



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER Q&A Ball Toss

Print questions below on a beach ball with a permanent marker. Inflate the ball and have participants pass ball around the room. Each person who catches the ball must introduce themselves and then answer the question closest to their right thumb.

- What is the loudest noise you've ever heard?
- What is your earliest memory?
- What is your favorite sport?
- Name all of the places you have lived.
- What is the funniest movie scene you've seen?
- Tell about a nickname.
- Describe the most extreme weather condition you've been in.
- What is your favorite book?
- Where is your favorite place in nature?
- What is your middle name, or what do you think it should have been?
- Describe the best meal you've ever eaten.
- What's your favorite song? (To add some risk, ask kids to sing a few bars.)
- Describe the most unusual thing that's happened to you.
- What's the best thing a friend ever told you?
- What's the worse chore you've ever had?



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Acrostic Icebreaker

Youth use acrostics to introduce themselves. An acrostic is an arrangement of words in which certain letters in each line, when taken in order, spell out a word or motto. Using their first name, youth will come up with one word for each letter of their name that describes them. Here are a few examples of acrostics:

DIANE = Dynamic, Independent, Able, No-nonsense, Enthusiastic.

TODD = Tried and true, Oh boy, a boy!, Diamond in the rough, Destined for glory.

Give the youth a few minutes to think of an acrostic for their own name (or nickname) using words or phrases that describe themselves. Once everyone has thought of something, ask the group members to introduce themselves to each other by using the acrostics.

#### Variations:

- When creating the acrostic, have kids mix up the order of the letters in their names (Example: Ken = New Education King or NEK). Then have the rest of the group attempt to figure out each name.
- Instead of an acrostic, ask youth to create actions for each syllable in their name... (Example: Diane might act as if she will “Die” and hold up her “hand” – Die-Hand = Diane)
- If the group can be trusted to be encouraging and already knows each other to some degree, then you can ask the group to create acrostics for the names of each other.

#### Taking it to the Next Level:

- Was there any truth in the words and phrases you chose to represent your name in an acrostic?
- If you didn't have to use the letters in your name, what words and phrases might your friends use to describe you?
- At the end of your LONG life, what words and phrases would you want people to use to describe you?
- What are some things you can start doing now to start building the type of reputation that you want?



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Alter Ego

---

**Instructions:**

Kids are to introduce themselves and tell the group who they would most like to be other than themselves. They may name fictional characters or actual people, either living or dead. For example, kids could name Jean-Luc Picard from Star Trek: The Next Generation, Meryl Streep, Michael Jordan, or Joan of Arc. Kids should not explain their choices. Allow kids to enjoy the mystery of the “why” behind each other’s choices.

**Variation:**

Have kids introduce themselves as the characters or persons they’d like to be and tell their real names later in the meeting or event.



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Animal Kingdom

#### Instructions:

Youth will identify themselves with an animal that most reflects some aspects of their personality. It's a great way for kids to get to know a little about each other. It also functions somewhat as a crowd breaker by dividing them into groups, but you may need to do some adjustment as the groups are likely to be of different sizes.

Choose 3-5 animals, one animal for each group you want to have. Choose animals that are vastly different from each other.

Some options are: Aardvark, Albatross, Anteater, Armadillo, Badger, Bat, Bear, Camel, Cat, Chicken, Chinchilla, Cow, Crab, Crane, Crayfish, Cuckoo, Deer, Dog, Dolphin, Dove, Duck, Dugong, Eagle, Elephant, Emu, Ferret, Flamingo, Flying fox, Frog, Giraffe, Goat, Goose, Hamster, Hawk, Hedgehogs, Hippo, Horses, Hummingbird, Iguana, Kangaroo, Koala, Lemur, Lion, Lizards, Llamas, Loon, Mammoth, Monkey, Mouse, Octopus, Ostrich, Otter, Owl, Panda, Parrot, Pelican, Penguin, Pig, Pigeon, Porcupine, Rabbit, Rat, Raven/crow, Rhinoceros, Seal, Sheep, sloths, Snake, Sparrow, Stork, Swan, Tapir, Toad, Tortoise, Turtle, Unicorn, Weasel, Whale, Wolf, Wombat, Zebra

1. Ask kids to introduce themselves by giving their name and then choosing which of the selected animals they most identify with.
2. Then have kids group themselves according to the animals they chose. (Combine the two smallest groups if either has fewer than three members.)

