

# THE FUN FIX

GROUP GAMES  
FOR TEENS



Youth Work Ireland

An Roinn Oideachais  
agus Oige  
Department of  
Education and Youth

**YOUTH  
WORK  
FOR ALL**



# What is Youth Work for All?

Imagine a world where every young person, no matter where they live or what their background is, has access to fun, safe, and life-changing youth service. This is what our Youth Work for All campaign is all about and what does this mean to young people, youth workers and volunteers?

**YOUTH WORK FOR ALL**

What Youth Work for All means to young people, youth workers and volunteers.....

**SAFE & FUN SPACES**  
**Youth Work for All** means all young people growing up in Ireland have a right to access safe and inclusive youth spaces in their communities, where they are supported, learn new skills, have their voices heard, make friends and take part in fun activities.

**INCLUSIVENESS**  
**Youth Work for All** means all young people, without exception, are welcome in our youth spaces and are treated in a positive, holistic, accepting, and inclusive way without being labelled or judged.

**PROFESSIONAL PRACTICES**  
**Youth Work for All** means young people engaging in youth services are supported by professional youth workers and trained volunteers who provide an integrated service of advice, information and pathways to supports if needed.

**RIGHTS ENABLER**  
**Youth Work for All** means our work aims to support the personal and social development of young people, inform them of their rights and provide them with the tools to assert those rights.

**COMMUNITY BASED & VOLUNTARY LED**  
**Youth Work for All** means we recognise the role and celebrate the contribution volunteers play in supporting young people and youth work services in their local communities every week.

**WORKING TOGETHER**  
**Youth Work for All** means we work together with government, policy makers and support services to advocate and campaign for better resourcing of youth work, youth workers and youth work spaces.

**EMPATHY & CARE**  
**Youth Work for All** means our youth services operate in a culture of kindness, empathy and care; embedded in the values and principles of youth work practices to support young people achieve their ambitions and aspirations.

**BUILDING RELATIONSHIPS**  
**Youth Work for All** means we build relationships based on mutual respect and acceptance – meeting each young person where they are at, in order to achieve better outcomes for all.

[www.youthworkireland.ie](http://www.youthworkireland.ie)

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## Introduction

This pack is to give ideas to youth clubs on simple activities that can be carried out on a club night. The more resources provided in terms of activities makes it easier for volunteers to plan club nights where there are no events taking place. Also, it is a way to inspire youth clubs and provide them with more ideas on fun activities that they can do!

## Outcomes for this pack

The outcomes for this pack is that young people will be able to:

- Have fun
- Take part in team games, learn team work and build a sense of community within the club
- Socialise with each other in a fun setting
- Participate in games and learn something new about themselves
- Enhance creativity in games such as 'Bag of Stories'
- Build trust within the group

## Get Creative With Jigsaw Puzzles

Jigsaw puzzles are more than just a rainy-day activity; they're a fantastic way to develop problem-solving skills and boost concentration. Teens can tackle puzzles solo for a meditative experience or collaborate with friends or family for some team-building fun. Choose puzzles with themes that excite them, such as landscapes, movie posters, or intricate designs.

Psychologically, puzzles engage the brain's reward system, as completing small sections provides a sense of accomplishment. As Dr. Stuart Brown, founder of the National Institute for Play, notes, "Play is not just for children; it's a way to connect and relieve stress, regardless of age."

## Gather for Classic Board Games

Board games are timeless for a reason as they bring people together for laughter, strategy, and bonding. Games like Scrabble and Monopoly offer a mix of fun and mental challenge, making them perfect for a family game night or a hangout with friends.

Playing board games also teaches valuable life skills, such as patience, strategic thinking, and cooperation. They're a fantastic way to foster connection and reduce stress, especially in a world dominated by digital screens. Setting aside a screen-free game night can feel refreshing and nostalgic for everyone involved.

## Shoe Exchange Icebreaker

**What you will need:** A group of young people and an open space.

**Set-Up:** Instruct every one to leave one of their shoes by the door.

**How to Play:** Bring the group into a circle and redistribute the shoes, so everyone has one that doesn't belong to them. Then, set a 5-minute timer and tell everybody to find the shoe owner, introduce themselves, and have a 2-minute discussion with an announced conversation starter, such as:

- What's the weirdest thing you've ever eaten?
- What's your favorite TV show and why?
- Do you think that life exists on other planets?

