

Predator/Prey

Impact:	Builds energy and excitement in a group and develops teamwork among the opposing teams
Risk:	Low
Group Size:	No fewer than six people, and an even number of participants
Time Required:	10 to 20 minutes
Materials:	Two different objects that can be passed around a circle

Directions:

- Define “Predator” and “Prey” so that participants understand the purpose behind the game.
- Designate one of the objects the “predator object,” and the other the “prey object.”
- Participants stand in a circle and count off, “Predator,” “Prey,” “Predator,” “Prey,” until everyone has a designation.
- Hand the predator object to a predator and the prey object to a prey who is across the circle from the starting predator.
- Predators can pass their object around the circle only to other predators (every other person), and prey can pass their object only to other prey. Before starting the game, tell participants to keep the objects in front of them, in full view of everyone in the circle. Instruct the group members that the game will begin in a clockwise direction and that their goal is to work with their teammates to catch or avoid being caught, depending on which team they are on.
- Signal the start of the game. The starting predator tries to “catch” the prey by passing the predator object to the other predators, racing around the circle until it one predator passes the predator object to another while crossing over the object identified as the prey. Meanwhile the prey players try to pass their prey object quickly enough around the circle that the predator cannot catch it (pass over the prey).

Discussion:

- How did you work with other predator or prey group members to “catch” prey or avoid being caught? How do these strategies differ from other forms of teamwork you’ve experienced? Why was it important to focus and concentrate as you played? What happened when you lost focus?
- What was it like to “chase” the prey? What was it like to be chased?
- Discuss the role of fear in this game. What did it feel like when you could not see the predator or prey objects, or when things got a little tricky? Did fear alter your ability to succeed in the game? How might this game relate to other situations in your life when you have felt afraid or out of control?

Options:

- If the group is large, add a second predator object and/or another prey object.
- Predators may reverse directions to trick prey, or they may put the predator and prey objects behind their backs.
- Toss the prey or predator object rather than passing it.
- Ask the predators to use only their elbows to pass the predator object.
- Play silently or with closed eyes.