

ICE BREAKERS

ACTIVITY #1

Hand Shake Murder With a Twist

Needed: A fresh group of enthusiastic kids.

How to play:

Everyone sits down in a circle. The leader explains the rules of the game. The rules are discussed. Everybody in the circle closes their eyes. The leader walks around the circle and chooses one murderer by touching their shoulder. Once a murderer is chosen the leader tells the children that it is time to open their eyes. From there, the children stand up and start shaking hands. When they shake other kids' hands they say, "Hi, my name is _____." This way everyone gets to know each other's names. The only difference between the murderer and everybody else is their hand shake. When the murderer shakes another kid's hand they slip one of their fingers and tickle the person's hand that they are shaking.

After getting tickled by the murderer the child must shake 4 other hands before dramatically dropping to the floor with an exciting fake death. After each death the other people can guess who they think the murderer is. If they guess wrong they too have to drop to the ground in a dramatic death. None of the people who have been tickled get a guess because they already know who the murderer is.

ACTIVITY #2

Action Memories

Needed: A group of kids.

How to play:

Everybody needs to assemble in a circle. The leader is in the middle and explains the rules of the game. Each person is instructed to make up their own action when their name is called. To start, each person goes around the circle and says their name and follows it up with an action. Once everybody is able to see each other's action the game begins.

Someone stands in the middle and in this case it will be the leader. The leader does their action and everybody does it as well. Next, the leader points to a child, that child then demonstrates their action and yells their name. Next the entire group says that child's name and does the child's action and then says the leader's name and does the leader's action. The kid that was just chosen then points to another kid and the whole group says their name, does the action and then says the previous child's name, does their action and then the yells out the leader's name and does their action. And so on until everybody has been chosen and has done their action.

Hint: This game can get tedious if not played right. Be careful!

ACTIVITY # 3

Ball Hoppers

Needed: A ball, a water balloon or even sometimes an egg.

How to Play:

Everyone is standing in a circle and one person starts off with an egg, water balloon or a ball. ****Warning: using eggs can get quite messy, especially if you are working with young children*****

The first person starts by calling out the name of the person that they will be passing the egg or ball to. This continues until everyone gets their name called and everyone has had a chance to receive and pass a ball or egg. Once everyone has had a chance at getting the ball, another ball or egg is added to the mix. This game can go on and you can add as many balls as you would like depending on the intensity and age group.



ACTIVITY #4

Farm Game With A Twist

Needed: A group of crazy kids.

The Goals of the Game:

The game starts with four levels. The first level is "egg"; the second level is "chicken"; the third level is "used car salesman", and the fourth level is "superhero." The goal of the game is to get to the superhero level as many times as possible in the restricted amount of time.

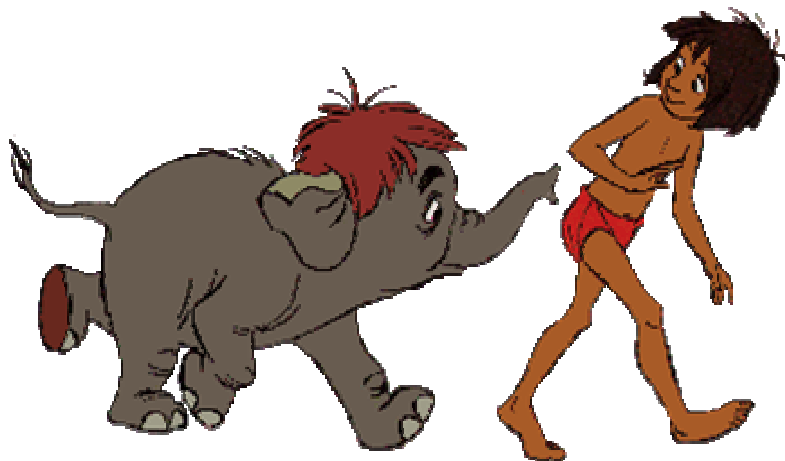
How the game works:

Every kid starts off being a little egg. Everyone squats and has their arms above their head in an egg shape. They all say "I'm an egg, I'm an egg, I'm an egg." Once one egg in the group meets another egg they say "Let's have a challenge." From there the pair plays rock- paper- scissors with their hands. (A rock beats the scissors, the scissors beats the paper and the paper beats the rock.) The person that wins the rock- paper- scissors match then grows big and turns into a chicken while the person that lost the rock- paper- scissors stays an egg and searches for another egg to challenge. Once a person makes it to chicken level they yell out "I'm a chicken, I'm a chicken, I'm a chicken," and then searches for another chicken to play rock- paper- scissors. Once they find another chicken, they play and whoever wins

that level moves to the used car salesman level. There they chant "hey, hey, hey , hey!" and point their hands in a sleazy "hey" used car salesman position. Next they challenge another used car salesman and whoever wins, advances to the superhero level. There the superheroes chant "I'm a superhero, I'm a superhero," and have one arm up high in the air like they are flying. If at any of these levels they lose the challenge they all have to go back to being an egg and must start all over again. At the end of the given time the leader will yell "O.k time is up." From there the leader will guide the children into a circle. Then the leader yells out "Who was a superhero once?" From there each child will be instructed to jump into the circle and do 5 jumping jacks or whatever variation. Then they will be instructed to sit down and the instructor will move to the kids who were a superhero twice and so on.

Recommendations:

This is a very fun game but it can get a little tiresome if it goes on for too long. It is important to vary times so that the children don't get bored especially if you plan to play it more than once.



ACTIVITY # 5

Scream

Needed: A group of children.

How to play:

There are two circles of people standing side by side. Everyone has their head facing down. The same things occur in both circles. The instructor will yell "up" and when they yell "up" the children in the circle lift their heads and face straight ahead of them, or to either side. Then if a person is looking at them and makes eye contact with them they yell "AAAAAAAAAAAAAHH" and then both move to the other circle. This way everyone is able to play the entire time and there is lots of movement.



ACTIVITY # 6

Zap

Needed: A group of children standing in a circle.

How to play:

Everyone is standing in the circle and the leader is standing in the middle. The leader looks around the circle and points to a random kid and says "ZAP." When getting zapped the child drops to the ground and the two people standing on either side of her/him have to yell out each other's name. Whoever yells out the other's name first wins and the person who loses has to sit down in their spot. The person who was zapped stands up. The game continues until there are only a few people left.

ACTIVITY #7

My Favourite Colour

Needed: A circle of chairs and a group of kids sitting in the chairs.

How to play:

All the kids and the leaders are sitting in a chair. There is one person in the middle. The person in the middle yells "I like....people who wear green," at that moment anyone in the circle who is wearing green has to leave their seats in search of

another seat. Meanwhile the person in the middle attempts to grab any seat available. There will be one person stuck without a seat and then it will be their turn to stay in the middle and start the next round by saying "I like....people with glasses," and so on.

ACTIVITY #8

Throwing Shoe Game

Needed: A group of people wearing shoes

How to play:

Everyone in the big group of kids is required to take off both of their shoes. From there everyone has to turn around and close their eyes. The leaders then take everyone's shoes and throw them as far away as they possibly can. Next the leaders yell "O.k go get 'em!" Then the kids race to find their two matching shoes. The first 10 people back get 5 points each for their team and so on.



