

# Game: Grab the flag



**Purpose:** to get everyone running about & for a bit of fun!

## What do you need?

A flag! You could use an old tshirt or any square of fabric.

Divide the young people into 2 teams and number them so that each team has the same numbers. Get the two teams to stand opposite each other at the end of your room. In the middle stand with the flag! Call out one number at a time, and the 2 participants have to try and grab the flag and return to their team without getting tagged by their competitor. If someone gets tagged, no points are given. If one participant returns to their team with the flag without getting tagged, they win a point!

## MESSY IDEA!

If you have played this game and the young people understand the concept, why not substitute the flag for