

## Frozen T's

*Participants will learn the virtues of communication and teamwork in accomplishing a task*

**Description:** Participants will work together to put a frozen T-Shirt on one team member

**Purpose:** To strengthen communication and teamwork skills

**Time:** About 15 min

**Age:** All ages

**Suggestions:** If it will be a long time until you lead this activity, keep the frozen shirts in a cooler. If working with younger kids, try to freeze the shirts in ways that are easier to break open or thaw, such as scrunched into a ball vs folded into a square.  
Best done outdoors in warmer weather. It may create a small mess.

**Materials:** Frozen large T-shirts (not a color that will bleed)

### **What To Do:**

1. The day before you present: take as many T-shirts as you will need and soak them in water. Ring them out then fold them neatly. Freeze overnight.
2. Divide participants into even groups, generally no more than 3 or 4
3. When you say "go", the teams will try to break open the frozen shirts and have one team member wear it.
4. For an extra challenge for older youth, use the largest shirts you can find (4 or 6 XL), and have every member of the group fit in the shirt

### **Reflection Questions:**

What did you learn about communication through this process?

What did you learn about teamwork?

What can you take away from this experience?

**Sources:** "Youth Group Games." *Frozen T's* -. Youth Group Games, n.d. Web. 17 Oct. 2016.

By Nina Wood, Wayne Crusaders 4-H Club, Sept. 2016