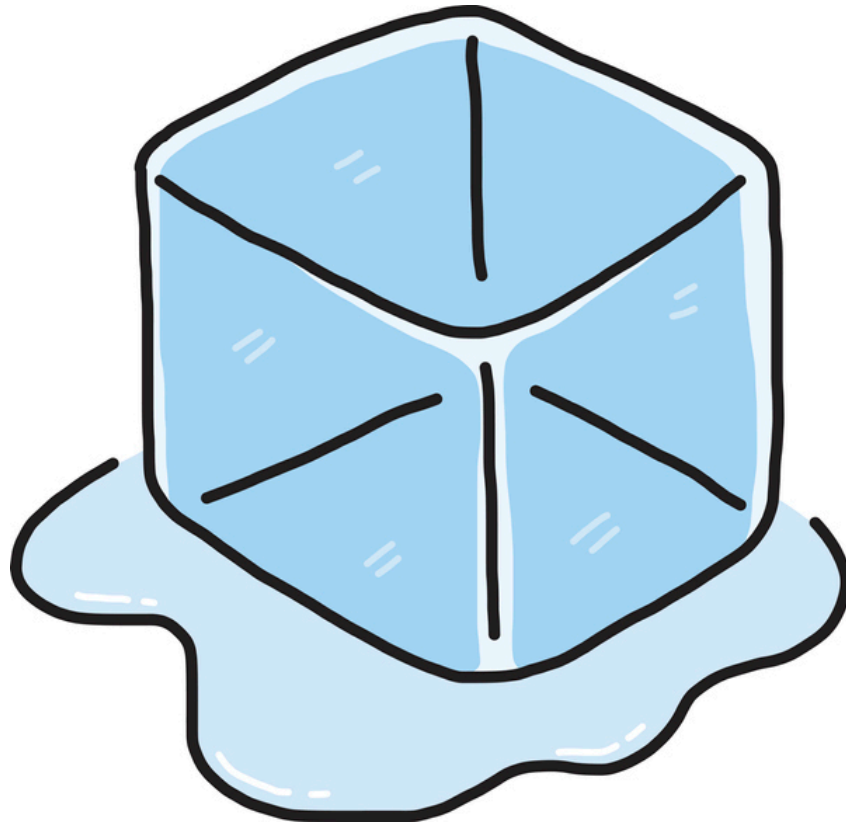




Icebreaker



Minute to Win It
Set #3



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 #3

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Icebreaker



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Minute to Win It Challenges

This entire month is full of **Minute to Win It Challenges**. These activities were found on line at <https://babydotdot.com/minute-to-win-it-games-for-kids/> The website has a short video on each of the activities so you can see exactly how to play the challenge. You can watch them by yourself or show the kids so they know exactly what to do.

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—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:

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

1. Wear the headband and place 4 or 5 coils of slinky between your head and headband.
2. The slinky should get stacked perfectly on the forehead by moving the head around within 60 seconds.
3. This game is really tougher than it sounds.
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 #3: Minute to Win It Pong Spoon Scoop

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

What you will need:

- Two bowls for each team
- 6 ping pong balls for each team
- Plastic spoons (1 for each child)

What you will do:

1. Divide the children into two teams
2. Transfer the ping pong balls from one bowl to another by holding the spoon in your mouth.
3. Each player has no more than 1 minute
4. Player then goes back, tags the next player who completes the process
5. Game is over when everyone has had turn for 1 minute
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?



Icebreaker



Activity #4: Minute to Win It Bucket Head

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

What you will do:

1. This activity is for everyone on the team.
2. Children will compete one at a time
3. Place the bucket on head, bounce the ball against the wall and capture it with the bucket.
4. Catch three balls to win this game within a minute.
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 #5: Minute to Win It Breakfast Scramble

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 boxes, cut the front off the box. Cut the front into 20 equal pieces 1 box for each child or for each team

What you will do:

1. Divide the children into teams of 2.
2. Give each team a cereal box front cut into 20 equal pieces
3. Dump the pieces out. First team member has 1 minute to put the puzzle together. Then it is the second person's team
4. Arrange the small pieces to create the front side of the snack or cereal pack in one minute to win.
5. 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 #6: Minute to Win It Paper Dragon

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

What you will need:

2 rolls of party streamers for each child—any color

What you will do:

1. Contestants must unspool a roll of party streamer in each hand, usage of hands and arms only allowed.
2. If the streamer breaks, pick up and continue to complete in a minute.
3. Record points

Wrap-up Questions:

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



Icebreaker



Activity #7: Minute to Win It Roll With 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:

- Rolls of toilet paper (2 for each person competing)

What you will do:

1. Bring children to an open space where they can move around without bumping into something or someone.
2. Unspool both paper rolls before one minute to win this game. If the roll discontinued, grab it and continue.
3. Don't give up.
4. Only the time limit can eliminate you in this game.
5. Have fun!
6. Record points

Wrap Up Questions

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



Icebreaker



Activity #8: Minute to Win It Dizzy Mummy

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

What you will need:

- 1 roll of toilet paper for each pair of children

What you will do:

