



# NERF Party Facilitation Guide



# Equipment

## Catalog of Inventory:

- Guns

- Elite and Before Current Naming Convention (darts)

- Pistols:

- Single-pump, handle (20-40 pc)

- 1-shot

- 3-shot - [Trio](#)

- Single-pump, slider, drum (20-40 pc) - [Disruptor](#) and [Strongarm](#)

- Rifles: single pump, slider (20-40 pc)

- Drum - [Shockwave](#)

- Magazine - [Delta Trooper](#) and [Echo](#)

- Shotgun: single-pump, slider

- 4-shot - [Warden](#)

- Rival (balls)

- Rifles (20-40 pc)

- [Artemis](#) and [Nemesis](#)

- TROUBLESHOOTING



# Equipment

## Catalog of Inventory:

- Gear
  - Darts (NERF or 3rd party)
  - Balls (NERF or 3rd party)
  - Safety Goggles, classic (10-20 pc)
  - Vests (10-20 pc)
  - Wristbands (10-20 pc)
- Bunkers/Barriers
  - NERF Bunkers (2-4 pc)
  - NERF Barriers (8-16 pc)
    - ⇒ Sand for NERF Bunkers and Barriers
  - Paintball Barriers (8-10 pc)



You might want access to water to fill bunkers to keep in place.



## Games and Activities (Overview)

“Single-Player”/Small Team or Free-for-All

- Battle Royale (“Free-for-All”)
- Poison NERF / Blob NERF
- Night at the Museum
- Sharks & Minnows / Across the Ocean
- Duck-Hunt
- Dr. Midnight

# Games and Activities (Legend)

## Legend for Diagrams

-  = play area boundary
-  = specific game boundary
-  = barrier
-  = bunker\*\*
-  = participant/player\*
-  = bucket of darts
-  = flag/bandana/etc\*\*

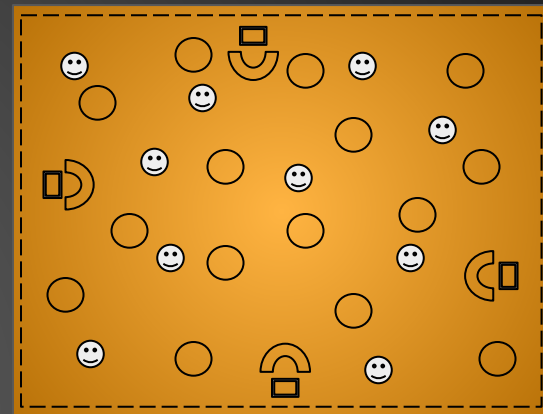
\* : colored emojis represent team colors or “main/themed players”

\*\* : colored items note to which teams the items “belong”

# Games and Activities

- Battle Royale (“Free-for-All”)

- **Group Size/Split:** 4-30 (every person for themselves / no teams)
- **Recommended Ages:** All
- **Length of Activity:** 5-20min
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4) => +Music source for Freeze Dance => +Deck of Cards/Match-making Game Cards for Match-Making
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Ask the participants to find a spot in the play area to start from (~1-2 ft from another player)
  - Place the buckets of darts in easily accessible locations for everyone
- **How to play:**
  - No real structure, just running around and shooting each other
  - Can set rules for when a participant is hit, especially for 8+ yr olds (recommended: sit and count for 5-10 seconds to respawn or leave the play area until the round is over)
  - Can add more structure or challenge depending on age (esp. 9+ yr olds)
- **Variations:**
  - King of the Hill (Trying to keep control of a designated area for a certain amount of time to end round. Can set a standard for a “win” [i.e. capture 1-2 hills?]. Use cones or specific barriers/bunkers to designate hills.)
  - Last Person Standing (once hit by a dart, must sit/leave the playing area => last person in the game wins)
  - Freeze Dance Style (Play music during the rounds. Players must freeze when the music stops. If they fail to freeze then they either sit/count or leave the play area)
  - Match-Making (Same rules around getting hit applies. A deck of cards [or match-making cards] is hidden around the play area. Participants search for two cards that match. They can only carry two active cards at a time, and cards become inactive once a match is made. Participants with the most sets by the end wins)

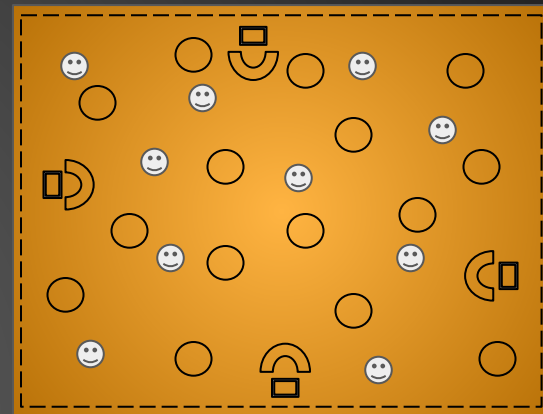




# Games and Activities

- Poison NERF / Blob NERF

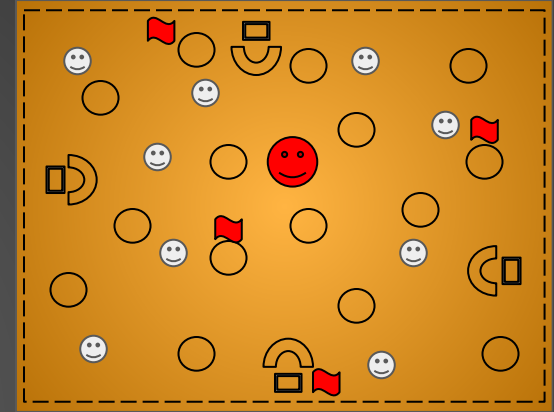
- **Group Size/Split:** 5-30 (every person for themselves / no teams [directly])
- **Recommended Ages:** All
- **Length of Activity:** 5-10min (2-4min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4) => +Bandanas/Flags for Dragon Tails
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Ask the participants to find a spot in the play area to start from (~1-2 ft from another player)
  - Place the buckets of darts in easily accessible locations for everyone
- **How to play:**
  - **Poison**
    - Similar to Battle Royale, but with a twist
    - As players are hit, they sit down and wait to respawn
    - If the person that shot you gets hit, they sit down and you are able to respawn
    - The game continues until one person is left standing
  - **Blob**
    - Similar to Battle Royale, but with a twist
    - As players are hit, they lock arms with the person that shot them
    - Players that are locked together must move together (like the "BLOB")
    - The game continues until all players are a part of one blob
- **Variations:**
  - **Dragon Tails** (Similar to Poison NERF, but with a twist. Each player places a flag somewhere on their body/clothing where it is seen AND able to be taken from them [recommended: in their pockets or tucked into pants/belt loop holes]. The goal is to grab as many flags as possible. When a flag is taken, the player it is taken from must sit down in that spot. A player does not respawn if their flag is taken from them. However, they are allowed to take flags from players that pass them, in order to respawn. Players are not allowed to fight over flags [if it is taken, it is taken // no tug-of-war]. The round ends when one player has all the flags.)



