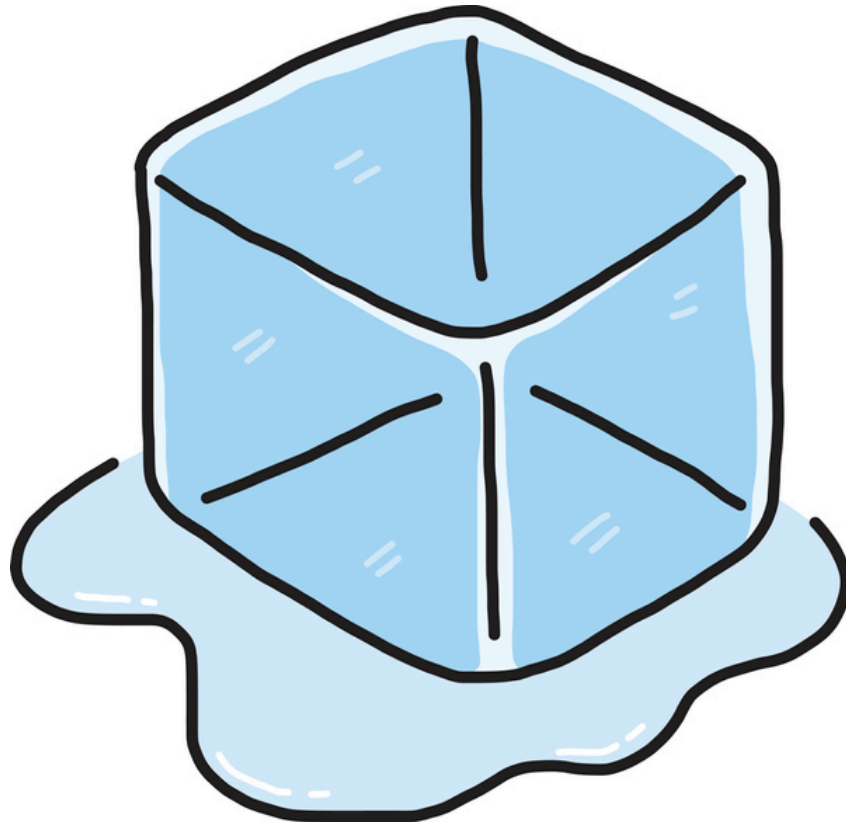




**Icebreaker**



**Minute to Win It**  
**Set #2**



## 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](mailto: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](http://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 #2**

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## Icebreaker



Snowball Fight

Mad Dog

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### Minute to Win It Challenges

This entire month is full of **Minute to Win It Challenges**. One more month of Minute to Win It Challenges.

#### 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 <sup>st</sup> = 5 points 2 <sup>nd</sup> = 3 points 3 <sup>rd</sup> = 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.



## Icebreaker



### Activity #1: Minute to Win It—Cookie Face

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

#### What you will need:

- Cookie for each child—could be an Oreo or a Vanilla Wafer.

#### What you will do:

1. Have the children form a circle
2. Give cookie to each child
3. Child places cookie on the forehead and without using hands or any other tool, moves the cookie from his/her forehead to his/her mouth.
4. 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?



## Icebreaker



### Activity #2: Minute to Win It Stack Attack

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

#### What you will need:

- Solo cups
- Table or other flat surface

#### What you will do:

1. Give the kids one single stack of 36 plastic cups.
2. Each child gets one minute to stack all of the cups into a pyramid and then unstack them, making a single column again.
3. 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 Penny 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:

- Feathers
- Bucket

#### What you will do:

1. How many pennies can your child stack in one minute? If they just guessed a million, they're not exactly right.
2. The trick to this game is that the child can only use one hand. This is what makes this oh-so-challenging.
3. 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?



## Icebreaker



### Activity #4: Minute to Win It This Blows

**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
- Plastic cups

#### What you will do:

1. Each player has one minute to blow up a balloon and then use the air that's inside of it to knock over as many plastic cups as they can. If they still have time on the clock they can repeat the steps to blow down any leftover cups.
2. 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?





