

# There is No “I” in TEAM

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## **Zip Zap Zot**

Energy Game that uses everyone on the team. One large circle. Start with going around the circle with Zip. Use only Zip for one direction. Turn your head and say “zip” to the person next to you. (Right Side) To change direction, use Zap. Do this after Zip is done well. around the circle a few times. Once Zip and Zap are mastered, use Zot to throw the move/sound across to someone else in the circle. Make eye contact with that person and make your hands clap/slide to them while saying “Zot”.

## **Zip/Zot/1-2-3...**

Same principal (almost) like duck-duck-GOOSE! Person is on the inside of the circle. They go around the circle pointing to the person saying “zip”. When they try to make someone “out” they have to say “zot-zot” before the other person can say zot once. If that does not work, person in the middle can then use other ways to get them out...point at the person and say “flamingo” (count to ten as fast as they can hearing all numbers) that person has to hit a flamingo pose before 10. Or, they can “elephant” which uses person in the middle as trunk and outside people to be ears. Or, “toaster oven”, inside person is bread, while the outer people are the toaster. We have added others in the past to this game.

## **Name Game**

Using the sound of a name with a movement. I like to spin this activity with various size SEL type balls. Using a ball and throwing to each member of the group. You cannot throw to someone already called. You cannot throw to someone on either side of you. Once you complete the rotation, the final student throws back to the teacher. Start over. Add another ball, a few people in. Continue to do it depending on the size of your group. I have done between 5-10.

## **Who Started the Motion**

Sitting Game. One person is excused out of the room/area. Person is chosen to be “it”. They have to do a movement and change it any chance they can while the person in the middle tries to figure out who is “it”. They get three guesses. You can add the “person changing” and make a one guess situation. Make the movements slightly different, do

not make large sounds, or give too much eye contact to the person changing it. Variations are fun by the additions.

### **I SPY...I HEAR...I SMELL**

Team Game:

I spy with my little eye...and whatever it is...they become. Same with what I hear with my little ear. I smell something that makes me compelled....

### **Explosion Tag**

Like Freeze Tag...except...students must explode like a firework or bomb.

### **Movement Exercise (Meisner) Improv, Statues**

Lot of things happen in this exercise. Team dynamics. Follow the leader. Avoid. Height and levels. Freezes. Walk like a...Freeze in statues. Freeze in relation to someone else. Then in levels. Group freezes, touching/connecting with someone safely.

### **One Word Story**

Working in a circle go around and add to a story one word at a time. [LITERATURE](#)  
[IMPROV.](#)