

Handouts



Using Experiential Activities in a Secure Setting

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Some Creative Activity Ideas

- Music and Cinema
- Arts and Crafts
- Painting

Music and Cinema Activities

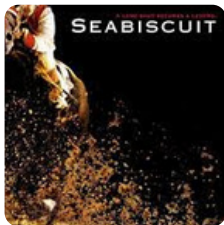
MOVIES WITH A MESSAGE

Activity

PURPOSE

Allowing youth to "get lost" in a movie, draw parallels from characters and events in the movie to their own lives, and perhaps learn how to address beliefs and challenges in new ways. Movies are full of metaphors and symbols and can be a safe and effective way for youth to explore new thoughts and directions.

It is important to understand that movie selection is very very important. Steer away from movies that are too close to the youth's current lives as this can be very triggering, and you may not have a mental health staff there to help process that issue. Typically movies that are fantasy, metaphorical, drama, historical, and hero-based can all be good choices. Some suggestions include:



Seabiscuit



Avengers



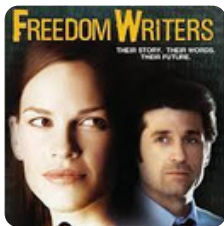
Inside Out



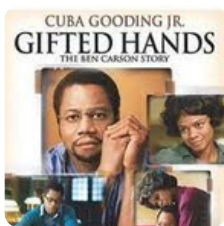
Soul



Chasing
Mavericks



Freedom
Writers



Gifted Hands



The Blind Side



Mighty Macs



Remember the
Titans

PROCESSING QUESTIONS:

1. What are your general feelings about this movie?
2. What parts of the movie touched you most?
3. What character do you most identify with...and when...and why?
4. Ask specific questions about what certain characters did...and what they thought.
5. Would you change the outcome of the movie, and if so, how?
6. What are you taking away from this movie that might help you in your life?

MUSIC

Activity

SUPPLIES NEEDED



Butcher Paper
6-8 feet long



Colored Markers,
Crayons, Pencils



Music
At least 4 pieces

PURPOSE

1. To allow youth to freely express themselves through drawing and music.
2. To explore how different music can make them feel (and thus how they might be able to use music as a coping tool).

PROCESSING QUESTIONS:

1. What were you noticing about yourself while you were listening to the different types of music?
2. What did you notice about your drawing?
3. What is the best music to calm yourself with?
4. Any differences between people and what they'd use to calm themselves?
5. What did you learn from this activity?

DIRECTIONS

1. Allow youth to stretch out on the floor to draw or be able to tape their paper to the wall to draw.
2. Play the first song and ask the participants to simply draw whatever comes to mind as they listen to the song, focusing on how the music is making them feel. You will likely have to repeat the song a few times while they are drawing. Give them maybe 10 minutes or so to draw. Repeat the process with the second song, third song, and fourth song.
3. Give them time to go back and complete any drawing they hadn't finished.
4. In a group, have each participant share about their drawing: how they felt with that particular music playing, what meaning their drawing might have, etc.

WRITE YOUR OWN RAP

Activity

PURPOSE

To express oneself through music and creative writing.

SUPPLIES

Worksheet (attached)

Pencils or pens

A recording with a rap beat for the youth to write their lyrics to

DIRECTIONS

1. Hand out worksheets and explain activity; maybe share your own story about how music affects you.
2. Allow time for the youth to write their own rap while playing the rap beat.
3. Have each youth sing their rap to the beat.

PROCESSING

- What was this activity like for you? What did you notice about yourself when writing? Singing?
- Tell us about your words and what you are trying to express in your rap.
- What are your thoughts as you listen to everyone else's raps?



WRITE YOUR OWN RAP

Activity

WORKSHEET

Think of a subject that is important to you (ex: about yourself, what you want others to know, what you like or dislike, what you wish or desire, something that bothers you)

Write a rap that is between 4 to 10 lines.

Most raps end with words that rhyme at the end however this is not necessary -

- Most raps rhyme in "couplets." That means lines rhyme two at a time. Lines one and two rhyme with each other, but not with the other lines. Lines 3 and 4 rhyme with each other, but not with the other lines. And so on. The two lines that rhyme together are a "couplet."

You can freestyle or use one of the beats provided.

Example:

Help me understand what all the fighting is about
If you look within yourself, sometimes you will find self-doubt
We should love laugh and enjoy each others' company
Life is so short, can any of you help me see?
Peace only happens when we are all united and strong.
So why do we not get along?

Arts and Crafts Activities

TUGMASTER 36"

SUPPLIES NEEDED



Fleece Strips -
different colors X 3



Scissors



Measuring Tape

DIRECTIONS

1. Measure and cut fleece strips 4" X 60" - 3 total
2. Using all three strips, tie a knot on one end leaving a 3" fringe.
3. Braid tightly to approximately 34" and tie another knot, leaving a 3" fringe. The total length of the toy should be 36".
4. A shorter tugmaster can be made as well. Ensure the braid is braided tightly.



ROCKET RING

SUPPLIES NEEDED



Fleece Strips -
different colors X 3



Scissors



Measuring Tape



Needle and Thread

DIRECTIONS

1. Measure and cut fleece strips 2" X 36" - 3 total
2. Using all three strips, tie a knot on one end leaving a 3.5" fringe.
3. Braid tightly to approximately 20" and tie another knot, leaving a 3.5" fringe.
4. Sew into a ring measuring 6" in diameter.
5. Tie strips over the sewn area to hide sewing.
6. Trim and tag.



POWER WORD

Activities

WITH DRIED ITEMS

PURPOSE

- 1.To get outdoors
- 2.To Identify a word that can be personally motivating.
- 3.To create an art piece for the wall.

DIRECTIONS

- 1.Take the youth on a field trip to a park or other outdoor area.
- 2.Provide them a box or tray to collect dried items in for their art piece
- 3.Let them collect as many items as they'd like (dried flowers, sticks, thistles, vines, leaves, grasses, rocks, etc.)
- 4.Come back to the facility to assemble the art piece.
- 5.Adhere the string to the back of the wood plank with either a stapler or glue so that the art piece can hang on the wall.
- 6.Ask youth to choose a "power word" for themselves ... a word that would help them stay on the right path, or reminds them of what is important, or motivates them.
- 7.They then need to form a word with the dried items on their wood plank and glue the pieces on the plank.

PROCESSING

- 1.What was this activity like for you?
- 2.Tell us about your power word and why it is important to you.
- 3.Where do you think you want to put this art piece?



Painting Activities

POWER WORD

Painting Activity

SUPPLIES YOU WILL NEED



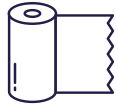
Acrylic Paints



Cups



Paint
Brushes



Paper
Towels



Covers for
Tables



Paper
Plates



8"x10" Canvas



Blow Dryers



Letters
Stencils and
Stickers

PURPOSE

- 1.To learn new skills of painting with acrylic paint.
- 2.To identify a word that can be personally motivating.
- 3.To express oneself through painting

SUPPLIES

- Acrylic paint
- Brushes
- Paper towels
- Cups for water
- Paper plates for paint
- Covers for tables
- 8" x 10" canvases
- Blow Dryers
- Stencils of letters
- Stickers of letters

DIRECTIONS

- 1.Set up room for painting, where each place has a canvas, brushes, cup of water, and paper plate for paint.
- 2.Tell youth about the project, and ask them to think about the word they want to use and the colors they want to use.
- 3.Pour requested paint colors on youth's paper plates.
- 4.Teach basic rules about using acrylic paint.
- 5.Teach about how to use stencils vs. stickers (stencil is painting on top of a background; stickers are used to show the letters in the background color while the rest of the canvas is painted differently).
- 6.Let them go and create their art piece; be available to answer questions and help as needed.

PROCESSING

- 1.What was this activity like for you? Were there some of you who hadn't painted before? How do you feel now?
- 2.Tell us about your power word and why it is important to you.
- 3.Where do you think you want to put this art piece?
- 4.Did you discover anything new about yourself today?

