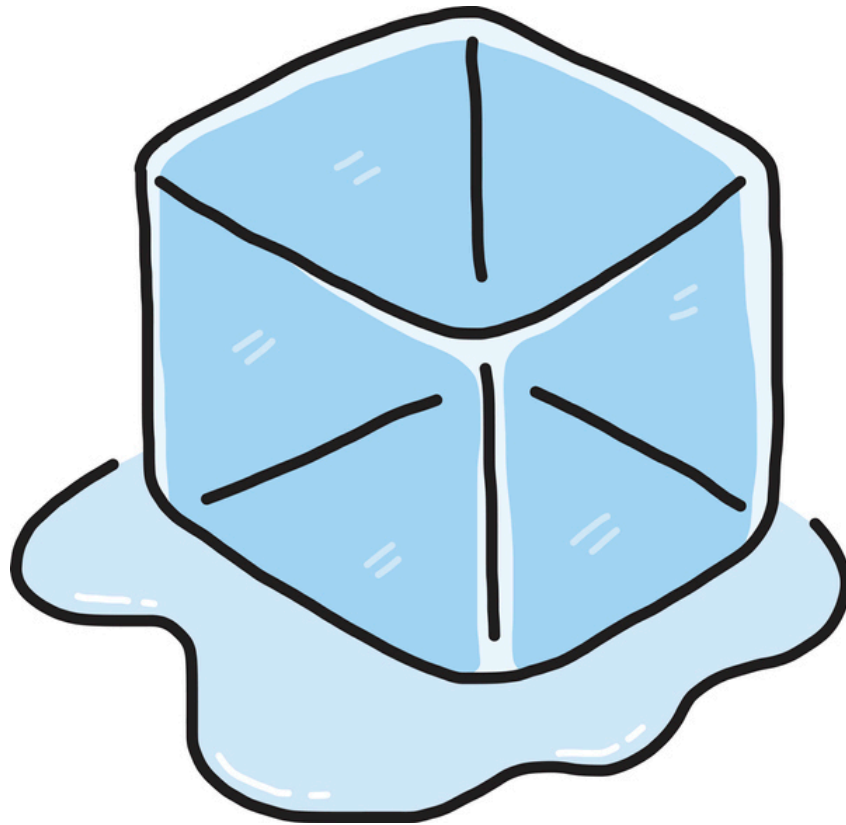




**Icebreaker**



**Ice Breakers**

**Set #1**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #1**

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## Activity #1: Clap Radar

### Materials Needed:

- Small objects

**Object of the Activity:** Work as a team to let the Radar Detective know where the hidden objects are.

### Directions:

1. Announce to the group that today's activity will be Clap Radar and that they will pick one representative to be the Radar Detective. This person will try to find small objects hidden in the group. The group will clap softly or more frequently depending on the distance the Radar Detective is from the object hidden.
2. Ask the Radar Detective to leave the room. Hide the objects in the group. Have the group sit together with enough space for the Radar Detective to walk among them.
3. Once the objects have been hidden, let the Radar Detective begin the search for the objects. Group will clap smaller if the Radar Detective is far away from the object and more frequently if they get closer to the object.
4. Once all objects have been found, ask for new Radar Detectives. There is no winner.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #2: Dance Video Phone

### Materials Needed:

- Appropriate music and boom box

**Object of the Activity:** Work together as a team perform a sequential dance.

### Directions:

1. Line up all of the youth shoulder to shoulder by age. If there are students from the same age, then their birthdays will be the second filter.
2. The first youth will do a dance move (start with younger grade). The next person will do their dance move and add their own. The next person will do the pervious moves and add their own. This will go all the way down the line.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to successfully compete in this contest?
- Would you recommend this activity to others? Why or why not?



## Activity #3: Combo Burrito

### Materials Needed:

- Flour tortilla
- Burrito fixings: Brussel sprouts, black beans, artichoke hearts, flour tortilla, peanut butter

**Object of the Activity:** The object of the activity is to have volunteers who will make and eat a burrito using all the ingredients.

### Directions:

1. Announce to the group that today's activity will be Fear Factor: Combo Burrito and you will select 4-5 volunteers to participate. The first volunteer to eat their burrito wins.
2. When you say "Go", each youth must make his/her burrito and begin eating.
3. Audience should cheer and applaud the volunteers.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What did the volunteers have to do that was disgusting?
- Would you recommend this activity to others? Why or why not?



## Activity #4: Funny Face

### Materials Needed:

- No materials needed

**Object of the Activity:** Work together to select the youth who made the “funniest” face.

### Directions:

1. Divide the group into 4 different clusters. Share with them that today’s contest is about the ability to make a “funny face”.
2. One at a time, each cluster will come forward to the front of the room
3. Explain that when you say, “Go”, each youth will make his/her “funny face”.
4. Tell them you will walk behind each one of youth and the audience will clap and cheer for them.
5. You will select a winner for each group. When this is done, gather all the winners together and choose a grand prize funny face maker.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you encourage the youth to make funny faces?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Gum Ball Challenge

### Materials Needed:

- Gum Balls or something round and the size of the gum ball.
- 2 empty soda bottles for each volunteer (probably 5 so you will need 10 bottles)

**Object of the Activity:** Individual will work to move the gumballs from one bottle to another in the shortest amount of time possible.

### Directions:

1. Announce to the group that today's activity will be Gumball Challenge and that you will pick 5 volunteers to do the Challenge
2. Youth will begin with their hands behind their back. Each youth will have two soda bottles of the same sign, one  $\frac{1}{2}$  full of gum balls or other round item.
3. Youth must transfer the gumballs from 1 bottle to the other. Hint: Most effective way is to hold the two bottles together where the opening meets and shake the bottles up and down or in a cyclone motion.
4. The first person to transfer their gumballs, wins. The game can be done in rotations if you have more than 5 volunteers.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?





## Activity #6: Hackie Sack Soccer

### Materials Needed:

- Hackie Sack for each team (at least 2-3)
- Miniature soccer goal (you can make this out of a pipe cleaner)

**Object of the Activity:** Work together as a team to complete the Hackie Sack Soccer Challenge before the other team.

### Directions:

1. Announce to the group that today's activity will be Hackie Sack Soccer
2. Explain they will compete in a relay race that requires them to make a goal by flicking the Hackie Sack into the pop up goal. Once they make the goal they will tag their team mate. The process will continue until the last member on the team has completed the process.
3. Teams play on member at a time to the team's pop-up goal.
4. Teams should cheer and applaud for team members.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #7: Jumping Jack Relay

### Materials Needed:

- Orange cones for each team to mark start/finish lines

**Object of the Activity:** The object is to win the relay by doing the Jumping Jacks and power walk faster than the other teams.

### Directions:

1. Announce to the group that today's activity will be Jumping Jack Relay and that you will be dividing them into teams (3-4 teams depending on the size of your group.)
2. Explain they will be competing in a relay race that requires them to do 15 jumping jacks, power walk to the cone across from them, power walk back and tag their team mate. The process will continue until the last member on the team has completed the process.
3. Have youth line up at their cone. Use the music to signal the start. The team that completes the process first, wins.
4. Group should cheer on their teammates.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- In this game you were working as a team. What did you do to help out your teammates?
- Would you recommend this game to others? Why or why not?



## Activity #8: Ping Pong Shake

### Materials Needed:

- Ping Pong Balls (8 for each team)
- Empty tissue box
- Yarn

**Object of the Activity:** Today's challenge is for each team to shake the ping pong balls out of tissue box and then pass the box to the next person on the team.

### Directions:

1. Divide the group into two-three teams.
2. Give each team an empty tissue box with yarn to tie the box around the waist.
3. Fill each tissue box with 8 ping pong balls
4. Each team member shakes the ping pong balls out of the box, then unties the box and passes it to the next teammate.
5. The team who wins completes the task first.

**Note:** Boxes can be tied with yarn

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #9: Robot Dance Off

### Materials Needed:

- Music appropriate for children to dance the robot
- Chart with children's names on it (leave space so others can spend a dot)
- 3 sticky dots for each child

**Object of the Activity:** The object of this activity is for the children to dance as a robot. Group will select the winning "robot".

### Directions:

1. Announce to the group that today's activity will be the Robot Dance Off. Each youth will compete in a robot style dance off!
2. Invite them to bring their best robotic moves to the dance floor to win. They have 1 minute to show off their best moves.
3. Once youth have demonstrated their moves, distribute the sticky dots to each youth. Each youth will be given three sticky dots. They will put the sticky dots by the name of the person they think did the best robot dance.
4. Count the dots and declare the winner

### Wrap-up Questions:

- What did you enjoy about this dance contest?
- What did you find challenging?
- What did you find easy?
- What did the winner do that made you think of a robot? Why do you say what you do?
- Would you recommend this dance off to others? Why or why not?



## **Activity #10: Table Art: Favorite Cartoon Show**

### **Materials Needed:**

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting favorite cartoon shows.

### **Directions:**

1. Students will draw a scene to depict their favorite cartoon show.
2. Tell them to consider:
  - a. Who are the main characters?
  - b. Where does the story take place?
  - c. What is the theme of the cartoon?
  - d. How will the cartoon look?
3. They will cover the butcher paper with their ideas and designs. Have them share what they drew.

### **Wrap-up Questions:**

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #11: Table Art: Favorite Car

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting favorite car.

### Directions:

1. Students will draw a scene to depict their favorite cartoon show.
2. Tell them to consider:
  - a. The different types of cars—convertible, SUV, pick-up, sedan
  - b. Different Car Brands—Toyota, GMC, Lincoln
  - c. Different colors cars can be in
3. They will cover the butcher paper with their ideas and designs. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #12: Pick Up Sticks

### Materials Needed:

Craft sticks (250 for each team)

2 orange cones for each team

**Object of the Activity:** The object is for teams to work together to pick up the craft sticks.

### Directions:

1. Divide the youth into two teams
2. Announce to the group that today's activity will be Pick Up Sticks and that they will work as a team to pick up the sticks which are on the floor in their team's space (marked by cones)
3. Their task will be to pick up all the craft sticks on the floor one at a time.
4. When they have picked up one of the craft sticks, they may stack them. Once they have 5 in a stack, they **MUST** take it to the team's repository (marked by an orange cone) and then return to pick up more sticks.
5. Team members should cheer and applaud their fellow teammates.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #13: Yard Stick Transfer

### Materials Needed:

- Two yard sticks for each team (you can pick these up at Home Depot)
- 20 gum balls
- 2 bowls

### Object of the Activity:

The object of this activity is to move the gum balls from the floor to a bowl using only yard sticks.

### Directions:

1. Announce to the group that today's activity is Yard Stick Transfer and they will be divided into two teams.
2. Each team will work together to transfer the gum balls from the floor to a bowl using two yard sticks.
3. Each teammate goes one at a time and works to move 1 gumball and then pass off to the next teammate.
4. Start music to encourage the teams.
5. Team wins when they have 20 gum balls in the bowl.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## **Activity #14: Bungalow**

### **Materials Needed:**

No materials needed

### **Object of the Activity:**

The object of this activity is for three student leaders to lead the chant, call on a person in the group, who then repeats the chant and share how he/she “bungalows”. There is no “right way” to bungalow.

**Directions:** Teach children this chant:

#### **Group chants:**

Bebop, Bebop, Bebop, bop, bop (repeat this four times)

Our hands are high (wave hands over the head) Our feet are low (swish hands down by the feet)

\_\_\_\_\_ (name of the child they are calling out) how do you bungalow?

#### **Child responds:**

My hands are high (wave hands over the head) my feet are low (swish hands down by the feet)

This is how I bungalow (then they do some action)

#### **Group chants:**

Our hands are high (wave hands over the head) Our feet are low (swish hands down by the feet)

This is how \_\_\_\_\_ (person they named) bungalows (then they repeat the action of the person.

Start over at the top of the chant.

### **Wrap-up Questions:**

- What about the chanting did you enjoy?
- What did you find challenging?
- What did you find easy?
- Whose “bungalow” did you like best? Why do you answer as you do?



## Activity #15: Airplane Messages

### Materials Needed:

- 1 sheet of copy paper for each youth
- Crayons, markers, or colored pencils

**Object of the Activity:** The purpose of this activity is for each child to write a positive message, create and airplane and then throw the airplane for someone else to pick up and read.

### Directions:

1. Youth will write on the center of their paper a positive message or quote.
2. Youth will fold the paper into an airplane.
3. Youth will throw the paper airplane into the air. Have them point towards the ceiling to avoid any collisions with others.
4. Youth will then each pick up an airplane. Have some share out.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #16: Balloon Stomp Challenge

### Materials Needed:

- Bag of Large Latex Balloons
- 1 yard of Yarn per youth
- 1 Pair of Scissors
- 4 Orange Cones
- Music (youth appropriate)

**Object of the Activity:** Object is stomp and break everyone else's balloon before they break yours.

### Directions:

1. Announce to the group that today's contest is Balloon Stomp Challenge
2. Explain that each youth will be competing to see who can stomp other youth's balloons while protecting their own.
3. Explain they will each blow up a balloon, tie a piece of yarn to the balloon and then to their own ankle or shoe.
4. Explain if they step out of bounds, they are not allowed to step on someone's balloon until 5 seconds has passed.
5. The game is over when only one person has a balloon which is not broken.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What strategies did you use to stomp someone's balloon? To protect your own balloon?
- Would you recommend this game to others? Why or why not?



## Activity #17: Bounce Basketball

### Materials Needed:

- Basketball
- 6 hula hoops (lined up side by side in three rows of two)

**Object of the Activity:** The object is to earn point by bouncing the basketball into the hula hoop

### Directions:

1. Announce to the group today's contest is Bounce Basketball and you will be dividing them into two teams
2. Explain all youth will be competing to see which team can bounce the basketball on the ground in a way that it strikes the center of one hula hoop but NOT any other hoop
3. Each team will take turns bouncing the ball. Each time the ball bounces inside one hula hoop and no more, the team scores one point.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did working as a team help?
- Would you recommend this activity to others? Why or why not?



## Activity #18: Friends for Life

### Materials Needed:

- No materials needed

**Object of the Activity:** Work as a single team to find different partners for each of the directions below.

### Directions:

1. Explain that children will find a partner to complete each of the directions.
2. Explain they must find a new partner for each action.
3. The first action is to find a High 5 Partner. Once they have determined who the High 5 partner is, they should say the other person's name and then give them a High 5
4. Now direct the children to find a Do-Si-Do partner. This is a different person, and when they meet, they will say each other's name and then Do Si Do.
5. Call out High 5 partner and the youth have to return to the High 5 partner, then recall Do-Si-Do, and then come back to that partner.
6. Continue in the same format using:
  - a. Knuckle Bump partner
  - b. Booty Bump partner
  - c. Down Low partner

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #19: Tower of Cups

### Materials Needed:

- 20 red solo cups for each team (16 ounce)
- Music (optional)

**Object of the Activity:** The object of the activity is to have the teams work together to create a tower out of the 20 cups. Note: Cups cannot be stacked into one another so you have one tower as tall as the 20 cups stacked together.

### Directions:

1. Divide the group into teams and distribute the cups
2. Explain they are to work together to build a tower which will be freestanding
3. Explain they should make the tallest tower possible
4. Explain all member of the team must participate

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #20: Starburst

### Materials Needed:

- One Starburst candy for each child

**Object of the Activity:** Work as a team to get the Starburst from each person's forehead into the mouth.

### Directions:

1. Divide the group into 4 different clusters. Share with them that today's contest is about transferring the Starburst from the forehead into their mouth without using their hands
2. Explain when you say go, each person on the team will unwrap his/her Starburst, place the Starburst on his/her forehead, and then begin to move the Starburst into their mouth
3. Explain if they finish before the rest of the team to cheer the team on.
4. Winning team finished first
5. Note: If the Starburst falls off, they start at the forehead again. You may want a few extra Starbursts in case some fall to the ground

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you encourage others to finish the task
- Would you recommend this activity to others? Why or why not?



## Activity #21: Pencil Catapult

### Materials Needed:

- 1 unsharpened pencil for each child

**Object of the Activity:** Team will work to launch a pencil and catch the pencil before it touches the table top or floor.

### Directions:

1. Announce to the group that today's contest will be Pencil Catapult
2. Divide the children into teams of 2
3. Explain that each team will need to work together. One person will be the pencil catapult and the other person will catch the pencils.
4. The "Pencil Catapult" will strike the end of the pencil side that is hanging off the side of the table. When they strike the end, the pencil will go into the air and the other child will try to catch the pencil before it touches the table or the floor
5. The team that catches the most pencils catapulted out of 12 tries, wins. Teams can tie.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?





## Activity #22: Lizard Tail Grab

### Materials Needed:

- Bandana or strip of cloth to act as the lizard's tail (enough for ½ of the whole group)
- 4 cones to mark the playing area
- Music

**Object of the Activity:** The object of the game is to grab the tail of a “lizard” so you can become a “lizard” or protect your tail so you can remain a “lizard”.

### Directions:

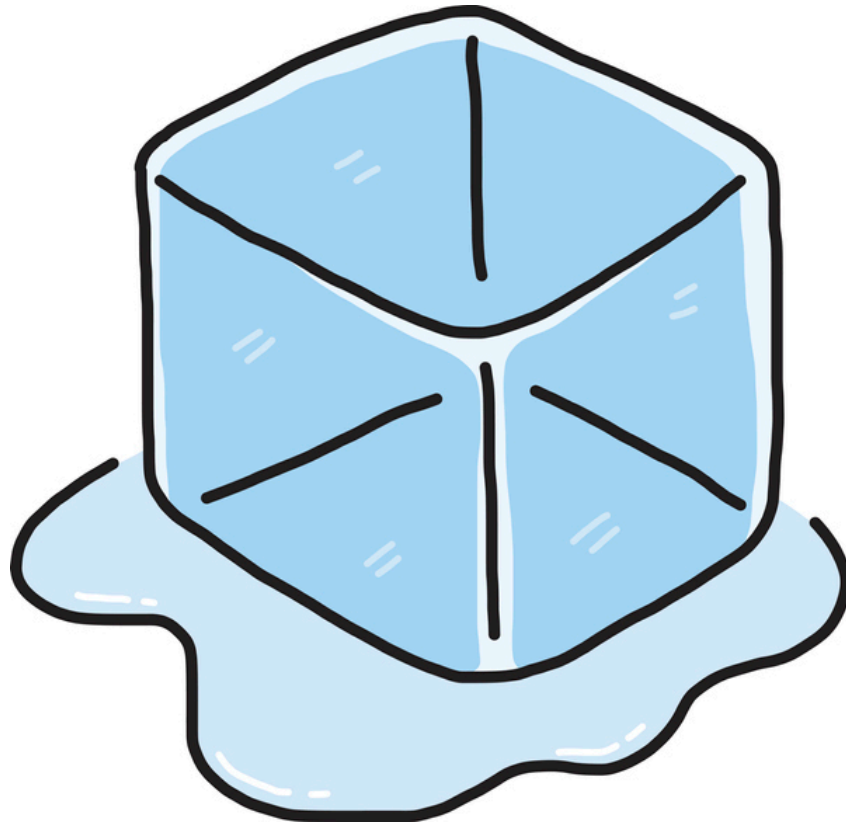
1. Announce to the group that today's contest will be Lizard Tail Grab
2. Explain children will be divided into 2 groups. One group will be the lizards and one group being the tail snatchers.
3. Line the teams will start on opposite ends of the area of play. When the music starts, the teams will try to either save their tails or snatch the tails.
4. Once a tail is grabbed, the child puts the “tail” in his/her waist band and becomes a lizard. The player who lost the ‘tail’ becomes a tail
5. There is no winner

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #2**



## Icebreaker



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Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

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**Icebreaker**



## **Icebreaker Activities**

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## Icebreaker



### Activity #1: American Dance Revolution

#### Materials Needed:

- Music, appropriate for children, which has a beat and children can dance to

**Object of the Activity:** The object is to dance to the music and enjoy yourself.

#### Directions:

1. Explain today the children are going to participate in the American Dance Revolution.
2. Explain the children will stand in a circle and dance to the music
3. Explain when you call their name, that child will move to the center of the circle and continue dancing
4. When you call the next child (after 10-12 seconds), the child in the middle goes back to the circle and a new child is highlighted
5. Continue until everyone has had at least 2 turns in the center

#### Wrap-up Questions:

- What did you enjoy about dancing?
- What did you find challenging?
- What did you find easy?
- Would you recommend the American Dance Revolution to others? Why or why not?



## Icebreaker



### Activity #2: American Idol

#### Materials Needed:

- Karaoke CD with songs children know, way to play the CD

**Object of the Activity:** The object is for children to sing, Karaoke style, with the music playing.

#### Directions:

1. Explain today the children will have the opportunity to experience being on “American Idol”
2. Review the songs which are on the Karaoke CD (these CDs have two sides-one with someone singing and one with music only)
3. Ask for volunteers to come up and take the “microphone”. Have children select the song they want to sing and whether they want music only or someone else singing
4. Enjoy!

#### Wrap-up Questions:

- What did you enjoy about singing on “American Idol”?
- What did you find challenging?
- What did you find easy?
- Would you recommend “American Idol” to others? Why or why not?



## Activity #3: Amoeba

### Materials Needed:

- No materials needed

**Object of the Activity:** Today's challenge is for the group to eventually come together by finding things they have in common. (**Note:** where they live and this program is not a commonality they can identify in this game.)

### Directions:

1. This activity is for everyone
2. Ask children to begin by finding one partner
3. Children talk to one another and determine something they have in common that is unusual.
4. Give them 1 minute to determine the commonality.
5. Pair then joins another pair and repeats the process.
6. Group of 4 repeats by joining another group of 4.
7. Continue until the entire group is together.
8. Activity is over when group has 1 area of connection.

### Wrap-up Questions:

- What did you enjoy about Amoeba?
- What did you find challenging?
- What did you find easy?
- Would you recommend Amoeba to others? Why or why not?



## Activity #4: Animal Sounds

### Materials Needed:

- No materials needed

**Object of the Activity:** The object of this activity is for the children to dance as a robot. Group will select the winning “robot”.

### Directions:

1. Explain to children that this activity begins with children having one partner and the pair deciding on an animal sound they can make.
2. Pair practices until they can make two animal sounds together, in unison
3. One pair at a time, have the two of them make the first animal sound. After demonstrating the sound, everyone needs to make the sound with them 3 times. Pair continues with the second sound
4. When all the pairs have shared the animal sounds with the larger group, ask children which sound they would all like to repeat. This is the sound that “wins”

### Wrap-up Questions:

- What did you enjoy about making animal sounds?
- What did you find challenging?
- What did you find easy?
- What was your favorite sound? Why do you answer as you do?
- Would you recommend Animal Sounds to others? Why or why not?





## Activity #5: Table Art: Your Favorite Thing

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the children's favorite thing (pet, doll, soccer ball, etc.)

### Directions:

1. Students will draw a scene to depict their favorite thing.
2. Tell them to consider:
  - a. What they really treasure and have treasured for a while?
  - b. What would be the one thing they would take if there was an emergency? For some of your children this consideration might be too close because of the fires. If so, do not ask this question.
  - c. Explain there is no right answer.
3. They will cover the butcher paper with their ideas and designs. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #6: Table Art: Future You

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting who you will be in the future (doctor, firefighter, actor, parent, teacher, astronaut...)

### Directions:

1. Students will draw a scene to depict who they will be in the future.
2. Tell them to consider:
  - a. What they enjoy doing and are interested in
  - b. What career options or role they think would be fun
  - c. Ask them to think about when they are 30 or older
3. They will cover the butcher paper with their ideas and thoughts of the future. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #7: Around the World Ping Shot

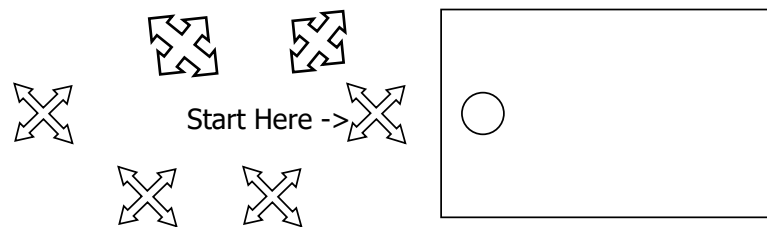
### Materials Needed:

- 1 Red Cup for each team
- 6 Ping Pong Balls for each team
- Timer or Clock
- Music (youth appropriate)

**Object of the Activity:** The object is for each team to earn as many points as they can by taking turns shooting the ping pong balls into the red cup from the different locations.

### Directions:

1. Divide group into teams of 4-5 and set up the space like the picture below



2. Each person on the team can shoot from each spot. Total the points (earned by landing the ping pong ball in the cup).
3. Team with the most points, wins

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #8: Balloon Buns

### Materials Needed:

- One balloon for each child (Have an extra or two just in case)
- Cones for marking start and finish lines

### Object of the Activity:

The object of this activity is to pop your balloon by sitting on it.

### Directions:

1. Divide the children into two teams and distribute the balloons
2. Have all children blow up the balloon given to them, tying a knot in the end of the balloon.
3. Line each team up in a vertical line
4. First player races to the “finish line” and sits on the balloon, popping it
5. When the balloon has popped the child races back, tags the next team member and continuing the process
6. First team with all balloons popped, wins

### Wrap-up Questions:

- What did you enjoy about Balloon Buns?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #9: Group Juggle

### Materials Needed:

- 1 sheet of copy paper for each youth

**Object of the Activity:** The purpose of this activity is for the group to keep all the balls in the air at the same time and to call each other by name.

### Directions:

1. This is an activity for everyone and should be done outside.
2. Give each person in the group a piece of paper to “crush” into a ball.
3. Ask the group to stand in a circle.
4. Group chooses a leader and then gives that leader the crushed paper balls.
5. The first round is to determine the pattern. The leader tosses a ball to one person in the circle, calling his/her name. That person catches the ball and tosses it to another person. When the last person gets the ball, they pass it back to the leader.
6. Each time you play, the player tosses the ball to the same person, and catches the ball from the same person, no exceptions.
7. For round 2, each time the leader tosses a ball, he/she picks up another ball and tosses it as well.
8. The challenge for the group is to keep all the balls up in the air at the same time.

### Wrap-up Questions:

- What did you enjoy about Group Juggle?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #10: Group Rise

#### Materials Needed:

- No material needed

**Object of the Activity:** Object is to work with a partner to stand up from a sitting position.

#### Directions:

1. Ask each child to find a partner
2. When partners are determined, explain that each pair will sit on the floor, backs together, feet out in front and arms linked.
3. The task is for them to stand up together.
4. The first team to stand up, wins.
5. When every pair is standing, the activity is over.

#### Wrap-up Questions:

- What did you find challenging about standing up in this way?
- What did you find easy?
- What strategies did you use to stand up together?
- Would you recommend this activity to others? Why or why not?



## Activity #11: Balloon Juggle

### Materials Needed:

- Balloon for each child

**Object of the Activity:** For the children to work together to keep all of the balloons up in the air at the same time for three minutes.

### Directions:

1. Announce to the group that today's activity will be Balloon Juggle and that they will work together to keep all of the balloons in the air at the same time for four minutes.
2. Explain each of them will get one balloon to juggle.
3. The rules are that the same balloon cannot be touched twice in a row by the same person. The children must work together. If a balloon is touched twice or falls, the balloon is out of play.
4. When time is called, count the number of balloons which are still in play.
5. Repeat and see if you can end with a larger number of balloons still in play.

### Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- When a balloon dropped or was touched twice, what did you do to get back on track?
- Would you recommend this activity to others? Why or why not?



## Activity #12: Dance Off

### Materials Needed:

- Music and music player that is suitable for kids and a dance off.

**Object of the Activity:** All children participate in the dance off and then they select the children they want to see dance again

### Directions:

1. Bring all the children together in a circle
2. Explain you are going to put the music on and all of them will be able to dance or keep time with the music while in the circle
3. Explain you will call one person's name and that person is to go into the center of the circle to dance, while everyone else is watching
4. When you have given each child an opportunity to dance in the center, stop and ask the children who they want to see dance again, and then spotlight the child.
5. If a child wants to pass, allow them to stay in the circle and call on someone else

### Wrap-up Questions:

- What did you enjoy about this dance off?
- What did you find challenging?
- What did you find easy?
- If you didn't want to dance in the center, how did you continue with the dance in the circle?
- Would you recommend this activity to others? Why or why not?





## Activity #13: Empty It

### Materials Needed:

- Small cups
- Coffee Stirrers
- Fruit Loops or some other cereal with a hole in the middle

**Object of the Activity:** Work as a team to get the cereal from one container to another using only a coffee stirrer.

### Directions:

1. Divide the group into 4 different teams.
2. Give each team a cup of cereal, an empty cup, and a coffee stirrer for each child on the team.
3. Explain that when you say “Go” the team will begin to transfer the cereal from one cup to the other.
4. Explain every team member must work to move the cereal.
5. Explain the winning team will make the transfer first.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you encourage others on your team to finish the task?
- Would you recommend this activity to others? Why or why not?



## Activity #14: Sports Charades

### Materials Needed:

- Craft sticks labeled with one sport on each stick: volleyball, four square, basketball, football, soccer, tennis, baseball, kickball, tetherball, hop scotch

**Object of the Activity:** Pairs of children will act out one of the sports while the other children guess the sport.

### Directions:

1. Announce to the group that today's contest is Sports Charades.
2. Divide the children into pairs
3. Explain each pair will come up one at a time and select a craft stick
4. Explain the craft stick has a sport written on it and the pair of children will have 30 seconds to decide how to act out the sport
5. Pair acts out the sport they selected while the remainder of the children guess which sport it is

### Wrap-up Questions:

- What did you enjoy about Sports Charades?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #15: Icy Feet

### Materials Needed:

- Ice
- Several large tubs (enough so every child can gather around one of the tubs, 4-5 to a tub)
- Bowls

**Object of the Activity:** Pick up as many ice cubes as possible with the feet and place them in a bowl by your feet.

### Directions:

1. Announce to the group that today's activity is Icy Feet
2. Explain that each child will cluster around one of the tubs of ice
3. Explain they will each need to take off their shoes because they will need to transfer the ice from the tub to the bowl each will have, using only their feet
4. Have children bring a chair so they can sit down around the tub
5. When you say, "Go", have children begin
6. After 2-3 minutes, call time and have children count the number of ice cubes they have in their bowl
7. Have them share the number to the other children, cheer for each child

### Wrap-up Questions:

- What did you enjoy about Icy Feet?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #16: Potato Roll

### Materials Needed:

- Cones or tape to mark both the start and the finish line
- Small potato for each child

**Object of the Activity:** The object of the game is to move the potato across the finish line without using hands or feet (elbows, wrists, knees, foreheads are all possible)

### Directions:

1. Announce to the group that today's activity is Potato Roll
2. Explain each child will be given a potato which they are to move from the start to the finish line
3. Explain they may not use their hands or feet at any time to move the potato
4. When you say "Go", each child begins
5. Winner is the child who finishes first. Continue until all children have been successful. Encourage players to continue.

### Wrap-up Questions:

- What did you enjoy about the Potato Roll?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #17: Foam Peanut Relay

### Materials Needed:

- Foam packing “peanuts”
- Plastic spoon
- Start finish line marked with tape or cones
- 2 containers for each team (one filled with foam peanuts and the other one empty for the peanut transfer)

**Object of the Activity:** The object of the activity is for the children to work as a team to transport the foam peanuts across the finish line into a container, one at a time.

### Directions:

1. Divide the children into two teams
2. Give each child a plastic spoon
3. Give each team a container of foam peanuts
4. Line the team up behind the start line
5. At the finish line, place the empty container
6. Explain this is a relay race and one team member at a time, the children will pick up a foam peanut, hurry to the other end, place the peanut in the container at the finish line and then race back to tag the next player
7. Team who transfers all peanuts first, wins

### Wrap-up Questions:

- What did you enjoy about the Foam Peanut Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



## Activity #18: Hot Spot Matches

### Materials Needed:

- 2 decks of cards with the same back, remove all cards except 10, Jack, Queen, King and Ace (when you put the two decks together you will have two of each card-a total of 40 cards)

**Object of the Activity:** The object of this activity is to match all the pairs in the “Concentration” game.

### Directions:

1. Announce to the group that today’s contest will be Hot Spot Matches
2. Explain you have placed all of the playing cards, 10-Ace, face down in a 5 cards x 8 cards grid.
3. Explain one at a time the children will flip two cards to find an exact patch (hearts to hearts, face-card to face-card, etc.)
4. Explain the group will be able to gather around the table to watch, but only one child at a time will take a turn.
5. Explain if a child makes a match, he/she will have a second turn
6. Explain the game will be over when all the pairs of cards have been matched

### Wrap-up Questions:

- What did you enjoy about Hot Spot Matches?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hot Spot Matches to others? Why or why not?



## Activity #19: Marble Grab

### Materials Needed:

- Marbles
- Tub of water
- Container

**Object of the Activity:** The object is for children to work together to move all of the marbles from the tub of water to the container, using only their feet.

### Directions:

1. Explain today the children the game today is Marble Grab
2. Explain there are marbles at the bottom of the tub
3. Explain that one at a time each child will have 10 seconds to move as many marbles as he/she can from the tub to the container, using only his/her toes
4. When each child has had a turn, count the number of marbles which are in the container

### Wrap-up Questions:

- What did you enjoy about Marble Grab?
- What did you find challenging?
- What did you find easy?
- Would you recommend Marble Grab to others? Why or why not?



## Activity #20: Rainstorm

### Materials Needed:

- No materials needed

**Object of the Activity:** The challenge is to create the sounds of a rainstorm as it begins, crescendos, and then resides.

### Directions:

1. You will lead this activity. Have children spread out in a horizontal line. You will demonstrate each of the following “noises”, beginning on one side and moving across the line, returning to the start and beginning the second noise maker. You will add 1 through 5, bring the storm to a crescendo, and then reverse it so the storm calms. Children must continue the action until you pass them with the next action.
  - #1: Snapping fingers
  - #2: Rubbing hands together
  - #3: Clapping hand quickly (not so much loudly)
  - #4: Patting hands on thighs
  - #5: Stomping his/her feet
2. Talk about how this activity sounds like a Rain Storm

### Wrap-up Questions:

- What did you enjoy about Rainstorm?
- What did you find challenging?
- What did you find easy?
- Would you recommend Rainstorm to others? Why or why not?





## Activity #21: Roller Ball

### Materials Needed:

- 16-ounce solo cups
- Tape
- Table
- Ping Pong Balls (12)

**Object of the Activity:** The object of this activity is for the children to get as many ping pong balls into the cups as possible.

### Directions:

3. Set up the game. Place 5 cups at one end of a table with the open end of the cup facing the opposite end of the table. Tape the cups into place so they will stay in the correct position. Make a tape start line about 12" from the edge of the table opposite the cups
4. Explain to children that this activity is for everyone and they will add to the team's score by rolling ping pong balls into the cups
5. Show them the cups, the start line, and demonstrate rolling the ping pong ball hopefully into the cup
6. Each ball that rolls into the cup and rolls out, counts as 1 point. Each ball that rolls into the cup and stays counts as 2 points. (The leader will keep score)
7. Have at least two rounds so each child has two turns. Total the points.

### Wrap-up Questions:

- What did you enjoy about Roller Ball?
- What did you find challenging?
- What did you find easy?
- Would you recommend Roller Ball to others? Why or why not?



## Activity #22: Table Art: Americana

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting Americana.

### Directions:

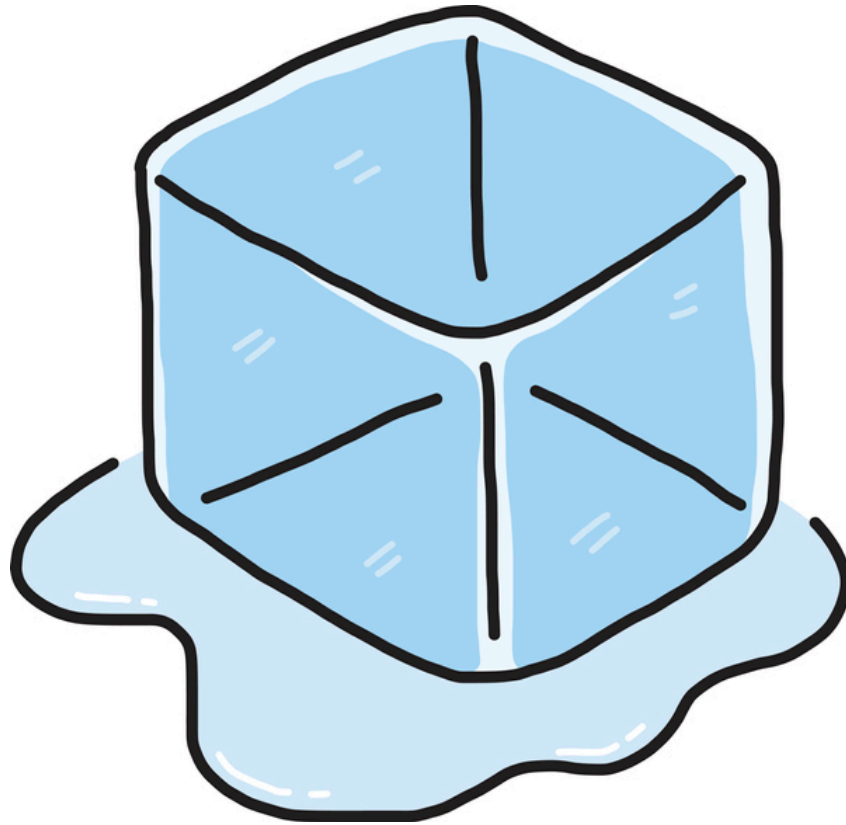
4. Students will draw pictures to depict Americana (flags, map, Statue of Liberty, eagle, etc..)
5. Tell them to consider the things they have seen which depict America
6. They will cover the butcher paper with their drawings. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #3**



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## Icebreaker Activities

### Set #3

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## Activity #1: Table Art: Best Book

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting favorite books.

