

Ice Breakers

Set #8



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 #8

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Activity #1: Squirt Ball

Materials Needed:

- 1 ping pong ball for each team of four
- 1 2-liter empty soda bottle for each team
- 1 mini water gun for each team, filled with water
- Extra water to refill the gun as needed

Object of the Activity:

The object of this activity is to spray the ping pong ball off of the soda bottle tee, taking turns (each player gets 4 squirts), and scoring as many points as possible.

Directions:

1. Divide the children into teams of 4
2. Give each team a ping pong ball, soda bottle and water gun
3. Explain that the soda ball is a “tee” for the ping pong ball and they are to try to knock the ping pong ball off the tee as many times as they can, scoring 1 point each time the ping pong ball is watered off the tee. Explain each person gets 4 squirts and then trades with another person.
4. Team with the most points when time is called, 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 #2: Static Manic

Materials Needed:

40 small balloons

Object of the Activity:

The object of this activity is to for the group to work together to get as may balloons as possible to stick to one of the team members through static electricity.

Directions:

1. Before starting this game, talk with the children about static electricity. Ask them if they have ever been “shock” when they touch something. Explain that is static electricity and the object of this game is to use static electricity to get balloons to stick to one team mate.
2. Bring children to an open space where they can move around without bumping into something or someone.
3. Divide them into two teams. Explain they are to pick one person to be the Static Manic. Explain the rest of the team will do what it can to get as many of the balloons as possible to “stick” to the Static Manic because of static electricity.
4. Team with the most balloons on the Static Manic, wins.
5. Have fun!

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you “make” static electricity so the balloons would stick?
- Would you recommend this game to others? Why or why not?



Activity #3: Table Art: Best Food

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 favorite foods

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 a scene from his/her favorite TV show
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

Wrap-up Questions:

- How many people drew the same food?
- If you were to hold a contest to determine the groups favorite food, what food would win?
- What is it about your favorite food that you enjoy the most?



Activity #4: Table Art: Best Toy

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 favorite toy

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 a picture of his/her best toy
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

Wrap-up Questions:

- How many people drew the same toy?
- If you were to hold a contest to determine the groups favorite toy, what toy would win?
- What is it about your favorite toy that you enjoy the most?



Activity #5: Trash Monster

Materials Needed:

- 2, 40 gallon trash bags for each team
- Scissors
- Appropriate music

Object of the Activity:

The object of this activity is for the group to create a “Trash Monster” using the trash bags and “dressing up” one of the team members.

Directions:

1. Divide the children into two teams
2. Explain the teams will be competing against one another to make the silliest, coolest, scariest monster by dressing up one of the team members with the black bags.

Wrap-up Questions:

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



Activity #6: Ultra World Pong Shot

Materials Needed:

- 1 red, 16 ounce Solo cup
- 6 ping pong balls
- Music that is appropriate

Object of the Activity:

The object of this activity is to see how many points the team can make by shooting a ping pong ball from one of 6 locations in front of the basket (Solo cup)

Directions:

1. Set the Solo cup up on a table
2. 6 at a time, have the children make a circle at the end of the table.
3. Give each player a ping pong ball. Each player takes turns and tries to shoot the ping pong ball into the cup. After all 6 players have shot the ball, the players rotate one position and shoot again. The players take a turn at each spot.
4. When the group has shot from all positions, bring up a new set of 6
5. Total the points for each group.

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 #7: Dance Freeze

Materials Needed:

Music that is appropriate for children

Object of the Activity:

The object of this activity is for each of the children to dance and when the music stops, freeze in place.

Directions:

1. Have children be in an open area where they will not bump into one another or other objects
2. Explain children should dance each time the music plays and freeze each time the music stops.
3. Continue for about 5 minutes. Children are not eliminated.

Wrap-up Questions:

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



Activity #8: Over and Under Relay

Materials Needed:

Basketball for each team

Object of the Activity: Work together as a team to complete the relay first.

Directions:

1. Divide the group into two teams
2. Line the teams up in a vertical line at the start line
3. Explain they will pass the ball to the person behind them by alternating between over the head and between the legs
4. Explain the last person in the line will race to the front of the line and begin the passing again.
5. Play is over when the first person in line is back in front.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did your team work together to successfully compete in this relay?
- Would you recommend this game to others? Why or why not?



