



ICEBREAKER ACTIVITY: CANDY CONNECTIONS

LEARNING OBJECTIVE/S:

- Build a sense of belonging by getting to know more about everyone in the club

MATERIALS NEEDED:

- Fun size bags of Skittles

TIME REQUIRED:

- About 30 seconds per participant

HELPFUL TIPS:

- You may use any kind of candy and adapt the colors or questions to fit.
- You can make the game longer by having them keep more than one color skittle
- You can put the questions on a large piece of paper for everyone to see what color corresponds with which question

LESSON STRUCTURE:

Opening:

If you've got a big group, divide them into groups of 10-15. For a smaller crew, keep the everyone together and huddle up.

Now, time to break the ice! Tell the group: "Let's kick off this meeting with a sweet twist! I'll dish out candy to each of you - eat all but one because we've got a fun activity lined up for that special treat."

Activity:

1. Time for a skittle-tastic icebreaker! Gather around and tell us your name and skittle color. Oh, and each color unlocks a top-secret question to ponder! Once your skittle secrets are revealed, feel free to eat the rest of your rainbow treat!
2. Here's the skittle code:
 - a. Green - What is something you are a pro at doing?
 - b. Red - What's your favorite 4-H project?
 - c. Orange - Best 4-H memory ever?
 - d. Purple - What's your favorite hobby?
 - e. Yellow - Wildcard- What's one fun fact about you?



ICEBREAKER ACTIVITY: CANDY CONNECTIONS

CLOSURE: SHARE/ PROCESS /GENERALIZE

- Did you find things you might have in common with someone else?
- Did you learn something new about someone in the club?

RESOURCES:

Adapted from: <https://kidstoyhome.com/skittles-get-to-know-you-game/>



ICEBREAKER: GROUP JUGGLING

LEARNING OBJECTIVE/S:

- Youth will learn to work together and while creating a sense of belonging,

MATERIALS NEEDED:

- A variety of balls- They can be the same size or differing sizes but should be relatively soft (sock balls, tennis balls, foam balls, and newspaper balls) work well.

TIME REQUIRED:

- Approximately 20 minutes

HELPFUL TIPS:

- Works best with a group of 8-14 people.

LESSON STRUCTURE:

Opening:

Ask group “Has anyone ever juggled before?” Tell group “Today we are going to work on our juggling skills as a group.”

Activity:

- Arrange the group in a circle facing inward and establish a juggling system where juggling balls are passed across the circle from one member to the next.
- When passing a ball, the thrower should call out the recipient's name.
- The recipient catches the ball and passes it to another team member.
- Repeat this process until each member has caught and passed the ball once, ending back at the starting point.
- Have each member name the person they received the ball from and passed it to.
- Test the sequence by passing the ball in the same original order until it returns to the starting point.
- Progress by adding more balls to see how many can circulate in the same order. Using the same number of balls as people can be quite challenging. For added complexity, stop juggling and begin again but this time see if the group can go in reverse order.



ICEBREAKER: GROUP JUGGLING

CLOSURE: SHARE/ PROCESS /GENERALIZE

- What did you learn from doing this activity?
- What did you find challenging about this activity?
- What would you do differently if we played this again?

RESOURCES:

Adapted from: <https://ventureteambuilding.co.uk/group-juggle/>



TEAM BUILDING: COMMUNICATION BACK TO BACK DRAWINGS

LEARNING OBJECTIVE/S:

Youth will learn about different types of communication and how nonverbal communication plays a significant role in how we communicate with others.

MATERIALS NEEDED:

- Notebook or printer paper
- Writing utensils for the whole group
- Pre-drawn pictures to show as part of the activity
- Large flipchart paper (optional)

TIME REQUIRED:

- Approximately 10 minutes

HELPFUL TIPS:

During your discussion at the end:
Demonstrate some examples of nonverbal communication and have the group talk about what they might mean.
(Crossed arms, looking at the ground, smiling, slouching, or the universal choking sign)

LESSON STRUCTURE:

Opening:

Tell the group: "There are many types of communication. Today we are going to practice our non verbal communication."

Activity:

- Start the game by pairing youth into partners. Instruct the group that there will be no talking during the drawing process. The first partner will receive a piece of paper and a writing utensil. The second partner will be instructed to draw a picture on their partner's back using their finger. The leader will show the second partner a picture to draw. Examples of pictures the leader may show are: A snowman with a face, a flower, or a sailboat.



