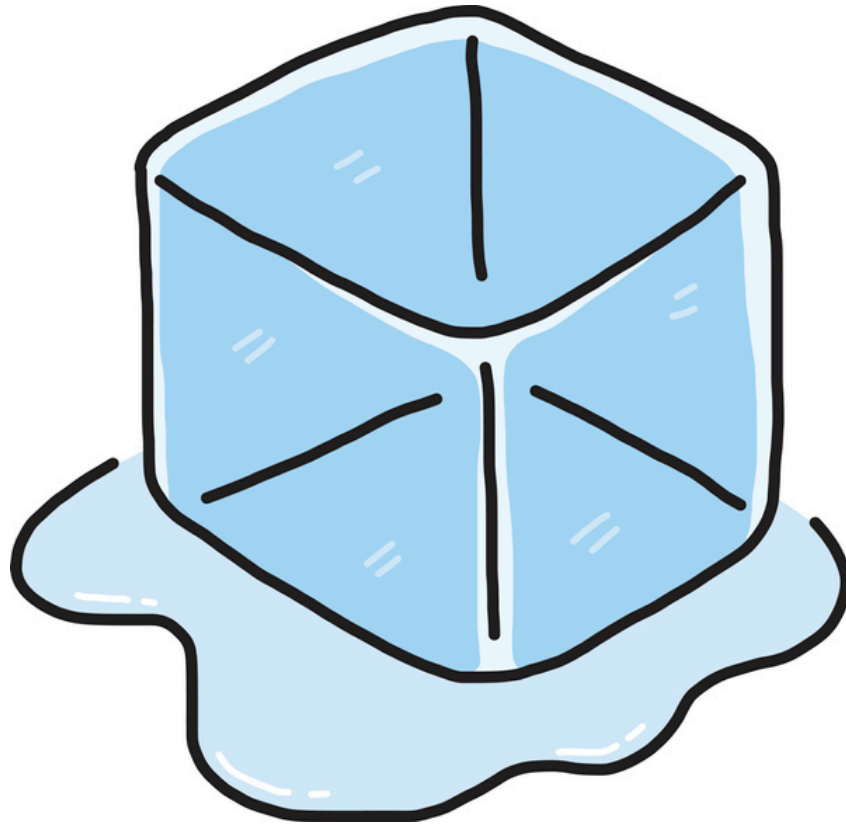




Icebreaker



Ice Breakers

Set #4



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 #4

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Activity #1: Game Show

Materials Needed:

- Questions at the end of this lesson plan

Object of the Activity: Children will participate in Game Show and provide answers to the questions. Audience will cheer for the answer they like best.

Directions:

1. Select 4 children to be the contestants in the Game Show
2. Explain that this is a Game Show and that each contestant will be asked one question and then give a response to the question.
3. At the end, audience will vote for the answer that was “best”.
4. Audience will vote by cheering and clapping (Absolutely NO BOOING!)

Wrap-up Questions:

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

Questions:

1. If you had a time machine that would work only once, what point in the future or in history would you visit and why?
2. If you could go anywhere in the world, where would you go and why?
3. If your house was burning down, what three objects would you try and save and why?
4. If you could talk to any one person now living, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. If you could have any pet in the world, what would it be and why?
8. Name a gift you will never forget and tell us why it is unforgettable.
9. What is your favorite thing to do during the summer and why?
10. What one thing do you like best in other people and why?



Icebreaker



11. Who's your favorite cartoon character and why?
12. What is the hardest thing you have ever done? Why was it so hard?
13. What's the weirdest thing you've ever eaten? Why did you eat it?
14. What book, movie or video have you seen/read recently you would recommend? Why?



Icebreaker



Activity #2: Hand Clap

Materials Needed:

- None

Object of the Activity: Children will try to follow the directions of the story teller.

Directions:

1. Explain to the group that each time the leader crosses his hands (demonstrate), that the group must clap one loud clap all together.
2. Then begin by telling the story of the 3 Bears yourself, and while you are talking cross and uncross your hands so the crowd will clap.
3. Then ask for a volunteer to come and tell another fairy tale—Little Red Riding Hood, the 3 Little Pigs, or Snow White.
4. The “storyteller” should cross and uncross his/her hands and the audience will continue to clap one time.

