TITLE: Transformer Tag

IMPACT: Warm up, listening, communicating, building allies, group identities, gender and sexual orientation

RISK: High

GROUP SIZE: 10-30 people

TIME REQUIRED: About ten minutes or enough time for everyone to end up out of breath

DIRECTIONS:

• Tell the group that before we transform the world, we have to transform ourselves and so we are going to practice just that.

• Demonstrate to the participants two body positions that won’t affect their running. Typical choices are one hand on top of the head and one hand attached to the gluteus (right or left behind). Each person gets to decide which accepted body position is “right” at the start of the activity.

• Give the group a minute or two to determine their game identity and indicate the start of the game by shouting “Declare” or any other suitable command. Players then immediately declare their identity by adopting one of the body positions.

• The action involves one team – the heads, for instance – trying to tag and transform the tails. If a head tags a tail, the tail becomes a head, and vice versa. Once transformed, the person tries to tag anyone on the opposing team. The game continues until one team successfully dominates the world! Then, rematch after rematch until the action loses its appeal.

OPTIONS:

• Heads/Tails Tag requires a coin, preferably a large one (quarters work nicely). Identify the two body positions outlined above for the Heads and Tails. Once the group knows the two positions, the action starts as soon as the coin had been flipped in the air.

• As the coin hovers above the group, everyone must declare as either a Head or Tail. When the coin lands on the ground, people need to know which side is up. If it’s Heads, Heads are it and try to tag all the Tails. Any Tail that is tagged is frozen. The action stops once all the Tails are immobilized. If Tails shows on the coin, the action is reversed.

• This option tends to be shorter, but the fun is in how people learn what side of the coin comes up. This moment of uncertainty adds a bit of a thrill to the game, especially if the coin rolls along the ground.

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