

K-Kids

Icebreakers and Teambuilders

Use icebreaker activities at the beginning of the year to help members get to know each other and feel welcome and teambuilding activities to build connection between members in your club.

ICEBREAKERS

Featured Icebreaker: PICTURE THIS

Purpose: To give members a fun way to get to know one another as they enjoy drawing

Time: 25 minutes

Supplies: Markers or crayons and paper for each participant.

Instructions: Separate participants into groups of 3 to 4. Provide a sheet of paper and markers for each member. Ask members to think about what they would share when being introduced to a stranger. Here's the fun part – instead of talking and sharing a verbal introduction, ask members to draw their introduction! Let members know they have 5 minutes to draw things they want others to know about who they are and what they like. Share an example of what to draw: If you love your pet snake, draw a picture of your snake and hearts above the snake. If you have a big family, draw smiling faces of your family members. If your favorite activity is reading, make a drawing of books. If you love to travel, draw an airplane in the sky. Give members 5 minutes to draw until their paper is full of meaningful drawings that tell their story.

Then ask members to share their drawings with members of their group to find similarities and differences. As a club ask for volunteers to share the most interesting things they learned about each other.

Reflection: As a wrap up, ask members to discuss how it felt sharing this way. Was it easier or more difficult to share through drawing? Have members sign their drawings and display them in the room or take them home to share what they did during the club meeting with their families.

More Icebreakers! For full instructions for activities below, visit kkids.org/advisors.

BUILD A BRIDGE

Club members get to know one another while focusing on building a miniature bridge made of straws and gum drops. Members have to practice self-restraint as the more gum drops eaten means the less building supplies they have. Allow members to chat and check out the progress of other teams during this activity.

CLUB RULES

At the beginning of the year, guide members to decide what they can do to encourage kindness and respect during club meetings. Ask members to brainstorm and decide on rules for the club -- identifying the behaviors that are positive and kind during meetings and behaviors that will not be accepted in the club.

TALLEST TOWER

The main challenge in this energizing activity is for members to learn a lot about each other and discover what they have in common. Divide members into small groups. Ask members to talk to teammates and write things that they find are similar between them and others on index cards – one similarity per card. Then each group builds a tower with their cards. The group that builds the tallest tower wins!

TEAMBUILDERS

Featured Teambuilder: COOPERATIVE STAND UP

Purpose: To promote teamwork, friendliness, and a sense of fun between club members.

Time: 25 minutes

Supplies: A large room with space for members to move.

Instructions: Ask members to find a partner, someone they don't know well. Ask the pairs to spread evenly throughout the room and to sit on the floor, back-to-back and arms interlocked. Start by asking teams to do the fist challenge (below) and give them time to accomplish it. Then share the second challenge, giving more time to complete it. Finally, give the remaining groups the third challenge.

Challenge 1: The pairs must stand up without using their hands.

Challenge 2: After the pair stands, they are to find another pair and all 4 sit down in the same fashion (backs together and arms intertwined), now all four try to stand up as a group.

Challenge 3: Divide some groups of four and ask them to join groups of four that were successful. Ask them to sit again and try to stand together. This continues until two or three large groups remain.

Reflection: Ask the members: How did you communicate with your partner about how to stand up? How was standing different when working with more pairs? What was the most challenging part of the exercise?

Note: Be aware that some students may not feel comfortable with having physical contact with other students and will not want to talk about this. Provide an option for students to watch and cheer on teammates.

More Teambuilders! For full instructions for activities below, visit kkids.org/advisors.

MAKE A MACHINE

Energize members by activating their creativity and teamwork. The goal: Teams recreate a working machine using people. Each team decides on a machine (without letting other teams know) and every member has a role, playing one of the machine's parts, motions or sounds. The challenge: Each team acts out their machine as the club guesses what it is.

RAINSTORM

Have members gather in a circle. Ask one person to be the leader who starts the "rainstorm" by rubbing their hands together to create a swish-swish sound. One member at a time joins in, copying the sound, until everyone is swish swishing. Together, the club makes a rainstorm! Help members understand that this shows how the actions of one impact the actions of many.

ROSE AND THORN

After completing a service project, ask members to think about their experience and to share a rose (something positive) and a thorn (something challenging or negative) that happened during it. Help them understand that positives and negatives in experiences are okay – they are opportunities to learn about themselves, the community, and how to make service better.