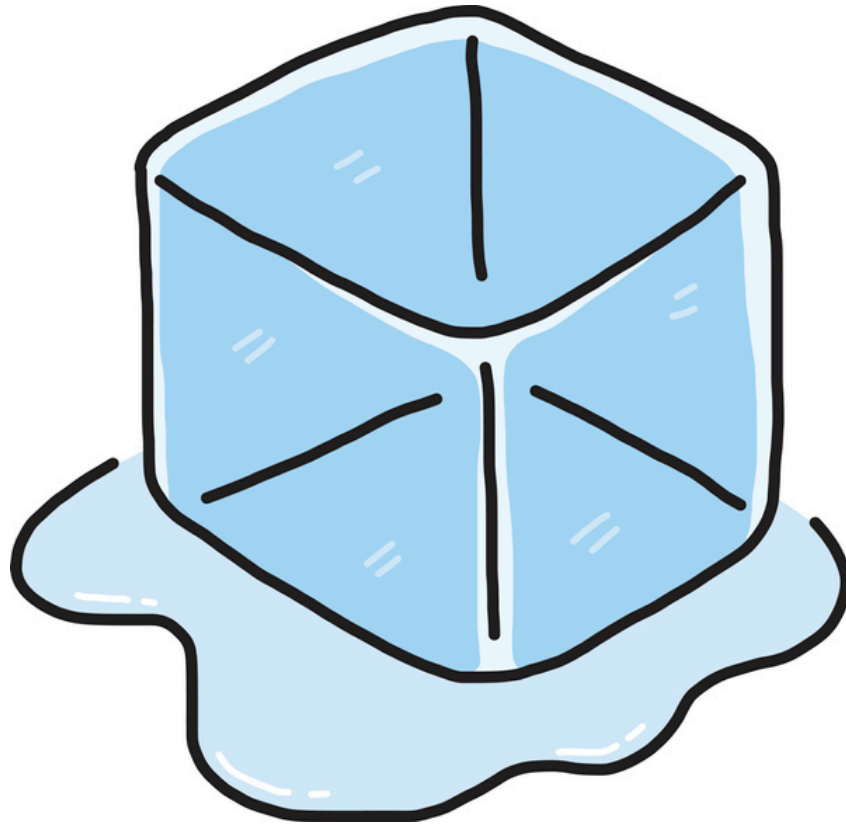




**Icebreaker**



**Ice Breakers**

**Set #7**



## 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.



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### **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 ( ½ 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?

## Icebreaker Activities

### Set #7

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### **Activity: #1 Buzz**

#### **Materials Needed:**

- No materials needed

**Object of the Activity:** The object of this game is for the children count to 100, each one saying another number. The catch is when the child has the number 5 or a multiple of 5, instead of



## Icebreaker



saying the number, he/she must say buzz. The next person must say the next number—6, 11, 16, etc.

### Directions:

1. Have the children form a circle. Choose one child to be the leader.
2. Explain to the group that they are going to count by ones to 100 and then backwards.
3. Explain each time the number “5” or a multiple of the number “5” is to be called, the player must NOT say the number they must say “BUZZ”. The next player would continue with the numbering
4. If student misses then, he she is “out” and must step back from the line until he/she has missed one turn.

**Example:** 1, 2, 3, 4, Buzz, 6, 7, 8, 9, Buzz, 11, 12, 13, 14, Buzz, 16, 17, 18, 19

### Wrap-up Questions:

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



## Activity #2: Gallop Races

### Materials Needed:

- None

**Object of the Activity:** The object is for children to work together as a team to gallop between the start and finish line faster than the other team.

### Directions:

1. Divide the children into two teams
2. Designate a start and turn-around line
3. When you say "Go!", the first child gallops to the turn-around line and back to the start line to tag the next team member
4. The next player does the same and play continues until all of the team members have completed the race.

### Wrap-up Questions:

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



## Activity #3: Movin' On Up

### Materials Needed:

- 50 red Solo cups—25 for each team
- 2 blue Solo cups—one for each team

**Object of the Activity:** The challenge is for the children to work together as a team to move the blue cup from the top of the stack to the bottom of the stack and back to the top.

