Melting Ice Game

Time Needed:	5 minutes
Group Size:	
Objectives:	Building seeing and focusing skills
Materials:	One or two ice cubes per student, one cup per student, paper towels and napkins
Links/Resources	Adapted from: *Mindful Games Activity Cards* by Susan Kaiser Greenland with Annaka Harris

Activity Description
In this activity, students will hold a cube of ice until it melts to notice the difference between a feeling and a reaction.
This activity can be done over Google Meet, or could be assigned for students to complete with their families. Students could even write their observations down and report them back to you.

Leading the Activity
To prepare, instruct your students to collect an ice cube, a cup, and some form of towel (paper towel, napkins, tea towel)

Before students pick up the ice cube, ask:
- How are you feeling?
- What thoughts are you having?

Have the students pick up the ice.
Say:
- "If the ice feels uncomfortable, take a few deep breaths and relax your hand and arm. If holding the ice is too uncomfortable, don't worry; you can put it down for a moment, then pick it up and try again".

Encourage the students to notice how the ice feels in their hand.

Wait 30 to 60 seconds before moving on to the next step.
After some time has passed, ask the students to again notice how their hand
feels now? Does it keep changing? What about their thoughts?

Ask the students to squeeze the ice, shift the ice to different parts of their hand, or move the ice to their other hand, noticing what happens with each change.

After the ice has melted, have the students describe how the feeling in their hands changed the longer they held the ice. Ask if their thoughts changed too.

Questions for Reflection	- How are you feeling after completing the activity? - Did your thoughts change at all as the ice melted?

Please feel free to adapt these activities further to fit the needs of your students. You can lead them through the activities as outlined or even give them as individual or group (online) assignments