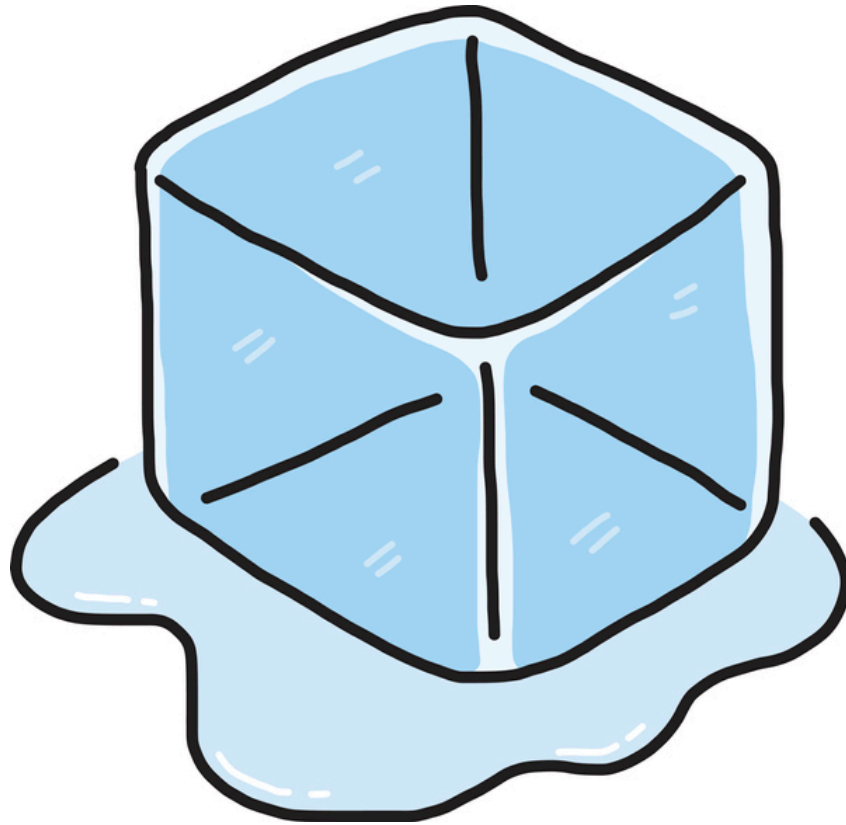




Icebreaker



Minute to Win It

Set #1



Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these Minute to Win It ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these Minute to Win It plans with others please contact us at support@consultfourkids.com so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, www.consultforkids.com



Icebreaker



Again, thank you for purchasing these Minute to Win It ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.

Icebreaker Activities

Minute to Win It #1

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Icebreaker



Capture the Cotton Ball

Jump Rope Snail

Cross the Finish Line

Minute to Win It Challenges

This entire set is full of **Minute to Win It Challenges**. These activities are engaging and fun.

Score Board

Set up the score board before the games begin. You will need butcher paper, big enough to hold everyone's name (going across the top) and the 18 **Minute to Win It Challenges** going down the left-hand side of the paper.

1 st = 5 points 2 nd = 3 points 3 rd = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ping Pong Relay									
Build A Tower									
Longest Shot									
Take a Header									
Plates and Cups									

Points are given 5 for a win, 3 for a try, and 1 for little success.



Activity #1: Minute to Win It—Ping Pong Ball Relay

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- 4 ping pong balls and 6 cups (5 filled to the brim with water and 1 empty) for each team (complete 2 teams or individuals at a time)

What you will do:

1. Divide children into two teams
2. Place the cups full of water in a line and place the empty cup at the end of the line
3. One player at a time, player blows the ping pong ball from the first cup to the empty cup. If player blows the ball off the water, he/she may pick the ball up and start back at the beginning. After two tries the player goes to the end of the line and the next team member takes over.
4. If all 4 ping pong balls are in the end cup and the team has not all played, remove the balls (keeping track that the score is 4) and continue until all team members have competed.
5. Record Points

Wrap Up Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



Activity #2: Minute to Win It Build a Tower

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Jenga wooden blocks

What you will do:

1. Divide children into 4 teams
2. Give each team the same number of Jenga blocks
3. Once in the teams, each player gets the same number of Jenga blocks
4. When you say “Go!”, players on each team begin to build the tower. The players must take turns, working together to build the tallest tower in a minute
5. If tower fall over, the team must start again.
6. Call time when 1 minute has passed.
7. Count the blocks. Record that number. This is the best out of 5 tries.
8. Record points

Wrap Up Questions:

- What did you enjoy about this activity?
- What strategy did you use to play the game?
- What would you change to make this activity more fun?