Activity #9: Bucket Head

Materials Needed:

- Variety of small balls—tennis, Nerf, etc.
- 2 small buckets for each team
- Cones

Object of the Activity: The object of the activity is to work together to get 5 balls into the bucket

Directions:

1. Divide the children into two teams
2. Select two members from each team to be the “bucket head”
3. Place cones at the start and finish line. Have the team, with the exception of the two bucket heads, line up at the start line.
4. Have the “bucket heads” for each team line up 5 feet behind the finish line.
5. Player at the start line selects a ball, races to the finish line, and shoots the ball in the attempt to get it into the bucket, which “bucket head” is holding on top of his/her head.
6. If the balls stays in the bucket, it will remain there. If the ball misses the bucket, the player who shot the ball retrieves it and races back and tags the next team member. Play is over when the winning “bucket head” has a total of 5 balls in the buckets.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did working as a team help your team be successful?
- Would you recommend this game to others? Why or why not?



Activity #10: Chop Suey Rainbow

Materials Needed:

- Skittles
- Chop sticks for each child
- Bowl

Object of the Activity: Work together as a team to eat the Skittles, one at a time, in a relay, using chopsticks.

Directions:

1. Divide the children into two equal teams
2. Place one Skittle in the bowl for each person on the team
3. Give each child a pair of chopsticks
4. Explain there will be a relay and one at a time, each child will run up to the Skittles and take one Skittle out of the bowl with his/her chopsticks and then eat the Skittle.
5. He/she will then run back to the rest of the team and tag the next person to do the same thing.
6. When all the Skittles are gone, the team wins.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you encourage your teammates when they were trying to pick up the Skittle?
- Would you recommend this game to others? Why or why not?



Activity #11: Color Wheel

Materials Needed:

- 2 bags of M and M's

Object of the Activity: Children will work together as a team to sort the M and M's by color.

Directions:

1. Divide the children into two teams
2. Gather each team around a table or desk and place all of the M and M's in the center
3. Explain that **WITHOUT TALKING**, they must separate the M and M's by color.
4. The team which completes the task first, **WITHOUT TALKING**, wins.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- How did you communicate with your teammates without talking?
- Would you recommend this game to others? Why or why not?



Activity #12: Fear Factor—Gummy Bear & Peppers

Materials Needed:

- Can of green Ortega chilis
- Gummy Bears
- Paper plates
- Cup of water for each child

Object of the Activity: Work together as a team to be the first to eat the pepper stuffed with Gummy Bears.

Directions:

1. Divide children into two teams and gather the children around a plate that has green chilis stuffed with Gummy Bears, cut into bite-sized pieces (probably 2 peppers for each team)
2. Explain that when you say, “Go!” each child should pick up a piece of the chili and Gummy Bears and eat it. If they need water, show them where the cup of water is.
3. When all the team members have eaten the pepper and Gummy Bear slice, the team needs to put their hands in the air and whistle.
4. First team to do this, 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 #13: Muy Caliente

Materials Needed:

- Music (appropriate for children)
- Item to pass (small stuffed animal, water bottle, etc.)

Object of the Activity: The object is to pass the item around the circle and be sure you are not holding the object when the music stops.

Directions:

1. Have youth form a circle (inside if there is space or outside if there is not)
2. Have children drop hands and select one youth to begin the process
3. Explain you will be playing music. While the music is playing they are passing the object to the right. Passing does not mean tossing. If someone is passing to you, you must accept it.
4. When the music stops, whoever is holding the item is OUT and must sit down.
5. Play continues until there is only one person left in the game.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- In this game you are not working as a team. Would you rather play a team game or an individual game? Why do you answer as you do?
- Would you recommend this game to others? Why or why not?



Activity #14: What's Not GREEN?

Materials Needed:

- Chart paper
- Markers

Object of the Activity: Work together as a team to meet the challenge.

Directions:

1. Divide the group into teams of 4-5
2. Give each team the chart paper and pen
3. Explain when you say "Go", the group will have 4 minutes to write the names of as many vegetables as they can name that are NOT GREEN
4. The team with the most items 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 #15: Decade Dance

Materials Needed:

- Music from different decades. Here are some suggestions:
- 50's: Jailhouse Rock by Elvis Presley; 60's: Surfin' Bird by The Trashman; 70's: Car Wash by Rose Royce; 80's: Take on Me by A-ha; 90's: Everybody by The Backstreet Boys; 2000's: Rock Steady by Gwen Stefani; 2010's: IMMA Be by The Black Eyed Peas

Object of the Activity: The object of this activity is for the children to recognize that dance has changed over the decades.