Note: Try to trick the audience into clapping by nearly crossing your hands and then stopping short. Also, you might want to give the “volunteer” a heads up earlier so he/she can practice the story ahead of time

Wrap-up Questions:

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



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Activity #3: Last Person Standing

Materials Needed:

- None

Object of the Activity: Characteristics will be identified and children will be eliminated if that characteristic describes them, until one child is left standing.

Directions:

1. Ask all of the participants in the program to stand up. Explain that as you identify a characteristic, any person who has that characteristic to sit down, or the reverse, anyone who does not have the characteristic must sit down.
2. When all are standing, start listing the criteria until you have only one person standing.

Examples: birthdays in a month that end in “ember”; shoes have laces; red hair, and so on.

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?



Icebreaker



Activity #4: Line Up

Materials Needed:

- No materials needed

Object of the Activity: The group will follow the leader and line up in the order the leader identifies.

Directions:

1. Ask each group to send 3 Champions to the front of the room.
2. Explain that you are going to give an instruction to the entire group
3. Once the group has followed the instructions, the audience will vote as to whether or not the group successfully followed the instructions by cheering and clapping.
4. Here are the tasks: Line up, shortest to tallest; birthdays January through December; shoe size smallest to largest; ABC order by first name; ABC order by mother's first name; age; anything else you can think of

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 #5: Scramble

Materials Needed:

- Alphabet letters

Object of the Activity: Children will attempt to spell the name of a cartoon character by looking at the letters.

Directions:

1. Ask for four volunteers to come to the front.
2. Explain that you are going to place the letters that spell out the name of a cartoon character up out of order.
3. The volunteer is then to rearrange the letters and shout out the name of the character. (With younger students you might want to create a buddy system so they have an older child with them to help with the spelling.)

Wrap-up Questions:

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



Icebreaker



Activity #6: We're Going to New York

Materials Needed:

- 10 cards with action items on them. (laugh, cry, happy, sad, miserable, etc.)

Object of the Activity: The object of the game is to demonstrate the action item on the card they draw.

Directions:

1. Divide the children into teams of 4
2. Ask each group to send a Champion to the front of the room who will be willing to become a silent actor.
3. While the Champions are coming up to the front, teach the group this chant:
Leader: We're going to New York.
Audience: What's your trade?
Leader: Lemonade
Audience: Give us some or go away.
4. This is the signal for the Champions (1 at a time) to come forward and without word act out his/her word for the audience to guess.
5. When the audience guesses correctly, the Champion goes to the end of the Champions line and the Leader and Audience repeat the chant, bringing on the second Champion to act out his/her word.
6. Play continues until all the Champions have had 1-2 turns.

Wrap-up Questions:

- What did you enjoy about "We're Going to New York?"
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



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Activity #7: Whistle

Materials Needed:

- Box of soda crackers
- Water

Object of the Activity: The object of the game is to have children eat a soda cracker and then whistle before anyone else in the group can do so.

Directions:

1. Have the entire group come and stand in the front of the room
2. Explain that each person must eat two crackers and then “whistle”.
3. The first person to whistle wins

Note: If child does not want to participate have them sit out.

Wrap-up Questions:

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



Activity #8: Beat Ball

Materials Needed:

- Music and a music player
- 1 ball of each type—basketball, soccer, tennis, volley balls—for each group of 4

Object of the Activity: Children create a beat using different balls and bouncing them at different times—fast, slow, quick repetition, no repetition at all....

Directions:

1. Divide the group into teams of four.
2. Explain to the teams they will practice for 5 minutes, trying to create a “beat” and rhythm bouncing different balls.
3. When practice time is over, have each of the teams present to the rest of the group.
4. Audience should cheer and applaud the teams as they perform.

Wrap-up Questions:

- 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 #9: Would You Rather?

Materials Needed:

- Questions at the end of this lesson plan

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. Explain to the audience that you are going to ask them a question that gives them 2 choices. Example: Would you rather be a dog or a cat?
2. Once the question has been asked, then explain that you will go back and state each of the options: “Dog” “Cat”, and that when you say the option they would choose, they should stand up and cheer.
3. As the leader you will then say, it seems this group would rather ... listing the option that received the loudest cheers. List of questions follows.

