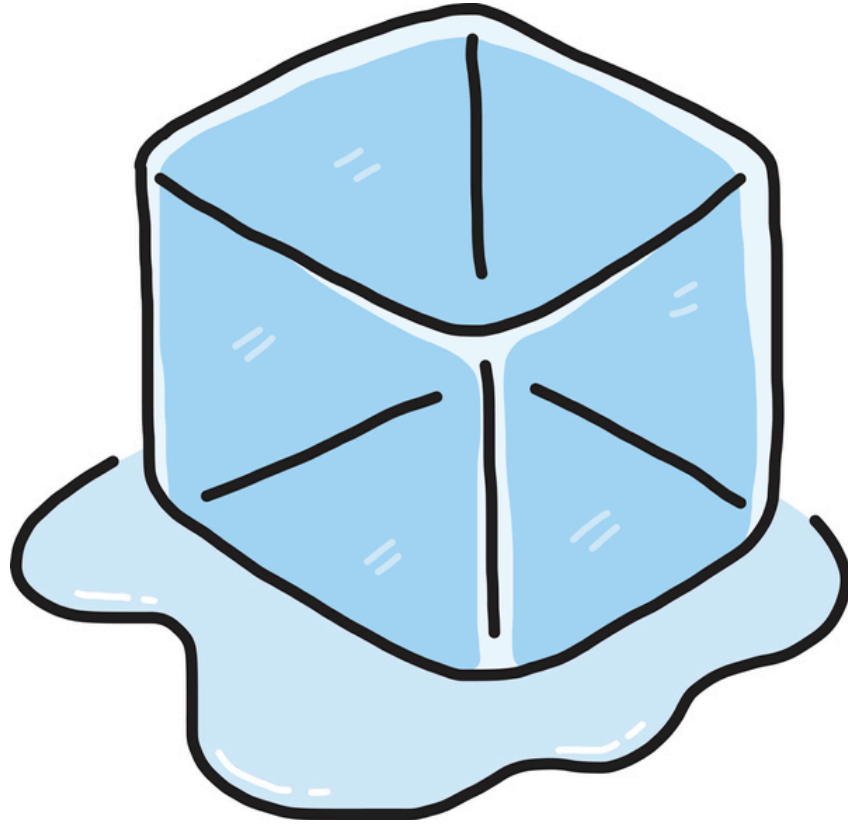




Icebreaker



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 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 #13

Table of Contents

All on One Side

Ambush

Back to Back

Backlash!

Balloon Battle

Pass It

Crabwalk Baseball

Basket-Soccer Ball

Birds Have Feathers

Blanket Toss

Blind Cow

The Boiler Burst

Bulldogs Roar

Bumpity, Bump, Bump!

Cat and Mouse

Chicken Picks

Circle Run

Circle Stride Ball

Concentration

Dancing Statues

Dho-Dho-Dho

Donkey Dodge Ball



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 1st, 2nd, 3rd, 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?