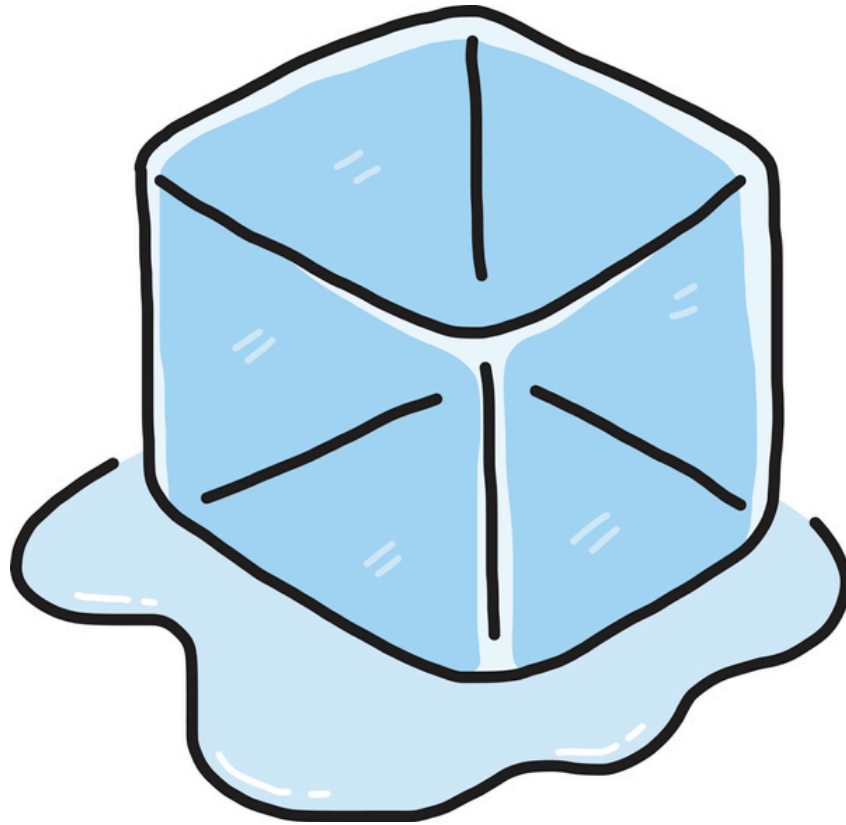




**Icebreaker**



**Ice Breakers**

**Set #3**



**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](mailto: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](http://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 #3

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**Icebreaker**



## **Activity #1: Table Art: Best Book**

### **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 favorite books.

### **Directions:**

1. Students will draw pictures of their favorite book. They can do this like a book cover or a scene from the story.
2. Tell them to consider what they can draw to capture the book.
3. They will cover the butcher paper with scenes from their favorite books. 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 #2: Table Art: Best Spring Outfit

### 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 showing the best clothing for Spring.

### Directions:

1. Students will draw pictures of their favorite Spring outfits.
2. Tell them to consider the weather being warmer but not yet summer when they draw their favorite Spring outfit
3. They will cover the butcher paper with scenes from their favorite outfits. 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 #3: Table Art: Best Pet

### 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 “best pet”.

### Directions:

1. Students will draw pictures of their idea of the “best pet”.
2. Encourage them to consider not only traditional pets (dogs, cats, fish, hamsters, etc.) but other types of animals they would like to have for a pet.
3. They will cover the butcher paper with scenes of their ideas about the “best pet”. 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 #4: Simultaneous Alphabet

### Materials Needed:

- 2 sets of magnetic alphabet letters
- 2 cookie sheets
- Cones or tape for the start line, tables at the end with the game materials on them

**Object of the Activity:** The purpose of this activity is for the teams to work together to put the alphabet in order on the cookie sheet.

