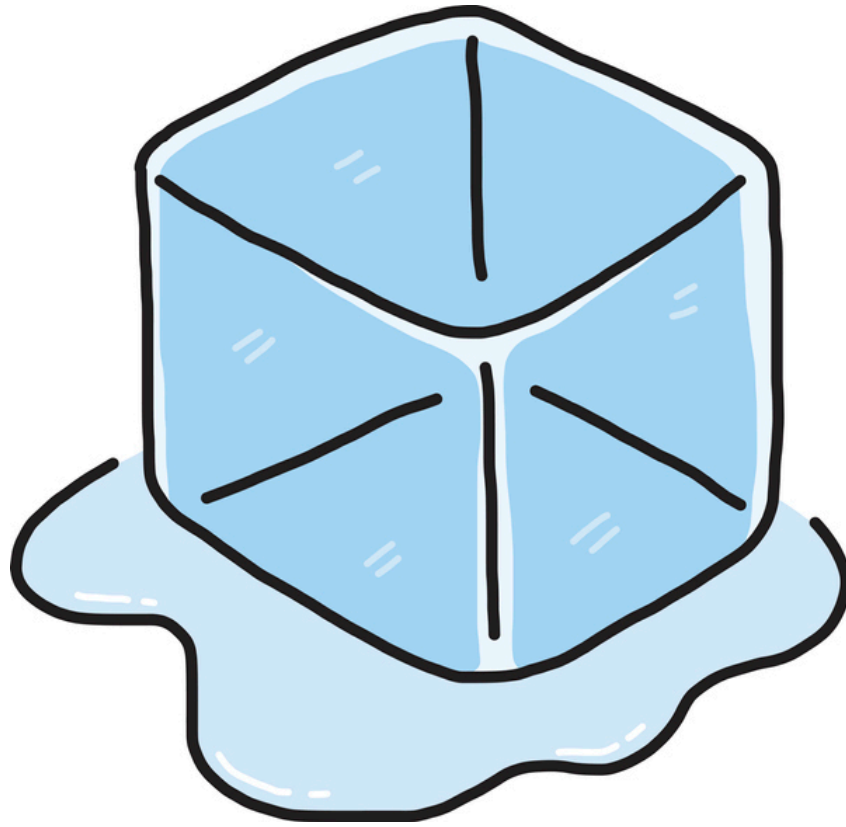




Icebreaker



Ice Breakers

Set #9



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 #9

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Icebreaker



Activity #1: Cheerleader

Objective: Children work together to practice and share a cheer.

What you will need:

- No supplies needed

What you will do:

1. Divide the children into teams of four
2. Explain that each team will work on a cheer for five minutes. All members of the group must participate
3. Call the teams up one at a time to give the cheer for the entire group.

Wrap-up Questions:

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



Activity #2: Hip Hop Moves

Objective: Children will share their Hip-Hop moves with the group

What you will need:

- CD (Be sure it is appropriate)
- CD Player

What you will do:

1. Divide the children into teams of four
2. Each team is to work together to come up with a 30 second Hip Hop routine to share with the other groups
3. After 5 minutes of practice time, have the groups come up one at a time and share with the rest of the group
4. Audience who is observing should cheer for the group performing

Wrap-up Questions:

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



Activity #3: Learn the Phrase, “Nice to meet you” in German

Objective: Children will learn a commonly expressed phrase in a language other than English.

What you will need:

- Music
- CD Player

What you will do:

1. Have all of the group come together to learn how to say the phrase, “Nice to meet you” in German.
2. The phrase is said this way, “Nett, Sie kennen zu lernen” which is pronounced net zee KEN-en tsoo LER-nen.
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “Nice to meet you” in German to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #4: Name That Tune

Objective: Children will work as a team to identify the tunes they hear.

What you will need:

- No supplies needed

What you will do:

1. Have children brainstorm all the song titles they can think of, make a list
2. Divide children into teams of 4
3. Each team selects 3 of the songs and practices singing the song
4. When team comes up, the rest of the group decides how many words they need to hear in order to name the song
5. Once that is decided, the group sings that many words and the audience guesses the title
6. If the audience is correct, another team comes up and repeats the process. If the audience can't guess the title, then the team stays up with a second song
7. Continue until all groups have had a chance to perform

Wrap Up Questions

- What about guessing the song titles did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #5: Naturally Four

Objective: Children will identify things which are found “naturally” in fours.

What you will need:

- Paper/pencil

What you will do:

1. Divide the children into teams of 4
2. When you say “Go!”, teams try to think of things that naturally come in fours. For example, dog’s paws, a quartet, quarters in a dollar, tires on a car, the four directions, etc.
3. Team makes a list and then shares the list with other groups.

Wrap Up Questions

- What about this activity did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #6: Pasta! Pasta! Pasta!

Objective: Children will list as many different types of pasta and pasta dishes they can.

