

Grab and Go Activities

Below are activities compiled from various resources which can be used as icebreakers, time fillers, or brain breaks to get everyone up and moving. With the exception of the Superlative Game, all of the activities can be used with all age groups.

Simon Says

Start out slowly and then speed up!

20 Questions

Think of a person or animal that is familiar to everyone. The group must only ask questions that can be answered with a “yes” or “no.” They get 20 tries to figure out the answer.

~ Iowa Clover Kids Toolkit

Name Aerobics

Have all participants stand in a circle. Have them think of the first letter of the name they would like to be called, and think of an adjective that begins with the same letter and describes them (e.g. Jolly John, Crazy Chris). Then have them think of how many beats or syllables are in the adjective and their name (e.g. Crazy Chris would be three beats: Cra-zy Chris). Ask each participant to take a moment and think of series of movements so that there is one distinct and repeatable movement for each beat in his/her adjective and name. Have one person in the group start with his/her adjective and name, and the movements that go along. The entire group then repeats with the same movements. The second group member follows with his/her adjective name, and then the group repeats. Follow this pattern until everyone in the group has done theirs and the group has followed.

~Icebreakers and Team Buildings

20 Circle Challenge

Tell kids to draw 20 circles (or less depending on age and amount of time) of various sizes. Now give them 10 mins (or whatever time allows) to fill in those circles in as many creative ways that they can!

~Jays Cares Foundation

Fifty Yard Scream

This is one of the quickest ways to increase the energy and excitement in a group (or burn off some energy), provided you have lots of outdoor space, and don't mind a bit of noise.

The Fifty Yard Scream is just that. Line up your entire group and invite them to run forward for as long as they can scream (without taking a breath. You may want to indicate a stopping point if you think some youth may run too far.) Give them a few minutes to rest, and then ask them to return and see if they can make it all the way back to the original starting position.

~Find Something To Do

The Story Stretch

Here is an outstanding warm-up activity that explores creativity, drama and leadership. One person in each small group begins to tell story that has both words and movements, and the rest of the group replicates their

movements. The next person continues the story, adding their own unique words and motions to the story, and again the group follows their every movement. Each person in the group adds as much or as little as they prefer, continuing the story and demonstrating some unique movements (running, stretching, yawning, etc.) in the process. By the time the last person has presented their portion of the story stretch, the entire group is warmed up and ready for the day.

This could also be used as a break during the day camp. For the younger children, the facilitator may need to model this activity by making up a story with movements for the youth to follow. When done, the facilitator can start the activity as outlined above for the youth to add their own words and movements to the story.

~Find Something To Do

The Stretch Wave

Invite each medium size group to stand in a circle with sufficient space between participants to allow for movement. One person volunteers to begin the stretch wave, by performing any simple stretching movement, such as reaching their hands high above their head. The next person in line replicates this movement, and the next, until the wave of upward reaching hands has traveled completely around the circle passing by the first person and coming to the second person in the circle who now has the opportunity to alter the stretch. The second movement now travels around the circle, with each person performing the second stretching movement only after their immediate neighbor has completed it as well creating a wave stretch wave around the group.

The stretch wave continues until each member of the group has had the opportunity to share their favorite or most unique stretching movement. This collection of stretches provides a short leadership opportunity for each member of the group.

~ Find Something To Do

Superlative Game (Older Youth)

Let's see how well communication works without talking.

Supplies: Ideas of categories arranged in ascending or descending order. (Ex: birthdays, heights, shoe size, number of siblings from least to most, etc.)

Let's get started! Split the group into at least three teams. The ideal team size is at least five players per team, but preferably it should have no more than nine. The objective of this game is to get in the right order of each category with or without talking; without talking is the most fun and challenging. Read the first category aloud, such as "Line up by increasing order of height. Go!" Each team scrambles to get in the proper order. When a team thinks it is done, the team members must all sit down or have a universal signal that shows they are done. At this point, the leader checks the team and verifies that its members are in the proper order. If they made a mistake, they get awarded zero points that round, and then the leader checks the next group who sat down. The first team to get in order correctly and sit down gets awarded a point. The leader then reads off the next category, and this process repeats until the appropriate number of points is reached.

~Superlative Game, 2008 NDSU Extension