"IN SPITE OF"

Painting Activity

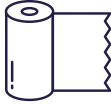
SUPPLIES YOU WILL NEED



Acrylic Paints



Cups and
Paint
brushes



Paper
Towels



Covers for
Tables



Paper
Plates



16"x20"
Canvases



Blow Dryers



Letters
Stencils and
Stickers



List of Sample
Phrases
(attached)

PURPOSE

- 1.To motivate youth to persevere through challenges in life.
- 2.To provide an opportunity for youth to express themselves through art.

SUPPLIES

- Acrylic paint
- Brushes
- Paper towels
- Cups for water
- Paper plates for paint
- Covers for tables
- 16" x 20" canvases
- Blow Dryers
- Stencils of letters
- Stickers of letters
- A list of simple phrases (attached)

Examples of 'In Spite Of' phrases on following page.

DIRECTIONS

- 1.Set up room for painting, where each place has a canvas, brushes, cup of water, and paper plate for paint.
- 2.Tell youth about the project, and ask them to think about the word they want to use and the colors they want to use.
- 3.Pour requested paint colors on youth's paper plates.
- 4.Teach basic rules about using acrylic paint.
- 5.Teach about how to use stencils vs. stickers (stencil is painting on top of a background; stickers are used to show the letters in the background color while the rest of the canvas is painted differently).
- 6.Let them go and create their art piece; be available to answer questions and help as needed.

PROCESSING

- 1.What was this activity like for you? Were there some of you who hadn't painted before? How do you feel now?
- 2.Tell us about your painting and what phrase it represents.
- 3.What meaning does that phrase have for you in your life?
- 4.What did you learn about yourself today?

"IN SPIRE OF"

Painting Activity

PHRASE LIST

- GROW** in spite of the poor soil around me.
- RESPECT OTHERS** in spite of how they choose to treat me.
- PERSEVERE** in spite of the frustration that fills me.
- STAY CALM** in spite of the crazymaker in front of me.
- ACCEPT** in spite of the judgment I see from others.
- BE KIND** in spite of the unkindness around me.
- FORGIVE** in spite of what others have done.
- GIVE** in spite of how little I have.
- RESIST** in spite of the temptation that stalks me.
- BE HONEST** in spite of the lies I've been told.
- BE PATIENT** in spite of the impulse that haunts me.
- ENDURE** in spite of the trial I'm facing.
- HOPE** in spite of the darkness that envelops me.
- HAVE FAITH** in spite of the ambiguity that makes me doubt.
- BE REAL** in spite of the hypocrites around me.
- BELIEVE TRUTH** in spite of the deception that is delivered to me.
- IMAGINE** in spite of reality.
- DAYDREAM** in spite of the dream busters around me.
- SMILE** in spite of the disappointments I've encountered.
- BE GRATEFUL** in spite of all I may need.
- BE WISE** in spite of the foolishness that lures me.
- STRIVE** in spite of the mountain before me.

WATERCOLOR PAINTING

Activity

SUPPLIES YOU WILL NEED



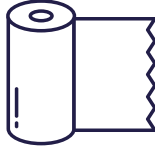
Watercolor
Paints



Cups



Paint
Brushes



Paper
Towels



Covers for
Tables



Paper
Plates



15-25 different
Quotes on a
piece of paper

PURPOSE

- 1.To allow an opportunity for youth to be creative, master some new skills, and build confidence.
- 2.To create a poster that will help motivate youth.

DIRECTIONS

- 1.Accumulate lots of quotes that could be motivational to the youth.
- 2.Have students walk in and choose what quote they want to use for their art piece.
- 3.Teach some basic watercolor properties (wet vs dry brush, use of sponges, etc.)
<https://www.artsy.net/article/artsy-editorial-5-simple-watercolor-techniques-beginners>

Examples of Quotes on following pages.

PROCESSING QUESTIONS:

- 1.What was the activity like for you?
2. Tell us about the quote and why you chose that one.
3. Tell us about your image and how that relates to your quote.
- 4.How might you use this poster as a motivator for yourself?

WATERCOLOR PAINTING

Painting Activity

QUOTES LIST

- Don't go through life, GROW through life. -Eric Butterworth
- You are enough.
- Do your best and then relax. Let things go on in a natural way, rather than force them.
- We cannot hold a torch to light another person's path without brightening our own.
- Few delights can equal the mere presence of one whom we trust utterly. – George MacDonald
- Shoot for the moon. Even if you miss it, you will land among the stars. – Les Brown
- Don't let other people's opinions burn holes in your dreams. – Elsa Joy Bailey
- Success means having the courage, the determination, and the will to become the person you were meant to be. -- George Sheehan
- Don't ask what the world needs. Ask what makes you come alive and go out and do it. Because what the world needs is people who have come alive.
- The period of the greatest gain in knowledge and experience is the most difficult period in one's life. Through a difficult period you can learn; you can develop inner strength, determination, and courage to face the problems. – His Holiness the Dalai Lama
- Success is not the key to happiness. Happiness is the key to success. If you love what you are doing, you will be successful. – Herman Cain
- People are like stained glass windows: They sparkle and shine when the sun is out, but when the darkness sets in their true beauty is revealed only if there is a light within.– Elisabeth Kübler-Ross
- A friend is someone who knows the song in your heart, and can sing it back to you when you have forgotten the words. – Donna Roberts
- I have heard there are troubles of more than one kind. Some come from ahead and some come from behind. But I've strengthened myself. I'm all ready you see. Now my troubles are going to have troubles with me! – Dr. Suess
- We will be known forever by the tracks we leave. – Dakota Proverb
- The true test of character is not how much we know how to do, but how we behave when we don't know what to do. – John W. Holt, Jr.
- I am not afraid of storms, for I am learning how to sail my ship. -- Louisa May Alcott
- Whatever you want to be in life you're training for it now. – Michal P. Anderson, Astronaut Mission Specialist, Shuttle Columbia
- Since you are like no other being ever created since the beginning of time, you are incomparable.– Brenda Leland
- Surround yourself with people who respect and treat you well. – Claudia Black
- When you pass through the waters, I will be with you; And through the rivers they shall not overwhelm you.– Isaiah 43:2a
- Be what you is and not what you is not. Folks that is what they is, is the happiest lot. – From cartoon, "Help Mr. Wizard"
- As we learn to have compassion for ourselves, the circle of compassion for others – what and whom we can work with, and how – becomes wider.
- Be who you are and say what you feel, because those who mind don't matter, and those who matter don't mind.– Dr. Suess
- Lend yourself to others, but give yourself to yourself. – Michel de Montaigne
- It's not what happens to you, but how you react to it that matters. – Epictetus
- Courage does not always roar. Sometimes it is a quiet voice at the end of the day, saying... "I will try again tomorrow".– Mary Anne Radmacher
- Do all you can with what you have, in the time you have, in the place you are. – Nkosi Johnson, Twelve-year-old Zulu boy, living with AIDS

