

## Icebreakers and Energizers

### That's Me, That's Us

Tell the students that you will call out a series of questions, and those who identify or agree are to jump up and say "That's Me!"

Start with a few simple topics that are appropriate to the students' age level and interest.

Example Starting Topics:

- How many people have moved in the last two years?
- How many people have green eyes?
- How many people like broccoli?

### Pass the Beach Ball

Pass the beach ball. When the music stops – whoever has the beach ball must finish the sentence.

Starting Sentences:

- My name is...
- I like...
- I don't like...
- My favourite colour is....
- My favourite sport is....
- My favourite food is...

### This is a Scarf...

In a circle, the teacher begins holding a scarf or any other artifact (umbrella, spoon, pencil, etc.) Teacher says: This is a scarf, but it is not a scarf, it is a .... Hat (Teacher acts out the hat)

The teacher passes on the scarf to the next student who repeats with a new idea. This is a scarf, but it is not a scarf, it is a (skirt, kite, flag, apron, bandage, etc.....)

### 1, 2, 3 Twizzle

The student's mill around the room to music. The teacher calls out a number, for example "1" and the students form a group of "1" (or whatever number is called). Then teacher says the name of an object, such as "star". The students collectively form and freeze into that object. Students must remember where they stood in the room and who their partners were when each number was called.

Starting with "1", the teacher calls a variety of numbers, out of numerical sequence.

1	Star
2	Ice Cream Cone
3	Rocket Ship
4	Plate of Spaghetti
5	A Fire

6	A School Bus
Entire Class	Outer Space

\*To maintain an inclusive environment, if the group number does not divide evenly amongst the students, train the students to include the odd person making a larger group.

### **Zip, Zap, Bop**

The class forms the circle. An imaginary lightning bolt is passed through the circle from one student to the next, by sending it through a hand motion. The sending student says "Zip". The receiver further sends the lightning bolt to another student across the circle, saying "Zip". If the student passes the bolt to the person on either side, they say "Zap". If the receiving student wants to reject the bolt and block it, they put up their hands and say "Bop", bouncing the bolt back to the sender. You may set the rule that one person may only be "bopped" 3 times.

### **Animal Groups**

On the first day of school, gather all the students from a grade level in a large common area. Give each student a slip of paper with the name of an animal on it. Then give students instructions for the activity: They must locate the other members of their animal group by imitating that animal's sound only. No talking is allowed. The students might hesitate initially, but that hesitation soon gives way to a cacophony of sound as the kids moo, snort, and giggle their way into groups.

### **Zoom, Zoom, Brake**

Stand in a circle. Teacher begins the car race by saying Zoom, going clockwise, the student next in the circle says Zoom, and continues around the circle. Each person has the opportunity to say Brake once. Brake! is the signal to change direction. Go backwards (counter-clockwise) saying Zoom until the next person Brakes... Try to speed it up after each rotation.

### **Gotcha! (Grab the finger or cheese)**

- Participants stand in a circle, arms out to the side. Left hand palm up, right index finger pointing down and touching on neighbor's outstretched palm.
- "When I say the word go, do two things.... grab the finger in your left hand, and prevent your right finger from being grabbed... 1 ... 2 ... 3 ... [add suspense] ... Go!".
- Repeat several times.
- Tom Leahy advises "put big energy, and your own style to it...it never fails to grab everyone's attention, bringing them immediately to the present...Provides perfect off the bus spark for the day....Good for 10 minutes".
- The trick is dramatizing the "Go!", the build up of suspense, and most will jump the gun, adding to the fun.
- Try a different trigger word, e.g., "Cheese", and mention lots of other "eeze" words for humor - peas, sneeze, wheeze, please and freeze.
- Or use the word/theme of the day e.g., "outdoor" to help get people listening to every word.

