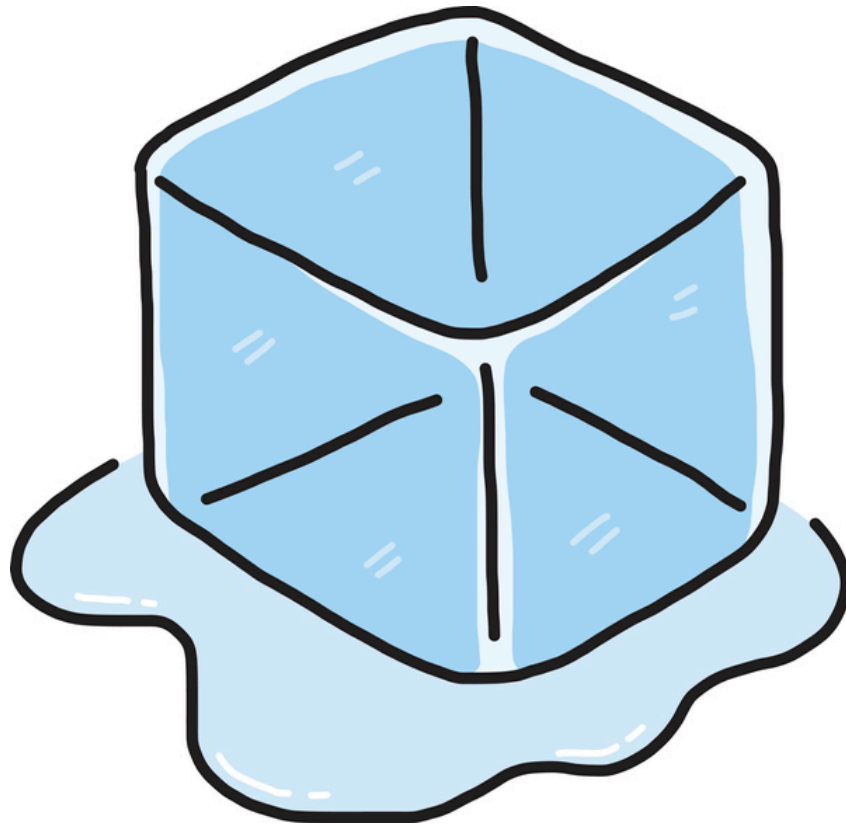




Icebreaker



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 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

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?