WATERCOLOR PAINTING

Painting Activity

QUOTES LIST

- A pearl is a beautiful thing that is produced by an injured life. It is the tear [that results] from the injury of the oyster. The treasure of our being in this world is also produced by an injured life. If we had not been wounded, if we had not been injured, then we will not produce the pearl. – Stephan Hoeller
- It's impossible to travel with the wrong people and get the right results. – Howard E. Butt
- Your destiny is just waiting for you to show up. – Jillian Michaels
- Don't let the hardship of the past rob the joy of the present.
- Don't judge each day by the harvest you reap, but by the seeds you plant. – Robert Louis Stevenson
- There are two ways to live your life. One is as though nothing is a miracle. The other is as though everything is a miracle. – Albert Einstein
- Let us not pray to be sheltered from dangers but to be fearless when facing them.
- You'll get mixed up, of course, as you already know. You'll get mixed up with many strange birds as you go. So be sure when you step, step with care and great tact and remember that Life's a Great Balancing Act. – Dr. Suess
- Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude. – Thomas Jefferson
- Sometimes our light goes out, but is blown again into instant flame by an encounter with another human being. Each of us owes the deepest thanks to those who have rekindled this inner light. – Dr. Albert Schweitzer
- Enjoy the little things, for one day you may look back and realize they were the big things. – Robert Brault
- Some people go through life trying to find out what the world holds for them only to find out too late that it's what they bring to the world that really counts.
- If you dedicate yourself to service, the doors will open.
- The future is not some place we are going, but one we are creating. The paths are not to be found, but made. And the activity of making them changes both the maker and their destination.
- Change the story and you change perception; change perception and you change the world.
- We must not, in trying to think about how we can make a big difference, ignore the small daily difference we can make which, over time, add up to big differences that we often cannot foresee. – Marion Wright Edelman
- Even if you have a lot of work to do, if you think of it as wonderful, and if you feel it as wonderful, it will transform into the energy of joy and fire, instead of becoming a burden.
- As irrigators lead water where they want, as archers make their arrows straight, as carpenters carve wood, the wise shape their minds. – The Buddha
- If you realized how powerful your thoughts are, you would never think a negative thought.
- Those who love you are not fooled by mistakes you have made or dark images you hold about yourself. They remember your beauty when you feel ugly; your wholeness when you are broken; your innocence when you feel guilty; and your purpose when you are confused.
- When the grass looks greener on the other side of the fence, it may be that they take better care of it there. – Cecil Selig
- A good name will shine forever. – Proverb
- You can avoid reality, but you cannot avoid the consequences of avoiding reality. – Ayn Rand
- We can't control our destiny, but we can control who we become. – Anne Frank

Some Outdoor Activity Ideas

- Field Day
- Teambuilding
- Minute to Win It

Field Day Activity Ideas

FIELD DAY

Activities for a Secure Setting

WADDLE RELAY

Provide each team member with a tennis ball. Each team will also need their own box to drop the tennis balls into. When the relay begins, the first person on each team puts the tennis ball between his or her knees and waddles to their team's box that has been set up a fixed distance away. The team member must get close enough to the box so when he or she releases their knees, the ball falls into the box. They then run back to the team and tags the next person in line, who puts the tennis ball between their knees and waddles off to their team's box. The relay ends when the last person returns to the team. The first team to finish is the winning team.

DROP AND POP

Provide each team with balloons -- one balloon per team member. Inflate the balloons, so each is roughly the same size. Set up a chair for each team at a destination point. When the relay gets underway, the first member of the team carries a balloon to the chair, drops the balloon on the chair, and then sits on the balloon until it pops. When the balloon pops, the team member runs back to his or her team and tags the next person in line. The relay continues until the last team member in each team has made it back to the line. The first team to finish wins.

HOOPING IT UP

In this activity, team members join hands in a circle. One person has a hoop over his or her right arm. When the relay starts, the team member with the hoop over an arm steps into and through the hoop so it rests on his or her left arm. Then the hoop is slid onto the right arm of the team member to the left. That team member repeats the process. The first team to pass the hoop around the circle without dropping hands wins.

LAUNDRY DAY RELAY

Provide each relay team with a laundry basket full of the exact same clothing items and some clothespins. (Every team's basket includes one laundry item per team member -- any combination of caps, pants, shorts, shirts, T-shirts, or socks -- and two clothespins per team member.) Extend a clothesline between two poles or trees. When the relay begins, the first member of each team grabs an item from the basket, runs to the clothesline, uses two clothespins to hang up the item, runs back to the team, tags the next person in line, and gets on the end of the line. When the next player is tagged, that team member picks another item of clothing from the basket and heads for the clothesline. The relay continues until the last team member hangs the last piece of clothing and returns to the end of the line. The first team to finish is the winner.

If you have time: after all items are hung, the team might continue that round or simply repeat the activity, this time taking one item at a time off the clothesline and returning it to the basket

FIELD DAY

Activities for a Secure Setting

SHOE BOX SLIDE

This best done in a gym and not on grass. Provide each team with two large shoeboxes. At the start of the race, the first member of each team puts one foot into each shoebox, slides his or her way to a cone set up at a destination point, and then slides back to the team. When that team member returns to the team, he or she jumps out of the shoeboxes and the second team member "puts them on." The relay continues until the last member returns to his or her team. The first team to finish is the winner.

SPOON ZOOM

This simple relay requires each member of a relay team to carry a spoon to a set destination (around a chair or cone, for example), and then carry it back to the team. The catch is that each team member must carry some object in the spoon -- such as a nickel, a cotton ball, or an egg -- without dropping it! If the contents drop out of the spoon, the team member must stop, pick it up, put it back in the spoon immediately (before taking another step), and then continue. The first team to finish is the winning team.

GROCERY BAG RELAY

On chairs or tables, have brown grocery bags (one per team) filled with an assortment of foods. Each bag needs to contain the exact same items as the other bags. Some ideas might include chocolate pudding cup, individual size bags of mini Oreos or Chips Ahoy, small juice boxes or small Gatorades, individual bags of chips, Goldfish, Gushers or Fruit Roll-ups, or individually wrapped Hostess Twinkies or chocolate cupcakes, or any other small, easy to open, easy to consume food/drink item. Be sure to check the teams to make sure no one has food allergies to anything in the bag.

Have each team line up, one behind the other, a short distance away from their bag. On the signal to start, the first team member on each team runs up to their bag, blindly picks a food item out of the bag (the first thing they touch is what they must keep), and consume it as quickly as possible. Each bag should have an adult judge who confirms that the item has been consumed. When they have finished, they run back and tag the next team member and so it goes. Have enough food items in each bag so that the last team member has a few options left to blindly pull from the bag. Allow every team to finish, but the winner is the first team to finish.

FIELD DAY

Activities for a Secure Setting

HUNGRY HUNGRY HIPPOS

This takes place in a gym. Supplies needed include lots and lots of tennis balls, whiffle balls, and/or the Chuck-E-Cheese play area small plastic balls, a large gym scooter for each team (find at Palos Sports), a large box or plastic laundry basket for each team, and a hula hoop for each team to store the items they capture. Place balls in the center of the gym. Divide into teams of three: a hippo, a guide, and a ball collector. (Check out YouTube videos to see how this game is played)

RULES

1. The "hippo" will lay on their stomach on the scooter and hold their box/basket out in front of themselves while the "guide" will hold their legs/ankles up off of the ground.
2. On the signal (fun music begins), the "guide" will push the "hippo" out onto the floor towards the center circle.
3. When the "hippo" reaches the circle, they extend their box/basket to scoop as many balls as they can.
4. When the "hippo" is "full", the "guide" will pull the "hippo" back to their corner, where they will release what they caught and the collector will grab these items and place them within the team's hula hoop. The team will repeat this process until time runs out.
5. If a "hippo" loses a ball, they must leave it, they cannot go back and get it nor can the "guide" pick it up.
6. Play continues for approximately 2 minutes. At the end of 2 minutes, teams count up how many items they have inside their hoop. If time expires while they are out on the floor with items, they must leave those items where they are. Items only count if they are inside the hoop when the time expires.

SAFETY ISSUES

1. Hippos must be diligent to keep their core tight so they can be more easily pushed to the center. The "Superman" position on the scooter works best.
2. Hippos must keep their arms, hands, and fingers extended so they do not get caught in the wheels of the scooter. This also means they must keep their boxes up so they don't cause friction and become harder to push.
3. "Guides" should not go too fast. This may cause the "hippo" to fall forward or crash into another team.

