

Relax, Re-focus and Smile: Classroom Icebreakers and Energizers

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Have you ever needed an activity in your health lesson that quickly relaxes and refocuses your students? The purpose of this presentation is to share a range of icebreakers, energizers, and initiative games suitable for use in a classroom setting. A selection of large group activities, small group activities, and partner activities will be included. All activities will require minimal equipment, be quick to organize, and last less than five minutes.

Large Group Games

Hide, Seek, and Clap

Materials: A small object, such as a ping pong ball.

1. Hold up the small object and choose three players to leave the room while you and the others decide on the place to hide it.
2. When it's hidden, invite the three to come back and work together to find it. The rest of the group claps softly to a steady beat, clapping loudly when any of the three players gets close to the object. (no talking or gesturing allowed)
3. After the three players find the object, they each select a new player for the next round of "hide, seek, and clap."

One Word Story

Organize in one large group (circle). Game is over when one person cannot think of anything. They must tell a continuous story one word at a time. First partner starts with a word, and passes to partner, who adds a word. This process goes on until one of the partners cannot continue. (e.g. Once...there...was....three...)

Extensions: (a) Partners sit face to face. (b) Have a list of "topical" words to try to build into story (e.g. Banff, elk, Calgary, river, mountain, hotel, snow, ski pole, pine tree, Lake Louise)

ZEN to 31

The goal of this game is to count in consecutive order from 1 - # in group (e.g. 31 students). Student sit in their desks with eyes closed and must only count out one number. If more than one calls out a number, group starts over. Group must NOT talk other than to say their one number.

Word Link

This is a word association game. The first person starts with any word they wish i.e. "red." The next person repeats the first word and adds another word which links to the first i.e. "tomato." The next person repeats the previous word and adds another word link i.e. "soup," and so on. To keep this moving, only allow five seconds for each word link.

Extensions: (Also works with partners...if partner can't find a linking word in a count of 3...other partner "wins" the round).

Tall Stories

The leader starts with a sentence that ends in SUDDENLY. The next person then has to add to the story with his/her own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each person adds his or her sentence. For example; "Yesterday I went to the zoo and was passing the elephant enclosure when SUDDENLY..."

Pete and Repeat (AKA "think fast")

A simple statement takes on new twists as players take turns adding their two bits. Goal is for each member of the class (e.g. class of 30) to add.

1. Begin with the first player making a simple statement, such as "It's hot in here."
2. The second player repeats this statement and adds an explanation: "It's hot in here because I'm wearing a sweater."
3. The third player picks on the second player's statement and adds to it. "I'm wearing a sweater because my shirt is all torn."
4. The fourth player says, "My shirt's torn because an eagle landed on my shoulder."
5. This pattern continues until everyone has had a say. There's a time limit for each statement (e.g. 5 seconds to say statement). If time limit is exceeded – the game is over!

Once upon a time there was a small dog...

Organize in one large group (circle). Game is over when one person cannot think of anything. First player starts by saying, "Once upon a time there was a small dog..." Next player adds a sentence and sends it on. This process continues until one of the partners cannot add anything to the story. Use a 5 second countdown.

Extensions: Partners sit face to face.

Wordles

VA DERS
ECNALG
HIS.TORY

Space invaders
Backward glance
Period in History

JOBINJOB In between jobs
Doctor Doctor Paradox
WHEATHER Bad spell of weather

Partner Games

Laughing Game

Stand face to face with a partner ---holding hands in front --- and making eye contact. Upon signal ---- laugh as hard and as long as possible.

Partner: What I know to be true

Partners sit face to face. Choose an object (accessible) to both partners. First partner says something about the object and passes it to partner. Partner says something about object and passes it back. This process continues until one of the partners cannot think of anything. Use a 5 second countdown. Cannot use “negative statements” (e.g. this is “not”)

Use as review tool: Teacher identifies “topic” that students have to talk about. Same rules as above apply.

TIE YOUR SHOES

Players: Partners

Formation: Face to face

Each pair should have at least one person with tied shoes or the ability to borrow a laced shoe from someone else. The shoe(s) are untied, and the task is to re-tie the shoe(s). The problem is that each person in the pair can use only one hand.

ESP

Players: Partners

Formation: Start standing back to back

Starting back-to-back, pairs turn around to face their partners and physically demonstrate one of the three gestures, aiming to avoid matching their partner’s gesture. Each partnership must identify their own three gestures (e.g. touch nose, hands over ears, prayer sign). Gestures must be something the players can do quick as they turn around. Then, on the count of three, each person turns around swiftly to face their partner whilst demonstrating/performing one of the gestures. The object of the games is to “read your partner’s mind” and NOT do the same gesture.

Finger Catch

Stand facing a partner. Hold out left hand palm up, and right finger straight out toward partner. Place your right finger in partners left palm. Goal is to try to “catch” your partner’s finger with your left hand and NOT let your partner catch your finger.

Small Group Games

Look Down – Look Up

- (a) In groups of four or five --- one member of group throws up the feather---- when the feather hits the floor --- members of the group MUST try NOT TO LAUGH. Players must keep in eye contact; must not close their eyes or put their head down.
- (b) Double group size (8-10), same rules as (a), however, NOW when looking up, you try to make direct eye contact with someone in your circle...if you do...give a shout and high five...and continue with next round.

FIVE FINGER FLING

Players: In groups of 4 or 5

Formation: Each group standing in small circle

Have members of each group face one another – one hand behind their backs and the other in front, fist closed. At the count of “One, Two, Three!” group members each fling out zero to five fingers. The challenge is, without any talking, to have the combined fingers add up to a certain number, such as 13 (leader picks the number). It’s likely to take several “flings” before they reach the exact number. Reminder NO talking amongst group members.

Word Problems

What color of shirt were they wearing?

- 1. Tameka wore the blue shirt.
- 2. Bob and Henry wore shirt colors that share letters with the letters in their name.
- 3. The boys did not wear the green shirt.

	Blue	Yellow	Red	Green
Tameka				
Kanasha				
Bob				
Henry				

What color of shirt were they wearing?

	Blue	Yellow	Red	Green
Tameka	x			
Kanesha				x
Bob		x		
Henry			x	

WORD BOGGLE

In groups of four, each member puts their first name on a grid (see below). The goal is to make as many words as possible in the time allocated. Letters have to be connected to make a word. (include forward, backward, diagonal) Letters can be used for multiple words.

S	E	T	H
M	I	K	E
J	A	N	E
A	N	N	A

e.g. **MINK**

THE