



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 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 #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

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- 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?