## Toilet Paper Fun Facts Games

**What you will need:** A roll of toilet paper

**Set-Up:** For one of the simplest get-to-know-you games for teens, sit everyone in a circle on the floor and pass around the toilet paper roll. Instruct each participant to rip off as many pieces of toilet paper as needed (but don't tell them why).

**How to Play:** After everybody has passed around the roll, it is time to share. Everybody must share one fun fact about themselves for each piece of toilet paper they ripped from the roll.

## Toss & Chat Game

**What you will need:** An inflated beach ball and a permanent marker

**Set-Up:**

Write silly random topics on each colored portion of the beach ball, for example:

- Have you ever waved at someone thinking you know them, only to realize they are the wrong person?
- If animals could talk, which would be the most sarcastic?
- Do you eat or drink soup?
- What is an embarrassing song that you secretly enjoy?
- Do you think penguins have knees?

**How to Play:**

Have the group stand in a circle and begin by tossing the ball to each other. Whoever catches the ball must answer the question that their right index finger ends up touching. Continue until everyone has had a chance.

## Two Truths and a Lie

**What you will need:** Chairs or a place to sit

**How to Play:**

The first person will begin by listing three things about themselves— two factual statements and one false statement. It helps to make the lie somewhat believable. Then, the rest of the group can shout out which thing they think is inaccurate. Once someone guesses correctly, the next person can tell their two truths and a lie. Continue around the circle until everyone has shared and had their lie successfully detected.

## Mix & Match Candy Challenge

### What you will need:

A bowl of multicolored candy (like M&Ms or skittles) and a posterboard list of challenges correlated with each color

### Set-Up:

First, decide what each candy color will require, for example:

- Blue candy: Sing a line from your favorite song (and see who can guess it)
- Red candy: Hop in a circle on one foot
- Orange candy: Imitate your favorite celebrity
- Green candy: Do a famous TikTok dance
- Purple candy: Tell a funny joke

Write these on an extensive list (but don't show the list until after everybody has selected their candy).

### How to Play:

Bring participants into a circle, pass the bowl around and have each participant to pick a handful of candy. Tell them they can eat all but one piece. Then, go around the circle and have everyone perform the challenge associated with the selected color. If they don't like that challenge, they can find someone to swap colors with.

### What you will need:

Index cards, markers, and pieces of paper

### Set-Up:

- Divide the group into two
- Pass out an index card to each person
- Each person writes their name on one side and their 3 favourite things on the other, e.g., ice cream, movie, dogs.

## Pictionary People Game

### How to Play:

1. Each group stacks their cards in a pile and then swap stacks with the other group.
2. An assigned dealer from each group pulls a card out, memorizes the activities written on it, and then shuffles it back into the deck. They then sketch out one of the objects while the rest of the team shuffles through the cards and tries to match the activity with the person.
3. Both teams are racing to guess who is associated with the object the dealer is drawing on the sheet of paper.
4. The first team to link the thing drawing with a name wins!

## Sit Down Icebreaker

**What you will need:** An open space

**Set-Up:** Bring the group into a circle and assign a group facilitator

### How to Play:

The group leader begins by completing the sentence “sit down if…” with silly or strange phrases, such as:

- Sit down if you ate chocolate today.
- Sit down if you have been to South Dakota.
- Sit down if you eat pineapple on your pizza.
- Sit down if you have a pet cat.
- Sit down if you have a TikTok account.

Instruct participants to sit down if the statement is true for them. They continue saying random “sit down” commands until only one person remains. The last person standing gets a prize.

## Common Three Game

**What you will need:** Nothing!

**Set-Up:** Divide the group into three teams

### How to Play:

Each team has 5 minutes to discuss their interests and find three things they have in common, such as:

- A shared favorite holiday
- Their favorite subject in school
- Growing up in the same area
- The same favorite color

Then, one player from each team will announce their commonalities to the larger group so everyone can get to know each other. Feel free to shuffle up the teams and repeat multiple rounds.