### Directions:

1. Students will draw pictures of their favorite book. They can do this like a book cover or a scene from the story.
2. Tell them to consider what they can draw to capture the book.
3. They will cover the butcher paper with scenes from their favorite books. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #2: Table Art: Best Spring Outfit

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing the best clothing for Spring.

### Directions:

1. Students will draw pictures of their favorite Spring outfits.
2. Tell them to consider the weather being warmer but not yet summer when they draw their favorite Spring outfit
3. They will cover the butcher paper with scenes from their favorite outfits. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #3: Table Art: Best Pet

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the “best pet”.

### Directions:

1. Students will draw pictures of their idea of the “best pet”.
2. Encourage them to consider not only traditional pets (dogs, cats, fish, hamsters, etc.) but other types of animals they would like to have for a pet.
3. They will cover the butcher paper with scenes of their ideas about the “best pet”. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?





## Activity #4: Simultaneous Alphabet

### Materials Needed:

- 2 sets of magnetic alphabet letters
- 2 cookie sheets
- Cones or tape for the start line, tables at the end with the game materials on them

**Object of the Activity:** The purpose of this activity is for the teams to work together to put the alphabet in order on the cookie sheet.

### Directions:

1. Set up two stations by placing the alphabet magnets in random order and placing the cookie sheet by each station
2. Explain to children they will work as a team to get the alphabet magnets in alphabetical order
3. Explain each child will begin at the start line, come to the table and have 2 seconds to put as many letters as possible in order and then returning for the next team member
4. Game is over when the alphabet is in order on the cookie sheet

### Wrap-up Questions:

- What did you enjoy about Simultaneous Alphabet?
- Why would this game have that title?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Two Truths and a Lie

### Materials Needed:

- No materials needed

**Object of the Activity:** To see if “audience” can tell which statements are the truth and which is a lie, when the other child makes his/her statements.

### Directions:

1. Announce to students that this game is for everyone
2. Explain that children may volunteer to come forward and tell the “audience” two truthful statements and one false statement
3. Explain it is important to try to tell a believable lie. For example: My dog licks my face when I see him after school (could be a lie if the person doesn’t have a dog); I play the piano at church when my mom sings (could be the truth if the person has taken lessons)
4. Explain that the audience will listen to the three statements and then guess which is the truth and which is the lie
5. There are no winners in this game

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you determine if something was the truth or a lie?
- Would you recommend this activity to others? Why or why not?



## **Activity #6: Group Tic Tac Toe**

### **Materials Needed:**

- Butcher paper with many Tic Tac Toe grids all over it
- Crayons (one for each child)

**Object of the Activity:** Play Tic Tac Toe as a group, moving from grid to grid until all grids are complete. Winning grids should be circled

### **Directions:**

Show the children the butcher paper with the Tic Tac Toe grids on it and give each person a crayon

Explain they will be playing Tic Tac Toe as a team, which means that every one wins when the team wins

Divide the children into “x’s” and “o’s”

Explain that when you say “Go”, they will begin by placing the “x’s” or “o’s” on the grids.

Explain they can only play one x or o at a time on any grid. They can only come back to a grid after playing somewhere else

Remind them the goal is to get as many team wins as possible

Game continues until all grids are full

Circle the grids which have a winner

### **Wrap-up Questions:**

- What did you need to do to ensure as many group wins as possible? (Not block someone from getting a Tic Tac Toe)
- Why was that challenging? (We’ve been taught to win, no matter what)
- What is important about working together to accomplish a goal?
- Would you recommend this activity to others? Why or why not?



## Activity #7: Telephone

### Materials Needed:

- No materials needed

**Object of the Activity:** Work as a team to get the message correctly from the first person to the last person in the telephone chain

### Directions:

1. Have children form a circle
2. Determine who will be the leader
3. Bring the leader to the side and whisper a secret to them (Example: The elephants are marching in the parade on Saturday.)
4. When the leader returns, he/she whispers the secret to the person on the right
5. Explain that the person with the secret may only say the secret ONE time, no repeating
6. That person then repeats the secret the person on his/her right until the secret come back to the person who started it
7. Discuss how accurate the message was
8. Play a second time, starting somewhere else in the circle

### Wrap-up Questions:

- What happened when you compared the first and the last message?
- What did you find challenging?
- What did you find easy?
- How did you encourage others to accurately share the secret?
- Would you recommend this activity to others? Why or why not?



## **Activity #8: Flip or Flop**

### **Materials Needed:**

- Several pennies
- An object to act as the “finish line” (rubber chicken, stuffed animal, water bottle, etc.)

**Object of the Activity:** Teams of 2 children will work together to get one of them across the finish line to the object that is there.

### **Directions:**

1. You will need an item and 1 penny for each pair.
2. Explain that on the team, one is the flipper, and the other is the flopper
3. The rubber chicken (or whatever else you can get) is about 10 feet away.
4. When you say “GO”, the flipper flips the penny and lets it fall on the floor.
5. If it is heads, the flopper can move 2 steps toward the item.
6. If it is tails, the flopper is frozen.
7. The first team to the item, wins!

### **Wrap-up Questions:**

- What did you enjoy about Flip or Flop?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #9: Yogurt Worms

### Materials Needed:

- Gummy worms
- Spoons
- Yogurt

**Object of the Activity:** Pick up as many ice cubes as possible with the feet and place them in a bowl by your feet.

### Directions:

1. In front of each person place a 2-ounce cup of yogurt with 2 Gummy Worms inside.
2. When you say “GO”, each person eats the yogurt and the Gummy Worms in their container.
3. Winner is the person who is finished first.

### Wrap-up Questions:

- What did you enjoy about Yogurt Worms?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #10: Guess Who?

### Materials Needed:

- Adhesive name tags with the name of a famous person (real or fictional) written upon each tag (all are different)

**Object of the Activity:** The object of the activity is for the children to determine the name of the person on their back.

### Directions:

1. Place the name of a cartoon, TV character or real person on the back of each child
2. When you say "GO", players must circulate and ask the others a "yes" or "no" question to help them determine who they are
3. First player to correctly guess his/her mystery name wins

### Wrap-up Questions:

- What did you enjoy about Guess Who?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



## **Activity #11: Hoop Target**

### **Materials Needed:**

- 4-5 Hula Hoops
- Nerf or other soft ball

**Object of the Activity:** The object of this activity is to get as many team points as possible.

### **Directions:**

1. Set up hoops at 3 different distances.
2. Divide the children into 2-3 teams
3. One at a time, rotating between the teams, player decides which hoop he/she will throw the ball through.
4. When you say, "Go", player throws the Nerf ball through the target he/she selected
5. Team gets one point for each successful throw
6. Team with the most points, win.

### **Wrap-up Questions:**

- What did you enjoy about Hoop Target?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hoop Target to others? Why or why not?





## **Activity #12: Human Knot**

### **Materials Needed:**

- No materials needed

**Object of the Activity:** The object is for children to work together to unravel the “human knot” they have made without letting go of hands.

### **Directions:**

1. This is an activity for everyone in the group. Activity is done outside.
2. Ask each group of students to gather into a tight group.
3. Each person holds out their hands into the center of the group and grabs two hands.
4. They cannot be two hands of the same person or one of a person standing right next to them
5. Now that the group is all connected into a large knot, the challenge is to untangle themselves without letting go of the hands they are holding.
6. The group should end up in a large circle.

### **Wrap-up Questions:**

- What did you enjoy about the Human Knot?
- What did you find challenging?
- What did you find easy?
- Would you recommend Human Knot to others? Why or why not?



## **Activity #13: Hands Off**

### **Materials Needed:**

- ½ piece of copy paper or cardstock

**Object of the Activity:** The challenge is to have everyone touch a piece of paper in the shortest amount of time without touching anyone else.

### **Directions:**

1. Divide the children into two teams if you have a large group. If you have less than 12, have everyone be in one group.
2. Give each team 1 piece of heavy paper
3. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
4. Everyone does not have to touch the paper at the same time, they must just touch it.
5. A good time is 2-3 seconds
6. Let children work through a way to accomplish this task.
7. Let the team that does this in the shortest time share with the rest of the group. If you have only one time, let them try several times and see if they can reduce the time it takes

### **Wrap-up Questions:**

- What did you enjoy about Hand Off?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hands Off to others? Why or why not?



## Activity #14: Ping Pong Soccer

### Materials Needed:

- Ping Pong Ball
- Long Table
- Painter's Tape

**Object of the Activity:** The object of this activity is for each team to score as many goals as possible while keeping the other team from scoring a goal.

### Directions:

1. Announce today's contest will be Ping Pong Soccer
2. Divide the group into two teams.
3. Explain each team will be working to score goals while keeping the other team from scoring.
4. A goalie for the team is placed at the end of the table opposite from the goal their team will score points in.
5. An even number of players from each team lines up on either side of the table, every other person. A B A B A B
6. Players can "flick" the balls and the goalie can only block the goal by "flicking" the ping pong ball away. (Flicking is using the thumb and the middle finger)
7. Each goal counts as one point

### Wrap-up Questions:

- What did you enjoy about Ping Pong Soccer?
- What did you find challenging?
- What did you find easy?
- Would you recommend Ping Pong Soccer to others? Why or why not?



## Activity #15: Table Art: Comic Strip

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting events in the life of a comic book character.

### Directions:

1. This is an activity for everyone on the team.
2. Ask group to select a cartoon character.
3. Divide children into pairs
4. On the butcher paper in front of them, the pair creates a cartoon of a single event for the character that the team selected.
5. Team shares with other teams.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## **Activity #16: Table Art: Favorite Food that Has Cheese in It**

### **Materials Needed:**

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting favorite foods which have cheese in them.

### **Directions:**

1. Children will draw pictures of their favorite food which has cheese in it. They can draw a single item or a full course meal.
2. Tell them to consider what they can draw to capture the perfect food with cheese in it.
3. They will cover the butcher paper with pictures of their favorite cheese foods.
4. Have them share what they drew.

### **Wrap-up Questions:**

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #17: Table Art: Best Thing to Make From LEGOS

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing the best items to make from LEGOS.

### Directions:

1. Children will draw pictures of their thing to make from LEGOS.
2. Tell them to consider all the possibilities of things which can be made from LEGOS.
3. They will cover the butcher paper with scenes from their favorite LEGO projects.
4. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #18: Table Art: Favorite Food with Chocolate

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the favorite foods made with chocolate.

### Directions:

1. Children will draw pictures of their idea of the best food made with chocolate.
2. Encourage them to consider not only traditional things which are made with chocolate but also things that are outside the box (chocolate covered ants or strawberries for example)
3. They will cover the butcher paper with scenes of their ideas about the best chocolate treat.
4. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #19: 5 Ways to Find a Friend

### Materials Needed:

- Paper and Pencil

**Object of the Activity:** The purpose of this activity is for the teams to work together to make a list of ways to find a friend.

### Directions:

1. Explain that today's contest will require each pair to share a list of 5 ways to find a friend
2. After giving the teams about 4-5 minutes to come up with their list, 1 pair reads their list first.
3. When pair gives a tip, if a team member from another team has the same tip, then he/she should join the person to name the tip and they will move to the side
4. Continue until team 1 has completed the process (matching as many times as possible with members from other teams); if there are other tips remaining, then the second pair shares list, continuing process of joining the person who has named the tip, until all tips have been given
5. At the end, review the tips (a minimum of 5) by having each group rename their tip.

### Wrap-up Questions:

- What did you enjoy about identifying ways to find a friend?
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #20: Baby Taste Test

### Materials Needed:

- 5 containers of different types of baby food—fruit and vegetables
- Small plates
- Plastic spoons
- Paper and pencil

**Object of the Activity:** Object is to determine if children can recognize a food from the taste.

### Directions:

1. Announce to the group that today's contest will be Baby Taste Test
2. Explain each person will compete to see who can guess the correct type of baby food by just tasting it.
3. This is done one food at a time.
4. Children taste and then write down what they think the flavor is.
5. Have children turn over their guess and give one point to each person with a correct answer.

### Wrap-up Questions:

- What did you find challenging about the taste testing?
- What did you find easy?
- What strategies did you use to determine what the food was? (smell, how it looked, etc.)
- Would you recommend this activity to others? Why or why not?



## Activity #21: Balloon Line Up

### Materials Needed:

- 2 colors of latex balloons blown up
- Inside each balloon there should be a number between 1 and 10

**Object of the Activity:** The object is for the team to pop the balloon and then line up in numeric order as a team.

### Directions:

1. Announce to the group that today's contest will be Balloon Line Up Relay.
2. Divide the children into two teams—one team will get one color of balloons, the second time will get the second color
3. Explain each person will be competing to help his/her team pop the balloon by sitting on it and collecting the paper inside.
4. Once they have the paper, the team lines up in the order of the number they have on their paper slip.
5. The team that can line up least to greatest first, wins.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #22: Bubbles

### Materials Needed:

- 1 piece of bubble gum for each child

**Object of the Activity:** Compete to blow the largest bubble from bubble gum.

### Directions:

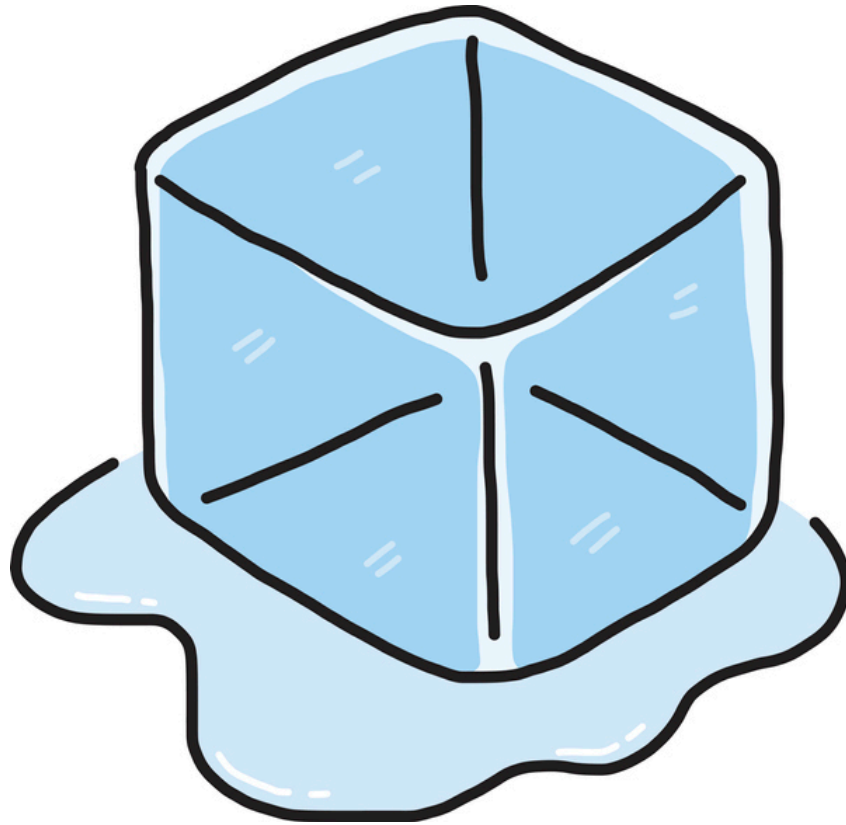
1. Announce to children they are going to participate in a bubble blowing contest
2. Explain they will be given one piece of bubble gum to chew and get ready to blow a bubble
3. When you say, "Go", children blow a bubble
4. The champion will be the child who blows the largest bubble
5. Celebrate the victory!

### Wrap-up Questions:

- What did you enjoy about blowing bubbles?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #4**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



**Icebreaker**



## **Icebreaker Activities**

### **Set #4**

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Table Art: Favorite TV Shows

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Cereal Box Puzzles

Desert Island

Fact or Fiction

Pork and Beans



## Activity #1: Game Show

### Materials Needed:

- Questions at the end of this lesson plan

**Object of the Activity:** Children will participate in Game Show and provide answers to the questions. Audience will cheer for the answer they like best.

### Directions:

1. Select 4 children to be the contestants in the Game Show
2. Explain that this is a Game Show and that each contestant will be asked one question and then give a response to the question.
3. At the end, audience will vote for the answer that was “best”.
4. Audience will vote by cheering and clapping (Absolutely NO BOOING!)

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?

### Questions:

1. If you had a time machine that would work only once, what point in the future or in history would you visit and why?
2. If you could go anywhere in the world, where would you go and why?
3. If your house was burning down, what three objects would you try and save and why?
4. If you could talk to any one person now living, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. If you could have any pet in the world, what would it be and why?
8. Name a gift you will never forget and tell us why it is unforgettable.
9. What is your favorite thing to do during the summer and why?
10. What one thing do you like best in other people and why?



## Icebreaker



11. Who's your favorite cartoon character and why?
12. What is the hardest thing you have ever done? Why was it so hard?
13. What's the weirdest thing you've ever eaten? Why did you eat it?
14. What book, movie or video have you seen/read recently you would recommend? Why?





## Icebreaker



### Activity #2: Hand Clap

#### Materials Needed:

- None

**Object of the Activity:** Children will try to follow the directions of the story teller.

#### Directions:

1. Explain to the group that each time the leader crosses his hands (demonstrate), that the group must clap one loud clap all together.
2. Then begin by telling the story of the 3 Bears yourself, and while you are talking cross and uncross your hands so the crowd will clap.
3. Then ask for a volunteer to come and tell another fairy tale—Little Red Riding Hood, the 3 Little Pigs, or Snow White.
4. The “storyteller” should cross and uncross his/her hands and the audience will continue to clap one time.

**Note:** Try to trick the audience into clapping by nearly crossing your hands and then stopping short. Also, you might want to give the “volunteer” a heads up earlier so he/she can practice the story ahead of time

#### Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #3: Last Person Standing

### Materials Needed:

- None

**Object of the Activity:** Characteristics will be identified and children will be eliminated if that characteristic describes them, until one child is left standing.

### Directions:

1. Ask all of the participants in the program to stand up. Explain that as you identify a characteristic, any person who has that characteristic to sit down, or the reverse, anyone who does not have the characteristic must sit down.
2. When all are standing, start listing the criteria until you have only one person standing.

**Examples:** birthdays in a month that end in “ember”; shoes have laces; red hair, and so on.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #4: Line Up

#### Materials Needed:

- No materials needed

**Object of the Activity:** The group will follow the leader and line up in the order the leader identifies.

#### Directions:

1. Ask each group to send 3 Champions to the front of the room.
2. Explain that you are going to give an instruction to the entire group
3. Once the group has followed the instructions, the audience will vote as to whether or not the group successfully followed the instructions by cheering and clapping.
4. Here are the tasks: Line up, shortest to tallest; birthdays January through December; shoe size smallest to largest; ABC order by first name; ABC order by mother's first name; age; anything else you can think of

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Scramble

### Materials Needed:

- Alphabet letters

**Object of the Activity:** Children will attempt to spell the name of a cartoon character by looking at the letters.

### Directions:

1. Ask for four volunteers to come to the front.
2. Explain that you are going to place the letters that spell out the name of a cartoon character up out of order.
3. The volunteer is then to rearrange the letters and shout out the name of the character. (With younger students you might want to create a buddy system so they have an older child with them to help with the spelling.)

### Wrap-up Questions:

- What did you enjoy about Scramble?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Icebreaker



### Activity #6: We're Going to New York

#### Materials Needed:

- 10 cards with action items on them. (laugh, cry, happy, sad, miserable, etc.)

**Object of the Activity:** The object of the game is to demonstrate the action item on the card they draw.

#### Directions:

1. Divide the children into teams of 4
2. Ask each group to send a Champion to the front of the room who will be willing to become a silent actor.
3. While the Champions are coming up to the front, teach the group this chant:  
Leader: We're going to New York.  
Audience: What's your trade?  
Leader: Lemonade  
Audience: Give us some or go away.
4. This is the signal for the Champions (1 at a time) to come forward and without word act out his/her word for the audience to guess.
5. When the audience guesses correctly, the Champion goes to the end of the Champions line and the Leader and Audience repeat the chant, bringing on the second Champion to act out his/her word.
6. Play continues until all the Champions have had 1-2 turns.

#### Wrap-up Questions:

- What did you enjoy about "We're Going to New York?"
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #7: Whistle

#### Materials Needed:

- Box of soda crackers
- Water

**Object of the Activity:** The object of the game is to have children eat a soda cracker and then whistle before anyone else in the group can do so.

#### Directions:

1. Have the entire group come and stand in the front of the room
2. Explain that each person must eat two crackers and then “whistle”.
3. The first person to whistle wins

**Note:** If child does not want to participate have them sit out.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #8: Beat Ball

### Materials Needed:

- Music and a music player
- 1 ball of each type—basketball, soccer, tennis, volley balls—for each group of 4

**Object of the Activity:** Children create a beat using different balls and bouncing them at different times—fast, slow, quick repetition, no repetition at all....

### Directions:

1. Divide the group into teams of four.
2. Explain to the teams they will practice for 5 minutes, trying to create a “beat” and rhythm bouncing different balls.
3. When practice time is over, have each of the teams present to the rest of the group.
4. Audience should cheer and applaud the teams as they perform.

### Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #9: Would You Rather?

### Materials Needed:

- Questions at the end of this lesson plan

**Object of the Activity:** The object of the activity is for the children to determine the name of the person on their back.

### Directions:

1. Explain to the audience that you are going to ask them a question that gives them 2 choices. Example: Would you rather be a dog or a cat?
2. Once the question has been asked, then explain that you will go back and state each of the options: “Dog” “Cat”, and that when you say the option they would choose, they should stand up and cheer.
3. As the leader you will then say, it seems this group would rather ... listing the option that received the loudest cheers. List of questions follows.

### Wrap-up Questions:

- What did you enjoy about Would You Rather?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?

### Would You Rather Questions

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- Watch TV or listen to music
- Own a lizard or a snake?
- Have a trip to the beach or to the mountains? 6. Be an apple or a banana?
- Be invisible or be able to read minds?
- Be hairy all over or completely bald?
- Be the most popular or the smartest person you know?
- Make headlines for saving somebody’s life or for winning a prize?
- Go without television or fast food for the rest of your life?
- Always be cold or always be too warm?
- See the future or change the past?
- Be 3 inches taller or 3 inches shorter?
- Wrestle a lion or fight a shark?





## Activity #10: Barnyard

### Materials Needed:

- 2 cards for each of twelve animals you can find on the farm (pig, cow, horse, sheep, goat, cat, dog, donkey, duck, goose, rabbit, chicken)

**Object of the Activity:** The object of this activity is simply to have fun making different animal noises.

### Directions:

1. Invite students to share the two animals with students and ask them to decide as a group what noise will be made to represent the animal (moo, baa, meow, pluck, pluck, pluck).
2. Then, rapid fire, call out the names of the animals (don't wait too long in between calling the animals' names).
3. When the group hears the name of one of their animals, they must stand up and in unison, make the animal sound.
4. Winner will be selected as a result of sharing the animal sound loudly.
5. If the leader calls "Barnyard", everyone must make the animal noise.

### Wrap-up Questions:

- What did you enjoy about Barnyard?
- What did you find challenging?
- What did you find easy?
- Would you recommend Barnyard to others? Why or why not?



## Activity #11: Boom Chicka Boom!

### Materials Needed:

- No materials needed

**Object of the Activity:** The object is for children to learn the Chicka Boom Boom chant.

### Directions:

This is a chant for the entire group. The Leader will call out a line and the group will echo it.

**Leader:** I say a BOOM

**Group:** "I say a Boom"

**Leader:** "I say a boom-chicka

**Group:** "I say a boom-chicka"

**Leader:** I say a boom-chicka-boom

**Group:** "I say a boom-chicka-boom

**Leader:** "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

**Group:** "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

**Leader:** Oh yeah!

**Group:** Oh yeah!

**Leader:** One more time.

**Group:** "One more time. (Repeat)

### Wrap-up Questions:

- What did you enjoy about the Boom Chicka Boom?
- What did you find challenging?
- What did you find easy?
- Would you recommend Boom Chicka Boom to others? Why or why not?



## Activity #12: Bop! Bop!

### Materials Needed:

- Pieces of colored paper
- CD or appropriate music
- Boom box or other music player

**Object of the Activity:** The challenge is to stay in the game by ending up on a spot.

### Directions:

1. This activity is for everyone.
2. The players start by standing in a circle on a spot or piece of colored paper.
3. Select a leader and have them stand up and "bop" or dance around the inside of the circle to the music
4. The leader then taps selected people on the head and says, "Start bopping right now."
5. These tapped people will join the leader in the middle. While they are bobbing take out one of the colored spots (piece of paper).
6. These boppers keep dancing and tapping until they hear, "Bop-Bop Over!" and the music is shut off.
7. Players then stop dancing and run back to a spot.
8. The person without a spot is eliminated.

### Wrap-up Questions:

- What did you enjoy about Bop Bop?
- What did you find challenging?
- What did you find easy?
- Would you recommend Bop Bop to others? Why or why not?



## Activity #13: Bounce! Bounce! Bounce!

### Materials Needed:

- Large rubber ball
- 5 Hula Hoops

**Object of the Activity:** The object of this activity is for each team to score as many points as possible.

### Directions:

1. Divide children into two teams
2. Set up 5 hula hoops in a straight line
3. Take an oversized bouncing ball and give to first team member
4. Teams members take turns throwing the ball so it only bounces once in each hula hoop. If person is successful, the team earns one point.
5. After two tries, leader goes to the end of the line and play continues with the next player
6. When game is over, tally the points for each team.

### Wrap-up Questions:

- What did you enjoy about Bounce, Bounce, Bounce...?
- What did you find challenging?
- What did you find easy?
- Would you recommend Bounce, Bounce, Bounce... to others? Why or why not?



## Activity #14: Table Art: Items Which Are Naturally Red, White and/or Blue

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons for group (red, blue, and black to outline something white)
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting items which are naturally red, white, and/or blue

### Directions:

1. This is an activity for everyone on the team.
2. Ask group to think about things which are naturally red, white, and/or blue
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws as many things as they can which are these colors.
5. Team shares with other teams.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #15: Table Art: Favorite Sandwich

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the child's favorite sandwich. For this mural a hamburger and hot dog qualify as a sandwich.

### Directions:

1. Children will draw pictures of their favorite sandwich.
2. Tell them to consider what they can draw to capture the perfect sandwich with all of the things which are one the sandwich.
3. They will cover the butcher paper with pictures of their favorite sandwiches.
4. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #16: Table Art: Best Bicycle

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing the best bicycle.

### Directions:

1. Children will draw pictures of their idea of the best bicycle.
2. Tell them to consider all the possibilities of things which can make a bicycle absolutely amazing.
3. They will cover the butcher paper with pictures of their favorite bicycle (they can do more than one view—side, top, etc.)
4. Have them share what they draw.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #17: Table Art: Favorite TV Show

### Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the children's favorite TV show.

### Directions:

1. Children will draw pictures of their favorite TV shows.
2. Encourage them to consider all of the aspects of the TV show they enjoy (characters, setting, activity, etc.)
3. They will cover the butcher paper with scenes from their favorite TV Show.
4. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?





## Activity #18: Bring Back My Bonny

### Materials Needed:

- Copy of the item to read

**Object of the Activity:** Object is for children to cheer for every word which begins with the letter “B”

### Directions:

1. Explain to the group that each time the leader says a word that begins with the letter “B”, the entire group must stand up, shout, “Yahoo!” and then immediately sit back down.
2. Either read the following yourself or have a student come up and read it:

**My Bonny lies over the ocean. My Bonny lies over the sea. My Bonny lies of the ocean. Oh, bring back my Bonny to me. Bring back, bring back, bring back my Bonny to me, to me. Bring back, bring back, oh, bring back my Bonny to me, to me.**

**Note:** If the leader can sing the song, even better. Repeat 2-3 times.

### Wrap-up Questions:

- What did you find challenging about the taste testing?
- What did you find easy?
- What strategies did you use to determine what the food was? (smell, how it looked, etc.)
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #19: Cereal Box Puzzles

#### Materials Needed:

- Empty cereal boxes, one for every two children. Ask children to bring these empty boxes

**Object of the Activity:** The object is for the team to put the cereal box puzzle together more quickly than the other teams.

**Preparation:** Cut the front and the back of the cereal box into puzzle pieces—consider having only straight lines—you can use a paper cutter.

#### Directions:

1. Announce to the group that today's contest is for everyone.
2. Divide the children into two teams
3. Each youth will have a piece (or maybe more than one) of a cereal box
4. Children on the team, without talking to one another, will work to put the puzzle together. They can use tape to piece it together.
5. Team to complete the puzzle first, wins.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #20: Desert Island

#### Materials Needed:

- No materials needed

**Object of the Activity:** Children will consider which 3 items they would take if they were stranded for a month on an island (piece of music, one book, one luxury item).

#### Directions:

1. Ask the group this question: If you were stranded on a deserted island for a month, other than essentials (food, water, shelter) you may take three items—one piece of music, one book, and one luxury item. What would you take?
2. Divide the children into teams of 3-4 and have them determine what three items they would take.
3. When group has discussed, they will share their three specific choices with the rest of the group.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #21: Fact or Fiction

### Materials Needed:

- No materials needed

**Object of the Activity:** Tell the difference between factual and fictional claims.

### Directions:

1. Each child will have an opportunity to participate in this activity
2. Ask each child to a “fact” or a “fiction” about themselves and think about how to say them both convincingly. For example, a person could say, “I’ve been to Disneyland 19 times.” This could be fact or this could be fiction. They should be able to say it convincingly, no matter whether it is fact or fiction
3. Explain to the children they will all be an audience for the other children.
4. When the child states his/he fact or fiction, the audience must decide if it is fact or fiction and then share their decision.
5. The Leader then determines checks to see if the audience is correct
6. If the audience is correct, they get one point.
7. If the audience is incorrect, the child wins a point.

### Wrap-up Questions:

- What did you enjoy about playing Fact or Fiction?
- Why was it challenging?
- What advice would you give to the person stating the fact or fiction?
- Would you recommend this activity to others? Why or why not?



## Activity #22: Pork and Beans

### Materials Needed:

- Small Dixie cups (2 ounce)
- Spoons
- Bean Bags
- Cardboard Target with 3 holes in it

**Object of the Activity:** The winner is the person who has beans left at the end of the game.

### Directions:

1. Distribute the small cups of pork and beans to each child
2. Explain that one at a time, the children will come up and toss a bean bag at the target (a piece of cardboard with three circles cut in in)
3. Explain they will toss the bean bag at the target. If the bean bag goes through a hole, they are finished for this round. If the beanbag does NOT go through the target, they must take a bite of beans
4. Play continues until all the beans are gone for everyone but one child.

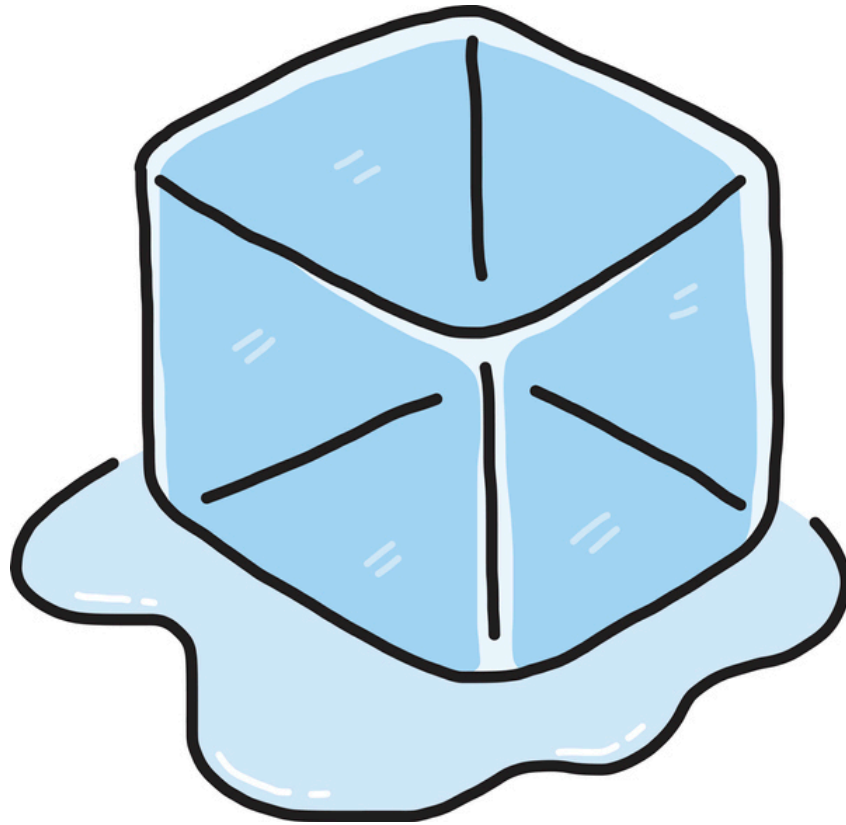
**Note:** If child does not want to play or eat the beans, then excuse them and have them help keep score.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #5**



## Icebreaker



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Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

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## **Icebreaker Activities**

### **Set #5**

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Count By 2's

Cookies and Milk

The Mummy

Fill A Bucket

Can I Multi-Task?





## Activity #1: Blind Cartoons

### Materials Needed:

- Blind folds will be enough (use fabric strips if you don't have blindfolds)
- 12" x 18" construction paper for each child
- Crayons

**Object of the Activity:** object of the activity is for children to work in pairs, one blindfolded and one giving directions to the blindfolded person on how to draw a cartoon character.

### Directions:

1. Divide the children into pairs. Distribute the supplies to each pair.
2. Explain one member of the pair will be blindfolded and drawing a cartoon character from the other person's directions.
3. Explain the person giving directions will need to be as detailed as possible.
4. When you say "Go", the partners go to work.
5. When time is called, have the pairs share their cartoon drawing with the other children.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #2: Blown Away

### Materials Needed:

- Music and music player
- 1 deck of cards for each child
- 1 tall plastic cup per child

**Object of the Activity:** Each child will compete in this activity, trying to blow all the cards off the open end of the cup except one.

### Directions:

1. Distribute the supplies (except for the music) to each child.
2. Explain they will need to set the cup down with the open end up.
3. Explain the challenge is for each child to fan out all the cards in the deck on the top of the cup.
4. Once the cards are spread out, child should blow the cards off the cup, all but the last one.
5. Call time when someone has accomplished the task. If all the cards are blown off, then the child can start over.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #3: Burpee

### Materials Needed:

- No Materials
- Before you explain the Burpee, you might want to watch the video which demonstrates it. You may not want to show the video to the children. A burpee is a push-up, jumping up, repeating at least 10 times. [http://www.youtube.com/watch?v=PYfNA\\_lmkHM](http://www.youtube.com/watch?v=PYfNA_lmkHM)

**Object of the Activity:** Children will attempt complete 10 Burpees faster than anyone else in the group.

### Directions:

1. Share with the children how to do a Burpee. Have them practice.
2. When you say, “Go”, children should try to do 10 Burpees faster than anyone else.
3. Winner is the first person to finish.

### Wrap-up Questions:

- What did you enjoy about Burpees?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #4: Condiment Art

### Materials Needed:

- 1 piece of poster board for each team of 4-5 children
- Numerous mustard, ketchup, and mayonnaise packets

**Object of the Activity:** The object of the game is for teams to create a picture only using condiments.

### Directions:

1. Divide the children into teams of 4
2. Explain to the children they will be working as a team to paint a picture using the condiment packets.
3. Once students have created their paintings, the voting will begin.
4. Each group has 3 votes. They can spend 1-minute discussing who they would like to give their votes to. The team with the most votes wins.

### Wrap-up Questions:

- What did you enjoy about “Condiment Painting?”
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Fear Factor: Catsup and Teddy Grahams

### Materials Needed:

- Catsup packets
- Teddy Grahams or some other cracker

**Object of the Activity:** The object of the activity is for the children to determine the name of the person on their back.

### Directions:

1. Distribute 3 ketchup packets and 6 Teddy Grahams to each child.
2. When you say “Go”, each child must tear open the three ketchup packets and squirt it into their mouths, followed by 6 Teddy Grahams.
3. Winner is the child who can whistle first.

**Note:** If child does not want to participate, he/she can sit out.

### Wrap-up Questions:

- What did you enjoy about Fear Factor?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



### Activity :#6 Fear Factor: Hot Cheetos and Pickles

#### Materials Needed:

- Bag of Hot Cheetos and jar of pickle slices (dill or sweet)
- 8" plate

**Object of the Activity:** The object of this Fear Factor activity is to have children eat the Hot Cheetos and the pickles without hands before everyone else.

#### Directions:

1. Announce to the group that today's activity will be Fear Factor.
2. Explain that each of them can participate.
3. Explain each child will have 3 pickle slices and 7 Hot Cheetos.
4. Explain they will place the Cheetos and pickles on the plate.
5. Explain they will begin with their hands behind their backs and when you say, "Go", they will eat the Cheetos and pickles as fast as possible, without using their hands.
6. Winner is the first child to finish.

