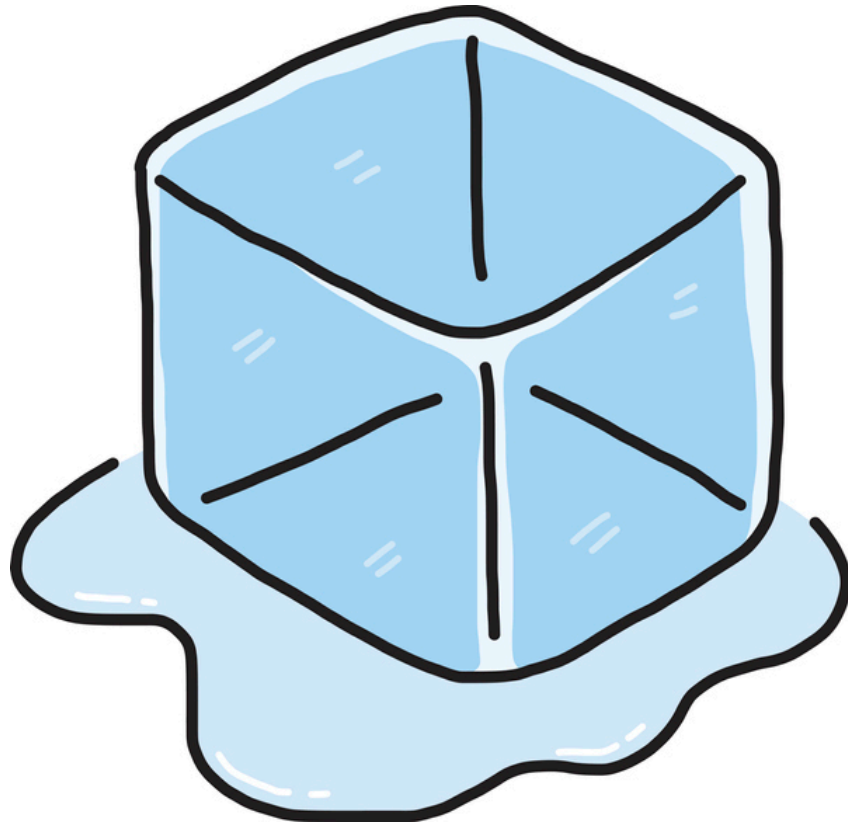




Icebreaker



Ice Breakers

Set #2



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 #2

Table of Contents

American Dance Revolution
American Idol
Amoeba
Animal Sounds
Table Art: Your Favorite Thing
Table Art: Future You
Around the World Pong Shot
Balloon Buns
Group Juggle
Group Rise
Balloon Juggle
Dance Off
Empty It
Sports Charades
Icy Feet
Potato Roll
Foam Peanut Relay
Hot Spot Matches
Marble Grab
Rainstorm
Roller Ball
Table Art: Americana



Icebreaker



Activity #1: American Dance Revolution

Materials Needed:

- Music, appropriate for children, which has a beat and children can dance to

Object of the Activity: The object is to dance to the music and enjoy yourself.

Directions:

1. Explain today the children are going to participate in the American Dance Revolution.
2. Explain the children will stand in a circle and dance to the music
3. Explain when you call their name, that child will move to the center of the circle and continue dancing
4. When you call the next child (after 10-12 seconds), the child in the middle goes back to the circle and a new child is highlighted
5. Continue until everyone has had at least 2 turns in the center

Wrap-up Questions:

- What did you enjoy about dancing?
- What did you find challenging?
- What did you find easy?
- Would you recommend the American Dance Revolution to others? Why or why not?



Icebreaker



Activity #2: American Idol

Materials Needed:

- Karaoke CD with songs children know, way to play the CD

Object of the Activity: The object is for children to sing, Karaoke style, with the music playing.