### Directions:

1. Set up two stations by placing the alphabet magnets in random order and placing the cookie sheet by each station
2. Explain to children they will work as a team to get the alphabet magnets in alphabetical order
3. Explain each child will begin at the start line, come to the table and have 2 seconds to put as many letters as possible in order and then returning for the next team member
4. Game is over when the alphabet is in order on the cookie sheet

### Wrap-up Questions:

- What did you enjoy about Simultaneous Alphabet?
- Why would this game have that title?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #5: Two Truths and a Lie

### Materials Needed:

- No materials needed

**Object of the Activity:** To see if “audience” can tell which statements are the truth and which is a lie, when the other child makes his/her statements.

### Directions:

1. Announce to students that this game is for everyone
2. Explain that children may volunteer to come forward and tell the “audience” two truthful statements and one false statement
3. Explain it is important to try to tell a believable lie. For example: My dog licks my face when I see him after school (could be a lie if the person doesn’t have a dog); I play the piano at church when my mom sings (could be the truth if the person has taken lessons)
4. Explain that the audience will listen to the three statements and then guess which is the truth and which is the lie
5. There are no winners in this game

### Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did you determine if something was the truth or a lie?
- Would you recommend this activity to others? Why or why not?





## Activity #6: Group Tic Tac Toe

### Materials Needed:

- Butcher paper with many Tic Tac Toe grids all over it
- Crayons (one for each child)

**Object of the Activity:** Play Tic Tac Toe as a group, moving from grid to grid until all grids are complete. Winning grids should be circled

### Directions:

Show the children the butcher paper with the Tic Tac Toe grids on it and give each person a crayon

Explain they will be playing Tic Tac Toe as a team, which means that every one wins when the team wins

Divide the children into “x’s” and “o’s”

Explain that when you say “Go”, they will begin by placing the “x’s” or “o’s” on the grids.

Explain they can only play one x or o at a time on any grid. They can only come back to a grid after playing somewhere else

Remind them the goal is to get as many team wins as possible

Game continues until all grids are full

Circle the grids which have a winner

### Wrap-up Questions:

- What did you need to do to ensure as many group wins as possible? (Not block someone from getting a Tic Tac Toe)
- Why was that challenging? (We’ve been taught to win, no matter what)
- What is important about working together to accomplish a goal?
- Would you recommend this activity to others? Why or why not?



## Activity #7: Telephone

### Materials Needed:

- No materials needed

**Object of the Activity:** Work as a team to get the message correctly from the first person to the last person in the telephone chain

### Directions:

1. Have children form a circle
2. Determine who will be the leader
3. Bring the leader to the side and whisper a secret to them (Example: The elephants are marching in the parade on Saturday.)
4. When the leader returns, he/she whispers the secret to the person on the right
5. Explain that the person with the secret may only say the secret ONE time, no repeating
6. That person then repeats the secret to the person on his/her right until the secret comes back to the person who started it
7. Discuss how accurate the message was
8. Play a second time, starting somewhere else in the circle

### Wrap-up Questions:

- What happened when you compared the first and the last message?
- What did you find challenging?
- What did you find easy?
- How did you encourage others to accurately share the secret?
- Would you recommend this activity to others? Why or why not?



## Activity #8: Flip or Flop

### Materials Needed:

- Several pennies
- An object to act as the “finish line” (rubber chicken, stuffed animal, water bottle, etc.)

**Object of the Activity:** Teams of 2 children will work together to get one of them across the finish line to the object that is there.

### Directions:

1. You will need an item and 1 penny for each pair.
2. Explain that on the team, one is the flipper, and the other is the flopper
3. The rubber chicken (or whatever else you can get) is about 10 feet away.
4. When you say “GO”, the flipper flips the penny and lets it fall on the floor.
5. If it is heads, the flopper can move 2 steps toward the item.
6. If it is tails, the flopper is frozen.
7. The first team to the item, wins!

### Wrap-up Questions:

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



## Activity #9: Yogurt Worms

### Materials Needed:

- Gummy worms
- Spoons
- Yogurt

**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. In front of each person place a 2-ounce cup of yogurt with 2 Gummy Worms inside.
2. When you say “GO”, each person eats the yogurt and the Gummy Worms in their container.
3. Winner is the person who is finished first.