#### Debrief:

Direct kids to answer one of the following questions in their small groups:

- Are you more commonly the predator or the prey?
- Nocturnal or diurnal?
- What do think the choice of this animal says about a person?
- What does the chosen animal reflect about you?
- What are some of the characteristics of this animal that are like you?
- What lessons could we learn from this animal?
- If you could choose to be any animal, what would you choose and why?
- Have groups brainstorm the benefits of being similar to this animal and then share it with the rest of the groups.



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER Card Sharks

**Materials:**

Deck of normal playing cards. Additional decks can be added for larger groups.

**Instructions:**

Ask students to pick cards from the deck that represent something about themselves. These representations can be as shallow or deep as the students' imaginations. Have youth mingle and share with one another their names and the cards they have chosen and why. One might choose a two because they have "2 parents" or "two feet" etc. Another student might choose an ace because they strive to "be an 'ace' at everything they do. The opportunities are limitless.

**Variation 1:**

Force specific combinations of youth by telling them to group themselves in groups in which the face value their cards add up to a count of "20." Choose another sum to rearrange the youth. (Count face cards as 10 or as the corresponding numerical value up to 13) You may also designate groups of 5 and specific poker hands to form.... (e.g. flush, straight, 2 pair-with one extra person to make 5 cards, 3 of a kind, four of a kind, etc.)

**Variation 2:**

Get the youth to randomly split into two teams and play "go fish" using the remaining cards. The largest team at the end wins. You can also play your favorite game of cards with a little creativity.

**Variation 3:**

Before the activity, write a list of questions to be asked of the groups that choose the same numbers (e.g. what is your favorite ice cream, most embarrassing moment, favorite musical, etc.)

**Variation 4:**

Use the mixer as a game of elimination. When you call out specific groupings of cards, if groups do not meet the specified criteria or are the last group to form meeting the criteria, they are eliminated from the game. The last remaining group is the winner.

**Variation 5:**

Remove 10s and all face cards. Have students choose a partner who card added to theirs will result in a sum of 10. The combinations are numerous (1-9, 2-8, 3-7, 4-6, 5-5)

**Variation 6:**

Ask the youth to split into two teams and build the highest house of cards.



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Bob

**Materials:**

One chair for each person in the group; Arrange the chairs in a circle

**Instructions:**

1. Pick one person to be the leader-that person becomes "Bob." Everyone else keeps their own name. Before you begin the game, have everyone tell the group their name.
2. Start a rhythm by slowly slapping your hands on your knees twice and then clapping twice. Keep repeating until everyone is in rhythm. Begin slowly. Later, as the game is familiar you can speed up the rhythm.
3. "Bob" then begins by saying "Bob" during the knee slaps, and anyone else's name in the group during the handclaps.
4. The person "Bob" names must respond immediately by saying their name during the next knee slaps, and anyone else's during the hand claps (exception: you can never call the name of the person who just called you).
5. The person called must do the same thing, calling out their own name and then someone else's name. (Example: Bob, Sally. Sally, Fred. Fred, Sarah. Sarah, Steve. . .)
6. This keeps going until somebody makes a mistake or fails to shout a name in time.
7. At that point, the person who made a mistake moves to the spot to the right of Bob. Everybody moves one spot to the right to fill the hole left by the person who lost.
8. Here's the catch: Each person's name remains with their chair! They become the name of the person who was ahead of them. Throughout the game, the name will always stay with the spot, and the person becomes that name as they move into that spot.
9. The ultimate goal is to unseat "Bob" and take his place.

It's hysterical to see kids' brains freeze up as they forget who they are. Eventually each person will have been almost everybody else, so names are learned very quickly.