WATER

Games



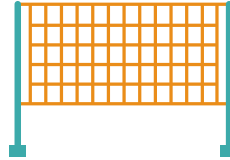
SUPPLIES YOU MIGHT NEED



7" or 9" Water Balloons



Bucket



Divider (volleyball net, sheet, or rope)



Sturdy Chair

COLD POTATO

Fill a large number of 7" or 9" balloons with water and have them available in a large bin. Have players stand in a circle outside. A water balloon is passed from player to player. However, the balloon is not passed around the circle as in traditional "hot potato". It is thrown across the circle from player to player. If a player fails to catch the balloon, or it breaks when he or she attempts to catch it, that player is out. If a player intentionally throws the balloon hard to make it explode in another's hands, he or she is called "out". Older kids can spread farther apart if necessary. The game proceeds until there is one dry person left.

WATER BALLOON VOLLEY

You'll need a large container full of 7-9" water balloons for this game. The more balloons you have, the longer the game can be played. Divide youth into two teams and give each team a twin-size flat sheet folded in half. Spread the team members around the sheet and have them grab hold of the sheet with both hands. One team begins by having staff place a water balloon in the center of their sheet. The object is to toss the balloon from one team to the other, with the opposing side catching the balloon in their sheet.

This can be played with a volleyball net, or a rope tied between two trees or simply pace off a fair distance between opposing teams. You can even use cones or large lengths of rope to establish boundary lines. Teams volley back and forth until one team misses and the balloon breaks or the balloon lands out of bounds. This gives the other team a point. Alternate which team starts off with the balloon to keep things fair.

Variation: Clothespin large sheets across the net or rope so that teams cannot see each other. This requires teams to pay more attention and always be ready!

BALLOON SQUAT

This is a relay race which needs teams with an equal amount of players. You also need enough water balloons for one for each player - and a few extras for mistakes. Make start and finish lines about 20 feet apart. Place a bin for each team at the starting line that contains one water balloon per team member. Place a sturdy chair for each team at the finish line.

Call out "go" and the first person on each team picks up their balloon and runs to their team's chair at the finish line. There, they must sit on their balloon and pop it and then run back across the starting line. Once a player comes back across the starting line, the next player grabs their balloon and does the same thing. If a player drops his balloon, or pops it on the way, he must go back to the start line and take a new balloon and start again. You will then add a water balloon to that team's bin so that there remains enough balloons for the remaining players. The first team to finish popping all their balloons is the winning team.

WATER

Games



SUPPLIES YOU MIGHT NEED



Water Balloons



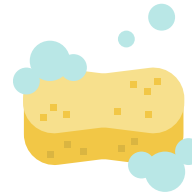
Buckets



Empty Bins



Water



Sponge



Plastic Cups

WATER CUP WARS

Create an area large enough for the participants to run around in and designate boundaries. Each person is given a plastic cup and fills the cup from the water source. Everyone is instructed to spread out within the large playing area, away from others in the game. They must stay within the boundaries in order to be in the game. If they exit the boundaries, they are eliminated for that round. Upon the signal to start the game, the objective is to knock the cup full of water from others in the game, while keeping people from knocking their cup out of their hand. Once their cup is empty, they are eliminated from that round. They may only hit cups and should not be allowed to “body check” each other. Play as many times as there is interest in continuing or there is water! Keep plenty of extra cups on hand for those that get destroyed during a round.

SUPPLIES YOU WILL NEED



Water Balloons



Empty bins

BALLOON PASS

The goal of this activity is to successfully pass as many of the team's water balloons from one end of the field to the other without breaking any OR breaking fewer balloons than any other team. You will need one large bin for each team that should contain an equal number of water balloons in each bin. You will also need a smaller empty bin for each team. Place this empty bin a considerable distance from the bin full of balloons. The distance between bins should force each team to have to spread out in a line between the two bins so that they will be required to toss the balloons to each other rather than hand them to each other. That could be 5-7 feet apart depending upon the skill of the group and the size of the filled water balloons.

Upon the signal to start the game, the teams begin passing their water balloons to each other until the signal is given to end the game OR after they have attempted all of their balloons. You can require them to wait to start the next balloon until the previous balloon has reached the finish line bin or been dropped in transport or you can let them develop their own strategy.

WATER

Games



SUPPLIES YOU MIGHT NEED



Water Balloons



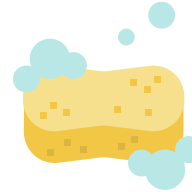
Buckets



Empty Bins



Water



Sponge



Plastic Cups

WATER BRIGADE

Divide players into two or more teams of about 5-10 youth. Have the teams line up back to back, with a little space between each person. Place empty buckets for each team about 10 paces behind the last person of each team. Each team gets their own large bin full of water at the starting line. The object of the game is to transfer water from the starting line to the finish line bucket, with whichever means is available.

- Traditional: Each player gets a large sturdy 16-20 oz. plastic cup to transfer water from their bin at the starting line to the finish line bucket. The player closest to the starting line bin scoops up a cupful and pours it into the next closest player's cup. That player turns and does the same, and so on down the line. The last player dumps whatever water is left into the finish line bucket and runs back to the starting line to begin the process again. The first team to fill their bucket wins.
- Variation: Each team gets one extra-large sponge that must be passed overhead to the player behind them, with the last player squeezing the water into the bucket and then running back to the front of the line to fill the sponge with water and start the process again. You can even have everyone rotate through the process twice if you choose. The team with the most water in their bucket wins.
- Variation: Each team is supplied with a gallon size bucket with the same number of holes drilled through the bottom of each bucket. The first person dips the bucket into the starting line bin of water and passes it overhead to the team member behind them, who passes it overhead to the next team member, etc. until it reaches the last team member. That team member holds the bucket over their head and runs to dump whatever water remains in their bucket into the finish line bucket. They then race to the starting line bucket and start the process again. This can go on until the winner is declared by the team who fills their bucket first OR by the team with the most water in their finish line bucket at the end of one (or two!) rounds of everyone having their turn of carrying the bucket over their head to the finish line bucket.

Team Building Activity Ideas

TEAM BUILDING

Activities for a Secure Setting

BY THE "SEAT OF YOUR PANTS" VOLLEYBALL MIXER

MATERIALS

Large "light" beach ball type ball, volleyball net, cones, or rope to mark the boundaries.

DIRECTIONS

This can be an excellent indoor game for large groups in a large room, especially during rainy weather. Divide the group into two teams. Set up a volleyball net in the room so the top of the net is approximately 5 feet above the floor. Each player is instructed to sit down on their team's side of the net so that their legs are crossed in front of them and facing the net. From this position a regular game of volleyball is played with the following changes:

1. Use a large "light" beach ball type ball
2. Use hands and head only (no feet)
3. All serves must be made from center of group and overhand
4. Because of limited mobility of each player, a larger number of participants is suggested per team
5. All of the other rules of volleyball apply, including rotation of players

MOON BALL

PROCEDURE

Scatter the group around the open area. Use a fully inflated, light-weight beach ball type ball. (Walmart has a great variety in a giant bin) The group's objective is to hit the ball into the air as many times as possible without it touching the ground. Players are not allowed to hit the ball twice in succession and they cannot just volley between 2-3 players. Every time the ball touches the ground, the group will need to start the count over at zero. The group as a whole must count the hits out loud throughout the game.

SUGGESTION

The group will be starting over 20-30+ times; you can stop the activity at any point that the ball hits the ground and ask the group to analyze what's working/what's not. Be sure to head off any negative comments and urge them to encourage each other instead.

OBSERVATIONS/QUESTIONS

- How many thought the activity would be easy?
- What sorts of problems did you encounter? How did you solve them?
- Was there any leadership?
- Did you get into any kind of a rhythm?
- What were some of the techniques used that produced the most success?
- How did you get buy-in from everyone on which techniques to use? Or did you have difficulty getting buy-in?
- This activity takes a huge capacity for resilience, due to the high number of times you have to start over. How does resilience play a role in the lives of the participants?

CHALLENGING VARIATION

- Spread hula-hoops around the playing area. Players must have a foot in a hoop when striking the ball.

