

Chain Reaction Tag

Impact: Energizes a group, gets participants warmed up physically, breaks the ice with a new group, and can be used as a name game.

Risk: Low

Group size: 10 or more

Time required: 5–10 minutes

Directions:

- Put the group in pairs and have each pair link arms. Tell pairs that once they have linked arms, they are “frozen,” and can’t move.
- Pick one pair and ask them to drop arms. Designate one person (person A) “it.” Person B then has to run away from A. B can run in and out around all the pairs that are standing in the playing area but cannot run outside the boundaries.
- B’s goal is not to be tagged by A. If A tags B, then B becomes “it” and chases A.
- In order to escape from A, B may attach themselves to one of the pairs that is standing. When B links arms with one person in the pair, the person on the other end of the pair detaches themselves and becomes the new B. That person now must run from “it.”
- The game continues with B running from “it” or attaching to a pair, thus setting a new B running.

Hints:

- In a variation of this game the stationary pairs spread out in the bounded area and lie down or sit on the ground. The person who is running from “it” then lies down next to one member of a pair and the other member of the pair has to stand up and run.
- This can also be played as a name game. Whenever B joins with a new pair, they must introduce themselves to their new partner.
- With a large group or an uneven number, there can be more than one A and B running at a time.

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