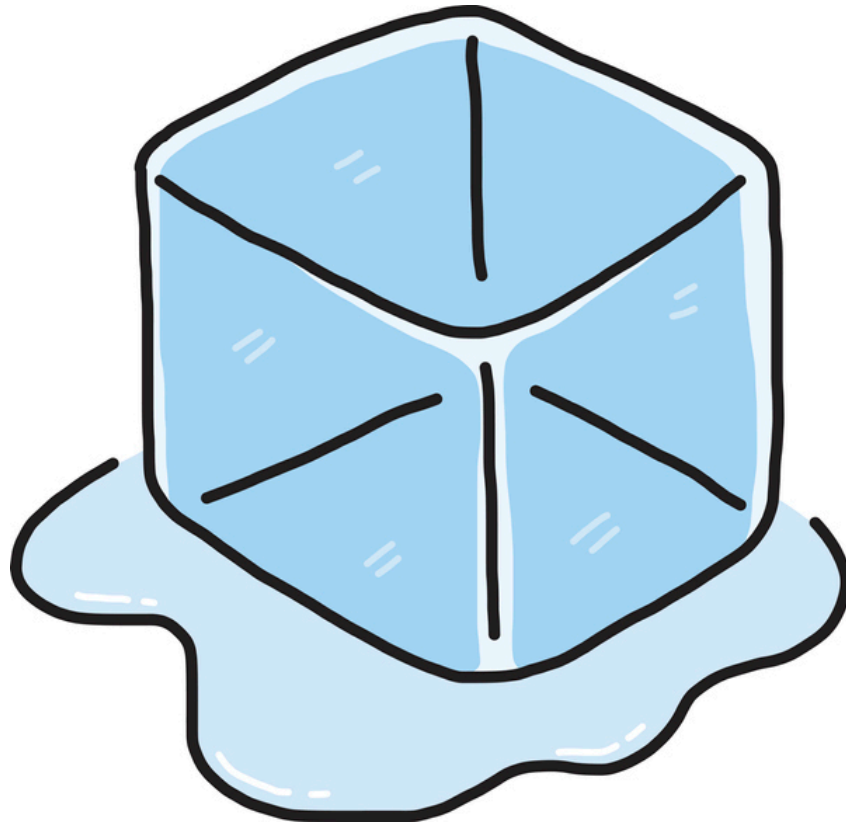




Icebreaker



Ice Breakers

Set #5



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 #5

Table of Contents

Blind Cartoons

Blown Away

Burpee

Condiment Art

Fear Factor: Catsup and Teddy Grahams

Fear Factor: Hot Cheetos and Pickles

Floor Surfer Relay

Geometric Shapes

Hand Chant

Table Art: Dream Shower

Table Art: New Invention

Table Art: Your Favorite Meal

Table Art: Favorite Game to Play Outdoors

Monkey Toes

Water Checkers

Power of the Straw

Cotton Ball Relay

Count By 2's

Cookies and Milk

The Mummy

Fill A Bucket

Can I Multi-Task?



Activity #1: Blind Cartoons

Materials Needed:

- Blind folds will be enough (use fabric strips if you don't have blindfolds)
- 12" x 18" construction paper for each child
- Crayons

Object of the Activity: object of the activity is for children to work in pairs, one blindfolded and one giving directions to the blindfolded person on how to draw a cartoon character.

Directions:

1. Divide the children into pairs. Distribute the supplies to each pair.
2. Explain one member of the pair will be blindfolded and drawing a cartoon character from the other person's directions.
3. Explain the person giving directions will need to be as detailed as possible.
4. When you say "Go", the partners go to work.
5. When time is called, have the pairs share their cartoon drawing with the other children.

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 #2: Blown Away

Materials Needed:

- Music and music player
- 1 deck of cards for each child
- 1 tall plastic cup per child

Object of the Activity: Each child will compete in this activity, trying to blow all the cards off the open end of the cup except one.

Directions:

1. Distribute the supplies (except for the music) to each child.
2. Explain they will need to set the cup down with the open end up.
3. Explain the challenge is for each child to fan out all the cards in the deck on the top of the cup.
4. Once the cards are spread out, child should blow the cards off the cup, all but the last one.
5. Call time when someone has accomplished the task. If all the cards are blown off, then the child can start over.