# Games and Activities

- Night at the Museum

- **Group Size/Split:** 5-30 ('X' security guards / the rest are "exhibits" or "statues")
- **Recommended Ages:** 5-8 (but older players may enjoy it, esp. the variation)
- **Length of Activity:** 5-10min (2min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Buckets of darts (2-4), Bandanas/Flags (2-4)
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
  - Number of guards is determined by group size (recommended: 1 guard per 4-6 statues)
  - Hide 2-4 flags in the play area, while the guard closes their eyes (flags can still be seen while walking)
  - Statues are allowed one gun and 10-15 darts (or one magazine) / Guard has no gun
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Ask the participants to find a spot in the play area to start from (~1-2 ft from another player)
  - The guard starts the game standing, while the rest of the players are lying down
  - Facilitator chooses first guard, but previous guard selects the next one
  - Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)
- **How to play:**
  - The security guard must walk around to collect the flags in order to end the round
  - The statues must try to tag or shoot the guard before the flags are collected
  - Statues are allowed to move until the guard is looking at them => can only shoot when standing
  - Statues must freeze when seen (no shooting and no movement; excluding breathing, eyes, etc)
  - If a statue fails to freeze, then a guard can point and call out that person/people
  - When the guard calls out the statue, the statue must lay back down on the ground to reset
- **Variations:**
  - The Weeping Angels (Only the guard/The Doctor has a weapon and same dart standard. They can call out those moving to lay down OR can shoot the statues while they move to take them out of this round)

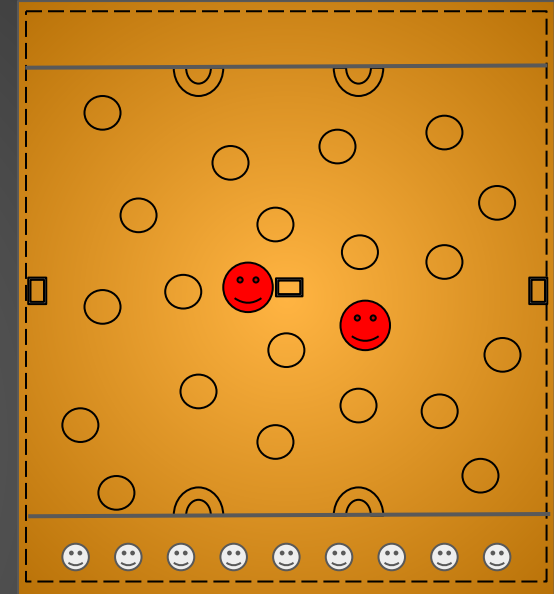




# Games and Activities

- Sharks and Minnows / Across the Ocean

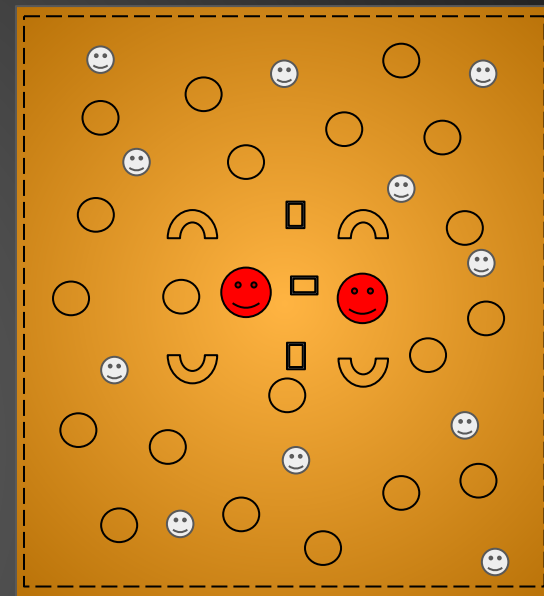
- **Group Size/Split:** 8-30 ('X' sharks / the rest are other sea animals that sharks can eat)
- **Recommended Ages:** 5-8 (but older players may enjoy it, esp. the variation)
- **Length of Activity:** 5-15min
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Buckets of darts (2-3)
- **Set-up:**
  - Establish out-of-bounds and end lines; use cones if necessary (can use bunkers to mark end lines)
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
  - Number of sharks is determined by group size (recommended: 1 shark per 4-6 sea creatures)
  - Sharks are allowed weapons, but sea creatures are not
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Sharks start in the middle of the play area. Sea creatures start behind one of the end lines.
  - Facilitator chooses first shark(s), but last creatures to survive each round can become the sharks
  - Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)
- **How to play:**
  - The shark's goal is to tag or shoot the sea creatures. Sea creatures are trying to run from one end line to the other (they are safe beyond the end lines ["coral reefs"]).
  - The creatures cross the ocean when a shark calls out: "Cross the ocean if...." (i.e. you are wearing red, have a brother, like to eat broccoli, etc)
  - When only 2-3 creatures are left, they cross the ocean without a specific call out
  - Sharks are not allowed in the reefs, and they are not allowed to shoot or tag animals beyond them
  - When a shark tags/shoots an animal, the animal sits or stands in that spot in order to become seaweed
  - Seaweed cannot move, but they can tag other animals to become seaweed as well
  - The round ends when all creatures are seaweed or the creatures can survive 5-10 crossings
- **Variations:**
  - Zombie Sharks (when a shark "gets" a creature, the creature becomes a shark)
  - Across the Frozen Pond (Bears and wolves are coming for settlers. Bears get weapons, but settlers do not. Settlers are "frozen" [laying in the spot they were tagged/shot], but they can save each other by dragging or carrying each other beyond the end line they are headed towards. Active settlers can still be "gotten" when helping frozen ones.)



# Games and Activities

- Duck Hunt

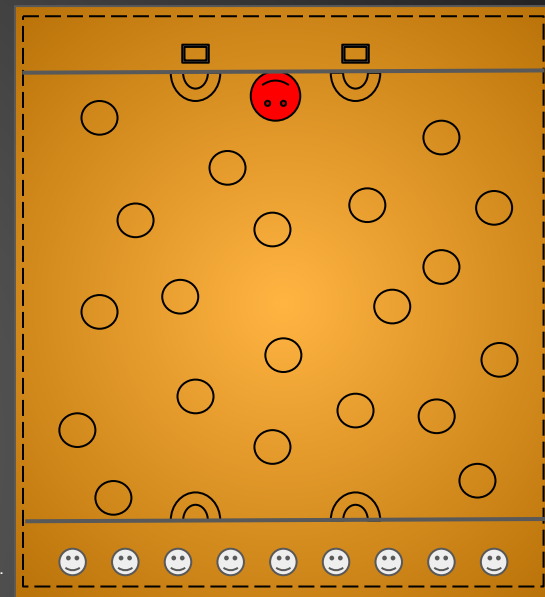
- **Group Size/Split:** 5-30 ('X' hunters / the rest are ducks [can choose their animal if they would like])
- **Recommended Ages:** 5-8 (but older players may enjoy it, esp. the variation)
- **Length of Activity:** 5-15min (2min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Buckets of darts (2-3)
- **Set-up:**
  - Establish out-of-bounds and end lines; use cones if necessary (can use bunkers to mark end lines)
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
  - Number of hunters is determined by group size (recommended: 1 hunter per 4-6 ducks)
  - Hunters are allowed weapons, but animals are not
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Hunters start in the middle of the play area ("camp"). Animals start anywhere in the play area, outside of the "camp"
  - Facilitator chooses first hunter(s), but last animals to survive each round can become the hunters
  - Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)
- **How to play:**
  - The hunter's goal is to tag or shoot the animals. Animals are trying to stay alive (there are no "safe zones").
  - Animals are not allowed in the "camp" (see variations for other options)
  - When a hunter tags/shoots an animal, the animal leaves the play area
  - The round ends when all the animals are "caught" (or when only 2-3 are left for a couple minutes)
- **Variations:**
  - Wild Hunt (Same rules above, but participants move like the animals they chose)
  - Jumanji (Buckets in the camp have a limited number of darts. Animals are allowed to take darts from the buckets in the camp. Animals are allowed to tag the hunters. When a hunter is tagged, they stop playing, go back to their base, and count for 10sec in order to respawn. If a hunter gets tagged 3-4 times, they leave the play area. The round ends when all animals are "caught" OR when all hunters have been removed.)
  - Wild Jumanji (Combine the two other variations)



