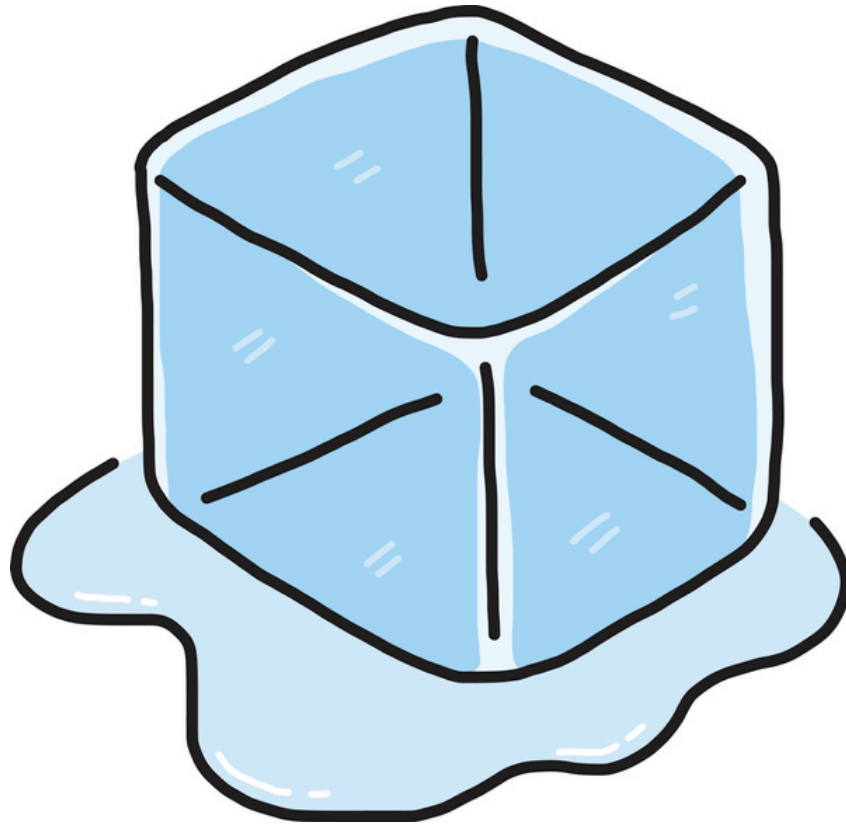




Icebreaker



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 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



Icebreaker Activities

Set #10

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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?