

The First 5 Minutes – JMU HPAI 2025
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Check Ins – Try to check in with your class every day! Ask students how their day has been? How are you feeling? What's your energy level? How was your day yesterday?

1. Thumb-o-meter – Participants use their thumb to indicate how they are doing.
2. Fist of 5 – Participants hold up one hand and show fingers (1 through 5) to indicate how they are doing...1 is low 5 is high.
3. High 10 – Participants use both hands and answer questions on a scale of 1 through 10.

Candy/Cairn Class QOD's 2024 Walk & Talk

1. Describe your past week as a color...or as an ice cream flavor, or an animal.
2. What is your favorite Bible verse? Why?
3. If you were given a million dollars, what would be the first 3 things you would purchase and why?
4. If you were given a million dollars and you had to give it away, who or what would you give it to? Why?
5. If you could meet any person in history, dead or alive, for one hour, who would it be and why?
*This one could be split into 2 questions...meet a dead person or meet a person living now.
6. What is a weird food combination that you enjoy?
7. What is the most interesting thing in your backpack?
8. What is your favorite childhood memory?
9. If you could go on a vacation anywhere in the world, where would you go?
10. What is/are your favorite smell(s)? Why?
11. What do you want to be (or do) when you grow up (or are older/adult)
12. If you could hang out with any fictional character (TV, movie, book, etc.) who would it be? Why?
13. What type of parent do you want to be?
14. What is your favorite meal?
15. If you could pick one emotion to have for the rest of your life, what would it be?
16. If you were to lose 2 of your 5 senses, which would you choose? Why?

*Positive version...If you could strengthen one of your 5 senses to “hyper mode”, which would you choose? Why?

17. If you could give any animal wings, which would you choose? Why?
18. If you could be an animal for a day, which animal would you choose? Why?
19. Where is your favorite day to day place?
20. If you could have one superpower, what would it be?
21. Who is your favorite schoolteacher?
22. What is your favorite and least favorite holiday? Why?
23. What is your favorite condiment/sauce?
24. If you were only to eat one snack for the rest of your life, what would it be?
25. What is one (or more) fruits of the spirit that you would like to improve in your life?
26. If you could travel back to any decade, which decade would you choose? Why?
27. Who are 3 celebrities, dead or alive, that you would want to have dinner with?
28. What brand of headphones do you like the best?
29. What is your favorite clothing brand?
30. What is (are) your favorite shoe brand(s)?
31. Where is your happy place?
32. What is your best scar story?
33. What type of music do you listen to? Who is on your “set list”?
34. What is your favorite season?
35. **What** are you thankful for?
36. **Who** are you thankful for?
37. What is the best vacation you ever went on?
38. If you were going to buy a house, what must it have in it?
39. What is your favorite nationality of food? What are your top 3 in order of preference?
40. What are your top 3 favorite desserts?
41. What food(s) can you not live without?
42. What are your favorite sports to watch?
43. What is (are) your favorite carnival/amusement park ride(s)?
44. What do you do for recreation?
45. If you could have any job for one day, what would it be?
46. What is/are your favorite ice cream flavor(s)?
47. What is your favorite sea creature? Why?
48. What are your top 3 movies?
49. What are three foods that you would never eat?

50. What needs to be in your salad?
51. What needs to be on your pizza?
52. Lake, ocean, hot tub, or pool? Why?
53. What is the best thing that you have ever seen?
54. What is the most pleasant noise/sound?
55. What is one skill that you wish you had?
56. What is your favorite room in your house?
57. What is your wish/prayer for the world?
58. What is dependable? What can you depend on?
59. If you could fly anywhere in the world right now, where would you go?
60. What is/are your favorite song(s)?
61. Favorite Movie?
62. What do you want your legacy to be?
63. Would you rather be 8' tall or 4' tall? Why?
64. What would your "death row" (last) meal be?
65. Favorite athlete?
66. Favorite TV show when you were younger?
67. Favorite childhood toy?
68. Favorite appetizer?
69. What can the world do better?
70. Top 3 favorite books?

DO NOW ACTIVITY LIST

Chopstick/Pencil Ninja – This activity can be done as an individual, or with a partner, or in a small group. The set-up begins with one chopstick/pencil balancing on the back of the hand, with the palm facing down. The action is...one quick move...lower the hand and bring it over the top to grab the pencil (palm still facing down) without dropping (some people call this the claw catch). If the participant is successful, add another pencil/chopstick. How many can each person get before dropping one?

*Try it with the opposite hand.

*Try it with both hands at the same time (you need a partner to help with the set-up).

***Partner Relay** – The first partner will run out to the designated spot and try one chopstick. If successful they return to their partner. This person runs out and tries 2. If successful they continue each lap adding one more chopstick. If any

sticks are dropped, the partners must keep working back and forth until that number is caught. You may not move to the next number without successful completion of the number you are working on (example- if we are working on 16, we can't try 17 until one of us catches 16 with no drops) How many can a pair catch in two minutes?

