

Heads Up, Heads Down



Planning

- 15 minutes
- Suitable for any size group

Materials

- None needed

Instructions

- Players stand in a circle next to each other.
- Everyone starts by looking down at the ground.
- One player is chosen as the Leader to give commands.
- This game works best outdoors since it can get loud; remind youth to keep yelling at a reasonable volume.

Game Play

- The Leader calls out “Look up!”
- All players immediately look up and attempt to make eye contact with one other player.
- If two players make eye contact with each other, they must begin yelling/screaming.
- The first player to stop yelling is eliminated and leaves the circle.

- If no eye contact occurs, all players look back down.
- The Leader calls “Look up!” again and the game continues.
- Play continues until one player remains, who is declared the winner.
- Encourage eliminated players to stay engaged by supporting, motivating and cheering for the remaining players.

Variations

- During a yelling match, players may slowly step closer to one another for emphasis and energy, while respecting personal space and keeping a safe distance.

Debrief

- What was the hardest part of the game?
- Did you change your strategy as the game went on? How?
- Did you feel more comfortable and gain more confidence as the game went on? Why?
- Why is it important to encourage and support others?
- How important is eye contact in real-life situations?