**Note:** If a child does not want to participate, he/she can sit out.

#### Wrap-up Questions:

- What did you enjoy about this Fear Factor activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #7: Floor Surfer Relay

### Materials Needed:

- 2 plastic bags for each child
- Cones or painter's tape to mark the start line and the turn-around line

**Object of the Activity:** The object is for children to work together as a team to finish the relay before the other team.

### Directions:

1. Divide the children into two teams. Give each team member two plastic baggies to place on their feet
2. Have the teams line up in a vertical line behind the start line.
3. One at a time, a team member with floor surf to the turn-around line and then back to his/her team, tag a team mate who will repeat the process and then go to the end of the line
4. The team who finishes the relay race first, win.

### Wrap-up Questions:

- What did you enjoy about the Floor Surfer Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend Floor Surfer Relay to others? Why or why not?



## Activity #8: Geometric Shapes

### Materials Needed:

- List of Geometric Shapes: circle, triangle, line, right angle, diamond, heart, star, rectangle, square, obtuse angle, trapezoid

**Object of the Activity:** The challenge is for the children to work together as a team to make the geometric shape you call out.

### Directions:

1. This activity is for everyone.
2. Explain to the children that you are going to call out the name of a shape.
3. Explain they will work together as a team to make the shape.
4. Begin with the circle, which of course will be the easiest. Explain they will need to join hands to make the shape.

### Wrap-up Questions:

- What did you enjoy about Geometric Shapes?
- What did you find challenging?
- What did you find easy?
- Would you recommend Geometric Shapes to others? Why or why not?





## Activity #9: Hand Chant

### Materials Needed:

- Music and music player

**Object of the Activity:** The object of this activity is for each team to develop a “hand chant” (like the macarena) and share with the group. Can be done to music.

### Directions:

1. Divide children into teams of 3-4
2. Explain each team will get 5 - 10 minutes to think of a hand chant. (Give example of a hand chant; clap, pause, clap-clap, pause, clap-clap-clap, snap.)
3. Explain they will have time to prepare the chant while the music plays.
4. Once the music has stopped, each team will get a chance to demonstrate their chant.
5. Everyone is a winner.

### Wrap-up Questions:

- What did you enjoy about Hand Chant?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hand Chant to others? Why or why not?



## Activity #10: Table Art: Dream Shower

### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the perfect shower.

### Directions:

1. This is an activity for everyone on the team.
2. Share with the children, “We all like to relax in the shower. This is a place to escape from reality and shrug off the stress that we may have. If you could create your very own shower sanctuary, what would it look like? Will it have a tub? Will it have special features like music, stream, auto temperature, lights? What will it look like? What style of tile will it have?”
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws the perfect shower
5. Team shares with other teams

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #11: Table Art: New Invention

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting a new invention. For this mural a modification of an existing product can qualify.

### Directions:

1. Divide the children into pairs.
2. Children will draw pictures of a new invention or a modification to something that currently exists
3. Share with the children “Inventions are something that is new and meets some need people have. You will need to decide What your invention will do? How it will help the world? What parts are the most important? How will it work? Does it need any special power source?
4. Pairs will cover the butcher paper with pictures of their new invention.
5. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## **Activity #12: Table Art: Your Favorite Meal**

### **Materials Needed:**

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing each child's favorite meal.

### **Directions:**

1. Children will draw pictures of their favorite meal.
2. Tell them to consider all the possibilities of things which they might eat, breakfast, lunch and/or dinner.
3. Explain they will cover the butcher paper with pictures of their favorite meal, including all of the parts—main dish to sides, to dessert.
4. Have them share what they draw.

### **Wrap-up Questions:**

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #13: Table Art: Favorite Game to Play Outdoors

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the games children most enjoy playing outdoors.

### Directions:

1. Children will draw pictures of their favorite games to play outdoors.
2. Encourage them to consider all aspects of the game they enjoy (rules, equipment, space, etc.)
3. They will cover the butcher paper with scenes of their favorite outdoor games.
4. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #14: Monkey Toes

### Materials Needed:

- Music (youth appropriate)
- Napkins
- Small inflatable pool
- 5 – 10-pound bag of dry dog food
- 15 – 20 Marbles
- Baby Wipes

**Object of the Activity:** The purpose of this activity is for children to work in pairs to remove the marbles from the dog food using only their feet.

### Directions:

1. Place the dog food in the pool and drop in the marbles
2. Divide the children into pairs and have one of each pair take a seat around the pool— partners will trade places throughout the game
3. Taking turns, when you say “Go” the children will work to pick the marbles out of the dog food in the pool using only their feet.
4. When one person in the pair grasps a marble and removes it from the pool, they trade places with their partner who tries to do the same thing
5. Activity is over when all the marbles have been removed

### Wrap-up Questions:

- What did you enjoy about playing this game?
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #15: Water Checkers

### Materials Needed:

- Large plastic bowl with water in it (2)
- Checkers (2 sets) (Can use buttons or other lightweight materials)
- Craft sticks (2 for each child)

**Object of the Activity:** The object is for the team to use craft sticks to remove all the checkers from the bowl of water.

**Preparation:** Put the checkers into the bowl of water (these should float—if they don't replace with something else lightweight)

### Directions:

1. Announce to the group that today's contest is for everyone.
2. Divide the children into two teams
3. Each team will have checkers in a bowl of water
4. Using only the craft sticks, one at a time, the team members will work to remove all the objects from the bowl
5. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #16: Power of the Straw

### Materials Needed:

- Assortment of items from around your space (game pieces, marbles, paper clips, rubber bands, etc.)
- Straw for each child
- Paper plates (2 for each team)

**Object of the Activity:** Children will work as a team to remove all the items from one plate to another, using only a straw.

### Directions:

1. Divide the children into two teams
2. Each team will have a plate full of items, and each child will have a straw
3. Using only the straw, one at a time, the team members will work to remove all the objects from the plate, placing the item on the second plate
4. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?





## Activity #17: Cotton Ball Relay

### Materials Needed:

- Cotton Balls
- Spoons
- Cups or small bowls
- Cones

**Object of the Activity:** Object of the activity is for children to work together as a team to move the cotton balls from the start to the finish line, one cotton ball at a time.

### Directions:

1. Divide the children into two teams. Distribute a cotton ball and spoon to each team member.
2. Explain the team will work together to move the cotton balls from the start line to the cup at the finish line. Explain first member of team will move as quickly as possible, without dropping the cotton ball to place the cotton ball in the cup, and then run back and tag the next team member who will do the same.
3. If the cotton ball falls, or if the person touches it with his/her hand, the player must return to the start line and begin again.
4. Team wins who transports all the cotton balls first.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #18: Count by 2's

#### Materials Needed:

- No materials needed

**Object of the Activity:** Object of the game is to have the children count by twos, each one saying the next number, without hesitation.

#### Directions:

1. Have the children stand in one horizontal line.
2. Explain they are going to count by 2's (or 5's), each one saying one number. For example, first person says "2", second person says "4", third person says "6", and so on.
3. If a person does not say the number immediately, he she is out.
4. Play continues until only one child is standing.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #19: Cookies and Milk

### Materials Needed:

- Milk
- Oreos or other cookie (3 for each child)
- Napkins

**Object of the Activity:** The object of the game is for each child to eat the cookies, wash them down with milk, and sing “We are the champions” before anyone else.

### Directions:

1. Place the cookies and milk at “stations” around the table (3 cookies and a small cup of milk at each station. (If a child is allergic to milk, they can have a cup of water)
2. Have the children stand at each station. Explain that when you say, “Go”, they should eat the cookies and drink the milk.
3. Explain as soon as they have finished, they should sing “We are the champions!” (Practice singing the song so they are clear on how the song goes.)

### Wrap-up Questions:

- What did you enjoy about “Cookies and Milk”?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #20: The Mummy

### Materials Needed:

- 1 roll of toilet paper for each team of 3-4
- Scotch tape for each team

**Object of the Activity:** The object of the game is for the team to work together to wrap up one of the members as a mummy.

### Directions:

1. Divide the children into groups of 3-4. Distribute the tape and roll of toilet paper
2. Explain that when you say, “Go”, they will select one team member to be the mummy and the other team members will go to work to “wrap” them up.
3. Explain the mummy will need to be able to walk.
4. When all of the mummies are finished, have them model for one another.
5. Teams should cheer for the mummies.

### Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #21: Fill A Bucket

### Materials Needed:

- Small bucket for each team
- Small objects (cotton balls, rice, paper, feathers, etc.)
- Spatulas (pancake turners)
- Cones for marking the start line

**Object of the Activity:** The object of the activity is for the teams to work together to move the items from the start line to the bucket.

### Directions:

4. Divide the children into two or three teams.
5. Have the teams line up at the start line
6. Explain that in “relay” fashion, they will move the items at the start line to the bucket approximately 15 feet away.
7. Explain only one team member can hold the spatula at a time, and must scoop up some of the items and then transport them to the button.
8. Draw a line inside the bucket and explain they must continue until they have filled the bucket to the line
9. Team who completes the challenge first, wins.

### Wrap-up Questions:

- What did you enjoy about Fill A Bucket?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



## Activity :#22 Can I Multi-Task?

### Materials Needed:

- Box of Alphabet Magnets (A-Z) for each team
- Cookie sheet or something else which will act as a magnet for the letters

**Object of the Activity:** The object of this game is for the children to put the letters in alphabetical order while singing songs, dancing, or hopping up and down.

### Directions:

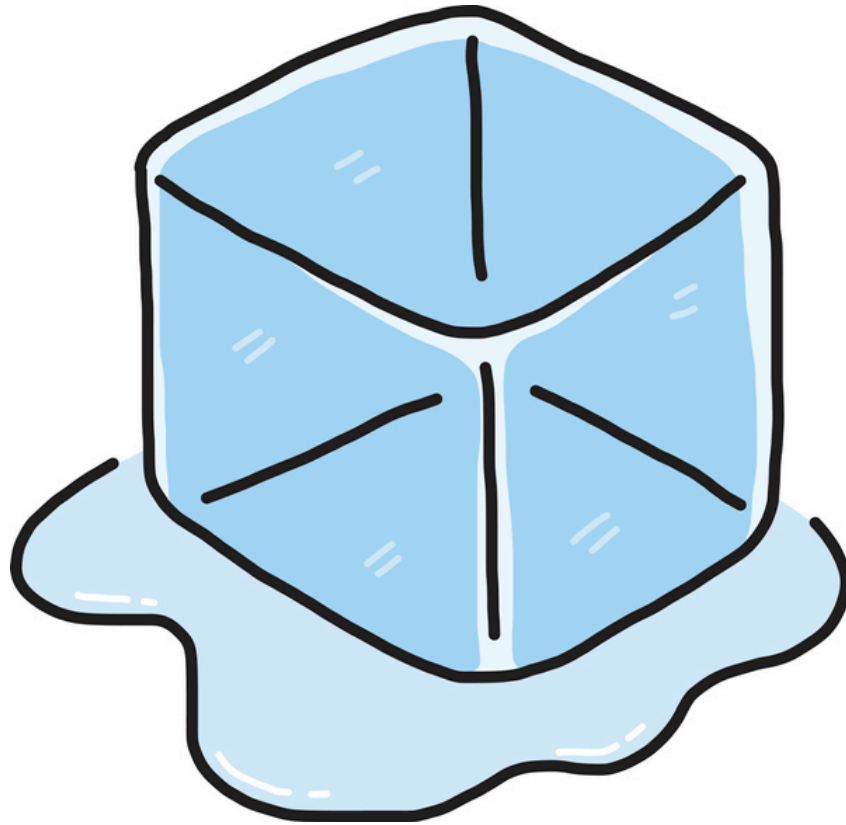
1. Divide the children into groups of three. Distribute the cookie sheet and alphabet letters to the children
2. Explain that the task is for them to work together to put the letters in alphabetical order
3. Explain that you will be calling out actions they must do while putting the letters in order, for example, sing Happy Birthday, hop up and down, dance freestyle.
4. Explain they must do all the actions as you call them out. If they stop, they will have to clear the cookie sheet and start over.
5. The team wins who completes the multi-tasking successfully.

### Wrap-up Questions:

- What did you enjoy about this Multi-Tasking activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #6**



## Icebreaker



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Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

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## **Icebreaker Activities**

### **Set #6**

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## Activity #1: Hula Limbo

### Materials Needed:

- Hula Hoops (variety of sizes)
- Music and music player

**Object of the Activity:** The object is for children to make their way through the different hula hoops **WITHOUT** touching them.

### Directions:

1. Divide the children into two teams. Explain that each team will hold the hula hoops for the other team.
2. Decide which team will go first
3. Position the other team with the various hula hoops at different heights. Some hula hoops can be moved under while others are moved through. In other words, you are creating a hula hoop obstacle course.
4. Team moves through the obstacle course and then the teams trade places so the first team becomes the holder and the second team becomes the team going through the obstacle course.
5. There is no winner or loser, this is just for fun!

### Wrap-up Questions:

- What did you enjoy about the Hula Limbo?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hula Limbo to others? Why or why not?



### Activity #2: So, You Think You Are A Chicken

#### Materials Needed:

- No materials needed

**Object of the Activity:** The object of this activity is for each team to select a champion who will act like a chicken in the ways the team discusses.

#### Directions:

1. Divide children into two team
2. Explain each team will get 5 minutes to think of all of the things that chicken can do (lay an egg, cluck, crow, become a sandwich at Chick Filet, etc.) and pick a champion who will act out those things the team comes up with.
3. After preparation, the champion comes us and take turns doing something like a chicken. If one team “lays and egg”, then the other team cannot repeat.
4. Audience should cheer for each champion.

#### Wrap-up Questions:

- What did you enjoy about So, You Think You Are a Chicken?
- What did you find challenging?
- What did you find easy?
- Would you recommend So, You Think You Are a Chicken to others? Why or why not?



## Activity #3: Table Art: Home Greeting Sign

### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting home greeting signs.

### Directions:

1. This is an activity for everyone on the team.
2. Share with the children, “We all like to relax when we come home. This is a place where we can feel safe. Each pair of children should create a “home greeting” sign.
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws the perfect “home greeting sign”
5. Team shares with other teams

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #4: Table Art: Shoe Creation

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting a new kind of shoe. For this mural a modification of an existing product can qualify.

### Directions:

1. Divide the children into pairs.
2. Children will draw pictures of a new kind of shoe or a modification to something that currently exists
3. Share with the children “Shoe are something we wear to protect our feet. Even horses wear shoes. As a pair, you will need to decide how your new shoe will look. What color will it be, what kind of a heel will it have, what material will it be made of?
4. Pairs will cover the butcher paper with pictures of their new pair of shoes.
5. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #5: Table Art: Your Favorite Snack

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing each child's favorite snack.

### Directions:

1. Children will draw pictures of their favorite snack.
2. Tell them to consider all the possibilities of things which they might eat in between breakfast, lunch and/or dinner.
3. Explain they will cover the butcher paper with pictures of their favorite snack.
4. Have them share what they draw.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## **Activity #6: Table Art: Favorite Flower**

### **Materials Needed:**

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the favorite flowers of the children.

### **Directions:**

1. Children will draw pictures of their favorite flower.
2. Encourage them to consider all aspects of the flower—color, stem, leaves, etc.
3. They will cover the butcher paper with their favorite flowers, both in bouquets and on the bush or in the ground as they grow.
4. Have them share what they drew.

### **Wrap-up Questions:**

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #7: Spell It

### Materials Needed:

- Alphabet Cereal
- Small 2 ounce cups

**Object of the Activity:** The purpose of this activity is for children to work in pairs to spell words using the letters they have in the cup.

### Directions:

1. Divide the children into pairs and give each pair a cup of alphabet cereal.
2. Give the children the opportunity to create as many words as they can using the cereal they have.
3. After about five minutes, walk around and count the number of words each pair has made.
4. Activity is over when all the words have been counted.

### Wrap-up Questions:

- What did you enjoy about playing this game?
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





### Activity #8: Trash Can Basketball

#### Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

**Object of the Activity:** Object is for children to play follow the leader and make the same “shot” with the basketball.

#### Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

#### Wrap-up Questions:

- What did you find challenging about playing Trash Can Basketball?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



## Activity #9: Backwards Shot

### Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

**Object of the Activity:** Object is for children to play follow the leader and make the same “shot” with the basketball. The difference today is they must shoot the basketball with their backs to the basket.

### Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone. Explain that today, they must keep their backs to the trash can.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #10: Fruit Loop Challenge

### Materials Needed:

- Box of Fruit Loops or other colored circle cereal for each team
- Piece of butcher paper for each team
- Straw (one for each child)

**Object of the Activity:** Children will work as a team to sort the cereal into colors, touching the cereal only with straws

### Directions:

1. Divide the children into two teams
2. Each team will have box of Fruit Loops, straws, and a piece of butcher paper
3. When you say, "Go" the team will have one minute to sort the cereal by colors using only straws to move the cereal
4. When time is up, have children count the number of cereal pieces they sorted.
5. Winner has sorted the most pieces in the minute.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #11: Table Art: Congratulations! You're Amazing!

### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting compliments for each child.

### Directions:

1. This is an activity for everyone on the team
2. Have students sit at the table with the butcher paper spread out in front of them. Each person should also have a pencil.
3. Student writes his/her name on butcher paper.
4. On your cue, students move one person to the right and write a compliment for the person whose name is written on the butcher paper. Younger children can draw a picture.
5. Continue moving youth along for 8 students or everyone has gone around the table.
6. Have youth return to their original spot and read the compliments.

### Wrap-up Questions:

- How did you feel when you read the compliments people added to your name?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #12: Table Art: One Color Only

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting a masterpiece they all worked on.

### Directions:

1. This is an activity for everyone in the group.
2. Begin with the butcher paper down the center of the table and give each person one crayola.
3. Next, tell them they will have to work together to create a masterpiece.
4. They may not talk or whisper to each other.
5. They may not share their crayons with each other.
6. They must use non-verbal communication techniques to decide what to draw together.
7. If one person needs a color the other person has, they must find a way to communicate their wishes for the other student to execute.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #13: Table Art: Potpourri Quilt

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a “potpourri quilt” as each pair draws something within a quilt square.

### Directions:

1. This is an activity for everyone on the team.
2. Place the butcher paper on the table between the team members.
3. Ask the team to select a partner to work with.
4. In their section of the butcher paper, the pair should decide how to illustrate Potpourri Quilt (they can draw anything they would like) and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #14: Table Art: Favorite Ice Cream

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

### Directions:

5. Children will draw pictures of their ice cream flavor and dish (cone, sundae etc.).
6. Encourage them to consider all the different ice cream flavors and “dishes” they can.
7. They will cover the butcher paper with their favorite ice cream, both in a scoop and in some other form (milk shake, pie, etc.)
8. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #15: Not Me!

### Materials Needed:

- Paper Square 20" x 20"

**Object of the Activity:** Object is for children to touch the paper without touching someone else.

### Directions:

1. Give each team (approximately 20 students) 1 piece of heavy paper.
2. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
3. Everyone does not have to touch the paper at the same time, they must just touch it.
4. A good time is 2-3 seconds.
5. Let students work through a way to accomplish this task.
6. Let the team that does this in the shortest time share with the rest of the

### Wrap-up Questions:

- What did you find challenging about playing Not Me?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?





## Activity #16: Where Can It Be?

### Materials Needed:

- Red cups
- 1 ping pong ball
- Music

**Object of the Activity:** Children will each have an opportunity to find the ping pong ball under the cup.

### Directions:

1. Announce to the group that today's contest is Where Can It Be
2. Divide the group into two teams.
3. Explain that each child will have one turn to find the ping pong ball under the cup.
4. Place the ball under one of the cups, quickly shift the cups around each time there is a new player.
5. Each person gets a chance to guess which cup the ball is under. The team with the most correct guesses wins!

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #17: Water Balloon Toss

### Materials Needed:

- One water balloon for every two children
- Outdoor space

**Object of the Activity:** Children will work as a pair to toss the water balloon back and forth, without popping the balloon. With each toss, the children step further away from each other.

### Directions:

1. Divide the children into pairs
2. Take the pair outside.
3. Give one member of the team a water balloon.
4. Have pairs face each other, begin with the pairs 10 feet apart.
5. Have team member toss the water balloon back and forth one time.
6. Have one team member take three steps backwards, and repeat the process.
7. Continue until only one team has an intact water balloon.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #18: Suck It Up

### Materials Needed:

- Miniature M & M's
- Two, 2 ounce Dixie Cups
- Straw (one for each child)

**Object of the Activity:** Children will work as a team to move the M & M's from one cup to another, using only straws.

### Directions:

1. Divide the children into teams of two
2. Give each team two straws, a cup of M & M's and an empty cup
3. When you say, "Go", pairs are to work as a team to move each of the M & M's from one cup to another using only a straw.
4. Winning pair completes the task first.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #19: Round Robin Leaders

### Materials Needed:

- None

**Object of the Activity:** Children take turns leading the group in activities

### Directions:

1. This activity is for everyone on the team.
2. Have children create a circle, and then have them turn to follow the leader (select one child to be the leader)
3. The leader begins walking in the circle, making a body movement (waving arms, hopping, turning circles, etc.) and everyone follows the leader.
4. After about 15-20 seconds call the name of another child to be the leader and then everyone follows that child's actions
5. Continue until everyone has had the opportunity to be the leader.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #20: Defy Gravity

#### Materials Needed:

- Balloons (2 for each child)

**Object of the Activity:** Child will work to keep 2 balloons up in the air for one minute.

#### Directions:

1. Bring two children up at a time.
2. Give each child two balloons to blow up and tie off
3. Explain that when you say “Go!” they must keep both balloons in the air for one minute using only one hand. If a balloon touches the ground, it is out of play and the child should continue with one balloon (  $\frac{1}{2}$  points)
4. Game is over when balloons are still in the air when the minute is over
5. Continue until all children have had a turn

#### Wrap-up Questions:

- What did you enjoy about this challenge?
- What did you find challenging?
- How did the team members work together to come up with a solution?
- Would you recommend this game to others? Why or why not?



## Activity #21: Pair Mania

### Materials Needed:

- No materials

**Object of the Activity:** The object of the game is to name as many things as possible that come in pairs (scissors, shoes, socks, twins...)

### Directions:

1. The children are all on the same team in this game. Have them sit together in a circle.
2. Choose one child to begin the game. He/she names something that comes in pairs.
3. Once they have named something, the next person to his/her right, names something.
4. Play continues until the person who started the game is the next to name a pair.
5. Children may ask for help from the team if they get stuck.

### Wrap-up Questions:

- What did you enjoy about working as a team to name things that come in pairs?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #22: Nose Dive

### Materials Needed:

- Painter's tape
- Cotton balls

**Object of the Activity:** The object of the activity is for teams to collect as many cotton balls as possible.

### Directions:

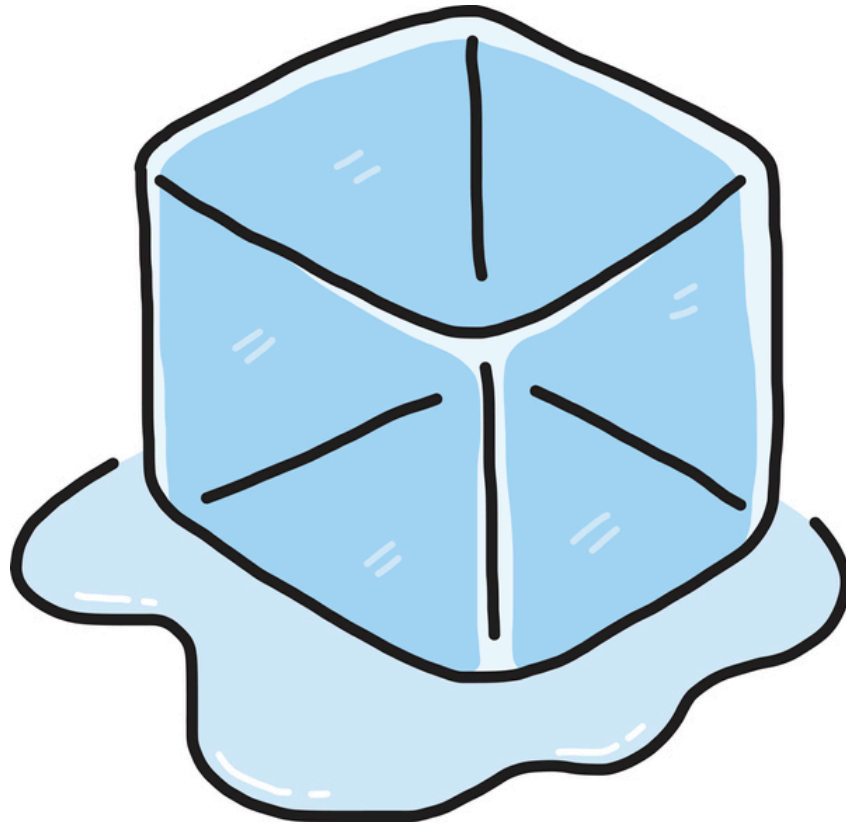
1. This game is for every child
2. Divide the children into two teams
3. Give each child a piece of painter's tape
4. He/she should put the tape in a loop on his/her nose, forehead, or chin
5. One at a time, the child will come up to the table which is covered with cotton balls and see if they can get several to attach to the tape
6. He/she then places the cotton balls in a container and the next child on the team repeats the process.
7. Game is over when time is called

### Wrap-up Questions:

- What did you enjoy about Nose Dive?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #7**





## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #6**

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Pair Mania

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### Activity #1: Hula Limbo

#### Materials Needed:

- Hula Hoops (variety of sizes)
- Music and music player

**Object of the Activity:** The object is for children to make their way through the different hula hoops **WITHOUT** touching them.

#### Directions:

1. Divide the children into two teams. Explain that each team will hold the hula hoops for the other team.
2. Decide which team will go first
3. Position the other team with the various hula hoops at different heights. Some hula hoops can be moved under while others are moved through. In other words, you are creating a hula hoop obstacle course.
4. Team moves through the obstacle course and then the teams trade places so the first team becomes the holder and the second team becomes the team going through the obstacle course.
5. There is no winner or loser, this is just for fun!

#### Wrap-up Questions:

- What did you enjoy about the Hula Limbo?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hula Limbo to others? Why or why not?



## Icebreaker



### Activity #2: So, You Think You Are A Chicken

#### Materials Needed:

- No materials needed

**Object of the Activity:** The object of this activity is for each team to select a champion who will act like a chicken in the ways the team discusses.

#### Directions:

1. Divide children into two team
2. Explain each team will get 5 minutes to think of all of the things that chicken can do (lay an egg, cluck, crow, become a sandwich at Chick Filet, etc.) and pick a champion who will act out those things the team comes up with.
3. After preparation, the champion comes us and take turns doing something like a chicken. If one team “lays and egg”, then the other team cannot repeat.
4. Audience should cheer for each champion.

#### Wrap-up Questions:

- What did you enjoy about So, You Think You Are a Chicken?
- What did you find challenging?
- What did you find easy?
- Would you recommend So, You Think You Are a Chicken to others? Why or why not?



### Activity #3: Table Art: Home Greeting Sign

#### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting home greeting signs.

#### Directions:

1. This is an activity for everyone on the team.
2. Share with the children, “We all like to relax when we come home. This is a place where we can feel safe. Each pair of children should create a “home greeting” sign.
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws the perfect “home greeting sign”
5. Team shares with other teams

#### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #4: Table Art: Shoe Creation

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting a new kind of shoe. For this mural a modification of an existing product can qualify.

### Directions:

1. Divide the children into pairs.
2. Children will draw pictures of a new kind of shoe or a modification to something that currently exists
3. Share with the children “Shoe are something we wear to protect our feet. Even horses wear shoes. As a pair, you will need to decide how your new shoe will look. What color will it be, what kind of a heel will it have, what material will it be made of?
4. Pairs will cover the butcher paper with pictures of their new pair of shoes.
5. Have them share what they drew.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## **Activity #5: Table Art: Your Favorite Snack**

### **Materials Needed:**

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural showing each child's favorite snack.

### **Directions:**

1. Children will draw pictures of their favorite snack.
2. Tell them to consider all the possibilities of things which they might eat in between breakfast, lunch and/or dinner.
3. Explain they will cover the butcher paper with pictures of their favorite snack.
4. Have them share what they draw.

### **Wrap-up Questions:**

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



### Activity #6: Table Art: Favorite Flower

#### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the favorite flowers of the children.

#### Directions:

1. Children will draw pictures of their favorite flower.
2. Encourage them to consider all aspects of the flower—color, stem, leaves, etc.
3. They will cover the butcher paper with their favorite flowers, both in bouquets and on the bush or in the ground as they grow.
4. Have them share what they drew.

#### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?





## Activity #7: Spell It

### Materials Needed:

- Alphabet Cereal
- Small 2 ounce cups

**Object of the Activity:** The purpose of this activity is for children to work in pairs to spell words using the letters they have in the cup.

### Directions:

1. Divide the children into pairs and give each pair a cup of alphabet cereal.
2. Give the children the opportunity to create as many words as they can using the cereal they have.
3. After about five minutes, walk around and count the number of words each pair has made.
4. Activity is over when all the words have been counted.

### Wrap-up Questions:

- What did you enjoy about playing this game?
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #8: Trash Can Basketball

### Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

**Object of the Activity:** Object is for children to play follow the leader and make the same “shot” with the basketball.

### Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

### Wrap-up Questions:

- What did you find challenging about playing Trash Can Basketball?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



### Activity #9: Backwards Shot

#### Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

**Object of the Activity:** Object is for children to play follow the leader and make the same “shot” with the basketball. The difference today is they must shoot the basketball with their backs to the basket.

#### Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone. Explain that today, they must keep their backs to the trash can.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #10: Fruit Loop Challenge

#### Materials Needed:

- Box of Fruit Loops or other colored circle cereal for each team
- Piece of butcher paper for each team
- Straw (one for each child)

**Object of the Activity:** Children will work as a team to sort the cereal into colors, touching the cereal only with straws

#### Directions:

1. Divide the children into two teams
2. Each team will have box of Fruit Loops, straws, and a piece of butcher paper
3. When you say, "Go" the team will have one minute to sort the cereal by colors using only straws to move the cereal
4. When time is up, have children count the number of cereal pieces they sorted.
5. Winner has sorted the most pieces in the minute.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



### Activity #11: Table Art: Congratulations! You're Amazing!

#### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting compliments for each child.

#### Directions:

1. This is an activity for everyone on the team
2. Have students sit at the table with the butcher paper spread out in front of them. Each person should also have a pencil.
3. Student writes his/her name on butcher paper.
4. On your cue, students move one person to the right and write a compliment for the person whose name is written on the butcher paper. Younger children can draw a picture.
5. Continue moving youth along for 8 students or everyone has gone around the table.
6. Have youth return to their original spot and read the compliments.

#### Wrap-up Questions:

- How did you feel when you read the compliments people added to your name?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #12: Table Art: One Color Only

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting a masterpiece they all worked on.

### Directions:

1. This is an activity for everyone in the group.
2. Begin with the butcher paper down the center of the table and give each person one crayola.
3. Next, tell them they will have to work together to create a masterpiece.
4. They may not talk or whisper to each other.
5. They may not share their crayons with each other.
6. They must use non-verbal communication techniques to decide what to draw together.
7. If one person needs a color the other person has, they must find a way to communicate their wishes for the other student to execute.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



### Activity #13: Table Art: Potpourri Quilt

#### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a “potpourri quilt” as each pair draws something within a quilt square.

#### Directions:

1. This is an activity for everyone on the team.
2. Place the butcher paper on the table between the team members.
3. Ask the team to select a partner to work with.
4. In their section of the butcher paper, the pair should decide how to illustrate Potpourri Quilt (they can draw anything they would like) and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the other teams.

#### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



### Activity #14: Table Art: Favorite Ice Cream

#### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

#### Directions:

5. Children will draw pictures of their ice cream flavor and dish (cone, sundae etc.).
6. Encourage them to consider all the different ice cream flavors and “dishes” they can.
7. They will cover the butcher paper with their favorite ice cream, both in a scoop and in some other form (milk shake, pie, etc.)
8. Have them share what they drew.

#### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?





## Activity #15: Not Me!

### Materials Needed:

- Paper Square 20" x 20"

**Object of the Activity:** Object is for children to touch the paper without touching someone else.

### Directions:

1. Give each team (approximately 20 students) 1 piece of heavy paper.
2. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
3. Everyone does not have to touch the paper at the same time, they must just touch it.
4. A good time is 2-3 seconds.
5. Let students work through a way to accomplish this task.
6. Let the team that does this in the shortest time share with the rest of the

### Wrap-up Questions:

- What did you find challenging about playing Not Me?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



### Activity #16: Where Can It Be?

#### Materials Needed:

- Red cups
- 1 ping pong ball
- Music

**Object of the Activity:** Children will each have an opportunity to find the ping pong ball under the cup.

#### Directions:

1. Announce to the group that today's contest is Where Can It Be
2. Divide the group into two teams.
3. Explain that each child will have one turn to find the ping pong ball under the cup.
4. Place the ball under one of the cups, quickly shift the cups around each time there is a new player.
5. Each person gets a chance to guess which cup the ball is under. The team with the most correct guesses wins!

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #17: Water Balloon Toss

### Materials Needed:

- One water balloon for every two children
- Outdoor space

**Object of the Activity:** Children will work as a pair to toss the water balloon back and forth, without popping the balloon. With each toss, the children step further away from each other.

### Directions:

1. Divide the children into pairs
2. Take the pair outside.
3. Give one member of the team a water balloon.
4. Have pairs face each other, begin with the pairs 10 feet apart.
5. Have team member toss the water balloon back and forth one time.
6. Have one team member take three steps backwards, and repeat the process.
7. Continue until only one team has an intact water balloon.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #18: Suck It Up

### Materials Needed:

- Miniature M & M's
- Two, 2 ounce Dixie Cups
- Straw (one for each child)

**Object of the Activity:** Children will work as a team to move the M & M's from one cup to another, using only straws.

### Directions:

1. Divide the children into teams of two
2. Give each team two straws, a cup of M & M's and an empty cup
3. When you say, "Go", pairs are to work as a team to move each of the M & M's from one cup to another using only a straw.
4. Winning pair completes the task first.

### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Activity #19: Round Robin Leaders

### Materials Needed:

- None

**Object of the Activity:** Children take turns leading the group in activities

### Directions:

1. This activity is for everyone on the team.
2. Have children create a circle, and then have them turn to follow the leader (select one child to be the leader)
3. The leader begins walking in the circle, making a body movement (waving arms, hopping, turning circles, etc.) and everyone follows the leader.
4. After about 15-20 seconds call the name of another child to be the leader and then everyone follows that child's actions
5. Continue until everyone has had the opportunity to be the leader.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #20: Defy Gravity

#### Materials Needed:

- Balloons (2 for each child)

**Object of the Activity:** Child will work to keep 2 balloons up in the air for one minute.

#### Directions:

1. Bring two children up at a time.
2. Give each child two balloons to blow up and tie off
3. Explain that when you say “Go!” they must keep both balloons in the air for one minute using only one hand. If a balloon touches the ground, it is out of play and the child should continue with one balloon ( ½ points)
4. Game is over when balloons are still in the air when the minute is over
5. Continue until all children have had a turn

#### Wrap-up Questions:

- What did you enjoy about this challenge?
- What did you find challenging?
- How did the team members work together to come up with a solution?
- Would you recommend this game to others? Why or why not?



### Activity #21: Pair Mania

#### Materials Needed:

- No materials

**Object of the Activity:** The object of the game is to name as many things as possible that come in pairs (scissors, shoes, socks, twins...)

#### Directions:

1. The children are all on the same team in this game. Have them sit together in a circle.
2. Choose one child to begin the game. He/she names something that comes in pairs.
3. Once they have named something, the next person to his/her right, names something.
4. Play continues until the person who started the game is the next to name a pair.
5. Children may ask for help from the team if they get stuck.

#### Wrap-up Questions:

- What did you enjoy about working as a team to name things that come in pairs?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #22: Nose Dive

### Materials Needed:

- Painter's tape
- Cotton balls

**Object of the Activity:** The object of the activity is for teams to collect as many cotton balls as possible.

### Directions:

1. This game is for every child
2. Divide the children into two teams
3. Give each child a piece of painter's tape
4. He/she should put the tape in a loop on his/her nose, forehead, or chin
5. One at a time, the child will come up to the table which is covered with cotton balls and see if they can get several to attach to the tape
6. He/she then places the cotton balls in a container and the next child on the team repeats the process.
7. Game is over when time is called

### Wrap-up Questions:

- What did you enjoy about Nose Dive?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?

## Icebreaker Activities

### Set #7

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### **Activity: #1 Buzz**

#### **Materials Needed:**

- No materials needed

**Object of the Activity:** The object of this game is for the children count to 100, each one saying another number. The catch is when the child has the number 5 or a multiple of 5, instead of



## Icebreaker



saying the number, he/she must say buzz. The next person must say the next number—6, 11, 16, etc.

### Directions:

1. Have the children form a circle. Choose one child to be the leader.
2. Explain to the group that they are going to count by ones to 100 and then backwards.
3. Explain each time the number “5” or a multiple of the number “5” is to be called, the player must NOT say the number they must say “BUZZ”. The next player would continue with the numbering
4. If student misses then, he she is “out” and must step back from the line until he/she has missed one turn.