1. Divide the children into teams of 2, one person to hold the roll and another one to spin around.
2. As the person spins around, he/she covers him or herself in toilet paper and empties the roll.
3. Do this in a minute to win.
4. Record points

Wrap Up Questions

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



Activity #9 Minute to Win It Challenges Worm Diving

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

What you will need:

- Bowl
- Pretzels
- Fishing Line (could be string or yarn)
- Gummy worm tied to the end of the fishing line
- Something to use as a pole (ruler, dowel)

What you will do:

1. Connect the gummy worm to the fishing line as it hangs 48 inches from the end of the fishing rod.
2. Keep pretzels 6 feet away in a bowl.
3. Use the worm to pick up pretzels, bring it to you and eat.
4. Complete the bowl in 60 seconds to win.
5. Record points

Debriefing Questions

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



Icebreaker



Activity #10: Minute to Win It Pong Tac Toe

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 (at least 9)
- Solo cups, each with water in them
- Space where if water spills it can be easily cleaned up

What you will do:

1. Line the children up in a vertical line
2. Children will compete one at a time
3. The player must bounce three balls into the glasses.
4. The three balls must be in a row within a minute to win.
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 #11: Minute to Win It Scary Cherry

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. Tie one cherry with the string on a stick or rod in a doorway.
2. Player must blow the cherry until it swings back to his / her mouth.
3. Player must eat one cherry in a minute to win it.
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 #12: Minute to Win It Shoe Fly Shoe

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

What you will need:

- Shoes (children can use their own shoes)
- Table

What you will do:

1. Bring two children to the front to compete at a time and have them stand in front of the shoes
2. Player is to get one of the shoes onto the table using only his/her foot to move the shoe
3. Players have 1 minute, then next group of two children comes to the front to compete
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 #13: Minute to Win It Stick the Landing

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

What you will need:

- Water bottle(s)
- Table

What you will do:

1. Bring children together around the table
2. Explain they will each have one minute to accomplish the task
3. Explain they will toss the water bottle in the air and make sure it lands upright on the table or floor
4. Achieve this in one minute to win.
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 #14: Minute to Win It Bottoms 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:

- Yo-yo
- Empty cans (6 or so)
- Low table, platform or floor

What you will do:

1. Bring children together around the empty cans
2. Explain that one at a time they will have an opportunity to compete in this challenge
3. Tie the yo-yo at the back with a belt and let it hang down like a tail. Swing the yo-yo and take down all the cans placed within 60 seconds 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?



Icebreaker



Activity #15: Minute to Win It Whipper Snap 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:

- Towel
- Laundry or other big basket
- Ping pong Balls

What you will do:

1. Two children can play this game at one time
2. Keep the laundry basket 15 feet away from the players.
3. To win this game, the player must flick the two ping pong balls using the towel and make them fall into the basket within 1 minute.
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 #16: Minute to Win It Mega Bubble

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

What you will need

- Hula hoop
- Bubble solution (the kind you buy at the store will be fine)

What you will do:

1. Keep the hoop 15 feet away from the player and the bubble that he or she blows should get through the hoop.
2. Make sure to do it within a minute to win.
3. Two children can do this game at one time
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 #17: Minute to Win It—Tower of Dominoes

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

What you will need:

One set of dominoes for each team (If you don't have enough sets, teams can take turns building. If you do this, be sure to measure each of the towers accurately)

What you will do:

1. Divide children into teams of three and distribute the supplies.
2. Explain they will have one minute to build the tallest domino tower that is freestanding.
3. Explain you will measure the height of the tower, and if a second group needs to use the same dominoes, they will begin when you call "Go!" for the second minute.

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 #18: Minute to Win It Bite 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:

- Get five paper bags and scissors for each child.
- Cut the bags into varying heights of 10, 8, 6, 4 and 2 inches respectively.
- Each child needs his/her own set of bags since they will be picking them up with their mouths
- Two tables

What you will do:

1. Place the bags in a row on the table
2. Player should pick each bag up using only his/her mouth and drop it on the table behind him/her.
3. During this play, only the feet can touch the floor.
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 #19: Minute to Win It Loner

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 for each child
- Pencil for each child

What you will do:

1. Set the pencil standing up at 15 feet away.
2. Roll the marbles and knock the pencil down in one minute to win.
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 #20: Minute to Win It! Spider Man

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

What you will need:

- Sticky Hands
- Spiders

What you will do:

1. Toss the spiders on the floor
2. Divide kids into 4 teams
3. Give each team a Sticky hand
4. One team member from each team comes forward and tries to collect as many spiders as possible using only the sticky hand
5. When the spiders have been picked up, spiders may be removed and placed in a container
6. When all of the players have finished, count for a team and an individual score.

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 #21: Minute to Win It! Straws 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:

- 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 #22 Minute to Win It Captain America

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

What you will need:

- Paper plates (red, white, and blue)
- Basket or box
- Americana designed duct tape

What you will do:

1. Players stand behind the line that's taped on the ground 20 feet away from the basket and try to toss paper plate "shields" to get them to land in the basket or other container.
2. Keep track of the number of plates the person makes into the basket/container in 1 minute
3. Each member of the team has the opportunity to do the same
4. Record Individual and Team Totals

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?