What you will need:

- Paper/pencils

What you will do:

1. Divide children into teams of four
2. Distribute paper and pencil to each team
3. Explain they are going to work as a team to make a list of all the different types of pasta they can, as well as dishes made from pasta. For example, spaghetti, macaroni, linguini, lasagna, penne, angel hair, etc.
4. When you call time, groups should share the list they come up with
5. Ask children to determine which is the favorite of the 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 activity to others? Why or why not?



Activity #7: Pentathlon

Objective: Children will have the opportunity to participate in 5 warm up exercises.

What you will need:

- No materials needed

What you will do:

1. Have the children form a large circle
2. Ask if anyone know what a “pentathlon” is (5 events in a sporting activity)
3. Explain they will do the following 5 activities in sequence: Jumping Jacks, Hopping (one foot only), Toe Touches, Wiggling All Over, and Turning Slow Circles.
4. Practice each of the activities, and then have them do 5 repetitions of each activity when you call out the name of the activity.

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 #8: Aged Self-Portrait

Objective: Children will have the opportunity to create an aged portrait of themselves

What you will need:

- Paper
- Colored pencils
- Crayons
- Pencils

What you will do:

1. Divide the children into groups of four
2. Distribute the supplies to the group
3. Explain to the children they are going to draw a picture of themselves 25 years from now. Explain that the “clothing” should be representative of the job they think they will have
4. Have children share their drawings with one another

Wrap-up Questions:

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



Activity #9: Musical Instruments

Objective: Children will have the opportunity to draw a musical instrument they are interested in learning how to play.

What you will need:

- Paper
- Pencil
- Colored pencils/crayons

What you will do:

1. Divide the children into groups of four
2. Distribute the supplies to the group
3. Explain to the children they are going to draw a picture of an instrument they know how to play or one they would like to play
4. Explain that if they would like to be in a band or other musical group, they should include that in the drawing
5. Have children share their drawings with one another

Wrap-up Questions:

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



Activity #10: We bought a...

Objective: Children work on a mural together to show all the different things they would buy if they could go to any store and money was not a constraint.

What you will need:

- Butcher paper
- Crayons, colored pencils or markers

What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that show what they would buy if they could go to any store and purchase something they would be interested in.
4. When drawings are complete, have the children share with one another.

Wrap-up Questions:

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



Activity #11: Whistling “Happy Birthday”

Objective: Children will have the opportunity to practice whistling a tune.

What you will need

- No materials needed

What you will do:

1. Have children make a horizontal line
2. Have them first sing the song, “Happy Birthday to You”
3. Now, explain they are going to try to whistle the song
4. Have them practice by themselves or with a partner
5. Repeat—sing the song then whistle the song

Wrap-up Questions:

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



Icebreaker



Activity #12: Pop See Ko

Objective: Children will dance with the video Pop See Ko.

What you will need:

Access to the link below:

<https://www.youtube.com/watch?v=Pwn4beja1QE>

What you will do:

1. Have children gather around the computer or wherever you have the opportunity play the video Pop See Ko.
2. Have children sing and dance along

Wrap-up Questions:

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



Activity #13: Lifesaver Pass

Objective: Children work as a team to pass the lifesaver from the beginning of the line to the end.

What you will need:

- Coffee Stirrers
- Lifesavers
- Bowls

What you will do:

1. Divide the children into two teams
2. Explain that each team will pass the life saver to one another, using the coffee stirrer as the tool and holding it in their non-dominant hand (so if they write with their right hand the hold the coffee stirrer in the left hand)
3. If the lifesaver falls, team must start over.
4. First team to transport the lifesaver from the front to the back of the line, wins!

Wrap-up Questions:

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



Activity #14: Flip, Flip, Shoot

Objective: Children work as a team to score point.

What you will need:

- 10 red Solo cups
- 2 ping pong balls

What you will do:

1. Divide the children into two teams, lined up on either side of the table
2. Each team is to work together to score as many points as possible by getting the ball into one of the cups in the center
3. Place five cups on each side of the table, standing open end down
4. Place two cups side by side in the center of the table
5. In order to take a shot, the player must knock over the cup by flicking it and then shooting the ping pong ball at the target
6. After three tries to flick over the cup, player goes back to the end of the line
7. Play continues until all players have had several tries
8. Winner is the team who has had the most activities

Wrap-up Questions:

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



Activity #15 Learn the Phrase, “Nice to meet you” in Finnish

Objective: Children will learn a commonly expressed phrase in a language other than English.

What you will need:

- Music
- CD Player

What you will do:

1. Have all of the group come together to learn how to say the phrase, “Nice to meet you” in Finnish.
2. The phrase is said this way, “Hauska tavata” which is pronounced (HOWS-kah TAH-vah-tah).”
3. After the group has practiced, have them stand up and explain they will move around and when the music stops, they will say “Nice to meet you” in Finnish to the person closest to them.
4. When the activity is over, ask children the debriefing questions.