## Icebreaker



### Activity #5: Minute to Win It Noodling Around

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

#### What you will need:

- Spaghetti
- Penne pasta
- Bowls

#### What you will do:

1. Start this minute to win it game with one strand of uncooked spaghetti.
2. The player puts the end of the dry noodle in their mouth.
3. Player then has 60 seconds to pick up six uncooked pieces of penne pasta—with the spaghetti, without using hands!
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?



## Icebreaker



### Activity #6: Minute to Win It Scoop It 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:

- Ping Pong Balls
- Small bucket or bowl
- Spoon

#### What you will do:

1. Move six ping pong balls from one bowl to another, using only a spoon.
2. Again, like some of the other minute to win it games, the kids can't use their hands. Instead, each child will use a spoon—in their mouth.
3. This activity is for everyone on the team.
4. Children will compete one at a time
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 #7: Minute to Win It Card Ninja

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

#### What you will need:

- Deck of cards (an old deck will be fine)
- Watermelon

#### What you will do:

1. Slice a watermelon in half, securing it on a table or other flat surface.
2. Give the kids cards to throw (kind of like throwing stars). Whoever gets the most cards into the melon in one minute wins.
3. 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?



## Icebreaker



### Activity #8: Minute to Win It Puddle Jumpers

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

#### What you will need:

- Solo cups filled with water
- Ping pong balls

#### What you will do:

1. Set up a series of plastic cups (6 -8).
2. Fill them to the top with water and set a ping pong ball on the first in the row.
3. The kids need to blow the ball from the first cup to the second. Keep going with more balls, racing to see who moves the most in one minute.
4. If the ball falls off before getting to the end, bring it back to the beginning cup and start all over again.
5. Record points

#### Wrap-up Questions:

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



## Icebreaker



### Activity #9: Minute to Win It Kix Chopstick Race

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

#### What you will need:

- Kix cereal
- Chopsticks
- Solo cups
- Large bowl

#### What you will do:

1. Have children form a circle around the bowls of Kix
2. Players work individually to move as many Kix cereal pieces from a central bowl into their own plastic cups, using only a pair of chopsticks.
3. Record points

#### Wrap Up Questions

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



## Icebreaker



### Activity #10: Minute to Win It One Handed Bracelet

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

#### What you will need:

- Pipe cleaners
- Fruit Loops or like cereal

#### What you will do:

1. All players can compete in this activity at one time
2. Player has one minute to thread as many fruit loops onto a pipe cleaner as possible.
3. The challenge, players can only use one hand!
4. Record points

#### Wrap Up Questions

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



## Icebreaker



### Activity #11: Minute to Win It! Blow It Away

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

#### What you will need:

- Assortment of items from around your space (game pieces, marbles, paper clips, rubber bands, etc.)
- Straw for each child
- Paper plates (2 for each team)

#### What you will do:

1. Divide the children into two teams
2. Each team will have a plate full of items, and each child will have a straw
3. Using only the straw, one at a time, the team members will work to remove all the objects from the plate, placing the item on the second plate
4. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

#### Wrap-up Questions:

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



## Icebreaker



### Activity #12 Minute to Win It Challenges Marshmallow Toss

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

#### What you will need:

- Small cups
- Miniature marshmallows

#### What you will do:

1. Have students find a partner
2. Partners stand across from each other, about 2-4 feet apart.
3. One person has a handful of marshmallows and the other has a small paper cup.
4. Students have one minute to toss as many marshmallows into the cup as possible.
5. Record points

#### Debriefing Questions

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





## Icebreaker



### Activity #13: Minute to Win It Marshmallow Race

**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
- Miniature marshmallows

#### What you will do:

1. Break the group in half and draw a line in the middle of the table.
2. Each side uses straws to try to blow the marshmallows to the other side of the line.
3. The team with the most after one minute wins.
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?