Wrap-up Questions:

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

Would You Rather Questions

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- Watch TV or listen to music
- Own a lizard or a snake?
- Have a trip to the beach or to the mountains? 6. Be an apple or a banana?
- Be invisible or be able to read minds?
- Be hairy all over or completely bald?
- Be the most popular or the smartest person you know?
- Make headlines for saving somebody’s life or for winning a prize?
- Go without television or fast food for the rest of your life?
- Always be cold or always be too warm?
- See the future or change the past?
- Be 3 inches taller or 3 inches shorter?
- Wrestle a lion or fight a shark?



Activity #10: Barnyard

Materials Needed:

- 2 cards for each of twelve animals you can find on the farm (pig, cow, horse, sheep, goat, cat, dog, donkey, duck, goose, rabbit, chicken)

Object of the Activity: The object of this activity is simply to have fun making different animal noises.

Directions:

1. Invite students to share the two animals with students and ask them to decide as a group what noise will be made to represent the animal (moo, baa, meow, pluck, pluck, pluck).
2. Then, rapid fire, call out the names of the animals (don't wait too long in between calling the animals' names).
3. When the group hears the name of one of their animals, they must stand up and in unison, make the animal sound.
4. Winner will be selected as a result of sharing the animal sound loudly.
5. If the leader calls "Barnyard", everyone must make the animal noise.

Wrap-up Questions:

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



Activity #11: Boom Chicka Boom!

Materials Needed:

- No materials needed

Object of the Activity: The object is for children to learn the Chicka Boom Boom chant.

Directions:

This is a chant for the entire group. The Leader will call out a line and the group will echo it.

Leader: I say a BOOM

Group: "I say a Boom"

Leader: "I say a boom-chicka

Group: "I say a boom-chicka"

Leader: I say a boom-chicka-boom

Group: "I say a boom-chicka-boom

Leader: "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

Group: "I say a boom-chicka-rocka-chicka-rocka-chicka-boom.

Leader: Oh yeah!

Group: Oh yeah!

Leader: One more time.

Group: "One more time. (Repeat)

Wrap-up Questions:

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



Activity #12: Bop! Bop!

Materials Needed:

- Pieces of colored paper
- CD or appropriate music
- Boom box or other music player

Object of the Activity: The challenge is to stay in the game by ending up on a spot.

Directions:

1. This activity is for everyone.
2. The players start by standing in a circle on a spot or piece of colored paper.
3. Select a leader and have them stand up and "bop" or dance around the inside of the circle to the music
4. The leader then taps selected people on the head and says, "Start bopping right now."
5. These tapped people will join the leader in the middle. While they are bobbing take out one of the colored spots (piece of paper).
6. These boppers keep dancing and tapping until they hear, "Bop-Bop Over!" and the music is shut off.
7. Players then stop dancing and run back to a spot.
8. The person without a spot is eliminated.

Wrap-up Questions:

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



Activity #13: Bounce! Bounce! Bounce!

Materials Needed:

- Large rubber ball
- 5 Hula Hoops

Object of the Activity: The object of this activity is for each team to score as many points as possible.

Directions:

1. Divide children into two teams
2. Set up 5 hula hoops in a straight line
3. Take an oversized bouncing ball and give to first team member
4. Teams members take turns throwing the ball so it only bounces once in each hula hoop. If person is successful, the team earns one point.
5. After two tries, leader goes to the end of the line and play continues with the next player
6. When game is over, tally the points for each team.

Wrap-up Questions:

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



Activity #14: Table Art: Items Which Are Naturally Red, White and/or Blue

Materials Needed:

- Butcher Page to cover tables for two groups
- Crayons for group (red, blue, and black to outline something white)
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting items which are naturally red, white, and/or blue

Directions:

1. This is an activity for everyone on the team.
2. Ask group to think about things which are naturally red, white, and/or blue
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws as many things as they can which are these colors.
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 #15: Table Art: Favorite Sandwich

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 child's favorite sandwich. For this mural a hamburger and hot dog qualify as a sandwich.

Directions:

1. Children will draw pictures of their favorite sandwich.
2. Tell them to consider what they can draw to capture the perfect sandwich with all of the things which are one the sandwich.
3. They will cover the butcher paper with pictures of their favorite sandwiches.
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 #16: Table Art: Best Bicycle

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 bicycle.