- Instruct the first partner that as the picture is drawn on his or her back he or she should draw what they feel on the piece of paper using the writing utensil. Once the all members of the group are finished drawing they will get to see how their picture compares to the one the leader showed their partners.
- Then switch roles of the partners and draw a new picture to compare.



TEAM BUILDING: COMMUNICATION BACK TO BACK DRAWINGS

OPTIONAL LESSON EXTENSION

- Have participants line up facing the same direction, with each person facing the back of the person ahead of them. The leader uses a finger to draw a picture on the back of the last person in line. This person must then draw the same picture on the back of the person in front of him or her, until all participants in line have a picture drawn on their back. The leader should then move to the front of the line and have the last person to draw the picture on his or her back determine how much the picture has changed. (If available, have the person draw the picture on a board or flipchart, and the leader can draw the original picture.)

Communication connection: This is the same as gossip through a crowd of people. It is never the same story that was started. It can also demonstrate nonverbal messages.

CLOSURE: SHARE/ PROCESS /GENERALIZE

- Discuss: What barriers made this activity challenging?
- Why is it so hard to get the same picture from beginning to end?
- What would make this activity easier?
- Where have you seen nonverbal communication used in your life?

RESOURCES:

Adapted from: University of Minnesota's Extension's Icebreakers, Team Challenges, and Other Group Games <https://extension.umn.edu/icebreakers-team-challenges-and-other-group-games>



ICE BREAKER: STRING LENGTH

LEARNING OBJECTIVE/S:

Youth will learn to work as a team to complete this activity.

MATERIALS NEEDED:

- Yarn
- Scissors

Preparation beforehand: cut different lengths of yarn in pairs. You want enough so that everyone has their own piece of string and they have a partner who has the same length of string.

TIME REQUIRED:

- Approximately 10-20 minutes

LESSON STRUCTURE:

Opening:

"Today, we're going to play a matching game using string! Each of you will get a piece of yarn, and somewhere in the room is another person with a piece of string that's the same length as yours. Your goal is to find your match and then get to know each other better by answering some fun questions. Ready to see who your partner will be?"

Activity:

Instructions:

1. Preparation: Distribute the pre-cut pieces of yarn, ensuring everyone has one.
2. Matching: Instruct participants to compare string lengths with others in the room until they find their partner. Encourage them to hold their strings up side-by-side to confirm a match.
3. Partner Discussion: Once partners are matched, provide discussion prompts. Display these on a board or provide printed handouts with questions like:
 - What is your favorite animal?
 - What is your favorite 4-H event or project?
 - Do you have siblings?
 - Do you have pets?
 - What is your favorite color?
 - Do you like sports? If so, which ones?



ICE BREAKER: STRING LENGTH

CLOSURE: SHARE/ PROCESS /GENERALIZE

- Reflection:
- After everyone has had time to talk, bring the group back together and discuss:
- "What was it like to find your match?"
- "Did you learn something new about someone today?"
- "Why is getting to know others important in a group like ours?"
- Wrap-Up:
- "This activity is a great reminder that we all bring unique interests and experiences to the table. By learning more about each other, we can build stronger connections and work better as a team. Thanks for participating—great job, everyone!"

RESOURCES:

Even More! Building Your Programs 20 Minutes at a Time - Authors: Anne Stevenson, Anita Harris, Carol Skelly, Anna Gilbertson and Anne Moore, October 2011



TEAM BUILDING: ALPHABET DANCING

LEARNING OBJECTIVE/S:

Youth will learn to work as a team to complete this activity.

MATERIALS NEEDED:

- Two sets of index cards with capital letter of the alphabet written on them (one letter of the alphabet per card) for a set of 26 cards. You will need one set per team; if you have more than 30 people, form 3 teams.

TIME REQUIRED:

- Approximately 10-20 minutes

LESSON STRUCTURE:

Opening:

Today we are going to do some alphabet dancing! You will work with your team to spell words quickly. Each team will have a set of letters and you will have to retrieve them from the pile. Each person can only retrieve one letter per word.

Activity:

- Divide into two teams (best if there are 8-15 members per team). Direct each team to form a line behind a starting line, across from a set of cards. (similar to a relay race with the cards spread out on the floor or a table roughly 10-12 feet from the starting line). Identify a referee to determine which teams spells the word first.
- When you call out a word from your list of words, each team must send 1 player for each letter of the word to the stack of cards. These players must find the right letters and, with each person holding one card, line up and hold the letters up in the correct order to spell the word (so the referee & others can read it).
- The team who spells the word correctly first gets a point. The referee makes the call. After the word is spelled, the letters should be returned to the pile. Play until one team earns the designated number of points to win or for desired amount of time.



