

Humour Relief Workshop

Games

Ball game

 Material: Have three balls of different sizes¹

1. Participants form a circle. The first ball is thrown from one person to another until everyone has thrown the ball.
2. Then continue to receive the ball from the same person and pass it on to the same person as in the first round.

Whenever someone makes a mistake, they are invited to come to the centre and are loudly celebrated for making a mistake. The person can accept the praise and cheering graciously.

3. Then the ball toss starts again. Again receiving from the same person and passing to the same person.
4. Introducing a second ball, throwing it to another person and then from one person to another until everyone has had the second ball.
5. Start the game with two balls, always taking the ball from the correct person and passing it to the correct person.

Again, mistakes are celebrated loudly and cheerfully!

6. Start the game again and introduce a third ball which is passed around the circle from one person to the next.

Hoola-Hoop-Challenge

1. Participants form a circle, holding their hands. Make the hoola-hoop-loop go around without breaking the circle.
2. Second round in the other direction.
3. Then as fast as possible. Stop the time and challenge the group to go faster.

¹ alternatively you can play with imaginary balls und must say "their colour" when throwing



Wooosh!, Boing!, Zzip!

Participants form a circle.

1. Introduce the woosh-sound and gesture (shoving). Let it move from one person to the next around the circle.
2. Introduce the Boing-sound and gesture and explain that it stops the running woosh and sends it the other way. Play a couple of rounds to get used to it.
3. Introduce the Zzip-sound and gesture (pointing with both hands towards any person in the circle), which sends the woosh to another person.

Celebrate mistakes whenever they occur and start a new round.



Triangle-Challenge

1. Have the participants spread out in the room and ask them to secretly choose another person in the room as their angel. On the trainer's command, everyone starts to move and tries to stay at a distance of 2 metres from their angel.

Debriefing: Do you know whose angel you are?

2. Let the participants choose another person. This is their devil and they want to keep the maximum distance.
3. Ask the participants to secretly choose two other people and try to form an isosceles triangle. The person should try to form a triangle with the two secretly chosen colleagues, keeping the same distance from each of them.



Non-verbal communication

Form a circle. Without speaking, only eye contact, change places with another person in the circle. Only two people at a time can move.

Leading and following exercise only connected by index fingers.



Catch the finger

The participants form a circle with one hand flat and the index finger of the other hand placed steeply in the middle of the palm of their neighbour, lightly touching it.

On the trainer's count of three (which can be fast or slow), each person tries to catch their neighbour's finger and save their own.

You can make this a knock-out game until the final winner is found.



Grab a chair

Material: one chair less than participants (or 4 chairs, 5 participants)

One person in the middle tries to catch a chair. Those who are sitting must leave the chair (and find a new one) at the trainer's count of five.



The walk of compliments

Two rows of people facing each other. It should be just wide enough for a person to walk the aisle between them. There should be enough space for each person to walk through and take a place at the other end of the line.

The first person begins to walk down the aisle very slowly, eyes closed. All the people to the left and right whisper a compliment in their ear as they pass. At the end of the aisle, the person is met by the trainer and given a few seconds, then asked to join the line where they are. This continues until everyone has been through.



Feedback soup

Each participant gives an "ingredient" of what they liked or learned in the soup.

All methods leant from the Red Noses International Clowndoctors



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