**Debrief:**

- Have you ever wished you were someone else? Why or Why not?
- Have you ever been confused about your own identity?
- Have you ever tried to fit in by being like others in a group?
- Have you ever felt pressured to be a certain way that is really nothing like the way you really are?



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Build A Burger

**Materials:**

Paper slips with various parts of a hamburger written on them.

**Preparation:**

Cut up several slips of paper so that there is enough for everyone. On each slip of paper write a part of a hamburger: MAIN: Bun, Meat ADDITIONAL: Tomato, Cheese, Onion, Ketchup, Pickle, Mustard, Mayonnaise, BBQ Sauce, Bacon, Lettuce, Salt, Pepper, Mushrooms. The higher the number of expected participants, the more ingredients you can include. There should be more buns and meat than other ingredients.

**Instructions:**

1. As people arrive, hand a slip of paper to everyone with some part of a burger on it.
2. Have everyone mingle and then yell out "BUILD A BURGER!"
3. Everyone should get together with enough people to build a burger from everything on it to plain meat and buns. Each burger must consist of a minimum of 2 buns and a meat patty.
4. In their burger groups get youth to introduce themselves to each other, tell their favorite fast-food place etc.
5. After few minutes, call out "Build a Burger" again.
6. Everyone must form new groups and then share again.

**Debrief:**

We sometimes hear that "we are what we eat." What are some of your favorite foods? Do they reveal anything about your personality?

Instead of "Build a Burger" take a few moments to "Build Others Up." Tell the people in your group something that you admire about them, a word of encouragement, or a mention of a gift/talent they have.



# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER

### Buzz

**Instructions:**

1. Seat everyone in a circle- either on the ground or in chairs.
2. Begin counting. When the number seven or any multiple of seven appears, instead of saying the number, the one whose turn has come is to say, "Buzz." For example, one, two, three, four, five, six, buzz, eight, nine, ten, eleven, twelve, thirteen, buzz, fifteen, sixteen, buzz and so forth.
3. Try to have the guests count as rapidly as possible and eliminate from the ring all those who make a mistake.

**Debrief:**

- What makes this game difficult?
- In this game you had to replace a number with the word "buzz." What are some of the things that we must replace when we become Leaders/officers/role models? How can we replace them?
- Why is forming new habits so difficult?

**Conclusion:**

This game is difficult because it deviates from what is normal for us. We are accustomed to using the number 7, and to replace it with the word "buzz" is awkward for us. It requires extra concentration and is against what is natural for us. Forming new ways of thinking is the key to forming new actions and habits. We must set our minds on the goals we have set for ourselves.





# ENHANCING THE CLUB EXPERIENCE.....

## ICE BREAKER Action Bingo

**Materials:**

- BINGO Handout
- Pencils

**Instructions:**

Provide a copy of the BINGO handout and a pencil to each person. Members will circulate among the whole group and find one person who will perform one of the actions in front of them and then sign the Bingo square for that action. If there are at least 25 people, then no names can be repeated on a Bingo card. If there are less than 25 people, no name can appear more than two times. Whoever gets all the items signed first, wins! This activity is wacky and silly fun for everyone. Have a digital camera ready for some really crazy snapshots!

**Additional Information:**

- BINGO Handout



## Action Bingo Handout

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
Tell a joke	Pretend you are taking a bath or shower in the middle of the room	Sing a duet with another member	Recite a nursery rhyme	Quack like a duck for 5 seconds
Make the sound of an elephant for 5 seconds	Walk from one end of the room to the other with an object between your knees	Act like an egg being cracked and fried	Do an impression of a well-known celebrity	Shake hands with three other people in the room
Draw a turkey using your hand outline	Retell the story of Goldilocks and the Three Bears in less than one minute	Act like you are dunking a basketball	Stand on your head	Do 10 push ups
Do 10 jumping jacks	Find another person in the room and pay them a compliment	Act like a tornado	Do an impression of a cartoon character until your partner guesses the identity	Say this tongue twister 3 times fast: "Six Slick Snakes Slid Slowly Southward"