

Ice Breakers, Team Building and Stuff to Do with your Campers

Fellow Elective

AUTHOR(S):	Meir Balofsky
TOPIC (S)	Team Building, Group Dynamics
SUMMARY	Share, Experience and Experiment with a collection of icebreaker and team building activities that will engage campers of all ages through a lens of Jewish community building.
GOALS:	Participants will emerge with a wealth of icebreaker and team building games and a deep understanding of what makes those two categories unique. In addition, they will understand the mechanics and goals of each activity thereby enabling them to adapt each activity for the appropriate age.
AUDIENCE:	At least 6 participants. All ages.
TIMING:	Elective - 75 min
APPENDICES:	Excel Playsheet - https://docs.google.com/spreadsheets/d/1SrX9LQoBremQYaos88KnF5jQrF7wJUd99G0MlcvMx84/edit?usp=sharing
MATERIALS NEEDED:	A piece of paper
SET-UP DETAILS:	Large empty indoor space (or if if virtual - any will suffice)

SESSION TIMELINE

- 10 minutes - Number Sound Action**
- 10 minutes - Introductions**
- 10 minutes - Sweatshirt Activity**
- 10 minutes - Team Handshake**
- 10 minutes - Scavenger Hunt**
- 10 minutes - Rock Paper Scissors**
- 10 minutes - Paper Airplane Contest**

SESSION OUTLINE:

Number Sound Action - 10 minutes

VIRTUAL FACILITATION: *Create Breakout rooms at random in pairs. Do only 3 rounds.*

LIVE FACILITATION:

“When I yell NUMBER 1 find any partner, give them a high five and yell Whoooo” - State that whenever you hear “Number 1” you must find that person and only that person and do the action and sound. Then yell “Number 1” twice (Make sure they only use the same partner).

“When I yell NUMBER 2 find a different partner snap your finger, point to them and say “you’re awesome”

Yell “Number 2” twice - confirm everyone is doing it correctly and then yell “Number 1” again and confirm that everyone found their first partner and did the high five.

Introduce number 3, 4, 5 - Each time with a new partner and then mix up the numbers to have the group run around doing the different sounds and actions

3 – Fist bump explode and yell BOOM

4 – Tarzan chest pound and yell “Me _____ (your name)

5 – Fish handshake – and say Fisheeee

INTRODUCTIONS (10 minutes): Say your name, you are from and if you could have dinner with anyone - all time history, not including family members who would it be?

FIRST DAY SWEATSHIRT ACTIVITY (10 minutes):

VIRTUAL FACILITATION: *Create Breakout per group and have them design the sweatshirt on a zoom white board or digital design app of their choice.*

LIVE FACILITATION:

Give out a cut-out of a shirt out of Poster board and give out markers. Instruct each group to design their END OF SESSION souvenir sweatshirt complete with nicknames that have not yet been established and memories that haven’t happened yet.

Give no more than 7 minutes to complete the task.

Have each group present their sweatshirt design to the rest of the group.

TEAM HANDSHAKE– TEACH MOVE TEACH LEARN (10 min):

LIVE FACILITATION: Each group must make a group handshake /cheer/chant that involves everyone contributing an action and/or sound.

Call out: Whoever is the tallest in the group – stand in the middle. Everyone wish them well and they must now leave the group. Each ‘tallest’ person must find a new group.

In the new group –they must teach the new member the handshake.

Repeat - Youngest first alphabetically by last name /most shoe eyelets.

Every time a new member joins they must learn the new cheer. By the end, most of the members of the team weren’t the original group.

VIRTUAL FACILITATION: *Create groups at random. Every couple of minutes, move someone out at random.*

Discuss – welcoming a new member. Orienting – including etc. How did you invite someone new into the group who was looking for a new home.

INSTANT SCAVENGER HUNT (10 mins):

VIRTUAL FACILITATION: *Two teams in breakout rooms to prepare and collect. Come back to the main room to present their findings*

LIVE FACILITATION:

Two Teams - Instant Scavenger Hunt. Groups will have 5 minutes to complete this list. Get Creative.

- 1. magic wand
- 2. flying disc
- 3. flower
- 4. an invention
- 5. hat
- 6. musical instrument
- 7. spider web
- 8. clock
- 9. binoculars
- 10. flea circus trapeze

PAPER AIRPLANE CONTEST (10 mins):

- With a piece of paper, make the best paper airplane you can.
 - **LIVE FACILITATION:** everyone lines up and competes on distance or aim to a target
 - **VIRTUAL FACILITATION:** - Everyone will launch their airplane as far as they can in the space they are in - be that outdoors or indoors, be that in a small or large area. distance will be measured in “step count”. Each participant must indicate where their plane distance will rank relative to everyone else. They enter their rank in advance and then launch their plane and enter their step count score

Rock paper Scissors Zoom / Collection (10 mins):

VIRTUAL FACILITATION: Players select a zoom box and that is their opponent. The opponent does not need to know they've been selected. Play RSP and make sure their motion is clearly visible on the screen. If you win or tie you stay on the screen and choose another player. If you lose, you turn off your camera until the end of the game.

That actual game won't take very long. Consider playing two rounds and then verbally explaining the cool live variations to use.

LIVE FACILITATION:

- **TOURNAMENT** – Each person finds someone to compete against in RSP – best of 3. Once one person wins, the loser must chant the name of the winner and follow them around while they find a new challenger. All losers proceed to follow the winners (so if one was chanting the name of a player who beat them, and then that player was subsequently beaten, then everyone starts following and chanting the name of the new winner. This continues until more or less half the room is behind and chanting for one finalist and the other half the other – until one champion is decided and chanted in unison.
- **WAR** – Split the room – have half the group decide together what they will “fight” with – rock, paper or scissors (and have a back-up in case of a tie”. Then both teams line up in the mid-point of the room. 2-3 feet apart. Facing each other On the count of Rock paper scissors – shoot. The entire team displays their “attack” – the ‘winning’ team must then chase the losing team back to their home wall – if they get tagged before they reach their wall, they join the winning team- repeat.
- **Water:** Take up to 8 or 16 volunteers who are “ready for anything” and set up a bracket for a RSP tournament. The trick though is that both participants in each round will be blindfolded and the loser will be treated to a little ice cold water down their back, but they won't know who won or lost until the water goes down. Continue until there is a champion who didn't get iced



CORNERSTONE 2021 RESOURCE

Race: Prepare a path of squares on the ground. Each team lines up on opposite ends of the path and players must hop through them until they meet the opposing team. They play RSP and the loser must leave the path and retreat to the back of their team's line. Winner continues as the next player from the losing team starts hopping. Winning team is the one that finishes the race first

If time remains, play the "Greatest Ice Breaker question" game.

On a communal spreadsheet, each person writes down their answer to their favourite ice breaker question.