

1. Where's my Shoe?? (Icebreaker/ Warm-up)

- Divide participants into equal teams (5-10 preferably)
- Have all of the participants take off one shoe, line up in a straight line with their backs to a big open area, and toss their shoe as far behind them as possible.
- Explain the objective now is for everyone to count to 10 MISSISSIPPI as a class/group. At this point the teacher can go scramble up the shoes some more. At ten the whole class must locate their shoe and put it on. The team to have all of their members back to a designated point first wins. *A good designated point could be a hula-hoop and each member must have at least one foot inside the hoop.*
- Colored jerseys, bean bags, etc. could be used instead of shoes if necessary.

2. Acid Ball

- Equipment: A ball (basketball, football, volleyball, etc.) for each group
- Divide participants into equal teams (8-12 preferably)
- Objective: Pass the ball of "acid" around the group 5 consecutive times without the ball touching the ground.
- Rules:
 1. The ball must be passed around in pairs. (Ex. both hands, or both feet, etc.)
 2. The same pair must be used for one full rotation around the circle. (If the first person starts with hands, everyone else uses hands)
 3. One a body part has been used it is now gone.
 4. First team to pass the ball around the circle 5 consecutive time without the ball touching the ground wins.
- Teacher: The object is for the groups to start from the body parts furthest from the body and work their way in. For example, if the first body part used is the elbow, that's means the forearm and hands are gone as well. I usually let the students learn this from trial and error instead of listing it as a rule.

3. Helium Hoop

- Equipment: A hula-hoop for each group.
- Divide participants into equal teams (6-12 preferably)
- Objective: Have the students lower a hula-hoop to the ground without anyone losing contact all the way to the ground from shoulder height.
- Rules:
 1. Each person's index fingers must be in contact with the hula-hoop at all times. (Pinching, grabbing, etc. is not allowed)
 2. If anyone's index finger is caught not touching the hula-hoop, or any other part of the body the group must start over.
 3. Without anyone losing contact with the hula-hoop, lower it and place it on the ground.

- At first the hula-hoop with seem to float away as if it is actually filled with helium.

4. Blindfolded Shapes

- Equipment: A blindfold for every student, a 30-50 foot rope tied together at each end. You can do this as a whole class or in groups (10+ preferably)
- Place the rope out in an open area and have the students stand around the rope.
- Objective: Have the students form different shapes with a rope (connected at the ends) while blindfolded.
- Rules:
 1. Have each of the students hold the rope with both hands at equal distances.
 2. Blindfold the students. Once blind folded explain that the goal is to form a square (not a rectangle or diamond).
 3. Once all of the students come to a conclusion that a square is formed have them place the rope down in front of the, remove their blindfolds, and see how close to a square their shape is.
 4. You can repeat this task by having the students form an equilateral triangle and/or add a time limit to the challenge.

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