



RED-HOT POKER

Participants

Any number of participants.

Time Allotment

5+ Minutes

Activity Level

Low

Materials

- Any item at least 3.5ft tall and safe to bump into. Cage ball, 50gal trash can, chair, etc.

Method

Only use this game if the group is capable of self-regulation.

- Place the item (red hot poker) on the floor in the middle of the active space.
- Have the participants hold hands and make a circle around the chosen item.
- When the game begins the participants will attempt to drag, push, or pull each other into the red hot poker without touching it themselves and without breaking their grasp with their neighbor.
- If a participant touches the red hot poker or break their grip on their neighbor they are out and become part of the cheer squad for those that remain.
- Play until one participant is left standing.

Regulation Modification Options

Use the option most appropriate for the youth's level of regulation:

- When a participant touches the red hot poker they will step out of the circle and do a regulation technique before becoming part of the cheer squad!
- If the group gets too rowdy the facilitator can pause the game and lead the group in a regulation technique.
- As the cheer squad grows they can assist the newly eliminated squad members with regulation techniques after they touch the red hot poker.