Wrap-up Questions:

- What about speaking in another language did you enjoy?
- What did you find challenging?
- What did you find easy?



Activity #16: Long, Long Shot

Objective: Children will select one person from each team to get as many points as possible by shooting ping pong balls at cups

What you will need:

- 9 Solo Cups
- 4 ping pong balls

What you will do:

1. Divide children into teams of four
2. Each team selects one team member to take the shots at the cups
3. When that team member is shooting the other team members are cheering and retrieving the ping pong ball if needed
4. Line the 9 cups up in a row, rim to rim, one behind the other. The cups, number 1-9 are valued at 10-90 points
5. Each competitor has 3 tries to get the ping pong ball into a cup and score the points
6. Each competitor can come up two times
7. Team with most points 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 activity to others? Why or why not?



Activity #17: Table Art: New Toy...

Objective: Children work on a mural together to show their ideas for a new and innovative toy (not one that already exists).

What you will need:

- Butcher paper
- Crayons, colored pencils or markers

What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that show a new and innovative toy (one that doesn't currently exist
4. When drawings are complete, have the children share with one another.

Wrap-up Questions:

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



Activity #18: Table Art: Incredible Viking...

Objective: Children work on a mural together to show incredible Vikings.

What you will need:

- Butcher paper
- Crayons, colored pencils or markers

What you will do:

1. Have the children take a seat around the table with the chart paper on it.
2. Place crayons, colored pencils and markers around the table
3. Explain that each of them is to help create a mural that will show all things Viking
4. When drawings are complete, have the children share with one another.

Wrap-up Questions:

- What did you enjoy about drawing on this mural?
- What did you find challenging?
- What did you find easy?

Would you recommend this activity to others? Why or why not?



Activity #19: Dribble Relay

Objective: Children participate in Dribble Relay, practicing their dribbling skills around cones.

What you will need:

Cones or water bottles
Basketball
Cement or asphalt playing area

What you will do:

Set-up: Place 6 cones or water bottles in a straight, vertical line, approximately 4 feet apart

1. Mark start-finish line (this is the same line)
2. Divide the children into 2 teams, have the teams line up behind the start-finish line
3. Explain that this is a relay and each team member, one at a time, will dribble in and out of the cones/water bottles both directions
4. When they get back to the line, they pass the ball to the next person in line who continues the game
5. Team wins who completes the obstacle course 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?



Activity #20: Gummy Bear Challenge

Objective: Children work as a team to eat two gummy bears each.

What you will need:

- Gummy bears (2 for each child)
- Toothpicks
- Paper plate

What you will do:

1. Divide the children into two teams, lined up at the start line
2. When you say, “Go!”, first player runs to the table, picks up a Gummy Bear using a toothpick, eats the Gummy, throws away the toothpick, then goes back to tag the next payer. **Note:** They should not travel with the toothpick.
3. Play continues until each person has picked up and eaten two Gummy Bears.

Wrap-up Questions:

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



Activity #21: Hot Potato

Objective: Children work to pass an item and avoid being caught with the item when the music stops.

What you will need:

- Music, music player
- Item to pass (could be a small stuffed animal)

What you will do:

1. Have children sit in a circle on the floor
2. Give one person the “hot potato”
3. When the music begins, the “hot potato” is passed to the right as quickly as possible.
The passing continues until the music is turned off.
4. When the music stops, the person holding the “hot potato” is out.
5. Play continues until only one person is left.

Wrap Up Questions

- What strategies did you use to keep from being “caught” with the “hot potato”?
- What did you find challenging?
- What did you find easy?



Activity #22: Human Pacman

Objective: Children enjoy playing the Pacman game.

What you will need:

- Music and music player
- 6 pictures of fruits (attached)

What you will do:

1. Divide youth into two teams—Pacman and Ghosts. To start the game, four youth will be ghosts and are scattered across the cafeteria, classroom or other playing space. One person from the other team will be Pacman who begins in the middle
2. Spread the pictures of the 6 fruits around the play space. The goal of the game is for Pacman to collect all six pictures.
3. You will be turning the music on and off. When the music is on, Pacman is vulnerable. When the music is off, the Ghosts are vulnerable.
4. When the music begins, Pacman tries to move toward the fruit. If Pacman is tagged while the music is playing, he/she leaves the game and a “new” Pacman comes in to play. When the music is off, any Ghost that is tagged leaves the game and is replaced by a “new” Ghost.
5. When Pacman picks up a fruit picture card, it cannot be lost.
6. When time is called, if all 6 fruit pictures are collected, the Pacman team wins. If not, the ghost team wins.

Wrap-up Questions:

- What did you enjoy about this game?
- What did you find challenging?
- What advice would you give to someone playing this game?



Fruits for Pacman Activity

