

cooperative



Discover



iCAN personal goals

Milepost 2
Milepost 3

cooperative



At iCAN we work and learn together and understand that different people will have different roles in a group. This means we will be able to think about the needs of the group and work with others to meet them.

iCAN personal goals

cooperative



Challenge 1: Mirror, Mirror

- The leader will have 60 seconds, during which they should move slowly and deliberately and during which their partner must mimic the movements, as if they are a mirror image.
- Players may make faces, wave their arms or legs, turn side to side, stand on one foot, re-tie a shoe, or anything they can imagine (within reason).
- It should be a silent activity, and leaders should move slowly and smoothly enough so that their “mirror images” can follow along in sync. After 60 seconds, have players switch roles.



iCAN personal goals

cooperative



Challenge 2: Home obstacle course

- Create an obstacle course using what you have at home, e.g. sofas, chairs, tables, bean bags, pillows, etc... (You can make it as easy/challenging as you see fit for your child's age.)
- Chart out a map for the obstacle course so that it starts from one place and ends on another place.
- This one involves holding hands! Can you make it through an obstacle course without letting go?



iCAN personal goals

cooperative



Challenge 3: Balloon Bop

- Players (children and adults) stand in a circle—holding hands.
- A balloon is dropped into the circle and players see how many times they can tap the balloon into the air without losing connection (everyone in the circle must continue holding hands). This will require that the circle move and players work cooperatively to keep the balloon in the air.
- Players may contact the balloon with hands, arms, heads, shoulders, chests, or knees—but not feet. If the balloon falls to the ground or is touched by feet, start the count over.



iCAN personal goals



Challenge 4: Pick up straws

- Cooperative Pick Up Straws
 - Work together to clear the 'sticks' from a pathway without disturbing the other sticks. Each person takes a turn trying to remove a 'stick' without touching or moving any of the other 'sticks'.
- Standing Straws
 - Using only straws, make a structure as high as possible that will stand by itself for at least 1 minutes. Agree how long the players will have to work on the structure (e.g. 5 minutes).





Challenge 5: Archaeology Game

- Assemble five or six old clay flower pots and decorate them on the outside with either magic marker or paint. Try to make each design distinctive.
- Place all the pots into a large paper bag or old pillow case and close the top.
- With a hammer, gently bang on the pots inside the bag until they are all broken into pieces.
- Shake the bag several times and dump out half the pieces.
- Using white glue, try to reassemble as many of the original pots as you can.





Challenge 6: Imagination Travel

- Think about different places and time periods you would like to visit. Make a list of all the ideas as you think of them.
- Pick one place/time and come up with ideas to experience what it would be like to be there. For example:
 - Get some books and movies to find out more about the place you've chosen.
 - Plan a meal using foods from that place.
 - Make decorations that will help you imagine you are in the that place. Paint on a background on a large piece of fabric or paper. Hang them on a wall inside, or even from a clothesline if you are creating your space outside.
 - Get some music so that you can 'hear' the sounds.\
 - Do you know anyone who has lived in or visited this place? Talk to them about what it was like, maybe even see some pictures.



Challenge 6: Imagination Travel (Continued)

Here's a few Ideas for places to get you started:

- Victorian England - Have a tea party on the lawn. Watch a movie like the Secret Garden. Play croquet.
- Safari in Africa - Get some animal sounds tapes to play in the background. Pack a lunch to have while you are on the trail. Use stuffed animals to create jungle or savannah scenes.
- Ancient Japan - Learn about the tea ceremony and have your own. Build a Japanese Castle.





Challenge 7: Sculpture Deco

- Create a sculpture using whatever objects you can lay your hands on. Work in a small group for a specified period of time to create a sculpture.
- Having a theme helps to get the creative juices going, something suited to the group and celebration. It could be summer, wildlife, gardens, games, or come up with your own theme.
- Once the sculpture is complete, take a photo of it or use it as decoration in the house. This is a great activity indoors or outdoors.





Challenge 8: Hand Tap Game

- Form a close circle either kneeling on the floor or sitting around a table large enough to hold 2 to 5 people.
- Place your hands in front on you, with your palms down on the floor or on the table.
- Raise your right hand and place it over the left hand of the person to their right (so that each person's left and right hands are separated by the right hand of the person on their left and the left hand of the person on their right).
- It should look similar to the picture. Explain that this is a tapping game. The goal is to tap hands in the order that hands are placed on the table or floor. This continues until all but two players have been eliminated or until time runs out.



cooperative



To inspire every child to recognise their full potential, believe they can make a difference and respect themselves, others and the world in which they live.