### **HAGOO**

Separate the group into two even groups and have them stand in two separate lines (shoulder to shoulder) facing the opposite group. The two groups should be about three or four feet apart. The players at the opposite ends of each line are opponents. They will step out of the lines, so they are facing each other and looking down the middle of the two rows (like an old cowboy shoot-off). They will both say, "Hagoo" and start to walk down the row toward each other. They must not break eye contact and the object is to get to the opposite end of the line without laughing or smiling. When the players pass each other, they must continue to maintain eye contact. If a person does break eye contact, laughs, or smiles, they then must join the end of the line of the opposing team. The teams can do or say any silly things to make the opposing player crack up, but they must be careful not to make their own player lose concentration. The teams may NOT touch another player. This process will continue until everyone has had a turn. The team with the most players at the conclusion of the game, wins.

### **Is Mrs. Mumble Home?**

The group will sit in a circle formation. One person will start by turning to the person next to them and say, "Is Mrs. Mumble home?" To which the person replies, "Who?" Then the first person says, "Mrs. Mumble." To which the second person replies, "I don't know, let me ask my neighbor." The conversation continues around the circle. The object of the game is to get the conversation moving fast without the two conversationalists showing their teeth. NOTE: To make it more difficult, send the message in opposite directions.

### **Shoe Factory**

Have the group stand in a large circle shoulder to shoulder. Then have everyone remove their shoes and put them in the center. After the group has formed a pile with their shoes, the leader has everyone choose two different shoes other than their own. They should put them on their feet (halfway if they are too small). The group then needs to successfully match the shoes and put them in proper pairs by standing next to the individual wearing the other shoe. This will probably result in a tangled mess - and lots of giggles!

### **Height Line**

Ask participants to close their eyes (if they feel comfortable). Without opening their eyes, the group is asked to arrange themselves by height in a straight line. They may choose to arrange by feeling height or some say their height out loud. The only restriction is that they may not open their eyes.

### **Broken Telephone**

Form 5 parallel lines.

The first person in line silently reads the statement on the card.

Pass the message orally to the next person in line, all the way to the end of the line.

Once the message gets to the end of the line, share your message out loud.

### **Five Handshakes in Five Minutes**

Check out the you tube video for instructions on the handshakes!

<https://www.youtube.com/watch?v=DV9C3CUd8jQ>

### **Choral Readings**

Have the class read the following poems as a group:

#### **Hello My Name is Dracula** by Douglas Florian

Hello my name is Dracula.  
My clothing is all blackula.  
I drive a cadillacula.  
I am a maniacula.  
I drink blood for a snackula. Y  
our neck I will attackula.  
With teeth as sharp as tackula.  
At dawn I hit the sackula.  
Tomorrow I'll be backula.

#### **Superhero Steve** by Kenn Nesbitt

I'm Steve the Superhero and you simply won't believe the superpowers I possess by merely being Steve.  
My smile can crack a mirror and my breath can make you faint.  
And when I take my socks off it's been known to peel the paint.  
The power in my underarms can make a grown man cry.  
A single burp can make you want to crawl away and die.  
The bad guys know it's hopeless, so they all get up and leave whenever they get wind of me--  
the superhero Steve.

#### **Grandma's Glasses (with actions)**

Here are Grandma's glasses.  
And here is Grandma's hat.  
And here's the way she folds her hands and puts them in her lap.  
Here are Grandpa's glasses.  
And here is Grandpa's hat.  
And here's the way he folds his arms And takes a little nap.

### **Team Charades**

Within a specific category, each team will have to act out a scenario. Every member of the team must participate. They will have 45 seconds to 1 minute to come up with a scenario.

Potential themes

1. Appliances – keyboard, microwave, toaster oven, refrigerator, washer, air conditioner, PVR
2. Occupations – construction worker, bus driver, politician, banker, professor, surgeon, mechanic, lawyer
3. Courses at school – family studies, biology, physics, philosophy, art, latin, history,

geography

4. TV shows – Degrassi, The Simpsons, CSI, The Big Bang Theory, Dancing with the Stars, The Amazing Race, Survivor, Modern Family
5. Movies (Animation) – Tangled, Toy Story, Aladdin, Up, The Lion King, The Incredibles, Finding Nemo, Cars, Shrek
6. Superheroes and their movies – Superman, Batman, Ironman, Hulk, Fantastic Four, Incredibles, Flash

**Team Charades Scoring:**

*First round:* The first team to guess correctly will get 1 point as well as the team who presents.

*Final round:* Each team wagers points. Presenting teams will get points for each team that guesses it correctly.