**Body Part Musical Chairs**

Have everyone form a big circle of chairs with the chairs facing outward. Remove one chair. Have music ready. When the music starts everyone must walk around the chairs (it's more fun if you make them jog).  When the music stops, a caller yells out a body part. Then everyone races to touch that body part to a chair (one person per chair only). If they touch a chair before the body part is called, they are out. The one person who doesn't get a chair is also out.  To speed it up, you can remove more chairs. We usually start out simple - nose, hair, left elbow, etc. but towards the end we get more complicated - your bare feet, someone else's left hand (they must grab one of the people who are already out). The object is to be the last one left.

**PAT ON THE BACK**

Have everyone draw an outline of their hand on a sheet of paper, then tape it to their back. Have group members mingle and write things on everyone’s back that tells them something positive.

**LIFELINES**

This exercise uses a huge sheet of paper with a long “lifeline” drawn across it. Each member marks dates on the line to represent the highs, lows, significant events, turning points, etc. of her/his life to date. (can also project the future). Each date should be labeled to help explain it. Members of the group each share their dates with other members. The group may ask questions about each other’s lifelines.

**Paper Airplane Introductions -**  
  
Give each student a blank sheet of paper. Have every student write their name (what they want to be called at GUSLA) and three facts about themselves on a sheet of paper. Then fold papers into paper airplanes. Give students 1 minute to fly planes around the room. When you say "Stop" everyone picks up the airplane closest to them. They then find the person the airplane belongs to, and they introduce themselves. They make sure they can read and pronounce the airplane owner's name, and go over facts. After giving students a few minutes to do this, make sure every student has not only found their airplane owner and talked to them, but also that every student has been approached about their airplane. Lastly, one at a time, each student will formally introduce their airplane owner to the class -- stating their name and a few things about them.   
  
This also works great by just wadding the papers up into paper balls and throwing them -- just make sure none accidentally get thrown into the trash.

**Listen Up**  
  
This is a speaking activity in which participants listen as others share their views on a topic.  
  
The purpose is for participants to practice listening skills, even when they are anxious to agree emphatically or strongly challenge a statement.  
  
Materials: An identical set of 10 to 15 index cards for each team. On each card in the set, you will have written a different topic.  
  
1. Have the participant’s pair up.  
2. Give each pair a set of prepared index cards.  
3. One partner draws a card and speaks for 3 minutes nonstop about his/her views on the topic.  
4. His/Her partner may not say anything, just listen.  
5. After 3 minutes, the other partner has 1 minute to recap what he/she heard. This is not the time to rebut, debate, or agree – just summarize.  
6. Reverse roles and repeat with a new topic.

**What is success? Activity**

Assign teams. Ask each participant to think about what a successful person looks, sounds, thinks, smells and feels like. They get one large post-it page for each team and they can draw pictures, words or anything that comes to mind when they think of successful people. This will introduce the idea of how different people’s perceptions of success can be.

**GROUP JUGGLE**

Time - 10-15 minutes Materials - 5 or 6 soft objects for throwing

Directions - Arrange chairs to the perimeter of the room, and arrange the group in a circle. Explain that you are going to throw a ball to someone – first they pick someone out and ask their name, then they say, "Hi Freddy, my name is James...here you go!" and underarm throw the ball to Freddy. The challenge from here is simply to get the ball thrown around to everyone in the circle, and finally back to the team leader who began the activity. Repeat the activity, this time having each member greet the person who they are throwing the ball to, and thank the person who they received the ball from (so each person must remember two names). Add additional soft objects (up to 6) to make the task more challenging (wait for the first object to travel to 3-4 people, and then start the next one).

**WHAT CAN YOU DO WITH THIS?**

Time - 10-15 minutes Materials - One odd object, paper, and pencils.

Directions - Select an odd object prior to the activity that can be used to do many different things (e.g. a staple remover, wire whisk, kitchen tongs, strainer, or anything else). Place the object into a bag. Divide into groups (each containing 3-4 members), giving each group a piece of paper and a pen or pencil. Pull the object out of the bag and say, “Each group needs to make a list of all of the things that this object can be used for…and be creative!” After a few minutes, ask the groups to come back together and have one representative from each group share their team’s list with the larger group. You may give points for each original use found on each list, for each item on a list, or no points at all and simply laugh at all the crazy ideas.

**ZIP ZAP ZOP**

Time - 5-10 minutes Materials - None

Directions - Arrange chairs to the perimeter of the room, and arrange the group in a circle. Someone begins by pointing to another person in the circle and saying "ZIP!" That person then points to yet another person and says "ZAP!" That person points to another person and says "ZOP!" This continues, but the words must be said in order: ZIP, ZAP, ZOP. If someone makes a mistake and says a word out of order, that person is out of the game. Eventually, the circle dwindles to just a few people, then to only 2 people, who are staring at each other, yelling ZIP!, ZAP!, ZOP!, until one of them makes a mistake.

**WHAT YOU DON’T KNOW**

Time - 10-15 minutes Materials - Paper and pen for everyone

Directions - Hand out slips of scrap paper and ask peers to write down something about themselves that they think nobody else in the room knows. Collect the sheets, shuffle them, hand them out again (making sure nobody gets their own). Each person reads out what is on their slip, one by one, and the group tries to guess who wrote it. This really gets people laughing!

**Pipe Cleaner**

Materials – Pipe Cleaners

Hand out a pipe cleaner to each student. Give them only a few minutes to create something that represents who they are. Go around the room and have them share what it is they made and why. This was so much fun at one of our teacher trainings!

***Minute to Win it Games***

**Mad Dog**

***Materials***

* 2 Full Tic-Tac Boxes
* Ruler

***Instructions***

1) Secure breath mint boxes to the ends of the ruler so they stand lengthwise.

2) Remove piece of the lid so that opening is unobstructed.

3) When the clock starts, player picks up the ruler with their mouth and begins to move their head in an attempt to empty both boxes of mints.

4) To complete the game, player must empty both mint boxes within the 60-second time limit.

**Hut, Hut, Hike**

***Materials***

* Toilet Paper Rolls
* Standing Hoop (or 2 people holding a hula hoop in place)

***Instructions***

1) Prior to game start, place a foul line 15 feet from the hoop.

2) When the clock starts, the player turns around, bends over and begins to throw the rolls through their legs in an attempt to get them through the hoop.

3) Only one roll may be thrown at a time.

4) To complete the game, successfully throw the designated number of rolls through the hoop within the 60 second time limit.

**One Minute Speech**

You can do this one-on-one with one other person, in a small group, or even a large group setting.

Give the person who will be making the speech a topic and give them 30 seconds planning time to come up with 3 to 5 points they would like to cover. Then give them 1 minute to present their speech and encourage them to remember that all good speeches should have an introduction, defined points and a closing. You can brainstorm the topics together or as a group first if you like.

One minute may seem like a very short time if you are used to talking a lot. It might seem like a very long time if you are on the quiet side. The 1 minute time limit is there to train you to choose your words and points thoughtfully, but you can always extend the time to mix things up.

Give the speaker a signal when they have 10 seconds left. This lets them know that it is time to start wrapping up. After each person finishes, offer constructive feedback.

This is a great activity that allows you to look at a topic from many different viewpoints. It is also fun because you will discover that the same word or topic will take two different people in two totally different directions depending on their frame of reference.