Directions:

1. Children will draw pictures of their idea of the best bicycle.
2. Tell them to consider all the possibilities of things which can make a bicycle absolutely amazing.
3. They will cover the butcher paper with pictures of their favorite bicycle (they can do more than one view—side, top, etc.)
4. Have them share what they draw.

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: Favorite TV Show

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 TV show.

Directions:

1. Children will draw pictures of their favorite TV shows.
2. Encourage them to consider all of the aspects of the TV show they enjoy (characters, setting, activity, etc.)
3. They will cover the butcher paper with scenes from their favorite TV Show.
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: Bring Back My Bonny

Materials Needed:

- Copy of the item to read

Object of the Activity: Object is for children to cheer for every word which begins with the letter “B”

Directions:

1. Explain to the group that each time the leader says a word that begins with the letter “B”, the entire group must stand up, shout, “Yahoo!” and then immediately sit back down.
2. Either read the following yourself or have a student come up and read it:

My Bonny lies over the ocean. My Bonny lies over the sea. My Bonny lies of the ocean. Oh, bring back my Bonny to me. Bring back, bring back, bring back my Bonny to me, to me. Bring back, bring back, oh, bring back my Bonny to me, to me.

Note: If the leader can sing the song, even better. Repeat 2-3 times.

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?



Icebreaker



Activity #19: Cereal Box Puzzles

Materials Needed:

- Empty cereal boxes, one for every two children. Ask children to bring these empty boxes

Object of the Activity: The object is for the team to put the cereal box puzzle together more quickly than the other teams.

Preparation: Cut the front and the back of the cereal box into puzzle pieces—consider having only straight lines—you can use a paper cutter.

Directions:

1. Announce to the group that today's contest is for everyone.
2. Divide the children into two teams
3. Each youth will have a piece (or maybe more than one) of a cereal box
4. Children on the team, without talking to one another, will work to put the puzzle together. They can use tape to piece it together.
5. Team to complete the puzzle 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?



Icebreaker



Activity #20: Desert Island

Materials Needed:

- No materials needed

Object of the Activity: Children will consider which 3 items they would take if they were stranded for a month on an island (piece of music, one book, one luxury item).

Directions:

1. Ask the group this question: If you were stranded on a deserted island for a month, other than essentials (food, water, shelter) you may take three items—one piece of music, one book, and one luxury item. What would you take?
2. Divide the children into teams of 3-4 and have them determine what three items they would take.
3. When group has discussed, they will share their three specific choices with the rest of the group.

Wrap-up Questions:

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



Activity #21: Fact or Fiction

Materials Needed:

- No materials needed

Object of the Activity: Tell the difference between factual and fictional claims.

Directions:

1. Each child will have an opportunity to participate in this activity
2. Ask each child to a “fact” or a “fiction” about themselves and think about how to say them both convincingly. For example, a person could say, “I’ve been to Disneyland 19 times.” This could be fact or this could be fiction. They should be able to say it convincingly, no matter whether it is fact or fiction
3. Explain to the children they will all be an audience for the other children.
4. When the child states his/he fact or fiction, the audience must decide if it is fact or fiction and then share their decision.
5. The Leader then determines checks to see if the audience is correct
6. If the audience is correct, they get one point.
7. If the audience is incorrect, the child wins a point.

Wrap-up Questions:

- What did you enjoy about playing Fact or Fiction?
- Why was it challenging?
- What advice would you give to the person stating the fact or fiction?
- Would you recommend this activity to others? Why or why not?



Activity #22: Pork and Beans

Materials Needed:

- Small Dixie cups (2 ounce)
- Spoons
- Bean Bags
- Cardboard Target with 3 holes in it

Object of the Activity: The winner is the person who has beans left at the end of the game.

Directions:

1. Distribute the small cups of pork and beans to each child
2. Explain that one at a time, the children will come up and toss a bean bag at the target (a piece of cardboard with three circles cut in in)
3. Explain they will toss the bean bag at the target. If the bean bag goes through a hole, they are finished for this round. If the beanbag does NOT go through the target, they must take a bite of beans
4. Play continues until all the beans are gone for everyone but one child.

Note: If child does not want to play or eat the beans, then excuse them and have them help keep score.

Wrap-up Questions:

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