**Example:** 1, 2, 3, 4, Buzz, 6, 7, 8, 9, Buzz, 11, 12, 13, 14, Buzz, 16, 17, 18, 19

### Wrap-up Questions:

- What did you enjoy about Buzz?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #2: Gallop Races

#### Materials Needed:

- None

**Object of the Activity:** The object is for children to work together as a team to gallop between the start and finish line faster than the other team.

#### Directions:

1. Divide the children into two teams
2. Designate a start and turn-around line
3. When you say "Go!", the first child gallops to the turn-around line and back to the start line to tag the next team member
4. The next player does the same and play continues until all of the team members have completed the race.

#### Wrap-up Questions:

- What did you enjoy about the Gallop Races?
- What did you find challenging?
- What did you find easy?
- Would you recommend Gallop Races to others? Why or why not?



### Activity #3: Movin' On Up

#### Materials Needed:

50 red Solo cups—25 for each team

2 blue Solo cups—one for each team

**Object of the Activity:** The challenge is for the children to work together as a team to move the blue cup from the top of the stack to the bottom of the stack and back to the top.

#### Directions:

1. Divide children into two teams. Two players compete at one time
2. Have children stack 25 red cups into one column and then place the blue cup at the top
3. Explain, moving one cup at a time, they will begin by moving the blue cup to the bottom and continue moving the cups one at a time, until the blue cup is back on top.
4. Players turn is over when one of the two competitors has completed the task. The winners team gets one point. Record points.
5. Continue until all children have had a turn
6. Team wins who has the most points

#### Wrap-up Questions:

- What did you enjoy about Movin' On Up?
- What did you find challenging?
- What did you find easy?
- Would you recommend Movin' On Up to others? Why or why not?



### Activity #4: Nut Stacker

#### Materials Needed:

- 5 hex nuts for each team
- Wooden skewer for each team

**Object of the Activity:** The object of this activity is for each team to work together to stack the Hex nuts

#### Directions:

5. Divide children into two team
6. Two children can do this game at one time
7. Bring two children up and give each one a skewer and 5 Hex nuts
8. Child should lay the Hex nuts out in front of them
9. Explain they will skewer each of the hex nuts and then stack them one on top of the other.
10. Game is over when the nuts are stacked or the minute is up.
11. Continue until all children have had a turn
12. Record points

#### Wrap-up Questions:

- What did you enjoy about Math Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend Math Relay Why or why not?



### Activity #5: Table Art: Favorite Bar-B-Que

#### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a collection of favorite barbecue foods (hot dogs, hamburgers, etc.)

#### Directions:

6. This is an activity for everyone on the team.
7. Place the butcher paper on the table between the team members.
8. Ask the team to select a partner to work with.
9. In their section of the butcher paper, the pair should discuss foods that can be barbecued and then draw those items on the mural.
10. Teams share the poster with the other teams.

#### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #6: Table Art: Favorite Fall Activity

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

### Directions:

9. Fall is the time of year when the air gets cooler, the days are shorter, and many things happen around the beginning of school.
10. This mural should depict their favorite fall activities—going back to school, football and soccer games, harvesting food from the garden, Columbus Day, Halloween.
11. Have children work in pairs to discuss and then draw their favorite fall activities.
12. When children are finished they should share the events they drew with one another.

### Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Activity #7: Table Art: Best Sports Team

### Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting the best sports team (any sport is fine).

### Directions:

1. This is an activity for everyone on the team.
2. Ask group brainstorm different sports and different sports teams.
3. Divide students into pairs.
4. On the butcher paper in front of them, the pair creates poster to share a favorite sports team and the sport the team plays.
5. Team shares with other teams.

### Wrap-up Questions:

- What did you enjoy about working on this mural
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





### Activity #8: Pong Tac Toe

#### Materials Needed:

- Egg cartons
- Ping pong balls

**Object of the Activity:** Object is for children to touch the paper without touching someone else.

#### Directions:

1. Bring two or three children to the table to stand in front of the table where the box of ping pong balls is
2. Explain they must bounce the ping pong ball on the table (one or more times) before it comes to rest, hopefully inside the egg carton
3. Game is over when the player has three in a row, any direction or the minute is over
4. Continue until all children have had a turn

#### Wrap-up Questions:

- What did you find challenging about playing Pong Tac Toe?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



## **Activity #9: Hula Hoop Dance Off**

### **Materials Needed:**

- Music—CD player or I-Pod of appropriate music with kids—should have a beat
- 1 hula hoop for each team

### **Object of the Activity:**

The object of this activity is for each member of the team to create a dance which incorporates a hula hoop in it and share with their friends.

### **Directions:**

1. Divide the children into two teams give each team a hula hoop
2. Explain that each member of the team will create a dance (10-15 seconds) in which they include a hula hoop
3. Explain the teams will alternate back and forth highlighting one teammates dance, rotating back and forth
4. The children watching should cheer for the person dancing

### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity? Why or why not?



### Activity #10: Bowling

#### Materials Needed:

- 6 water or soda bottles filled at least  $\frac{1}{2}$  way with sand, placed in a triangle (one in front, then a row of two, and a row of three. Bottles need to resemble the pins in a bowling alley.
- Ball-soccer or beach

#### Object of the Activity:

The object of this activity is to knock down as many “pins” as possible with one roll per team member

#### Directions:

1. Divide the children into two teams;
2. Place the Bowling pins as described above and have the “bowler be 15-20 feet from the pins
3. Alternating between the teams, each team member gets one roll to knock down as many pins as possible. The score is one point for each pin
4. Pins are reset, the other team gets one roll. Play continues going back and forth and adding the points of each team member.
5. Team with the most points wins.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity? Why or why not?



## **Activity #11: Table Art—Best Place to Swim**

### **Materials Needed:**

- 6' of butcher paper
- Crayons, markers, colored pencils

### **Object of the Activity:**

The object of this activity is for the group to create a mural of the best places to swim

### **Directions:**

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw his/her favorite place to swim or play in the water
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity? Why or why not?



## Activity #12: Volleyball Challenge

### Materials Needed:

- Volleyball
- Garbage can that is empty

### Object of the Activity:

The object of this activity is to set and “spike” the volley ball into the garbage can

### Directions:

1. Divide the group into pairs. Each pair should designate one “setter” and one “spiker”
2. Explain that each member of the pair will get one hit or tap of the ball, and that the first person (the setter) will put the ball in play, and the spiker will try to get the volleyball into the garbage can
3. Pairs compete one at a time. Have 5 attempts for each pair, rotating among the pairs until all have had 5 tries.
4. Winning pair has placed the most volleyballs in the garbage can

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity? Why or why not?



### Activity #13: Spider's Web

#### Materials Needed:

- Ball of string or yarn (should have about 60 feet or more in it)

#### Object of the Activity:

The object of this activity is for the group to make a spider's web by tossing the ball of yarn back and forth.

#### Directions:

1. Have the children form a circle. Explain that the group is going to make a spider's web out of the yarn. Give the ball of string or yarn to one child
2. Explain that the child will hold one end of the yarn and then toss the ball to another person (not the person next to them but anywhere else in the circle).
3. When the next person gets the ball of yarn, he/she, will hold one part of the yarn and toss the ball to the next person.
4. Continue until the children have created the spider's web

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity? Why or why not?



### Activity #14: Balloon Soccer

**Materials Needed:**

- Music on either a CD or I-Pod (suitable for kids)
- 2 hula hoops for each team
- 2 balloons, blown up for each team

**Object of the Activity:**

This is an opportunity for children to work together as a team to win a Balloon Soccer game.

**Directions:**

1. Divide the children into two teams.
2. Split each team in half. ½ of the team sits on each side of the table. The team members closest to the teams’ goals are the scorers while the team members closest to the opponent’s goal are defenders.

A A A A A		B B B B B
Team A Goal	Table	Team B Goal
B B B B B		A A A A A

3. Place the hula hoop for each team at the ends of the table
4. Explain youth will try to tap the balloon into the opponent’s goal while at the same time trying to keep the balloon out of their goal
5. If a youth’s bottom leaves the chair or bench, 10 points is awarded to the other team
6. Goal is to get 200 points.

**Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



### Activity #15: Blast a Ball

#### Materials Needed:

- 20 white ping pong balls
- 4 orange ping pong balls
- Pizza pan
- Appropriate music

#### Object of the Activity:

This is an opportunity for children to work together to get all of the white ping balls off the pizza tray while keeping all of the orange ones on the tray.

#### Directions:

1. Set up the pizza tray
2. Line the children up in a vertical line behind the pizza tray with the ping pong balls
3. Explain that the object of the game is to work together and blow all of the orange ping pong balls off the pizza tray while leaving all of the white balls on the tray.
4. If an orange ball is blown off accidentally, it is put back on the tray along with all of the white balls which have been blown off, and play continues.
5. Each player will have 5 seconds a turn to blow off the white ping pong balls
6. Once they have had a turn, the player should go back to the end of the line for another turn.
7. Play is over when all the orange balls remain on the tray and there are no white balls on the tray.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?





### Activity #16: Chopstick Relay

#### Materials Needed:

- 1 pair of chopsticks for each child (ask for donations)
- 60 buttons (any size but larger is better)
- 4 bowls (2 for each team)
- Youth-appropriate music

#### Object of the Activity:

The object of the game is to work as a team to remove all of the buttons from one bowl into a second bowl, using only chopsticks.

#### Directions:

1. Divide the children into two teams.
2. Give each child a pair of chopsticks
3. Give each team 2 bowls, one that is empty and the second with 30 buttons of varying sizes
4. Explain they will work together as a team to remove all of the button from one bowl into the second bowl. Explain they may only use chopsticks.
5. Explain they are in two competing teams
6. Game is over when one team has successfully transferred the buttons

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Icebreaker



### Activity #17: Keep Them Clean

#### Materials Needed:

- 2 pairs of goggles (check out the Dollar Store)
- Whipped cream (can get a can)
- Spray bottles filled with water (3 bottles)
- Extra water

#### Object of the Activity:

The object of this game is for a team to work together to keep one team member “clean” by using the spray bottle to remove the whipped cream from them.

#### Directions:

1. Divide the children into two teams
2. On each team, ask for a volunteer who is willing to put on the goggles, have the goggles covered with whipped cream, and then be sprayed with water until they are clean.
3. Get the volunteer ready. Line up the remainder of each team in front of the person on their team, about 4 feet away from the player with the goggles on.
4. The team who “cleans” the team member first, wins.
5. Note: children who volunteers to be sprayed needs to be okay with getting wet.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What did you learn about teamwork?
- Would you recommend this game to others? Why or why not?



### Activity #18: Boogie-Oogie Partners

#### Materials Needed:

Youth-appropriate music

#### Object of the Activity:

Activity gives children the opportunity to have fun finding partners until only one person remains.

#### Directions:

1. Bring all the children into an open spot where they can move without hitting something or someone.
2. Explain that when the music plays they are to dance and move around. When the music stops, each person is to find a partner. The person left without a partner is removed from the game. He/she also picks one other person to join them on the sidelines.
3. Play continues until only one person remains.
4. **Note:** Begin with an odd number of players. If you have someone who does not get to play, put them in charge of the music. If you start with an odd number, have the children who are sidelined operate the music.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you feel if you were called out by the person who didn't find a partner?
- Would you recommend this game to others? Why or why not?



### Activity #19: The Honey Comb

#### Materials Needed:

- 18, 16 ounce Solo cups
- 1 ping pong ball for each child

#### Object of the Activity:

The object of the activity is for children to work together to score as many points as possible by bouncing ping pong balls into the cups that are arranged with one cup in the center and 8 cups surrounding the central cup.

#### Directions:

1. Divide the children into two teams. Give each child a ping pong ball
2. Set up a target for each team. The target has one cup in the center and 8 cups which surround the center cup
3. Set the target up at the end of a table, about 18" from the end of the table.
4. Explain that each child will take turns bouncing the ball on the table and then landing in one of the cups. If the ball is in one of the surrounding cups, it is worth 5 points, if it is in the center cup, it is worth 10 points. If the ball lands in one of the surrounding cups, the player may remove it and try again, or he/she may leave the ball in the cup.
5. At the end of the game or when time is called, count the score for each team.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



### Activity #20: Keep It Up

#### Materials Needed:

- Appropriate music for children
- 1 balloon for each team

#### Object of the Activity:

The object of this activity is to “slip and slide”, tag your team member, and win the relay.

#### Directions:

1. Divide the children into two teams; give each team one balloon.
2. When you say “go”, turn on the music and challenge each team to keep the balloon up in the air by tapping the balloon between the team members
3. One person cannot touch the balloon two times in a row, but can touch the balloon as long as others player touch it in between his/her taps.
4. Team with balloon in the air the longest wins.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #21: Shake ‘Em Out

### Materials Needed:

- Music that is appropriate
- 2 empty tissue boxes
- Yarn
- Scissors
- 10 ping pong balls

### Object of the Activity:

The object of this activity is for each team member to “empty” the tissue box of ping pong balls and then pass the box to the next team member until all have played.

### Directions:

1. Divide the children into two teams
2. Explain that each team will take turns emptying the tissue box of ping pongs
3. Explain that one player at a time should tie the tissue box around his/her waist and then wiggle and shake until the 5 ping pong balls are out.
4. The other players should retrieve the balls as they fly out so they are ready for the next team member to strap on the tissue box.
5. First team to complete the challenge, wins.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did team work help when playing this game?
- Would you recommend this game to others? Why or why not?



### Activity #22: Shoot It Long

#### Materials Needed:

- 10, 16 ounce red Solo cups
- 6 ping pong balls

#### Object of the Activity:

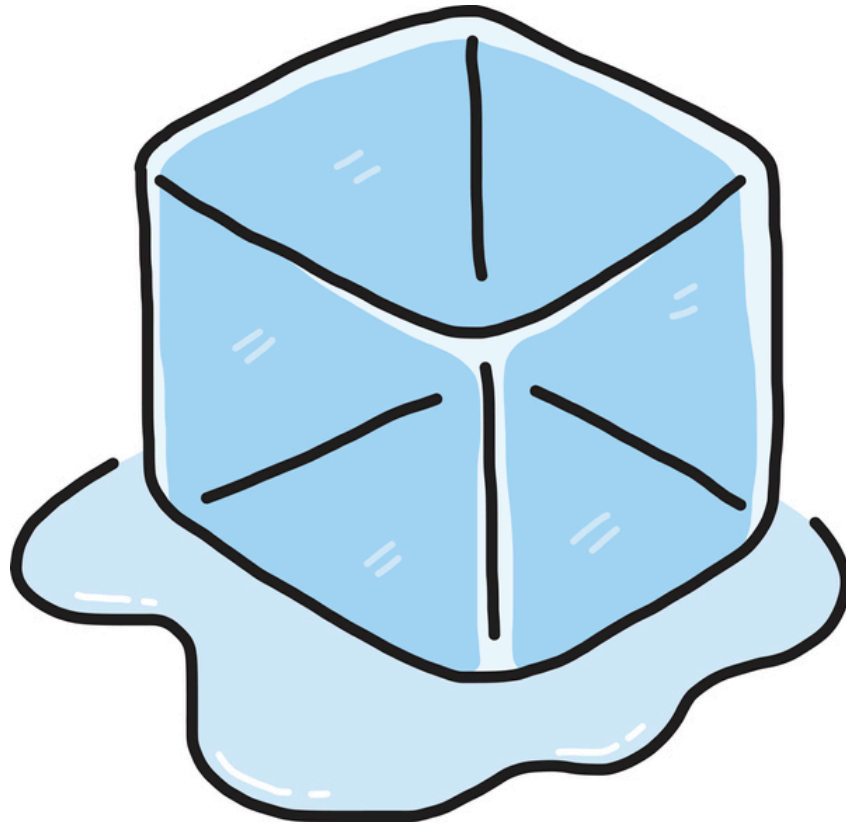
The object of this activity is for each child to score as many points as possible. This is an individual scoring activity.

#### Directions:

1. Place the Solo cups on the table in a vertical line. The cup closest to the end of the table (about 18 inches from the edge,) is worth 10 points. The last cup in the row is worth 100 points.
2. One at a time the children come up to the table, and bounce one ping pong ball, aiming to get it into one of the cups. If he/she is successful, he/she earns that number of points for that cup. Either way, the player returns to the end of the line for another turn.
3. Play continues for as many rounds as you would like, a minimum of 3.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



# Ice Breakers

## Set #8





## Icebreaker



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Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

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## **Icebreaker Activities**

### **Set #8**

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The Line Walk  
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Through the Eye of a Needle  
Toothpick Challenge  
Cartoon Mania



## Activity #1: Squirt Ball

### Materials Needed:

- 1 ping pong ball for each team of four
- 1 2-liter empty soda bottle for each team
- 1 mini water gun for each team, filled with water
- Extra water to refill the gun as needed

### Object of the Activity:

The object of this activity is to spray the ping pong ball off of the soda bottle tee, taking turns (each player gets 4 squirts), and scoring as many points as possible.

### Directions:

1. Divide the children into teams of 4
2. Give each team a ping pong ball, soda bottle and water gun
3. Explain that the soda ball is a “tee” for the ping pong ball and they are to try to knock the ping pong ball off the tee as many times as they can, scoring 1 point each time the ping pong ball is watered off the tee. Explain each person gets 4 squirts and then trades with another person.
4. Team with the most points when time is called, wins

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



### Activity #2: Static Manic

#### Materials Needed:

40 small balloons

#### Object of the Activity:

The object of this activity is to for the group to work together to get as may balloons as possible to stick to one of the team members through static electricity.

#### Directions:

1. Before starting this game, talk with the children about static electricity. Ask them if they have ever been “shock” when they touch something. Explain that is static electricity and the object of this game is to use static electricity to get balloons to stick to one team mate.
2. Bring children to an open space where they can move around without bumping into something or someone.
3. Divide them into two teams. Explain they are to pick one person to be the Static Manic. Explain the rest of the team will do what it can to get as many of the balloons as possible to “stick” to the Static Manic because of static electricity.
4. Team with the most balloons on the Static Manic, wins.
5. Have fun!

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you “make” static electricity so the balloons would stick?
- Would you recommend this game to others? Why or why not?



## Icebreaker



### Activity #3: Table Art: Best Food

#### Materials Needed:

- 6' of butcher paper
- Crayons, markers, colored pencils

#### Object of the Activity:

The object of this activity is for the group to create a mural of favorite foods

#### Directions:

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a scene from his/her favorite TV show
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

#### Wrap-up Questions:

- How many people drew the same food?
- If you were to hold a contest to determine the groups favorite food, what food would win?
- What is it about your favorite food that you enjoy the most?



## **Activity #4: Table Art: Best Toy**

### **Materials Needed:**

- 6' of butcher paper
- Crayons, markers, colored pencils

### **Object of the Activity:**

The object of this activity is for the group to create a mural of favorite toy

### **Directions:**

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a picture of his/her best toy
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

### **Wrap-up Questions:**

- How many people drew the same toy?
- If you were to hold a contest to determine the groups favorite toy, what toy would win?
- What is it about your favorite toy that you enjoy the most?



## Activity #5: Trash Monster

### Materials Needed:

- 2, 40 gallon trash bags for each team
- Scissors
- Appropriate music

### Object of the Activity:

The object of this activity is for the group to create a “Trash Monster” using the trash bags and “dressing up” one of the team members.

### Directions:

1. Divide the children into two teams
2. Explain the teams will be competing against one another to make the silliest, coolest, scariest monster by dressing up one of the team members with the black bags.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## **Activity #6: Ultra World Pong Shot**

### **Materials Needed:**

- 1 red, 16 ounce Solo cup
- 6 ping pong balls
- Music that is appropriate

### **Object of the Activity:**

The object of this activity is to see how many points the team can make by shooting a ping pong ball from one of 6 locations in front of the basket (Solo cup)

### **Directions:**

1. Set the Solo cup up on a table
2. 6 at a time, have the children make a circle at the end of the table.
3. Give each player a ping pong ball. Each player takes turns and tries to shoot the ping pong ball into the cup. After all 6 players have shot the ball, the players rotate one position and shoot again. The players take a turn at each spot.
4. When the group has shot from all positions, bring up a new set of 6
5. Total the points for each group.

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?





## Activity #7: Dance Freeze

### Materials Needed:

Music that is appropriate for children

### Object of the Activity:

The object of this activity is for each of the children to dance and when the music stops, freeze in place.

### Directions:

1. Have children be in an open area where they will not bump into one another or other objects
2. Explain children should dance each time the music plays and freeze each time the music stops.
3. Continue for about 5 minutes. Children are not eliminated.

### Wrap-up Questions:

- What did you enjoy about dancing?
- What did you find challenging?
- What did you find easy?
- Would you recommend dancing to others? Why or why not?



## Activity #8: Over and Under Relay

### Materials Needed:

Basketball for each team

**Object of the Activity:** Work together as a team to complete the relay first.

### Directions:

1. Divide the group into two teams
2. Line the teams up in a vertical line at the start line
3. Explain they will pass the ball to the person behind them by alternating between over the head and between the legs
4. Explain the last person in the line will race to the front of the line and begin the passing again.
5. Play is over when the first person in line is back in front.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to successfully compete in this relay?
- Would you recommend this game to others? Why or why not?



## Activity #9: Bucket Head

### Materials Needed:

- Variety of small balls—tennis, Nerf, etc.
- 2 small buckets for each team
- Cones

**Object of the Activity:** The object of the activity is to work together to get 5 balls into the bucket

### Directions:

1. Divide the children into two teams
2. Select two members from each team to be the “bucket head”
3. Place cones at the start and finish line. Have the team, with the exception of the two bucket heads, line up at the start line.
4. Have the “bucket heads” for each team line up 5 feet behind the finish line.
5. Player at the start line selects a ball, races to the finish line, and shoots the ball in the attempt to get it into the bucket, which “bucket head” is holding on top of his/her head.
6. If the balls stays in the bucket, it will remain there. If the ball misses the bucket, the player who shot the ball retrieves it and races back and tags the next team member. Play is over when the winning “bucket head” has a total of 5 balls in the buckets.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did working as a team help your team be successful?
- Would you recommend this game to others? Why or why not?



## Activity #10: Chop Suey Rainbow

### Materials Needed:

- Skittles
- Chop sticks for each child
- Bowl

**Object of the Activity:** Work together as a team to eat the Skittles, one at a time, in a relay, using chopsticks.

### Directions:

1. Divide the children into two equal teams
2. Place one Skittle in the bowl for each person on the team
3. Give each child a pair of chopsticks
4. Explain there will be a relay and one at a time, each child will run up to the Skittles and take one Skittle out of the bowl with his/her chopsticks and then eat the Skittle.
5. He/she will then run back to the rest of the team and tag the next person to do the same thing.
6. When all the Skittles are gone, the team wins.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you encourage your teammates when they were trying to pick up the Skittle?
- Would you recommend this game to others? Why or why not?



## Activity #11: Color Wheel

### Materials Needed:

- 2 bags of M and M's

**Object of the Activity:** Children will work together as a team to sort the M and M's by color.

### Directions:

1. Divide the children into two teams
2. Gather each team around a table or desk and place all of the M and M's in the center
3. Explain that WITHOUT TALKING, they must separate the M and M's by color.
4. The team which completes the task first, WITHOUT TALKING, wins.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you communicate with your teammates without talking?
- Would you recommend this game to others? Why or why not?



## **Activity #12: Fear Factor—Gummy Bear & Peppers**

### **Materials Needed:**

- Can of green Ortega chilis
- Gummy Bears
- Paper plates
- Cup of water for each child

**Object of the Activity:** Work together as a team to be the first to eat the pepper stuffed with Gummy Bears.

### **Directions:**

1. Divide children into two teams and gather the children around a plate that has green chilis stuffed with Gummy Bears, cut into bite-sized pieces (probably 2 peppers for each team)
2. Explain that when you say, “Go!” each child should pick up a piece of the chili and Gummy Bears and eat it. If they need water, show them where the cup of water is.
3. When all the team members have eaten the pepper and Gummy Bear slice, the team needs to put their hands in the air and whistle.
4. First team to do this, wins.

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #13: Muy Caliente

### Materials Needed:

- Music (appropriate for children)
- Item to pass (small stuffed animal, water bottle, etc.)

**Object of the Activity:** The object is to pass the item around the circle and be sure you are not holding the object when the music stops.

### Directions:

1. Have youth form a circle (inside if there is space or outside if there is not)
2. Have children drop hands and select one youth to begin the process
3. Explain you will be playing music. While the music is playing they are passing the object to the right. Passing does not mean tossing. If someone is passing to you, you must accept it.
4. When the music stops, whoever is holding the item is OUT and must sit down.
5. Play continues until there is only one person left in the game.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- In this game you are not working as a team. Would you rather play a team game or an individual game? Why do you answer as you do?
- Would you recommend this game to others? Why or why not?



### Activity #14: What's Not GREEN?

#### Materials Needed:

- Chart paper
- Markers

**Object of the Activity:** Work together as a team to meet the challenge.

#### Directions:

1. Divide the group into teams of 4-5
2. Give each team the chart paper and pen
3. Explain when you say "Go", the group will have 4 minutes to write the names of as many vegetables as they can name that are NOT GREEN
4. The team with the most items wins

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?





## Activity #15: Decade Dance

### Materials Needed:

- Music from different decades. Here are some suggestions:
- 50's: Jailhouse Rock by Elvis Presley; 60's: Surfin' Bird by The Trashman; 70's: Car Wash by Rose Royce; 80's: Take on Me by A-ha; 90's: Everybody by The Backstreet Boys; 2000's: Rock Steady by Gwen Stefani; 2010's: IMMA Be by The Black Eyed Peas

**Object of the Activity:** The object of this activity is for the children to recognize that dance has changed over the decades.

### Directions:

1. Bring the children together in the center of an open space
2. Ask children if they know who Elvis Presley was. Ask them how he danced. Have them demonstrate. Share that this is how people danced during the 1950s. Play Jailhouse Rock and have them dance.
3. Select other decades and do the same thing with each of the decades. If children don't know, give them the "homework" to ask their parents or caregivers and be ready to share the dance style tomorrow.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What decade was your favorite for dancing? Why do you say what you do?
- Would you recommend this game to others? Why or why not?



## Activity #16: Sing It High, Sing It Low

### Materials Needed:

- If you have a microphone, let the children use it. If not, that's okay

**Object of the Activity:** To sing a song in a variety of music registers—regular, high, and low.

### Directions:

1. Bring the children together in an open space and explain they are going to practice singing a song in a regular, high and low register.
2. Ask the children to name a song they all know. (Happy Birthday, Itsy Bitsy Spider, Row, Row, Row Your Boat, etc.)
3. Practice the song together
4. Then practice the song singing it in a high-pitched voice
5. Then practice the song singing in a low-pitched voice
6. Ask them how they were able to sing with high and low pitch

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



## Activity #17: Tennis Ball Bounce

### Materials Needed:

- Tennis balls (3-6)
- Tennis racket (1)
- 6 buckets (like you can get at the Dollar Store)

**Object of the Activity:** The object of the game is to see how accurately a team can hit a tennis ball with a racket.

### Directions:

1. Divide children into two equal teams.
2. Spread the buckets out about 6+ feet from the service line
3. Explain that each member of the team will have two tries to get a tennis ball into one of the buckets using the tennis racket and having the ball bounce at least one time before entering the bucket
4. Alternate between the teams and keep score. Game is over when all of the team members have played.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



### Activity #18: The Line Walk

#### Materials Needed:

- Music
- Masking or Painter's tape

**Object of the Activity:** The object is for children to practice walking a line as quickly as possible.

#### Directions:

1. Using masking or Painter's tape, create a line with twists and turns
2. Explain that each child will have the opportunity to "walk the line" as quickly as possible. Explain that as one child finishes, the next child will begin the walk. Explain they must have both feet on the line as they walk as quickly as they can to the end.
3. Explain you will time them the first time as a practice and then when they "walk the line" the second time, they will work to conquer the line more quickly.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



### Activity #19: Table Art: Best Present

#### Materials Needed:

- 6' of butcher paper
- Crayons, markers, colored pencils

#### Object of the Activity:

The object of this activity is for the group to create a mural of the best present they've ever received

#### Directions:

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a scene from his/her best present ever received
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

#### Wrap-up Questions:

- How many people drew the same gift?
- If you were to hold a contest to determine the group's favorite gift, what gift would win?
- What is it about your favorite gift that you enjoy the most?



## Icebreaker



### Activity #20: Through the Eye of a Needle

#### Materials Needed:

- 5 plastic needles with large eyes per team
- 2 yards of yarn for each team
- Music

**Object of the Activity:** Work together as a team to thread yarn onto five needles and tie a bow

#### Directions:

1. Divide the children into two teams
2. Give each team 5 plastic needles and 2 yards of yarn
3. Explain when you call, “Go” the team is to work together to get all 5 needles threaded onto the needles and then tie the yarn into a bow
4. First team to complete the task, wins

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did working as a team help you to thread the needle?
- Would you recommend this game to others? Why or why not?



## Activity #21: Toothpick Challenge

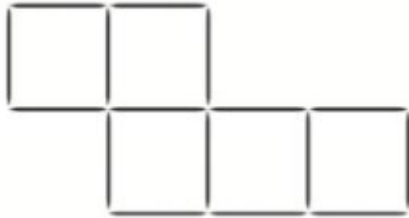
### Materials Needed:

- 16 toothpicks for each team

**Object of the Activity:** Work as a team to accomplish the challenge below.

### Directions:

1. Look at the five squares formed by toothpicks below and make that arrangement
2. Move two toothpicks to turn five squares into four squares



### Wrap-up Questions:

- What did you enjoy about dancing?
- What did you find challenging?
- What did you find easy?
- How did working as a team help?
- Would you recommend dancing to others? Why or why not?



### Activity #22: Cartoon Mania

**Objective:** Children work together to select a cartoon character and then as a group, determine how to act out the character without naming him/her.

#### What you will need:

- No materials needed

#### What you will do:

1. Divide the children into teams of four
2. Explain the team will select a well-known cartoon character and talk over characteristics of the character. (For example, Bugs Bunny says, “What’s up Doc?”, Mickey Mouse has his Club House, etc.)
3. Once all of the teams have decided how to act out the character, have the groups come up one at a time and act out the character. The other teams are to guess who the character is.
4. Game is over when all groups have participated.

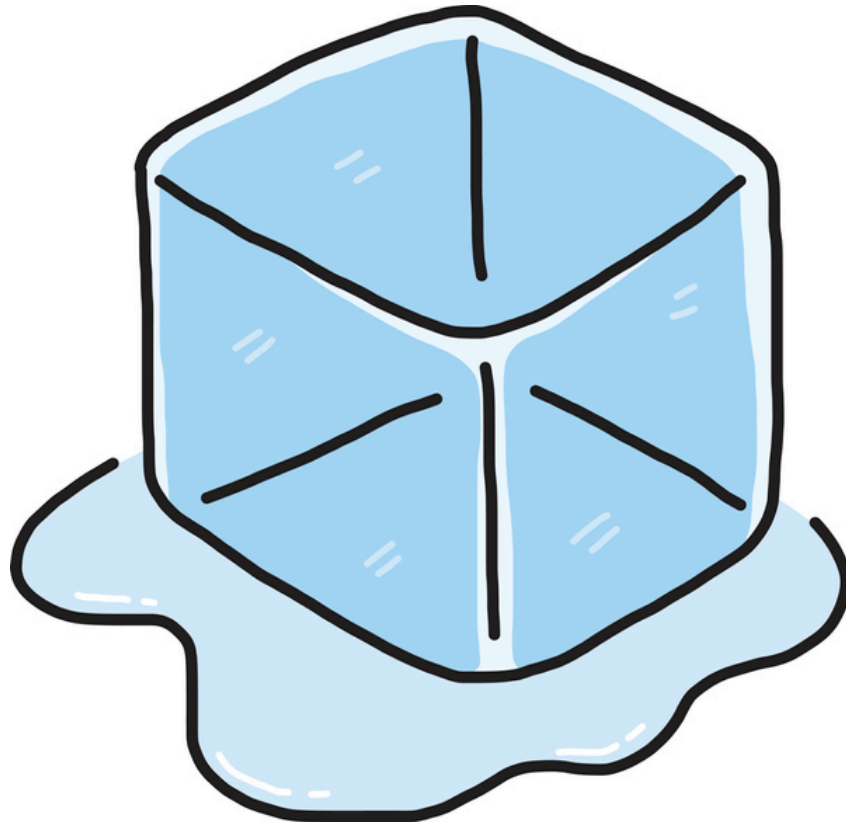
#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





**Icebreaker**



**Ice Breakers**

**Set #9**



## Icebreaker



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We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

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## **Icebreaker Activities**

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## Icebreaker



### Activity #1: Cheerleader

**Objective:** Children work together to practice and share a cheer.

**What you will need:**

- No supplies needed

**What you will do:**

1. Divide the children into teams of four
2. Explain that each team will work on a cheer for five minutes. All members of the group must participate
3. Call the teams up one at a time to give the cheer for the entire group.

**Wrap-up Questions:**

- What did you enjoy about being a cheerleader team?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #2: Hip Hop Moves

**Objective:** Children will share their Hip-Hop moves with the group

**What you will need:**

- CD (Be sure it is appropriate)
- CD Player

**What you will do:**

1. Divide the children into teams of four
2. Each team is to work together to come up with a 30 second Hip Hop routine to share with the other groups
3. After 5 minutes of practice time, have the groups come up one at a time and share with the rest of the group
4. Audience who is observing should cheer for the group performing

**Wrap-up Questions:**

- What did you enjoy about working as a team to create a hip-hop routine?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #3: Learn the Phrase, “Nice to meet you” in German

**Objective:** Children will learn a commonly expressed phrase in a language other than English.

### What you will need:

- Music
- CD Player

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “Nice to meet you” in German.
2. The phrase is said this way, “Nett, Sie kennen zu lernen” which is pronounced net zee KEN-en tsoo LER-nen.
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “Nice to meet you” in German to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #4: Name That Tune

**Objective:** Children will work as a team to identify the tunes they hear.

### What you will need:

- No supplies needed

### What you will do:

1. Have children brainstorm all the song titles they can think of, make a list
2. Divide children into teams of 4
3. Each team selects 3 of the songs and practices singing the song
4. When team comes up, the rest of the group decides how many words they need to hear in order to name the song
5. Once that is decided, the group sings that many words and the audience guesses the title
6. If the audience is correct, another team comes up and repeats the process. If the audience can't guess the title, then the team stays up with a second song
7. Continue until all groups have had a chance to perform

### Wrap Up Questions

- What about guessing the song titles did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #5: Naturally Four

**Objective:** Children will identify things which are found “naturally” in fours.

### What you will need:

- Paper/pencil

### What you will do:

1. Divide the children into teams of 4
2. When you say “Go!”, teams try to think of things that naturally come in fours. For example, dog’s paws, a quartet, quarters in a dollar, tires on a car, the four directions, etc.
3. Team makes a list and then shares the list with other groups.

### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?





## Activity #6: Pasta! Pasta! Pasta!

**Objective:** Children will list as many different types of pasta and pasta dishes they can.

### What you will need:

- Paper/pencils

### What you will do:

1. Divide children into teams of four
2. Distribute paper and pencil to each team
3. Explain they are going to work as a team to make a list of all the different types of pasta they can, as well as dishes made from pasta. For example, spaghetti, macaroni, linguini, lasagna, penne, angel hair, etc.
4. When you call time, groups should share the list they come up with
5. Ask children to determine which is the favorite of the group

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #7: Pentathlon

**Objective:** Children will have the opportunity to participate in 5 warm up exercises.

### What you will need:

- No materials needed

### What you will do:

1. Have the children form a large circle
2. Ask if anyone know what a “pentathlon” is (5 events in a sporting activity)
3. Explain they will do the following 5 activities in sequence: Jumping Jacks, Hopping (one foot only), Toe Touches, Wiggling All Over, and Turning Slow Circles.
4. Practice each of the activities, and then have them do 5 repetitions of each activity when you call out the name of the activity.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #8: Aged Self-Portrait**

**Objective:** Children will have the opportunity to create an aged portrait of themselves

### **What you will need:**

- Paper
- Colored pencils
- Crayons
- Pencils

### **What you will do:**

1. Divide the children into groups of four
2. Distribute the supplies to the group
3. Explain to the children they are going to draw a picture of themselves 25 years from now. Explain that the “clothing” should be representative of the job they think they will have
4. Have children share their drawings with one another

### **Wrap-up Questions:**

- What did you enjoy about drawing this self-portrait?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #9: Musical Instruments**

**Objective:** Children will have the opportunity to draw a musical instrument they are interested in learning how to play.

### **What you will need:**

- Paper
- Pencil
- Colored pencils/crayons

### **What you will do:**

1. Divide the children into groups of four
2. Distribute the supplies to the group
3. Explain to the children they are going to draw a picture of an instrument they know how to play or one they would like to play
4. Explain that if they would like to be in a band or other musical group, they should include that in the drawing
5. Have children share their drawings with one another

### **Wrap-up Questions:**

- What did you enjoy about drawing your favorite instrument?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #10: We bought a...

**Objective:** Children work on a mural together to show all the different things they would buy if they could go to any store and money was not a constraint.

#### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

#### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that show what they would buy if they could go to any store and purchase something they would be interested in.
4. When drawings are complete, have the children share with one another.

#### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #11: Whistling “Happy Birthday”**

**Objective:** Children will have the opportunity to practice whistling a tune.

### **What you will need**

- No materials needed

### **What you will do:**

1. Have children make a horizontal line
2. Have them first sing the song, “Happy Birthday to You”
3. Now, explain they are going to try to whistle the song
4. Have them practice by themselves or with a partner
5. Repeat—sing the song then whistle the song

### **Wrap-up Questions:**

- What did you enjoy about whistling?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #12: Pop See Ko

**Objective:** Children will dance with the video Pop See Ko.

**What you will need:**

**Access to the link below:**

<https://www.youtube.com/watch?v=Pwn4beja1QE>

**What you will do:**

1. Have children gather around the computer or wherever you have the opportunity play the video Pop See Ko.
2. Have children sing and dance along

**Wrap-up Questions:**

- What did you enjoy about Pop See Ko?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #13: Lifesaver Pass

**Objective:** Children work as a team to pass the lifesaver from the beginning of the line to the end.

**What you will need:**

- Coffee Stirrers
- Lifesavers
- Bowls

**What you will do:**

1. Divide the children into two teams
2. Explain that each team will pass the life saver to one another, using the coffee stirrer as the tool and holding it in their non-dominant hand (so if they write with their right hand the hold the coffee stirrer in the left hand)
3. If the lifesaver falls, team must start over.
4. First team to transport the lifesaver from the front to the back of the line, wins!

**Wrap-up Questions:**

- What did you enjoy about transporting the lifesaver?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #14: Flip, Flip, Shoot

**Objective:** Children work as a team to score point.

### What you will need:

- 10 red Solo cups
- 2 ping pong balls

### What you will do:

1. Divide the children into two teams, lined up on either side of the table
2. Each team is to work together to score as many points as possible by getting the ball into one of the cups in the center
3. Place five cups on each side of the table, standing open end down
4. Place two cups side by side in the center of the table
5. In order to take a shot, the player must knock over the cup by flicking it and then shooting the ping pong ball at the target
6. After three tries to flick over the cup, player goes back to the end of the line
7. Play continues until all players have had several tries
8. Winner is the team who has had the most activities

### Wrap-up Questions:

- What did you enjoy about playing Flip, Flip, Shoot
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #15 Learn the Phrase, “Nice to meet you” in Finnish

**Objective:** Children will learn a commonly expressed phrase in a language other than English.

### What you will need:

- Music
- CD Player

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “Nice to meet you” in Finnish.
2. The phrase is said this way, “Hauska tavata” which is pronounced (HOWS-kah TAH-vah-tah).”
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “Nice to meet you” in Finnish to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #16: Long, Long Shot

**Objective:** Children will select one person from each team to get as many points as possible by shooting ping pong balls at cups

### What you will need:

- 9 Solo Cups
- 4 ping pong balls

### What you will do:

1. Divide children into teams of four
2. Each team selects one team member to take the shots at the cups
3. When that team member is shooting the other team members are cheering and retrieving the ping pong ball if needed
4. Line the 9 cups up in a row, rim to rim, one behind the other. The cups, number 1-9 are valued at 10-90 points
5. Each competitor has 3 tries to get the ping pong ball into a cup and score the points
6. Each competitor can come up two times
7. Team with most points wins

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #17: Table Art: New Toy...

**Objective:** Children work on a mural together to show their ideas for a new and innovative toy (not one that already exists).

### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that show a new and innovative toy (one that doesn't currently exist)
4. When drawings are complete, have the children share with one another.

### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #18: Table Art: Incredible Viking...**

**Objective:** Children work on a mural together to show incredible Vikings.

### **What you will need:**

- Butcher paper
- Crayons, colored pencils or markers

### **What you will do:**

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that will show all things Viking
4. When drawings are complete, have the children share with one another.

### **Wrap-up Questions:**

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?

Would you recommend this activity to others? Why or why not?



## **Activity #19: Dribble Relay**

**Objective:** Children participate in Dribble Relay, practicing their dribbling skills around cones.

### **What you will need:**

Cones or water bottles  
Basketball  
Cement or asphalt playing area

### **What you will do:**

**Set-up:** Place 6 cones or water bottles in a straight, vertical line, approximately 4 feet apart

1. Mark start-finish line (this is the same line)
2. Divide the children into 2 teams, have the teams line up behind the start-finish line
3. Explain that this is a relay and each team member, one at a time, will dribble in and out of the cones/water bottles both directions
4. When they get back to the line, they pass the ball to the next person in line who continues the game
5. Team wins who completes the obstacle course first

### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #20: Gummy Bear Challenge

**Objective:** Children work as a team to eat two gummy bears each.

### What you will need:

- Gummy bears (2 for each child)
- Toothpicks
- Paper plate

### What you will do:

1. Divide the children into two teams, lined up at the start line
2. When you say, “Go!”, first player runs to the table, picks up a Gummy Bear using a toothpick, eats the Gummy, throws away the toothpick, then goes back to tag the next payer. **Note:** They should not travel with the toothpick.
3. Play continues until each person has picked up and eaten two Gummy Bears.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Activity #21: Hot Potato

**Objective:** Children work to pass an item and avoid being caught with the item when the music stops.

### What you will need:

- Music, music player
- Item to pass (could be a small stuffed animal)

### What you will do:

1. Have children sit in a circle on the floor
2. Give one person the “hot potato”
3. When the music begins, the “hot potato” is passed to the right as quickly as possible.  
The passing continues until the music is turned off.
4. When the music stops, the person holding the “hot potato” is out.
5. Play continues until only one person is left.

### Wrap Up Questions

- What strategies did you use to keep from being “caught” with the “hot potato”?
- What did you find challenging?
- What did you find easy?





## Activity #22: Human Pacman

**Objective:** Children enjoy playing the Pacman game.

### What you will need:

- Music and music player
- 6 pictures of fruits (attached)

### What you will do:







1. Divide youth into two teams—Pacman and Ghosts. To start the game, four youth will be ghosts and are scattered across the cafeteria, classroom or other playing space. One person from the other team will be Pacman who begins in the middle
2. Spread the pictures of the 6 fruits around the play space. The goal of the game is for Pacman to collect all six pictures.
3. You will be turning the music on and off. When the music is on, Pacman is vulnerable. When the music is off, the Ghosts are vulnerable.
4. When the music begins, Pacman tries to move toward the fruit. If Pacman is tagged while the music is playing, he/she leaves the game and a “new” Pacman comes in to play. When the music is off, any Ghost that is tagged leaves the game and is replaced by a “new” Ghost.
5. When Pacman picks up a fruit picture card, it cannot be lost.
6. When time is called, if all 6 fruit pictures are collected, the Pacman team wins. If not, the ghost team wins.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What advice would you give to someone playing this game?

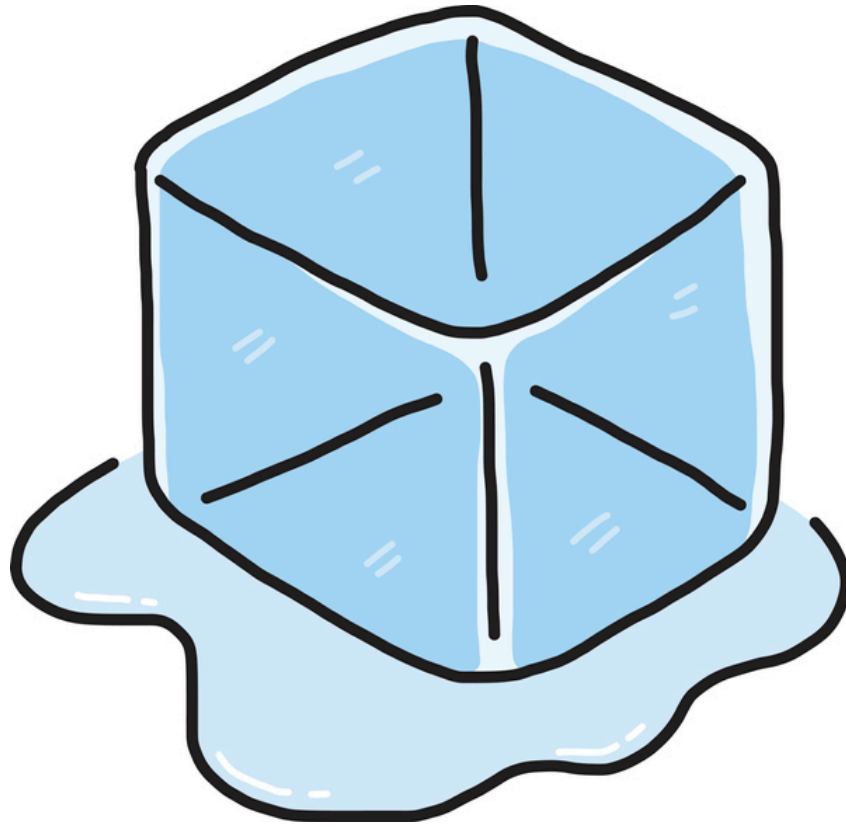


Fruits for Pacman Activity



**Icebreaker**



**Ice Breakers**

**Set #10**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #10**

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Favorite Sport

Learn the Phrase, "How are you?" in French



## Activity #1: Vegetables!

**Objective:** Children work together as a team to identify the most non-green vegetables.

### What you will need:

- Chart paper for each group
- Marking pens for each group

### What you will do:

1. Divide the children into teams of 5
2. Give each team a marker and piece of chart paper
3. When you say “Go!” each team is to make a list of as many vegetables as they can that are NOT green.
4. When you call time, select one group to read their list aloud. As they name a vegetable, any other group that has that vegetable, calls is out, and everyone with that vegetable, crosses it out.
5. After the first group, have other groups read the items they have not crossed out. The winning team is the team which has the most unmatched vegetables.

### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #2: Series Dance-Off

**Objective:** Children work together to have as many members dancing at the end of the Series Dance-Off.

### What you will need:

- Music and a music player

### What you will do:

1. Divide children into four team
2. Each team lines up in a vertical line
3. When the music starts, the first person on the team begins to dance. If they can't think of a dance move and start dancing within 3 seconds, they must go to the end of the line and sit down. They are out of the contest. The next team member takes his/her spot.
4. Each time the music stops, a new person moves into the spotlight. If the person ended his/her turn dancing, they simply go to the end of the line and continue in the rotation.
5. When time is called, count how many dancers are left on each team. The team with the most dancers, wins. There can certainly be more than one winning team.

### Wrap-up Questions:

- What did you enjoy about this dance?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #3: Table Art: Best Theme Park Ride

**Objective:** Children draw what they think is the best theme park ride.

### What you will need:

- Butcher paper
- Colored pencils/crayons

### What you will do:

1. Place the butcher paper on the table, place the crayons around the table
2. Have children claim a space on the mural paper
3. Explain that each of the children will draw his/her thoughts about the “best” theme park ride.
4. When mural is complete, have children explain what they drew on the mural and why they chose that ride.

### Wrap-up Questions:

- What did you enjoy about drawing the best theme park ride?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #4: Table Art: Best Stuffed Animal...

**Objective:** Children work on a mural together to show their ideas for the best stuffed animal

### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that shows the best stuffed animals.
4. When drawings are complete, have the children share with one another.

### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Table Art: PJ Masks...

**Objective:** Children work on a mural together to show the characters in the animated feature, PJ Masks.

### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that will show as many of the characters and items on the TV show, PJ Masks
4. When drawings are complete, have the children share with one another.

### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #6: Walk the Line**

**Objective:** Children work as a team to “walk the line” forward and backward in the shortest amount of time.

### **What you will need:**

- Painter’s tape to make a line to walk unless you have a basketball court with a side line

### **What you will need:**

1. Divide the group into two teams
2. Have each team line up along the line, positioned at equal start lines
3. The first player walks the entire line, keeping his /her feet always touching the line, both forward and backward. Line should be approximately 10 feet long.
4. When player returns to the team, the next player begins the same trek.
5. Game is over when everyone has “walked the line.”

### **Wrap-up Questions:**

- What did you enjoy about “walking the line”?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #7: What's In The Box?**

**Objective:** Children will try to determine which insect they are holding based on feel rather than sight.

### **What you will need:**

Plastic insects (you should be able to get these at the Dollar Store)  
Empty tissue box  
Blindfold (can use a piece of fabric)

### **What you will do:**

**Set-up:** Place the different insects inside the tissue box

1. Divide the children into two teams
2. One person at a time, the teammates come to the front, put on the blindfold, and then by touch, try to name the insect they are touching.
3. Each person has 15 seconds to determine the insect.
4. Each person who is correct, wins a point for his/her team
5. Continue until everyone has had a turn.

### **Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #8: Blind Challenge

**Objective:** Children work together in pairs to get the person who is blindfolded to the cone.

### What you will need:

- Bandana, strips of cloth, or blindfolds
- Orange cones
- Music

### What you will do:

1. Divide the children into two pairs.
2. Give each pair one blindfold
3. Explain that the person who is blindfolded will be given directions by his/her partner so he/she can go to the cone.
4. When player arrive at the cone the pair is victorious.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging about getting from one place to another blindfolded?
- What did you find easy about this game?
- Would you recommend this activity to others? Why or why not?



## Activity #9: Through the Hoop

**Objective:** Children work in teams to score points by bouncing the basketball through the hoop

### What you will need:

- Basketballs (1 for each team)
- Hula Hoops (1 for each team)
- Cones for the start line

### What you will do:

1. Divide children into two teams
2. Have teams line up vertically behind the start line
3. Select two members from each team to hold the hula hoop
4. Have hula hoops 10-15 feet from the start line
5. Have the teams practice the height of the hula hoop as you call out: “Low”, “Medium” or “High”
6. Explain that throughout the game you will call those words out, and when you do the team is to hold the hula hoop at that height.
7. Select a retriever to stand behind the hula hoop and retrieve the ball and return it to his/her teammates.
8. While they are holding the hula hoop, the other team members are to bounce the ball so it can hit the ground once and then go through the hoop. If the ball misses, then the retriever catches the ball and throws it back to the team.
9. When time is called, the team with the most points (one point for each ball that passes through the hoop) wins.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #10: Bubble Blowing

**Objective:** Children work with a partner, blowing bubbles and hoping the partner can catch the bubble before it pops.

### What you will need:

- Bubbles (small containers can work-try the dollar store)
- Open area

### What you will do:

1. Divide the children into pairs and give each pair a bubble wand and small container of bubble solution
2. Explain they will take turns blowing bubbles. The challenge is for the partner to catch the bubble blown by the partner.
3. Partners should take turns “blowing” and “catching”
4. There is no winner or loser, just the fun of the bubbles

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #11: Giant Horse Shoes

**Objective:** Children compete as a team to win points by throwing the hoop around the orange cone.

### What you will need:

- Cones
- Hula Hoops (3 for each team)

### What you will do:

1. Divide the group into two teams
2. Explain they will be playing Giant Horseshoes. Explain they are to stand behind the line and throw the hoop over the cone (it must stay over the cone to count)
3. Each team member throws a hoop, retrieves the hoop he/she threw while the next team member throws the hoop
4. Continues until all team members have had a turn. Tally the points.
5. Winner has the most points.

### Wrap-up Questions:

- What about this game did you enjoy?
- What did you find challenging?
- What did you find easy?





## **Activity #12: Head in the Clouds**

**Objective:** Children will work as a team put their “heads in the cloud.”

### **What you will need:**

- Paper plates (inexpensive ones)-one for each youth
- Spoons (one for each youth)
- Cotton balls (30 for each pair)

### **What you will do:**

1. Divide the group into pairs and distribute supplies
2. Explain that when you say “Go!” they will each place the plate on top of their heads, and the partner will begin spooning cotton balls onto the plate held by the partner. If a cotton ball falls to the floor, it must be picked up by one of the partners using the spoon.
3. When both partners have 15 cotton balls in his/her plate, they are declared the winner of the challenge.

### **Wrap Up Questions**

- What strategies did you use to fill both plates equally?
- What did you find challenging?
- What did you find easy?



## Activity #13: Jump! Jump! Jump!

**Objective:** Children jump as many jumps as possible before missing or getting tired and stopping.

### What you will need:

- Individual jump ropes
- Music and music player
- Paper and pencil for each team (clipboard if you have them)

### What you will do:

1. Divide children into as many teams as you have individual jump ropes
2. When you say “Go!”, one person on each team begins jumping rope to the music. He/she can jump until he/she misses or until you turn the music off.
3. Team mates count the number of jumps for each person and record the number.
4. Jump rope is passed to the next player and the jumping continues until everyone on the team has had a turn jumping.
5. Total the score. The highest number of jumps wins.

### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #14 Learn the Phrase, “I don’t like it” in French

**Objective:** Children will learn a commonly expressed phrase in a language other than English.

### What you will need:

- Music
- CD Player

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “I don’t like it” in French.
2. The phrase is said this way, “Ca ne me plait pas” which is pronounced (sah ner mer play pah).”
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “I don’t like it” in French to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #15: Ping Pong Bowling

**Objective:** Children try to knock as many ping pong balls off the table as they can in two tries.

### What you will need:

- 5 ping pong balls for each station (have up to 4 stations)
- Two-sided tape
- Golf balls or large marbles (2 for each station)

### What you will do:

1. Divide the children into as many teams as you have stations
2. Demonstrate how to stick the ping pong balls to the edge of the table with two-sided tape. Ping Pong balls should be close to one another similar to bowling pins
3. Demonstrate how to roll the golf ball toward the ping pong balls to knock them off of the table.
4. Explain that like in bowling, each player will have two rolls to knock as many of the ping pong ball off as possible.
5. Each person keeps his/her own score.
6. Reset the ping pong balls after each player.
7. When everyone on a team has completed rolling, the team adds up the individual points.
8. Winning team has the most points.

### Wrap-up Questions:

- What did you enjoy about playing this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #16: Table Art: Alphabet Quilt**

**Objective:** Children draw what they think best represents each letter of the alphabet.

### **What you will need:**

- Butcher paper
- Colored pencils/crayons

### **What you will do:**

1. Place the butcher paper on the table, place the crayons around the table
2. Have children claim a space on the mural paper
3. Explain that each of the children will draw pictures to illustrate the alphabet, one picture for each letter. You can have each player do the whole alphabet or you can give each player a series of letters such as a-g, h-o, and so forth.
4. When mural is complete, have children explain what they drew on the mural.

### **Wrap-up Questions:**

- What did you enjoy about illustrating the alphabet?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #17: Table Art: Music Video...

**Objective:** Children work on a mural together to show a snapshot from their favorite music video.

### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to create a picture illustrating a snapshot of his/her favorite music video. Under the picture they are to write the name of the song.
4. When drawings are complete, have the children share with one another.

### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #18: Table Art: New Animal...**

**Objective:** Children work on a mural together to show new animals, either from their imaginations or by combining two existing animals.

### **What you will need:**

- Butcher paper
- Crayons, colored pencils or markers

### **What you will do:**

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that will show new animals. Explain the animal can be an entirely new creature or may be a combination of two existing animals.
4. When drawings are complete, have the children share with one another.

### **Wrap-up Questions:**

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?

Would you recommend this activity to others? Why or why not?



## **Activity #19: 3 Strikes and You're Out**

**Objective:** Children work as a team to solve math problems.

### **What you will need:**

- Marker (for each team)
- Paper (for each team)
- Clipboard (for each team)

### **What you will need:**

1. Divide the group into teams of 3
2. Explain that each team will work together to solve math problems
3. Explain that you will say a math problem of either addition or subtraction and the team will solve the problem
4. The team will then write its answer on a piece of copy paper, attach it to the clip board and show the answer to the group.
5. The team with the correct answer first wins a point. The other teams get an out. When a team has three strikes, the team is out
6. Last team playing, wins.

### **Wrap-up Questions:**

- What did you enjoy about using your math skills in this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #20: Silly Eggs

**Objective:** Children toss the eggs back and forth and if they break apart, the pair must do the action inside the egg on a strip of paper.

### What you will need:

Plastic eggs (one for each pair of children)

Strips of paper with directions such as: 10 Jumping Jacks, each person tell a joke, run in place 25 strides, make the sound of a chicken, rooster, and pig. There should be different directions for each egg

### What you will do:

1. Divide children into pairs and give each pair an egg with a strip of directions inside
2. Explain the children will begin facing each other and toss the egg back and forth. Explain they will take a step back from each other, each time the egg is tossed and caught
3. Explain that when the egg cracks open they will find a slip of paper with directions about what each member of the pair will do
4. Children reassemble the broken egg with the paper inside and continue play
5. When you say "Switch", pairs must trade eggs with another pair.
6. There is no winner in the game, just fun.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #21: Favorite Sport

#### What you will need:

- Cards with the name of a sport written on each card (soccer, football, volleyball, dodge ball, tennis, boxing, track, weight lifting, swimming, gymnastics, etc. You will need one card for each person in your group

#### What you will do:

1. Have the children form a circle
2. Ask for a volunteer to be first
3. Child come forward, selects a sport's card and the pantomimes the sport while the other children guess what they are seeing
4. When the group guesses correctly, the child picks the next player.
5. Play continues until all have had a chance
6. There is no winner.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #22: Learn the Phrase, “How are you?” in French

### What you will need:

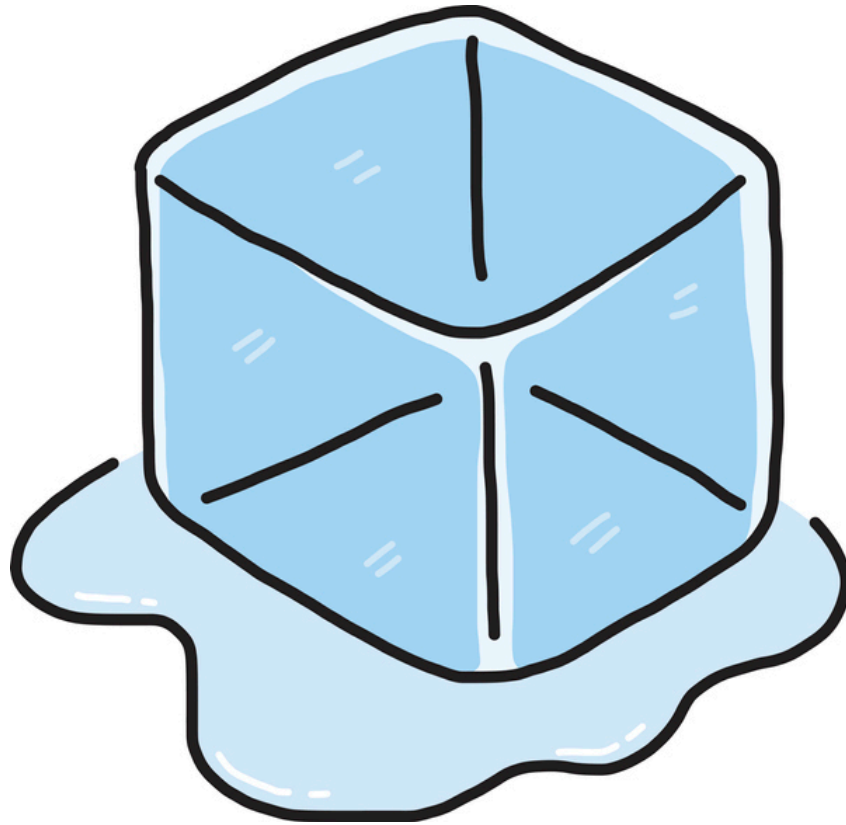
- No materials needed

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “How are you?” in French.
2. The phrase is said this way, “Comment allez-vous?” which is pronounced (come-on-tally-voo).”
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “How are you?” in French to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



# Ice Breakers

## Set #11



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #11**

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Cooper Says  
Warm Wind Blows  
Disney Mania  
Encore  
Gesture Name Game



## Activity #1: Learn the Phrase—“Excuse me” in French

### What you will need:

- No materials needed

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “Excuse me” in French.
2. The phrase is said this way, “Excusez-moi?” which is pronounced (ex-kewzay mwah).”
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “Excuse me” in French to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #2: Table Art—Best Outfit to Wear Swimming

### What you will need:

- Butcher paper
- Crayons, colored pencils or markers

### What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to create a picture illustrating the best outfit they would wear or swimming.
4. When drawings are complete, have the children share with one another.

### Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?





## Icebreaker



### Activity #3: Taste the Rainbow

#### What you will need:

- Skittles
- Chop Sticks
- Plate

#### What you will do:

1. Divide children into two teams
2. Give each team a plate full of Skittles and an empty plate. Each player is also needs a pair of chop sticks
3. When you say "Go!", team members work together to get all of the Skittles from one plate to the other using the chopsticks.
4. Team who completes the task first, wins.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #4: Cell Phone

### What you will need:

- No materials needed

### What you will do:

1. Children make a line
2. Adult tells the first child in line a sentence. The sentence is said only one time. The child passes the message to the next child and the process continues until the message reaches the end of the line.
3. Last child shares the message he/she received.
4. Group compares the original sentence with the final sentence.
5. Activity can be repeated, starting with different children.

### Wrap Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



## Activity #5 Learn the Phrase, “What is your name” in Swedish

### What you will need:

- Music, music player

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “What is your name?” in Swedish.
2. The phrase is said this way, “Vad heter du?” which is pronounced vaad Hay-ther doo?
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “What is your name?” in Swedish to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging? Easy?
- What other language would you like to learn?



## Activity #6: Learn the Phrase, “What’s up? How’s it going?” in French

### What you will need:

- Music and music player

### What you will do:

1. Have all of the group come together to learn how to say the phrase, “What’s up?” “How’s it going?” in French.
2. The phrase is said this way, “Quoi de neuf?” which is pronounced kwah duh nuhf.
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “What’s up?” “How’s it going?” in French to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

### Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging? Easy?
- What other language would you like to learn?



## Activity #7: Musical Order

### What you will need:

- Song lyrics written on sentence strips (divide lyrics into 4-6 cards). You can use any number of songs, for example, Row, Row, Row Your Boat, The Itsy Bitsy Spider, Are You Sleeping? or other songs the children know. Have lyrics from at least 3 songs. Mix the lyrics of all the songs together.

### What you will do:

1. Divide the children into teams of 3-4
2. Give each team a collection of cards.
3. Explain when you say "Go!" the team members will work together to put the song lyrics in the correct order for each of the three songs you have utilized
4. The team who sorts the lyrics first, win.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #8: Table Art—Private Island**

### **What you will need:**

- Butcher paper
- Crayons, colored pencils or markers

### **What you will do:**

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to create a picture illustrating the perfect private island
4. When drawings are complete, have the children share with one another.

### **Wrap-up Questions:**

- What did you enjoy about drawing on this mural?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



### Activity #9: A What?

**Objective:** Pass an item and name an object at the same time

**What you will need:**

- 4 items to pass, this can be a stuffed animal, a water bottle, anything that is easy to pass

**What you will do:**

1. Divide the group into teams of 6-8. Have each team sit in a circle. If group is small, this can be done with just one team.
2. Explain you are going to distribute 4 items among them and tell them what each item represents. For example, a water bottle could represent an eggplant, and a stuffed bear a potato.
3. Explain the person with the item will be given the direction to pass “right” or “left” The item that person has must only be passed right, left, right, while a person who is directed to pass “left” can only pass an item left, right, left.
4. The person with the first object is to pass to the right. He/she will pass the item to the right and say, “This is an eggplant.” The person on the right will pass the item back and say, “A what?” The originator will then pass the item back to this person on the right and rename it saying, “An eggplant.” Then the person who received the “eggplant” will do the same thing with people on his/her right, and the exchange will be the same.
5. Explain if the person is to pass to the left, the same protocol applies, only the direction has changed.
6. Explain the challenge will come when one person ends up with two objects and needs to keep them straight
7. If a person passes the wrong direction, then he/she is out
8. Last person standing, wins.

**Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #10: Alphabet Story

**Objective:** Add to the story beginning the sentence with the next letter of the alphabet.

### What you will need:

- No materials needed

### What you will do:

1. If you have more than 26 children, ask for Champions from each group (you will need a total of 26 champions) If you have a smaller group, the game will continue as you rotate around the circle.
2. Ask the children to come forward, lining up in a horizontal line, shoulder to shoulder
3. Explain they are going to tell an “Alphabet Story”
4. Explain the first person will begin his/her sentence with the letter “A”. For example: Aunt Marie is coming to our house for dinner.
5. Explain the second person will begin his/her sentence with the letter “B”. The sentence must go with the first sentence. “Because she will be staying late, she’ll spend the night.”
6. Explain the third person will begin his/her sentence with the letter “C”. The sentence must continue the story, such as, “Charlie her kitten will be coming with her.”
7. This would then continue until all 26 have added a sentence.
8. Explain that if a person gets “stuck” it will be up to them to help that person get started on the sentence.
9. Note: Remember this is a story and each sentence needs to build on the sentences before it.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?





## Activity #11: Arm Pit Relay

**Objective:** Carry an orange from the start to the container using only your armpit.

### What you will need:

- Oranges
- Cones to create start and finish lines
- Bowls for each end of the racecourse
- Tables for the oranges and bowls to be placed on

### What you will do:

1. Divide group into two teams
2. Explain each member of the team will need to carry an orange, using only his/her arm pit, from one container to another
3. Explain if the orange is dropped, the youth will need to pick it up, return to the start line and place it on the table and begin again
4. Explain that player #1 will carry the first orange and then return to tag the second player who will then pick up and carry the orange to the container at the other end
5. Explain play is over when teams have completed the task

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #12: Aroostasha

**Objective:** Say and act out the Aroostasha chant as a group.

**What you will need:**

- No materials needed

**What you will do:**

Arrostasha is a “my turn-your turn” chant. The leader says the line, then the group echoes. Each line is accompanied with a movement. In order to add a new movement, the chant starts at the beginning again. The movements continue even though the chant has moved on to the next line.

In between each “direction” the group chants the chorus: “Arrostasha, arrostasha, aroostasha-sha Arrostasha, arrostasha, aroostasha-sha”. You accompany this chorus with steps to the right and then steps to the left.

**The verses are these:**

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows touching one another)

Chest out (person leans backward and thrusts chest forward)

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Tongue Out (this is the final movement and will results in giggles to be sure)

Verse with chorus inserted:

Thumbs up (motion is thumbs up on both hands)

“Arrostasha, arrostasha, aroostasha-sha

Arrostasha, arrostasha, aroostasha-sha”

Thumbs up (motion is thumbs up on both hands)

Elbows in (movement must now be done with the elbows touching one another)



## Icebreaker



“Arrostasha, arrostasha, aroostasha-sha  
Arrostasha, arrostasha, aroostasha-sha”

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)...Chorus

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)

Knees together (movement must now be done from right to left with the knees touching one another)

Chorus

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Chorus

Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Chorus



## Icebreaker



Thumbs up (motion is thumbs up on both hands)

Elbows in (elbows are touching one another in front of the person)

Chest out (chest is thrust out)

Knees together (movement must now be done from right to left with the knees touching one another)

Toes in (trick is to keep thumbs up, knees together, and now turn the toes toward each other)

Rear end out (this requires the person to bend forward at the waist, keeping toes in, knees together, thumbs up, and the bottom out)

Tongue Out (this is the final movement and will results in giggles to be sure)

Chorus

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #13: Bingo

**Objective:** Play a traditional game of Bingo on a card you created with numbers 1-50

### What you will need:

- Blank Bingo card for each group of 3 (attached to this document) or for each child if group is small
- Number cards 1-50 at the end of this document, cut apart
- Pencil or Crayola for each team (can distribute to the table)

### What you will do:

1. Distribute the Bingo Cards
2. Explain they are to take the numbers 1-50 and place them randomly on the card.  
Explain they can only use a number one time
3. Explain when the number is called, they will mark it off on the card
4. First team who gets a Bingo, wins

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



**Bingo Cards and Number Cards**

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
<b>9</b>	<b>10</b>	<b>11</b>	<b>12</b>	<b>13</b>	<b>14</b>	<b>15</b>	<b>16</b>
<b>17</b>	<b>18</b>	<b>19</b>	<b>20</b>	<b>21</b>	<b>22</b>	<b>23</b>	<b>24</b>
<b>25</b>	<b>26</b>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>	<b>32</b>
<b>33</b>	<b>34</b>	<b>35</b>	<b>36</b>	<b>37</b>	<b>38</b>	<b>39</b>	<b>40</b>
<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>
<b>49</b>	<b>50</b>						



# Icebreaker



## Bingo Card

B	I	N	G	O
		Free		



## Activity #14: Bouquet of Flowers

**Objective:** Use creativity to create a bouquet of flowers with limited supplies.

### What you will need:

- Paper (different colors of construction paper—green, red, yellow, purple, orange, white, blue for sure)
- Glue sticks
- Clear tape
- Paper cups

### What you will do:

1. Distribute the supplies to each group
2. Explain the activity today is for each group to create a bouquet of flowers using only the materials they have
3. Explain they will not have scissors and will need to “tear” the flowers for the bouquet
4. Explain they have glue and tape to use to hold the flowers together
5. Explain the bouquet will need to fit into a cup
6. When time is called (about 7 minutes) each team brings bouquet to the front and entire audience votes for the best bouquet
7. There are no prizes, just applause. Youth will need to clean up on space

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?





## Activity #15: Category Snap

**Objective:** Keep the rhythm going while trying to name things in a particular category.

### What you will need:

- No materials needed

### What you will do:

1. Divide the group into teams of 5-6
2. Explain that as a team they will create the “beat” or the rhythm for the game
3. Demonstrate the rhythm (two hands pat the knees, two-handed clap once, right hand snap, left hand snap)
4. Repeat the rhythm until the children have the idea. Remind them to keep the same speed. Explain while now the speed doesn’t seem to be important, it will matter as the game progresses
5. Once the rhythm has been established, explain you will begin the game by saying a category on the right hand click and an item in the category on the left hand click
6. For example, you might say, “Fruit” on the right click and then give an example of the fruit on the left click, “Apples”.
7. Explain when the rhythm begins again, the group in unison on the first click will say the last word you spoke, in this case “apples” and on the left hand click, the group will name a second fruit.
8. Explain it will then come back to you on the third turn and you will say the fruit you heard them say, (it won’t be everyone but it will be one that you could hear) and then another fruit to “reset” the game.
9. For example, if you heard, “pear”, then you will say “pear” on the right hand and “orange” on the left hand.
10. The game then goes back to the audience to say, “orange”, and then another fruit.
11. The game then comes back to you, and it continues back and forth.
12. At any time you may choose to change the category. In order to do this you will simply name the category and an item that is in that category.
13. When you send it back to the group, they will say the last word you said, and then add to it.
14. Play goes on for several minutes before time is called



## Icebreaker



### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #16: Cheer Greetings

**Objective:** Have youth lead a welcome cheer for the entire group.

### What you will need:

- No supplies or materials needed

### What you will do:

1. Ask for a volunteer to start the challenge by coming to the front of the group
2. Explain the entire group will participate in the Cheer Greeting
3. Here is the chant:

Youth: My name is (first name)

Group: YEAH!

Youth: And I like to (name an activity)

Group: Uh-huh!

Youth: And I'll be a (person doing the activity)

Group: YEAH!

Youth: Every day of my life.

Group: Every day of his/her life.

### Example:

Youth: My name is Judy

Group: YEAH!

Youth: And I like to jump

Group: Uh-huh!

Youth: And I'll be a jumper

Group: YEAH!

Youth: Every day of my life.

Group: Every day of her life.

4. Continue until everyone has had a turn



## Icebreaker



### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #17: Chugga, Chugga

**Objective:** Learn and enjoy the Chugga, Chugga Chant

**What you will need:**

- No supplies or materials

**What you will do:**

1. Explain this is an activity for the entire group
2. Teach the group this chant:

Hey there, (child should say his/her first name)

You're a real cool cat.

With a little of this (snap fingers on the word "this" 😊)

And a little of that (snap fingers on the word, "that")

Don't be afraid to boogie and jam

Just stand up and chugga as fast as you can.

Chugga up, chugga chugga chugga chugga

Chugga down, chugga chugga chugga chugga

Chugga right, chugga chugga chugga chugga

Chugga left, chugga chugga chugga chugga

**Note:** there is no particular motion for Chugga, children need to make up their own motions to go up, down, right, left.

**Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #18: Cooper Says...

**Objective:** Children practice leading a game of Cooper Says.

**What you will need:**

- No materials or supplies needed

**What you will do:**

1. Divide the group into teams or if a small group, each child is his/her own team
2. Number the teams (or children) so they will know the order in which they will become the leader when you say “pass”.
3. Explain this game is like the game, Simon Says, however in this game the audience is to follow only what Cooper Says.
4. Explain you will begin the game by saying, Cooper says, “Pat your head” (you can say anything here). Whatever direction you give, the children in the audience should do. Give two or three more directions, mixing it up between Cooper says and simply giving the direction.
5. Remind children if they do something Cooper didn’t say to do, they will be out.
6. After giving several directions, say pass, and the next team in line will take your place and give several directions, using both Cooper says, and simply giving the direction.
7. You will then say “Pass”, and the next team will come up and take on the responsibility of giving the directions
8. Give all children a chance to be Cooper
9. Game is over when time is called or there is only one team with anyone still standing.

**Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #19: Warm Wind Blows**

**Objective:** Children will see that they have traits in common with many of their classmates.

### **What you will need:**

- No materials needed

### **What you will do:**

1. Have all of the children sitting, facing the front of the space
2. Explain this activity is for everyone
3. Explain you will say, “A warm wind blows for anyone who \_\_\_\_\_.” Anyone who has the item named stands up. This person will remain standing.
4. Explain you will say the next statement. Again, anyone this statement applies to will stand up.
5. When all of the children are standing, the game is over.