TEAM BUILDING

Activities for a Secure Setting

COMMUNICATION SKILLS

PURPOSE

To illustrate the importance of clear communication and allow the group to explore their communication style and make improvements as necessary.

MATERIALS AND PREPARATION

This would work great in a gym. 2 matching sets of children's building blocks (e.g. Legos), with 10 blocks and 1 base board in each set. Using one set of blocks, build a random object using the 10 blocks, onto the base board. Some type of barrier (need two) for the director and the builder to each have their structure behind so that others cannot see it. Perhaps use tables laid on their side. Optional - 2 bags to contain each set of building blocks.

GROUP SIZE

Minimum 3 people, up to about 7. (You can have duplicate exercises running in parallel if group is larger but will need more sets of building blocks and barriers).

There are 4 roles in this communication skills game.

- Person A - director
- Person B - runner
- Person C - builder
- Person(s) D - observer(s)

Person A is given the built-up set of blocks and is the only person who can see the object. Use one of your two barriers to keep it hidden from everyone except person A. It is the director's job to give clear instructions to person B, the runner, so that person C can build an exact replica of the model. The director is the only person to see the pre-built object.

Person B listens to the director's instructions and runs to a different part of the room to where person C is sitting. The runner then passes on the building instructions, without seeing the building blocks, to Person C, the builder. The runner can make as many trips as required within the time allowed for the exercise.

Person C listens to the runner's instructions and builds the object from their identical set of building blocks. The builder is the only person who can see the object under construction as well as building materials.

Person(s) D observes the communication game and makes notes about what works, what doesn't work, and how people behaved under pressure, etc., to pass onto the group later.

Set a time limit for the exercise of 10-15 minutes.

When the time is up, allow the group to compare the model and the replica, and see how closely it matches.

Allow the group to reflect on how the exercise went, and agree 1 thing they did well, 1 thing that didn't work, and 1 thing they would do better next time.

Optional – Run the exercise again, either switching or keeping original roles, and see if any improvements have been made. Make sure to de-construct the "original" model and create a new design

TEAM BUILDING

Activities for a Secure Setting

MASS PASS

LESSON OBJECTIVES

Students will be able to:

- Work together to achieve common goals
- Develop problem-solving techniques to accomplish group tasks
- Contribute their own ideas and listen to others' ideas in the process of solving problems
- Evaluate the effectiveness of their problem-solving process

MATERIALS

- Two large plastic bins/bins
- 70 - 80' length of rope (or enough shorter ropes to create the rectangle area)
- 80-90 throwable items: Wiffle balls, tennis balls, Nerf balls, small stuffed animals, etc. (nothing harder than a tennis ball)

ESTIMATED TIME

30 minutes for 3-4 rounds

SETUP

Use the rope to create a fairly large rectangle (12'-16' per side), with clearly defined corners. In one corner of the rectangle place one large bin containing all of the throwable objects (bin #1), and in the opposite corner of the rectangle place the other bin (bin #2).

ACTIVITY GOAL

The group's goal is to increase their score over several (minimum of three) successive rounds and to maximize their score in the last round. Give the following rules, and then allow planning time.

Points are scored according to how many objects end up in bin #2 over a 3-minute period (round).

PROCEDURE

1. All objects must start inside bin #1 at the beginning of every round.
2. Time for each round starts when the first object is removed from bin #1.
3. All sides of the rectangle must be occupied by at least one participant.
4. Once a person has chosen side of the rectangle to stand on, she or he may not switch sides within a round.
5. For a point to be awarded for an object, every participant must catch the object after it leaves bin #1 and before it ends up in bin #2.
6. Objects may not be passed to anyone occupying the same side of the rectangle.
7. Points are earned for each object that is placed successfully inside bin #2.
8. Whenever an object is being passed, it must always cross over the inside of the boundary area (i.e., it cannot be passed around the corner outside the perimeter of the square or handed to anyone).
9. Whenever an object is dropped, it is considered unusable for that round. If they move their feet to catch an object, that object is to be dropped to the ground and not counted.
10. No member of the team may move during a round. If they move their feet to catch an object, that object is to be dropped to the ground and not counted.
11. All throws must stop when the time is up. At the time, participants should count the objects in bin #2 and tally their score.
12. Give planning opportunities between each round so that the group can continually improve their time.

DISCUSSION

Brainstorming, time management, creative problem solving, listening, and inclusion are just some of the skills/issues that can emerge with this activity.

Look for themes that emerge and highlight one or two in your reflection time.

Because this activity has multiple rounds, the discussion/problem solving in between rounds may be very rich. Therefore, a post-activity discussion could simply be a summary of those earlier discussions.

TIPS AND COMMENTS

- Allow the group to use a practice ball to establish a pattern that includes each person and that they feel is most efficient
- Regularly call out the amount of time that has passed/that remains during each round
- To increase the challenge level of this activity, include different objects that have different point values. For example, include a rubber chicken that is worth 50 points
- Have the group set a goal between each round. How many points do they think they can receive? After that next round, have them then debrief around whether or not they set achievable goals
- If you have a small group, decrease the 3-minute round time to a shorter amount of time
- If you have a large group, layout multiple sets of Mass Pass, having several groups working on the same problem at the same time

TEAM BUILDING

Activities for a Secure Setting

MINE FIELD

ACTIVITY GOAL

To get your blindfolded partner through the "minefield" without stepping on any "mines".

MATERIALS

- Dark blindfolds/bandanas, one for each participant
- A very large number of obstacles such as tennis balls, hula hoops, pool noodles, cones, half domes, Nerfballs, etc.
- 70-80' length of rope (or enough shorter ropes to create the rectangle area)

SETUP

Use the rope to create a large rectangle (10'-12' x 25'-30'). Scatter the obstacles randomly throughout the rectangle. Make sure it is challenging to walk through but that there is room to walk through.

POTENTIAL STORYLINE

Stand at one end of the rectangle and describe the opposite end of the mine field as the realization of some goal (i.e. getting off probation, graduating from high school, getting a job, etc.) The mines are various obstacles that might hinder them from reaching their goal.

PROCEDURE

- Pair up the participants, and have them choose who will be blindfolded and who will provide guidance (they will switch roles at the end of the first round)
- Allow them time to strategize how the non-blindfolded partner will give directions
- Have the blindfolded partners stand at one of the long ends of the rectangle and put on their blindfold (make sure it is folded enough that they cannot see it or under the bottom edge)
- Inform the non-blindfolded partners that they can walk on the outside of the minefield giving instructions but cannot touch their partner at any time
- If they touch an object, they have to start over (only the first time they touch something)

PROCESSING QUESTIONS

(To the person blindfolded)

- What was hard about making your way across the minefield?
- How was your balance?
- What helped you the most?
- How did trust play into this?

(To the person giving instructions)

- What was hard about giving instructions?
- What kind of responsibility did you feel toward your partner?
- What would you do differently?

(For both) What kinds of things worked most to help the two of you be successful?

- Talk about how everyone had different ideas for successful navigation and how no one way was best and parallel that idea to how each of us has to learn what works for us in helping us reach the goals we set for ourselves.
- Ask the group to share things that help them reach their own personal goals and what obstacles they anticipate encountering.
- Talk about how it's easier to take things one step at a time rather than become overwhelmed by the "big picture" and relate that to how that can work in life.

TEAM BUILDING

Activities for a Secure Setting

ACID RIVER

ACTIVITY GOAL

To get the team across the "river" without any group member touching the acid in the river.

