5 Minute Gems

**Rope Loops –** intertwine 5 ropes and place them on the floor. Challenge the group to discover the one rope that intwines them all.

**Sign in –** have players sign their name to the poster board using their non-dominant hand

**How Many, How Much** – a short poem by Shel Silverstein – *A Light in the Attic* (page 8)

**Gotcha –** circle Up. Hold out your right hand, palm up next to the player on your right. Rest your left pointer finger on top of the right hand of the player on your left. On the count of 3, attempt to grab the finger on your right while avoiding your left being grabbed

**Baseball sign** – create a subtle “baseball” sign (tug of the ear or hand over the heart). Something you can use to recognize your teammates when passing by or from a distance.

**Point and say** – walk around the room for 30 seconds pointing at things and saying out loud what it is. Next, walk around the room for 30 seconds pointing at things and say anything but what it is.

**Starter Cards -** a fun and multilayered mixer with the power to create smaller and more intimate groups:

**Elevator –** your team is in an elevator:

* Show me how strangers behave
* Show me a championship soccer team

**To the Middle/Jack in the Box –** circle Up. Move to the middle when the answer matching the request. Players find a new spot when exiting the circle. Fist bump or high five other players when moving through the middle.

* All players who have a dog at home
* All players who have a birthday this month
* All players who have a brother or sister

**1-2-3 Clap** – count to 3, say clap, then clap. Practice. Then do it again but this time fake the clap and see how many people follow you

**$100 Bill –** who would like $100?Crumble. Tear. Your value should never change!

**Black Dot –** take 15-20 seconds to write about what you see! Discuss

**Decision Circle –** each player puts in 0, 1, or 2 fingers. Announce a starting point (usually me). Count the fingers, then count around the circle starting with me!

**Martian Salesman Tiger –** Motions:

* Tiger – both hands held in front of you like paws
* Martian – hands to the side of the head with pointer fingers extended like antennae
* Salesman – extend hand as if to shake hands while excitedly saying “hello my name is”

Players form a triangle with backs to one another. On 3, each player turns and presents a motion. Points are awarded to the player who is unique (Example: 1 Martian vs 2 Tigers, Martian gets the point)

**Team Breath –** inhale through the nose for 3 seconds, hold for 2 seconds, exhale for 5 seconds. Repeat 2X

**Speak of the angel –** when someone approaches, say “speak of the angel!” Another spin is to say when someone comes in the room, “and another great thing about Tom, he is always so positive!”

**Me You You me –** this is one of the last name games I play. Approach a partner and say your name, they say their name, you say their name, they say your name.

**One Clap –** attempt to clap all at the same time

**This or That** – prepare an index card for each player. On one side, write a sharing opportunity (share 2 fond memories from a holiday) and on the other side, write a challenge (monologue 30 seconds of a song you enjoy). Each card will have different sharing opportunities and different challenges.

**Headline Quiz –** challenge each player to answer a few questions:

* Name the last 3 actresses to win the academy for best actress?
* Name the last 3 teams to win the World Series starting with 2022?
* Name 3 people who have won the Nobel Peace prize?

Now have them answer these questions

* List a few teachers that aided your journey?
* Name a few friends that have been there for you?
* Name a few people that inspire you and why?

**Profiles** – a collection of personal attributes which can be shared at any time

**Eye dropper on a penny –** how many drops of water fit on a penny? Underestimate?

**Finger count** – circle up in groups of 8-10. On the count of 3, each player puts in 0,1, or 2 fingers. Groups are successful when randomly reaching 15 fingers.

**Categories** – team up. One pen. One paper. Write down as many fruits as you can in 2 minutes. The teams that win will match the most from my list of 5.

**Discouraged** – a short story from *A 2nd helping of Chicken Soup for the Soul* (page 174)

**Group Huddle** – take the opportunity to huddle up. Arms around each other. Share some quick words of encouragement or goals for the day. End with a cheer and/or hand motions.