

WHOOSH!

Also known as Whoosh Ball, Zip Zap Boing

The one where... *An invisible ball of energy is passed around a circle.*

This is a good ice breaker/physical game that uses speed, energy, and memory. It's best played by moderate to large sized groups.

Time: As there is no objective/victory condition in Whoosh, it can be played for any length of time.

Equipment: None

No. of players: 6+

Age group: 5+

Physical effort: 3/5

Mental effort: 2/5

Difficulty: 2/5

This game is good for:

- Speed
- Energy
- Memory
- Confidence

Set up

The players stand in a circle.

Playing the game

An invisible ball of energy is passed rapidly between the players. There are several ways to do this, each with its own sound and action. The basic move, accompanied by the sound 'woosh' and an action that looks like throwing a ball with two hands, passes the energy to the players' neighbours. The 'woosh' can only move in one direction. However, if a player says 'whoa' and puts their hands up in a blocking gesture, the direction of the energy is reversed. If a player receives a 'whoa' on both sides (known as a 'double-whoa'd whoosh'), the energy must be passed by wooshes only all the way around the circle until it arrives back at the originating player. To pass the energy across the circle (but not to their neighbours), players can clap their hands towards another player and say 'zap!' The zapped player can send another zap or a woosh in either direction but a 'zap!' cannot be whoa'd. Finally, players can 'boing!' up to three times to buy time but not send the energy. To 'boing!', players put their hands together above their heads and bob down and up slowly while saying 'boing!' The rest of the players must 'boing!' along with them.

1/2 Woosh

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Variations

- Other sounds and actions can be introduced, including:
 - ‘Healing!’, where a player who makes a mistake or takes too long to pass the energy must skip around the centre of the circle while the other players all chant together ‘healing! Healing!’ Once the initiating player returns to their place in the circle, they must set the energy in motion again.
 - ‘Volcano!’ The players move to the centre of the circle while forming a sort of peak with their arms and making a ‘wwwwhhhhooooaaaahhhhh!’ sound that becomes increasingly loud. The players can either return to their places, or make a new circle. The initiating player must set the energy in motion again.
- To introduce a competitive element, the game can be played with an elimination mode in which players sit down or leave the group if they make a mistake or take too long to pass the energy.
- Players can come up with their own sounds and actions, replacing each sound and action combination in the standard game. These modifications could be based around a theme, for example witches and wizards, animals, outer space etc.