# Games and Activities

- Dr. Midnight

- **Group Size/Split:** 5-30 (1 Dr. Midnight / the rest are nurses or patients for the doctor)
- **Recommended Ages:** 5-8 (but older players may enjoy it, esp. the variation)
- **Length of Activity:** 10-15min
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Buckets of darts (2-3)
- **Set-up:**
  - Establish out-of-bounds and end lines; use cones if necessary (can use bunkers to mark end lines)
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
  - Dr. Midnight is allowed a weapon, but the patients are not (will receive one once caught by Dr. Midnight/nurses)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Dr. Midnight starts on one end line, facing away from the play area (can ask to close eyes/cover face to ensure they cannot see the other participants). The rest of the participants start on the other end line.
  - Facilitator chooses first Dr. Midnight, but previous Dr. can choose the next one
  - Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)
- **How to play:**
  - Dr. Midnight's goal is to tag or shoot the patients. Patients are trying to run back to their end line (they are safe beyond the end line ["home"]).
  - The patients cross the play area when Dr. Midnight calls out: "It is \_\_\_\_ o'clock." (Only Dr. Midnight can call times, and they must wait until the patients finish moving before calling another time.)
  - Patients take the same number of steps as the time Dr. Midnight says. (i.e. "It is 5 o'clock" = 5 steps)
  - Steps should be at least a "foot-length" long, but patients can make them as big as they would like (doesn't have to be an even line across the play area)
  - After taking the correct number of steps, the patients stop moving and await another time from Dr. Midnight
  - Dr. Midnight can also say "It is midnight." (This activates the tagging time)
  - When "midnight" is called, the patients try to run back to the end line they came from, while Dr. Midnight tries to catch as many patients as they can
  - If a patient is caught by Dr. Midnight, they become a nurse to help the doctor (this is when they receive a weapon, and they also start with Dr. Midnight on the opposite end line [also not allowed to look at the play area/other participants])
  - A round ends when all patients have been caught
- **Variations:**
  - N/A





# Games and Activities (Overview)



Team (2-4+ groups)

- Battle Royale (“Team Deathmatch”)
- Capture the Flag
- Humans v. Zombies
- Hostage
- Protect the Captain
- Run the Gauntlet

# Games and Activities (Legend)

## Legend for Diagrams

-  = play area boundary
-  = specific game boundary
-  = barrier
-  = bunker\*\*
-  = participant/player\*
-  = bucket of darts
-  = flag/bandana/etc\*\*

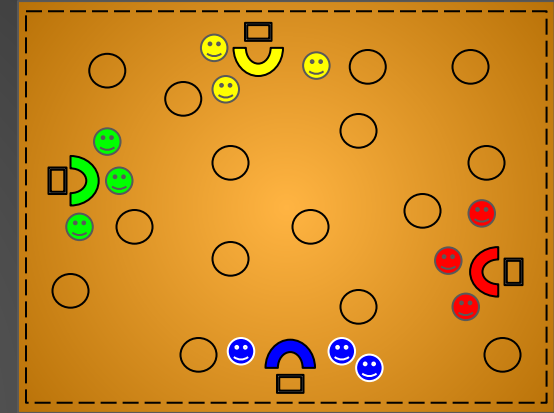
\* : colored emojis represent team colors or “main/themed players”

\*\* : colored items note to which teams the items “belong”

# Games and Activities

- Battle Royale (“Team Deathmatch”)

- **Group Size/Split:** 6-30 (teams of at least 3-4 participants [recommended: if only 2 teams, no more than 10 participants / if 3-4 teams, no more than 5-6 participants // if 3+ teams, can rotate teams out as they win/lose rounds, but keep equal play time])
- **Recommended Ages:** 8+
- **Length of Activity:** 5-15min (2-4min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4) => +Music source for Freeze Dance => +Deck of Cards/Match-making Game Cards for Match-Making
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Assign bases for the participants to start from
  - Place the buckets of darts in each base
- **How to play:**
  - The goal of the game is to be the last team standing
  - When a participant is hit, they must leave the play area until the round is over
  - The round ends when there is only one team left
- **Variations:**
  - Attack and Defend (Trying to keep control of a specific area until the round ends. Use cones or specific barriers/bunkers to designate the area to defend. When a participant is hit, they must leave the area/return to their base to respawn. They must come back to try to gain control of the area. Whoever is holding the area at the end of the round wins [recommended: most players in the area / longest amount of time controlling the area / last team to have control of the area / whatever the facilitator decides is a win])
  - Freeze Dance Style (Play music during the rounds. Players must freeze when the music stops. If they fail to freeze then they either sit/count or leave the play area)





# Games and Activities

- Capture the Flag

- **Group Size/Split:** 6-30 (teams of at least 3-4 participants, no more than 10 on each team [recommended: only 2 teams on the field at a time, esp. for younger players // can rotate teams out as they win/lose rounds, but keep equal play time])
- **Recommended Ages:** 8+
- **Length of Activity:** 10-15min (2-4min rounds)

- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4), Flags/Bandanas (2-4) => +Deck of Cards/Match-making Game Cards for Match-Making, unless using colored flags

- **Set-up:**

- Establish out-of-bounds; use cones if necessary
- Spread out the bunkers/barriers in the play area (number determined by size of play area)
- Place a flag in each of the bases where it can be seen and able to be taken (if younger participants, can start with 1 flag on a barrier in the middle of the field => modify up to flags in bases, if rounds end too quickly)

- **Before You Start:**

- Set expectations, ground rules, and when to stop/break
- Assign bases for the participants to start from
- Place the buckets of darts in each base
- Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)

