

Awesome Icebreakers

U-Z

Activities to Bring Out the Best in Your Group

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ELE90/106207

ISBN: 978-0-7877-2055-1

Release Date 2015

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

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Lorenz Educational Press
Milliken Publishing Company
Teaching and Learning Company
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LEP interactive

Wacky Olympics

Games

Purpose: A collection of activities done in teams; can be separate events or can run concurrently in one big event

Group Size: 10 to 25 per team

Time: Each game should be set for 3 - 5 minutes; a competition of ten games with up to ten teams takes about 45 minutes

Supplies: As listed for each game

Alphabet Dancing – The team begins at the starting line. Three players run to a spot 15 feet away, lie on the floor and form the letter A with their bodies. All three people have to be part of the letter. After you approve of their formation, players run back to the starting line, and the next three people run down to the spot and make the letter B. Keep going through the alphabet (and start over if you have to) until time is up. Give one point for each letter made.

Balloon Pop – Arrange team members in pairs, and have them line up behind a starting line. Have a supply of deflated balloons about 20 feet away from the starting line (11-inch balloons work well). When you give the signal to start, the first pair must run to the balloons, blow one up, tie it, and then pop it. Once the balloon pops, they run back to the starting line, and the next pair goes. Give one point for each popped balloon.

Variation: Have only one person at a time run to the balloons, blow one up, tie it and pop it by sitting or stepping on it.

Basketball Bounce – Put a large garbage can or box about seven feet from the starting line, but don't have it tight against a wall. Each player takes a turn trying to bounce the basketball into the box or can. Players retrieve their own basketballs and bring them back to the starting line for the next player. Give one point for each ball that stays in the garbage can or box.

Bucket Pass – Have everyone lie on their backs in a circle, with heads toward the middle of the circle and feet in the air. Students must pass a five-quart ice cream bucket, a small box or a three-pound coffee can around the circle using only their feet. Give one point for each person who successfully passes the bucket. Continue until time is up.



Chariot Race – This time the team works in groups of three. Don't worry if it doesn't work out to be even groups – students match up as their turn comes. You need a strong blanket as the chariot. The object of the game is for one person to ride on the chariot (blanket), while the other two pull him or her to the finish line 15 feet away. At the line, one of the pullers hops on the chariot, the rider becomes a puller, and they pull the rider back to the start line. Keep this up until time is called. Give one point for each successful trip.

Cup Blow – Poke a hole in the bottom of a Styrofoam cup, and pass a five-foot long string through the hole. Attach the string to two chairs. The object is to blow the cup from one chair to the other. The person should be blowing into the cup, not onto the back side of the cup. Students will have to stoop or get down on their knees to be at cup level. Push the cup back to the starting spot when the blower gets it to the other chair. Give one point for each person who completes the task.

Frisbee® Toss – Make a two-foot by two-foot square on the wall with masking tape. Make a line on the floor with tape about ten feet away from the square. The object is to throw the Frisbee® so it hits the wall inside the square. Give one point for each hit in the square. (Experiment with the distance. You may have to adjust it for different age groups.)

Hula Hoop Relay – Have the group stand in a circle. Put a hula hoop over one person's arm, and then ask the whole team to hold hands. The object is to move the hula hoop from player to player without letting go of any hands. Count one point for each person who successfully passes the hoop. Continue until time limit is up.

Over and Under – Line up the team in a straight line, with everyone looking at the back of the head of the person in front of them. The first person is given a ball (a basketball, soccer ball or volleyball works well). The team's job is to pass the ball over their heads and between their legs in an alternating sequence. The first person passes the ball over his or her head; the second person passes the ball between his or her legs; the third person, over the head; the fourth person, between the legs; and so on. When the last person is reached, the ball is tossed up to the front person and they start again. This time the first person passes the ball between his or her legs, the second person passes the ball over his or her head, etc. Give one point for each person who handles the ball.

Plunger Run – Buy two plungers, take the head off one, and attach it to the end of the other plunger's stick (thus making a two-sided plunger). Arrange the team in pairs. The first two people position the plunger so that one end is on one person's belly and the other end is on the other person's belly. The pair must use their bodies to keep the plunger between them, and they can't touch the plunger. It works well if players put their hands on each other's shoulders. Pairs must run from the starting line, around a chair or cone 20 feet away, and then back to the starting line. Then the next pair runs the course. Give one point for each pair to cross the finish line.

Potato Squat – You need a few large potatoes and a low box for this game. At the starting line, the first player puts a potato between his or her knees. The player must hop/walk/ run to the box (about ten feet away) and drop the potato into the box. Once it falls in, the player should grab it out of the box and run back to the starting line. Then it is the next person's turn. Give one point for each potato dropped in the box.

Who's In Charge?

Purpose: Highlights imagination and cooperation

Group Size: 15 to 40

Time: 10 minutes

Supplies: None



Directions:

1. Have the group stand in a circle.
2. Ask one person to leave the room.
3. Tell the group to select someone to be in charge of the group. That person is to lead the group through various motions after the person outside the room returns. Some motions could be scratching the nose, winking, turning the head left or right, snapping fingers, kicking out feet, and so on. The leader can decide what motions to use, but he or she needs to change the motions frequently.
4. The group members need to follow the leader without giving away his or her identity. Explain that this will take a lot of strategy because it is hard not to look directly at the person in charge, which would give away the game very quickly.
5. The returning person stands in the center of the circle and tries to figure out who is leading the group.
6. After the first person names the correct leader, another person leaves the room, and a new person is selected to be in charge.
7. See which leader can stay in charge the longest.

Wink

Purpose: Provides a low-threat interaction game

Group Size: 15 to 50

Time: 15 minutes

Supplies: None

Directions:

1. Tell all players to close their eyes and hold out their thumbs behind their backs.
2. Explain that you will squeeze one of the extended thumbs to indicate that the person will be the "Winker."
3. When you say "ok," the players should open their eyes and walk around the room, shaking hands and smiling at others.
4. When someone is winked at, he or she must count silently to five, and then loudly and dramatically fall to the floor.
5. If a player thinks he or she knows who the "Winker" is, he or she can say, "I'd like to make an accusation. I think the Winker is _____."
6. If the player is right, the game ends and a new Winker is chosen. If the player is wrong, he or she must dramatically fall to the ground and is out of the game.
7. The game then continues as before until someone makes a correct accusation. It seldom gets all the way down to two people before someone makes the correct accusation.