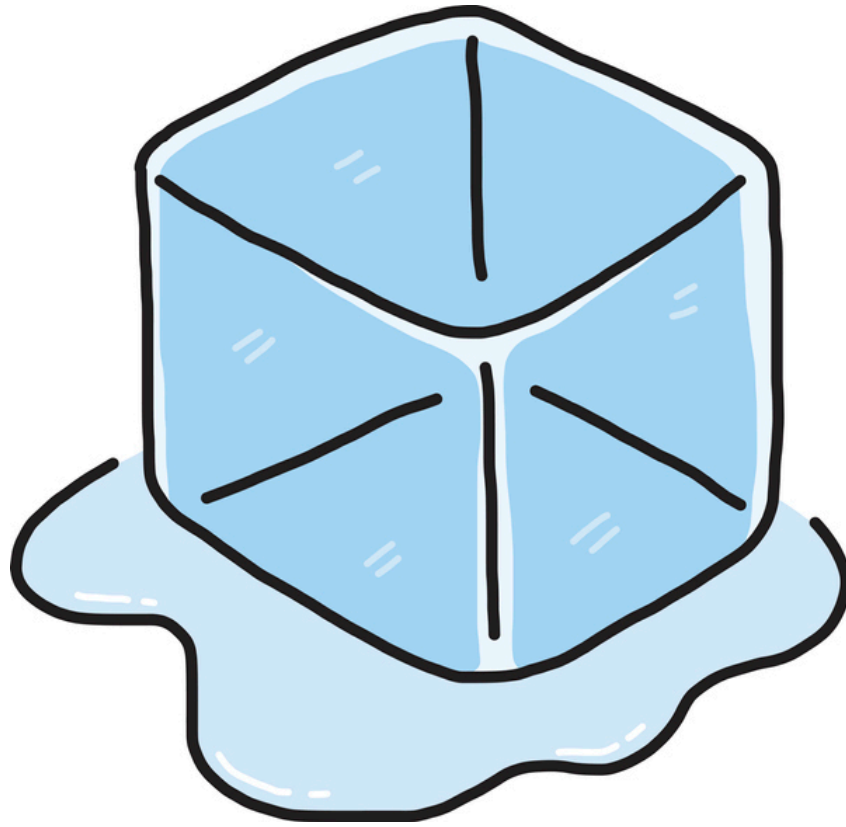




Icebreaker



Ice Breakers

Set #6



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 #6

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Activity #1: Hula Limbo

Materials Needed:

- Hula Hoops (variety of sizes)
- Music and music player

Object of the Activity: The object is for children to make their way through the different hula hoops **WITHOUT** touching them.

Directions:

1. Divide the children into two teams. Explain that each team will hold the hula hoops for the other team.
2. Decide which team will go first
3. Position the other team with the various hula hoops at different heights. Some hula hoops can be moved under while others are moved through. In other words, you are creating a hula hoop obstacle course.
4. Team moves through the obstacle course and then the teams trade places so the first team becomes the holder and the second team becomes the team going through the obstacle course.
5. There is no winner or loser, this is just for fun!

Wrap-up Questions:

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



Activity #2: So, You Think You Are A Chicken

Materials Needed:

- No materials needed

Object of the Activity: The object of this activity is for each team to select a champion who will act like a chicken in the ways the team discusses.

Directions:

1. Divide children into two team
2. Explain each team will get 5 minutes to think of all of the things that chicken can do (lay an egg, cluck, crow, become a sandwich at Chick Filet, etc.) and pick a champion who will act out those things the team comes up with.
3. After preparation, the champion comes us and take turns doing something like a chicken. If one team “lays and egg”, then the other team cannot repeat.
4. Audience should cheer for each champion.

Wrap-up Questions:

- What did you enjoy about So, You Think You Are a Chicken?
- What did you find challenging?
- What did you find easy?
- Would you recommend So, You Think You Are a Chicken to others? Why or why not?



Activity #3: Table Art: Home Greeting Sign

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 home greeting signs.

Directions:

1. This is an activity for everyone on the team.
2. Share with the children, “We all like to relax when we come home. This is a place where we can feel safe. Each pair of children should create a “home greeting” sign.
3. Divide children into pairs
4. On the butcher paper in front of them, the pair draws the perfect “home greeting sign”
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 #4: Table Art: Shoe Creation

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 kind of shoe. 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 kind of shoe or a modification to something that currently exists
3. Share with the children “Shoe are something we wear to protect our feet. Even horses wear shoes. As a pair, you will need to decide how your new shoe will look. What color will it be, what kind of a heel will it have, what material will it be made of?
4. Pairs will cover the butcher paper with pictures of their new pair of shoes.
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 #5: Table Art: Your Favorite Snack

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 snack.