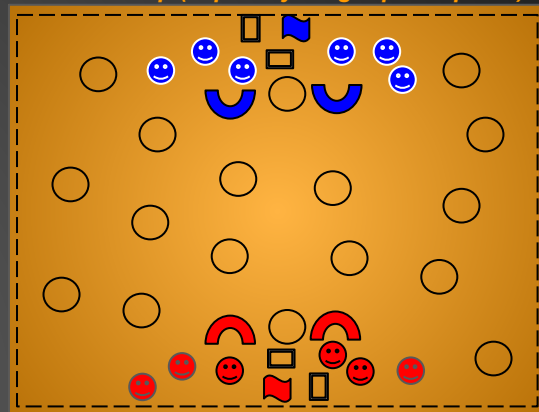
- **How to play:**

- The goal of the game is to capture the other team's flag and bring it back to your own base
- When a participant is hit, they must return back to their base and count for 5sec in order to respawn
- The round ends when one team captures a flag (3+ teams on the field together => 2+ flags captured)
- If a participant holding a flag is shot, they drop the flag where they are and return to their base to respawn
- A dropped flag stays where it is on the field (teams are not allowed to touch/hide their own flag)
- Teams are not able to "puppy-guard" bases/flags (can only be within 2-4ft for 10-15sec OR to reload => must leave the area after time)
- If participants are younger, focus on capturing the flag (do not worry about rules around getting shot, as it may just be confusing to start)

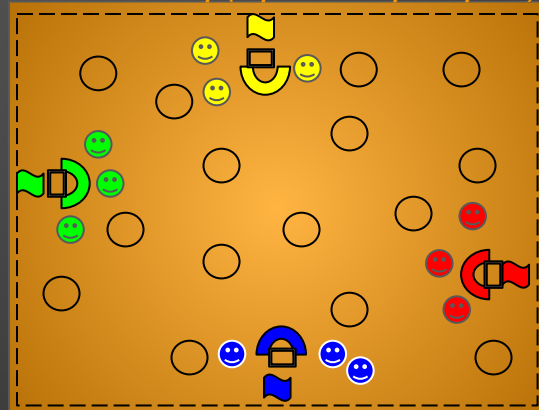
- **Variations:**

- War of the Flags (Same set-up and rules apply, but a twist around respawning. Players that are shot must go to the opposing team's base that shot them. They remain out of the game/"captured" until someone on their team frees them. A player can be freed by being tagged by their teammate. When a player is freed, both players get a free walk back to their base. Opposing teams cannot guard captured players.)
- Match-Making (Same rules around getting hit apply. A deck of cards [or match-making cards/same colored flags] is hidden around the play area instead of in the bases. Participants search for two items that match. They can only carry one active item at a time, and items become inactive once a match is made. Participants must bring items back to their base for a match. Teams with the most sets by the end wins)
- Bird's Nest (Same rules around being hit apply. There are 6+ flags on a barrier in the center of the play area. Players are trying to bring back a certain number of flags to their base to win the round [i.e. 3 captured:6 total; 4:12, etc]. Teams send out one player at a time to get a flag. Players can only take one flag at a time. They can also take from other bases. Designate a specific area to drop flags at each base. Whoever gets the specific number of flags wins the round [or whoever has the most flags by the end of the time])

## Basic Set-up (esp. for younger participants)



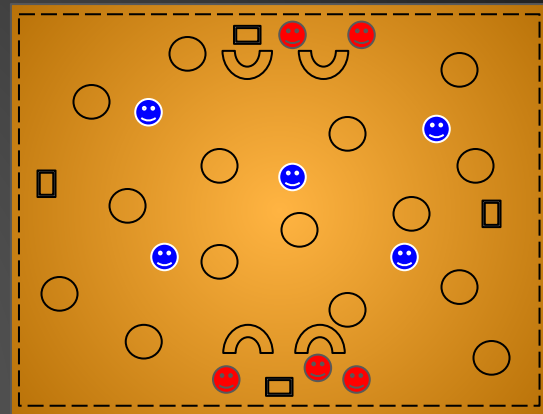
## Advanced Set-up (esp. for older participants)



# Games and Activities

- Humans v. Zombies

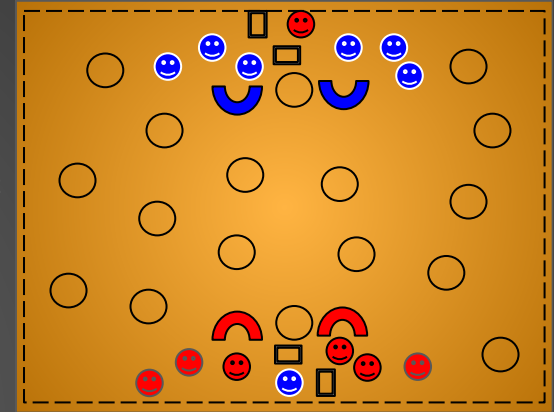
- **Group Size/Split:** 6-30 (2 teams // humans = red; zombies = blue)
- **Recommended Ages:** All
- **Length of Activity:** 10-20min
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4) => +Hula Hoops (5-10) for Aliens v. Astronauts
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
  - Humans are allowed weapons. Zombies do not have weapons.
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Ask the participants to find a spot in the play area to start from (~1-2 ft from another player)
  - Place the buckets of darts in each human base as well as 1-2 easily accessible locations for humans to find (can hide them for older players)
  - Demonstrate safe tagging (can use a pool noodle to avoid hitting // still need to demonstrate)
  - Humans start in one of the bases; Zombies starts somewhere in the play area
- **How to play:**
  - The goal is for humans to survive the round and/or kill all the zombies
  - Zombies are trying to tag the humans (28 days later type of zombies; i.e. they can run)
  - When a zombie is shot, they must sit and count for 5-10sec to respawn or leave the play area (allowed 1-4 respawns, depending on degree of difficulty)
  - When a human is tagged, they become a zombie
  - The zombies can win if all humans become zombies
- **Variations:**
  - Dawn of the Dead (Humans have a limited number of darts and zombies have no respawns => can also place more players on the zombie team than on the human team to start)
  - Aliens v. Astronauts (Similar rules, but with a twist. Humans have limited number of darts. Aliens have 1-4 respawns, depending on the degree of difficulty. Place hula hoops around the play area to act as human spaceships/"safe zones". Humans are allowed to be outside of a spaceship for only 10-15sec, and they must return to "get oxygen." If they are out for too long; they become an alien. Only 2 humans in a spaceship at a time. Aliens cannot guard spaceships for longer than 10-15sec. [can give aliens weapons to increase degree of difficulty.]