Right Brain/Left Brain Teasers-

*Point your left finger straight out and put your right thumb up...switch them (left thumb up, right finger pointing out), and switch, and switch...no guns!

*Hold your nose, then cross the other hand over and grab your opposite ear. Slap your thighs and switch your hands...switch, slap, switch, slap...

Head, Shoulders, Knees, and Cone – Students begin in pairs, each with a cone, or scarf, or pin between them. The teacher calls out any combination of “orders” ...head, knees, head, shoulders, shoulders, knees. Students use both hands to touch each body part, however when cone is called, both try to grab the cone first. Any touch of the object before the “cone (or scarf, or pin)” command...ruled a point for the other partner.

Hoop/Ball Switcheroo – One partner has a hula hoop, the other with any throwable (ball, beanbag, rubber chicken, etc.). The two partners throw the two objects back and forth at the same time. The ball must pass through the hoop while they are both in the air. The hoop thrower must catch the ball/beanbag. The ball/beanbag thrower must catch the hoop.

Can the players take a step back with each successful attempt (like egg drop)?

COMCHI Cards – Many activities can be found on the COMCHI website. These cards have great questions (and paint chip colors) to spark conversations and playing cards with nature pictures on the other side...great for stories, metaphors, matching/partnering and grouping.

Poker Run- Every lap the runner collects a playing card. After the designated amount of time, the best collected poker hand wins! We give donated prizes away from our local running store.

Spot it! Run/Ubuntu Run - Everyone begins the run in one corner of the “track”, each person with a Spot it! (or Ubuntu) card. Play a game with any other person.

The winner (the person who spots it...sees the match first) moves to the next corner to play again; the non-winner stays and plays someone new. Players must ALWAYS trade cards after each game/before moving!

Selfie Tag - 2 or 3 taggers...if tagged you step out of the game and take a “selfie” with at least two other people...now you may re-enter the game! We have used many different selfie cameras, such as...chalk board erasers, deck rings, rubber chickens, and one student even grabbed a pool noodle to use as a selfie stick. We also used actual cameras to take the selfies and printed/posted random “shots” of the day. Taggers use the rule of 3...you tag one person, then a second person, and when the third person is tagged...they now become the new tagger!

Switch – The set-up...create a square with 4 poly spots (corners)...this can be close or spread out depending on the space and the size/age of the competitors. The action – begin with one person standing on each poly spot, and a 5th person standing in the middle of the box/square (with no spot). When the middle person says, “SWITCH”, everyone in the game must move to a new spot (you may NOT return to your same spot). Because there are 4 spots and 5 people (including the person in the middle), one person will be without a spot. That person is out, and the next competitor enters the game (into the middle) and says, “SWITCH”. The person in the middle has an obvious advantage because they start the game/know when they are going to say the magic word (switch). This game moves very quickly!

*Version 2 – To involve more people, add two more spots...one in the middle of the box and one just outside the box. One person starts on each of the 6 poly spots. The leader/starter is now the person standing on the spot **outside** the game who will try to grab a spot **inside** the game when they yell, “SWITCH”. AGAIN, there are 5 spots in the square/box and with the addition of the outside person (the 6th), someone will not find a spot inside the box/square. That person is out and the next person in line steps up to the outside spot and yells, “SWITCH”.

*Version 3 – Add skill movements to the game...basketball dribbling, soccer dribbling, field hockey dribbling...or simply give a tennis ball to each person and they must bounce/catch after the switch signal before claiming a new spot.

TURNSTILE

The Turnstile is one of the oldest of the Project Adventure activities and a similar initiative was even part of the New Games Foundation workshops in the 1970's. It appears in Karl Rohnke's book Silver Bullets published in 1984. It is still being used in Project Adventure curriculum guides and is one of our student's favorites. Many set-ups (framing/briefing), variations of the doing, and debriefing, along the adventure wave exist...but this is our style. It is important that a strong debriefing session is planned, with plenty of time for conversation at the end of the activity.

Age Appropriateness- Middle School and above...while younger groups can complete this activity, it can be frustrating, and if the objective is tied to the debrief at the end, it is a much better activity for older groups.

Materials- One long jump rope (or a retired climbing rope).

Procedure- While two enders turn a long rope, invite the group to figure out the solution to the activity by giving only the following specific directions:

1. One rope turn.
2. One person.
3. No jumps.
4. Consecutive.

The solution is that the group must run through the rope one at a time, without jumping. One person must pass through with each turn of the rope, and no turns of the rope without someone running through. The leader should only give clues by counting successful attempts, and not counting wrong solutions. No other clues should be given.

