

# K-Kids Icebreakers and Teambuilders

## ICEBREAKERS

### PICTURE THIS

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

**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 perhaps add hearts above the snake. If you have a big family, draw smiling faces of each family member. If your favorite activity is reading, include drawings of books, if you love to travel, draw an airplane flying in the sky. Encourage members to continue drawing until their paper is full of meaningful doodles and drawings that tell their story.

After 5 minutes ask members in the group to share their drawings with each other and find similarities and differences. Have members share the most interesting things they learned about each other.

**Reflection:** Ask them to discuss how it felt sharing this way. Was it easier or more difficult to share through drawing? Conclude the activity by having members sign their drawings and display them in the front of the room.

### BUILD A BRIDGE

**Purpose:** This activity is energizing and helps club members get to know one another.

**Time:** 15 minutes

**Supplies:** 6 large packages of straws, 6 large bags of gum drops.

**Instructions:** Separate club members into groups of 3 to 4. Ask club members to work together to build a sturdy bridge. Separate two desks and show the distance the bridge must span. Let participants work together to build. Conversation will develop naturally. Self-discipline is needed for this activity as some participants will eat the gum drops leaving less building resources for the bridge.

**Reflection:** How did the group come to an agreement on the best way to build the bridge? What interesting facts did members learn about each other while trying to build the bridge? What would you do differently if trying again?

### CLUB RULES

**Purpose:** This activity invites everyone to participate in establishing rules about how to treat one another when at club meetings. Club members create a safe and accepting space where all feel welcome, and they take part in identifying what they want their club meeting to look like.

**Time:** 25 minutes.

**Supplies:** Post it notes, easel paper and markers to record discussion points.

**Instructions:** Separate club members into groups of 3 or 4. Provide each group with a pad of post-it notes and markers. Assign one member per group to record responses on the post it notes. Ask club members to identify ten adjectives that describe how members should behave

when attending club meetings. Share examples of what these adjectives might be, such as Friendly, Accepting, Energetic, and Inclusive. Give members 5 minutes to write then ask them to place their post-it notes on the easel at the front of the room. Now work with the group to identify what needs to be added or deleted. When the final list is complete ask each club member to sign the easel. Post the Rules of Engagement in a prominent area at each club meeting.

**Reflection:** Ask club members – ‘Who created these rules?’ This reminds them that everyone has a role in identifying welcoming behaviors when in this meeting space.

### **TALLEST TOWER**

**Purpose:** This activity is energizing and helps club members get to know one another.

**Time:** 20 minutes

**Supplies:** Index cards (50 per group) and enough markers for each group.

**Instructions:** Separate members into groups of 3 to 4. Instruct everyone to talk to one another and find things they have in common. When members discover a commonality the group recorder writes it on an index card. Explain that the goal is to build the tallest tower using index cards. The challenge, only cards with writing can be used to build. The group that builds the tallest tower within the allotted amount of time wins.

**Reflection:** What did you learn about others that surprised you? How did the group work together to identify things they have in common? How did the group identify how to build the tower?

### **TEAMBUILDERS**

#### **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 club members to move.

**Instructions:** Ask club members to find a partner, someone they don't know well. Ask the pairs to spread evenly throughout the room. Now instruct them to sit on the floor, back-to-back and arms interlocked.

**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:** The four find another pair and sit in the same way, trying to stand together, this continues until two or three large groups are together and have everyone try to stand up.

**Reflection:** Questions to ask the group. How did you communicate with your partner about how to stand? 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.

#### **MAKING A MACHINE**

**Purpose:** This activity will energize club members by activating their creativity and by getting them moving.

**Time:** 15 minutes.

**Supplies:** A room with space for club members to move.

**Instructions:** Divide club members into 2 or 3 large groups. Share that the object of the game is to create a machine out of a group of people. Machine suggestions: A computer, a snowblower, or a ceiling fan. Each person is responsible for one noise or one motion of the machine. The group has 5 minutes to create their human machine. After 5 minutes allow each group to demonstrate what their machine does.

**Reflection:** Ask club members how the group decided on a machine to mimic? What was the most challenging part of figuring out what to do? What would you do differently?

## **RAINSTORM**

**Purpose:** This activity promotes a sense of connectedness among participants.

**Time:** 10 minutes

**Supplies:** An open space to gather in a circle.

**Instructions:** Ask club members to sit in a circle. Select one individual as the leader who starts by rubbing their hands together. The person to the right does the same and so on— until everyone gathered in the circle is doing the same action and recreating the same sound.

Now the leader starts a new sound, such as finger snapping and everyone follows along, this pattern continues with additional sounds such as hand clapping, slapping thighs, foot stomping, etc. The buildup of a rainstorm. To end the storm, reverse the actions. At the end, the group one by one stop rubbing hands and sit and wait for the action to be completed by everyone.

**Reflection:** Ask club members how it feels to be a part of something greater than self, to work as a group creating an interesting progression of sound? What if part of the group didn't participate? How would this impact outcomes?

## **ROSE AND THORN**

**Purpose:** This activity invites club members to reflect on a club activity or community service project.

**Time:** 15 minutes.

**Supplies:** Club members.

**Instruction:** At the end of a club meeting or a service project. Ask club members to sit in a circle. Select someone in the circle to be the first to share. Ask each member to share a 'Rose' or positive experience that happened during the activity or service project. Then ask the member to share a 'Thorn' or a negative aspect. Give examples to guide club members. Example: My rose is that the project was fun, my thorn is that I arrived at the event late. Everyone in the circle has a turn at sharing a rose (something positive, and one thorn (something negative).

**Reflection:** Share with club members that everyone has positive and negative feelings about what happens during an event or service project. These are valid feelings and it's good to share. Sharing this way provides ideas of ways we can help one another and improve our next event or service project.