

[WHEN PEOPLE PLAY]

Cups and Down



Activity Objective: This game is set to have two teams. The team to have the most cups flipped over by the end of time wins. This activity produces lots of energy, great competition and strategy just using a simple prop.

Facilitated Objective: Planning and strategy. Looking for a win win. Great for high energy and sequencing into other activities.

Needs: Each team will need about three to six cups per person.

Numbers: Great for small groups of adults from six to 24 people for table top variation. Also, works well for large groups from 30 to 100 students if played on a large area floor or gym.

Time: 5-15 minutes

Setup:

Divide the group into two teams. Both teams will receive three to six cups per person. This will depend on the variation you choose depending on group size and audience.

For a large group set up, ask each person to grab three or four cups of the color that will represent their team. Have both teams mix the cups in the playing field. I give the analogy that if the playing field were a chocolate chip cookie, you want all the chocolate chips evenly spread through out the cookie. A good playing field is about 40'x40' for 20 to 40 people.

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Procedure:

Tell both teams that at this point the cups can't be moved or clumped together. Only flipped. Team A will be assigned "Cup Up" meaning open side up. Team B will be assigned "Cup Down" meaning open side down. Each team tries to turn all the cups over to their designated position. At the end of the time, whoever has the most cups turn to their assigned position, wins. For example, Team A will find all the cups that are turned down and flip them open side up. Team B will also be turning all the cups they find, open side down.

Give the teams multiple rounds for scores. Round 1 can be 30 seconds long. At the end of the round, have the teams count their cups and see how many cups they have flipped to the proper position. Round 2 can be 45 seconds long and round 3 can be 1 minute and thirty seconds.

There are guidelines. You are not allowed to guard cups or group of cups. You are only allowed to turn over cups. If any cups are laying sideways on the floor, it will not count towards either team. But they are allowed to turn over the cups appropriately during play if they were knocked over.

Safety: If running this game for large groups on the floor, be sure to mention that there should be no pushing or shoving. Only turning over of the cups. Clear any obstacles that can cause tripping.

Facilitation: Have both groups be aware of knocking heads together when bending down to flip their cups. I also ask the groups not to run and or kick at the cups. Even adults like to sabotage.

Observations/Questions:

1. What was the planning process like?
2. Did anyone think of different ways to play? Did anyone ask about if there is a Win/Win option? (See variations down below.)
3. Were there those that sabotaged the event? If so, what did it look like? Do people sabotage simple activities in the workplace.
4. Did anyone change strategies midway through?

Variations:

1. Win/ Win variation. For small groups or if you have participants that have physical limitations, set the cups on tables. One table for every 4-6 people for up to 24 people. For large groups, use an open area to play to move around. Usually gyms or conference rooms are good for this. A good playing field is about 40'x40' for 20 to 40 people. To facilitate the win/win option make sure that both teams have the same number of cups on both sides. Before and after round one, ask the group that you are looking for a winner. Then after round three ask if there is a better way, a win/win option.
2. One form of play is to include laydowns. If any cup falls to its side, then those cups are counted. Team captains can then play paper rock scissor and the winner gets the laydown total added to their original total. This is great for round three because now new strategies can be added.
3. If using this activity at the start of the conference, ask the group to do the following. "Write down on a piece of paper what you want out of the conference. For example, during this day what would fill your cup. Things you wish to learn. Also, write down what you want to

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trap. For example, things during the day that you don't wish to do or stay away from things that would prevent you from learning.”

Video Link-

Credits: Credit to this game goes to #youthministryideas – This is who I first learned it from.

<https://www.instagram.com/p/8ChkZcqXUz/>

YouTube: Full video instructions

<https://youtu.be/4ySEXGzDLEg>

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