

[WHEN PEOPLE PLAY]

Head, Shoulders, CUP!



Activity Objective: Be the first to grab the cup off the table.

Facilitated Objective: Energy icebreaker, networking and mixer.

Needs: One cup for every two participants.

Numbers: Best played with 6 to 30 participants.

Time: Three to Five minutes

Procedure: Have everyone find a partner, then stand face to face with the that person with one cup between the two partners. Ask the tallest person to set that cup on the floor equally distance between the two of them.

For safety, so not to bump heads have the two partners turn sideways to their right and place the cup between their right feet. (See below picture.)

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Announce that there will be a series of commands. With each command, they are to place their hands on the designated area on their own body. Shout head, shoulder, knee, or hair. Any place on the body will do. Then when you shout “Cup,” the first person to grab the cup wins. Repeat rounds a few times and with each round the participants are to find a new partner.

Safety: If you are playing with the cup on the floor. Caution the group to watch each other’s heads as they both bend down to grab the cup. Make sure they turn their bodies sideways to avoid colliding.

Variations:

1. Elimination round. The first person to grab the cup moves on, finds a new partner, and the losers sit down. Last person standing wins! To keep everyone occupied, play the elimination round with the biggest fan. Each time someone loses, they become the biggest fan for the person that won. With each new competition, the crowd will get bigger for each player. When ever someone loses, their crowd now becomes the biggest fans for the new winner. Soon, you will have two crowds cheering for two people.
2. For networking, with each round the winner will ask one fun fact about their opponent and their name. Then move on to the next round. Do six or seven rounds. After the last round, circle up and see if the winners can remember the names and fun facts about their opponents. The one with the most correctly remembered facts wins. If there is a tie, then play one more round between the two. Best for groups with 20 people or less.

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3. For large group activities with 50+ people, have six to eight people around a round table. Each player will have a cup at the table. Ask the tallest person to hide their cup under their chair. Ask each table to place the remaining cups in the center of the table, clustered in a circle. When you shout "Cup," the person not to grab a cup loses and steps back and they take one cup with them. Now with one less person and one less cup, repeat the round. Repeat each round until you are down to one winner at each table.
4. Repeat the above variation, but when a player loses, they join a new table. Also use the second variation to have the new comer introduce themselves and one new fact. At the end of six rounds the player at each table that can remember the most facts and names wins.

Video Link – Visit the WhenPeoplePlay channel for the video.

<https://youtu.be/9KtvVa2kqvA>

Credits: Credit to this game goes to @epikofuse and @pastor_tank #stumin

<https://www.instagram.com/p/BEX0t9pKXf1/>