

## CORNERSTONE 2020 RESOURCE

[Let's Break the Ice: An Icebreaking Game Show Experience]  
[Session Type – Evening Program]

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<b>SUMMARY:</b>	Do you want to meet new people while learning a variety of fun games and icebreakers? Well, here's your chance! Let's break the ice and play a bunch of team-based activities that you can lead with campers and staff... anytime...anywhere. - <i>Submitted by Brett Gurwitz</i>
<b>TOPIC(S):</b>	Team Building, Community Building
<b>LEARNING OBJECTIVE:</b>	<ul style="list-style-type: none"> <li>• Participants will feel more connected as a result of shared ice breaker experiences</li> <li>• Participants will learn a bunch of fun new ice breakers that they can use with campers and staff throughout the summer</li> </ul>
<b>AUDIENCE:</b>	Any camp audience (campers and/or staff). For large groups.
<b>TIMING:</b>	60-90 minutes
<b>APPENDICES:</b>	Let's Break the Ice Gameboard PowerPoint
<b>MATERIALS NEEDED:</b>	9 Hula Hoops 6 Bandanas (3 One color and 3 Another color) Two Packs of Parve Cookies 1 Pack Gluten Dairy Free Cookies 1 Pack Chart Paper 4 Pedometers 4 Headbands 8 Potatoes 20 balloons 40 Popsicle Sticks 60 Pipe Cleaners 8 rolls masking tape 1 Package Googly Eyes 1 Pack of Stickers Projector Speakers to play music

### SET-UP DETAILS:

Large space with plenty of room for movement

Create four sections for each team to sit in (in seats or on floor). Ensure everyone is seated where they can see projector screen in order to play game.

### SESSION TIMELINE & OUTLINE:

5 MINUTES: WELCOME

8 MINUTES: HUGGY BEAR

50 MINUTES: GAME SHOW TIME

12 MINUTES: FINAL ICEBREAKING CHALLENGE

1. Welcome (5 minutes)
2. Huggy Bear (Hula Hoop Rendition) (8 minutes)
  - Scatter hula hoops on the floor all over the room. Call out numbers and have participants form groups the size of the number called out. The groups they form should all be holding a hula hoop. Have the final number called out be the size you want the teams to be. Have each team choose an "ice" themed team name.
3. Game Show Time (50 minutes)
  - Project Let's Break the Ice Game Board on wall/screen and play game show Jeopardy style. Have teams take turns selecting a category. When a category is selected, explain the challenge. Track score as teams successfully accomplish challenges together (please see activity options below).
4. Final Icebreaking Challenge: Recreate the Masterpiece (12 minutes)
  - Facilitator creates a large drawing on chart paper before participants arrive. Post the drawing some place out of sight. The goal is for each team to create a sculpture that looks like the drawing using a box of random materials they receive. Each team chooses two teammates to be the 'observers' who are the only people on the team that can actually look at the drawing. Everyone else on the team is a 'sculptor'. The 'observer' job is to communicate with their teammates (from a distance) via walky talky or text message what the image looks like. The sculptors take information they receive and work together to create a sculpture that looks like the picture. In the end, all teams present their sculpture and compare to the original drawing.

### GAME SHOW ICE BREAKER ACTIVITIES:

#### 2 Name Game Challenges

1. **Soap Opera Names** - Stand in a circle with your team. Go around and share your soap opera name. *Middle Name + Most Beautiful Place Visited = Soap Opera Name*
2. **Shopping List Challenge** - *Whoever's birthday is closest to today's date goes first. They say their name and a food that starts with the same letter. Person on their right must say their name/food AND the first person's name/food. Continue adding - Don't make a mistake!*

#### 5 Large Group Challenges

1. **Freeze Go Crouch Shout** - When I say Go: Move around the room. When I say Freeze: Freeze! When I say Crouch: Crouch! When I say Shout: Shout your name! After participants do this for a while share that "Go!" now means "Freeze!" "Freeze!" now means "Go!" "Crouch" now means "Shout!" and "Shout!" now means "Crouch!" It's alright to mess up (it happens!). Ask participants to embrace their mess up. For example, if they shout their name when they are supposed to crouch ask them to shout it loud and proud.
2. **Drop a Beat** - Stand in a large circle. Together we will make a musical masterpiece. Facilitator stands in the middle and works as conductor. When they point/gesture at someone their job is to add a consistent sound that they continue doing until the conductor points at

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them again. The conductor slowly brings each person in the circle into the masterpiece. Once everyone is in, the conductor slowly takes everyone out of the masterpiece.

