

ICEBREAKERS AND ENERGIZING YOUR AG!

REASONS WHY WE DO ICEBREAKERS: To bond with each other and make everyone feel comfortable with one another. To energize our group! Sometimes we are working so hard that we forget to take care of ourselves, so it's important to set aside time and just have fun as a group.

SOME OF OUR FAVORITE ICEBREAKERS

Picture Share Out: Have students bring a picture (or show one on their cell phone) of something significant to them or is a special memory. Each person gets 30 seconds to tell the story of their picture and why it is significant.

Bell Ringer Questions: Post a question on the board for students to think about when they walk in. Spend 5 minutes allowing students to share in small groups or as a whole class. Bonus points for AG teacher participation! Examples include:

- If you got to be on a reality show, which one would it be and why?
- When you were a kid, what did you want to be when you grew up?
- What is your most embarrassing moment?
- If you could live anywhere in the world, where would it be and why?

HE SAID, SHE SAID: A good game once the group knows each other fairly well. Be sure to establish that responses must be school appropriate. Everyone needs a scratch sheet of paper, a pencil and needs to sit in a circle. For each step, you'll write down something that follows the following formula, and then fold your paper to hide your response. After everyone has done this, everyone passes their papers to the right and moves on to the next step, repeating the process:

1. Write a boy's name from the group.
2. Write a girl's name from the group.
3. Write down something "he said". Example: *He said, "Holy moly!"*
4. Write down something "she said". Example: *She said, "I can't believe it's not butter."*
5. Write down something the two of them did together. Example: *So they walked to the park and whistled.*

After everything has been written down, pass your paper one more time and open up the new paper in front of you. Take turns reading out the responses.

WHO STARTED THE MOTION? –Everyone gets in a circle and the person who is "It" leaves the room. The group then decides someone to start a hand or body motion. The person picked to make motions starts a motion and everyone copies. Have the person who is "It" return to the room. The motions need to change fairly often to keep things interesting. The object of the game is for the person who is "It" to figure out who is starting the motions within three tries.

LINK TAG: Everyone selects a partner and links arms and spread out across the room. Two extra people are chosen to either be the tagger or the person being chased. The tagger chases the other person around the room, trying to tag him before he is able to link arms with another pair of partners. If this happens, the person on the opposite end must unattach themselves from pair and become the new person being chased. The game can also be played with the partners lying on the ground side by side.

NINJA: Everyone stands in a circle and takes a ninja “pose”. The object is then to hit your neighbors hand by making one fluid ninja motion while the other person tries to avoid being hit, also in one fluid motion. If you are hit, you are out. The last person standing wins.

WEBSITES WITH OTHER GREAT ICEBREAKERS:

<http://www.campgames.org/icebreaker-games>

<http://www.ultimatecampresource.com/site/camp-activities/ice-breakers.html>

<http://www.residentassistant.com/games/icebreakers.htm>

OTHER ENERGIZING ACTIVITIES

- Capture the Flag / Capture the Chicken
- Dodgeball Tournament
- Bunco Party
- T shirt Making Day
- Karaoke Party
- Easter Egg Hunt
- White Elephant Exchange
- Sock Puppet Theatre
- Volleyball Tournament
- Valentine’s Day Party
- Secret Santa
- AG Challenges (Ex: Plunger ring toss, egg spoon relay, balloon squirt bottle game, marshmallow in a bowl, meter stick challenge, pass the orange and banana, ping pong ball relay, getting the whole group on a small object, etc. Or anything on from Minute to Win It <http://www.nbc.com/minute-to-win-it/how-to>)