## Jenga Style Questions - Icebreaker

**What you will need:** Large Jenga blocks and permanent marker

**Set-Up:** Write school-appropriate icebreaker questions on each Jenga block.

### How to Play:

1. Divide the group into teams
2. Have each team assemble their Jenga tower and begin to play as they usually would.
3. When one person pulls a block, they have to answer the question written on it.
4. If someone tumbles the tower, they need to answer 5 icebreaker questions in a row.

## Bag of Stories

### What you will need:

- A large bag and random everyday items (such as a book, phone, pencil, photograph, chapstick, keyring, snack, etc.).
- Be sure there are at least as many objects as there are people.

### Set-Up:

Place all the objects into the large bag. Then, circle up the group and choose one participant to be the leader.

### How to Play:

1. Pass the bag around the group and have each person reach in to grab one of the objects without looking.
2. Then, the leader begins a story based on their holding object.
3. After a few sentences of narration, the next participant continues the report based on their item.
4. Continue around the circle until everyone has contributed to crafting an intriguing tale based on objects from the bag.

## Building Team Challenge

### What you will need:

Random construction items like glue, popsicle sticks, tape, marshmallows, etc.

### Set-Up:

- Split participants into teams of 4-6 in any area that can get messy.
- Distribute an even amount of the construction objects to each group.

### How to Play:

1. Set a timer for 10 minutes and instruct the teams to build a structure that can meet a challenge.
2. Encourage teamwork by having each group assign specific roles to their team members, such as “the engineer,” “the presenter,” “the decorator,” and “the tester.”
3. The challenge could be to make the biggest, tallest, most vital, or weirdest-shaped structure.
4. In the end, each group presents its structure and sees how it measures up to the challenge (for example, you may want to see if a book can balance it).
5. The facilitator can judge the best structures, or the group can vote on who wins for each challenge category.
6. This is the perfect creative team-building exercise for groups of any size.

## Human Knot

**What you will need:** A large group.

- Set-Up:**
- Bring the participants into a big circle.
  - Have them cross their right hand over to grab the right hand of the person next to them.
  - Then, cross their left hand over their body to hold the left hand of their other partner.

**How to Play:**

1. Once everyone clasped their hands together, instruct the group that they have to figure out how to untangle themselves.
2. Nobody can unclasp or re-clasp their hands. Instead, they must maneuver their way out of the “knot” until everyone is standing in the circle holding hands with the person next to them.
3. This activity encourages communication and teamwork.

## Nature Treasure Hunt

**What you will need:**

Baskets or buckets and outdoor space such as a forest or garden

**Set-Up:**

Give each teen a collection container before beginning.

**How to Play:**

1. This treasure hunt is all about being creative and finding unique items in the natural environment. Instruct the group to find one natural object that represents each earth element:
  - Air
  - Water
  - Fire
  - Earth
  - Space
2. Set a timer for 20-30 minutes and send everyone out to fill their collection basket with natural objects. Be clear that they should not disturb or harm any part of the natural area and instead search for items already on the ground.
3. Once time is up, gather everyone together in a circle and go around to share their earthly treasures. Participants need to explain why they collected each object. Allow them to get creative in their interpretations.
4. For example, a pine cone could represent fire because many pines require fire to sprout seeds, or a bird feather could represent air because birds fly in the sky. Because nature helps reduce stress and anxiety, this is one of the best icebreaker activities for shy teens.

## Crossword Name Game

**What you will need:** Pen and paper

**Set-Up:**

- Divide into small groups.
- Set a piece of paper in the center of a table and have one group leader write their first name in the middle of each team's paper with capital letters.

**How to Play:**

1. After writing their names, players begin looking for ways to attach their name to the first player's name in the center, creating a crossword.
2. They can go down, up, or diagonal.
3. The first team who connects all of their names wins.