### Directions:

1. Divide children into two teams. Two players compete at one time
2. Have children stack 25 red cups into one column and then place the blue cup at the top
3. Explain, moving one cup at a time, they will begin by moving the blue cup to the bottom and continue moving the cups one at a time, until the blue cup is back on top.
4. Players turn is over when one of the two competitors has completed the task. The winners team gets one point. Record points.
5. Continue until all children have had a turn
6. Team wins who has the most points

### Wrap-up Questions:

- What did you enjoy about Movin' On Up?
- What did you find challenging?
- What did you find easy?
- Would you recommend Movin' On Up to others? Why or why not?



### Activity #4: Nut Stacker

#### Materials Needed:

- 5 hex nuts for each team
- Wooden skewer for each team

**Object of the Activity:** The object of this activity is for each team to work together to stack the Hex nuts

#### Directions:

5. Divide children into two team
6. Two children can do this game at one time
7. Bring two children up and give each one a skewer and 5 Hex nuts
8. Child should lay the Hex nuts out in front of them
9. Explain they will skewer each of the hex nuts and then stack them one on top of the other.
10. Game is over when the nuts are stacked or the minute is up.
11. Continue until all children have had a turn
12. Record points

#### Wrap-up Questions:

- What did you enjoy about Math Relay?
- What did you find challenging?
- What did you find easy?
- Would you recommend Math Relay Why or why not?



### Activity #5: Table Art: Favorite Bar-B-Que

#### 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 collection of favorite barbecue foods (hot dogs, hamburgers, etc.)

#### Directions:

6. This is an activity for everyone on the team.
7. Place the butcher paper on the table between the team members.
8. Ask the team to select a partner to work with.
9. In their section of the butcher paper, the pair should discuss foods that can be barbecued and then draw those items on the mural.
10. 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 #6: Table Art: Favorite Fall Activity**

### **Materials Needed:**

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

### **Directions:**

9. Fall is the time of year when the air gets cooler, the days are shorter, and many things happen around the beginning of school.
10. This mural should depict their favorite fall activities—going back to school, football and soccer games, harvesting food from the garden, Columbus Day, Halloween.
11. Have children work in pairs to discuss and then draw their favorite fall activities.
12. When children are finished they should share the events they drew with one another.

### **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: Table Art: Best Sports Team

#### 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 best sports team (any sport is fine).

#### Directions:

1. This is an activity for everyone on the team.
2. Ask group brainstorm different sports and different sports teams.
3. Divide students into pairs.
4. On the butcher paper in front of them, the pair creates poster to share a favorite sports team and the sport the team plays.
5. Team shares with other teams.

#### Wrap-up Questions:

- What did you enjoy about working on this mural
- 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: Pong Tac Toe

#### Materials Needed:

- Egg cartons
- Ping pong balls

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

#### Directions:

1. Bring two or three children to the table to stand in front of the table where the box of ping pong balls is
2. Explain they must bounce the ping pong ball on the table (one or more times) before it comes to rest, hopefully inside the egg carton
3. Game is over when the player has three in a row, any direction or the minute is over
4. Continue until all children have had a turn

#### Wrap-up Questions:

- What did you find challenging about playing Pong Tac Toe?
- 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: Hula Hoop Dance Off**

### **Materials Needed:**

- Music—CD player or I-Pod of appropriate music with kids—should have a beat
- 1 hula hoop for each team

### **Object of the Activity:**

The object of this activity is for each member of the team to create a dance which incorporates a hula hoop in it and share with their friends.

### **Directions:**

1. Divide the children into two teams give each team a hula hoop
2. Explain that each member of the team will create a dance (10-15 seconds) in which they include a hula hoop
3. Explain the teams will alternate back and forth highlighting one teammates dance, rotating back and forth
4. The children watching should cheer for the person dancing

### **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? Why or why not?



### Activity #10: Bowling

#### Materials Needed:

- 6 water or soda bottles filled at least  $\frac{1}{2}$  way with sand, placed in a triangle (one in front, then a row of two, and a row of three. Bottles need to resemble the pins in a bowling alley.
- Ball-soccer or beach

#### Object of the Activity:

The object of this activity is to knock down as many “pins” as possible with one roll per team member

#### Directions:

1. Divide the children into two teams;
2. Place the Bowling pins as described above and have the “bowler be 15-20 feet from the pins
3. Alternating between the teams, each team member gets one roll to knock down as many pins as possible. The score is one point for each pin
4. Pins are reset, the other team gets one roll. Play continues going back and forth and adding the points of each team member.
5. 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? Why or why not?