### **Warm Wind Blows Statements**

#### **A warm wind blows for anyone...**

- who has helped plant a garden
- who is the oldest child in his/her family
- who can touch his nose with his/her tongue
- who stayed home last weekend
- who was born in Texas
- who has gone horseback riding
- who has four or more animals at his/her house
- who can speak two languages
- who has been roller skating in the last 4 weeks
- who likes to eat Brussel sprouts
- who is the youngest in his/ family
- who has only brothers
- who has only sisters
- who can say the Alphabet backwards



## Icebreaker



whose first name starts with a vowel

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?





## Icebreaker



### Activity #20: Disney Mania

**Objective:** Children reflect on past experiences and apply them to this new situation.

**What you will need:**

- One, 6-sided dice

**What you will do:**

1. Brainstorm a list of all the Disney characters the children can think of
2. Have children make a horizontal line.
3. Explain they will be naming Disney cartoon characters)
4. Explain that each child will roll the die and whatever number appears will identify how many Disney cartoon characters he/she must name
5. If child cannot name the identified number of characters, he/she is out
6. Game is over when only one child remains

**Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #21: Encore

**Objective:** Work as a team to find song titles that begin with a category.

### What you will need:

- No supplies or materials needed

### What you will do:

1. Divide the group into pairs, mixing the children with one another (young children with older children if you have a multi-age group)
2. Once the children have been divided have each of the pairs huddle together (this can be around a table or in a cluster)
3. Explain you are going to call out a word and the group is to think of a song with that word or topic in it. The group will have 3-5 minutes to practice the song and then up to 1 minute to present to the entire group
4. Everyone in the pair needs to participate.
5. For example, if you were to call the word “rain”, the group could sing the song, The Itsy Bitsy Spider because the word “rain” is in that song.
6. Give pairs a chance to prepare and then have each pair present.
7. Possible words to use (pig, stream, life, run, lamb, Bingo)

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



### Activity #22: Gesture Name Game

**Objective:** Team will work together to name themselves and to create an action that helps to define them.

**What you will need:**

- No supplies or materials needed

**What you will do:**

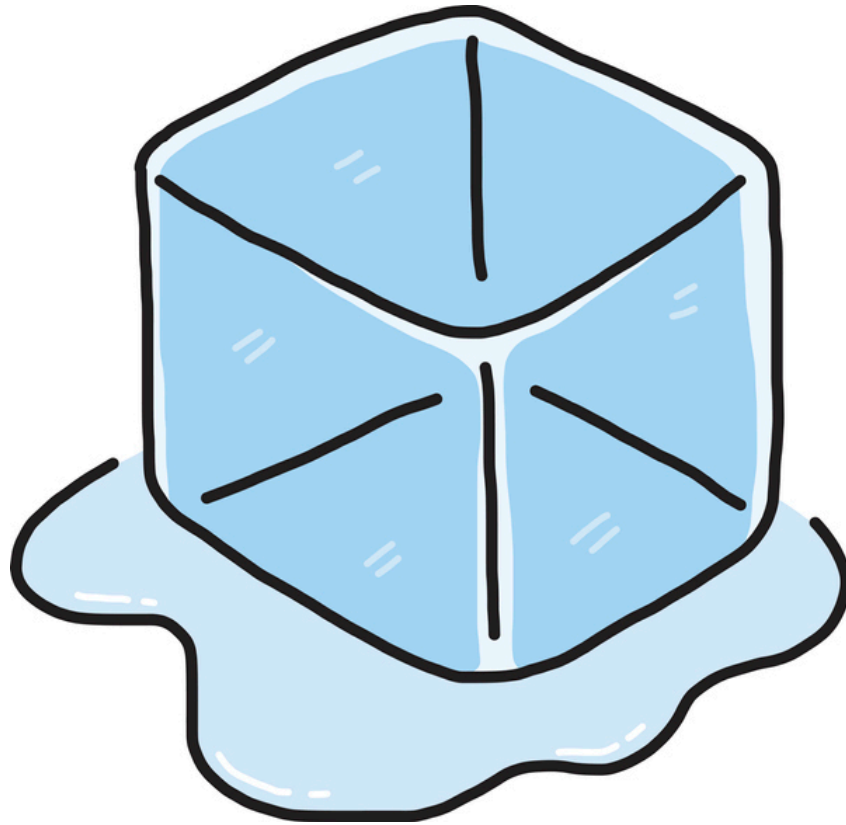
1. Divide the group into teams of 2-3 children
2. Ask the children to come up with a name for their team
3. Explain that one at a time the teams will come up say its name, making a gesture for each syllable in his/her name. For example, if the team's name was Just Amazing, they could clap one time on Just, snap right hand for "a" and left hand for "may" and then stomp their feet for "zing". Ask the audience for other gestures or motions they could do instead of snapping fingers or clapping. (This will help teams with ideas of what to do)
4. Explain to the audience that after the team says its name and does the gestures, the ENTIRE audience will provide the echo, saying the name and repeating the motion.
5. Game is over when all teams have shared the team name and motions

**Wrap-up Questions:**

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Ice Breakers**

**Set #12**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #12**

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A.K.A. \$5.00



## Icebreaker



### Activity #1: “I See”

**Objective:** Children observe what is around them.

#### What you will need:

- No supplies or materials needed

#### What you will do:

1. Explain to children this activity is for everyone and have them all form a circle
2. Explain you will begin the activity by saying, “I see”
3. Explain after you say, “I see”, the entire audience responds in unison with “What do you see?”
4. Explain you will then say, “I see a ball bouncing” (you can say anything here), and as soon as you have named what you see, the children and youth will begin pantomiming that action
5. After several seconds repeat, “I see” to which the audience responds, “What do you see?” You will then name something different for them to pantomime.
6. Game is over after 5-6 actions
7. Possible actions: bees buzzing, kids touching their toes, kids making funny faces, kids hopping on one foot, kids jogging in place, bird flying, etc.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #2: Name It

**Objective:** Children work as a team to answer questions.

### What you will need:

- No materials or supplies needed

### What you will do:

1. Divide the children into pairs
2. Explain you will call one pair up at a time to answer the question
3. Explain you will name a category and pairs will have 30 seconds to name as many items as he/she can in that category
4. Explain you will give them 1 point for each word they add that truly fits into the category
5. Explain the pairs will compete 1 at a time
6. Winning pair has the highest total score

### Categories:

- Kinds of gum
- Kinds of candy
- Names of singers
- Names of colors
- Names of different languages people could speak
- Names of foods you can get at a Fast Food Restaurant
- Kinds of cookies
- Names of cities
- Names of boys
- Names of girls
- Flavors of ice cream

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?





## Activity #3: Oliver Twist

**Objective:** Children exercise the Oliver Twist Chant

### What you will need:

- No supplies or materials needed

### What will you do:

1. Have the group form a circle
2. Explain they are going to participate in an activity, Oliver Twist
3. Practice the chant with the children:
  - Oliver Twist, Twist, Twist (hands on hips and twist body)
  - Can't do this/this/this (tap right foot and shake forefinger of the right hand)
  - Touch his head, head, head (touch head with hands)
  - Touch his nose, nose, nose (touch nose with finger)
  - Touch his ears, ears, ears (touch ears with hand)
  - Touch his toes, toes, toes (touch toes)
4. After several practices, explain one at a time, children will lead the activity.
5. Explain they will start slow and repeat 5 times, each time faster than the time before the leadership role moves to the next person in the circle

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #4: Table Art-My Favorite Water Activity

**Objective:** Children work together to create a mural on a specific topic.

### What you will need:

- Butcher or chart paper for each group :
- Crayolas, marking pens, pencils

### What you will do:

1. Explain that this activity is for everyone
2. Explain they will work in duos or trios and illustrate the answer to the question: My favorite water activity
3. Duos and trios should consider the fun and extraordinary things to do in the water: swim, fish, water polo, snorkel, etc.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Table Art-Fall Garden

**Objective:** Children work together to create a mural on a specific topic.

### What you will need:

- Butcher paper for each of the tables
- Crayons, colored pencils, markers

### What you will do:

- 1.
2. Explain to youth they will be working with their table mates to create a “perfect” fall garden
3. Explain they may include the items they think will make their “fall garden” special
4. Explain the teams will have approximately 8 minutes and then will share with the rest of the group
5. Have group share the mural they created.

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Activity #6: Trios

**Objective:** Children will work in threes to create and action that is called out.

### What you will need:

- No materials needed

### What you will do:

1. Explain this activity is for everyone
2. Ask all children/youth to divide themselves into trios
3. Explain you will call out an “action” and the Trio must figure out how to act it out. For example, you might call elephant and the Trio will line up shoulder to shoulder, the center person will raise his/her arm like a trunk while the youth on either side will extend their outside arms and wave them back-and-forth like ears.
4. Have children practice with this image.
5. Answer any questions they have then you will begin.
6. Call out these Trios one at a time (Possible ways to demonstrate)
  - a. Cowboy (person in middle “swings the lasso”, person on either side asks like a horse running)
  - b. Eating lunch at a table (1 table, 1 chair, 1 person)
  - c. Petting a dog (1 as the dog, 2 taking turns petting)
  - d. Playing jump rope (2 turners, one jumper)
  - e. Rowing a boat (one is the boat, one is the oar, one is the person in the boat, pulling on the oar)
  - f. Playing basketball (one is the ball, one is the basket, one is the player)
  - g. Watching TV (one is the TV, one is the watcher, one is the TV show)

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging? Easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #7: Acts of Kindness

**Objective:** Children demonstrate kindness without expecting anything in return.

#### What you will need:

- 12" x 1" strips of construction paper for each youth
- Pencils
- Staplers

#### What you will do:

1. This is an activity for everyone
2. Each person writes and/or illustrates a random act of kindness on the strip of paper. Something he/she could actually do.
3. Group the chain strips together to make a paper chain. Link them as each child reads his/her act of kindness.

#### Wrap Up Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



## Activity #8 Table Art: Dream Bedroom

### Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

**Object of the Activity:** Object is to work together to create a mural depicting each child's dream bedroom.

### Directions:

1. This is an activity for everyone on the team
2. Have students sit at the table with the butcher paper spread out in front of them. Children may work in pairs if they would like
3. Discuss with the children what would be included in their dream bedroom. Make a list of the things they name
4. After this brainstorming, each child or pair of children should illustrate the dream bedroom for them.

### Wrap-up Questions:

- How did you feel when you read the compliments people added to your name?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



## Icebreaker



### Activity #9: Table Art: Formal Dinner

#### Object of the Activity:

The object of this activity is for the group to create a mural of the food served at a Thanksgiving Dinner.

#### Materials Needed:

- 6' of butcher paper
- Crayons, markers, colored pencils

#### Directions:

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a picture of the perfect Thanksgiving Table
3. When all have finished, have each child share his/her drawing and tell why they added the items they did.

#### Wrap-up Questions:

- How many people drew the same food?
- If you were to hold a contest to determine the best foods for Thanksgiving Dinner, which foods would win?
- What is it about completing this mural did you enjoy the most?



## **Activity #10: Table Art: Best Way to Spend A Week Off**

### **Object of the Activity:**

The object of this activity is for the group to create a mural of the best way to spend your Thanksgiving Week break

### **Materials Needed:**

- 6' of butcher paper
- Crayons, markers, colored pencils

### **Directions:**

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw a scene depicting the best ways to spend the Thanksgiving Week Break.
3. When all have finished, have each child share his/her drawing and tell why they chose what they did.

### **Wrap-up Questions:**

- How many people want to spend the week the same way?
- If you were to hold a contest to determine the best way to spend the week, what single activity do you think would win?
- What is it about having a week off at Thanksgiving you enjoy the most?





## Activity #11: Itsy, Bitsy Spider

**Object of the Activity:** The object of the game is for the groups to sing the song, Itsy, Bitsy Spider in rock style.

### Materials Needed:

- No materials needed

### Directions:

1. Divide the group into teams of 3-4
2. Have each group come to the front of the group (on stage if possible).
3. Review the song the Itsy, Bitsy Spider with the entire group, (students and adults) along with the hand motions.
4. One at a time the teams come up to sing the Itsy, Bitsy Spider in a rock form. Group then sings the song.
5. Winner is determined by applause and cheering. (No booing!)

### Wrap-up Questions:

- What did you enjoy about singing this song in rock style?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity: #12 Birthday Game

**Objective:** Help children communicate in non-verbal ways.

#### What you will need:

- No materials needed

#### What you will do:

1. If you have a group over 12, divide the group into teams of 10-12
2. Explain that the rule is that no one can talk. Explain that during this game players cannot talk. They may use some sort of body language, nodding, shaking the head, smiling, moving away, etc.
3. Once the youth are in a group, the task, without talking, is to line up in the order of the youth's birth month.
4. If multiple teams are playing, you can designate that the team who lines up correctly first, wins.
5. If you are playing with one team, time the first effort, and then reset the activity only have them line up by calendar date—no matter what the month. Whichever activity wins that team is designated as the winner.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #13: Blindfold Game

**Objective:** Build auditory direction-following skills.

### What you will need:

- Blindfolds for  $\frac{1}{2}$  of the players
- Paper clips, one for each team of 2 players

### What you will do:

1. Divide the group into pairs
2. Give each pair a blindfold and a paper clip
3. Explain that the blindfolded member of the team will be given directions by the sighted player so he/she can find the paper clip which will be on the floor
4. Explain the sighted team member may give simple direction like forward, right, left, stop, down, etc.
5. Explain it is the sighted team member's responsibility to keep the blindfolded player from running into anything or anyone. Explain it is the blindfolded team member's responsibility to move slowly and carefully
6. Explain that the sighted player will place the paper clip on the floor approximately 8 yards away from the start line
7. Sighted player then moves closer to the blindfolded person and gives the direction for him/her to follow to pick up the paper clip
8. Play is over when time is called or all players have picked up the pair's paper clips

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



### Activity #14: Empires

#### What you will need:

- Paper and pencil for the Empire Manager

#### What you will do:

1. Select one person to be the Empire Manager (This can be the team leader)
2. Explain that everyone in the room is to think of the name of a famous person, cartoon character, alive or dead. Explain they should NOT tell anyone else the name they have chosen. Explain they should think of two or three different names because no two people can have the same name
3. One at a time, the youth come up to the Empire Manager and tell the Manager the name of the person they have identified (if they state a name already in play, they must come up with another name) The Empire Manager writes down both the player's name and the name they chose. For example, Sally might have picked Sponge Bob Square Pants, so that is what the Empire Manager writes down. The Empire Manager should guard the list so no one sees anyone's name but their own.
4. When the Empire Managers has everyone's name, everyone lines up and the Empire Manager calls the first person forward. The Empire Manager reads several of the names on the list. The person called forward may then ask any of the remaining players if they are one of the names read. For instance, if the Empire Manager read Sponge Bob Square Pants, Pluto, and Minnie Mouse, the person who was called forward could say, "Sally, are you Sponge Bob Square Pants?" Sally would answer "Yes", and would come and join the person's Empire. The person would continue to guess until he/she had a wrong answer. If the Empire Manager said, "Sally, are you Minnie Mouse?" Sally would answer "No", and the Sally has her turn to guess and the Empire Manager reads a list of names for Sally to hear."
5. Play continues until everyone has been identified. Winner has the biggest Empire.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #15: Egg Car

**Objective:** Practice engineering practices and meet the constraints of the challenge.

### What you will need:

- Eggs
- Boxes
- Bubble wrap
- Cotton balls
- Rubber bands
- Sponges
- Balloons
- Test ramp

### What you will do:

1. Divide the youth into teams of 3-5
2. Share the supplies with the youth by showing them to them
3. Explain that the task is for each team to create an “egg car” that will be able to slide down the ramp and “crash” into the wall and keep the “egg” (or passenger in the car) from breaking.
4. Explain they may use as many of the supplies as they want to create this car which will protect the “egg”
5. Explain that the team should work together because they will have only one opportunity to test their car.
6. Set up the ramp so that at the end of the ramp, it will crash into a wall
7. Winner is the team(s) which protects the “egg”

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #16: Stuck in the Mud

**Objective:** Play the game of tag and avoid being tagged.

**What you will need:**

- 4 cones to mark the playing area

**What you will do:**

1. Select 2-3 youth to be “it”
2. All of the players move around inside the playing area trying to avoid being tagged by “it”
3. If “it” tags a person, he/she is stuck and must stand still until another “free player” taps them on the shoulder and shouts “Free”
4. Change the people who are “it” after 3-4 minutes, giving everyone an opportunity to be both “it” and a player
5. Game is over when you call time

**Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #17: Invisible Ball

**Objective:** Helping youth build their skill of imagination

### What you will need:

- Ball which will bounce

### What you will do:

1. Have youth form a circle
2. Join the circle and start bouncing a ball and then throwing it to different youth in the circle
3. Ask them to throw the ball to someone else
4. Continue this plan and then ask the person with the ball to throw it back to you
5. Put the ball away
6. Tell the youth that they're going to be playing with a range of balls, in a variety of sizes and types
7. Start to bounce your invisible ball. Explain you are going to call someone's name and then you are going to tell them what kind of ball you are throwing to them (tennis, ping pong, soccer, bowling, beach, etc.)
8. Explain they need to catch the invisible ball in a way that is reflective of how that ball would be caught.
9. Explain they will then call someone's name and change the type of ball they are throwing
10. Game continues until everyone has a chance to both catch and throw a different type of ball

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## **Activity #18: Machine Game**

**Objective:** Helping youth build their skill of imagination

### **What you will need:**

- No materials needed

### **What you will do:**

1. Bring youth together and have them divide into teams of 5-8
2. Explain that as a team they need to decide on a machine that they will act out, explain, and demonstrate to the other teams (for example a bulldozer, a Ferris Wheel, a car, a lawn mower, etc.)
3. Explain they will have practice time and that each person must have a part in the skit they present—both acting and speaking. For example, a person may say, “I am the steering wheel and I turn the snow plow to the right and the left” all the while acting out the steering wheel turning both right and left. Each member of the team takes a turn.
4. Game is over when all teams have shared their “machines”

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?





## Activity #19: Memory Game

**Objective:** Building children's skills of observation

### What you will need:

- 30-40 small items that youth will be familiar with—household and school items
- 2 trays (can be paper plates or cookie sheets)
- Paper Towels
- Pencil and paper for each youth

### What you will do:

1. Divide the items you have collected and place them on two trays. Cover the trays with a paper towel
2. Have the youth sit in a circle
3. Explain you are going to bring in one tray, uncover it for approximately 1 minute for youth to observe what is on the tray
4. When you cover up the tray, explain they should write down as many of the items that they can remember which were on the tray. Explain that it is important they do not talk aloud or share what they remember with the other youth.
5. Have youth share the lists they made and count the # they got right
6. Now, divide the youth into pairs or groups of three
7. Explain you are going to bring in a second tray and the procedure will be the same, except the pair or small group may talk with each other to help each other remember what was on the tray
8. Show the tray. Cover it. Have teams work together to make the list
9. Usually, as a team they are able to remember more items.
10. Discuss why it is easier to remember when you have a team.
11. Ask how being on a team would be useful in many ways. Ask them to talk about times they think working as a team helps.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #20: Sheet of Paper Game

**Objective:** Children will exercise their problem-solving skills

### What you will need:

- Scissors
- Piece of 14" x 17" paper for each group (you could use a ½ of a newspaper page)

### What you will do:

1. Divide the group into teams of 2-3
2. Distribute the supplies (paper and scissors) to each group
3. Explain that each team has to solve this problem: "How will we cut this paper in such a way that we will be able to step through it?"
4. Once the team has made the decision, they should cut the paper according to their plan and see if they can step through the piece of paper successfully
5. Give the teams a time limit
6. Winning team makes it through in the least amount of time

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #21: Similarities

**Objective:** Youth are working to find common ground among small to large groups

### What you will need:

- Pencil and paper for each youth

### What you will do:

1. Divide the group into two small groups
2. Create inside and outside circles with the teams, one team on the inside facing away from the center of the circle, and the second team standing in front of one of the people on the inside circle, facing them so they can have a conversation
3. Give each child a piece of paper and a pencil (a clip board would be nice if you have them)
4. Ask pairs to have a conversation and come up with something they have in common such as “love to ice skate”, hate peanut butter”, “have three siblings”, etc.
5. After each 90 second conversation, move one circle or the other to the right (this will look like one moving circle and one still circle. You can change the moving circle each time.) until everyone has had a chance to talk with everyone, finding things they have in common.
6. When all children have talked with everyone, ask them to share things they had in common with one another.

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to play this activity well?
- Would you recommend this activity to others? Why or why not?



## Activity #22: A.K.A. \$5.00

**Objective:** Opportunity to develop physical skills in a small group

### What you will need:

- Clip Boards with paper and pencil
- Combination of footballs, volley balls, and other balls which can be thrown and caught easily
- 2 Orange cones to mark playing field

### What you will do:

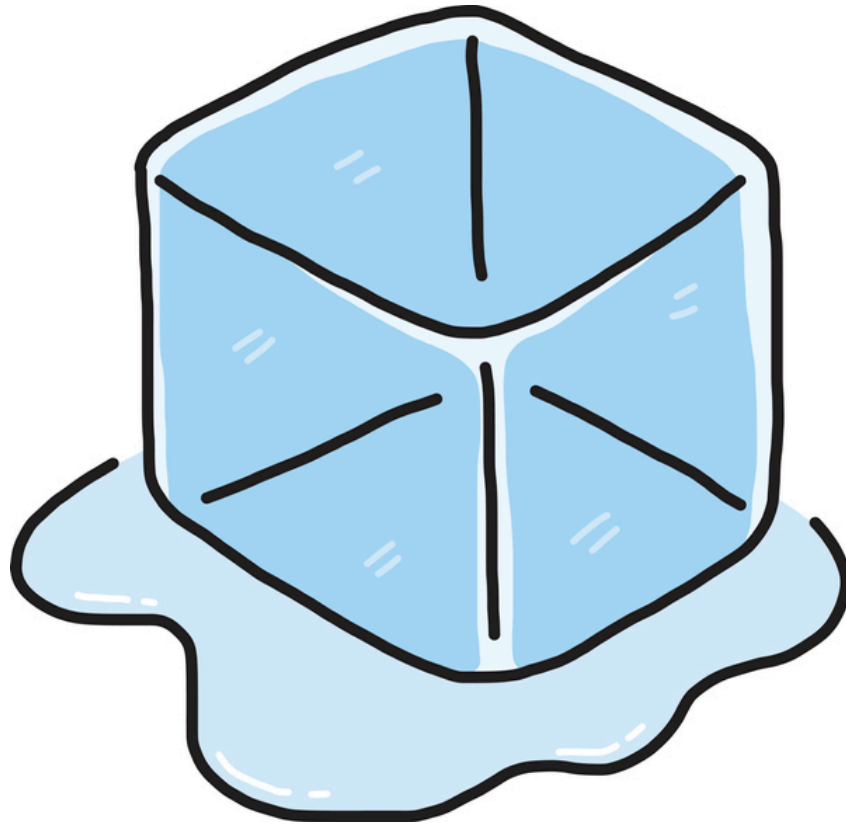
1. Place one cone to mark the throwing line, place a second cone at least 20 feet from the first cone for the catchers to stand behind.
2. Divide the youth into groups of 5-6, give each group a clip board, paper, pencil, and one of the balls
3. Explain that one person will be the thrower, one person the scorekeeper, and 3-4 people will be catchers
4. Explain they will rotate positions each time a round is completed until everyone has a chance to be in each position
5. The thrower and the scorekeeper stand at the start line, the catchers stand behind the second cone
6. The thrower calls out a number (25, 50, 100 or 200) and then throws the ball. The person who catches the ball earns that many points (the scorekeeper records). If the person drops the ball, they lose that number of points (the scorekeeper records).
7. First person to reach 500 points wins the round. Team members rotate positions and play resumes with a new thrower and scorekeeper.
8. Game is over when everyone has been in all positions.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



**Icebreaker**



**Ice Breakers**

**Set #13**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #13**

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## Activity #1: All on One Side

**Objective:** To move all of the players from one side of the line or net to the other.

### What you will need:

- Balloons
- Volleyball net is preferable, however can be played with only a line to show the net

### What you will do:

1. Everyone is on one side of the net or line
2. Put the balloon into play when one person bats the balloon into the air and then moves to the other side of the net or line
3. Play continue until each person has been able to touch the balloon and move across the line or under the net
4. The last person to bat the balloon, bats it to the group on the other side of the line or net and play continues in the same way
5. If the balloon drops, it needs to be retrieved and put back into play
6. Game is over when time is called

**Note:** If you have a large group you might want to divide the group into teams of 10 or 12

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





## Activity #2: Ambush

**Objective:** Avoid the ambush and get all team members home first.

### What you will need:

- Game needs to be played outdoors, other than that no materials needed
- 2 Orange cones to mark “home”

### What you will do:

1. Set up the cones to indicate “home”
2. Divide the group into two teams
3. Team A leaves the “home” and moves out onto the playground to set up an “ambush”
4. Team B turns their backs so they cannot see where Team A has set up the “ambush”
5. Team A has about 2-3 minutes to set up—only guideline is that Team A needs to be on two sides of the “ambush” spot
6. Team A tries to hide as well as possible
7. Team B sets out to find the “ambush”
8. When all of Team B is inside the “ambush”, Team A shouts, “Ambush!”
9. Both teams race to get to home. Team who has all players back first, wins.
10. If you have time, reverse and let Team B set up an “ambush” for Team A.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Icebreaker



### Activity#3 : Back to Back

**Objective:** Follow the directions of the game without being tagger.

#### What you will need:

- No materials needed—can be played indoors or outdoors

#### What you will do:

1. Select one person to begin the game as “IT”
2. Everyone else is to have a partner to begin with. The partners should be back-to-back
3. “IT” calls out either “back-to-back” or “face-to-face”. If the call is “back-to-back” players must find a new partner and stand back-to-back. If the call is “face-to-face”, the players must find a new partner and face each other, shaking hands with the new partner
4. “IT” continues calling one or the other commands, and tries to find one of the partners him/herself so there is a new “IT”
5. Play continues until time is called

#### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #4: Backlash!

**Objective:** Teams move a balloon from one place to another.

### What you will need:

- 2 balloons, blown up for each team
- Orange cones to mark the start/finish lines and also where pairs on each team must stand on the playing field (it would look like a football field with lines marked 10 yards apart)

### What you will do:

1. Divide the group into two teams
2. Divide each team into pairs
3. Station the pairs at each of the cones marking the yard lines
4. Pairs must stand back-to-back with elbows linked
5. First pair is each given a balloon to hold
6. When you say, "Go!", the pair with the balloons and with elbows locked, moves down the field to the second pair
7. Pair with the balloons transfer the balloons to the next team, who then continues the race, back-to-back, balloons in hand, to the next pair
8. Play continues until one of the teams cross the finish line

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #5: Balloon Battle

**Objective:** Try to pop the balloons of others while not getting your own balloon popped.

### What you will need:

- 2 colors of balloons
- String tied to an inflated balloon for each person in the group

### What you will do:

1. Divide the group into two teams—each team will be recognized by the color of their balloon
2. Give string and balloon to each player on the team
3. Player ties the balloon on the string to his/her right ankle
4. The rule is that players must keep hands behind their backs during the battle. There is no pushing, shoving, or running
5. When you say “Go!”, the “battle begins, each team trying to pop the other team’s balloon
6. When balloon is popped, person is out of the game
7. Game is over when only one color of balloons is left unpopped

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #6: Pass It

**Objective:** The object is to pass an object without being detected.

### What you will need:

- One small objects to pass—can be a small toy or ball that can fit into someone’s hand

### What you will do:

1. Pick a person to be “IT”
2. Everyone else sits in a circle, cross legged with knees up and hands tucked under the knees
3. “IT” must turn his/her back on the group. While he/she cannot see, one person is given a small object
4. The goal is for the people on the floor to pass the object around without being caught passing the object. It is important for the people on the floor to pretend to pass something to confuse “IT”
5. Once the circle has gotten started passing the object, “IT” tries to locate the object. If “IT” finds the object he/she takes the place of the person in the circle and there is a new “IT”. The new “IT” turns his/her back on the group and turns back after the passing has started again.
6. Play continues until you call time

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #7: Crabwalk Baseball

**Objective:** Play a game like baseball with a twist to elevate your heart rate.

### What you will need:

- Volleyball or other ball of that size
- Cones (one to mark 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup>, and home base)

### What you will do:

1. Set up the playing area to look like a baseball diamond (bases should be about 20 feet apart)
2. Divide the group into two teams, one team will be “up-to-bat” and the other team will begin in the field
3. The “pitcher” rolls the ball to the “batter” who then hits the ball with his/her hand and then crabwalks to first base and continues as far as he/she can go until the ball is back with the pitcher. The team in the field, must move by crab-walking, to get the ball and may then toss to someone else to get the player out or to the pitcher to stop the play
4. If the player is “out”, just like in baseball, then he/she comes off the field
5. Teams trade places when there are three outs
6. Game continues until you call time

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #8: Basket-Soccer Ball

**Objective:** Play the game of basketball utilizing soccer skills.

### What you will need:

- Basketballs and soccer balls
- Orange cones to act as pylons
- Basketball court (indoors or outdoors)

### What you will do:

1. Designate one basket for Team A and one for Team B
2. Set up cones in the center of the court to act as pylons which must be maneuvered around
3. Divide the group into two teams. Tell the team which basket is for which team. Explain that the teams can only score points at their basket.
4. Explain that a member from each team will use a soccer dribble to maneuver around the pylons and then pass the ball to the opposing team and continue this pattern for the length of the court. If they are heading toward basket for Team A, the Team B member will kick or lift the ball into the hands of Team B who will shoot at the basket. Both team members will race back to Team B's basket, with Team B player having the opportunity to shoot at that basket
5. Score is recorded and the next pair of players repeats the dribbling and shooting
6. Game is over when time is called (approximately 15 minutes). Winning team has the most baskets.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #9: Birds Have Feathers**

**Objective:** Children practice paying attention to the statements of others.

### **What you will need:**

- No materials needed

### **What you will do:**

1. Designate one person to be the leader (this can change throughout the game with the current leader calling the person who will be the new leader)
2. Everyone must be moving around. The leader will call out, “Birds have feathers” or “Birds can fly”. If the statement is correct, then everyone must flap their arms like a bird until the next call is made. The leader may call out things like, “Ostriches have feathers”, “Bats have feathers”, “Airplanes can fly”, “Babies can fly”, etc. When the leader calls out something that has feathers or can fly, the flapping continues. When the leader calls something that doesn’t have feathers (like bats) or can’t fly (like babies), flapping must stop as the players drop their arms to their sides, continuing to move around
3. If player flaps when he/she shouldn’t flap, or doesn’t flap when he/she should, they are out
4. Leader may call on someone else to be leader
5. Game continues until only one person is standing

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





## Activity #10: Blanket Toss

**Objective:** Practice working together as a team to accomplish a result.

### What you will need:

- Blankets or pieces of plastic tarp (these should be the size of a baby blanket)
- Water balloons (need enough for 3 for every youth)
- Orange cones to mark playing area

### What you will do:

1. Mark the playing area, probably on the grass (do not play inside)
2. Divide group into teams of 3-4
3. Distribute the blankets or tarp pieces and water balloons to each team (3 balloons for each player on the team)
4. When you say go, each team places a water balloon on the blanket, and together they begin to toss the balloon into the air off of the blanket and then catch the balloon with the blanket. After 90 seconds, call time. If during the 90 seconds the balloon breaks, the team waits until the next round.
5. Repeat with teams either continuing with the same balloon if it didn't break or a new balloon if it did break, until you call time. Explain to the group the balloon must be sent a minimum of two feet into the air during this round
6. Play continues until you call time. Teams count the balloons they have left. The team with the most balloons, wins. If there is a tie, have the teams face off and they must toss the balloons to one another to break the tie.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #11: Blind Cow

**Objective:** Practice utilizing skills other than visual

### What you will need:

- One blindfold
- One cow or jingle bell

### What you will do:

1. Choose one person to be the “Blind Cow”—ask for volunteers
2. Have the “Blind Cow” put the blindfold on. Have the remainder of the group sit in a circle
3. Carefully lead the “Blind Cow” into the center of the circle
4. People in the circle begin ringing and passing the bell around the circle, and the “Blind Cow” tries to follow the sound. When you call “Stop!”, the person with the bell stops ringing it and places it under his/her leg. Everyone in the circle, places his/her hands under his/her knees
5. “Blind Cow” removes the blindfold and point to or calls the name of the person he/she believes has the cow bell. If the “Blind Cow” is correct, he/she takes the place of the person in the circle, and that person becomes the new “Blind Cow”. After the “Blind Cow” has two turns, even if he/she does not guess who has the bell, selects a new person to be the “Blind Cow”, and the process begins again.
6. Game is over when you call time

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #12: The Boiler Burst

**Objective:** Practice listening and speaking skills

### What you will need:

- Orange cones to mark the “safe” line

### What you will do:

1. Pick one person to be the Storyteller
2. All other youth make a circle around the Storyteller
3. Storyteller begins telling a story—either one he/she is making up or a familiar story. At one point in the story, the storyteller says, “And the boiler burst!” When this is said, everyone in the circle races to the “safe” line while the storyteller tries to tag one of them. If a player is tagged, he/she becomes the new storyteller. If no one is tagged, story teller has a second (and final) turn as the storyteller
4. This next round is patterned after the first
5. Play continues until you call time

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #13: Bulldogs Roar

**Objective:** Exercise and strategize to not get tagged.

### What you will need:

- Orange cones to mark the playing field—lines are approximately 30 yards apart

### What you will do:

1. Select three players to be bull dogs and have them stand in the center of the two lines
2. Have all of the other players line up on the same side of the playing field
3. When the bulldogs call, “Bulldogs roar!” everyone on the line begins barking and racing to the other side of the playing field. Anyone tagged by one of the bulldogs is frozen in place.
4. Play continues until there is only one player left
5. If you have time, change the youth acting as the bulldogs and resume play

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Icebreaker



### Activity #14: Bumpity, Bump, Bump!

**Objective:** An activity to ensure youth know each other's names

#### What you will need:

- No materials needed

#### What you will do:

1. Select one person to be in the center of the circle that is made by all of the other youth
2. The person in the center points to one of the players and says, "Right, bumpity, bump, bump" or "Left, bumpity, bump bump!" The player pointed to must say the name of the person on either his right or left, following the directions of the player in the center. He/she must say the name of that person before the phrase, "bumpity, bump, bump" is completed.
3. If they are successful in saying the person's name, they stay in the spot they are in, and the leader in the center continues as before.
4. If the player who must name the person to the right or left, depending on the directions given, does not name the person before the phrase is over, he/she becomes the new center person.

#### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #15: Cat and Mouse

**Objective:** Play tag and avoid being tagged

### What you will need:

- No materials needed

### What you will do:

1. Select a player to be the cat and another to be the mouse
2. Everyone else creates a circle
3. If the cat and the mouse both get trapped inside the circle, the mouse loses and a new mouse must take his/her place. If the mouse is caught on the inside of the circle, and the cat is outside of the circle, then the cat loses and a new cat must take his/her place
4. The mouse and the cat are both continually moving, in and out of the circle between the players standing in the circle. Players in the circle can close the circle by taking hands and closing the circle. Depending on how the cat and the mouse end up determines who is the winner
5. Continue to play until time is called

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #16: Chicken Picks

**Objective:** Practice quick thinking in terms of categories

### What you will need:

- One rubber chicken or something similar

### What you will do:

1. If the group is large, divide them into teams of 14-16. Each team will need a rubber chicken
2. Have team form a circle. Select one person to be in the center of the circle; this person is the namer. Select one person to be the counter.
3. You will call out a category. Once the category has been named, the circle begins to pass the chicken. The person in the center of the circle must name as many items as he/she can that fit into the category. The counter counts the number of items the person names correctly. His/her turn is over when the chicken is back where it started.
4. The counter becomes the namer in the center of the circle and a new counter is selected. Another category is named and the process continues, until everyone has the opportunity to be both the namer and the counter.

