



# Core Groups

## Ice Breaker/Grouping

### Objectives

- A means for 'grouping' participants in the beginning of an activity.
- Groups can be reassembled throughout program quickly and easily.

Supplies: none needed

Instructions: Facilitator divides large group into smaller groups, depending on size needed. Once in small groups, each group will select a group name and some type of sound and action for their group.

- Example: group could be the Dazzling Dinosaurs and their sound/action is to roar and raise their hands like claws.
- Allow the groups 2-3 minutes to select their name/sound/action and then have each group demonstrate.
- As the activities go throughout the day, anytime the facilitator calls 'Core Groups', the groups reassemble by making their sound/action.

# Facilitator Notes



Notes for Facilitator

- Ensure that all are engaged.
- The energy level of the facilitator will dictate the energy level of the group. Make it fun!

Reflection:

- Allow groups time to interact, learn who is in their group.
- Encourage hearty participation.
- This is a great activity for youth to be dramatic, express themselves.
- Activity can even be used during a long, sitting type activity, just to break up the monotony.
- Use 'Core Groups' to reassemble and make sure all participants are present.
- Can be used in day camp type settings before and after risk-type events such as swimming, walking on trails, etc. to make sure all participants are in place; to do this groups must recognize if a member is missing.
- Can be used as a type of 'buddy system' to ensure all participants are accounted for.