



tips for youth workers

February 2022

FEBRUARY FREEZE

Don't just survive the winter blahs. This month help your children and families celebrate the Winter Blahs! Invite the kids or families connected to your ministries to join you for some great winter outdoor fun. Celebrate snow, cold temperatures, and friendship.

Keeping local Covid-19 restrictions in mind host your celebration at the home of someone with an outdoor skating rink or meet at a public outdoor rink that has a park area and shelter that you can meet in or host this event in your church parking lot. Be sure to provide a large pot of hot chocolate with all the fixings as you try out these games or create your own as appropriate to your winter weather:

1. If you have access to a rink **begin with a time of skating** while everyone arrives.
2. **Divide the group into teams** of about 5-6 members each (depending on your group size). Award points to the teams for each activity throughout the afternoon.
3. **Shoot Out:** Bring along a net, some pucks, hockey sticks and goalie equipment. Recruit a willing Dad to suit up and be a goalie for you. Then let each team member take a shot on net. Keep track of how many goals each team is able to score.
4. **Ice Capades:** Teams are given about 5 minutes to create a short figure skating routine. Crank up the music and let each team take their turn presenting their routine. Judge the routines and award points for creativity and teamwork.
5. **Ice, Water, Steam:** Time to take off the skates now and play in the snow. Mark an area of snow into three sections (make lines in the snow with spray paint or two skipping rope or rope). All participants line up in one section of the snow. The three parallel sections are ice, water (in the middle) and steam. Call out one of the three sections. The young people (family members) run to the section called. Keep mixing up what you call out. Individuals are eliminated from the game if they are the last one to the section or if they move to the wrong section of the playing area. Award points to the teams represented by the last three players.
6. **Ice Bowling:** Ahead of the event, collect 2 litre pop bottles and fill with water and freeze. These will be your bowling pins. Next fill large juice jugs (3.5 litre) with water and food colouring, allow these to freeze as well. These will be your bowling balls. Playing on the skating rink, set up the bowling pins like 5-pin bowling. Line teams up about 12 –15 feet from the bowling pins. Have each player take turns throwing their bowling ball at the pins. Keep track of how many pins are knocked down by each team.
7. **Jewel Hunt:** In advance freeze ice cubes that have been colored with food colouring, these will be your jewels. Create only one red jewel. Hide the jewels outside on the snow and then send the kids out to look for as many jewels as they can find. Be sure to let them know there is only one

red jewel. Award points for each jewel found by the teams and bonus points are awarded to the team that finds the red jewel.

8. **Dog Sled Races:** Encourage a few of your families to bring along their toboggans. Mark out a course in the snow for team members to race around. Each team puts one member on the toboggan and then the rest of the team holds onto the toboggans rope and pulls the “sled” around the course back to the starting line. Award points based on first, second and third place.
9. **Snow Art:** If your kids are not too cold yet, challenge each team to create a work of art together in the snow. Provide each team with squirt bottles filled with water and food colouring. Award points based on creativity and teamwork.
10. **Colourful Wall of Ice:** Ahead of time purchase a large supply of aluminum loaf pans from a dollar store, fill with water and food colouring and freeze. Use this time as an opportunity to work together as a team to build a small colourful wall, encouraging conversations and interaction with each other. (See CBC news article: [Saskatchewan woman builds a wall and brings people together](#))
11. **Devotional and Key Verse Search:** Moving indoors or under a shelter provide your young people/families with a short devotional on friendship. Consider printing out a key verse on different coloured paper for each team, print out your key verse one word per slip of paper and hide them around your meeting place or mix them up in a pile. Again, send your teams out to work together and find all the slips of paper and put the verse in order. When they are finished, present your devotional on friendship. Bible verses to consider: 1 Thessalonians 5:11; Ecclesiastes 4:9-10; Psalm 133:1; Romans 12:10; or John 15:12-13. Bible stories/lessons to consider: Jonathan and David; A Friend Loves at All Times; Great Love of a Friend (John 15:12-15); and the Four Friends (Mark 2:1-12 or Luke 5:17-26).
12. **Prizes:** Announce your winning team and provide team members with a small prize. You may also want to consider awarding a consolation prize to all other participants—candy always works well!