## **Activity #11: Table Art—Best Place to Swim**

### **Materials Needed:**

- 6' of butcher paper
- Crayons, markers, colored pencils

### **Object of the Activity:**

The object of this activity is for the group to create a mural of the best places to swim

### **Directions:**

1. Lay the butcher paper out and give each child a space to work in—distributing the crayons, markers, and/or colored pencils
2. Explain each child is to draw his/her favorite place to swim or play in the water
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

### **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? Why or why not?



## Activity #12: Volleyball Challenge

### Materials Needed:

- Volleyball
- Garbage can that is empty

### Object of the Activity:

The object of this activity is to set and “spike” the volley ball into the garbage can

### Directions:

1. Divide the group into pairs. Each pair should designate one “setter” and one “spiker”
2. Explain that each member of the pair will get one hit or tap of the ball, and that the first person (the setter) will put the ball in play, and the spiker will try to get the volleyball into the garbage can
3. Pairs compete one at a time. Have 5 attempts for each pair, rotating among the pairs until all have had 5 tries.
4. Winning pair has placed the most volleyballs in the garbage can

### 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? Why or why not?



### Activity #13: Spider's Web

#### Materials Needed:

- Ball of string or yarn (should have about 60 feet or more in it)

#### Object of the Activity:

The object of this activity is for the group to make a spider's web by tossing the ball of yarn back and forth.

#### Directions:

1. Have the children form a circle. Explain that the group is going to make a spider's web out of the yarn. Give the ball of string or yarn to one child
2. Explain that the child will hold one end of the yarn and then toss the ball to another person (not the person next to them but anywhere else in the circle).
3. When the next person gets the ball of yarn, he/she, will hold one part of the yarn and toss the ball to the next person.
4. Continue until the children have created the spider's web

#### 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? Why or why not?



### Activity #14: Balloon Soccer

**Materials Needed:**

- Music on either a CD or I-Pod (suitable for kids)
- 2 hula hoops for each team
- 2 balloons, blown up for each team

**Object of the Activity:**

This is an opportunity for children to work together as a team to win a Balloon Soccer game.

**Directions:**

1. Divide the children into two teams.
2. Split each team in half. ½ of the team sits on each side of the table. The team members closest to the teams’ goals are the scorers while the team members closest to the opponent’s goal are defenders.

A A A A A	B B B B B
Team A Goal	Table
B B B B B	A A A A A

3. Place the hula hoop for each team at the ends of the table
4. Explain youth will try to tap the balloon into the opponent’s goal while at the same time trying to keep the balloon out of their goal
5. If a youth’s bottom leaves the chair or bench, 10 points is awarded to the other team
6. Goal is to get 200 points.

**Wrap-up Questions:**

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





### Activity #15: Blast a Ball

#### Materials Needed:

- 20 white ping pong balls
- 4 orange ping pong balls
- Pizza pan
- Appropriate music

#### Object of the Activity:

This is an opportunity for children to work together to get all of the white ping balls off the pizza tray while keeping all of the orange ones on the tray.

#### Directions:

1. Set up the pizza tray
2. Line the children up in a vertical line behind the pizza tray with the ping pong balls
3. Explain that the object of the game is to work together and blow all of the orange ping pong balls off the pizza tray while leaving all of the white balls on the tray.
4. If an orange ball is blown off accidentally, it is put back on the tray along with all of the white balls which have been blown off, and play continues.
5. Each player will have 5 seconds a turn to blow off the white ping pong balls
6. Once they have had a turn, the player should go back to the end of the line for another turn.
7. Play is over when all the orange balls remain on the tray and there are no white balls on the tray.

#### Wrap-up Questions:

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



## Activity #16: Chopstick Relay

### Materials Needed:

- 1 pair of chopsticks for each child (ask for donations)
- 60 buttons (any size but larger is better)
- 4 bowls (2 for each team)
- Youth-appropriate music

### Object of the Activity:

The object of the game is to work as a team to remove all of the buttons from one bowl into a second bowl, using only chopsticks.

### Directions:

1. Divide the children into two teams.
2. Give each child a pair of chopsticks
3. Give each team 2 bowls, one that is empty and the second with 30 buttons of varying sizes
4. Explain they will work together as a team to remove all of the button from one bowl into the second bowl. Explain they may only use chopsticks.
5. Explain they are in two competing teams
6. Game is over when one team has successfully transferred the buttons

### Wrap-up Questions:

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



## Icebreaker



### Activity #17: Keep Them Clean

#### Materials Needed:

- 2 pairs of goggles (check out the Dollar Store)
- Whipped cream (can get a can)
- Spray bottles filled with water (3 bottles)
- Extra water

#### Object of the Activity:

The object of this game is for a team to work together to keep one team member “clean” by using the spray bottle to remove the whipped cream from them.