**Possible categories:** Names of breakfast cereal; names of dog breeds, names of ice cream flavors, names of candy bars, names of States, names of professional sports' teams, etc.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #17: Circle Run

**Objective:** Exercising in a fun and engaging way

### What you will need:

- No materials needed (you will want to have circles of 15-20 youth)

### What you will do:

1. Have all of the youth sit in a circle
2. Have youth number off, 1, 2, 3, 4, 5, 6, and then begin again until everyone has a number
3. When you call out a number, for example, “3”, all of the 3’s stand up and begin to jog around the outside of the circle, not trying to pass anyone.
4. After the warm-up lap, you will call, “Circle Run” and all of the 3’s will begin to run, trying to pass the other 3’s. When a 3 is passed, he/she is out of the game. This round continues until only one person is left. That person is the “champion” for the 3’s.
5. Continue until you have “champions” for each number. Then call “champions” and play will continue until only one “champion” is left.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





## Activity #18: Circle Stride Ball

**Objective:** Work together as a team to keep the ball from going between the legs of members of your team.

### What you will need:

- Volleyball, soccer ball, or other round ball which will roll

### What you will do:

1. Group stand in a circle with feet touching and space between their legs (the space needs to be big enough for the ball to pass through)
2. Select one person to be in the center of the circle
3. He/she begins play by trying to roll the ball between the legs of one of the circle members
4. Circle members return the ball to the center using their hands but not moving their feet
5. If the ball goes in between the legs of a person in the circle, then he/she moves to the center, and play resumes after the person in the center takes the new person's place in the circle. If the ball goes between two people it does not count as a victory for the person inside the circle.
6. Plays continues until you call time.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #19: Concentration

**Objective:** Practice multi-tasking while learning others' names

**What you will need:**

- No materials needed

**What you will do:**

1. Have youth make a circle—they can sit or stand
2. Teach the group this rhyme:  
Concentration  
Concentration  
Is the game  
Is the game  
Keep the rhythm  
Keep the rhythm  
Just the same  
Just the same
3. Now teach the group this rhythm pattern: Tap knees once, clap hands once, click right hand, click left hand. Repeat this rhythm several times. Be careful about going too fast—it is trickier than you think
4. Now add the rhyme to the rhythm—each line is one rhythm
5. Select someone to be the leader. The rhythm starts and then the rhyme is repeated. After the end of the rhyme, on the first click, the leader says a person's name, and on the second click, says another person's name.
6. Those named then must do the same, saying another person's name on their click. If the chain is broken, select another leader and begin over again
7. Game is over when time is called.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #20: Dancing Statues

**Objective:** Move while keeping a cup balanced on one's head

### What you will need:

- Plastic cup for each child
- Music and music player

### What you will do:

1. Have the group stand up and distribute the plastic cups to each person
2. Explain that when the music starts, each person will put the cup on his/her head and begin dancing
3. If the cup falls off and the player can catch it before it hits the ground, he/she puts it back on his/her head and continues dancing
4. When the music stops, everyone with the cup still on his/her head receives a point
5. Play continues for several rounds, player keeping his/her own score
6. Winners are the people with the highest number of points.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #21: Dho-Dho-Dho

**Objective:** Spin on playing tag

### What you will need:

- Orange cones to divide the playing for each team and a “no-man’s land” in between

### What you will do:

1. Set up the cones, leaving a 10-foot-wide no-man’s space between the two teams
2. Line up the teams on either side of “no-man’s space”
3. Decide which team will go first
4. The team identifies a player who will go across no man’s land to the other side and tag as many as they can.
5. Before the player enters “no-man’s land” he/she takes a big breath and begins to chant “Dho, Dho, Dho.... He/she may only take one breath and must continue to say Dho, Dho, Dho the entire time he/she is tagging players.
6. He/she selects one of the team members to take across no-man’s land to become part of his/her team
7. The players on the opposite side can attempt to block the person’s way back across the line. However, they may not hold them, they can just get in the way.
8. If the player can make it back across the line of no-man’s land while still chanting Dho, Dho, Dho, without taking a second breath, with the other team member in tow, then everyone the person tagged must join his/her team. If they take a breath or cannot get someone from the other team back across the line, it is the other team’s turn and no new players join his/her team.
9. Game is over when time is called.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #22: Donkey Dodge Ball

**Objective:** Cardio-vascular health by playing a spin on Dodge Ball

### What you will need:

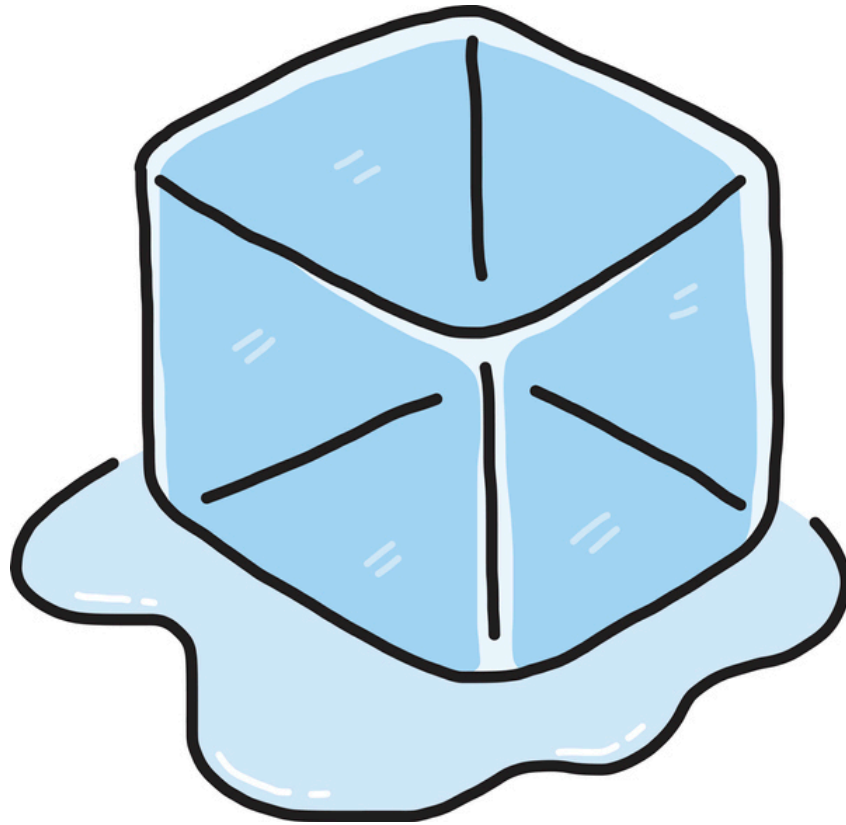
- Volleyball, soccer ball, or red bouncy ball

### What you will do:

1. This game is played with the same objectives as in all dodgeball games.
2. In this game a circle is formed and 4 people are chosen to go into the middle.
3. The 4 people hold on to each other at the waist, forming a chain.
4. The front and middle protect the back of the donkey by using their bodies as a block.
5. The players who form the circle try to hit the back end of the donkey, below the waist with the ball.
6. If someone does hit the last person of the donkey, then the thrower will join the front of the donkey and the person who was hit, joins the circle.
7. Game is over when time is called

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



# Ice Breakers

## Set #14



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.



## **Icebreaker Activities**

### **Set #14**

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## Activity #1: Follow the Leader

**Objective:** Children take turns being a leader

### What you will need:

- No materials needed

### What you will do:

1. Youth form a giant circle
2. One person volunteers to start as the leader
3. The person begins moving (in and out, right left, marching, jumping, hopping, etc. While doing this, the leader adds a “sound effect” such as “Cat’s meow” or “Dog’s bark”
4. Everyone in the circle follows the leader
5. When the Team Leader shouts, “Switch”, a new leader takes over and the children follow this new leader. The leader is moving directionally, with a particular physical movement, and acting out the words that were spoken. Only the leader can change the actions of the participants.
6. Game is over when the majority of children have had an opportunity to be the leader.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



### Activity #2: Elves, Giants, Wizards

**Objective:** Enjoy a version of “Paper, Rock, Scissors”

**What you will need:**

- No materials are needed

**What you will do:**

1. This game is based on the same concept as rock, paper, scissors. In this game; Elves beat Wizards (they can run through their legs). Giants beat Elves (they stomp on their heads). Wizards beat Giants (because they are smarter). Be sure the team members know who beats what.
2. Actions:
3. ELVES- squat low to the ground and put one finger to either side of the head like little pointed ears. GIANTS- stand up on tip toes and stretch arms high over heads
4. WIZARDS- turn body 90° to the left. Practice these so everyone knows how to do each action.
5. Split the group into 2 teams. The object is to get everyone on one team.
6. The two teams come face to face in parallel lines about 2 meters apart.
7. Both groups yell, "Elves, Giants, Wizards" and each pair faces off. If they tie (do the same action) then nothing changes. If they don't match, the person who loses joins the other team.
8. They then attach as a pair and resume play. After several rounds, all of the people should be on one side or the other with the team having all the players designated the winner

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



### **Activity #3: The Farmer and the Crow**

**Objective:** Increase cardio-vascular and team work

- 
- Bean bags (6 for each team)
- Orange cones to mark the start and the finish line

**What you will do:**

1. Divide the children into teams of equal number, each team behind a starting line, facing a finish line about twenty feet away.
2. The first player on each team is a farmer, the second player is a crow, the third a farmer, the fourth a crow, and so on.
3. When you say, "GO", the first farmer on each team takes the seeds (six beanbags) and places them at equal intervals from the starting line to the finish line. He runs back and touches the second player, a crow.
4. The crow must hop over each of the beanbags, touch the finish line, change to the other foot, hop back, and pick up each seed as he comes to it.
5. He hands them to player number 3, a farmer, who goes out to plant them again, and so on.
6. The team finishing first wins.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #4: Flinch

**Objective:** Practice following rules

### What you will need:

- Ball—Nerf ball or other soft ball

### What you will do:

1. The players stand in a circle with their arms crossed.
2. One person should be in the center.
3. The person in the center is trying to get everyone in the circle out.
4. The person in the center will throw the ball at the people in the circle. If they miss the ball, they are out. If they catch the ball, they throw it back to the person in the center.
5. The person in the center can also pretend to throw the ball. If the people in the circle "flinch" (move their arms from the crossed position), they are out.
6. Play continues until there is no one left in the circle

**Note:** If you want to change the person in the center, you may do so throughout the play

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



### Activity #5: Foghorn, Leghorn

**Objective:** Work together as a team

**What you will need:**

- Rubber chicken, one for each team

**What you will do:**

1. Divide group into two teams
2. One team lines up in a line with the rubber chicken at the front of the line.
3. The other group forms a tight bunch, as close in as possible, and elects a runner.
4. The leader says "Go Foghorn!"
5. The group in the line then passes the rubber chicken Under-Over style down the whole line.
6. While this is going on, the runner runs around the bunch and keeps track of the number of times they make it around.
7. When the rubber chicken makes it to the end of the line then the last person throws it as far as possible and shouts "Go".
8. The group that was in the bunch then runs to where the chicken landed and lines up behind it.
9. They then do the Under-Over thing.
10. The other group forms a bunch and counts how many times the runner makes it around.
11. This keeps on going and the count of runs is a cumulative count, so at the end of an allotted time period the group with the most runs around is the winner.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #6: Frozen Bean Bag

**Objective:** Practice teamwork

### What you will need:

- Bean bags—1 for each youth (can be real bean bags or small baggies filled with beans)

### What you will do:

1. Players balance a beanbag on his/her head.
2. When leader says, “GO!” players move around the area at their own pace.
3. To change the pace or action, the leader can ask the youth to hop or skip.
4. If the beanbag falls off a person's head, that youth is frozen.
5. Another youth (the friend) must pick up the beanbag and replace it on the first person's head without losing his or her own beanbag.
6. When the game is over, ask the players how many times they helped their friends, or how many times their friends helped them.
7. Winner is the person who was most helpful.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #7: Fruits and Vegetables**

**Objective:** Practice teamwork

### **What you will need:**

No materials needed

### **What you will do:**

1. Select one child to be "IT"
2. Divide the remaining children into two large groups. One group will be identified as fruit, the other as vegetables
3. The group which is named "fruits" must brainstorm different fruits and at least 2-3 people in the groups will have each name. The vegetables team should do the same thing
4. Each group states the fruits and vegetables they have identified
5. The children mix themselves up and form a seated circle.
6. IT calls out "Peas and apples change places". (They would use any of the fruits or vegetables selected)
7. While they are doing so, IT tries to get to one of the vacant seats. If he/she succeeds the ousted one becomes IT.
8. Game is over when time is called.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #8: Fox and Rabbit

**Objective:** Practice teamwork

### What you will need:

- Orange cones to mark the playing area

### What you will do:

1. Divide the players into groups of three s
2. Groups are scattered around the playing area.
3. Two of the three form a 'home' by facing each other and joining hands.
4. The third one will be the rabbit and will simply stand in this house.
5. In addition to these groups of three, there should be two extra players, a homeless rabbit and a fox.
6. The fox starts the game by chasing the homeless rabbit around and around in and out of the groups.
7. When the rabbit grows tired, he/she may go into one of the homes and at once the rabbit that was already there must leave, and the fox chases this rabbit. When the fox catches the rabbit, the two change places.
8. Game is over when time is called

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





## **Activity #9: Go Tag**

**Objective:** Play tag without becoming IT

### **What you will need:**

- No supplies are needed

### **What you will do:**

1. Everyone squats in a line, alternate players facing opposite directions.
2. The person at one end of the line will be the first runner.
3. The first runner may run around the line in either direction and may change direction as needed.
4. The person at the other end will be the first chaser. The chase may start running either clockwise or counter-clockwise, but the chaser may not switch directions once they start.
5. The object of the game is for the chaser to tag the runner.
6. When they tire, the chased person may change places with anyone in line.
7. The chaser can only push out a new runner whose back is facing the chaser.
8. When the chaser catches the chased, the person who tagged them becomes the starting chaser for the next game
9. Game is over when time is called

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #10: Guard the Pin

**Objective:** Keep players in the circle from knocking the pin down

### What you will need:

- Empty 2 liter bottle with approximately two inches of sand in the bottom is used as a pin
- Kickball, soccer ball, or volley ball (you need only one)

### What you will do:

1. Everyone stands in the circle facing in.
2. The pin is placed in the center of the circle.
3. A guard is chosen.
4. The guard stands in the center of the circle and guards the pin.
5. The object of the game is for the players in the circle to try and knock down the pin with the ball. All throws should be thrown underhand.
6. The person who knocks down the pin gets to be the new guard.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #11: Human Pinball**

**Objective:** Work as a team to help someone avoid going into the center of the circle

### **What you will need:**

- Ball (volley ball, soccer, ball, or other soft, round ball)

### **What you will do:**

1. All players except one stand in a circle, facing outwards.
2. Players spread legs as wide as comfortable until feet are touching the neighbors on either side.
3. Everyone bends down and swings arms between the legs. (flippers)
4. The one person left over enters the circle as the moveable target.
5. The flippers try to hit him by knocking a ball back and forth across the circle.
6. If the target is hit, the person who hit him/her goes in the circle and becomes the new target.
7. Play is over when time is called

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #12: I Am the Captain

**Objective:** Catch the ball and speak quickly to name a new person

### What you will need:

- No materials needed

### What you will do:

1. Players form a circle, and the captain stands in the middle
2. The captain says, "I am the Captain and I have lost my hat, and I think that \_\_\_\_\_ (says a person's name) has it." The captain then throws the ball to that person.
3. As soon as the ball has been caught, the person must say, "Who sir/ma'am, not me sir/ma'am", before the Captain says, "Back to the end of the line."
4. If the player does not say his/her line, then the player must go to the end of the line.
5. If the player does say "Who sir/ma'am, not me sir/ma'am", before the captain can say his/her line, then the captain will continue the conversation saying, "Yes, you sir/ma'am."
6. The player replies, "Oh not I sir/ma'am."
7. The captain asks, "If not you sir/ma'am then who ma'am?"
8. The player answers, "\_\_\_\_\_ (name of person), sir/ma'am" and throws the ball to that player.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #13: Indy 500

**Objective:** Boost cardio-vascular activity in a different way

### What you will need:

- No materials needed

### What you will do:

1. The group should be sitting in a circle and numbered 1-4.
2. Give each number a name of a car. (i.e. 1's are Porches, 2's are Ferrari's... etc.)
3. The game leader calls a car name and those cars have to get up and run around the circle.
4. The first person back to their spot wins a point.
5. There is a twist to this game. The cars can have things wrong with them as the leader chooses. Some ideas are; FLAT TIRE (Hop around on one foot), RUN OUT OF GAS (Crab Walk), TURBO BOOST (run in circles), NO MUFFLER (noisy!)...etc.
6. Change leaders so more youth can have that ability
7. Game is over when time is called

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #14: Islands

**Objective:** When the music stops, make it to an island to be safe

### What you will need:

- Hula Hoops (5-6)
- Orange cones to mark the playing area
- Music and music player

### What you will do:

1. Place several "islands" on the ground (hula hoops)—scatter them within the playing field
2. Start the music. Players move around the entire area dancing around
3. When the music stops all must get to an island within two seconds and stand in the island without touching anyone else in the group.
4. As the game continues, remove islands until only one is left.
5. Group tries to all stand on the same island without touching anyone else
6. There are no winners or losers in this game—just fun!

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #15: In the River—On the Shore**

**Objective:** Practice following directions

### **What you will need:**

- Long jump rope to separate the space between the river and the shore

### **What you will do:**

1. Place the jump rope down and explain which side is In the River and which is On the Shore
2. Have all players stand on the shore side of the line.
3. The leader will call out, “on the shore” and “in the river”, randomly.
4. The players follow the commands by jumping on the side of the line that applies.
5. The players get out if they are not listening.
6. The leader can try to trick the players by calling out: “In the shore” and “On the river”.
7. If a player moves, he/she is out.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #16: Knights of the Round Table**

**Objective:** Enjoy playing a game that is different, but keeps you moving

### **What you will need:**

- Hula Hoop (this will be the round table)
- Pool Noodle (this will be the sword)

### **What you will do:**

1. Players form a circle with one knight in the center with the “sword”.
2. The knight touches a person in the circle with the “sword”, runs to the middle, puts the “sword” on the table (hoola hoop), and tries to get to the person’s spot in the circle without being touched by the “sword” now being wielded by the person he/she touched.
3. The person touched moves quickly to grab the “sword” from the table and touch the fleeing knight before he/she gets to his/her spot. If they don’t touch the fleeing knight with the “sword” then they are the new knight.
4. Play continues
5. If for some reason the sword does not land on the table (it is not completely inside the hula hoop), the rest of the players must yell, "THE SWORD IS NOT ON THE TABLE!"
6. This means the play is cancelled and the knight must try again.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





### Activity #17: Ladders

**Objective:** Run through an obstacle course without touching the obstacle

**What you will need:**

- No materials needed

**What you will do:**

1. Divide youth into two equal teams
2. Members of each team sit down into two lines, facing each other.
3. When they sit down, legs are straight out, and feet are just touching a player on the opposite team.
4. Each pair is numbered.
5. When the number is called, the two jump up, run over the legs of the other pairs in one direction, then run outside until they get to the opposite end of the line and then continue to run over the legs of the other pairs until they get back to their original place in line. Runners should be careful NOT to step on anyone's legs.
6. The first person back to their original position gets a point for their team.
7. Play resumes until time is called. Team with the most points, wins.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #18: Loose Caboose

**Objective:** Practice changing roles in the game

### What you will need:

- No materials needed

### What you will do:

1. Select a player to be the Loose Caboose.
2. Divide the rest of the group into trains of three.
3. Each player is in a train car and holds the waist of the person in front.
4. The first player in a train is the engine.
5. The object is for the loose caboose the try to attach to a train.
6. When all are aboard, the trains chug around the train yard (sound effects should be encouraged) trying to dodge and turn to keep away from the Loose Caboose.
7. When the Caboose attaches to a train, the engine of that train becomes the new loose caboose.
8. Game is over when time is called

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #19: Match My Feet

**Objective:** Opportunity to replicate a movement of another person

### What you will need:

- No materials needed

### What you will do:

1. Form a circle of players.
2. Team Leader stands in the middle to start the game.
3. Leader begins by demonstrating a slow clapping rhythm, such as 2 slow claps followed by 3 quick claps.
4. Repeat this over and over.
5. Walk around the inside of the circle to the clapping rhythm and stop in front of someone.
6. Do a simple step with your feet in time to the beat.
7. The person you're standing in front of must try to repeat your step.
8. If he/she doesn't, move around the circle and stop in front of someone else.
9. If he/she does, you take his/her place in the circle, and he/she becomes the leader. He/she may change the rhythm and try to "outstep" another player in the same way you did

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #20: Monkey Ball**

**Objective:** Practice teamwork and running

### **What you will need:**

- Orange cones to mark the playing field
- Jump ropes to mark the goal line
- Soccer ball

### **What you will do:**

1. Mark the playing field. Use the jump rope on either side to show the goal line—should be about 20 feet apart
2. Divide the group into two teams
3. Teams line up on their goal line, arms linked and numbered 1 and up.
4. Place the ball in the center of the playing space.
5. The team leader calls out one number.
6. The player from each team that has that number will run to the center to get the ball.
7. The rest of the team will act as the moving goalie.
8. The players in the middle attempt to hit the ball with their hand on the ground past the opposing team's goalie line.
9. The goalie lines can only move side to side and must stay attached. The play is over if the ball goes out of bounds and when a shot is made.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #21: Moon Balls

**Objective:** Team work to keep the ball in the air

### What you will need:

- Beach ball for each team
- Orange cones to mark the space

### What you will do:

1. If the group is large, divide the youth into two teams
2. Give a beach ball to each team.
3. The object is to keep the ball from hitting the ground.
4. For every time the ball is hit into the air, one point is scored.
5. One person cannot hit the ball more than one time consecutively.
6. If the ball hits the ground, the score starts over.
7. This continues to see how high each group can get in the time frame.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #22: Mouse Trap**

**Objective:** Play the game without being captured as part of the “traps”

### **What you will need:**

- No supplies needed

### **What you will do:**

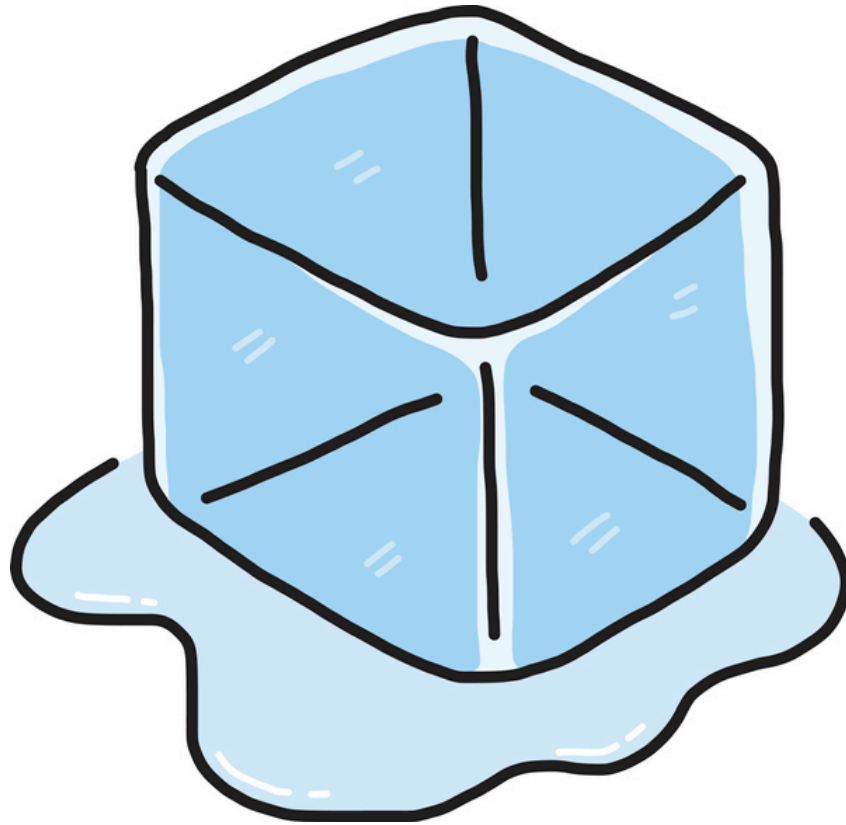
1. Divide the group into two teams.
2. One team is the trap and the other team is the mice.
3. The trap stands in a circle holding hands in the air.
4. The Team Leader stands facing away from the trap.
5. When the Team leader shouts “Go!”, the mice begin to run through the trap.
6. When the Team Leader yells, "MOUSE TRAP", the trap lowers their arms.
7. Whoever is inside the trap at this point is caught and becomes a part of the trap.
8. The last mouse left is the winner.
9. The two teams should switch roles and play a second game.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



**Icebreaker**



**Ice Breakers**

**Set #15**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)

Again, thank you for purchasing these ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.





## **Icebreaker Activities**

### **Set #15**

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## Activity #1: Musical Ropes and Hoops

**Objective:** Enjoy a game where everyone continues to play

### What you will need:

- Hula Hoops
- Jump Ropes
- Music and music player

### What you will do:

1. This game is similar to musical chairs, but does not eliminate anybody.
2. Scatter a number of hoops and ropes around the area in which you are playing the game.
3. The number of ropes or hoops will vary with the number of people playing. (1 for every 3-4 people)
4. Play music loud enough for everyone to hear and instruct them to move around (hop, skip, walk backwards, run etc.)
5. When the music is stopped, the group must be holding onto one of the ropes or hoops.
6. Each time the music stops you remove one hoop or rope until everyone is holding onto or standing inside one.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #2: Pip, Squeak and Wilbur

**Objective:** Work as a team to achieve a goal

### What you will need:

- Bean bags

### What you will do:

1. Divide the youth in groups of three.
2. One person in each group is Pip, one Wilbur, and one Squeak.
3. Staying with his/her own group, groups are arranged in one big circle.
4. The Team Leader calls out one of the three names; this person runs around the outside of this big circle until he/she gets back to his group.
5. Then he/she runs under the arch that the other two have made and into the center of the circle and tries to grab one of the beanbags in the middle and return to his group.
6. There should be two less beanbags than there are groups.
7. If the runner gets a beanbag, his group scores a point.
8. The group with the most points at the end of the game wins.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



### **Activity #3: Pop Goes the Weasel**

**Objective:** Play a game and enjoy working with peers

**What you will need:**

- No materials are needed

**What you will do:**

1. Choose one youth to be the weasel.
2. Divide the rest of the youth into even groups.
3. In each group number the youth off 1, 2, 3, and so on.
4. The weasel stands in the center as the groups dance around him/her in their own circles singing, "Pop goes the weasel".
5. When a number is called all the children of that number and the weasel join in a circle in the middle dancing and singing "pop goes the weasel" while the other children remain in their own group's circle around the outside.
6. When 'pop goes the weasel' is reached all those youth run to find an empty circle, the other groups have formed on the outside.
7. The remaining youth is the weasel.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #4: Quick, Frozen Critters**

**Objective:** Players know as rabbits try to cross and grab the food without being tagged.

### **What you will need:**

- Bean bags (food)
- Hula Hoops
- Strips of cloth for the tail

### **What you will do:**

1. Divide the group into two teams.
2. One team is rabbits and the other team is foxes.
3. The object of the game is for the rabbits to cross the open playing field retrieve food (bean bags) and bring it back to their home.
4. The rabbits cannot move if they are frozen. They are no longer a part of the game.
5. Each member of the rabbit team is given a strip of fabric to be his/her tail, and tucks it into the waistband of his/her pants or skirt.
6. The foxes are trying to take the rabbit's tail when they are moving.
7. If this happens, the rabbit is frozen.
8. The amount of time it takes for the foxes to freeze all of the rabbits is recorded.
9. Both teams should get a chance to be both animals.
10. The times for each team are compared and the winner is declared—the team that most quickly freezes the rabbits.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #5: Rabid Nuggets

**Objective:** Use your feet to keep the tennis balls in play

### What you will need:

- Tennis balls (approximately 30)
- Empty cafeteria or gymnasium are the best place to play this game

### What you will do:

1. Tennis balls are strewn around the room on the ground.
2. Divide the group into two teams. Each team plays alone and rotates with the other team.
3. The leader yells "RABID NUGGETS" and the object of the game is to keep the tennis balls moving.
4. Team may only use their feet.
5. If the leader spots a tennis ball lying still, she/he shouts "DEAD NUGGET...3, 2.....",.
6. If a player has not made the ball moving by the time that the leader says 1, the group has one strike against them.
7. The leader may time how long the group keeps the nuggets moving before they get three strikes against them.
8. The second team is up and the game repeats.
9. Winning team takes the most time to get 3 outs.

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #6: Toe and Heel

**Objective:** Team works together to win the challenge

### What you will need:

- Orange cones or jump ropes to mark the start-turn-around line

### What you will do:

1. Divide the group into two teams
2. Teams line up behind the start line
3. When Team Leader shouts, "Go!" the first member from each team advances to the turn-around line by placing one foot in front of the other so that the heel of one foot is touching the toes of the other feet
4. When player reaches the turn-around line, he/she may run back and touch the next player on the hand and that person begins the heel-toe race to the turn-around line.
5. Team who completes the challenge first, wins

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #7: Car Relay**

**Objective:** Works as a team to win the relay

### **What you will need:**

- No materials needed

### **What you will do:**

1. Divide the youth into teams of 6
2. Have teams line up and each person in the team has a certain action to do based on position in the line
3. First person in each group is a flat tire and hops on one foot.
4. Second person is a broken steering wheel and runs zig-zag.
5. The third person is a rusty transmission and takes three steps forward and two backwards.
6. Fourth person is stuck in reverse and runs backwards.
7. Fifth and sixth can be determined by the students.
8. When Team Leader says “Go!”, the relay begins, with each team member running his/her leg of the relay as described.
9. Winning team finished first

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?





## **Activity #8: Jump Ball Relay**

**Objective:** Team work to win the game

### **What you will need:**

- Soccer or other soft ball about that size

### **What you will do:**

1. Divide the youth into two teams
2. Teams line up with team members behind their team captains in file formation.
3. At a distance of about 10 yards the balls are placed, one ball for each team in a straight line.
4. On the word "GO!", the first member of each team runs to his team's ball and places it between his/her ankles and hops back to the next member of his/her team.
5. This player places the ball between his/her ankles and hops to the turnaround line, and leaves the ball there and runs back to the next person.
6. The next person then runs back to the far line, places the ball between his feet and hops back.
7. Relay continues.
8. If the ball is dropped, the player must return to the line and start over.
9. The first team finished and sitting down is the winner.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #9: Stunt Relay

**Objective:** Teams work together to win the relay

### What you will need:

- Jump ropes for the start line and the turn-around line

### What you will do:

1. In stunt relays, the runners advance to the turning point, stop, perform a stunt and return to tag the next runner on their team. A stunt could include a leap, a somersault, a cartwheel, or something else
2. Divide the youth into two team
3. Teams line up in a vertical line at the start line
4. When the Team Leader shouts, “Go!”, the relay is on
5. Teams should cheer for the stunts
6. The winning team finishes first

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #10: Roundabout**

**Objective:** Play tag without being tagged yourself

### **What you will need:**

- No materials are needed

### **What you will do:**

1. Players stand in a circle facing each other front to back.
2. When the leader says, "Go" everyone begins running around the circle.
3. If a player believes he/she can pass the person in front of them, he/she moves to the outside. It is important to remember to always pass on the outside
4. Players try and tag players as they pass.
5. Tagged players are out.
6. When the leader calls "Switch", the players must reverse direction. This turns the tables on the fast runner who is just about to overtake another player.
7. Keep going until there is only one person left

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #11: Smugglers**

**Objective:** Work together as a team

### **What you will need:**

- Small object to act as the treasure. The item should be small enough to fit into a player's hand
- Cones to mark the playing field

### **What you will do:**

1. Divide players into 2 teams.
2. One team is the "Ins" and the other is the "Outs".
3. The Ins have a den while the Outs plan their strategy in the field.
4. One member of the Outs has the "jewel" (stone etc). The identity of the player who carries the jewel must remain a closely guarded secret among teammates.
5. The Ins count to 50 while the Outs move farther and farther away.
6. After the count is finished, the Ins yell, "SMUGGLERS", and the chase is on.
7. As each member of the Out team is tagged, he/she must open his/her hands to show whether or not he/she has the jewel. Of course, the jewel should be passed around among teammates as quickly and as inconspicuously as possible. There are lots of opportunities for playing the decoy in this game.
8. When the holder of the jewel is tagged, the game is over and the sides change.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## Activity #12: Spokes

**Objective:** Play the game without becoming “IT”

### What you will need:

- No supplies needed

### What you will do:

1. Divide the group into at least 4 equal teams.
2. Each team needs to sit in a single file facing the center of the circle. (The lines should look like spokes on a wheel).
3. The leader can start by walking on the outside of the spokes.
4. The leader will touch the head of the last person in one of the lines.
5. The whole line gets up and runs around. The last person to sit down is “it” and then must walk around and pick a new group.
6. Note: A group should not be picked for a second turn until every group has played at least once

### Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



### Activity #13: Not A Laughing Matter

**Objective:** Each team tries to get members of the other team to laugh

**What you will need:**

- No materials needed

**What you will do:**

1. Divide the youth into 2 teams which will stand, facing each other
2. The youth on the first team are given one minute to make anyone on the other team laugh. They may make faces, gestures, funny or teasing remarks, but they cannot touch the other players.
3. Then the action is reversed, and members of the second team try to make the other team laugh.
4. Any youth who does laugh must leave the line.
5. The team with the most remaining players after several times is the winner.

**Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #14: Stealing Sticks**

**Objective:** Team works together to capture the sticks of the other team

### **What you will need:**

- Jumbo craft sticks
- Jump ropes
- Orange Cones

### **What you will do:**

1. Divide the playing field into two parts with a jump rope or ropes.
2. Divide the players into two teams. Each team is on his/her own side to the line.
3. At the center end of the rope, five or more sticks are placed in a pile for each team.
4. A Detention Center is marked off about 4 feet square in one corner.
5. The object of the game is to steal the opponent's sticks without being caught.
6. As soon as the player crosses the centerline he may be caught and put in the Detention Center.
7. A player may be released from the Detention Center if one of his teammates can touch his hand. He may then come back to his own side without being tagged. T
8. The team that gets all of the opponent's sticks and has all members safely out of Detention Center, wins the game.

### **Wrap Up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



## **Activity #15 Iron Man**

**Objective:** Stack the lug nuts on the chopstick without using hands

### **What you will need:**

- 8 iron lug nuts
- Chopsticks

### **What you will do:**

1. Player puts the chopstick in his/her mouth and using only his/her mouth to hold the chopstick, stack the lug nuts on their sides on top of each other.
2. Player must stack all eight to win. If they fall down, they must start again.

### **Wrap Up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?





## **Activity #16 Hulk**

**Objective:** Work with a partner to blow up and break a balloon

### **What you will need:**

- Green balloons

### **What you will do:**

1. Divide the youth into partners
2. Give each pair 3 balloons
3. Players must use only one hand, blow up the balloon, and smash the balloons between them and break them

### **Wrap Up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## **Activity #17 Thor**

**Objective:** Work together to get the ping pong balls into the bucket at the end of the lane

### **What you will need:**

- A small hammer for each team
- Ping pong balls
- Plastic bucket or box

### **What you will do:**

1. Divide the group into two teams
2. Give each team a bucket of ping pong balls and a hammer
3. Place the bucket at least 15 feet from the start line
4. One at a time on each team, the player bounces the ping pong ball and then uses the hammer to navigate the ball into the bucket
5. Player returns and the next team member begins
6. Play is over when all members of both teams have played. Count the ping pong balls to determine the winner

### **Wrap Up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## Activity #18 Hawkeye

**Objective:** Working as a team, players will move small cars off the table, on the far end, not the sides

### What you will need:

- Table
- Rubber bands (thick ones work best)
- Hot wheels or Matchbox Cars (can get at the Dollar Store)

### What you will do:

1. Divide the group into two teams
2. Set the toy car at the end of the table and give the player a pile full of rubber bands.
3. Player must use the rubber bands to shoot the toy car from one end to the other.
4. If the car falls off the side, they must place it back on the table where it fell off and start again.
5. Continue until all team members have played

### Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## Activity #19 Black Panther

**Objective:** Work as a team to unravel and remake a yarn ball

**What you will need:**

- Spool of Black Yarn

**What you will do:**

1. Divide the youth into two teams
2. Player must put one hand behind his/her back and with the one hand behind the back, must unravel the entire ball of black yarn.
3. He/she can use any method he/she want as long as he/she doesn't remove the hand from behind the back.
4. Next player rewaps the yarn and passes to the next player. Every other player makes a yarn ball and every other person undoes the ball

**Wrap Up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## **Activity #20 Ant Man**

**Objective:** Team works together to drop “ants” into the empty two-liter soda bottles

### **What you will need:**

- Raisins
- Empty 2-liter soda bottles

### **What you will do:**

1. Divide the group into two teams
2. Place the three two-liter soda bottles in a line in the middle of the room.
3. To win, players must take turns and stand above the soda bottles and drop “ants” (raisins) from eye level into the soda bottles below. Each player has a chance to drop 5 ants
4. No bending or lowering hands below eye-level.

### **Wrap Up Questions:**

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## Activity #21 Black Widow

**Objective:** Team members work together to win the spider-hula hoop relay.

### What you will need:

- Hula Hoop
- Plastic Spiders

### What you will do:

1. Divide group into two teams
2. Give each team a baggie of plastic spiders and one hula hoop
3. One at a time, player must put a plastic spider on his/her head and without touching the spider at any point (once it's on their head), get through the hula hoop from one side to the other.
4. If the spider drops or they touch it, they have to try again.
5. Player then tags the next player on his/her team and it repeats until all are finished.

### Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



## Activity #22 Flash

**Objective:** Team members will complete the obstacle course

### What you will need:

- Obstacles for an obstacle course (trash cans, chairs, etc.)
- A bucket of small objects (balls, action figures, medals, etc.)

