



Guide on the Side

Session Warm-Ups

These Warm-Up exercises are great ice breakers for the start of your first five sessions. They are organized to help get energy out and the creative juices flowing around the Challenge topic!

Every team and coach is different. What works for one group doesn't work for another. Use these in conjunction with the sessions listed, or as you think they will help.

Let us know what worked best for you!

Session 1: Circle Name Game (Introductions!)

Ask your team members to stand in a circle.



Start by saying "Hi! My name is <Your name>!" and doing an action (eg, clap hands). The entire team should respond by saying "Hi! <Your name>!" and copying your action. Then the next person should take a turn saying his or her name and doing an action. Keep going around the circle!

After all members have introduced themselves, start again. This time say your name and add something about yourself like "Hi! My name is <your name> and I love swimming!", and then do another action. Again, the whole team should respond by saying "Hi! <Your name>. You like swimming!" and copying your action. Continue around the circle three or four times, each member adding new information or an interesting fact about himself / herself. Members can do the same action or choose a new one to follow what they say each time. Encourage team members to choose fun actions. For example, they can run in place, hop up and down, dance, spin, or make a silly face. You may have to remind members the first time around, but everyone should catch on quickly.

Session 2: Water Use Ball Toss

This is a great way to get team members thinking about all kinds of ways that they use water.

Have the team members take turns tossing balled-up piece of paper, a beanbag, or other small, soft object to one another.



When they catch it, they must say their name and one way they used water that day, example *“Maria. Washed hands.”*

- Continue until everyone has had two or three turns.
- Challenge team members to come up with a different way they have used water each time (if possible).
- Remind team members to encourage each other and help their teammates with other ideas if they need help.

Session 3: Silent Communication, Water Usage

Ask team members to think about the many ways they use water. Have them write or draw at least two ways they use water at home and two ways they use water in their community.



If they need help, they can refer to the illustration above and list below or in the Read section.

- boating
- brushing teeth
- cleaning
- cooking
- drinking
- fighting fires
- filling fish tanks
- filling fountains
- fishing
- flushing toilets
- generating electricity
- ice skating
- making art
- making ice
- making steam
- showering
- swimming
- taking a bath
- washing clothes
- washing dishes
- washing hands
- watering crops
- watering flowers
- watering grass

Then have team members take turns sharing one of their water uses by pantomiming them and having the rest of the team guess what they are.

- If time allows, ask them to try pantomiming water usage and guessing a second time.