MATERIALS

- Two short lengths of rope to use to indicate the two edges of the "river"
- One 12"x12" piece of sturdy cardboard or carpet square per person (can also use round polypots from somewhere like Palos Sports)

PROCEDURE

- Use the short ropes to establish the banks of the "river". When deciding the distance between banks, calculate 3-4 feet for each participant and add at least 20 feet to that. You can always adjust the distance as the group is moving, in case you're running short on time OR they are moving really quickly and may finish too fast.
- All group members start behind the starting rope. Give the group time to practice and strategize before actually starting.
- Group members are allowed to share their spots with each other throughout the activity.
- If a participant touches the "acid river" with any part of their body, the facilitator should give a consequence to another member of the group. (blinded for 60 seconds, can't use their hands for 60 seconds, the whole group can't talk for 60 seconds, they have to tell you one of the rules in your facility, etc.).
- All or most of their foot needs to be on the polypots/carpet squares.
- The group needs to take the spots with them as they finish.

Minit 2 Winit

Activity Ideas

Minit 2 Winit Games

Separation Anxiety

- Supplies: 50 colored M&M type candies – six candies each of five different colors
5 clear glasses with tape around the very top to match the five colors of candies
- Challenge: Each team player must separate the candies, one at a time, by color, in order, into five glasses, keeping one hand behind their back.



Movin' On Up

- Supplies: 36 white or clear plastic cups/1 colored plastic cup (placed at the bottom of the stack)
- Challenge: Move the colored cup up the stack by placing the cups from the top down to the bottom, one at a time, alternating hands, until the colored cup is back at the bottom of the stack



Elephant March

Supplies: Eight unopened water bottles placed in parallel rows eight feet apart
A taped line extends halfway between the two rows of water bottles
A taped "X" marks the spot where each player must lower his softball to rest on that "X"
Standard pair of panty hose with a softball in one leg

Challenge: Wearing the panty hose over their head with a softball in the end of one leg, each player must knock over their four bottles, using this "elephant trunk", while keeping one foot on each side of a center line. The second player cannot start until the first player has knocked over their four bottles.



This Blows

Supplies: 15 large plastic cups
9" or 12" uninflated balloons (several extras per team)
One 6' table per team

Challenge: The contestant must inflate a standard balloon, then release the air in a controlled fashion to blow 15 cups off a table.



Blow Ball

Supplies: Pizza Tray on a table
70 white Ping pong balls, 3 ping pong balls of another color

Challenge: The player must blow the 70 white ping-pong balls off a large pizza platter without knocking off the three colored ping-pong balls scattered in the mess of white ping-pong balls.



Tilt-A-Cup

Supplies: Six large plastic cups
Large container full of ping pong balls

Challenge: One player must bounce a ping pong ball off the ground and the other player must catch it in a stack of six plastic cups they are holding. The player must then transfer the bottom cup to the top of the stack and then repeat the process until all six cups have a ping pong ball in them.



Face the Cookie

Supplies: Plate of Oreo cookies (placed in a circle around the edge of the plate) for each player
Chair for each player
Small side table

Challenge: Using only their faces, each player must move an Oreo cookie from their forehead to their mouth.



Bouncer

Supplies: Two baskets full of ping pong balls per team
Twelve tall clear glasses all lined up in a row

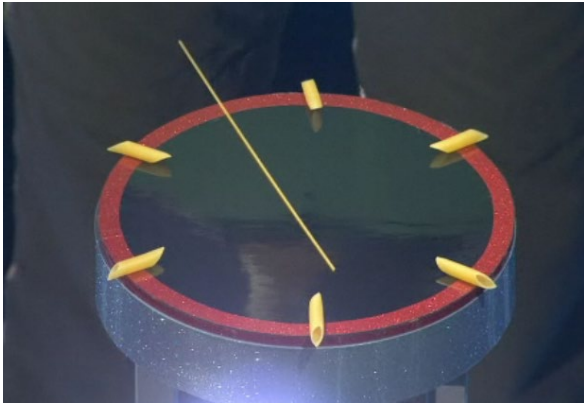
Challenge: The players must bounce a ping pong ball into each of the glasses
Any glasses with more than one ping pong ball still only count as one glass



Noodling Around

Supplies: Six pieces of uncooked penne pasta per player
Three pieces of uncooked spaghetti per player
One pizza pan for each player

Challenge: The player must pick up six pieces of penne pasta from the pizza pan, while holding only an uncooked strand of spaghetti in their mouth. The player fails the challenge by any use of their hands or by breaking all of their uncooked spaghetti strands



Rapid Fire

Supplies: Large rubber bands
Three playing cards placed in clothes pins set up on a small table
Eight feet between shooters and targets

Challenge: Use rubber bands to knock over 3 different playing cards standing on clothespins



Spare Me

Supplies: Five pool noodles (one per team member)
30 markers per team (or other easily knocked down items)
Three bowls of marbles per team
**Slick, smooth surface is advisable

Challenge: Team members must drop marbles down pool noodles to knock over the markers.
Distance between contestants and objects can vary according to age group.



Marbles Grande (tennis balls instead of ping pong balls)

Supplies: Hula Hoop per team
Ten colored tennis balls per hula hoop
Two buckets full of tennis balls per team
Tape to tape down hula hoops
Boundary line of some type for the players to stand behind

Challenge: Using tennis balls, the players must work together to knock out the ten colored tennis balls that are within the hula hoop



SUPPLIES FOR EACH TEAM

Separation Anxiety

Supplies: 50 colored M&M type candies – ten candies each of five different colors
5 clear glasses with tape around the very top to match the five colors of candies
5 plastic cups for the M&M's to start from
Table for each team

Elephant March

Supplies: Eight unopened water bottles placed in parallel rows eight feet apart
Standard pair of panty hose with a baseball in one leg
Tape or poly spots to mark placement of the water bottles
Tape to mark starting point of the player and to make center line for each player

Movin' On Up

Supplies: 36 plain plastic cups/1 colored plastic cup (placed at the bottom of the stack)

Tilt-A-Cup

Supplies: Six large plastic cups
A large container full of ping pong balls

Face the Cookie

Supplies: A small side table
A chair
A plate of Oreo cookies

Blow Ball

Supplies: Pizza tray on a set of two table stands stacked on each other (we built our own and made them so you could stack two on top of each other)
70 Ping pong balls of one color, 3 ping pong balls of another color

Bouncer

Supplies: Two baskets full of ping pong balls
12 tall clear glasses all lined up in a row, with a little separation between each glass

Noodling Around

Supplies: Two table stands stacked on each other (to make it close to eye level)
One pizza pan
Six pieces of uncooked penne pasta spread evenly around the edges of the pizza pan
Three pieces of uncooked spaghetti per player (extras as needed for breakage)

This Blows

Supplies: Several 9" or 12" Balloons (that way you have extra in case some break)
15 large plastic cups
One 6' table

Rapid Fire

Supplies: Big box of large rubber bands
Playing cards placed in clothes pins set up on a small table
Eight feet between shooters and targets
Taped boundary line to indicate placement of shooters

Spare Me

Supplies: 5 pool noodles per team
3 bowls of marbles per team
30 markers per team

Marbles Grande

Supplies: Hula hoop
Ten colored tennis balls
Two large buckets of regular tennis balls
Tape to tape down hula hoops



Minit & Winit!

PURPLE TEAM

Please read over the attached Game Description sheet and then list below which member(s) of your team will compete in which game. Everyone needs to participate in at least one game. You also have score sheets for each of the activities. Please present those to the judges at the end of each activity for scoring and then turn them in to the scoretable for tallying. You've got a Minit 2 Winit: Good Luck!!

Separation Anxiety

Movin' On Up

Elephant March

This Blows

Blow Ball

Tilt-a-Cup

Face the Cookie

Bouncer

Noodling Around

Rapid Fire

Spare Me

Marbles Grande



Minit & Winit!

GREEN TEAM

Please read over the attached Game Description sheet and then list below which member(s) of your team will compete in which game. Everyone needs to participate in at least one game. You also have score sheets for each of the activities. Please present those to the judges at the end of each activity for scoring and then turn them in to the scoretable for tallying. You've got a Minit 2 Winit: Good Luck!!

Separation Anxiety

Movin' On Up

Elephant March

This Blows

Blow Ball

Tilt-a-Cup

Face the Cookie

Bouncer

Noodling Around

Rapid Fire

Spare Me

Marbles Grande



Minit & Winit!