# Games and Activities

- Hostage

- **Group Size/Split:** 6-30 (teams of at least 3-4 participants, no more than 10 on each team [recommended: only 2 teams on the field at a time, esp. for younger players // can rotate teams out as they win/lose rounds, but keep equal play time])
- **Recommended Ages:** All
- **Length of Activity:** 10-15min (2-4min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4)
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Assign bases for the participants to start from
  - Place the buckets of darts in each base
  - Each team gives one player to the other team as a “hostage”
- **How to play:**
  - The goal of the game is to save your teammate that is a hostage and bring them back to your own base
  - When a participant is hit, they must return back to their base and count for 5sec in order to respawn (hostages that are shot must return to the opposing team's base)
  - The round ends when one team saves their hostage
  - The hostage is unarmed to start, and the other team is allowed to “hide” the hostage
  - The hostage is not allowed to move from their hiding place until their teammate taps them with a hand (at which point, the hostage can be given a gun)
  - The round ends when a hostage is saved
- **Variations:**
  - N/A



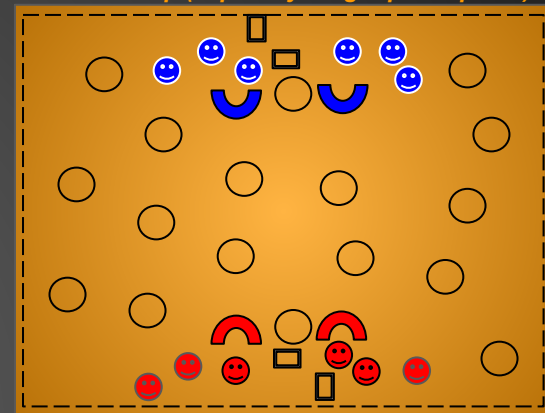


# Games and Activities

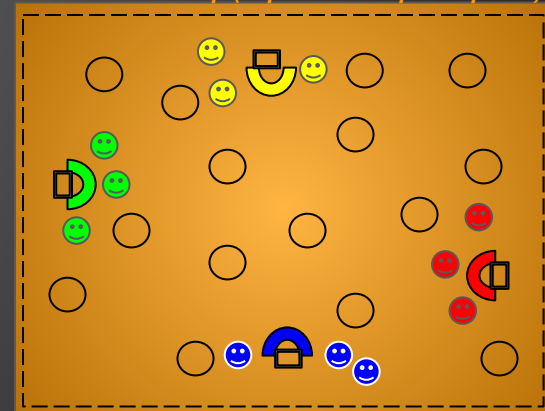
- Protect the Captain

- **Group Size/Split:** 6-30 (teams of at least 3-4 participants, no more than 10 on each team)
- **Recommended Ages:** All
- **Length of Activity:** 10-15min (2-4min rounds)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Bucket of darts (2-4), Flags/Bandanas (2-4)
- **Set-up:**
  - Establish out-of-bounds; use cones if necessary
  - Spread out the bunkers/barriers in the play area (number determined by size of play area)
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - Assign bases for the participants to start from
  - Place the buckets of darts in each base
- **How to play:**
  - Each team designates an unarmed captain (recommended: use flags/bandanas to distinguish who the captain is)
  - The goal is to shoot the captain(s) on the other team(s) as well as protect your own captain
  - There are no respawns for a captain (a team is out of the game when their captain gets hit)
  - When a participant who is not a captain is hit, they must return back to their base and count for 5sec in order to respawn (participants are not allowed to guard another team's base to kill respawning players)
  - The round ends when only one captain is left in the game
- **Variations:**
  - VIP (The captain is now called a VIP. Designate an area that each team must move to in order to win. The team[s] must relocate their VIP to that area in order to win. If their VIP is hit, they lose. Teams take turns trying to relocate their VIP)
  - Mad Max (Used for games with 3+ teams. Same rules as Protect the Captain/VIP, but a team that loses their captain must join the team that hit their captain)
  - Medic! (Similar rules to Protect the Captain, but with a twist. The captain is now called a medic. The medic is safe while in their own base [cannot be hit/downed]. When a teammate is hit, they must stay down where they are hit. They can be respawned when their own medic taps them with a hand. When a medic is hit, they do not respawn. The round ends when only one team is left standing [recommended: with younger players, only have 2 teams, give the medic 1 respawn, and allow the round to end if the medic is out of the game] => can add more "safe zones" to the area using hula hoops)

*Basic Set-up (esp. for younger participants)*



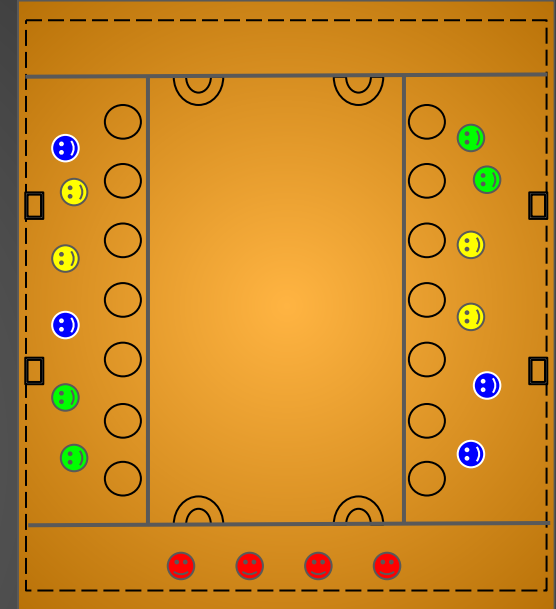
*Advanced Set-up (esp. for older participants)*



# Games and Activities

- Run the Gauntlet

- **Group Size/Split:** 8-30 (teams need at least 2-4 participants => enough players on the outside to be challenging)
- **Recommended Ages:** 5-8 (but older players may enjoy it)
- **Length of Activity:** 10-15min (2-5min rounds, depending on group/team sizes as well as number of teams)
- **Equipment Needed:** Bunkers/Barriers, Cones (esp. boundaries), Buckets of darts (2-4) => +Empty Buckets/Targets/Bottles (2-10 pc, depending on what is used) for American Gladiator
- **Set-up:**
  - Establish out-of-bounds and end lines; use cones if necessary (can use bunkers to mark end lines)
  - Line the barriers along each side of the play area
  - Participants on the outside are allowed weapons, but the active team [in red] are not
- **Before You Start:**
  - Set expectations, ground rules, and when to stop/break
  - The active team starts on one end line, while everyone else starts beyond the sidelines
  - Place the buckets of darts on the sidelines
- **How to play:**
  - The active team's goal is to cross the play area without getting hit and returning to the start (there and back = 1 point)
  - The outside players are trying to shoot the active team as they run
  - The active team is safe beyond the end lines, and the outside players cannot cross the sidelines
  - When an active team member is hit, they must return to the last place they came from (i.e. starting at their base, running to the other side => gets hit => return to the base and try again)
  - The active team can run an infinite number of times within the time allowed for each round (they want to get as many points as they can; they can run whenever they are ready [facilitator starts the round with a sign to the active team])
  - The rounds end when the time is up, and we keep track of each team's score
  - The team with the most points wins
- **Variations:**
  - American Gladiators (Same rules apply about getting hit. The active team is allowed weapons. There is an empty bucket or two set-up on each end of the play area, and they are turned on their sides. Spread the barriers around the middle for more of a challenge, using cones to mark the side lines instead. The active team is trying to shoot darts into the buckets without getting hit. The team with the most number of darts in the buckets wins. Empty the buckets after each round. => can replace the empty buckets with things to shoot down/at for more of a challenge [i.e. water bottles, etc])



# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Marksmanship
    - Crash the Tower / Target Practice / Hit the Can
      - Things to shoot down (fill cans and bottles a little bit to avoid wind issues [water, rocks, sand, etc]) => [cool target idea](#)
        - Stack of cans, plastic cups, etc (different set-ups to see if they can knock them all down)
        - Row of bottles, cans, ping-pong balls on stands, etc
        - Staggered targets
      - Things to hit
        - Targets on a flat board to hit
        - A board with holes in it, like [cornole](#) (labeled with scoring numbers)



# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Marksmanship - cont.
    - Clean Your Room / Fill It Up
      - Most darts in a bucket wins, can't go passed line, can't defend, esp. Younger
  - Scrabble / Shoot & Spell
    - Targets with letters on them, spell a word
      - More fun/challenge: opposing person can guess the word before it's spelled, if they've been paying attention (only 1 chance to guess, steal point if correct, lose point if wrong)

# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Reactions/Quick Draw
    - Duel
      - Line up back-to-back, take 10 steps, turn and shoot, whoever hits first wins
    - Gunslinger
      - Set out targets with different capital letters on them, a word is said, participants must shoot the target with the first letter of the word
      - Set out targets with different numbers/values on them, give a unsolved math equation/word problem/solution, participants must shoot the target(s) that gives the answer or formula

# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Tactics
    - Tic-Tac-Toe
      - Play tic-tac-toe on a vertical board, darts that hit count on that space, a space that's hit can't be taken, missed darts count as a turn
      - More challenge: can take away/clear by hitting opponents piece
    - Match-Making
      - Hang or stick some cards to a board/object, shoot matching items to get points (once hit, can choose to go for the other, must indicate when choosing a different second item [forfeit the first hit]), ones that are matched are inactive for the rest of the round)

# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Tactics - cont.
    - Poker
      - Hang or stick some cards to a board/object, shoot 5 times to create a hand, best hand wins
    - Blackjack/21 or Jackpot
      - Hang or stick some cards to a board/object, must try to get 21 or close to it (cannot go over or bust), must indicate when they have stopped (“I’ll stay”), others have 2-3 more tries to go after 21 once a person has decided to stay
      - Random cups/plates/targets hanging from a ladder ball style game, each level represents a score value (or each cup has its own), shoot to get the jackpot (specific number decided by group for Jackpot)



# Games and Activities

- Tests/Competitions (Single-Player or Teams, especially small groups)
  - Tactics - cont.
    - American Gladiator Style
      - Set-up obstacle course with different targets to hit (1-2 gladiators to protect each target), final “base” has 2-3 targets, 2-4 “gladiators” at a time are stationed at the final base, gladiators are inactive once their target is hit (may move to next available target, depending on number of participants left), see how far you can go and in what time

# Facilitation Expectations

- Splitting into groups
  - Should be as quick as possible
  - Determine simple ways to split teams
    - Creative ways to split groups (b-days, likes/dislikes, siblings or not, etc)
    - Count-off (1, 2, 3, 4 // Blue, Yellow, Red, Black // etc) => not always effective for younger players (some difficulty with memory)
    - Pick captains and they select (often the birthday person and volunteer)
    - Give a time limit for them to split themselves (“You have 30 sec to split into groups of 5.”)
    - You directly choose

# Facilitation Expectations

- Splitting into groups - cont
  - Ensure that teams are fair (splitting age groups and skill levels evenly)
    - Identify the mixed ages and split them accordingly
    - May need to even teams out after splitting to ensure numbers are balanced, at least
  - Don't be afraid to reorganize the teams, if you notice that it is unfair after a couple rounds/a game
  - Get creative for younger groups: characters, animals, foods, colors, countries, etc. => Use printed cards/cones to designate where they can stand???
  - Can allow teams to choose name (no longer than 30sec-1min) => "You have 1 min to talk amongst yourselves and choose a team name for your group."
  - Gear is available by group (1-2 groups at a time have certain amount of time to get proper gear)

# Facilitation Expectations

- Devise a way for solving disputes, as we literally cannot see everything
  - Rock-Paper-Scissors
  - Coin Toss
  - Target Sharpshooting Challenge
  - Referee/Facilitator is final call
- Read the Room
  - If participants are getting bored or restless: shorten directions or make more engaging, modify the game, switch games, “jailbreak”, change the main taggers/players, etc
  - If someone doesn’t want to be “it”: ask them to try for a round, choose someone else, ask for volunteers, ask birthday person to choose, etc
  - PAY ATTENTION to who you have called on or chosen to be the main players and those participating in engaging with directions; keep the opportunities spread out and fair
  - Don’t forget to build in breaks, especially for water (5-15min)



# Facilitation Expectations

- **Officiating**
  - As loose as you need it to be => can adjust rules or style as the day goes on
  - Older groups have a tendency to be more honest and play by the rules
  - Younger groups have a tendency to be dishonest in order to win and forget or not understand rules/expectations (develop ways of solving disputes FAST and FAIR)
  - Focus on fun, safety, and constructive habits and communication
  - Use cones or other resources (bean bags, specific lines in a gym, etc) to establish game and boundary lines for the day
- **Before each round**
  - Reflect on the previous round: do we need any adjustments?
  - Reset the play area => participants should be following previously established expectations
  - Review most important rules AND new rules, if necessary (ask the group or a “silent/listening hand” to recall or repeat)
  - Give 30 seconds or so to reload their weapons and get situated
  - Keep an eye on the dart supplies, may need to pause and do a quick pick-up & redistribution
  - Add some hype, if you’re feeling it

# Facilitation Expectations

- You're the facilitator: you can always modify anything at anytime
  - You decide how to make things fun, so don't feel like you need to follow a set standard all the time
  - Too difficult (or rounds taking too long)? Make adjustments to simplify the game or switch to an easier game to play
  - Too easy (or rounds ending too quickly)? Make adjustments to increase the difficulty/give a challenge or choose a more complex/challenging game to play
  - Small adjustments can go a long way
- Battle Royale is a great game to end with (esp. to start organizing/packing up while they play)



# Age-Appropriate Activities and Facilitation Guidance

## Ages 5-7 (typically Kindergarten-2nd grade)

- Often keep eyes focused on a small close area, and struggle with more than one concept at a time
  - Frequent use of attention getters, and do not speak until you have full attention
  - Take your time with directions and expectations
  - Learn best through active play and hands-on activities
  - Enjoy explaining things and asking questions
- Respond well to clear and simple expectations
  - Understand and follow exactly as stated
  - May frequently make auditory reversals => answer first what they heard last
  - Important to focus on “We do this” / “We \_\_\_\_” and “We are \_\_\_\_”
- Tire Easily
  - Try to keep things high-energy and engaging
  - More frequent breaks and/or shorter rounds in game

# Age-Appropriate Activities and Facilitation Guidance

Ages 5-7 (typically Kindergarten-2nd grade) - cont.

