



ENHANCING THE CLUB EXPERIENCE.....

ICE BREAKER

Peek-A-Who!

Get Acquainted Activity

Equipment/Supplies:

Large Tarp, Blanket or Sheet that you cannot see through

Divide your group into two teams. Each team will gather up in a tight group, one group on each side of the tarp. Use two volunteers if not enough leaders are present to hold the tarp between the two groups where they cannot see each other. Make sure the tarp touches the ground so teams cannot see under the tarp. Taller group members may need to squat down where they cannot be seen.

Each team will select one person to be "it". They are to move close to the tarp and the others back away but out of sight of the other team. On the count of three, the tarp is dropped and the first person to call out the name of the opposing team member wins the round. The loser is now a member of the other team and joins that team for continued play.

Each round, the tarp is raised and the teams choose someone new as "it" and the teams face off. The winner is the group who ends up with the most team members after a set time. You can determine the length of time to play (usually no more than 15 minutes) or until someone wins. If the game goes quickly, start a new game and mix up the teams.

NOTE:

This activity may require that you have participants introduce themselves in a circle if they do not know each other. If they are wearing nametags, have them remove them before beginning the game.



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You Can Do It Hand Clap

Mixer

Materials:

None

Participants should partner up with the person next to them. The activity is much like “Patty-cake”. Everyone will be doing the same sequence but can do the sequence at a comfortable speed for them. With partners facing each other, participants will clap their hands together as well as clap partners hands in the sequence given below. Have a pair of youth demonstrate and teach the sequence. It might also be helpful to post the instructions where participants can view them (posters, news print paper, LCD Projector/Computer)

The clap sequence is:

- Clap own hands together once
- Clap right hands together with partner once
- Clap own hands together once
- Clap left hands together with partner once
- Clap own hands together once
- Clap both hands with partner (straight across) once
- Clap own hands together twice
- Clap both hands with partner (straight across) twice
- Clap own hands together three times
- Clap both hands with partner (straight across) three times
- Clap own hands together twice
- Clap both hands with partner (straight across) twice
- Clap own hands together once
- Clap both hands with partner (straight across) once
- Clap own hands together once
- Clap right hands together with partner once
- Clap own hands together once
- Clap left hands together with partner once
- Clap own hands together once
- Clap both hands with partner (straight across) once

And the sequence continues until someone in the partnership makes a mistake. As people begin to drop out, they should move around the room watching and encouraging the others. For fun, the participants can also encourage the others to make mistakes but may never touch the other teams. The last pair clapping demonstrates the technique to the group as the group heckles.

Another option you might want to try when a team makes a mistake is for them to circulate and pair up with a new partner when others make a mistake too. This way, everyone continues to play and meet new people!

(K. Rohnke seminar)



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Mumble Jumble

Mixer

Supplies:

- Pictures copied or glued on cardstock and cut into approximately 5 large pieces like a puzzle. Create enough pictures so that every participant will receive a puzzle piece.
- Laminate pieces to be able to re-use.
- Box, hat or other container to draw from

Instructions:

Place all of the puzzle pieces in a box, hat or other container. Have each participant draw a piece of the puzzle. The group members will keep their puzzle piece to themselves until the leader says, "GO!"

Instructions that the leader will give is for participants to circulate and find the other people in the group who have the other pieces of the corresponding puzzle to form complete pictures. Once the groups are formed and puzzles are complete, Have each group member share with their group information about themselves from the list of topics below:

- Where were you born?
- What has been your favorite family vacation?
- How many pets do you have?
- What is your favorite food?
- Who is the person that you admire the most?

Create other questions as you wish.



ENHANCING THE CLUB EXPERIENCE.....

ICE BREAKER Human Taco

Mixer

Supplies:

- Index Cards
- Marker
- Tape

Preparation:

Label each card with a different taco ingredient using the list below until you have enough cards for all the participants in the group:

- Taco Shell
- Taco Meat
- Cheese
- Lettuce
- Tomato
- Salsa

Instructions:

Stick labeled index card (with taco ingredient) on the back of everyone's shirt. Have each player mingle around asking yes/no questions to find out the taco ingredient that is on their back. Explain the correct order of ingredients in a Human Taco: shell, meat, cheese, lettuce, tomato, salsa. As individuals ask yes/no questions to other participants, they are trying to figure out what their label is. Once they know their ingredient, they are to then find the rest of the ingredients to form a human taco. Only one of each item is allowed in a taco. Give the start command, "I'm hungry! Let's eat! Run for the Border!" And watch the participants have fun with this activity!



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Body Sculpture

Purpose:

To develop listening, collaboration, and communication skills

In this activity, children try to recreate a pose by describing it to a blind-folded person.

