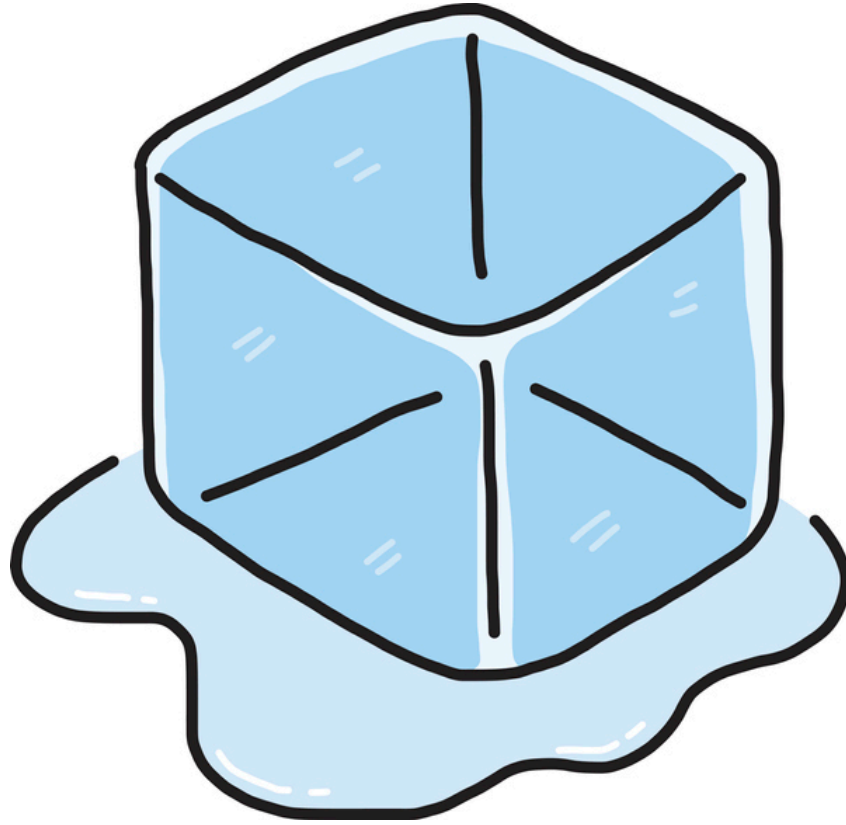




Icebreaker



Ice Breakers

Set #15



Icebreaker



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

Please note that these are activities for you to use with your youth. If you would like to share these icebreaker plans with others please contact us at support@consultfourkids.com 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 #15

Table of Contents

Musical Ropes and Hoops

Pip, Squeak and Wilbur

Pop Goes the Weasel

Quick, Frozen Critters

Rabid Nuggets

Toe and Heel

Car Relay

Jump Ball Relay

Stunt Relay

Roundabout

Smugglers

Spokes

Not a Laughing Matter

Stealing Sticks

Iron Man

Hulk

Thor

Hawkeye

Black Panther

Ant Man

Black Widow

Flash



Activity #1: Musical Ropes and Hoops

Objective: Enjoy a game where everyone continues to play

What you will need:

- Hula Hoops
- Jump Ropes
- Music and music player

What you will do:

1. This game is similar to musical chairs, but does not eliminate anybody.
2. Scatter a number of hoops and ropes around the area in which you are playing the game.
3. The number of ropes or hoops will vary with the number of people playing. (1 for every 3-4 people)
4. Play music loud enough for everyone to hear and instruct them to move around (hop, skip, walk backwards, run etc.)
5. When the music is stopped, the group must be holding onto one of the ropes or hoops.
6. Each time the music stops you remove one hoop or rope until everyone is holding onto or standing inside one.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #2: Pip, Squeak and Wilbur

Objective: Work as a team to achieve a goal

What you will need:

- Bean bags

What you will do:

1. Divide the youth in groups of three.
2. One person in each group is Pip, one Wilbur, and one Squeak.
3. Staying with his/her own group, groups are arranged in one big circle.
4. The Team Leader calls out one of the three names; this person runs around the outside of this big circle until he/she gets back to his group.
5. Then he/she runs under the arch that the other two have made and into the center of the circle and tries to grab one of the beanbags in the middle and return to his group.
6. There should be two less beanbags than there are groups.
7. If the runner gets a beanbag, his group scores a point.
8. The group with the most points at the end of the game wins.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #3: Pop Goes the Weasel

Objective: Play a game and enjoy working with peers

What you will need:

- No materials are needed

What you will do:

1. Choose one youth to be the weasel.
2. Divide the rest of the youth into even groups.
3. In each group number the youth off 1, 2, 3, and so on.
4. The weasel stands in the center as the groups dance around him/her in their own circles singing, "Pop goes the weasel".
5. When a number is called all the children of that number and the weasel join in a circle in the middle dancing and singing "pop goes the weasel" while the other children remain in their own group's circle around the outside.
6. When 'pop goes the weasel' is reached all those youth run to find an empty circle, the other groups have formed on the outside.
7. The remaining youth is the weasel.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #4: Quick, Frozen Critters

Objective: Players know as rabbits try to cross and grab the food without being tagged.

What you will need:

- Bean bags (food)
- Hula Hoops
- Strips of cloth for the tail

What you will do:

1. Divide the group into two teams.
2. One team is rabbits and the other team is foxes.
3. The object of the game is for the rabbits to cross the open playing field retrieve food (bean bags) and bring it back to their home.
4. The rabbits cannot move if they are frozen. They are no longer a part of the game.
5. Each member of the rabbit team is given a strip of fabric to be his/her tail, and tucks it into the waistband of his/her pants or skirt.
6. The foxes are trying to take the rabbit's tail when they are moving.
7. If this happens, the rabbit is frozen.
8. The amount of time it takes for the foxes to freeze all of the rabbits is recorded.
9. Both teams should get a chance to be both animals.
10. The times for each team are compared and the winner is declared—the team that most quickly freezes the rabbits.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #5: Rabid Nuggets

Objective: Use your feet to keep the tennis balls in play

What you will need:

- Tennis balls (approximately 30)
- Empty cafeteria or gymnasium are the best place to play this game

What you will do:

1. Tennis balls are strewn around the room on the ground.
2. Divide the group into two teams. Each team plays alone and rotates with the other team.
3. The leader yells "RABID NUGGETS" and the object of the game is to keep the tennis balls moving.
4. Team may only use their feet.
5. If the leader spots a tennis ball lying still, she/he shouts "DEAD NUGGET...3, 2.....",.
6. If a player has not made the ball moving by the time that the leader says 1, the group has one strike against them.
7. The leader may time how long the group keeps the nuggets moving before they get three strikes against them.
8. The second team is up and the game repeats.
9. Winning team takes the most time to get 3 outs.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #6: Toe and Heel

Objective: Team works together to win the challenge

What you will need:

- Orange cones or jump ropes to mark the start-turn-around line

What you will do:

1. Divide the group into two teams
2. Teams line up behind the start line
3. When Team Leader shouts, "Go!" the first member from each team advances to the turn-around line by placing one foot in front of the other so that the heel of one foot is touching the toes of the other feet
4. When player reaches the turn-around line, he/she may run back and touch the next player on the hand and that person begins the heel-toe race to the turn-around line.
5. Team who completes the challenge first, wins

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #7: Car Relay

Objective: Works as a team to win the relay

What you will need:

- No materials needed

What you will do:

1. Divide the youth into teams of 6
2. Have teams line up and each person in the team has a certain action to do based on position in the line
3. First person in each group is a flat tire and hops on one foot.
4. Second person is a broken steering wheel and runs zig-zag.
5. The third person is a rusty transmission and takes three steps forward and two backwards.
6. Fourth person is stuck in reverse and runs backwards.
7. Fifth and sixth can be determined by the students.
8. When Team Leader says "Go!", the relay begins, with each team member running his/her leg of the relay as described.
9. Winning team finished first

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #8: Jump Ball Relay

Objective: Team work to win the game

What you will need:

- Soccer or other soft ball about that size

What you will do:

1. Divide the youth into two teams
2. Teams line up with team members behind their team captains in file formation.
3. At a distance of about 10 yards the balls are placed, one ball for each team in a straight line.
4. On the word "GO!", the first member of each team runs to his team's ball and places it between his/her ankles and hops back to the next member of his/her team.
5. This player places the ball between his/her ankles and hops to the turnaround line, and leaves the ball there and runs back to the next person.
6. The next person then runs back to the far line, places the ball between his feet and hops back.
7. Relay continues.
8. If the ball is dropped, the player must return to the line and start over.
9. The first team finished and sitting down is the winner.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #9: Stunt Relay

Objective: Teams work together to win the relay

What you will need:

- Jump ropes for the start line and the turn-around line

What you will do:

1. In stunt relays, the runners advance to the turning point, stop, perform a stunt and return to tag the next runner on their team. A stunt could include a leap, a somersault, a cartwheel, or something else
2. Divide the youth into two team
3. Teams line up in a vertical line at the start line
4. When the Team Leader shouts, “Go!”, the relay is on
5. Teams should cheer for the stunts
6. The winning team finishes first

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #10: Roundabout

Objective: Play tag without being tagged yourself

What you will need:

- No materials are needed

What you will do:

1. Players stand in a circle facing each other front to back.
2. When the leader says, "Go" everyone begins running around the circle.
3. If a player believes he/she can pass the person in front of them, he/she moves to the outside. It is important to remember to always pass on the outside
4. Players try and tag players as they pass.
5. Tagged players are out.
6. When the leader calls "Switch", the players must reverse direction. This turns the tables on the fast runner who is just about to overtake another player.
7. Keep going until there is only one person left

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #11: Smugglers

Objective: Work together as a team

What you will need:

- Small object to act as the treasure. The item should be small enough to fit into a player's hand
- Cones to mark the playing field

What you will do:

1. Divide players into 2 teams.
2. One team is the "Ins" and the other is the "Outs".
3. The Ins have a den while the Outs plan their strategy in the field.
4. One member of the Outs has the "jewel" (stone etc). The identity of the player who carries the jewel must remain a closely guarded secret among teammates.
5. The Ins count to 50 while the Outs move farther and farther away.
6. After the count is finished, the Ins yell, "SMUGGLERS", and the chase is on.
7. As each member of the Out team is tagged, he/she must open his/her hands to show whether or not he/she has the jewel. Of course, the jewel should be passed around among teammates as quickly and as inconspicuously as possible. There are lots of opportunities for playing the decoy in this game.
8. When the holder of the jewel is tagged, the game is over and the sides change.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #12: Spokes

Objective: Play the game without becoming “IT”

What you will need:

- No supplies needed

What you will do:

1. Divide the group into at least 4 equal teams.
2. Each team needs to sit in a single file facing the center of the circle. (The lines should look like spokes on a wheel).
3. The leader can start by walking on the outside of the spokes.
4. The leader will touch the head of the last person in one of the lines.
5. The whole line gets up and runs around. The last person to sit down is “it” and then must walk around and pick a new group.
6. Note: A group should not be picked for a second turn until every group has played at least once

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #13: Not A Laughing Matter

Objective: Each team tries to get members of the other team to laugh

What you will need:

- No materials needed

What you will do:

1. Divide the youth into 2 teams which will stand, facing each other
2. The youth on the first team are given one minute to make anyone on the other team laugh. They may make faces, gestures, funny or teasing remarks, but they cannot touch the other players.
3. Then the action is reversed, and members of the second team try to make the other team laugh.
4. Any youth who does laugh must leave the line.
5. The team with the most remaining players after several times is the winner.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #14: Stealing Sticks

Objective: Team works together to capture the sticks of the other team

What you will need:

- Jumbo craft sticks
- Jump ropes
- Orange Cones

What you will do:

1. Divide the playing field into two parts with a jump rope or ropes.
2. Divide the players into two teams. Each team is on his/her own side to the line.
3. At the center end of the rope, five or more sticks are placed in a pile for each team.
4. A Detention Center is marked off about 4 feet square in one corner.
5. The object of the game is to steal the opponent's sticks without being caught.
6. As soon as the player crosses the centerline he may be caught and put in the Detention Center.
7. A player may be released from the Detention Center if one of his teammates can touch his hand. He may then come back to his own side without being tagged. T
8. The team that gets all of the opponent's sticks and has all members safely out of Detention Center, wins the game.