YELLOW TEAM

Please read over the attached Game Description sheet and then list below which member(s) of your team will compete in which game. Everyone needs to participate in at least one game. You also have score sheets for each of the activities. Please present those to the judges at the end of each activity for scoring and then turn them in to the scoretable for tallying. You've got a Minit 2 Winit: Good Luck!!

Separation Anxiety

Movin' On Up

Elephant March

This Blows

Blow Ball

Tilt-a-Cup

Face the Cookie

Bouncer

Noodling Around

Rapid Fire

Spare Me

Marbles Grande



Minit & Winit!

ORANGE TEAM

Please read over the attached Game Description sheet and then list below which member(s) of your team will compete in which game. Everyone needs to participate in at least one game. You also have score sheets for each of the activities. Please present those to the judges at the end of each activity for scoring and then turn them in to the scoretable for tallying. You've got a Minit 2 Winit: Good Luck!!

Separation Anxiety

Movin' On Up

Elephant March

This Blows

Blow Ball

Tilt-a-Cup

Face the Cookie

Bouncer

Noodling Around

Rapid Fire

Spare Me

Marbles Grande



Minit & Winit!

TEAL TEAM

Please read over the attached Game Description sheet and then list below which member(s) of your team will compete in which game. Everyone needs to participate in at least one game. You also have score sheets for each of the activities. Please present those to the judges at the end of each activity for scoring and then turn them in to the scoretable for tallying. You've got a Minit 2 Winit: Good Luck!!

Separation Anxiety

Movin' On Up

Elephant March

This Blows

Blow Ball

Tilt-a-Cup

Face the Cookie

Bouncer

Noodling Around

Rapid Fire

Spare Me

Marbles Grande

Note:

Print these pages in the colors of the teams. These will be handed out to each team, along with a clipboard and a pen. After the team assigns team members to the different activities, their page will be handed back to their judge so the judge can call out who is needed for each activity as it is conducted.

Separation Anxiety

Challenge:

The player must separate 50 candies, one at a time, by color, in order, into five glasses. One hand must be kept behind the back.

Successful Completion

200 points

Partial Completion

2 points for each M & M that is properly placed
in the corresponding glass

Movin' On Up

Challenge:

The player must move the bottom colored cup up the stack by placing clear cups from the top down to the bottom, one at a time, using alternating hands, until the colored cup is back at the bottom of the stack.

Successful Completion

300 points

Partial Completion

5 points for each cup that is under the colored cup

Elephant March

Challenge:

Wearing the panty hose over their head with a softball in the end of one leg, the player must knock over the eight bottles, using this “elephant trunk”, while keeping one foot on each side of a center line. Give a warning if a foot crosses the center line.

Successful Completion

300 points

Partial Completion

25 points for each bottle that is successfully knocked over

This Blows

Challenge:

The player must inflate a 9" balloon, then release the air in a controlled fashion to blow 15 large plastic cups completely off a table. The balloon may not touch any of the cups.

Successful Completion

300 points

Partial Completion

10 points for each cup blown completely off the table

Blow Ball

Challenge:

The player must blow 70 white ping-pong balls off of a large pizza pan without knocking off the three colored ping-pong balls which are scattered among the white ping-pong balls.

Successful Completion

500 points

Partial Completion

5 points for each white ping pong ball blown off the pan
-25 points for each colored ping pong ball that is blown off the pan

Tilt-A-Cup

Challenge:

One player must bounce a ping pong ball off the ground and the other player must catch it in a stack of six plastic cups they are holding. The player must then transfer the bottom cup to the top of the stack and then repeat the process until all six cups have a ping pong ball in them. Only the bottom cup can be held steady. No hands may steady the other cups.

Successful Completion

500 points

Partial Completion

50 points for each ping pong ball properly placed
in one of the six cups

Face the Cookie

Challenge:

Using only their faces, each player must move an Oreo cookie from their forehead to their mouth.

Successful Completion

400 points

Partial Completion

200 points if they get the cookie past their nose

Bouncer

Challenge:

The player must bounce a ping pong ball into each of the twelve glasses.
More than one ping pong ball in a glass only counts for one completed glass.

Successful Completion

500 points

Partial Completion

30 points for each glass that contains at least one ping pong ball

No extra points for two ping pong balls in the same glass

Noodling Around

Challenge:

The player must pick up six pieces of penne pasta from the pizza pan, while holding only an uncooked strand of spaghetti in their mouth. The player fails the challenge by any use of their hands or by breaking all of their uncooked spaghetti strands.

Successful Completion

500 points

Partial Completion

50 points for each penne pasta on their spaghetti strand
at the end of the round

Rapid Fire

Challenge:

The player must knock over 3 different playing cards, which are standing on clothespins, using rubber bands that are shot one at a time. Rubber bands cannot be joined together or thrown at the playing cards.

Successful Completion

500 points

Partial Completion

100 points for each playing card properly knocked over
by the rubber band being shot at it

Spare Me

Challenge:

Five players per team must drop marbles down through pool noodles to knock over 30 markers.

Successful Completion

500 points

Partial Completion

10 points for each marker properly knocked over
by the marbles dropped through pool noodles

Marbles Grande

Challenge:

Two players per team must knock 10 colored tennis balls out of their hula hoop using regular tennis balls from two large buckets, thrown from behind the playing line.

Successful Completion

1200 points

Partial Completion

50 points for each colored tennis ball knocked out of the hula hoop

NOTE:

Each judge should have a clipboard with the following items:

- 1. Copy of the Minit 2 Winit Games with Pictures so they can help set up each round. This document also has a supply list at the end to help with set up.**
- 2. Copy of the Point System for Judges so they know how to score each event.**
- 3. Copy of the Who Participates in Which Activity document – this should be filled out by the team(s) they will judge. If there will be multiple rounds of each activity and the judge is judging two or more teams, the judges would alternate which team competes first each time so that no team has the upper hand by always going second and getting to strategize after seeing another team compete first. This page should be in the color of each team.**
- 4. Copy of scoring sheets for each team they are judging. These small sheets (in the color of each team) are used to indicate how a team did in an activity: successful, partial completion or unsuccessful. Once the judge fills this out, it would go to the scorekeeper who is keeping a running total of how each team is doing.**
- 5. A colored marker to score the score sheets (so no team is tempted to cheat and write in their own score!)**

Teams can be given a copy of the “Points for Successful” page (or the page can be posted about the playing area) so they have an idea about the point system. This page does not contain information about partial completion, though. This is only in the judges pages.



Minit & Winit!

	PURPLE TEAM	GREEN TEAM	YELLOW TEAM	TEAL TEAM	ORANGE TEAM
Separation Anxiety	_____	_____	_____	_____	_____
Movin' On Up	_____	_____	_____	_____	_____
Elephant March	_____	_____	_____	_____	_____
This Blows	_____	_____	_____	_____	_____
Blow Ball	_____	_____	_____	_____	_____
Tilt-A-Cup	_____	_____	_____	_____	_____
Face the Cookie	_____	_____	_____	_____	_____
Bouncer	_____	_____	_____	_____	_____
Noodling Around	_____	_____	_____	_____	_____
Rapid Fire	_____	_____	_____	_____	_____
Spare Me	_____	_____	_____	_____	_____
Marbles Grande	_____	_____	_____	_____	_____
GRAND TOTAL	_____	_____	_____	_____	_____



Minit & Winit!

Separation Anxiety Points

Successful _____

_____ **# of M&M's in the correct
glasses x 2 pts each**



Minit & Winit!

Movin' On Up Points

Successful _____

_____ **# of cups under the
colored cup x 5 points each**



Minit & Winit!

Elephant March Points

Successful _____

_____ **# of bottles successfully
knocked over x 25 pts. each**

Unsuccessful _____



Minit & Winit!