### Wrap-up Questions:

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



## Activity #10: Guess Who?

### Materials Needed:

- Adhesive name tags with the name of a famous person (real or fictional) written upon each tag (all are different)

**Object of the Activity:** The object of the activity is for the children to determine the name of the person on their back.

### Directions:

1. Place the name of a cartoon, TV character or real person on the back of each child
2. When you say “GO”, players must circulate and ask the others a “yes” or “no” question to help them determine who they are
3. First player to correctly guess his/her mystery name wins

### Wrap-up Questions:

- What did you enjoy about Guess Who?
- What did you find challenging?
- What did you find easy?
- Would you recommend this game to someone else? Why or why not?



## Activity #11: Hoop Target

### Materials Needed:

- 4-5 Hula Hoops
- Nerf or other soft ball

**Object of the Activity:** The object of this activity is to get as many team points as possible.

### Directions:

1. Set up hoops at 3 different distances.
2. Divide the children into 2-3 teams
3. One at a time, rotating between the teams, player decides which hoop he/she will throw the ball through.
4. When you say, "Go", player throws the Nerf ball through the target he/she selected
5. Team gets one point for each successful throw
6. Team with the most points, win.

### Wrap-up Questions:

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



## Activity #12: Human Knot

### Materials Needed:

- No materials needed

**Object of the Activity:** The object is for children to work together to unravel the “human knot” they have made without letting go of hands.

### Directions:

1. This is an activity for everyone in the group. Activity is done outside.
2. Ask each group of students to gather into a tight group.
3. Each person holds out their hands into the center of the group and grabs two hands.
4. They cannot be two hands of the same person or one of a person standing right next to them
5. Now that the group is all connected into a large knot, the challenge is to untangle themselves without letting go of the hands they are holding.
6. The group should end up in a large circle.

### Wrap-up Questions:

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



## Activity #13: Hands Off

### Materials Needed:

- ½ piece of copy paper or cardstock

**Object of the Activity:** The challenge is to have everyone touch a piece of paper in the shortest amount of time without touching anyone else.

### Directions:

1. Divide the children into two teams if you have a large group. If you have less than 12, have everyone be in one group.
2. Give each team 1 piece of heavy paper
3. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
4. Everyone does not have to touch the paper at the same time, they must just touch it.
5. A good time is 2-3 seconds
6. Let children work through a way to accomplish this task.
7. Let the team that does this in the shortest time share with the rest of the group. If you have only one time, let them try several times and see if they can reduce the time it takes

### Wrap-up Questions:

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





## Activity #14: Ping Pong Soccer

### Materials Needed:

- Ping Pong Ball
- Long Table
- Painter's Tape

**Object of the Activity:** The object of this activity is for each team to score as many goals as possible while keeping the other team from scoring a goal.

### Directions:

1. Announce today's contest will be Ping Pong Soccer
2. Divide the group into two teams.
3. Explain each team will be working to score goals while keeping the other team from scoring.
4. A goalie for the team is placed at the end of the table opposite from the goal their team will score points in.
5. An even number of players from each team lines up on either side of the table, every other person. A B A B A B
6. Players can "flick" the balls and the goalie can only block the goal by "flicking" the ping pong ball away. (Flicking is using the thumb and the middle finger)
7. Each goal counts as one point

### Wrap-up Questions:

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



## Activity #15: Table Art: Comic Strip

### 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 events in the life of a comic book character.

### Directions:

1. This is an activity for everyone on the team.
2. Ask group to select a cartoon character.
3. Divide children into pairs
4. On the butcher paper in front of them, the pair creates a cartoon of a single event for the character that the team selected.
5. Team shares with other teams.

