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★ ★ ★ ★ ★
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Frozen T-shirt



Several people or groups each receive a T-shirt that has been soaked in water and then frozen. The goal is to put on the T-shirt as quickly as possible. To do that, however, it must be thawed out as quickly as possible...

Preparation

Place T-shirts in plastic containers (e.g., empty ice cream tubs) according to the number of participants or groups, cover them with water, and place them in the freezer to freeze.

Since T-shirts often get ruined during “aggressive thawing,” it’s best not to use your favorite T-shirt for this. Supermarkets often sell very inexpensive, white
T-shirts are often available.

Procedure

Each group or individual is given a frozen T-shirt and must try to put it on as quickly as possible. The group or individual who succeeds first wins.

Increased Difficulty

To make the game a little more challenging (and thus extend its duration), the T-shirts can be modified in advance. For example, the openings for the head and arms can be partially sewn shut or glued closed. It is important to establish clear rules regarding tools (use of knives and other tools) so that all groups and individuals are on an equal footing.

An Alternative to Freezing

Since it’s often not possible (e.g., in warehouses) to freeze items, there’s an alternative: Instead of freezing the T-shirts, they can be wrapped in strong tape. The goal of the game remains the same: Put on the T-shirt as quickly as possible.

Instead of frozen: Wrapped in tape




Image Credit

- **Cover photo**: © Jürgen Oberguggenberger / pixelio.de
- **"Instead of Frozen: Wrapped in Duct Tape,"** courtesy of the Schinznach Youth Group / Manuel Meier

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