

# Awesome Icebreakers

## P-S

### Activities to Bring Out the Best in Your Group

Author: Patty Hupfer Riedel

**ELE90/106205**

ISBN: 978-0-7877-2053-7

Release Date 2015

Copyright © 2011 Lorenz Educational Press, a Lorenz company.

P. O. Box 802

Dayton, OH 45401-0802

[www.LorenzEducationalPress.com](http://www.LorenzEducationalPress.com)

All rights reserved.

The pages in this packet were originally published in  
100 Awesome Icebreakers, (ELE90/1062).

Permission to print or photocopy the student activities in this book is hereby granted to one teacher as part of the purchase price. This permission may only be used to provide copies for this teacher's specific classroom setting. This permission may not be transferred, sold, or given to any additional or subsequent user of this product. Thank you for respecting copyright laws.



Lorenz Educational Press  
Milliken Publishing Company  
Teaching and Learning Company  
Show What You Know® Publishing  
LEP interactive

# Pipe Dreams

**Purpose:** An exercise for setting realistic goals and reaching them

**Group Size:** 5 to 50

**Time:** 15 minutes

**Supplies:** A pipe cleaner (or chenille stem) for each person in the group

## Directions:

1. Discuss the idea of setting personal goals. Goals are dreams with deadlines. If we write down our goals we'll have a better chance of achieving them.
2. Goals don't work unless they are "SMART" goals, an acronym for these characteristics:

Specific  
Measurable  
Attainable  
Responsible  
Timely

3. Give examples:
  - If I want to be an Olympic gymnast and I'm forty years old, that is not a very SMART goal.
  - If I want to attend the gymnastic finals at the next Olympics, that is a SMART goal because it is realistic and attainable if I do some planning.
4. Give each member a pipe cleaner.
5. Tell them to decide on a goal that they would like to accomplish this school year (or by next week, before this class is over, etc.).
6. Make sure students apply the SMART philosophy to their goals. Have them write it out if you'd like.
7. Have group members form symbols out of the pipe cleaners that will remind them of their goals.
8. Each person should share his or her goal with the group. The group can challenge the SMART aspects of the goal to help each member clarify what they hope to achieve.



# Positive Name Exchange

**Purpose:** Offers an exercise for looking at the good in others and feeling good about yourself

**Group Size:** 5 to 20

**Time:** 10 minutes

**Supplies:** Paper and pencil for each student

## Directions:

1. Distribute a piece of paper and pencil to each person in the group.
2. Each person should write his or her first name vertically down the left side of the paper.
3. Everyone passes their papers to the left. Each group member writes something positive about the person whose paper they have that begins with one of the letters of his or her name.
4. Pass the papers again. Now the next person writes something positive using one of the remaining letters in the person's name.
5. Keep passing the sheets of paper until all letters in everyone's name are filled up with uplifting comments.
6. Return the sheets to their owners, who should keep them as a reminder of the good things that happened in the group. Or, you can have the last person to write on the sheet read that person's compliments to the rest of the group.

Example for the name BRENDA:

Believes in other people  
Remembers my birthday  
Enjoys helping others  
Never brags about her music ability  
Doesn't make fun of others  
Always has a smile on her face

# Promise Rings

**Purpose:** Good activity for when a group disbands (either temporarily, like at the end of a retreat, or permanently, like at graduation)

**Group Size:** Unlimited, but this is best done with a group of people who know each other well

**Time:** 20 – 30 minutes, depending on group size

**Supplies:** An inexpensive gold or silver ring (they can be found at party supply stores everywhere) for each person

## Directions:

1. Give everyone a ring, but tell them not to put it on yet.
2. Explain that these are promise rings, and that each person is to think of something they want to promise to do or to follow through on after the group disbands (graduates, goes home, breaks camp, ends retreat, etc.). Point out that while belonging to a group, each person learns something about the others and about himself or herself. Many times, through the course of being a member of a group, a person sets a goal or gets an idea for something. It could be to meet a new person or write a letter to someone. It could be to help out at a soup kitchen or to be more patient with their siblings.
3. After everyone has thought for a few minutes, ask them to share their promises with the group. As each person shares the promise, tell him or her to put on the ring.
4. Everyone should wear their rings home as a reminder of their promises.

# Sandwich Cookie Solutions

**Purpose:** Stresses the importance of planning, organizing and working together

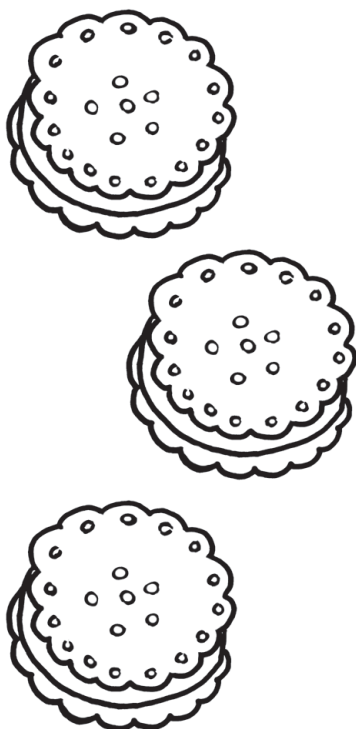
**Group Size:** 10 to 50, divided into groups of 5 or 6

**Time:** 20 – 45 minutes

**Supplies:** One pack of sandwich cookies for each group, or other building supplies (see suggestions below)

## Directions:

1. Divide the large group into teams of five or six people (see *Getting into Groups* on pages 23-24 for suggestions). Keeping the teams small gives everyone a chance to be involved.
2. Decide the goal of this activity ahead of time. Some ideas include building the tallest structure, building the most creative structure, using the white filling in the most unusual way, or to create a machine that will solve one of the world's problems.
3. Give the groups about five minutes to plan before you distribute the supplies (otherwise players may get right to work before planning what they want to do).
4. Allow ten to twenty minutes for the groups to finish their creations.
5. Have each group present and explain their finished product to the large group.
6. You can judge who did the best job of reaching the goal, or let the groups vote.
7. Process the activity when you are done:
  - Did your creation turn out the same way as you planned it in the beginning?
  - How did you come up with your idea?
  - What were some, if any, difficulties you encountered?
  - How would you do this activity differently next time?
  - Were you happy with the outcome?
  - What is the advantage to planning the activity before you begin?
  - Did you all agree on what the outcome would be?
  - How can you relate this to things you do every day?



## Other Building Supplies:

- straws and tape
- graham crackers and frosting
- newspaper and tape
- things found in the recycling bin (various paper and cardboard)
- different types of pasta
- marshmallows and toothpicks
- a bag of supplies you give each team (10 paperclips, 10 index cards, 2 milk jugs, strips of construction paper, a yard of masking tape, 15 spaghetti noodles, etc.)