## Icebreaker



### Activity #14: Minute to Win It Balance the 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:

- Cherries (with stems or some other fruit with a stem)
- String
- Someplace to hang the cherries (maybe in the doorway)
- Tape

#### What you will do:

1. Divide the group into two teams
2. Players move ping pong balls from one shared bowl to another bowl on the opposite side of the room.
3. The catch: players can only move balls using a spoon that they're holding in their mouth.
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?



## Icebreaker



### Activity #15: Minute to Win It Sticky Marbles

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

#### What you will need:

- Marbles
- Double-sided tape

#### What you will do:

1. Divide children into pairs
2. Players roll marbles from one side of the table to the other, trying to get as many as possible to stick on double-sided tape.
3. 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 #16: Minute to Win It Bottle to Bottle

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

#### What you will need:

- Cereal or jelly beans
- Two, 2-liter bottles for each team

#### What you will do:

1. Fill one 2-liter bottle with something (Lucky Charms, Jelly Beans, etc.) then tape to another 2-liter bottle –
2. Players have to transfer all from one bottle to the other.
3. 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 #17: Minute to Win It Traffic Yam

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

#### What you will need:

- Sweet potato (one for each team)
- Painter's tape for a start and finish lines

#### What you will do:

1. **Divide children into two teams**
2. Each child would push a sweet potato across the floor from one side of the room to another
3. Students may only use their noses to move the sweet potato
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 Candy Cane Catch

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

### What you will need:

- Ribbon, yarn or twine
- Chairs
- Candy canes

### What you will do:

1. Tie a piece of ribbon or twine from one post or chair to another.
2. Players must stand on top of the chairs and try to be the first to drop a candy cane from the chair onto the ribbon and get it to stay there.
3. Play until the first player gets a candy cane to catch on the ribbon or see who can get the most in a minute.
4. This is one of the more difficult Christmas minute to win it games for kids.
5. Two children can play this game at one time
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 Naughty or Nice**

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

### **What you will need**

- Bowls
- Table top
- Red and green M and M's
- Spoon

### **What you will do:**

1. Divide youth into 2 teams
2. Set out bowls full of red and green candies, making sure to have the same amount in each one.
3. Players must quickly go through a bowl of red and green candies and divide the candies (one candy at a time) into separate bowls across the room labeled naughty or nice.
4. Red candies go into the naughty bowl and green candies go into the nice bowl.
5. Candy is carried from one side of the room to the other via spoon
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?



## Icebreaker



### Activity #20: Minute to Win It Snowball Fight

**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
- Empty container (like a fish bowl)
- Cotton balls

#### What you will do:

1. Divide children into two teams
2. Team member has to bounce (or toss) white ping pong balls into an empty container at the other end of the table while other players are throwing cotton balls at the ping pong balls the player is bouncing, trying to knock their balls out of the way.
3. Player has to bounce one ping pong ball into the bowl to win.
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 #21: Minute to Win It—Mad Dog**

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

### **What you will need:**

- Wooden stick—maybe even a jumbo craft stick
- Glue
- Tic Tac boxes for each end

### **What you will do:**

5. Prepare a wooden stick with two filled tic tac boxes glue at both ends.
6. Bring all the children into an open spot where they can move without hitting something or someone.
7. Explain they will each have an opportunity be the Mad Dog.
8. Hold the stick in the mouth and shake the head until both the boxes empty. Complete this in a minute to win this game
9. Continue until all children have had the opportunity to be the “mad dog”
10. 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?



## Icebreaker



### Activity #22: Minute to Win It Slinky Challenge

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

#### What you will need:

- Headband
- Slinky (plastic is best)

#### What you will do:

3. Wear the headband and place 4 or 5 coils of slinky between your head and headband.
4. The slinky should get stacked perfectly on the forehead by moving the head around within 60 seconds.
5. This game is really tougher than it sounds.
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?