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 #3: Burpee

Materials Needed:

- No Materials
- Before you explain the Burpee, you might want to watch the video which demonstrates it. You may not want to show the video to the children. A burpee is a push-up, jumping up, repeating at least 10 times. http://www.youtube.com/watch?v=PYfNA_lmkHM

Object of the Activity: Children will attempt complete 10 Burpees faster than anyone else in the group.

Directions:

1. Share with the children how to do a Burpee. Have them practice.
2. When you say, “Go”, children should try to do 10 Burpees faster than anyone else.
3. Winner is the first person to finish.

Wrap-up Questions:

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



Activity #4: Condiment Art

Materials Needed:

- 1 piece of poster board for each team of 4-5 children
- Numerous mustard, ketchup, and mayonnaise packets

Object of the Activity: The object of the game is for teams to create a picture only using condiments.

Directions:

1. Divide the children into teams of 4
2. Explain to the children they will be working as a team to paint a picture using the condiment packets.
3. Once students have created their paintings, the voting will begin.
4. Each group has 3 votes. They can spend 1-minute discussing who they would like to give their votes to. The team with the most votes wins.

Wrap-up Questions:

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



Activity #5: Fear Factor: Catsup and Teddy Grahams

Materials Needed:

- Catsup packets
- Teddy Grahams or some other cracker

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. Distribute 3 ketchup packets and 6 Teddy Grahams to each child.
2. When you say “Go”, each child must tear open the three ketchup packets and squirt it into their mouths, followed by 6 Teddy Grahams.
3. Winner is the child who can whistle first.

Note: If child does not want to participate, he/she can sit out.

Wrap-up Questions:

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



Activity :#6 Fear Factor: Hot Cheetos and Pickles

Materials Needed:

- Bag of Hot Cheetos and jar of pickle slices (dill or sweet)
- 8" plate

Object of the Activity: The object of this Fear Factor activity is to have children eat the Hot Cheetos and the pickles without hands before everyone else.

Directions:

1. Announce to the group that today's activity will be Fear Factor.
2. Explain that each of them can participate.
3. Explain each child will have 3 pickle slices and 7 Hot Cheetos.
4. Explain they will place the Cheetos and pickles on the plate.
5. Explain they will begin with their hands behind their backs and when you say, "Go", they will eat the Cheetos and pickles as fast as possible, without using their hands.
6. Winner is the first child to finish.

Note: If a child does not want to participate, he/she can sit out.

Wrap-up Questions:

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



Activity #7: Floor Surfer Relay

Materials Needed:

- 2 plastic bags for each child
- Cones or painter's tape to mark the start line and the turn-around line

Object of the Activity: The object is for children to work together as a team to finish the relay before the other team.

Directions:

1. Divide the children into two teams. Give each team member two plastic baggies to place on their feet
2. Have the teams line up in a vertical line behind the start line.
3. One at a time, a team member with floor surf to the turn-around line and then back to his/her team, tag a team mate who will repeat the process and then go to the end of the line
4. The team who finishes the relay race first, win.

Wrap-up Questions:

- What did you enjoy about the Floor Surfer Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend Floor Surfer Relay to others? Why or why not?



Activity #8: Geometric Shapes

Materials Needed:

- List of Geometric Shapes: circle, triangle, line, right angle, diamond, heart, star, rectangle, square, obtuse angle, trapezoid

Object of the Activity: The challenge is for the children to work together as a team to make the geometric shape you call out.

Directions:

1. This activity is for everyone.
2. Explain to the children that you are going to call out the name of a shape.
3. Explain they will work together as a team to make the shape.
4. Begin with the circle, which of course will be the easiest. Explain they will need to join hands to make the shape.

Wrap-up Questions:

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



Activity #9: Hand Chant

Materials Needed:

- Music and music player

Object of the Activity: The object of this activity is for each team to develop a “hand chant” (like the macarena) and share with the group. Can be done to music.

