

# Gotcha

Quick, simple & hilarious energiser for all group sizes.

### **How To Play**

- 1. Form a circle, including yourself, facing inwards and standing side by side.
- 2. Everyone holds their right hand palm-facing up towards their right-hand side neighbour.
- 3. Everyone places the end of their left pointer finger into the open palm of their left-hand neighbour.
- 4. On "GO," everyone attempts to catch the finger of their partner in their right palm while also avoiding their finger being caught by their left-hand neighbour.
- 5. A person who successfully catches a finger in their palm yells "GOTCHA!"
- 6. Repeat several times.
- 7. If time permits, try or invent a variation.

#### **Variations**

- Alternate Palms: Try this again several times, switching palms from the right to the left (to benefit our left-brained friends,) ie the left palm is facing upwards, and a right index finger is extended.
- **Crossed Arms**: Cross your arms as you play, ie extend the right palm towards the person on your left, and place your left index finger into the waiting palm on your right.
- **Upside-Down**: Try all variations with your palms upside-down, and index fingers pointing up.
- **Impossible Feat**: Regular set-up, but this time each person attempts to catch the finger sitting in their right palm with their left hand. Try it. Hilarious.
- Quad Challenge: Original set-up, add a further challenge. Instruct people to place their right foot directly above, but not touching the left toes of their right-hand side partner. On "GO," you try to tag the foot of your partner, whilst trying to avoid being



#### **Benefits**

- Extremely fun
- Spontaneous laughter
- Sharpens reflexes
- Any size group
- No props

Time 2 - 5 min

People Pairs (2 people)

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