ALPHABET DANCING

HELPFUL TIPS:

- NOTE: With 26 letters of the alphabet, you are limited to words that use a letter once. (If you want to add additional letters such as E, T, S, R, A or L to the set of cards, you can spell many more words). Possible Words: team, learn, fun, lead, help, goals, teamwork, listen, teach, dreams, laughter, harmony, symbolic, camp, friends, thunder, song, games, campfire, whisper. (You can also use words that reflect your program).

CLOSURE: SHARE/ PROCESS /GENERALIZE

- Talk about the activity: What strategies did you use? What challenges did you have? Who emerged as your leaders of the team and why?

RESOURCES:

Even More! Building Your Programs 20 Minutes at a Time - Authors: Anne Stevenson, Anita Harris, Carol Skelly, Anna Gilbertson and Anne Moore, October 2011



TEAM BUILDING: COMMUNICATION PRETZEL STICK ACTIVITY

LEARNING OBJECTIVE/S:

Youth will learn about the importance of communication and the difference between 1 way communication and 2 way communication.

MATERIALS NEEDED:

- Pretzel sticks
(the skinny small ones)
- Paper towels

TIME REQUIRED:

- Approximately 10
minutes

HELPFUL TIPS:

- It helps to do a
demonstration of the
activity first.

LESSON STRUCTURE:

Opening:

“Today we will practice listening and giving directions to see how affective we are at communicating. Each of you will take a turn at creating a design out of pretzel sticks and then telling your partner exactly where you put it so they can then create the same design out of the pretzels.”

Activity:

- Have participants pair up and sit back to back.
- Prepare Materials: Place a paper towel flat in front of each person.
- Give each person 10-15 pretzels, ensuring both have an equal number.
- Each pair will decide who will be the communicator and who will be the receiver.
- The communicator will create a design or shape on their paper towel using the pretzels. The communicator will then describe their design to the receiver, one pretzel stick at a time. For example: “I placed my first pretzel stick horizontally in the middle of the paper towel.”
- The receiver listens and places their pretzels according to the communicator's instructions without asking any clarifying questions.
- Once all pretzels have been placed, both participants will compare their designs to see how well they match.
- Switch roles and repeat the activity.
- This time, the receiver is allowed to ask clarifying questions.



TEAM BUILDING: COMMUNICATION PRETZEL STICK ACTIVITY

CLOSURE: SHARE/ PROCESS /GENERALIZE

After both rounds are complete, discuss the differences in the outcomes and the importance of clear communication and the ability to ask questions.

How did you feel when you were asked to follow directions, but couldn't ask questions?

How did talking make the process easier?

Which is better one-way or two-way communication?

RESOURCES:

Developed by: Amber Barks, Purdue Extension



MIXER: QUESTIONS

LEARNING OBJECTIVE/S:

This activity will help participants get to know others.

MATERIALS NEEDED:

- Clothespins
- Masking tape
- Marker

TIME REQUIRED:

- Approximately 15 minutes

HELPFUL TIPS:

- Use upbeat music to keep energy high.
- Provide question prompts if needed to spark conversations.

LESSON STRUCTURE:

Opening:

Introduction Script:

"Today, we're going to do a Clothespin Mixer! Each of you will get clothespins with your name on them, and your goal is to exchange all your clothespins by meeting and talking to new people. This activity is a great way to make new friends and discover interesting things about each other. Let's get started!"

Preparation:

1. Distribute 3-4 clothespins, pieces of masking tape, and markers to each participant.
2. Have them write their names on the masking tape and attach it to the clothespins.
3. Instruct participants to pin the clothespins to their sleeves.

Activity:

1. Once everyone is ready, explain the rules:
 - When the music starts, walk around and meet new people.
 - Ask each new person a question about themselves (e.g., favorite hobby, a fun fact, or their favorite food).
 - After exchanging questions, trade one of your clothespins for one of theirs.
2. Continue mingling until all clothespins have been exchanged.



MIXER: QUESTIONS

CLOSURE: SHARE/ PROCESS /GENERALIZE

- Once everyone has exchanged all their clothespins, gather the group and go around the room.
- Have participants share who they met and one interesting fact they learned about someone.
- If time permits, encourage sharing multiple facts to foster group connections.

RESOURCES:

Adapted from:<http://www.thesource4ym.com/games/default.aspx?Search=Mixers>



TEAM BUILDING: TEAM CHALLENGES

LEARNING OBJECTIVE/S:

Youth will learn about the importance of working as a team.