- Often enjoy the process more than the product
  - Can be more loose with rules and challenges in the game
  - Focus more on quantity than quality
- Can be very sensitive
  - Easily upset when hurt
  - Need security and structure
  - Better with frequent reminders and redirection than harsh discipline
  - Enjoy more structured games and consistent rules (may grow tired of it eventually, so be ready to give time for “free play”)
- Begin to be more and more competitive, but could benefit from removing the competitive edge from games at times



# Age-Appropriate Activities and Facilitation Guidance

Ages 5-7 (typically Kindergarten-2nd grade) - cont.

- Engage in more elaborate, cooperative, and dramatic play; as well as communication
  - Be wary of things getting out of hand
  - Try to anticipate some actions, but avoid constantly trying to stop them
  - Often begin using more elaboration, frequently using more words than necessary
  - Give them a second to process/get their thoughts out
- May use tantrums, teasing, bossing, complaining, and tattling to test out relationships with authority
  - Learn best when adults understand but do not excessively tolerate this behavior
  - Can often be “poor sports” and dishonest in order to win, inventing rules to enable themselves to win
- Can find it hard to see things from a different perspective
  - Don’t completely understand fairness and other abstract ideas
  - Find simple ways to settle disputes (coin toss, rock-paper-scissors, duel, etc)

# Age-Appropriate Activities and Facilitation Guidance

Ages 5-7 (typically Kindergarten-2nd grade) - cont.

- Recommendations:
  - May have best focus while sitting down and no gear in their hands
  - Set visual boundary lines using cones
  - Learn best through role modeling and role play as they like to copy and repeat activities
  - Encouragement might be all they need to endure, and severe criticism may truly injure them
  - Give a heads-up that it's time to finish/prepare for transitions
  - Use countdowns to get things moving in transitions
  - Might need to hone skills in polite interruption and setting question/concern limits
  - Find quick and simple ways to settle disputes
  - Try not to focus so much on score or ensuring that the round ends with a winner
  - Offer opportunities for more independent play or games similar to tag/other playground games in small groups (i.e. Dr. Midnight, Night at the Museum, Battle Royale, Memory/Match, etc)
  - Be ready to modify down to address participant inexperience and physical limitations

# Age-Appropriate Activities and Facilitation Guidance

## Age 8-9 (typically 2nd-4th grade)

- Focus becomes more wide (near and far), but the attention span is limited
  - They do get engrossed in activities when engaging enough or within their interest
  - Able to organize better
  - Increased ability to understand more than one concept at a time, but have trouble understanding abstractions: large numbers, long periods of time, or vast areas of space
- Play hard and tire quickly
  - Also, benefit from several short breaks rather than one long one
  - Able to do much more physically, so can play more advanced games than previous group
- Increased interest in details and the process, but more likely to care about the quality of the end product
  - Very competitive and like to negotiate
  - May spend more time arguing of rules, fairness, and directions than doing the activity, especially in groups

# Age-Appropriate Activities and Facilitation Guidance

Age 8-9 (typically 2nd-4th grade) - cont.

- Looking for teacher AND peer approval
  - Like to talk, explain ideas, and use their expanding vocabulary
  - Like to share and talk about what they know, but tend to exaggerate and have trouble knowing their limits (mentally and physically)
  - Listen well, but may have so many ideas that they may forget what they hear
  - Exasperation on their teacher's part leads to more complaints or moodiness => laughter is the best medicine
- Like to push their limits: challenging themselves, racing each other, or trying to beat the clock
  - Can often have a tendency to rush
  - Enjoy responsibility, although they do not always finish tasks
- Able to empathize and see things from a different perspective
  - Better understanding of logic, and more readily able to accept change
  - Become more interested in fairness and justice
- May begin to form cliques
  - Be wary of participant make-up and ratios
  - Tend to gravitate towards same gender activities



# Age-Appropriate Activities and Facilitation Guidance

Age 8-9 (typically 2nd-4th grade) - cont.

- Recommendations:
  - Continue to use visuals, role modeling, and knowledge checks to assist in understanding
  - Might be able to handle having gear in hands while explaining (keep an eye on distractions)
  - Still set visual boundary lines using cones
  - REMINDERS, REMINDERS, REMINDERS
  - Continue to use countdowns to get things moving
  - Try to avoid arguing with participants => understand exactly why we do things
  - Be aware of, and be ready to confront, cliques and possible bullying from this age on
  - Can be more competitive and play increasingly complex games (i.e. Capture the Flag, Humans v. Zombies, etc), but may still appreciate the more playground-style games as well

# Age-Appropriate Activities and Facilitation Guidance

Age 10 (typically 4th-5th grade)

- Increased abilities in every aspect
  - Completing physical activities => Extra energy may spill over into acting out
  - Increased ability to listen well
  - Improved memory and concentration
  - Increasingly able to think abstractly
- Generally content and friendly
  - Expressive and talkative, like to explain things
  - Respond well to “noticing language”

# Age-Appropriate Activities and Facilitation Guidance

Age 10 (typically 4th-5th grade) - cont.

- Developing a more mature sense of right and wrong
  - Usually truthful
  - Quick to anger but quick to forgive
- Enjoy logic and rules
  - Highly sensitive to and able to resolve questions of fairness and other social issues
  - Good at solving problems
  - Enjoy collecting, classifying, and organizing
- Work very well in groups
  - Able to enjoy cooperative and competitive activities
  - Great age for peer mediation and conflict resolution

# Age-Appropriate Activities and Facilitation Guidance

Age 10 (typically 4th-5th grade) - cont.

- Recommendations:
  - Can possibly begin to skip the equipment directions, although some may enjoy to be the ones to explain, so ask about experience and read the crowd
  - They understand how things like this go: set the expectation and hold them to it
  - Reminders can be more firm if necessary (often a little more nurturing to younger ages)
  - Use less redirection, and more logic based arguments when handling incidents
  - Might be able to allow them to handle their own incidents
  - May begin to be bored with the playground-style games, but can try and read the crowd
  - Definitely ready for the most advanced games and modifications (Across the Frozen Pond, Dawn of the Dead, VIP, etc)

# Age-Appropriate Activities and Facilitation Guidance

Age 11-12+ (typically 5th & 6th grade into Middle School)

- Restless and very energetic
  - Relatively enthusiastic and uninhibited => appear to feel secure/self-confident
  - Heavy users of phones and messaging as well as computers and video games
  - Often require more time to talk/engage with peers
- Both playful and serious
  - Can switch easily from games to serious discussion
  - Like to challenge rules, argue/debate, and test limits
- Often beginning puberty (female: 11-12yrs // male: 12-13)
  - Can be moody, self-absorbed, and sensitive (may be cruel or physically aggressive)
  - Need adult empathy, humor, and sensitivity to help them cope with their rapidly changing minds and bodies
  - Begin caring more about physical appearance



# Age-Appropriate Activities and Facilitation Guidance

Age 11-12+ (typically 5th & 6th grade into Middle School) - cont.