#### Directions:

1. Divide the children into two teams
2. On each team, ask for a volunteer who is willing to put on the goggles, have the goggles covered with whipped cream, and then be sprayed with water until they are clean.
3. Get the volunteer ready. Line up the remainder of each team in front of the person on their team, about 4 feet away from the player with the goggles on.
4. The team who “cleans” the team member first, wins.
5. Note: children who volunteers to be sprayed needs to be okay with getting wet.

#### Wrap-up Questions:

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



### Activity #18: Boogie-Oogie Partners

#### Materials Needed:

Youth-appropriate music

#### Object of the Activity:

Activity gives children the opportunity to have fun finding partners until only one person remains.

#### Directions:

1. Bring all the children into an open spot where they can move without hitting something or someone.
2. Explain that when the music plays they are to dance and move around. When the music stops, each person is to find a partner. The person left without a partner is removed from the game. He/she also picks one other person to join them on the sidelines.
3. Play continues until only one person remains.
4. **Note:** Begin with an odd number of players. If you have someone who does not get to play, put them in charge of the music. If you start with an odd number, have the children who are sidelined operate the music.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you feel if you were called out by the person who didn't find a partner?
- Would you recommend this game to others? Why or why not?



### Activity #19: The Honey Comb

#### Materials Needed:

- 18, 16 ounce Solo cups
- 1 ping pong ball for each child

#### Object of the Activity:

The object of the activity is for children to work together to score as many points as possible by bouncing ping pong balls into the cups that are arranged with one cup in the center and 8 cups surrounding the central cup.

#### Directions:

1. Divide the children into two teams. Give each child a ping pong ball
2. Set up a target for each team. The target has one cup in the center and 8 cups which surround the center cup
3. Set the target up at the end of a table, about 18" from the end of the table.
4. Explain that each child will take turns bouncing the ball on the table and then landing in one of the cups. If the ball is in one of the surrounding cups, it is worth 5 points, if it is in the center cup, it is worth 10 points. If the ball lands in one of the surrounding cups, the player may remove it and try again, or he/she may leave the ball in the cup.
5. At the end of the game or when time is called, count the score for each team.

#### Wrap-up Questions:

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



### Activity #20: Keep It Up

#### Materials Needed:

- Appropriate music for children
- 1 balloon for each team

#### Object of the Activity:

The object of this activity is to “slip and slide”, tag your team member, and win the relay.

#### Directions:

1. Divide the children into two teams; give each team one balloon.
2. When you say “go”, turn on the music and challenge each team to keep the balloon up in the air by tapping the balloon between the team members
3. One person cannot touch the balloon two times in a row, but can touch the balloon as long as others player touch it in between his/her taps.
4. Team with balloon in the air the longest wins.

#### Wrap-up Questions:

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



### Activity #21: Shake ‘Em Out

#### Materials Needed:

- Music that is appropriate
- 2 empty tissue boxes
- Yarn
- Scissors
- 10 ping pong balls

#### Object of the Activity:

The object of this activity is for each team member to “empty” the tissue box of ping pong balls and then pass the box to the next team member until all have played.

#### Directions:

1. Divide the children into two teams
2. Explain that each team will take turns emptying the tissue box of ping pongs
3. Explain that one player at a time should tie the tissue box around his/her waist and then wiggle and shake until the 5 ping pong balls are out.
4. The other players should retrieve the balls as they fly out so they are ready for the next team member to strap on the tissue box.
5. First team to complete the challenge, wins.

#### Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did team work help when playing this game?
- Would you recommend this game to others? Why or why not?



### Activity #22: Shoot It Long

#### Materials Needed:

10, 16 ounce red Solo cups

6 ping pong balls

#### Object of the Activity:

The object of this activity is for each child to score as many points as possible. This is an individual scoring activity.

#### Directions:

1. Place the Solo cups on the table in a vertical line. The cup closest to the end of the table (about 18 inches from the edge,) is worth 10 points. The last cup in the row is worth 100 points.
2. One at a time the children come up to the table, and bounce one ping pong ball, aiming to get it into one of the cups. If he/she is successful, he/she earns that number of points for that cup. Either way, the player returns to the end of the line for another turn.
3. Play continues for as many rounds as you would like, a minimum of 3.

#### Wrap-up Questions:

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