Instructions:

Divide the participants into groups of three. Each group will include three roles: the artist, the sculpture, and the clay. Explain that the goal of the artist is to recreate the sculpture by molding the clay using only their instructions to guide the clay.

The person playing the role of the clay is blindfolded and stands behind the artist. The team member playing the sculpture stands in front of the artist and strikes a pose. The sculpture should choose a position they'll be able to hold for several minutes. The artist then describes the sculpture to the clay, and the clay tries to duplicate the pose. The clay may ask questions, but the artist cannot look at the clay until they both agree that they are finished.

Repeat the activity so everyone gets a chance to play each role. Discuss what was a help or hindrance in communicating during this activity.

(Shalaway, 1998)



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Sea Adventure Game

“Captain’s Coming”

Supplies:

No materials needed.

Instructions:

The entire group spread out in an open area with no obstacles. The instructor calls out different commands and the group must act them out as correct and quickly as possible. If performed incorrectly or the last person to act the command out then that person or group is out. When a person is eliminated then they must stand on the side and continuously sing loudly, “OH E OH, A PIRATES LIFE FOR ME!!”, while swing their arm in pirate fashion. Each person that is eliminated sings this until there is only one person left in the middle of the room.

The instructors commands are: (not all commands have to be used)

- **PORT** – group runs to the left
- **STARBOARD** – group runs to the right
- **STERN** – group runs to the back
- **BOW** – group runs to the front
- **ROWBOAT** – call out any number of people (ex. 3 people in a rowboat) then the number of people called out must get in a single-file line and pretend to row
- **MAN OVERBOARD** – one person lays down and another person pretends to look for them
- **CHOW TIME** – four people get in a huddle and pretend to eat, must make eating noises
- **SWAB THE DECK** – group gets down on knees and washes the deck
- **CAPTAIN’S COMING** – group stands at attention
- **AT-EASE** – group relaxes with feet apart and hands behind back
- **MEMBERS WHO ARE OUT** – sing on the side lines “OH E OH, A PIRATES LIFE FOR ME!!”

If the instructor calls out “Captain’s Coming” then no one can perform any other command until the instructor calls out “At-ease”; if someone does before the leader says “At-ease” then they are out and must join the singing pirates!



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Elves, Wizards, Giants

This game is a version of the old game of “Rock, Paper, Scissors” but has funnier actions and noises which each team has to act out. Each character (Elf, Wizard, Giant) has a specific action or noise.

- Elf** Squatting down and imitate pointed ears by holding two fingers up by your ears (similar to making bunny ears). Make “Eeking” noises while doing this. Action: Elves shoot an arrow at the wizards to win.
- Giant** Standing on tip toe, arms raised in frightening posture making growling / roaring sounds. Action: Giants smash elves by pretending to smash something small with their foot.
- Wizard** Standing normally but with arms outstretched as if casting a spell. Make appropriate spell casting noises. Action: Wizards frazzle giants by using their hands to act like they are casting a spell.

As with “Rock, Paper, Scissors” each character can win against one character and lose against one character. There are two ways to play this game.

1. Participants can pair up and play against each other. Play the best 2 out of 3 round. The winners of the round will pair up with new partners and do another round of 2 out of 3. Continue eliminating and creating new pairs until you get down to the final round of only 2 individuals.
2. Divide participants into 2 groups. Create a playing field with a center line and a line about 6 feet on either side of the center line. Teams work together to determine which character, elf, giant, wizard, they will be as a group. Each group is assigned a side of the playing area. Groups face off, standing on the line 6 feet back from the center line. On the count of 3, each group makes the action for their chosen character. The team with the character who wins in that combination chases the other team back to their safe zone. If the team chasing catches/tags one of the other team’s members, then that person becomes a member of the other team. Play continues until one team catches all of the other team’s members or until time is called.



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Zip/Zap/Zop

This is a game that requires concentration and focus!

Have participants stand in a circle. Designate one person to be the starter of the game.

The starter will begin by pointing to another person in the circle and saying “ZIP!” That person then points to yet another person and says “ZAP!” That person points to another person and says “ZOP!”

This continues with the same words being used in the same order over and over – ZIP, ZAP, ZOP. If someone makes a mistake and says a word out of order, that person is out of the game. Eventually, the circle dwindles to just a few people, then to only 2 people, who are staring at each other, yelling ZIP!, ZAP!, ZOP! Until one of them makes a mistake.

If you would like to give those who are eliminated a chance to keep playing, as they are eliminated, have them form a new circle and play the same game while the original circle continues. Instead of eliminating anyone from the new circle, just have them start over and continue playing and adding in the participants who are eliminated. This way everyone still gets to continue to play!