Variations-

1. Pyramid- Just tell the group that the next activity is called pyramid...and let them use trial and error to figure it out. The solution is that each time the rope turns... 1 person, then 2 people, then 3, then 4, etc. must pass through consecutively.
2. Pyramid Jumps- As above, tell them the name and turn them loose. The solution is that the first person jumps once, the next jumps twice, then 3 jumps, etc.
3. Partners/Trios/Quads- The basic Turnstile set-up, but everyone with a partner, or in trios, or quads passing through...one rope turn, no jumps, consecutive.
4. Categories- Give the group a category (things that are red, or fruits, or states, etc.) and have them do the basic Turnstile activity while saying something in the category while passing through the rope...no repeats. Have the group volunteer a category that they would like...songs with the word love in the title.
5. Helper- Partners pass through the Turnstile with the original rules, however one of the two is non-sighted (blindfolded if the person is comfortable with it). Switch roles each time through.
6. How few turns of the rope are needed to get the entire group through the Turnstile?
7. Both Ways – Turn the rope one way and the entire group passes through together. Immediately turn the rope in the opposite direction and the group goes through again, consecutive, no jumps.

8. Turnstile Run – Have 2 ropes turning on opposite sides of the gym and see how many running laps the group can do (passing through the ropes) without missing.
9. The Gauntlet – Set 4 to 6 ropes up in a line across the gym and run “The Gauntlet”. If someone misses they replace an ender and the action continues.
10. The Box – Set 4 ropes up in a large square (box) with the entire group inside. How quickly can the group exit with no misses and no jumps?
11. Over and Back – The enders turn the rope once, then stop it and turn it the other direction. The first person passes through, and when the rope reverses, they run back through to where they started and pick up the next person. These two moves through and back with no stopping (continuous). Each time they return to the start side, another person gets “picked up”. The goal is to keep picking people up, one at a time, to see how many can be added to the group. We have had up to 18 people make it successfully. You need to break our record!
12. Turnstile in 4 Minutes (advanced version) – Back to the start of this activity...the rules are the same, but the group only gets one rule each minute. They may figure it out earlier than the 4-minute mark (the 3-minute mark actually), but the only clue that should be provided (other than the 4 rules in order...one a minute) is the count by the facilitator of successful continuous “run throughs”.

Debriefing-

1. The Memory Game- Have the group stand or sit in a circle and describe the activity... the first person speaking for 10 seconds, then the next person in the circle continues for 10 seconds, and so on until the group is satisfied that everything has been covered in detail.
2. Partner Debrief- Have everyone in the group get a partner and discuss what the activity looked like, what it sounded like, and what it felt like...voluntarily share with the large group. (Variation- What? So What? Now What?)

TAP 21

Set-up – Partners face each other with elbows bent and palms facing up. There should be just enough space between the pair so that each person can reach across and lightly slap (tap) the partner’s opposite hand/palm.

Action – Either partner may start the game. Turns go back and forth between the pair, each person reaching across and lightly tapping the partners palm, R hand to R hand and/or L hand to L hand. The tap reaches across the mid-line. Each partner may choose to tap once (R to R) or twice (R to R, then L to L), adding their tap(s) to the total score. The winner of the game will tap their partner’s hand when the total gets to 21.

EXAMPLE GAME

Partner #1 reaches across and taps R hand, then L hand...counting 1, 2
Partner #2 reaches across and only taps once, R hand to R hand...counting 3
Partner #1 taps twice (R, L) counting 4, 5
Partner #2 taps twice counting 6, 7
Partner #1 taps once...8
Partner #2 taps twice...9, 10
Partner #1 taps twice...11, 12
Partner #2 taps once...13
Partner #1 taps once...14
Partner #2 taps twice...15, 16
Partner #1 taps twice...counting 17, 18 (at this point partner #2 is in trouble)
Partner #2 taps once...19*
Partner #1 finishes the game off with a win by tapping twice...20, 21

*If partner #2 taps twice at 18, counting 19, 20, partner #1 still wins, tapping once (21) for the win.

Version 2 (the spicy version) – Allow the players to slap (tap) once, twice or three times. This now brings in new strategies/new thinking patterns! Try playing to a different goal number (play to 37 using the 1, 2 or 3 tap game).

Suggested Uses – Goal Setting, Pre-planning, Exit Strategies, Knowing/Planning the Outcomes, Responsible Decision Making

Class “Finishers” – Try ending your class with a “bring it in”, or “bring it together” saying that leaves them with a group togetherness feeling...

- a. Teacher, “Remember we are a TEAM”. Students respond, “and a FAMILY” (thanks Dave Blackney).
- b. Teacher, “Take care of each other”. Students, “1,2,3, Family”
- c. Teacher, “Today is (say the date...Tuesday, March 2nd). Students, “Make it a good one” (thanks Nicole Escudero).
- d. Teacher, “We Work HARD”. Students, “We Work TOGETHER”.
- e. Teacher, “Team on 3, Team on 3...1, 2, 3”. Students, “TEAM”
- f. Teacher, “Together we can”. Students, “Together we WILL”.
- g. Teacher, “Change your environment, be the...Students, “Coffee Bean!”