Wrap Up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to play this game?



Activity #15 Iron Man

Objective: Stack the lug nuts on the chopstick without using hands

What you will need:

- 8 iron lug nuts
- Chopsticks

What you will do:

1. Player puts the chopstick in his/her mouth and using only his/her mouth to hold the chopstick, stack the lug nuts on their sides on top of each other.
2. Player must stack all eight to win. If they fall down, they must start again.

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #16 Hulk

Objective: Work with a partner to blow up and break a balloon

What you will need:

- Green balloons

What you will do:

1. Divide the youth into partners
2. Give each pair 3 balloons
3. Players must use only one hand, blow up the balloon, and smash the balloons between them and break them

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #17 Thor

Objective: Work together to get the ping pong balls into the bucket at the end of the lane

What you will need:

- A small hammer for each team
- Ping pong balls
- Plastic bucket or box

What you will do:

1. Divide the group into two teams
2. Give each team a bucket of ping pong balls and a hammer
3. Place the bucket at least 15 feet from the start line
4. One at a time on each team, the player bounces the ping pong ball and then uses the hammer to navigate the ball into the bucket
5. Player returns and the next team member begins
6. Play is over when all members of both teams have played. Count the ping pong balls to determine the winner

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #18 Hawkeye

Objective: Working as a team, players will move small cars off the table, on the far end, not the sides

What you will need:

- Table
- Rubber bands (thick ones work best)
- Hot wheels or Matchbox Cars (can get at the Dollar Store)

What you will do:

1. Divide the group into two teams
2. Set the toy car at the end of the table and give the player a pile full of rubber bands.
3. Player must use the rubber bands to shoot the toy car from one end to the other.
4. If the car falls off the side, they must place it back on the table where it fell off and start again.
5. Continue until all team members have played

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #19 Black Panther

Objective: Work as a team to unravel and remake a yarn ball

What you will need:

- Spool of Black Yarn

What you will do:

1. Divide the youth into two teams
2. Player must put one hand behind his/her back and with the one hand behind the back, must unravel the entire ball of black yarn.
3. He/she can use any method he/she want as long as he/she doesn't remove the hand from behind the back.
4. Next player rewaps the yarn and passes to the next player. Every other player makes a yarn ball and every other person undoes the ball

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #20 Ant Man

Objective: Team works together to drop “ants” into the empty two-liter soda bottles

What you will need:

- Raisins
- Empty 2-liter soda bottles

What you will do:

1. Divide the group into two teams
2. Place the three two-liter soda bottles in a line in the middle of the room.
3. To win, players must take turns and stand above the soda bottles and drop “ants” (raisins) from eye level into the soda bottles below. Each player has a chance to drop 5 ants
4. No bending or lowering hands below eye-level.

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #21 Black Widow

Objective: Team members work together to win the spider-hula hoop relay.

What you will need:

- Hula Hoop
- Plastic Spiders

What you will do:

1. Divide group into two teams
2. Give each team a baggie of plastic spiders and one hula hoop
3. One at a time, player must put a plastic spider on his/her head and without touching the spider at any point (once it's on their head), get through the hula hoop from one side to the other.
4. If the spider drops or they touch it, they have to try again.
5. Player then tags the next player on his/her team and it repeats until all are finished.

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?



Activity #22 Flash

Objective: Team members will complete the obstacle course

What you will need:

- Obstacles for an obstacle course (trash cans, chairs, etc.)
- A bucket of small objects (balls, action figures, medals, etc.)

What you will do:

1. You will need to set up two courses, one for each team
2. Divide the youth into two teams
3. Players must race through the obstacle course and grab an object out of the bucket setup at the end of the course, as fast as possible then race back through the course and tag the next person on the team
4. Next player repeats until all team members are through the course

Wrap Up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- What advice would you give someone who was going to do this activity?