

5 Minute Fillers

Simple activities for any section – adapt the instructions to suit your section...

Here are some quick activities that will help you fill a little bit of time at a meeting, and have a hidden message...

5 Minute Filler – Hidden Numbers



Sit the group in a semi-circle facing you.

Place a shoestring on the floor and lay out a number, the group then has to guess the number it represents between 1 and 10.

Once you have laid the shoestring on the ground, put your hands on your thighs, and ask the group, one at a time, what number **it** represents, the catch is you must show a number with your fingers (not relating to the shoestring) and this is the number you want them to guess. The more fuss you make laying out the shoestring to distract them, the better!

When the group have all guessed wrongly, re-lay the shoestring and keep them guessing, until one by one they realise the number relates to your fingers.

Hidden Message – sometimes in life, we cannot see what is right in front of our eyes, because of distractions.



5 Minute Filler – Tadpole to Superman

Everyone in the group starts as a tadpole, in order to move through the ranking, each tadpole must challenge another tadpole to a game of “rock, paper, scissors”. The winner moves up the ranking and becomes a chicken (now they must move around the room making clucking sounds and flapping their wings). Chickens can challenge other chickens to “rock, paper, scissors”, then winner becomes a monkey (now they must move around the room like a monkey and make monkey sounds) the loser goes back to be a tadpole.

Monkeys can challenge other monkeys to a game of “rock, paper, scissors” the winner becomes superman and exits the game like superman, the loser goes back to be a chicken. Game play continues until a set number of players have become superman.

Hidden Message – sometimes we have different roles to play in order to succeed – but what is always important is how we play the game.

5 Minute Filler – Chinese Dragon Chase



Split the group into two smaller groups.

Each group forms a line, one behind the other, facing the same way and placing their hands on the waist of the person in front of them, forming a Chinese Dragon. The Dragons face each other and the last person in each Dragon has a scarf tucked in to the waistband of their trousers. The object is for the front person of each Dragon to grab the scarf from the tail of the other Dragon without the chain letting go – if the chain breaks the Dragon is the loser.

Hidden Message – sometimes the person in the lead needs to work at the same pace as the slowest in the team in order to win the game.



5 Minute Filler – I went to camp and packed...

The players sit in a circle. The first person to start has to say, ‘I went on camp and I packed my anorak’. The second person has to say ‘I went on camp and I packed my anorak and my baseball cap’. The third person has to say, ‘I went on camp and I packed my anorak, my baseball cap and my camp blanket’. This continues through the alphabet, however for the older sections every item must be suitable to take to camp or the rest of the group can send the player home!

Hidden Message – its always important to listen to others especially when living together at camp.



5 Minute Filler – Fizz Buzz

The group stand in a circle and have to count clockwise around the circle, taking a number each. Whenever a number contains two, they have to say ‘fizz’ and whenever it contains a four, they have to say ‘buzz’. To make it more complicated the leader can substitute more words for numbers as the game goes on.

Hidden Message – sometimes in life things get complex - you just have to roll with it and play the game.

Whatever game you play – have Fun !