52 Card Pickup
Ice Breaker/Energizer

Objectives
• Promotes team spirit
• Involves everyone

Supplies: Prior to playing, write various ‘commands’ on a deck of playing cards; one command per card. Alternatively, print commands on plain paper and laminate; but an old deck of cards can be quite handy!

Instructions: Facilitator instructs group that he is going to launch the 52 cards into the air. The group is to move around and pick up one card at a time, acting out the command as directed. Once the command is completed they can put the card back down or turn it in to facilitator.

Example commands:
• Shake hands with everyone
• Make a loud noise till someone asks you to stop
• Get everyone to stand in a circle
• Play rock, paper, scissors until you win two times in a row
• Make up a handshake with someone; teach another
• Find 1 thing in common with 3 different people
• Hop on one leg for one minute
• Find out who grew up closest to you
• Compliment four people
• Do ten jumping jacks
• Sing "I'm a Little Teapot"
• Plank for one minute

• Say the alphabet out loud
• Shake hands with five people
• Crow like a rooster, five times
• Hop around like a bullfrog, saying ‘ribit’
• Moo like a cow, using your fingers as horns
• Pat five people on the back and say ‘good job’
• Twirl in a circle, five times
• Stand really close to someone until they ask you to move
• Look into someone’s eyes for 10 seconds; smile
• Clap for 60 seconds
• Thumb wrestle with another
• Shake someone’s hand while counting to yourself for 60 seconds

• Ask three people what their favorite movie is
• Ask three people to tell you the last book they read
• Give out 10 High Fives
• Do a quick log roll
• Listen to someone with great interest for a minute
• Invite a few people to sing Row, Row, Row Your Boat
• Skip all the way around the room/group
• Stand on one leg for a long time
• Pretend to be a race car driver, circle the group twice
• Pretend to gallop a horse, saying 'YeeHah' and tipping your hat
• Walk up to five people and say shhhhh!
• Sing ‘Happy Birthday’ to three people

Facilitator Notes

Notes for Facilitator
• Ensure that everyone is engaged
• Participate with the group
• Enjoy and have fun!