Directions:

1. Children will draw pictures of their favorite snack.
2. Tell them to consider all the possibilities of things which they might eat in between breakfast, lunch and/or dinner.
3. Explain they will cover the butcher paper with pictures of their favorite snack.
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 #6: Table Art: Favorite Flower

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 favorite flowers of the children.

Directions:

1. Children will draw pictures of their favorite flower.
2. Encourage them to consider all aspects of the flower—color, stem, leaves, etc.
3. They will cover the butcher paper with their favorite flowers, both in bouquets and on the bush or in the ground as they grow.
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 #7: Spell It

Materials Needed:

- Alphabet Cereal
- Small 2 ounce cups

Object of the Activity: The purpose of this activity is for children to work in pairs to spell words using the letters they have in the cup.

Directions:

1. Divide the children into pairs and give each pair a cup of alphabet cereal.
2. Give the children the opportunity to create as many words as they can using the cereal they have.
3. After about five minutes, walk around and count the number of words each pair has made.
4. Activity is over when all the words have been counted.

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 #8: Trash Can Basketball

Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

Object of the Activity: Object is for children to play follow the leader and make the same “shot” with the basketball.

Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

Wrap-up Questions:

- What did you find challenging about playing Trash Can Basketball?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



Activity #9: Backwards Shot

Materials Needed:

- Trash cans
- Basketball or other type of ball
- Orange Cones (1 for each team)

Object of the Activity: Object is for children to play follow the leader and make the same “shot” with the basketball. The difference today is they must shoot the basketball with their backs to the basket.

Directions:

1. Divide the children into two teams and give each team a trash can, a cone, and a ball.
2. Explain each child will have a chance to be the “leader” and decide where to shoot the basketball from. Explain they will mark the spot they shoot from with the orange cone. Whether the child makes the basket or not, the remainder of the team, one at a time, must shoot a basket from the spot marked by the cone. Explain that today, they must keep their backs to the trash can.
3. When all children have taken the shot, then the next child becomes the leader and the process repeats.
4. Game is over when everyone has had a chance to be the leader. Ask children how many points or baskets they made.

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 #10: Fruit Loop Challenge

Materials Needed:

- Box of Fruit Loops or other colored circle cereal for each team
- Piece of butcher paper for each team
- Straw (one for each child)

Object of the Activity: Children will work as a team to sort the cereal into colors, touching the cereal only with straws

Directions:

1. Divide the children into two teams
2. Each team will have box of Fruit Loops, straws, and a piece of butcher paper
3. When you say, "Go" the team will have one minute to sort the cereal by colors using only straws to move the cereal
4. When time is up, have children count the number of cereal pieces they sorted.
5. Winner has sorted the most pieces in the minute.

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 #11: Table Art: Congratulations! You're Amazing!

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 compliments for each child.

Directions:

1. This is an activity for everyone on the team
2. Have students sit at the table with the butcher paper spread out in front of them. Each person should also have a pencil.
3. Student writes his/her name on butcher paper.
4. On your cue, students move one person to the right and write a compliment for the person whose name is written on the butcher paper. Younger children can draw a picture.
5. Continue moving youth along for 8 students or everyone has gone around the table.
6. Have youth return to their original spot and read the compliments.

Wrap-up Questions:

- How did you feel when you read the compliments people added to your name?
- 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: One Color Only

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 masterpiece they all worked on.

Directions:

1. This is an activity for everyone in the group.
2. Begin with the butcher paper down the center of the table and give each person one crayola.
3. Next, tell them they will have to work together to create a masterpiece.
4. They may not talk or whisper to each other.
5. They may not share their crayons with each other.
6. They must use non-verbal communication techniques to decide what to draw together.
7. If one person needs a color the other person has, they must find a way to communicate their wishes for the other student to execute.

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: Potpourri Quilt

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 “potpourri quilt” as each pair draws something within a quilt square.

Directions:

1. This is an activity for everyone on the team.
2. Place the butcher paper on the table between the team members.
3. Ask the team to select a partner to work with.
4. In their section of the butcher paper, the pair should decide how to illustrate Potpourri Quilt (they can draw anything they would like) and using pencils, crayolas, colored pencils, and/or markers, the pair draws the illustration.
5. Teams share the poster with the 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 #14: Table Art: Favorite Ice Cream

Materials Needed:

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

Directions:

5. Children will draw pictures of their ice cream flavor and dish (cone, sundae etc.).
6. Encourage them to consider all the different ice cream flavors and “dishes” they can.
7. They will cover the butcher paper with their favorite ice cream, both in a scoop and in some other form (milk shake, pie, etc.)
8. 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 #15: Not Me!

Materials Needed:

- Paper Square 20" x 20"

Object of the Activity: Object is for children to touch the paper without touching someone else.