MATERIALS NEEDED:

Challenges written/ typed on paper for larger groups so you can do stations.

TIME REQUIRED:

- Approximately 10-15 minutes

HELPFUL TIPS:

This works best in groups of 6-15 so split your group accordingly if you have a larger club.

LESSON STRUCTURE:

Opening:

Explain to participants that they will engage in a fun and fast-paced Team Challenge activity to build teamwork, communication, and problem-solving skills.

Preparation:

1. Divide participants into teams of at least six members.
2. Assign a timekeeper or monitor for each team (either a parent, co-leader, or designated group member).

Introduction Script:

"Today, we're going to put your teamwork skills to the test with a series of challenges. Each challenge will require creativity, communication, and collaboration. Some of the tasks will be silly, while others might make you think, but the goal is to work together and have fun! Are you ready to build some team spirit?"

Activity:

Instructions:

Provide the following challenges for teams to complete. Use a timer to keep them on track. For larger groups, challenges can be done in rounds with teams rotating through stations.

1. Spell "TEAM" with your bodies (20 seconds).
2. Circle Jump: Hold hands in a circle and jump 8 times together (10 seconds).



TEAM BUILDING: TEAM CHALLENGES

ACTIVITY CONTINUED:

3. Blind Wave: Perform "The Wave" forwards and backwards with eyes closed, 5 times (no falling or mistakes)
4. Back-to-Back Stand: Sit back-to-back in a circle, link arms, and stand as a group (1 minute).
5. Silent Birthday Order: Line up in order of birth months from January to December without speaking.
6. State Naming Relay: Each member names 4 different U.S. states without repeats (10 seconds per person).
7. Teeth-Hiding Intro: Cover teeth with lips and say, "My name is ____, and I like to ____, " without anyone laughing.
8. Disney Name Challenge: Each member names a unique Disney character (10 seconds).
9. Finger Math: Hold up fingers as a team to total exactly 29 (30 seconds).
10. Silent Shoe Size Line-Up: Line up by shoe size without speaking.

CLOSURE: SHARE / PROCESS / GENERALIZE

"What did your team do to be successful in this game?"

"How did each team member contribute individually?"

"Why is it important to contribute to a team?"

"When are other times in your life that teamwork is important?"

Wrap-Up:

"Teamwork is all about communication, collaboration, and having fun while working together. Remember, every person plays an important role in making a team successful, just like you all did today. Great job, everyone!" End with a group cheer or high-fives to celebrate their efforts.

RESOURCES:

These Team Building Challenges were generated with the help of Chatgpt.com



MIXER: TWINNING

LEARNING OBJECTIVE/S:

Youth will learn about commonalities among the group.

MATERIALS NEEDED:

- A list of criteria to find a partner
- A list of questions for each round

Body

TIME REQUIRED:

- Approximately 10 minutes

HELPFUL TIPS:

LESSON STRUCTURE:

Opening:

"Today, we're going to play a game that helps us find unexpected connections with each other. In each round, you'll find your 'twin' based on something specific, like your height, favorite music, or grade. Then, you'll ask each other a few fun questions to get to know each other better. Let's see how many twins we can find!"

Preparation:

- Have a list of criteria for each round (e.g., height, school year, music preferences).
- Prepare a set of questions for participants to ask their twin (e.g., "What's your name?", "How would you spend your last \$10?", "What's the best thing about 4-H?").

Activity:

Instructions:

1. Round Setup:

- Announce the criterion for each round (e.g., "Find someone the same height as you").
- Participants move around and find their twin based on the given criteria.

2. Question Exchange: Once paired, twins ask each other the set questions for the round.

Examples:

- What's your favorite hobby?
- What would you do if you won the lottery?
- What's something you can't live without?



MIXER:TWINNING

CLOSURE: SHARE/ PROCESS /GENERALIZE

Reflection:

- At the end of all the rounds, gather the group and encourage a few participants to share:
 - Fun or memorable answers they heard.

RESOURCES:

Source: <http://fervr.net/youth-group/top-13-youth-group-mixers-icebreakers>



ICEBREAKER: DID YOU KNOW?

LEARNING OBJECTIVE/S:

- Participants will learn unique facts about each other to build connections and foster a sense of community.

MATERIALS NEEDED:

- Slips of paper
- Writing utensils
- Bowl to put slips in

TIME REQUIRED:

- Approximately 10-15 minutes

HELPFUL TIPS:

LESSON STRUCTURE:

Opening:

Introduction:

- Welcome participants and explain the purpose of the activity:
"Today, we're doing a fun activity to help us learn something new about each other and build stronger connections."

