

Help! I have to fill the next 10-15 minutes!

Need an ice breaker? Have just a couple minutes to fill before the next activity?

Energizers

Name Card Scramble /Circle Up <http://www.fundoing.com/blog/name-card-scramble>

Face to Face/Back to Back (pg 24) Questions to be used with this (pg 53-56)

The Story of Your Name (pg 17-18)

The Stretch Wave (pg 49)

Choices – The Bus (pg 33-34)

Four Corners (pg 20-21)

Team Challenges/Trust Building

Six Count (pg 66)

Shoelaces (pg 70)

Positive Youth Development and the Power of Play

How to connect with ISU Extension and Outreach where you live

Tricks/Stunts/Puzzles and Other Challenges

Tongue Twisters (pg 106-107)

Just for Fun

Wah! (pg 134-135)

Hand Math (pg 149)

Closing

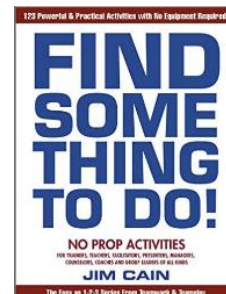
Shuffle Left – Shuffle Right (pg 164)

Step Into the Circle (pg 172)

Fist to Five (pg 174-175)

Bonus Activity

The Dice Game (pg 189)



Available at a variety of booksellers

This institution is an equal opportunity provider. For the full non-discrimination statement or accommodation inquiries, go to www.extension.iastate.edu/diversity/ext.



IOWA STATE UNIVERSITY
Extension and Outreach