Directions:

1. Give each team (approximately 20 students) 1 piece of heavy paper.
2. The task is for everyone to touch the paper without touching anyone else in the shortest amount of time.
3. Everyone does not have to touch the paper at the same time, they must just touch it.
4. A good time is 2-3 seconds.
5. Let students work through a way to accomplish this task.
6. Let the team that does this in the shortest time share with the rest of the

Wrap-up Questions:

- What did you find challenging about playing Not Me?
- What did you find easy?
- What strategies did you use to make each shot?
- Would you recommend this activity to others? Why or why not?



Activity #16: Where Can It Be?

Materials Needed:

- Red cups
- 1 ping pong ball
- Music

Object of the Activity: Children will each have an opportunity to find the ping pong ball under the cup.

Directions:

1. Announce to the group that today's contest is Where Can It Be
2. Divide the group into two teams.
3. Explain that each child will have one turn to find the ping pong ball under the cup.
4. Place the ball under one of the cups, quickly shift the cups around each time there is a new player.
5. Each person gets a chance to guess which cup the ball is under. The team with the most correct guesses wins!

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: Water Balloon Toss

Materials Needed:

- One water balloon for every two children
- Outdoor space

Object of the Activity: Children will work as a pair to toss the water balloon back and forth, without popping the balloon. With each toss, the children step further away from each other.

Directions:

1. Divide the children into pairs
2. Take the pair outside.
3. Give one member of the team a water balloon.
4. Have pairs face each other, begin with the pairs 10 feet apart.
5. Have team member toss the water balloon back and forth one time.
6. Have one team member take three steps backwards, and repeat the process.
7. Continue until only one team has an intact water balloon.

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 #18: Suck It Up

Materials Needed:

- Miniature M & M's
- Two, 2 ounce Dixie Cups
- Straw (one for each child)

Object of the Activity: Children will work as a team to move the M & M's from one cup to another, using only straws.

Directions:

1. Divide the children into teams of two
2. Give each team two straws, a cup of M & M's and an empty cup
3. When you say, "Go", pairs are to work as a team to move each of the M & M's from one cup to another using only a straw.
4. Winning pair completes the task first.

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 #19: Round Robin Leaders

Materials Needed:

- None

Object of the Activity: Children take turns leading the group in activities

Directions:

1. This activity is for everyone on the team.
2. Have children create a circle, and then have them turn to follow the leader (select one child to be the leader)
3. The leader begins walking in the circle, making a body movement (waving arms, hopping, turning circles, etc.) and everyone follows the leader.
4. After about 15-20 seconds call the name of another child to be the leader and then everyone follows that child's actions
5. Continue until everyone has had the opportunity to be the leader.

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?



Activity #20: Defy Gravity

Materials Needed:

- Balloons (2 for each child)

Object of the Activity: Child will work to keep 2 balloons up in the air for one minute.

Directions:

1. Bring two children up at a time.
2. Give each child two balloons to blow up and tie off
3. Explain that when you say “Go!” they must keep both balloons in the air for one minute using only one hand. If a balloon touches the ground, it is out of play and the child should continue with one balloon ($\frac{1}{2}$ points)
4. Game is over when balloons are still in the air when the minute is over
5. Continue until all children have had a turn

Wrap-up Questions:

- What did you enjoy about this challenge?
- What did you find challenging?
- How did the team members work together to come up with a solution?
- Would you recommend this game to others? Why or why not?



Activity #21: Pair Mania

Materials Needed:

- No materials

Object of the Activity: The object of the game is to name as many things as possible that come in pairs (scissors, shoes, socks, twins...)

Directions:

1. The children are all on the same team in this game. Have them sit together in a circle.
2. Choose one child to begin the game. He/she names something that comes in pairs.
3. Once they have named something, the next person to his/her right, names something.
4. Play continues until the person who started the game is the next to name a pair.
5. Children may ask for help from the team if they get stuck.

Wrap-up Questions:

- What did you enjoy about working as a team to name things that come in pairs?
- What did you find challenging?
- What did you find easy?
- Would you recommend this challenge to others? Why or why not?



Activity #22: Nose Dive

Materials Needed:

- Painter's tape
- Cotton balls

Object of the Activity: The object of the activity is for teams to collect as many cotton balls as possible.

Directions:

1. This game is for every child
2. Divide the children into two teams
3. Give each child a piece of painter's tape
4. He/she should put the tape in a loop on his/her nose, forehead, or chin
5. One at a time, the child will come up to the table which is covered with cotton balls and see if they can get several to attach to the tape
6. He/she then places the cotton balls in a container and the next child on the team repeats the process.
7. Game is over when time is called

Wrap-up Questions:

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