Directions:

1. Explain today the children will have the opportunity to experience being on “American Idol”
2. Review the songs which are on the Karaoke CD (these CDs have two sides-one with someone singing and one with music only)
3. Ask for volunteers to come up and take the “microphone”. Have children select the song they want to sing and whether they want music only or someone else singing
4. Enjoy!

Wrap-up Questions:

- What did you enjoy about singing on “American Idol”?
- What did you find challenging?
- What did you find easy?
- Would you recommend “American Idol” to others? Why or why not?



Activity #3: Amoeba

Materials Needed:

- No materials needed

Object of the Activity: Today's challenge is for the group to eventually come together by finding things they have in common. (**Note:** where they live and this program is not a commonality they can identify in this game.)

Directions:

1. This activity is for everyone
2. Ask children to begin by finding one partner
3. Children talk to one another and determine something they have in common that is unusual.
4. Give them 1 minute to determine the commonality.
5. Pair then joins another pair and repeats the process.
6. Group of 4 repeats by joining another group of 4.
7. Continue until the entire group is together.
8. Activity is over when group has 1 area of connection.

Wrap-up Questions:

- What did you enjoy about Amoeba?
- What did you find challenging?
- What did you find easy?
- Would you recommend Amoeba to others? Why or why not?



Activity #4: Animal Sounds

Materials Needed:

- No materials needed

Object of the Activity: The object of this activity is for the children to dance as a robot. Group will select the winning “robot”.

Directions:

1. Explain to children that this activity begins with children having one partner and the pair deciding on an animal sound they can make.
2. Pair practices until they can make two animal sounds together, in unison
3. One pair at a time, have the two of them make the first animal sound. After demonstrating the sound, everyone needs to make the sound with them 3 times. Pair continues with the second sound
4. When all the pairs have shared the animal sounds with the larger group, ask children which sound they would all like to repeat. This is the sound that “wins”

Wrap-up Questions:

- What did you enjoy about making animal sounds?
- What did you find challenging?
- What did you find easy?
- What was your favorite sound? Why do you answer as you do?
- Would you recommend Animal Sounds to others? Why or why not?



Activity #5: Table Art: Your Favorite Thing

Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting the children's favorite thing (pet, doll, soccer ball, etc.)

Directions:

1. Students will draw a scene to depict their favorite thing.
2. Tell them to consider:
 - a. What they really treasure and have treasured for a while?
 - b. What would be the one thing they would take if there was an emergency? For some of your children this consideration might be too close because of the fires. If so, do not ask this question.
 - c. Explain there is no right answer.
3. They will cover the butcher paper with their ideas and designs. Have them share what they drew.

Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



Activity #6: Table Art: Future You

Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting who you will be in the future (doctor, firefighter, actor, parent, teacher, astronaut...)

Directions:

1. Students will draw a scene to depict who they will be in the future.
2. Tell them to consider:
 - a. What they enjoy doing and are interested in
 - b. What career options or role they think would be fun
 - c. Ask them to think about when they are 30 or older
3. They will cover the butcher paper with their ideas and thoughts of the future. Have them share what they drew.

Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?



Activity #7: Around the World Ping Shot

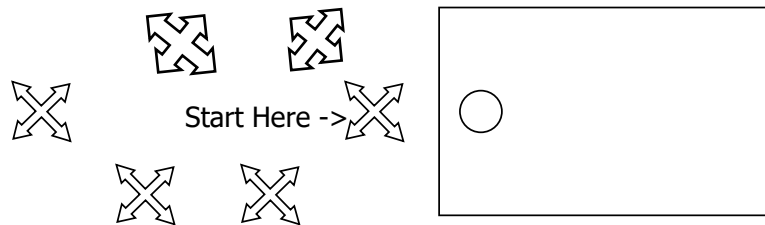
Materials Needed:

- 1 Red Cup for each team
- 6 Ping Pong Balls for each team
- Timer or Clock
- Music (youth appropriate)

Object of the Activity: The object is for each team to earn as many points as they can by taking turns shooting the ping pong balls into the red cup from the different locations.