Icebreaker



Activity #3: Minute to Win It Longest Straw

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Straws

What you will do:

1. Divide the children into groups of 3-4
2. Each team is to build the longest straw possible by combing straws.
3. Straw must hold together when lifted
4. Record points

Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #4: Minute to Win It Empty A Box

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Box or container
- Cotton Balls

What you will do:

1. Divide children into groups of four
2. Give each group of four a box with cotton balls in it
3. Have the children stand on the four sides of the box
4. When you say “Go!”, children start to blow the cotton balls out of the box.
5. When you say “Rotate!” the children must move one position to the left (clockwise).
Call rotate at least 4 times so everyone is at every position
6. After 1 minute, teams count how man cotton balls have been blown out of the box
7. Record points

Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #5: Minute to Win It Take A Header

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Cotton balls
- Spoons
- Two bowls per team

What you will do:

1. Divide the children into two teams
2. When you say “Go!”, the first team member puts the bowl on his/her head and begins to fill it by spooning the cotton balls from the bowl on the table to the bowl on his/her head
3. For younger children, a team member can help hold the bowl on the head to the person
4. Each child takes a turn as the bowl is emptied
5. Game is over when all have participated
6. Record points

Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #6: Minute to Win It Plates and Cups

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- 5 paper plates
- 9 cups

What you will do:

1. Divide the children into two teams
2. Have each player, one at a time, build a tower, as tall as possible, using all of the cups and the plates
3. When one player completes the tower, the tower is taken down and the next player comes forward
4. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #7: Minute to Win It Yank Me

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- 5 paper cups
- Four 5" x 8" index cards

What you will do:

1. Divide the children into 4 teams
2. Each team should make a stack, cup, card, cup, card, cup, card, cup, card, cup
3. Players (one at a time) come up and try to remove the card without crashing the tower. After each failed attempt, put the card back in. If the player succeeds, the stack is left alone, and the next player removes the next card.
4. Record points

Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



Activity #8: Minute to Win It There's a Hole in My Plate

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Ping pong balls
- Paper plate with hole cut in it, big enough for the ping pong ball to go through
- Tray
- Container

What you will do:

1. Divide the children into two teams
2. Spread the ping pong balls out on the tray
3. Using the plate with a hole in it, the player should pick up a ping pong ball from the tray and drop it into the container through the hole in the bottom of the plate
4. Team all takes a turn. If ball drops but not in the container, player must start over with a ball in the tray.
5. Record points

Wrap-up Questions:

- What about the activity did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #9: Minute to Win It Just Kickin' It

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Cups
- Yarn
- Popcorn or packing peanuts

What you will do:

1. Have each child tie the cups to his/her shoes
2. Fill the cups (one on each foot) with popcorn or packing peanuts
3. When you say "Go!" all the children begin shaking out all of the popcorn (packing peanuts)
4. Player who clears cups first, wins. Can do the best 2 out of 3 if you desire
5. Record points

Wrap Up Questions

- What about the chanting did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #10: Minute to Win It Shoot 'Em Up

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Plastic cups with bottoms cut out
- Balloons (cut off the end furthest way from the end you blown into)
- Marshmallows
- Target (you will need to make this target)

What you will do:

1. Divide the children into teams of 4-5
2. Distribute the supplies to the children
3. Start by tying a not in the end of the balloon you blow into
4. Stretch the balloon over the opening, load with marshmallows, pull back on the balloon and shoot
5. Every team member must have 4 attempts at getting points.
6. Record points

Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #11 Minute to Win It Challenges Ready, Aim, Fire!

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Cups
- Miniature marshmallows

What you will do:

1. Have students find a partner
2. One partner lies down on the floor on his/her back, holds a cup I his/her mouth
3. Partner stands behind his/her head and attempts to drop the marshmallow from hands held above his/her head into the cup
4. Every 5 marshmallow drops, partners must change places
5. Record points

Debriefing Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #12: Minute to Win It Picasso

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Tempera paint (variety of colors)
- Long handled brush
- Drawing paper

What you will do:

1. Divide children into pairs
2. Distribute supplies to each pair
3. Explain they are going to paint a picture on the paper. The only catch is that they can only hold the brush with his/her foot holding the brush
4. Have children share with one another when completed
5. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #13: Minute to Win It What's Behind Your Back?