This Blows Points

Successful _____

_____ **# of cups blown off the
table x 10 pts. each**

Unsuccessful _____



Minit & Winit!

Blow Ball Points

Successful _____

_____ **# of balls blown off x 5**
pts. each

- 25 points each x the # of
colored ball(s) blown off _____

Unsuccessful _____



Minit & Winit!

Tilt-A-Cup Points

Successful _____

_____ **# of cups with a ping
pong ball inside x 50 pts each**

Unsuccessful _____



Minit & Winit!

Face the Cookie Points

Successful _____

_____ **if the cookie successfully
gets past the nose = 200 points**

Unsuccessful _____



Minit & Winit!

Bouncer Points

Successful _____

_____ # glasses with at least
one ping pong ball x 30 points
each

Unsuccessful _____



Minit & Winit!

Noodling Around Points

Successful _____

_____ **# of noodles on spaghetti**
x 50 points each

Unsuccessful _____



Minit & Winit!

Rapid Fire Points

Successful _____

_____ **# of cards knocked over**
x 100 points each

Unsuccessful _____



Minit & Winit!

Spare Me Points

Successful _____

_____ **# of markers knocked
over x 10 points each**

Unsuccessful _____



Minit & Winit!

Marbles Grande Points

Successful _____

_____ **colored tennis balls**
knocked out of circle
x 50 points each

Unsuccessful _____



Minit & Winit!

Points for “Successful”

Separation Anxiety – 200 points

Movin’ On Up – 300 points

Elephant March – 300 points

This Blows - 300 points

Blow Ball – 500 points

Tilt-a-Cup – 500 points

Face the Cookie – 400 points

Bouncer – 500 points

Noodling Around – 500 points

Rapid Fire – 500 points

Spare Me – 500 points

Marbles Grande – 1200 points

Note: When printing the first 12 pages, set your printer to print “4 pages per sheet” and you will end up with small handouts for each team. I also print a set of everything I give to each team in their team color.

I do not print out the Description (with pictures) and Supplies list document for the teams, but only for the judges so that they can use it to set up each round. I also give the judges colored markers along with their clipboards so no team can write in their own score. The scorekeeper knows what colors to look for.

Some Culinary Activity Ideas

MAKING *Smoothies*

SUPPLIES NEEDED



Blender



Almond Milk



Frozen Strawberries



Frozen Bananas

PURPOSE

1. Teach youth about healthy snack alternatives.
2. Teach youth about reading nutritional labels.
3. Have fun making smoothies!

Have a handout with 2 nutritional labels on it, one for a milkshake and one for a smoothie. Teach the youth how to read the label and compare the nutritional values together. Then make the smoothies and enjoy!

PROCESSING QUESTIONS:

1. Was this your first fresh fruit smoothie?
2. How did you like it?
3. What ideas do you have for ingredients for a smoothie?

HOW TO MAKE A FRUIT SMOOTHIE

Making a fruit smoothie is as simple as tossing ingredients in a blender and letting it go. Here are the key things to consider in order to make a successful smoothie:

1. Add liquid to your blender. Unsweetened almond milk is ideal, but you could use any other kind of milk, fruit juice, or even just water.
2. Add in any fibrous foods if you want, like spinach or other greens. This is the time to toss them in.
3. Add in your frozen fruits and vegetables. Keep at least a few frozen bananas and frozen strawberries on hand for smoothie making. Any frozen fruit works!
4. Add any fresh fruits or veggies you'd like to use. Here is where you'll toss in fresh strawberries or an avocado half.
5. Top it off with your favorite nutrition mix-ins if you want -- this is optional. Add protein powder, collagen, chia seeds, turmeric -- whatever you'd like to boost the nutrition of the smoothie.
6. Blend away! Start your blender on low and then slowly ramp-up to full speed. This makes sure everything is mixed well and the blades don't get stuck. Blend until the smoothie looks silky, and then pour and enjoy.



MAKING *Chocolate Lasagna*

SUPPLIES NEEDED



1 Package Oreos
(about 36 cookies)



Butter, melted
(6 Tablespoons)



Cream Cheese
(8 ounces)



Granulated Sugar
(1/4 cup)



Cool Whip
(1-12 oz. tub)



Milk
(1 1/4 cups) + (2 TBS)



Chocolate
Instant Pudding
(2-3.9 oz. packages)



Mini Chocolate Chips
(1 1/2 cups)

Chocolate Lasagna



DIRECTIONS

1. Begin by crushing 36 Oreo cookies (use original Oreos, NOT the double-stuffed). You can use a food processor or place them in a large ziplock bag and crush them with a rolling pin. When the Oreos have turned into fine crumbs, you are done.
2. Transfer the Oreo crumbs to a large bowl. Stir in 6 Tablespoons of melted butter and use a fork to incorporate the butter into the cookie crumbs. When the butter is distributed, transfer the mixture to a 9x13 baking dish. Press the crumbs into the bottom of the pan. Place the pan in the refrigerator while you work on the additional layers.
3. Mix the cream cheese with a mixer until light and fluffy. Add in 2 Tablespoons of milk, and sugar, and mix well. Stir in 1 and 1/4 cups Cool Whip. Spread this mixture over the crust.
4. In a bowl, combine chocolate instant pudding with 3 and 1/4 cups cold milk. Whisk for several minutes until the pudding starts to thicken. Use a spatula to spread the mixture over the previous cream cheese layer. Allow the dessert to rest for about 5 minutes so that the pudding can firm up further.
5. Spread the remaining Cool Whip over the top. Sprinkle mini chocolate chips evenly over the top. Place in the freezer for 1 hour, or the refrigerator for 4 hours before serving.

MAKING *Peanut Brittle*

SUPPLIES NEEDED



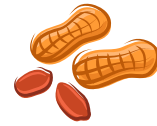
Granulated Sugar
(3 cups)



White Corn Syrup
(1 cup)



Water
(1 cup)



raw Spanish peanuts
(2 1/2 cups)



Oleo/Margerine
(2 TBS)



Salt
(1 tsp.)



Soda
(1 tsp.)



DIRECTIONS

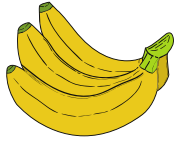
Cook sugar, corn syrup, and water until it forms a hard ball in cool water or candy thermometer registers 250°F to 260°F. Add unblanched Spanish peanuts and continue to cook until the mixture turns a golden brown or candy thermometer registers 300 °F to 320°F. Remove from heat and stir in butter and salt. Stir in soda. Pour on a GREASED slab and pull out to thin sheet. Break into pieces when cold.

Important:

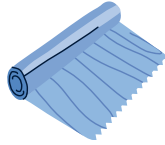
Don't forget to grease whatever you are pouring the brittle onto. It will be a disaster if you don't!

MAKING *Grilled Marshmallow Banana Boats*

SUPPLIES NEEDED



Banana



Aluminum Foil



Marshmallows



Chocolate Chips



Hot Grill

GRILLED MARSHMALLOW BANANA BOATS

DIRECTIONS

1. Tear a square piece of foil that is about 12-inch by 12-inch.
2. Place peeled banana on foil and slice it lengthwise about 3/4 of the way through. Spread it apart and fill it with marshmallows and chocolate chips. Tightly wrap the banana in foil.
3. When ready to cook, place wrapped banana on a hot grill or over a fire for about 5 minutes.
4. Remove from grill, unwrap, and enjoy!

VARIATIONS

S'MORES

- 2 ripe bananas
- 1/4 c. chocolate chips
- 1/4/ c. mini marshmallows
- 4 graham crackers crumbled

STRAWBERRY HAZELNUT

- 2 ripe bananas
- 1/4 c. chocolate chips
- 1/4/ c. strawberries, diced
- 4 c. crushed hazelnuts

PEANUT BUTTER CHOCOLATE

- 2 ripe bananas
- 1/4 c. chocolate chips
- 1/4/ c. peanut butter chips
- 4 c. crushed peanuts

