

Jailbreak

Impact:

High energy fun that creates teamwork among pairs and gets people moving

Risk:

Low

Group Size:

Unlimited, but must be an even number of people

Time Required:

15 or more minutes

Materials:

A chair (without arms) for each person

Directions:

- Place chairs side-by-side in pairs randomly around a room. The pairs of chairs should not form a circle, and there should be at least three feet of space between each pair. Place one pair of chairs in the center of the room; these constitute the “jail.”
- Each participant takes a seat (including the two chairs in the jail). Partners then link arms and are instructed to keep them linked throughout the entire game. Each pair then counts off (including the pair in jail) and remembers its number.
- The pair in the jail is “It.” “It” must call out two or more numbers, and the pairs with those numbers then scramble (with linked arms) to find new seats. The pair in jail also tries to take one of the newly emptied seats. If “It” wants everyone to find new seats, “It” yells “Jailbreak!” The new pair that ends up in jail then repeats the process.

Hint: The facilitator should be prepared to serve as a referee in cases where two pairs try to sit in the same chairs.

Caution: This game can become very energetic. Participants and facilitators should take care that no one gets hurt.