### What you will do:

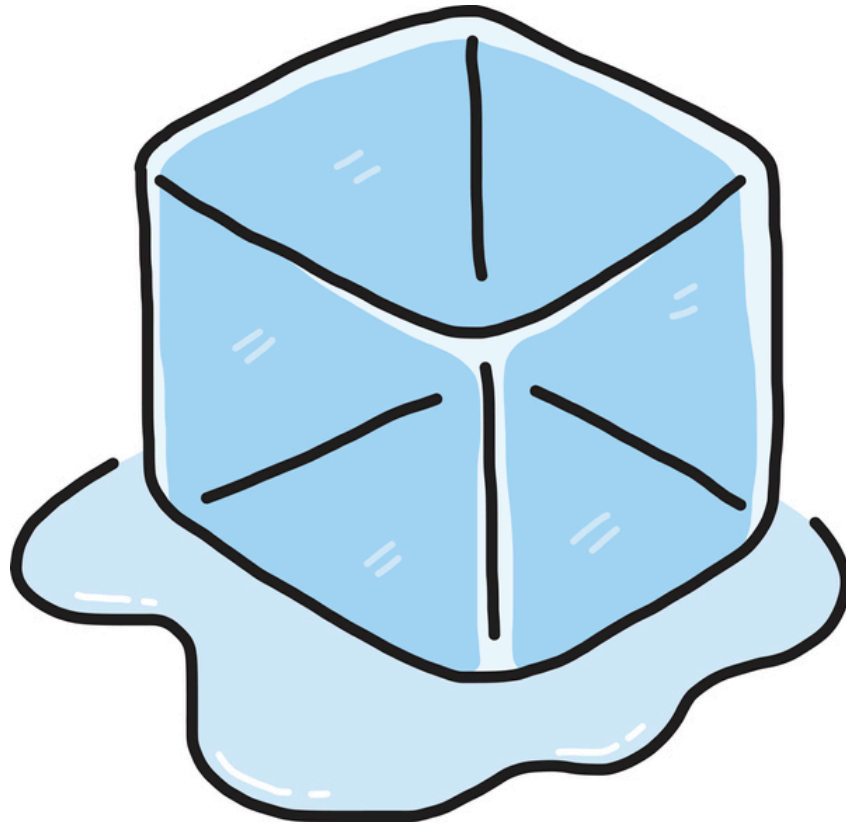
1. You will need to set up two courses, one for each team
2. Divide the youth into two teams
3. Players must race through the obstacle course and grab an object out of the bucket setup at the end of the course, as fast as possible then race back through the course and tag the next person on the team
4. Next player repeats until all team members are through the course

### Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



**Icebreaker**



**Minute to Win It**

**Set #1**





## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these Minute to Win It ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these Minute to Win It plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)



## Icebreaker



Again, thank you for purchasing these Minute to Win It ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.

## Icebreaker Activities

### Minute to Win It #1

#### Table of Contents

Ping Pong Ball Relay  
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Bullseye  
Water Trough



## Icebreaker



Capture the Cotton Ball

Jump Rope Snail

Cross the Finish Line

## Minute to Win It Challenges

This entire set is full of **Minute to Win It Challenges**. These activities are engaging and fun.

### Score Board

Set up the score board before the games begin. You will need butcher paper, big enough to hold everyone's name (going across the top) and the 18 **Minute to Win It Challenges** going down the left-hand side of the paper.

1 <sup>st</sup> = 5 points 2 <sup>nd</sup> = 3 points 3 <sup>rd</sup> = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ping Pong Relay									
Build A Tower									
Longest Shot									
Take a Header									
Plates and Cups									

Points are given 5 for a win, 3 for a try, and 1 for little success.



### Activity #1: Minute to Win It—Ping Pong Ball Relay

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- 4 ping pong balls and 6 cups (5 filled to the brim with water and 1 empty) for each team (complete 2 teams or individuals at a time)

#### What you will do:

1. Divide children into two teams
2. Place the cups full of water in a line and place the empty cup at the end of the line
3. One player at a time, player blows the ping pong ball from the first cup to the empty cup. If player blows the ball off the water, he/she may pick the ball up and start back at the beginning. After two tries the player goes to the end of the line and the next team member takes over.
4. If all 4 ping pong balls are in the end cup and the team has not all played, remove the balls (keeping track that the score is 4) and continue until all team members have competed.
5. Record Points

#### Wrap Up Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



## Activity #2: Minute to Win It Build a Tower

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Jenga wooden blocks

### What you will do:

1. Divide children into 4 teams
2. Give each team the same number of Jenga blocks
3. Once in the teams, each player gets the same number of Jenga blocks
4. When you say “Go!”, players on each team begin to build the tower. The players must take turns, working together to build the tallest tower in a minute
5. If tower fall over, the team must start again.
6. Call time when 1 minute has passed.
7. Count the blocks. Record that number. This is the best out of 5 tries.
8. Record points

### Wrap Up Questions:

- What did you enjoy about this activity?
- What strategy did you use to play the game?
- What would you change to make this activity more fun?



## Icebreaker



### Activity #3: Minute to Win It Longest Straw

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Straws

#### What you will do:

1. Divide the children into groups of 3-4
2. Each team is to build the longest straw possible by combing straws.
3. Straw must hold together when lifted
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #4: Minute to Win It Empty A Box

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Box or container
- Cotton Balls

### What you will do:

1. Divide children into groups of four
2. Give each group of four a box with cotton balls in it
3. Have the children stand on the four sides of the box
4. When you say “Go!”, children start to blow the cotton balls out of the box.
5. When you say “Rotate!” the children must move one position to the left (clockwise).  
Call rotate at least 4 times so everyone is at every position
6. After 1 minute, teams count how man cotton balls have been blown out of the box
7. Record points

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Minute to Win It Take A Header

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Cotton balls
- Spoons
- Two bowls per team

### What you will do:

1. Divide the children into two teams
2. When you say "Go!", the first team member puts the bowl on his/her head and begins to fill it by spooning the cotton balls from the bowl on the table to the bowl on his/her head
3. For younger children, a team member can help hold the bowl on the head to the person
4. Each child takes a turn as the bowl is emptied
5. Game is over when all have participated
6. Record points

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #6: Minute to Win It Plates and Cups

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- 5 paper plates
- 9 cups

### What you will do:

1. Divide the children into two teams
2. Have each player, one at a time, build a tower, as tall as possible, using all of the cups and the plates
3. When one player completes the tower, the tower is taken down and the next player comes forward
4. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #7: Minute to Win It Yank Me

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- 5 paper cups
- Four 5" x 8" index cards

### What you will do:

1. Divide the children into 4 teams
2. Each team should make a stack, cup, card, cup, card, cup, card, cup, card, cup
3. Players (one at a time) come up and try to remove the card without crashing the tower. After each failed attempt, put the card back in. If the player succeeds, the stack is left alone, and the next player removes the next card.
4. Record points

### Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



### Activity #8: Minute to Win It There's a Hole in My Plate

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ping pong balls
- Paper plate with hole cut in it, big enough for the ping pong ball to go through
- Tray
- Container

#### What you will do:

1. Divide the children into two teams
2. Spread the ping pong balls out on the tray
3. Using the plate with a hole in it, the player should pick up a ping pong ball from the tray and drop it into the container through the hole in the bottom of the plate
4. Team all takes a turn. If ball drops but not in the container, player must start over with a ball in the tray.
5. Record points

#### Wrap-up Questions:

- What about the activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #9: Minute to Win It Just Kickin' It

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Cups
- Yarn
- Popcorn or packing peanuts

### What you will do:

1. Have each child tie the cups to his/her shoes
2. Fill the cups (one on each foot) with popcorn or packing peanuts
3. When you say "Go!" all the children begin shaking out all of the popcorn (packing peanuts)
4. Player who clears cups first, wins. Can do the best 2 out of 3 if you desire
5. Record points

### Wrap Up Questions

- What about the chanting did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #10: Minute to Win It Shoot 'Em Up

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Plastic cups with bottoms cut out
- Balloons (cut off the end furthest way from the end you blown into)
- Marshmallows
- Target (you will need to make this target)

### What you will do:

1. Divide the children into teams of 4-5
2. Distribute the supplies to the children
3. Start by tying a not in the end of the balloon you blow into
4. Stretch the balloon over the opening, load with marshmallows, pull back on the balloon and shoot
5. Every team member must have 4 attempts at getting points.
6. Record points

### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## **Activity #11 Minute to Win It Challenges Ready, Aim, Fire!**

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### **What you will need:**

- Cups
- Miniature marshmallows

### **What you will do:**

1. Have students find a partner
2. One partner lies down on the floor on his/her back, holds a cup I his/her mouth
3. Partner stands behind his/her head and attempts to drop the marshmallow from hands held above his/her head into the cup
4. Every 5 marshmallow drops, partners must change places
5. Record points

### **Debriefing Questions**

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Activity #12: Minute to Win It Picasso

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Tempera paint (variety of colors)
- Long handled brush
- Drawing paper

### What you will do:

1. Divide children into pairs
2. Distribute supplies to each pair
3. Explain they are going to paint a picture on the paper. The only catch is that they can only hold the brush with his/her foot holding the brush
4. Have children share with one another when completed
5. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #13: Minute to Win It What's Behind Your Back?

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Balloons
- Two lines (painter's tape, about 20 yards apart)

### What you will do:

1. Divide the group into two teams
2. Split each team so half are on one side of the 20 yards, and half are on the other side facing them
3. Children blow up balloons, tie them off, and place them at one end
4. Person puts as many balloons under his/her shirt (in the back) and then goes to his/her team mates who are 20 yards away
5. Player takes balloons out from his/her shirt and then the other person loads o=up his/her shirt
6. Game continues until all players have competed

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





### Activity #14: Minute to Win It Tissue and Straws

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Toilet paper sheets (20 for each team)
- Straws (one for each child)
- Container

#### What you will do:

1. Divide children into two teams, once in teams, pair the player up
2. Place an empty container 20 feet away
3. Working in pairs, using only the straws, pairs transport the tissue, one at a time to the container
4. When the tissue is in the container, the pair races back, tags the next pair who continues the contest
5. Game is over when all the tissue is in the box
6. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #15: Minute to Win It Cup on a String**

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### **What you will need:**

- String
- Cups attached to the cup through a hole in the bottom of the cup
- Water guns
- Painter's Tape to mark the point on the string which is as far as the shooter needs to go

### **What you will do:**

1. Divide the children into two team
2. Each team will have a cup and a water gun
3. First player comes up, shoots inside the cup with the water gun, moves the cup to the tape on the string, race down and pushes the cup back up the string for the next player
4. Game is over when all have participated

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #16: Minute to Win It Pin Me Up

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- 20 clothes pins

#### What you will do:

1. **Divide the children into two teams**
2. One at a time, player will get 10 clothes pins pinned to the back of his/her sheet
3. When you say go, player gets the clothes pins off the back of their shirt without using their hands
4. When first player is finished, he/she helps the next person in line to put the pins on his/her back and the game continues
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #17: Minute to Win It Post It Note Relay

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Post It Pad for each team (same number of Post-Its for each team)

#### What you will do:

1. Divide the children into two teams. Divide each team into two sections, have them face each other about 20 yards apart.
2. When you say “Go!”, first player covers his/her clothing with the Post-Its, races to the team member across from his/her, where that person takes off the Post its and paces them on the next person
3. Play continues until everyone has had a turn.
4. Record points.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #18: Minute to Win It Bullseye

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need

- Cups
- Tape
- Table
- Ping pong balls
- Straws

#### What you will do:

1. Divide youth into 4 teams
2. On the table at the edge, tape 4 cups to the rim of the table
3. When you say go, player on each team blows ping pong ball into the cup across from his/her with the straw
4. If the ball goes off the table, the play goes to the next player
5. If the ball goes into the cup, team scores a point and the play moves on to the next player
6. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #19: Minute to Win It Water Trough**

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### **What you will need:**

- Card Stock (one piece for each player)
- Water
- Container

### **What you will do:**

1. Divide children into two teams
2. Each team member has one piece of card stock.
3. Team is to make a water trough so the water can run from the top into the container
4. When the container is full of water, team wins
5. Record points

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #20: Minute to Win It Capture the Cotton Ball

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Cups (1 per team)
- Rubber band for each cup
- String (5 tied to the rubber band on each cup)
- Cotton balls

#### What you will do:

1. Divide children into teams of 4
2. Each team member circles around the cup, each taking one of the strings attached to the cup
3. When you say "Go!" team works together to pick the cup up, move it to capture the cotton ball, 5 feet away
4. Game is over when one team has captured the cotton ball
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #21: Minute to Win It Jump Rope Snail

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Ping pong balls
- Jump rope
- Table

### What you will do:

1. Divide children into two teams
2. Take the jump rope and spiral it like you would a snail shell, leaving space in between the ropes big enough for a ping pong ball to travel
3. When you say “Go!”, first player begins to guide the ping pong ball to the center of the snail shell by blowing on the ping pong ball (no hands)
4. When the first player completes the course, he/she returns the ball to the next person, and game continues
5. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Activity #22: Minute to Win It Cross the Finish Line

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Cups
- Straws
- Table top

### What you will do:

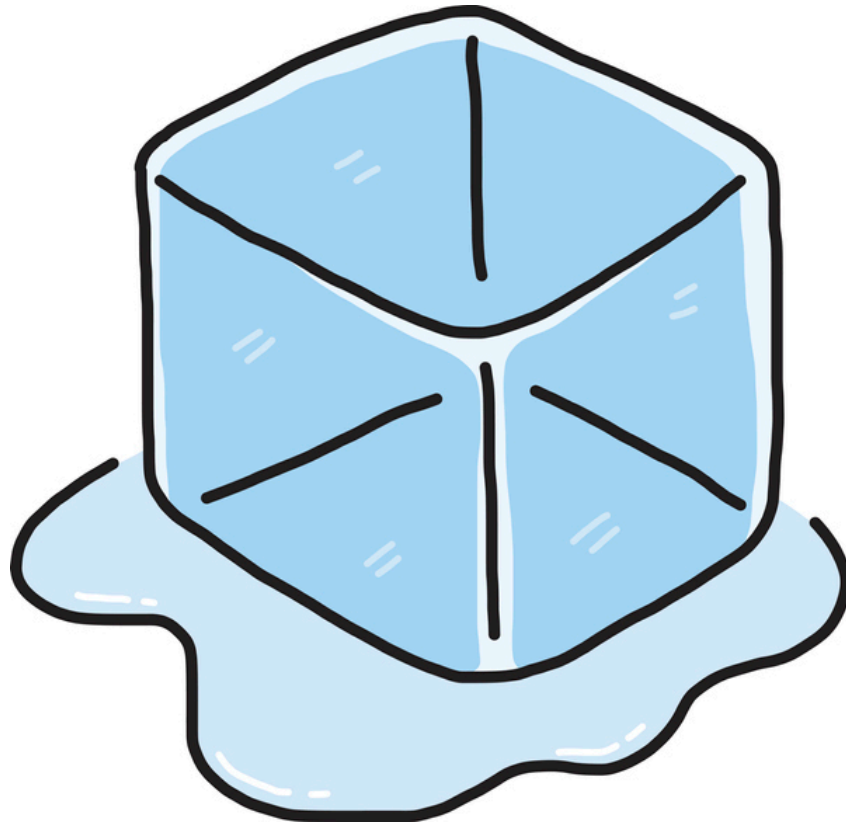
1. Divide children into two teams
2. Divide each team into two parts, have the line up facing each other across the table (long way)
3. When you say “Go!”, first player blows team’s cup across the table to the his/her teammate
4. Player goes to the end of the line and teammate blows cup back to the other side
5. Play continues until all players have had a turn
6. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Minute to Win It**  
**Set #2**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these Minute to Win It ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these Minute to Win It plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)



**Icebreaker**



Again, thank you for purchasing these Minute to Win It ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.

## **Icebreaker Activities**

### **Minute to Win It #2**

#### **Table of Contents**

Cookie Face  
Stack Attack  
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Bottle to Bottle  
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Candy Cane Catch  
Naughty or Nice



## Icebreaker



Snowball Fight

Mad Dog

Slinky Challenge

### Minute to Win It Challenges

This entire month is full of **Minute to Win It Challenges**. One more month of Minute to Win It Challenges.

#### Score Board

Set up the score board before the games begin. You will need butcher paper, big enough to hold everyone's name (going across the top) and the 18 **Minute to Win It Challenges** going down the left-hand side of the paper.

1 <sup>st</sup> = 5 points 2 <sup>nd</sup> = 3 points 3 <sup>rd</sup> = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ping Pong Relay									
Build A Tower									
Longest Shot									
Take a Header									
Plates and Cups									

Points are given 5 for a win, 3 for a try, and 1 for little success.



## Icebreaker



### Activity #1: Minute to Win It—Cookie Face

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Cookie for each child—could be an Oreo or a Vanilla Wafer.

#### What you will do:

1. Have the children form a circle
2. Give cookie to each child
3. Child places cookie on the forehead and without using hands or any other tool, moves the cookie from his/her forehead to his/her mouth.
4. Record Points

#### Wrap Up Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



## Icebreaker



### Activity #2: Minute to Win It Stack Attack

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Solo cups
- Table or other flat surface

#### What you will do:

1. Give the kids one single stack of 36 plastic cups.
2. Each child gets one minute to stack all of the cups into a pyramid and then unstack them, making a single column again.
3. Record points

#### Wrap Up Questions:

- What did you enjoy about this activity?
- What strategy did you use to play the game?
- What would you change to make this activity more fun?



## Icebreaker



### Activity #3: Minute to Win It Penny Tower

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Feathers
- Bucket

#### What you will do:

1. How many pennies can your child stack in one minute? If they just guessed a million, they're not exactly right.
2. The trick to this game is that the child can only use one hand. This is what makes this oh-so-challenging.
3. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Icebreaker



### Activity #4: Minute to Win It This Blows

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Balloons
- Plastic cups

#### What you will do:

1. Each player has one minute to blow up a balloon and then use the air that's inside of it to knock over as many plastic cups as they can. If they still have time on the clock they can repeat the steps to blow down any leftover cups.
2. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Minute to Win It Noodling Around

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Spaghetti
- Penne pasta
- Bowls

### What you will do:

1. Start this minute to win it game with one strand of uncooked spaghetti.
2. The player puts the end of the dry noodle in their mouth.
3. Player then has 60 seconds to pick up six uncooked pieces of penne pasta—with the spaghetti, without using hands!
4. Record points

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #6: Minute to Win It Scoop It Up

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ping Pong Balls
- Small bucket or bowl
- Spoon

#### What you will do:

1. Move six ping pong balls from one bowl to another, using only a spoon.
2. Again, like some of the other minute to win it games, the kids can't use their hands. Instead, each child will use a spoon—in their mouth.
3. This activity is for everyone on the team.
4. Children will compete one at a time
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #7: Minute to Win It Card Ninja

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Deck of cards (an old deck will be fine)
- Watermelon

#### What you will do:

1. Slice a watermelon in half, securing it on a table or other flat surface.
2. Give the kids cards to throw (kind of like throwing stars). Whoever gets the most cards into the melon in one minute wins.
3. Record points

#### Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Icebreaker



### Activity #8: Minute to Win It Puddle Jumpers

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Solo cups filled with water
- Ping pong balls

#### What you will do:

1. Set up a series of plastic cups (6 -8).
2. Fill them to the top with water and set a ping pong ball on the first in the row.
3. The kids need to blow the ball from the first cup to the second. Keep going with more balls, racing to see who moves the most in one minute.
4. If the ball falls off before getting to the end, bring it back to the beginning cup and start all over again.
5. Record points

#### Wrap-up Questions:

- What about the activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #9: Minute to Win It Kix Chopstick Race

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Kix cereal
- Chopsticks
- Solo cups
- Large bowl

#### What you will do:

1. Have children form a circle around the bowls of Kix
2. Players work individually to move as many Kix cereal pieces from a central bowl into their own plastic cups, using only a pair of chopsticks.
3. Record points

#### Wrap Up Questions

- What about the chanting did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #10: Minute to Win It One Handed Bracelet

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Pipe cleaners
- Fruit Loops or like cereal

#### What you will do:

1. All players can compete in this activity at one time
2. Player has one minute to thread as many fruit loops onto a pipe cleaner as possible.
3. The challenge, players can only use one hand!
4. Record points

#### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #11: Minute to Win It! Blow It Away

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Assortment of items from around your space (game pieces, marbles, paper clips, rubber bands, etc.)
- Straw for each child
- Paper plates (2 for each team)

#### What you will do:

1. Divide the children into two teams
2. Each team will have a plate full of items, and each child will have a straw
3. Using only the straw, one at a time, the team members will work to remove all the objects from the plate, placing the item on the second plate
4. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?





## Icebreaker



### Activity #12 Minute to Win It Challenges Marshmallow Toss

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Small cups
- Miniature marshmallows

#### What you will do:

1. Have students find a partner
2. Partners stand across from each other, about 2-4 feet apart.
3. One person has a handful of marshmallows and the other has a small paper cup.
4. Students have one minute to toss as many marshmallows into the cup as possible.
5. Record points

#### Debriefing Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #13: Minute to Win It Marshmallow Race

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Straws
- Miniature marshmallows

#### What you will do:

1. Break the group in half and draw a line in the middle of the table.
2. Each side uses straws to try to blow the marshmallows to the other side of the line.
3. The team with the most after one minute wins.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #14: Minute to Win It Balance the Ball

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Cherries (with stems or some other fruit with a stem)
- String
- Someplace to hang the cherries (maybe in the doorway)
- Tape

#### What you will do:

1. Divide the group into two teams
2. Players move ping pong balls from one shared bowl to another bowl on the opposite side of the room.
3. The catch: players can only move balls using a spoon that they're holding in their mouth.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #15: Minute to Win It Sticky Marbles

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Marbles
- Double-sided tape

#### What you will do:

1. Divide children into pairs
2. Players roll marbles from one side of the table to the other, trying to get as many as possible to stick on double-sided tape.
3. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #16: Minute to Win It Bottle to Bottle

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Cereal or jelly beans
- Two, 2-liter bottles for each team

### What you will do:

1. Fill one 2-liter bottle with something (Lucky Charms, Jelly Beans, etc.) then tape to another 2-liter bottle –
2. Players have to transfer all from one bottle to the other.
3. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #17: Minute to Win It Traffic Yam

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Sweet potato (one for each team)
- Painter's tape for a start and finish lines

#### What you will do:

1. **Divide children into two teams**
2. Each child would push a sweet potato across the floor from one side of the room to another
3. Students may only use their noses to move the sweet potato
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



### Activity #18: Minute to Win It Candy Cane Catch

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ribbon, yarn or twine
- Chairs
- Candy canes

#### What you will do:

1. Tie a piece of ribbon or twine from one post or chair to another.
2. Players must stand on top of the chairs and try to be the first to drop a candy cane from the chair onto the ribbon and get it to stay there.
3. Play until the first player gets a candy cane to catch on the ribbon or see who can get the most in a minute.
4. This is one of the more difficult Christmas minute to win it games for kids.
5. Two children can play this game at one time
6. Record points.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #19: Minute to Win It Naughty or Nice**

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### **What you will need**

- Bowls
- Table top
- Red and green M and M's
- Spoon

### **What you will do:**

1. Divide youth into 2 teams
2. Set out bowls full of red and green candies, making sure to have the same amount in each one.
3. Players must quickly go through a bowl of red and green candies and divide the candies (one candy at a time) into separate bowls across the room labeled naughty or nice.
4. Red candies go into the naughty bowl and green candies go into the nice bowl.
5. Candy is carried from one side of the room to the other via spoon
6. Record points

### **Wrap-up Questions:**

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





## Icebreaker



### Activity #20: Minute to Win It Snowball Fight

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ping pong balls
- Empty container (like a fish bowl)
- Cotton balls

#### What you will do:

1. Divide children into two teams
2. Team member has to bounce (or toss) white ping pong balls into an empty container at the other end of the table while other players are throwing cotton balls at the ping pong balls the player is bouncing, trying to knock their balls out of the way.
3. Player has to bounce one ping pong ball into the bowl to win.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## **Activity #21: Minute to Win It—Mad Dog**

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### **What you will need:**

- Wooden stick—maybe even a jumbo craft stick
- Glue
- Tic Tac boxes for each end

### **What you will do:**

5. Prepare a wooden stick with two filled tic tac boxes glue at both ends.
6. Bring all the children into an open spot where they can move without hitting something or someone.
7. Explain they will each have an opportunity be the Mad Dog.
8. Hold the stick in the mouth and shake the head until both the boxes empty. Complete this in a minute to win this game
9. Continue until all children have had the opportunity to be the “mad dog”
10. Record points

### **Wrap Up Questions:**

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?



## Icebreaker



### Activity #22: Minute to Win It Slinky Challenge

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Headband
- Slinky (plastic is best)

#### What you will do:

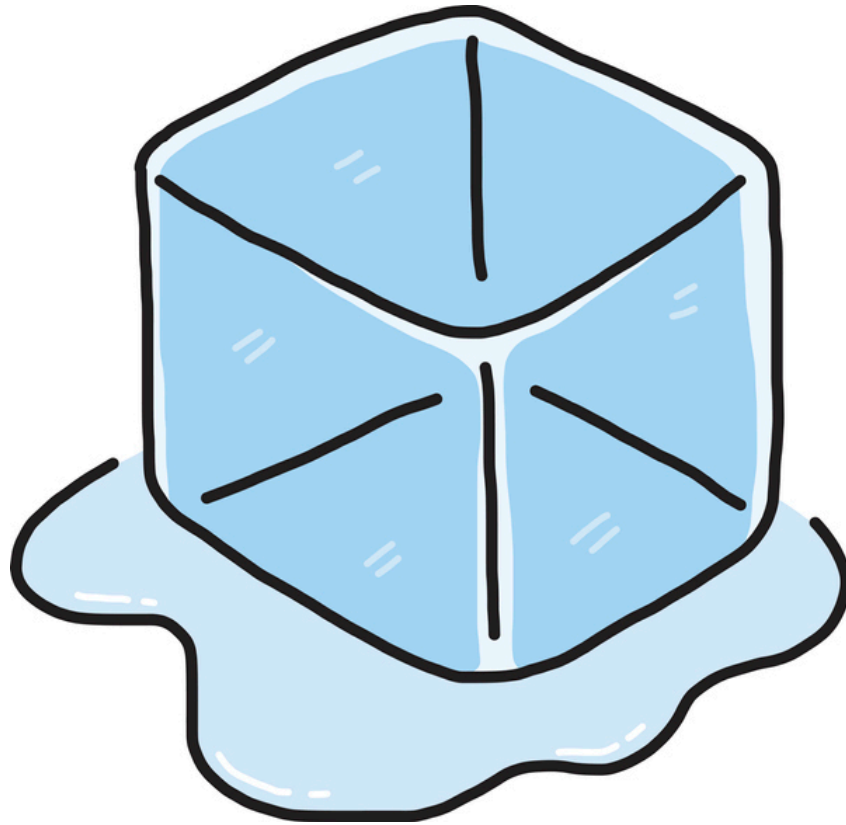
3. Wear the headband and place 4 or 5 coils of slinky between your head and headband.
4. The slinky should get stacked perfectly on the forehead by moving the head around within 60 seconds.
5. This game is really tougher than it sounds.
6. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



**Icebreaker**



**Minute to Win It**

**Set #3**



## Icebreaker



Thank you so much for purchasing this Consult 4 Kids product. We hope you and the youth you work with enjoy these Minute to Win It ice breakers. You will notice that these activities are opportunities for youth to engage in many activities as an individual or as a part of a team.

Please note that these are activities for you to use with your youth. If you would like to share these Minute to Win It plans with others please contact us at [support@consultfourkids.com](mailto:support@consultfourkids.com) so we can work through the details.

Consult 4 Kids is an organization made up of educators who are both currently working with youth and those who are retired after years of service. Collectively, we have well over 100 years of experience. If you would like to provide feedback and/or suggestions, please feel free to contact us at the email mentioned above.

We also offer online professional development and additional lesson plans. We offer these things on our website. You can access our website, [www.consultforkids.com](http://www.consultforkids.com)



**Icebreaker**



Again, thank you for purchasing these Minute to Win It ice breakers. Please provide the appropriate supervision so all youth can enjoy these activities.

## **Icebreaker Activities**

### **Minute to Win It #3**

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Bite Me  
Loner



# Icebreaker



Spiderman

Straws Up

Captain America

## Minute to Win It Challenges

This entire month is full of **Minute to Win It Challenges**. These activities were found on line at <https://babydotdot.com/minute-to-win-it-games-for-kids/> The website has a short video on each of the activities so you can see exactly how to play the challenge. You can watch them by yourself or show the kids so they know exactly what to do.

### Score Board

Set up the score board before the games begin. You will need butcher paper, big enough to hold everyone's name (going across the top) and the 18 **Minute to Win It Challenges** going down the left-hand side of the paper.

1 <sup>st</sup> = 5 points 2 <sup>nd</sup> = 3 points 3 <sup>rd</sup> = 1 point	Sue	Mark	Iris	Lily	John	Abel	Ron	Maria	Lori
Ping Pong Relay									
Build A Tower									
Longest Shot									
Take a Header									
Plates and Cups									

Points are given 5 for a win, 3 for a try, and 1 for little success.



## Icebreaker



### Activity #1: Minute to Win It—Mad Dog

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Wooden stick—maybe even a jumbo craft stick
- Glue
- Tic Tac boxes for each end

#### What you will do:

1. Prepare a wooden stick with two filled tic tac boxes glue at both ends.
2. Bring all the children into an open spot where they can move without hitting something or someone.
3. Explain they will each have an opportunity be the Mad Dog.
4. Hold the stick in the mouth and shake the head until both the boxes empty. Complete this in a minute to win this game
5. Continue until all children have had the opportunity to be the “mad dog”
6. Record points

#### Wrap Up Questions:

- What did you enjoy about this activity?
- What advice would you give someone who was going to participate in this activity?
- What would you change to make this activity even better?





## Icebreaker



### Activity #2: Minute to Win It Slinky Challenge

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Headband
- Slinky (plastic is best)

#### What you will do:

1. Wear the headband and place 4 or 5 coils of slinky between your head and headband.
2. The slinky should get stacked perfectly on the forehead by moving the head around within 60 seconds.
3. This game is really tougher than it sounds.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #3: Minute to Win It Pong Spoon Scoop

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Two bowls for each team
- 6 ping pong balls for each team
- Plastic spoons (1 for each child)

#### What you will do:

1. Divide the children into two teams
2. Transfer the ping pong balls from one bowl to another by holding the spoon in your mouth.
3. Each player has no more than 1 minute
4. Player then goes back, tags the next player who completes the process
5. Game is over when everyone has had turn for 1 minute
6. Record points

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #4: Minute to Win It Bucket Head

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ping Pong Balls
- Small bucket or bowl

#### What you will do:

1. This activity is for everyone on the team.
2. Children will compete one at a time
3. Place the bucket on head, bounce the ball against the wall and capture it with the bucket.
4. Catch three balls to win this game within a minute.
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #5: Minute to Win It Breakfast Scramble

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Cereal boxes, cut the front off the box. Cut the front into 20 equal pieces 1 box for each child or for each team

#### What you will do:

1. Divide the children into teams of 2.
2. Give each team a cereal box front cut into 20 equal pieces
3. Dump the pieces out. First team member has 1 minute to put the puzzle together. Then it is the second person's team
4. Arrange the small pieces to create the front side of the snack or cereal pack in one minute to win.
5. Record points

#### Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



## Icebreaker



### Activity #6: Minute to Win It Paper Dragon

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

2 rolls of party streamers for each child—any color

#### What you will do:

1. Contestants must unspool a roll of party streamer in each hand, usage of hands and arms only allowed.
2. If the streamer breaks, pick up and continue to complete in a minute.
3. Record points

#### Wrap-up Questions:

- What about the activity did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #7: Minute to Win It Roll With It

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Rolls of toilet paper (2 for each person competing)

#### What you will do:

1. Bring children to an open space where they can move around without bumping into something or someone.
2. Unspool both paper rolls before one minute to win this game. If the roll discontinued, grab it and continue.
3. Don't give up.
4. Only the time limit can eliminate you in this game.
5. Have fun!
6. Record points

#### Wrap Up Questions

- What about the chanting did you enjoy?
- What did you find challenging?
- What did you find easy?



## Icebreaker



### Activity #8: Minute to Win It Dizzy Mummy

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- 1 roll of toilet paper for each pair of children

#### What you will do:

1. Divide the children into teams of 2, one person to hold the roll and another one to spin around.
2. As the person spins around, he/she covers him or herself in toilet paper and empties the roll.
3. Do this in a minute to win.
4. Record points

#### Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



### Activity #9 Minute to Win It Challenges Worm Diving

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Bowl
- Pretzels
- Fishing Line (could be string or yarn)
- Gummy worm tied to the end of the fishing line
- Something to use as a pole (ruler, dowel)

#### What you will do:

1. Connect the gummy worm to the fishing line as it hangs 48 inches from the end of the fishing rod.
2. Keep pretzels 6 feet away in a bowl.
3. Use the worm to pick up pretzels, bring it to you and eat.
4. Complete the bowl in 60 seconds to win.
5. Record points

#### Debriefing Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?





## Icebreaker



### Activity #10: Minute to Win It Pong Tac Toe

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Ping pong balls (at least 9)
- Solo cups, each with water in them
- Space where if water spills it can be easily cleaned up

#### What you will do:

1. Line the children up in a vertical line
2. Children will compete one at a time
3. The player must bounce three balls into the glasses.
4. The three balls must be in a row within a minute to win.
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #11: Minute to Win It Scary Cherry

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

### What you will need:

- Cherries (with stems or some other fruit with a stem)
- String
- Someplace to hang the cherries (maybe in the doorway)
- Tape

### What you will do:

1. Tie one cherry with the string on a stick or rod in a doorway.
2. Player must blow the cherry until it swings back to his / her mouth.
3. Player must eat one cherry in a minute to win it.
4. Record points

### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #12: Minute to Win It Shoe Fly Shoe

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Shoes (children can use their own shoes)
- Table

#### What you will do:

1. Bring two children to the front to compete at a time and have them stand in front of the shoes
2. Player is to get one of the shoes onto the table using only his/her foot to move the shoe
3. Players have 1 minute, then next group of two children comes to the front to compete
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #13: Minute to Win It Stick the Landing

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Water bottle(s)
- Table

#### What you will do:

1. Bring children together around the table
2. Explain they will each have one minute to accomplish the task
3. Explain they will toss the water bottle in the air and make sure it lands upright on the table or floor
4. Achieve this in one minute to win.
5. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #14: Minute to Win It Bottoms Up

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Yo-yo
- Empty cans (6 or so)
- Low table, platform or floor

#### What you will do:

1. Bring children together around the empty cans
2. Explain that one at a time they will have an opportunity to compete in this challenge
3. Tie the yo-yo at the back with a belt and let it hang down like a tail. Swing the yo-yo and take down all the cans placed within 60 seconds to win.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #15: Minute to Win It Whipper Snap It

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Towel
- Laundry or other big basket
- Ping pong Balls

#### What you will do:

1. Two children can play this game at one time
2. Keep the laundry basket 15 feet away from the players.
3. To win this game, the player must flick the two ping pong balls using the towel and make them fall into the basket within 1 minute.
4. Record points.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #16: Minute to Win It Mega Bubble

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need

- Hula hoop
- Bubble solution (the kind you buy at the store will be fine)

#### What you will do:

1. Keep the hoop 15 feet away from the player and the bubble that he or she blows should get through the hoop.
2. Make sure to do it within a minute to win.
3. Two children can do this game at one time
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #17: Minute to Win It—Tower of Dominoes

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

One set of dominoes for each team (If you don't have enough sets, teams can take turns building. If you do this, be sure to measure each of the towers accurately)

#### What you will do:

1. Divide children into teams of three and distribute the supplies.
2. Explain they will have one minute to build the tallest domino tower that is freestanding.
3. Explain you will measure the height of the tower, and if a second group needs to use the same dominoes, they will begin when you call "Go!" for the second minute.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?





### Activity #18: Minute to Win It Bite Me

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Get five paper bags and scissors for each child.
- Cut the bags into varying heights of 10, 8, 6, 4 and 2 inches respectively.
- Each child needs his/her own set of bags since they will be picking them up with their mouths
- Two tables

#### What you will do:

1. Place the bags in a row on the table
2. Player should pick each bag up using only his/her mouth and drop it on the table behind him/her.
3. During this play, only the feet can touch the floor.
4. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #19: Minute to Win It Loner

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Marbles for each child
- Pencil for each child

#### What you will do:

1. Set the pencil standing up at 15 feet away.
2. Roll the marbles and knock the pencil down in one minute to win.
3. Record points

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #20: Minute to Win It! Spider Man

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Sticky Hands
- Spiders

#### What you will do:

1. Toss the spiders on the floor
2. Divide kids into 4 teams
3. Give each team a Sticky hand
4. One team member from each team comes forward and tries to collect as many spiders as possible using only the sticky hand
5. When the spiders have been picked up, spiders may be removed and placed in a container
6. When all of the players have finished, count for a team and an individual score.

#### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #21: Minute to Win It! Straws Up

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Assortment of items from around your space (game pieces, marbles, paper clips, rubber bands, etc.)
- Straw for each child
- Paper plates (2 for each team)

#### What you will do:

1. Divide the children into two teams
2. Each team will have a plate full of items, and each child will have a straw
3. Using only the straw, one at a time, the team members will work to remove all the objects from the plate, placing the item on the second plate
4. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?



## Icebreaker



### Activity #22 Minute to Win It Captain America

**Objective:** Children will have the opportunity to compete with one another in a variety of **Minute to Win It** challenges.

#### What you will need:

- Paper plates (red, white, and blue)
- Basket or box
- Americana designed duct tape

#### What you will do:

1. Players stand behind the line that's taped on the ground 20 feet away from the basket and try to toss paper plate "shields" to get them to land in the basket or other container.
2. Keep track of the number of plates the person makes into the basket/container in 1 minute
3. Each member of the team has the opportunity to do the same
4. Record Individual and Team Totals

#### Wrap-up Questions:

- What did you enjoy about this activity?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?