Directions:

1. Divide group into teams of 4-5 and set up the space like the picture below



2. Each person on the team can shoot from each spot. Total the points (earned by landing the ping pong ball in the cup).
3. Team with the most points, 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 #8: Balloon Buns

Materials Needed:

- One balloon for each child (Have an extra or two just in case)
- Cones for marking start and finish lines

Object of the Activity:

The object of this activity is to pop your balloon by sitting on it.

Directions:

1. Divide the children into two teams and distribute the balloons
2. Have all children blow up the balloon given to them, tying a knot in the end of the balloon.
3. Line each team up in a vertical line
4. First player races to the “finish line” and sits on the balloon, popping it
5. When the balloon has popped the child races back, tags the next team member and continuing the process
6. First team with all balloons popped, wins

Wrap-up Questions:

- What did you enjoy about Balloon Buns?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #9: Group Juggle

Materials Needed:

- 1 sheet of copy paper for each youth

Object of the Activity: The purpose of this activity is for the group to keep all the balls in the air at the same time and to call each other by name.

Directions:

1. This is an activity for everyone and should be done outside.
2. Give each person in the group a piece of paper to “crush” into a ball.
3. Ask the group to stand in a circle.
4. Group chooses a leader and then gives that leader the crushed paper balls.
5. The first round is to determine the pattern. The leader tosses a ball to one person in the circle, calling his/her name. That person catches the ball and tosses it to another person. When the last person gets the ball, they pass it back to the leader.
6. Each time you play, the player tosses the ball to the same person, and catches the ball from the same person, no exceptions.
7. For round 2, each time the leader tosses a ball, he/she picks up another ball and tosses it as well.
8. The challenge for the group is to keep all the balls up in the air at the same time.

Wrap-up Questions:

- What did you enjoy about Group Juggle?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Icebreaker



Activity #10: Group Rise

Materials Needed:

- No material needed

Object of the Activity: Object is to work with a partner to stand up from a sitting position.

Directions:

1. Ask each child to find a partner
2. When partners are determined, explain that each pair will sit on the floor, backs together, feet out in front and arms linked.
3. The task is for them to stand up together.
4. The first team to stand up, wins.
5. When every pair is standing, the activity is over.

Wrap-up Questions:

- What did you find challenging about standing up in this way?
- What did you find easy?
- What strategies did you use to stand up together?
- Would you recommend this activity to others? Why or why not?



Activity #11: Balloon Juggle

Materials Needed:

- Balloon for each child

Object of the Activity: For the children to work together to keep all of the balloons up in the air at the same time for three minutes.

Directions:

1. Announce to the group that today's activity will be Balloon Juggle and that they will work together to keep all of the balloons in the air at the same time for four minutes.
2. Explain each of them will get one balloon to juggle.
3. The rules are that the same balloon cannot be touched twice in a row by the same person. The children must work together. If a balloon is touched twice or falls, the balloon is out of play.
4. When time is called, count the number of balloons which are still in play.
5. Repeat and see if you can end with a larger number of balloons still in play.

Wrap-up Questions:

- What did you find challenging about this activity?
- What did you find easy?
- When a balloon dropped or was touched twice, what did you do to get back on track?
- Would you recommend this activity to others? Why or why not?



Activity #12: Dance Off

Materials Needed:

- Music and music player that is suitable for kids and a dance off.

Object of the Activity: All children participate in the dance off and then they select the children they want to see dance again

Directions:

1. Bring all the children together in a circle
2. Explain you are going to put the music on and all of them will be able to dance or keep time with the music while in the circle
3. Explain you will call one person's name and that person is to go into the center of the circle to dance, while everyone else is watching
4. When you have given each child an opportunity to dance in the center, stop and ask the children who they want to see dance again, and then spotlight the child.
5. If a child wants to pass, allow them to stay in the circle and call on someone else

Wrap-up Questions:

- What did you enjoy about this dance off?
- What did you find challenging?
- What did you find easy?
- If you didn't want to dance in the center, how did you continue with the dance in the circle?
- Would you recommend this activity to others? Why or why not?