## Card House Challenge

**What you will need:** Tables and a deck of cards for each team

**Set-Up:** Dive into smaller groups of 4-6 people and hand out a deck to each team.

**How to Play:**

1. Instruct each group to build the largest card house in 10 minutes. When the timer goes off, have everyone step back from their table and see which card house stands the longest.
2. If their house falls, they lose the challenge. If several teams have card houses that stay up, begin to lightly blow on the houses to see which one can resist the "wind" the longest. The group with the best house of cards wins a prize.

## Blindfold Trust Walk

**What you will need:** Chairs and blindfolds (bandanas will do)

**Set-Up:** Have participants arrange the chairs in a sort of obstacle course path through a room. Split the group into two equal teams.

**How to Play:**

1. This game is all about communication, focus, and trust amongst teams. Have each group choose one player to be blindfolded.
2. Stand this person at one end of the room and spin them around 2 to 3 times. Then, explain that the game's objective is for the team to guide their blindfolded member through the obstacle course using only their voice. The opposing team may try to trick them by giving incorrect directions.
3. The blindfolded player who reaches the end of the course fastest gets the point for their team and trades off the bandana to the next team member. If someone touches a chair, they are "out."
4. Continue the game until one team reaches 5 points.

## Deserted Island

**What you will need:** Nothing!

**Set-Up:** Sit the group in a circle

### How to Play:

1. Tell the group, “imagine that you were going to be banished to a deserted island for a year, and all essentials provided, but you also get to choose one song, book, and a luxury item to bring along. What would you choose and why?”
2. Go around the circle and have members of the group share their answers.

## Hot Potato - Energiser

**What you will need:** A tennis ball or something similar

**Set-Up:** Have the group standing in a circle, or all can sit.

### How to Play:

1. Explain to the participants that they will need to pass around the ball until the music stops.
2. Once the music stops and whoever is holding the ball must answer a question.
3. If the ball has already landed on someone who has been asked a question, they are to pass it to someone who hasn't answered a question.
4. The game finishes when everyone has answered a question.

See examples of questions on page 14

## Don't Break the Frown

**What you will need:** Nothing!

**Set-Up:** Divide the group into pairs and have them stand back-to-back.

### How to Play:

1. Explain that the game's goal is to stay frowning for as long as possible.
2. After a countdown from 3, each pair turns to face their partner and stare into their eyes.
3. They must try to hold a frown without saying anything to their teammate.
4. The first person to break a laugh or smile has to sit down.
5. Then, the remaining standing players pair up and continue the game.
6. The final two people who are best at keeping their straight faces end up in a “standoff” where the kids left seated try to bully them into breaking their frowns and laughing.

## Questions for Hot Potato

1. If you could have any superpower, what would it be and why?
2. What is your favourite TV show or movie and why do you love it?
3. If you could visit any place in the world, where would you go and why?
4. What is the most interesting thing you've ever learned and why did it capture your attention?
5. If you could have a famous chef cook you dinner, who would it be?
6. What's your spirit animal, and why?
7. If you could visit any fictional world from a book or movie, where would you go?
8. What's the most bizarre food you've ever tried?
9. If you could invent a new flavour of ice cream, what would it be?
10. What musical instrument would you like to learn?
11. Are you an animal person, and do you have any pets?
12. What do you like to do on the weekends?
13. If you could be anyone or anything for today, what would that be?
14. What does happiness look like to you?
15. Where do you see yourself in 10 years?
16. What would you do if you could be president for a day?
17. Would you say you are an introvert or an extrovert, and why?
18. If your life was a music video, what would your song be?
19. How would your friends describe you?
20. If you could change anything about yourself, what would it be?
21. What would you say is your strongest quality?
22. What is your biggest weakness?
23. What helps you de-stress after a busy day?
24. What's it like being a teen in [add the current year]? Any specific challenges?
25. What was the last series you binge-watched on any other streaming service?
26. If you could have three wishes right now, what would you wish for?
27. Do you enjoy the outdoors?
28. What advice would you give to the president?
29. What is your greatest accomplishment so far?
30. Are you a vision board kind of person?
31. If you could pick one superpower, what would it be and why?
32. What game would you recommend to a first-time gamer, and why?
33. Some people say that Minecraft was the best game ever created. Do you agree with this statement?
34. Could you see yourself making a career out of gaming?
35. Are you a Slytherin, Hufflepuff, Ravenclaw, or Gryffindor?
36. What is your favourite game-inspired movie? Do you think the directors stayed true to the game?