Directions:

1. Divide children into teams of 3-4
2. Explain each team will get 5 - 10 minutes to think of a hand chant. (Give example of a hand chant; clap, pause, clap-clap, pause, clap-clap-clap, snap.)
3. Explain they will have time to prepare the chant while the music plays.
4. Once the music has stopped, each team will get a chance to demonstrate their chant.
5. Everyone is a winner.

Wrap-up Questions:

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



Activity #10: Table Art: Dream Shower

Materials Needed:

- Butcher Page to cover table
- Crayons for group
- Music (youth appropriate)

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

Directions:

1. This is an activity for everyone on the team.
2. Share with the children, “We all like to relax in the shower. This is a place to escape from reality and shrug off the stress that we may have. If you could create your very own shower sanctuary, what would it look like? Will it have a tub? Will it have special features like music, stream, auto temperature, lights? What will it look like? What style of tile will it have?”
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws the perfect shower
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 #11: Table Art: New Invention

Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting a new invention. For this mural a modification of an existing product can qualify.

Directions:

1. Divide the children into pairs.
2. Children will draw pictures of a new invention or a modification to something that currently exists
3. Share with the children “Inventions are something that is new and meets some need people have. You will need to decide What your invention will do? How it will help the world? What parts are the most important? How will it work? Does it need any special power source?
4. Pairs will cover the butcher paper with pictures of their new invention.
5. 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 #12: Table Art: Your Favorite Meal

Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural showing each child's favorite meal.

Directions:

1. Children will draw pictures of their favorite meal.
2. Tell them to consider all the possibilities of things which they might eat, breakfast, lunch and/or dinner.
3. Explain they will cover the butcher paper with pictures of their favorite meal, including all of the parts—main dish to sides, to dessert.
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 #13: Table Art: Favorite Game to Play Outdoors

Materials Needed:

- Butcher Page to cover table
- Crayons per class
- Music (youth appropriate)

Object of the Activity: Object is to work together to create a mural depicting the games children most enjoy playing outdoors.

Directions:

1. Children will draw pictures of their favorite games to play outdoors.
2. Encourage them to consider all aspects of the game they enjoy (rules, equipment, space, etc.)
3. They will cover the butcher paper with scenes of their favorite outdoor games.
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 #14: Monkey Toes

Materials Needed:

- Music (youth appropriate)
- Napkins
- Small inflatable pool
- 5 – 10-pound bag of dry dog food
- 15 – 20 Marbles
- Baby Wipes

Object of the Activity: The purpose of this activity is for children to work in pairs to remove the marbles from the dog food using only their feet.

Directions:

1. Place the dog food in the pool and drop in the marbles
2. Divide the children into pairs and have one of each pair take a seat around the pool— partners will trade places throughout the game
3. Taking turns, when you say “Go” the children will work to pick the marbles out of the dog food in the pool using only their feet.
4. When one person in the pair grasps a marble and removes it from the pool, they trade places with their partner who tries to do the same thing
5. Activity is over when all the marbles have been removed

Wrap-up Questions:

- What did you enjoy about playing this game?
- 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 #15: Water Checkers

Materials Needed:

- Large plastic bowl with water in it (2)
- Checkers (2 sets) (Can use buttons or other lightweight materials)
- Craft sticks (2 for each child)

Object of the Activity: The object is for the team to use craft sticks to remove all the checkers from the bowl of water.

Preparation: Put the checkers into the bowl of water (these should float—if they don't replace with something else lightweight)

Directions:

1. Announce to the group that today's contest is for everyone.
2. Divide the children into two teams
3. Each team will have checkers in a bowl of water
4. Using only the craft sticks, one at a time, the team members will work to remove all the objects from the bowl
5. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

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 #16: Power of the Straw

Materials Needed:

- Assortment of items from around your space (game pieces, marbles, paper clips, rubber bands, etc.)
- Straw for each child
- Paper plates (2 for each team)

Object of the Activity: Children will work as a team to remove all the items from one plate to another, using only a straw.

Directions:

1. Divide the children into two teams
2. Each team will have a plate full of items, and each child will have a straw
3. Using only the straw, one at a time, the team members will work to remove all the objects from the plate, placing the item on the second plate
4. As soon as one child removes one item, the next member of the team does the same until all the items have been removed

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 #17: Cotton Ball Relay

Materials Needed:

- Cotton Balls
- Spoons
- Cups or small bowls
- Cones

Object of the Activity: Object of the activity is for children to work together as a team to move the cotton balls from the start to the finish line, one cotton ball at a time.