- Able to understand abstract ideas and language
  - Enjoy sarcasm, double meanings, word play, and more sophisticated jokes
  - Very capable at seeing the world from various perspectives
- Adult personality begins to emerge
  - More room for choice and adaptation
  - Enjoy conversation with adults and peers => value “peer vocab” or slang
  - Begin to care more about peer opinions than their parents or other adults
- More able to lead and help with set-up and activity management
  - Can establish and modify rules
  - Appreciate the ability to make suggestions and see them taken seriously by adults
  - Need adults to listen and be ready to negotiate rules and requirements
- “Saving face” is important
  - Be ready to solve issues “in private” in order to avoid embarrassment
  - If not, could make the issue worse or cause the participants to become disinterested

# Age-Appropriate Activities and Facilitation Guidance

Age 11-12+ (typically 5th & 6th grade into Middle School) - cont.

- Recommendations:
  - Can tone down the energy/"animation" and a little more lax with focus
  - Try not to waste time and be prepared => can lose interest fast
  - Do not need to go over functions of equipment; address issues as they come up
  - Might also be able to do the same with specific games
  - Be ready for possible debates about rules or game choices
  - If incidents occur, some circumstances may require pulling players off to the side to talk
  - Can identify some participants to help encourage others to play/help
  - Allow more choice/options for games and/or modifications, if time allows (and if the crowd is actually interested in participating in this capacity)
  - Avoid playground-style games as they may feel they're too childish
  - Be ready to modify up to increase challenge and engagement in games

# Age-Appropriate Activities and Facilitation Guidance

## Age 5

- May be able to sit and “work” 15-20 minutes at a time
  - Probably even less for sitting and not being able to play
  - Pay attention during directions as well as during rounds of different games
- Difficulty with directional spacing (trouble with L-R)
- Have a tendency to reverse letters and numbers
- Like to help & cooperate, want adult approval (later 5s often begin to test authority and complain)
- May often express themselves in few words or use ambiguous language
  - May try to conceal the truth or avoid committing oneself
  - Think out loud (talk their thoughts)
  - ALSO, often express thoughts through actions
    - i.e. anger/frustration => hitting

## Age 6

- In a rush, speed is huge for this age group
  - Reminders to slow down
  - May need additional guiding questions to think through something
- Beginning to learn directional spacing (L-R)
- Beginning to be ready to take on individual and group responsibility

# Age-Appropriate Activities and Facilitation Guidance

## Age 7

- Able to listen well and speak precisely
- Conscientious and serious
  - Have strong like and dislikes
  - Sometimes tense
  - Need humor and games to help moderate their seriousness
- Often inward looking
  - Sometimes moody, depressed, sulky, or shy
  - May change friendships quickly and feel “nobody likes me”
- Like to work by themselves slowly and finish what they started
- Bothered by mistakes and try hard to make their work perfect

## Age 8

- Enjoy socializing and sharing humor
- Adjust well to change
  - Bounce back well from mistakes or disappointments
- Love group activities and cooperative work

# Age-Appropriate Activities and Facilitation Guidance

## Age 9

- Can be an emotional rollercoaster
  - Often feel worried or anxious
  - Critical of self and others
  - Can be moody, aloof, and negative (often say, “I hate it” or “It’s boring” etc)
  - Have a tendency to exaggerate physical hurts
- Impatient and restless
  - Have difficulty sitting still for long
  - Interests may change easily and quickly
- Need adult patience and clarity when giving directions or setting expectations
  - Sarcastic humor can be very hurtful

# Age-Appropriate Activities and Facilitation Guidance

## Age 9 - cont.

- More individualistic
- Less imaginative, but more industrious and intellectually curious
  - Be ready for more mature material (more frequent “dirty” jokes)
- Have trouble staying in boundaries
  - Set clear boundaries and determine if it’s necessary to focus on
  - How strict to be about this?
- Boys often roughhouse more



# Age-Appropriate Activities and Facilitation Guidance

## Age 11

- Impulsive
  - Often talk before thinking
  - Imitate adult language
- Often indecisive
- Would rather learn new skills than review or improve previous work
  - Often appreciate a challenge

## Age 12+

- Will initiate their own activities without adult prompting
  - Be prepared for this, and determine how serious it needs to be addressed => may be helpful
  - Still have conversation around expectations beforehand (and may be needed during)
- May enjoy teaching physical activities to younger children
- NOTE: 13s are often a little more sensitive than 12 or 14+
  - Feelings are easily hurt and more likely to hurt others (anger can flare up easily)
  - Increased use of sarcasm
  - Frequent use of single-word or loud, extreme language

# Example #1

15 participants, 5-7 yrs old

- Scenario
  - Playing traditional capture the flag with two bases and two flags
  - Typically rules for how many times to shoot the other team before getting flag (~3-4), individuals being shot, and what to do with the flag once obtained
- What's happening?
  - Most participants are not moving, just standing and shooting each other
  - Participants are arguing about who gets shot
  - Participants are not sitting/respawning when shot
  - Some participants run straight to the flag and end each round within 15-30 seconds
- What can you do?
  - Reminders to capture the flags on the field and bring it back to their base => role model exactly what to do
  - Do not worry about the rules for how many to shoot on opposing team or the rules about being shot => will often forget and/or not completely understand the concept anyways
  - Move the flags from the bases to a point in the field & add more flags to hide around the playing field => must capture X number of flags to win
  - Change the game to something with less of a competitive edge (i.e. Battle Royale, Across the Ocean, etc)

# Example #2

25 participants, 11 yrs old

- Scenario
  - Playing Humans v. Zombies, unlimited darts available to humans
  - Zombies win first 2 rounds quickly because they can run, so we modified the game to have zombies walking instead
- What's happening?
  - Human teams continue to stay in one base the entire time
  - Participants are becoming a little bored/frustrated with how easy it is for humans to win now
  - Zombies are hitting people when they tag
- What can you do?
  - Reminders and models for proper tagging and/or give a pool noodle to zombies for tagging
  - Remove participants that continue to hit after reminder
  - Have two teams of humans competing instead of one => have enough players
  - Modify the rules for humans to make it more challenging => limited number of darts and/or can only stay at a base for a certain amount of time before they must move
  - Change the game to something a little more competitive, involving all the teams (i.e. Hostage/VIP, Run the Gauntlet, etc)

# Example #3 (mixed participants)

10 participants, 6-11 yrs old

- Scenario
  - Playing traditional capture the flag
  - Most of the older kids ended up on one team
- What's happening?
  - The team with the older kids keeps winning easily
  - The younger kids are losing interest and becoming frustrated because they're not able to participate much because the older kids are doing everything
- What can you do to modify the game to work for the group?
  - Re-select teams to even out the group => this might even force the older kids to have more of a challenge and/or try to leverage the younger kids to help them win => always encouraging the older kids to help the younger players and/or asking them for support
  - Make modifications around who can get the flag and when => could have only the younger players be able to get the flag, or older kids can't get the flag until they've shot a certain number of participants
  - Increase the number of flags on the field => can further have rules around who gets the flags (must be a different player each time or something)
  - Change the game completely to ensure everyone gets to participate: Across the Ocean or Protect the Captain are good suggestions => might need to modify these games even further to ensure equity