

# HIP POCKET GAME!

## NOTES TO FACILITATOR

Use one of our many tools for grabbing a group's attention and just launch into it. Grab their attention, get them in a circle and start facilitation on one of the hip pocket games! (Found on hip pocket helper with descriptions)

### ::PLAY A HIP POCKET GAME::

## OVERVIEW OF FACILITATION

Explain to them this is a training on leading hip-pocket games (games that are always on hand and require no prep or props). "We will be teaching you a few games by playing together in this training and giving you tips along the way"

## GET THEIR ATTENTION FIRST

### How do we do this?

- "Hey, hey, listen up, listen up"
- \*\*Hand in the air\*\*
- "If you can hear my voice clap three times. If you can hear my voice clap two times..."
- Ask for other suggestions.
- Other ideas?

### ::PLAY A HIP POCKET GAME::

## KNOW AND SHOW THE RULES OF THE GAME

*You have their attention... now what?*

**Deliver... and keep their attention!**

**Give instructions in a short & specific manner.**

Use your resources and EXPLAIN the rules but also SHOW them what you're asking

### ::PLAY A HIP POCKET GAME::

## REMOVE OBSTACLES/ BARRIERS TO FACILITATING A GAME

Take those sunglasses off! Let them see your eyes. Sunglasses create a barrier between you and the group

- Sound can be an obstacle. Wait for the group to be quiet. Don't talk over them but, speak loud enough for ALL to hear.
- Sometimes lowering the voice will cause the group to quiet down.

**Location! Observe your surroundings is the location appropriate and safe to play the game.**

### ::PLAY A HIP POCKET GAME::

## *CIRCLE UP!*

**Circles are important because everyone has a front row seat.**

- We can use various CIRCLE SIZES:
  - Chickens in Flight- circle formed with arms extended, touching fingertips
  - Double Chicken Wing- elbows out, touching elbows
  - Single Chicken Wing- one elbow out, other hand down by the side, touching elbow to side
  - Chicken Nuggets- circle formed with arms down by their sides, touching shoulder to shoulder

## **::PLAY A HIP POCKET GAME::**

## *FINDING A PARTNER*

**Removes the guess work out of it. Instead of finding a partner on who the person is, they are focusing on something else.**

This helps people pair up who normally wouldn't

- Find someone with the same "\_\_\_\_\_" as you.
  - Ex- same color shoe, similar height, same hair color
- In circle number them off. Ex. 1... 2... 1... 2...
- Stand back to back to your partner,
  - This will help you visually identify that everyone has found a partner and limits conversation making it easier for them to hear you.

## **::PLAY A HIP POCKET GAME::**

## *PRACTICE MAKES BETTER*

**The best way to learn and facilitate hip pocket games is through PRACTICE!**

- Don't be afraid to start again. REWIND.
- Try to make eye contact with everyone in the group.
- Help group members learn names by doing a NAME WHIP!
- Be CREATIVE... now that you know the rules feel free to change and explore different rules to keep it fresh and interesting!
- Think AHEAD! When co-facilitating plan ahead with your facilitator so you know what you will say
- STAY AWARE! Games are fun but sometimes you may want to keep an eye on the group is following the three keys!

## *IF THERE IS TIME LET THEM LEAD!*

Great now that we've facilitated a few games for you. In pairs (or groups of threes) take just a few minutes to look at the hip pocket helper and QUICKLY select a game to play together and with a partner(s).

**"Now we invite you to facilitate a hip pocket game"**

Bear Trap	In a group- stand in a circle, start with everyones left hand palm facing up toward their left. Everyones right pointer finger the "bear" will be pointing down on top of the hand to the person on their right. Count down (3,2,1) and say GO. On GO everyone tries close their left hand and TRAP the "bear" while moving their right finger to not be trapped themselves.
Word Degrees of Separation	In Pairs- each person chooses a word on the count of 3 say the word out loud. Each person picks a new word related to the two original words. Continue the process until both say the same word in the round. The goal of this game is to get the same word between 2 people ( usually 1 word noun ) note- can not say the same word as previous rounds.
Rock Paper Scissor Split	In Pairs - each person will start with the toes of 1 foot touching the heel of the other-the two players will have the toes of the front foot touching each other. Play a round of rock paper scissors, the winner of the round will move the front foot to have toes the touching the heel of the back foot. Player 2 will move their front foot to touch toes with the now front toes of player 1. Continue playing until someone loses their balance or can no longer continue
Finger Fencing	In Pairs - each player will start with the inside of the front foot touching, the second foot slightly back for balance. They will shake/clasp hands BUT with their index finger pointed out toward their opponent. The goal is to touch the other person the with index finger of the clasped hands first.
Balance Game	In Pairs - each will start about arms length apart. Next, with their arms bent in front of them at about shoulder height, each player tries to push on the hands of the other player to have them try to lose balance Note- the players can only touch each other's hands and no other body part
5, 10, 15, 20	In Pairs- each has 3 options each round. Each round the players will start by holding up both closed fists in front of them. On the count of 3 both players will decide (to themselves) to keep both fists closed (0), open 1 fist(5), or open both fists(10). Each player will take turns guessing the total number between both (0,5,10,15,20).
Look Up, Look Down	In A Group- get into a circle everyone will start by looking down at the floor. When the facilitator prompts everyone will look up and at someone- If two people are looking at each other they will face off in a scream off the person who can last the longest wins. hip pocket tip - can be adapted into an elimination game, a name game, etc
Vroom Skrrt	In a Group! In a circle everyone places their hands with thumbs facing up. The first person "leans" and points their thumbs in one direction (to right or left) and is passed along while saying "Vroom". Anyone may change the direction of the pass by stating "Skrrt." Often is an elimination game
Beat Master	In A Group- one person is selected to be the GUESSER and leaves the group. Next the group chooses someone to be BEAT MASTER and lead the group. The rest of the group must "sneakily" follow and mimic the exact movements of the BEAT MASTER The GUESSER then enters the center of the circle and tries to determine who the BEAT MASTER is.
My Bad/ All Good	In A Group- A person "passes" a number to the person next to them. If anyone makes a mistake (delayed response, wrong motion, talking out of turn, etc.) the game stops and that person says "My bad!". Everyone responds: "All good!" Start with basic Shoulder Tap Pass. Add a rule every time the group is able to count to 20. Shoulder Tap Pass: The counting is passed in the direction of the shoulder tap. Fives: Point at and make eye contact with someone on 5, 10, 15, and 20. Silent 6s: Like a shoulder tap, but the numbers 6, 12, and 18 are not said aloud. More rules can be added, or you can make your own.

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