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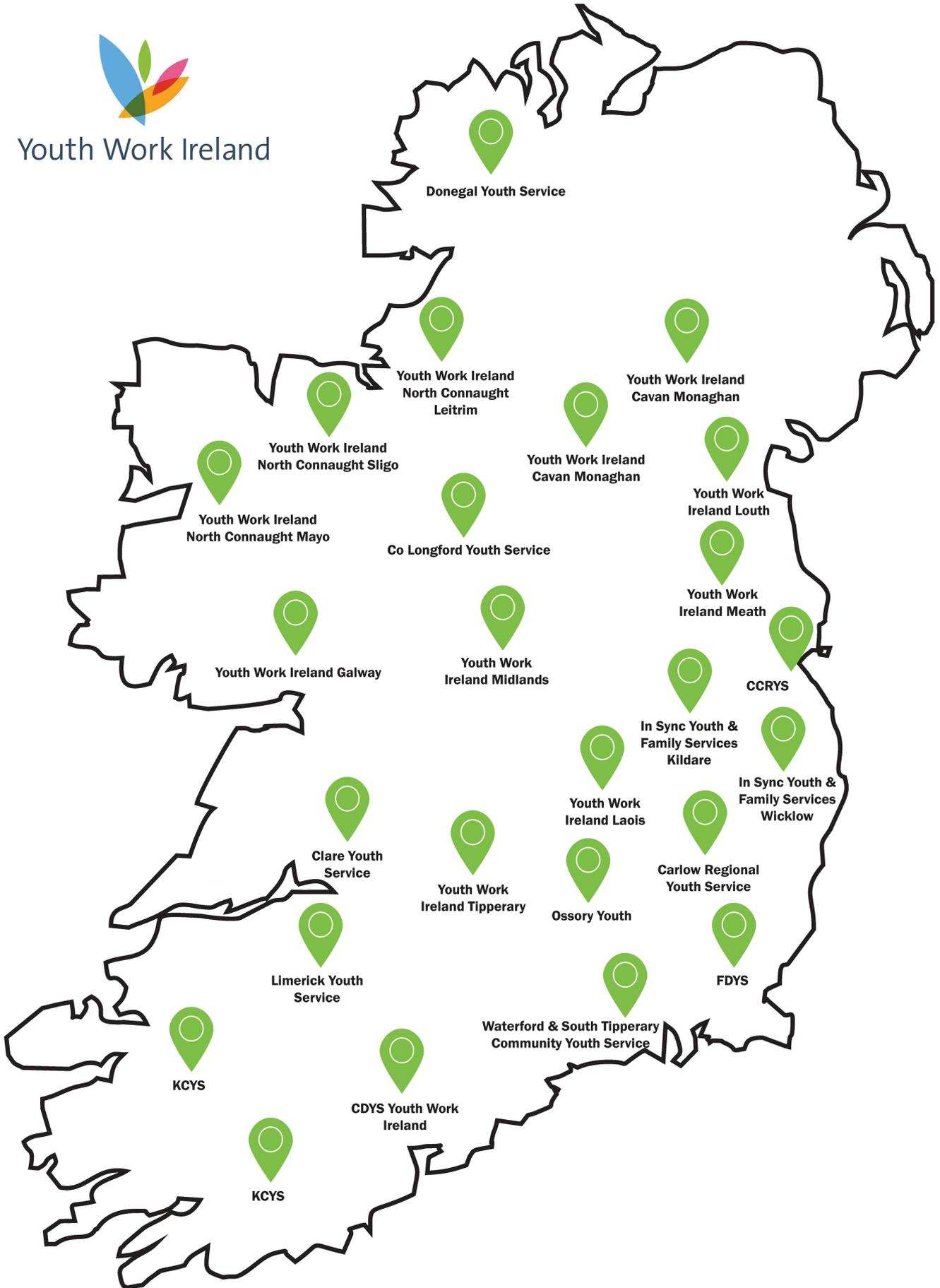
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