Activity #13: Empty It

Materials Needed:

- Small cups
- Coffee Stirrers
- Fruit Loops or some other cereal with a hole in the middle

Object of the Activity: Work as a team to get the cereal from one container to another using only a coffee stirrer.

Directions:

1. Divide the group into 4 different teams.
2. Give each team a cup of cereal, an empty cup, and a coffee stirrer for each child on the team.
3. Explain that when you say “Go” the team will begin to transfer the cereal from one cup to the other.
4. Explain every team member must work to move the cereal.
5. Explain the winning team will make the transfer first.

Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you encourage others on your team to finish the task?
- Would you recommend this activity to others? Why or why not?



Activity #14: Sports Charades

Materials Needed:

- Craft sticks labeled with one sport on each stick: volleyball, four square, basketball, football, soccer, tennis, baseball, kickball, tetherball, hop scotch

Object of the Activity: Pairs of children will act out one of the sports while the other children guess the sport.

Directions:

1. Announce to the group that today's contest is Sports Charades.
2. Divide the children into pairs
3. Explain each pair will come up one at a time and select a craft stick
4. Explain the craft stick has a sport written on it and the pair of children will have 30 seconds to decide how to act out the sport
5. Pair acts out the sport they selected while the remainder of the children guess which sport it is

Wrap-up Questions:

- What did you enjoy about Sports Charades?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to others? Why or why not?



Activity #15: Icy Feet

Materials Needed:

- Ice
- Several large tubs (enough so every child can gather around one of the tubs, 4-5 to a tub)
- Bowls

Object of the Activity: Pick up as many ice cubes as possible with the feet and place them in a bowl by your feet.

Directions:

1. Announce to the group that today's activity is Icy Feet
2. Explain that each child will cluster around one of the tubs of ice
3. Explain they will each need to take off their shoes because they will need to transfer the ice from the tub to the bowl each will have, using only their feet
4. Have children bring a chair so they can sit down around the tub
5. When you say, "Go", have children begin
6. After 2-3 minutes, call time and have children count the number of ice cubes they have in their bowl
7. Have them share the number to the other children, cheer for each child

Wrap-up Questions:

- What did you enjoy about Icy Feet?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #16: Potato Roll

Materials Needed:

- Cones or tape to mark both the start and the finish line
- Small potato for each child

Object of the Activity: The object of the game is to move the potato across the finish line without using hands or feet (elbows, wrists, knees, foreheads are all possible)

Directions:

1. Announce to the group that today's activity is Potato Roll
2. Explain each child will be given a potato which they are to move from the start to the finish line
3. Explain they may not use their hands or feet at any time to move the potato
4. When you say "Go", each child begins
5. Winner is the child who finishes first. Continue until all children have been successful. Encourage players to continue.

Wrap-up Questions:

- What did you enjoy about the Potato Roll?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



Activity #17: Foam Peanut Relay

Materials Needed:

- Foam packing “peanuts”
- Plastic spoon
- Start finish line marked with tape or cones
- 2 containers for each team (one filled with foam peanuts and the other one empty for the peanut transfer)

Object of the Activity: The object of the activity is for the children to work as a team to transport the foam peanuts across the finish line into a container, one at a time.

Directions:

1. Divide the children into two teams
2. Give each child a plastic spoon
3. Give each team a container of foam peanuts
4. Line the team up behind the start line
5. At the finish line, place the empty container
6. Explain this is a relay race and one team member at a time, the children will pick up a foam peanut, hurry to the other end, place the peanut in the container at the finish line and then race back to tag the next player
7. Team who transfers all peanuts first, wins

Wrap-up Questions:

- What did you enjoy about the Foam Peanut Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



Activity #18: Hot Spot Matches

Materials Needed:

- 2 decks of cards with the same back, remove all cards except 10, Jack, Queen, King and Ace (when you put the two decks together you will have two of each card-a total of 40 cards)

Object of the Activity: The object of this activity is to match all the pairs in the “Concentration” game.