### 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 #16: Table Art: Favorite Food that Has Cheese in It

### 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 favorite foods which have cheese in them.

### Directions:

1. Children will draw pictures of their favorite food which has cheese in it. They can draw a single item or a full course meal.
2. Tell them to consider what they can draw to capture the perfect food with cheese in it.
3. They will cover the butcher paper with pictures of their favorite cheese foods.
4. 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 #17: Table Art: Best Thing to Make From LEGOS

### 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 showing the best items to make from LEGOS.

### Directions:

1. Children will draw pictures of their thing to make from LEGOS.
2. Tell them to consider all the possibilities of things which can be made from LEGOS.
3. They will cover the butcher paper with scenes from their favorite LEGO projects.
4. 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 #18: Table Art: Favorite Food with Chocolate

### 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 favorite foods made with chocolate.

### Directions:

1. Children will draw pictures of their idea of the best food made with chocolate.
2. Encourage them to consider not only traditional things which are made with chocolate but also things that are outside the box (chocolate covered ants or strawberries for example)
3. They will cover the butcher paper with scenes of their ideas about the best chocolate treat.
4. 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 #19: 5 Ways to Find a Friend

### Materials Needed:

- Paper and Pencil

**Object of the Activity:** The purpose of this activity is for the teams to work together to make a list of ways to find a friend.

### Directions:

1. Explain that today's contest will require each pair to share a list of 5 ways to find a friend
2. After giving the teams about 4-5 minutes to come up with their list, 1 pair reads their list first.
3. When pair gives a tip, if a team member from another team has the same tip, then he/she should join the person to name the tip and they will move to the side
4. Continue until team 1 has completed the process (matching as many times as possible with members from other teams); if there are other tips remaining, then the second pair shares list, continuing process of joining the person who has named the tip, until all tips have been given
5. At the end, review the tips (a minimum of 5) by having each group rename their tip.

### Wrap-up Questions:

- What did you enjoy about identifying ways to find a friend?
- What did you find challenging about this activity?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



## Activity #20: Baby Taste Test

### Materials Needed:

- 5 containers of different types of baby food—fruit and vegetables
- Small plates
- Plastic spoons
- Paper and pencil

**Object of the Activity:** Object is to determine if children can recognize a food from the taste.

### Directions:

1. Announce to the group that today's contest will be Baby Taste Test
2. Explain each person will compete to see who can guess the correct type of baby food by just tasting it.
3. This is done one food at a time.
4. Children taste and then write down what they think the flavor is.
5. Have children turn over their guess and give one point to each person with a correct answer.

### Wrap-up Questions:

- What did you find challenging about the taste testing?
- What did you find easy?
- What strategies did you use to determine what the food was? (smell, how it looked, etc.)
- Would you recommend this activity to others? Why or why not?



## Activity #21: Balloon Line Up

### Materials Needed:

- 2 colors of latex balloons blown up
- Inside each balloon there should be a number between 1 and 10

**Object of the Activity:** The object is for the team to pop the balloon and then line up in numeric order as a team.

### Directions:

1. Announce to the group that today's contest will be Balloon Line Up Relay.
2. Divide the children into two teams—one team will get one color of balloons, the second time will get the second color
3. Explain each person will be competing to help his/her team pop the balloon by sitting on it and collecting the paper inside.
4. Once they have the paper, the team lines up in the order of the number they have on their paper slip.
5. The team that can line up least to greatest first, 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 #22: Bubbles**

### **Materials Needed:**

- 1 piece of bubble gum for each child

**Object of the Activity:** Compete to blow the largest bubble from bubble gum.

### **Directions:**

1. Announce to children they are going to participate in a bubble blowing contest
2. Explain they will be given one piece of bubble gum to chew and get ready to blow a bubble
3. When you say, "Go", children blow a bubble
4. The champion will be the child who blows the largest bubble
5. Celebrate the victory!

### **Wrap-up Questions:**

- What did you enjoy about blowing bubbles?
- Why was that challenging?
- Would you recommend this activity to others? Why or why not?