Directions:

1. Bring the children together in the center of an open space
2. Ask children if they know who Elvis Presley was. Ask them how he danced. Have them demonstrate. Share that this is how people danced during the 1950s. Play Jailhouse Rock and have them dance.
3. Select other decades and do the same thing with each of the decades. If children don't know, give them the "homework" to ask their parents or caregivers and be ready to share the dance style tomorrow.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What did you find easy?
- What decade was your favorite for dancing? Why do you say what you do?
- Would you recommend this game to others? Why or why not?



Activity #16: Sing It High, Sing It Low

Materials Needed:

- If you have a microphone, let the children use it. If not, that's okay

Object of the Activity: To sing a song in a variety of music registers—regular, high, and low.

Directions:

1. Bring the children together in an open space and explain they are going to practice singing a song in a regular, high and low register.
2. Ask the children to name a song they all know. (Happy Birthday, Itsy Bitsy Spider, Row, Row, Row Your Boat, etc.)
3. Practice the song together
4. Then practice the song singing it in a high-pitched voice
5. Then practice the song singing in a low-pitched voice
6. Ask them how they were able to sing with high and low pitch

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 #17: Tennis Ball Bounce

Materials Needed:

- Tennis balls (3-6)
- Tennis racket (1)
- 6 buckets (like you can get at the Dollar Store)

Object of the Activity: The object of the game is to see how accurately a team can hit a tennis ball with a racket.

Directions:

1. Divide children into two equal teams.
2. Spread the buckets out about 6+ feet from the service line
3. Explain that each member of the team will have two tries to get a tennis ball into one of the buckets using the tennis racket and having the ball bounce at least one time before entering the bucket
4. Alternate between the teams and keep score. Game is over when all of the team members have played.

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 #18: The Line Walk

Materials Needed:

- Music
- Masking or Painter's tape

Object of the Activity: The object is for children to practice walking a line as quickly as possible.

Directions:

1. Using masking or Painter's tape, create a line with twists and turns
2. Explain that each child will have the opportunity to "walk the line" as quickly as possible. Explain that as one child finishes, the next child will begin the walk. Explain they must have both feet on the line as they walk as quickly as they can to the end.
3. Explain you will time them the first time as a practice and then when they "walk the line" the second time, they will work to conquer the line more quickly.

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 #19: Table Art: Best Present

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 present they've ever received

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 a scene from his/her best present ever received
3. When all have finished, have each child share his/her drawing and tell why this is their favorite.

Wrap-up Questions:

- How many people drew the same gift?
- If you were to hold a contest to determine the group's favorite gift, what gift would win?
- What is it about your favorite gift that you enjoy the most?



Activity #20: Through the Eye of a Needle

Materials Needed:

- 5 plastic needles with large eyes per team
- 2 yards of yarn for each team
- Music

Object of the Activity: Work together as a team to thread yarn onto five needles and tie a bow

Directions:

1. Divide the children into two teams
2. Give each team 5 plastic needles and 2 yards of yarn
3. Explain when you call, “Go” the team is to work together to get all 5 needles threaded onto the needles and then tie the yarn into a bow
4. First team to complete the task, wins

Wrap-up Questions:

- What did you enjoy about this activity?
- What did you find challenging?
- What did you find easy?
- How did working as a team help you to thread the needle?
- Would you recommend this game to others? Why or why not?



Activity #21: Toothpick Challenge

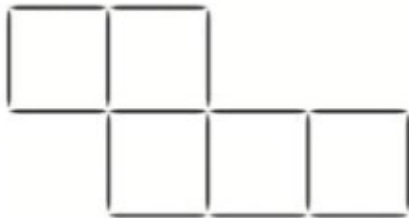
Materials Needed:

- 16 toothpicks for each team

Object of the Activity: Work as a team to accomplish the challenge below.

Directions:

1. Look at the five squares formed by toothpicks below and make that arrangement
2. Move two toothpicks to turn five squares into four squares



Wrap-up Questions:

- What did you enjoy about dancing?
- What did you find challenging?
- What did you find easy?
- How did working as a team help?
- Would you recommend dancing to others? Why or why not?



Activity #22: Cartoon Mania

Objective: Children work together to select a cartoon character and then as a group, determine how to act out the character without naming him/her.

What you will need:

- No materials needed

What you will do:

1. Divide the children into teams of four
2. Explain the team will select a well-known cartoon character and talk over characteristics of the character. (For example, Bugs Bunny says, “What’s up Doc?”, Mickey Mouse has his Club House, etc.)
3. Once all of the teams have decided how to act out the character, have the groups come up one at a time and act out the character. The other teams are to guess who the character is.
4. Game is over when all groups have participated.

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?