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Balloons
- Two lines (painter's tape, about 20 yards apart)

What you will do:

1. Divide the group into two teams
2. Split each team so half are on one side of the 20 yards, and half are on the other side facing them
3. Children blow up balloons, tie them off, and place them at one end
4. Person puts as many balloons under his/her shirt (in the back) and then goes to his/her team mates who are 20 yards away
5. Player takes balloons out from his/her shirt and then the other person loads o=up his/her shirt
6. Game continues until all players have competed

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #14: Minute to Win It Tissue and Straws

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Toilet paper sheets (20 for each team)
- Straws (one for each child)
- Container

What you will do:

1. Divide children into two teams, once in teams, pair the player up
2. Place an empty container 20 feet away
3. Working in pairs, using only the straws, pairs transport the tissue, one at a time to the container
4. When the tissue is in the container, the pair races back, tags the next pair who continues the contest
5. Game is over when all the tissue is in the box
6. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #15: Minute to Win It Cup on a String

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- String
- Cups attached to the cup through a hole in the bottom of the cup
- Water guns
- Painter's Tape to mark the point on the string which is as far as the shooter needs to go

What you will do:

1. Divide the children into two team
2. Each team will have a cup and a water gun
3. First player comes up, shoots inside the cup with the water gun, moves the cup to the tape on the string, race down and pushes the cup back up the string for the next player
4. Game is over when all have participated

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Icebreaker



Activity #16: Minute to Win It Pin Me Up

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- 20 clothes pins

What you will do:

1. **Divide the children into two teams**
2. One at a time, player will get 10 clothes pins pinned to the back of his/her sheet
3. When you say go, player gets the clothes pins off the back of their shirt without using their hands
4. When first player is finished, he/she helps the next person in line to put the pins on his/her back and the game continues
5. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #17: Minute to Win It Post It Note Relay

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Post It Pad for each team (same number of Post-Its for each team)

What you will do:

1. Divide the children into two teams. Divide each team into two sections, have them face each other about 20 yards apart.
2. When you say “Go!”, first player covers his/her clothing with the Post-Its, races to the team member across from his/her, where that person takes off the Post its and paces them on the next person
3. Play continues until everyone has had a turn.
4. Record points.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #18: Minute to Win It Bullseye

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need

- Cups
- Tape
- Table
- Ping pong balls
- Straws

What you will do:

1. Divide youth into 4 teams
2. On the table at the edge, tape 4 cups to the rim of the table
3. When you say go, player on each team blows ping pong ball into the cup across from his/her with the straw
4. If the ball goes off the table, the play goes to the next player
5. If the ball goes into the cup, team scores a point and the play moves on to the next player
6. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #19: Minute to Win It Water Trough

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Card Stock (one piece for each player)
- Water
- Container

What you will do:

1. Divide children into two teams
2. Each team member has one piece of card stock.
3. Team is to make a water trough so the water can run from the top into the container
4. When the container is full of water, team wins
5. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Icebreaker



Activity #20: Minute to Win It Capture the Cotton Ball

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Cups (1 per team)
- Rubber band for each cup
- String (5 tied to the rubber band on each cup)
- Cotton balls

What you will do:

1. Divide children into teams of 4
2. Each team member circles around the cup, each taking one of the strings attached to the cup
3. When you say "Go!" team works together to pick the cup up, move it to capture the cotton ball, 5 feet away
4. Game is over when one team has captured the cotton ball
5. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #21: Minute to Win It Jump Rope Snail

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Ping pong balls
- Jump rope
- Table

What you will do:

1. Divide children into two teams
2. Take the jump rope and spiral it like you would a snail shell, leaving space in between the ropes big enough for a ping pong ball to travel
3. When you say “Go!”, first player begins to guide the ping pong ball to the center of the snail shell by blowing on the ping pong ball (no hands)
4. When the first player completes the course, he/she returns the ball to the next person, and game continues
5. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #22: Minute to Win It Cross the Finish Line

Objective: Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

What you will need:

- Cups
- Straws
- Table top

What you will do:

1. Divide children into two teams
2. Divide each team into two parts, have the line up facing each other across the table (long way)
3. When you say “Go!”, first player blows team’s cup across the table to the his/her teammate
4. Player goes to the end of the line and teammate blows cup back to the other side
5. Play continues until all players have had a turn
6. Record points

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?