3. **Dare to Challenge** - *Everyone gets a slip of paper with an individual challenge. On "Go" everyone must do what their challenge says.*
4. **Triangulation** – Everyone stand in a circle. Silently identify any two people in the circle. When I say "Go!" your job is to be in a perfect triangle with the two people you are thinking of.
5. **Walking Tag** - Pick a new partner. Select a person to be partner A and partner B. Within a confined space, partner A is playing tag with partner B. The catch is that both partners can only walk. When partner A tags partner B, partner B is now it. Partners go back and forth. After 30 seconds, freeze the game and tell participants they can no longer lift their feet. So now they are playing tag with their partner, but both must slide their feet across the floor. After some time freeze again, and ask participants for the final round of tag to close their left eye and with their right hand make a periscope around their right eye. They still cannot lift their feet.

### 5 Prop Challenges

1. **Bobblehead Relay** - Stand in Circle with your team. Select person to go first and that person should put on a headband with pedometer attached. Each team member will have 7 seconds to shake their head. Once all team members have gone check your total "steps" to find the winner
2. **Oreo** – Each team picks one member to come up. Lean your head back and place one **cookie** in the center of your forehead. When the one-**minute** timer begins, you must move the **cookie** from your forehead to your mouth using only your facial muscles and the forces of gravity.
3. **Hoop Tic Tac Toe** - Set up a tic-tac-toe board at 1 end of the play area by placing the hula hoops in a 3X3 grid. Alternatively use the chalk to draw a large tic-tac-toe board. Mark a start line at the other end of the play area. Have 2 teams come up to compete at a time. Give each team a different color set of three bean bags or bandanas and have each team line up at the start line. Each team competes in a relay to see who can get a tic tac toe first.
4. **Shoe Toss** - *Choose 5 people to take off their shoes. There is a table 10 feet away. You have two chances (two shoes) to toss your shoe and get it to land on the table. Team with shoes on wins*
5. **Paper Airplane** - *Each team gets to "build" 3 paper airplanes - decorate it with the name of your team's airline. Furthest flight wins!*

### 6 Team-Based Icebreakers - Wake Up Challenge

1. **Wordle** - *teams stand in a circle and they go around the circle and say a word at same time as person to their right. With each round they are trying to say a word that the two previous words had in common with the ultimate goal of saying the same word*
2. **Ants on a Log** - Without speaking get in this order with your teammates:
  - a. Alphabetically by First Name
  - b. By Birthday - Month and Date
  - c. Think of Any Animal - Smallest to Largest
3. **Ice Sing Down** – With your team think of as many songs as you can with the word ICE in it and create a list. Can also take songs that have words that sound like ICE in them and replace with ICE. Teams go around and sing lines from songs that have ICE. When a song on their list has been sung by another team they should cross it off. Team with the most creative songs wins.
4. **Question Game** – Stand in a circle with your team. Think of a fun question (not yes or no q) to ask the person to your right. Go around the circle one person at a time. Person asks question to the person on their right and the person on their right answers the question for their whole group to hear. Everyone should remember the question they asked and the answer they gave. Once all have gone, reverse the order. Ask the same question (you asked the person on your right in the previous round) now to the person on your left. That person gives the same answer

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they gave in the previous round. The answers will no longer match up with the questions. Laughter will ensue.

5. **Pull my Finger** - *Stand in a circle – Right-hand flat open and left-hand index finger flat on the palm of the person on your left. On “GO” you must grab the finger and pull your own finger free. 1 point for each achievement.*

6. **Rule of 3** – Round 1: Find a partner and count to 3. Alternate numbers with your partner. When you get to 3 go back to 1. Round 2: Replace the number 1 with a sound. Round 3: The number 1 is still a sound. Now replace the number 2 with a movement. Round 4: The number 1 is still a sound. 2 is still a movement. Replace the number 3 with a sound and movement together,

### 2 Movement Breaks

1. **Dance Break** – Put on some music and everybody dance!
2. **Shakedown** – Put on some music and lead everyone through some stretches.

### ADDITIONAL NOTES FOR BRINGING IT BACK TO CAMP:

Feel free to replace any of these activities with ice breakers/team challenges of your choice. This is simply a format to do some teambuilding or teach staff a bunch of different games during staff week that they can use with their campers throughout the summer.