Directions:

1. Announce to the group that today’s contest will be Hot Spot Matches
2. Explain you have placed all of the playing cards, 10-Ace, face down in a 5 cards x 8 cards grid.
3. Explain one at a time the children will flip two cards to find an exact patch (hearts to hearts, face-card to face-card, etc.)
4. Explain the group will be able to gather around the table to watch, but only one child at a time will take a turn.
5. Explain if a child makes a match, he/she will have a second turn
6. Explain the game will be over when all the pairs of cards have been matched

Wrap-up Questions:

- What did you enjoy about Hot Spot Matches?
- What did you find challenging?
- What did you find easy?
- Would you recommend Hot Spot Matches to others? Why or why not?



Activity #19: Marble Grab

Materials Needed:

- Marbles
- Tub of water
- Container

Object of the Activity: The object is for children to work together to move all of the marbles from the tub of water to the container, using only their feet.

Directions:

1. Explain today the children the game today is Marble Grab
2. Explain there are marbles at the bottom of the tub
3. Explain that one at a time each child will have 10 seconds to move as many marbles as he/she can from the tub to the container, using only his/her toes
4. When each child has had a turn, count the number of marbles which are in the container

Wrap-up Questions:

- What did you enjoy about Marble Grab?
- What did you find challenging?
- What did you find easy?
- Would you recommend Marble Grab to others? Why or why not?



Activity #20: Rainstorm

Materials Needed:

- No materials needed

Object of the Activity: The challenge is to create the sounds of a rainstorm as it begins, crescendos, and then resides.

Directions:

1. You will lead this activity. Have children spread out in a horizontal line. You will demonstrate each of the following “noises”, beginning on one side and moving across the line, returning to the start and beginning the second noise maker. You will add 1 through 5, bring the storm to a crescendo, and then reverse it so the storm calms. Children must continue the action until you pass them with the next action.
 - #1: Snapping fingers
 - #2: Rubbing hands together
 - #3: Clapping hand quickly (not so much loudly)
 - #4: Patting hands on thighs
 - #5: Stomping his/her feet
2. Talk about how this activity sounds like a Rain Storm

Wrap-up Questions:

- What did you enjoy about Rainstorm?
- What did you find challenging?
- What did you find easy?
- Would you recommend Rainstorm to others? Why or why not?



Activity #21: Roller Ball

Materials Needed:

- 16-ounce solo cups
- Tape
- Table
- Ping Pong Balls (12)

Object of the Activity: The object of this activity is for the children to get as many ping pong balls into the cups as possible.

Directions:

3. Set up the game. Place 5 cups at one end of a table with the open end of the cup facing the opposite end of the table. Tape the cups into place so they will stay in the correct position. Make a tape start line about 12" from the edge of the table opposite the cups
4. Explain to children that this activity is for everyone and they will add to the team's score by rolling ping pong balls into the cups
5. Show them the cups, the start line, and demonstrate rolling the ping pong ball hopefully into the cup
6. Each ball that rolls into the cup and rolls out, counts as 1 point. Each ball that rolls into the cup and stays counts as 2 points. (The leader will keep score)
7. Have at least two rounds so each child has two turns. Total the points.

Wrap-up Questions:

- What did you enjoy about Roller Ball?
- What did you find challenging?
- What did you find easy?
- Would you recommend Roller Ball to others? Why or why not?



Activity #22: Table Art: Americana

Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting Americana.

Directions:

4. Students will draw pictures to depict Americana (flags, map, Statue of Liberty, eagle, etc..)
5. Tell them to consider the things they have seen which depict America
6. They will cover the butcher paper with their drawings. Have them share what they drew.

Wrap-up Questions:

- What did you enjoy about working on the mural?
- What did you find challenging?
- What did you find easy?
- Would you recommend making a mural to others? Why or why not?