pose that expresses CONNECTION. Additional task – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question Example – What making true connection means to you in life? How to make a true connection in life?

- **CONFIDENCE** – Each person strikes a power pose and walks across the circle while the group cheers wildly. Additional task – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question Example – What boosts your confidence? What is your suggestion to others if they lack confidence?

- **WORRY** – Imagine your worry as something small in your hands. On the count of 3, everyone tosses it into the wind together with a movement (e.g., sweep, throw, shake it off). People also share what the worry was, if they want to. Additional task – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question Example – What do you worry about in your life? How do you deal with fear in your life?

- **SURPRISE** – Show the emotion of surprise to each other out loud. Additional task – write also a question on the paper related to emotion, so that each participant can answer and share some knowledge or feeling.

Question Example – What was the biggest positive surprise you have received in your life? How often and how exactly do you surprise other people in your life?

EXTRA – Facilitator or assistant can make pictures during the activity. Because there will be lots of interesting poses, emotions etc.

!N.B.! Each group rotates to a new island after 5 minutes or when they have finished sharing answers to questions.

4. Final Round – MIRROR WALK

Ask people to come back to full circle. Ask them to close their eyes again. Once they open their eyes, they should “catch” someone's eyes and then pair up with the person. That will be your mirror person.

1 min mirror walk. 1 person from the pair (person A) needs to walk the same way as they do every day. The other person (person B) must walk behind this person and mimic the way this person (person A) walks. After 1 minute, the person walking behind (person B) comes in front (swaps places) and is walking like the first person (person A). And the first person (person A) is basically looking how it looked, when he/she was walking.

No talking during the activity. Quiet walking. There can be nice music in the background. Like classical music, piano music in the background.

Once this first round is finished, then you ask people if they have taken on themselves the other person's emotions, feelings or something. If the answer is YES, then ask people to jump and shake off the emotions for 1 minute.

Then we do the other way around.

1 person from the pair (person B) needs to walk the same way as they do every day. The other person (person A) must walk behind this person and mimic the way this person (person B) walks. After 1 minute, the person walking behind (person A) comes in front (swaps places) and is walking like the first person (person B). And the first person (person B) is basically looking how it looked, when he/she was walking. 1 minute walk.

Once you finish, you can talk about what you saw in the other person. Share emotions you felt when you were mirroring each other. Share what you felt, when you saw the other person walking like you. Did you notice something about yourself?

Reflection Questions (10 min):

Come back to the big group circle. Divide people in smaller groups (divide in half or even in 4 parts the group, depending how big the group is originally. Maybe 5-10 people in each group.

- What emotion was easiest to connect with?
- What surprised you about others' choices or stories?
- How did it feel to move and reflect at the same time?
- What did you learn about yourself or others?

VI. SILENT STEPS



TIMEFRAME

- 30-45 mins

AIM

- The goal of the game is to challenge participants to think critically and work together without speaking or touching each other. The rules are intentionally designed to create difficulty, if a player is pushed, they move in only one direction, and shifting to the right or left causes the ball to drop. These constraints force each pair to rely entirely on non-verbal communication and strategic thinking. The true objective is to encourage players to use their minds creatively and find a solution before time runs out.

MATERIALS & SPACE NEEDED

- Colored Hula Hoops
- Balls

STRUCTURE & DESCRIPTION

- The game will be involved a bunch of people and they will be divided in 2 pairs and one of the pairs will be blindfolded before we place the circles. They hold the ball with their bodies without touching each other and they have to get to the circles before the other pairs without physical touch or speaking to each other. If you drop the ball you come back from the start. When the time is up the ones who didn't make it to the circles on time will be eliminated. The winners will play again with the same rules and so will have one pair at the end which is the winner.

TARGET GROUP

- Everyone can play this game since it doesn't involve any violent movements or danger. About the space it depends on the number of the players or pairs we have. It will be more fun and more difficult if it is played at night.

SAFETY MEASURES

- All we need on this game is some steady ground so no one can fall and be injured.
- At the basket throwing game, we need strong and stable people to hold the one.

DEBRIEFING

The game might seem complicated and hard to win due to the strict rules but this is what the aim of the game lies, and the rules are simple and easy to understand.