Set Expectations:

- Share that the activity is meant to be fun, inclusive, and respectful.
- Emphasize that participation is encouraged, but no one is required to share anything they're uncomfortable with.

Activity:

Prepare:

- Distribute slips of paper and pens/pencils to each participant.
- Place the bowl in the center of the room.

Instruct participants:

- "Write down one fact about yourself that others might not know. For example, it could be a favorite hobby, a unique experience, or something surprising about you. Once you are done place it in this bowl"

Guessing Game

- Choose one participant to act as the facilitator to draw slips of paper from the bowl.
- For each slip, the facilitator reads the fact aloud.
- Participants guess who they think the fact belongs to.
- Once guessed correctly (or revealed), allow the person to share a bit more about their fact if they're comfortable.



ICEBREAKER: DID YOU KNOW?

CLOSURE: SHARE/ PROCESS /GENERALIZE

Ask participants:

- “What’s one interesting thing you learned about someone today?”
- “How can getting to know each other better help us as a group?”

RESOURCES:

Source: <http://www.thesource4ym.com/games/default.aspx?Search=Mixers>



TEAMWORK: FINDING COMMON GROUND

LEARNING OBJECTIVE/S:

- Youth participants will work together to build a tower using index cards, with each card representing something they have in common, promoting teamwork, communication, and discovering shared interests.

MATERIALS NEEDED:

- Index cards (20-30 per team)
- Writing utensils

TIME REQUIRED:

- Approximately 15-20 minutes

HELPFUL TIPS:

- You could provide tape to help with structural integrity

LESSON STRUCTURE:

Opening:

"Your goal is to build the tallest tower possible using index cards. Here's the twist: every index card must include something your team members have in common. Be creative and look for similarities!"

instructions:

- Divide participants into small teams (3-5 members each).
- Provide each team with a stack of 20-30 index cards and markers or pens. Tell them, "You will have 5 minutes to come up with things you have in common and then we will all begin building at the same time. Each index card must have a unique commonality written on it that the whole team agrees on ." (e.g., favorite foods, hobbies, family traditions).

Activity:

- Give teams time to brainstorm and write their commonalities on the cards.
- Encourage discussion:
 - "What do we all like to do?"
 - "What foods, colors, or activities do we all enjoy?"
 - "What shared experiences do we have (e.g., all attended the same event)?"

Building the Tower

- Teams begin building their towers by stacking the completed cards.
- Allow creativity: Teams can fold, bend, or shape the cards to create a stable structure.



TEAMWORK: FINDING COMMON GROUND

CLOSURE: SHARE/ PROCESS /GENERALIZE

Reflection Questions:

- “What was the easiest or hardest part of this challenge?”
- “What did you learn about your teammates through this activity?”
- “How did your team decide on what to write for your commonalities?”
- “How can finding common ground help us work better as a group in the future?”

RESOURCES:

Source: Unknown. Adapted by Amber Barks



TEAMWORK: LINE UP

LEARNING OBJECTIVE/S:

Youth participants will work together to line up in specific orders (e.g., by height, birthday, or alphabetical order) without speaking, promoting nonverbal communication, teamwork, and problem-solving.

MATERIALS NEEDED:

None

TIME REQUIRED:

Approximately 5-10 minutes
depending on the number of
challenges you do.

HELPFUL TIPS:

Decide on your challenges
ahead of time

LESSON STRUCTURE:

Opening:

Welcome participants and explain the activity:

- "In this challenge, you'll work together to line up in a specific order—without speaking. This activity will help us practice communication and teamwork in a fun way!"

Share the rules:

- Participants cannot talk but can use gestures, facial expressions, or body language. They must complete the task as quickly as possible.

Activity:

Provide a prompt for how participants should line up. Examples:

- By height (shortest to tallest)
- By birth month
- Alphabetical order by first name
- Observe the group's strategies and teamwork without intervening.
- If needed, provide additional challenges (e.g., mix up the line after the first task and give a new prompt).



TEAMWORK: LINE UP

CLOSURE: SHARE/ PROCESS /GENERALIZE

- “What strategies worked best for communicating without words?”
- “What challenges did you face, and how did you solve them?”
- “How did this activity show the importance of teamwork and understanding each other?”

RESOURCES:

Source: Adapted from <https://www.playmeo.com/activities/fun-team-building-puzzles/101-line-up-ideas/?srsltid=AfmBOorWVYufTUvIAeoltJboPBTO0OfLjKlBbqyw8VMczx6KTUtRYilc>