Directions:

1. Divide the children into two teams. Distribute a cotton ball and spoon to each team member.
2. Explain the team will work together to move the cotton balls from the start line to the cup at the finish line. Explain first member of team will move as quickly as possible, without dropping the cotton ball to place the cotton ball in the cup, and then run back and tag the next team member who will do the same.
3. If the cotton ball falls, or if the person touches it with his/her hand, the player must return to the start line and begin again.
4. Team wins who transports all the cotton balls first.

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 #18: Count by 2's

Materials Needed:

- No materials needed

Object of the Activity: Object of the game is to have the children count by twos, each one saying the next number, without hesitation.

Directions:

1. Have the children stand in one horizontal line.
2. Explain they are going to count by 2's (or 5's), each one saying one number. For example, first person says "2", second person says "4", third person says "6", and so on.
3. If a person does not say the number immediately, he she is out.
4. Play continues until only one child is standing.

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 #19: Cookies and Milk

Materials Needed:

- Milk
- Oreos or other cookie (3 for each child)
- Napkins

Object of the Activity: The object of the game is for each child to eat the cookies, wash them down with milk, and sing “We are the champions” before anyone else.

Directions:

1. Place the cookies and milk at “stations” around the table (3 cookies and a small cup of milk at each station. (If a child is allergic to milk, they can have a cup of water)
2. Have the children stand at each station. Explain that when you say, “Go”, they should eat the cookies and drink the milk.
3. Explain as soon as they have finished, they should sing “We are the champions!” (Practice singing the song so they are clear on how the song goes.)

Wrap-up Questions:

- What did you enjoy about “Cookies and Milk”?
- What did you find challenging?
- What did you find easy?
- Would you recommend this activity to others? Why or why not?



Activity #20: The Mummy

Materials Needed:

- 1 roll of toilet paper for each team of 3-4
- Scotch tape for each team

Object of the Activity: The object of the game is for the team to work together to wrap up one of the members as a mummy.

Directions:

1. Divide the children into groups of 3-4. Distribute the tape and roll of toilet paper
2. Explain that when you say, “Go”, they will select one team member to be the mummy and the other team members will go to work to “wrap” them up.
3. Explain the mummy will need to be able to walk.
4. When all of the mummies are finished, have them model for one another.
5. Teams should cheer for the mummies.

Wrap-up Questions:

- What did you enjoy about working as a team to create a mummy?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



Activity #21: Fill A Bucket

Materials Needed:

- Small bucket for each team
- Small objects (cotton balls, rice, paper, feathers, etc.)
- Spatulas (pancake turners)
- Cones for marking the start line

Object of the Activity: The object of the activity is for the teams to work together to move the items from the start line to the bucket.

Directions:

4. Divide the children into two or three teams.
5. Have the teams line up at the start line
6. Explain that in “relay” fashion, they will move the items at the start line to the bucket approximately 15 feet away.
7. Explain only one team member can hold the spatula at a time, and must scoop up some of the items and then transport them to the button.
8. Draw a line inside the bucket and explain they must continue until they have filled the bucket to the line
9. Team who completes the challenge first, wins.

Wrap-up Questions:

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



Activity :#22 Can I Multi-Task?

Materials Needed:

- Box of Alphabet Magnets (A-Z) for each team
- Cookie sheet or something else which will act as a magnet for the letters

Object of the Activity: The object of this game is for the children to put the letters in alphabetical order while singing songs, dancing, or hopping up and down.

Directions:

1. Divide the children into groups of three. Distribute the cookie sheet and alphabet letters to the children
2. Explain that the task is for them to work together to put the letters in alphabetical order
3. Explain that you will be calling out actions they must do while putting the letters in order, for example, sing Happy Birthday, hop up and down, dance freestyle.
4. Explain they must do all the actions as you call them out. If they stop, they will have to clear the cookie sheet and start over.
5. The team wins who completes the multi-tasking successfully.

Wrap-up Questions:

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