

# Ice Breakers

## Mummy Game Race

**Who:** Kids, Teens, Groups

**Materials:** Rolls of toilet paper (1 roll per 3 kids)

Ask for volunteers. Divide volunteers into groups of three: 1 “mummy” and 2 “wrappers”. At your prompt, participants will begin to quickly wrap the mummy with the entire roll of toilet paper. Encourage them to be careful not to rip the toilet paper. The first team to finish wins.

## Egg Race

**Who:** Kids, Teens, Groups

**Materials:** Spoons, and two plastic Easter eggs

Divide volunteers into groups of two. Line up groups and the first two participants balance their egg on the spoon and try to make it across the room without dropping the egg on the count of “go.” Then they run back to give the egg to the next person. The first team with all of its participants back to the starting point wins.

**Option two:** Divide participants into two groups. All participants hold a plastic spoon. On the count of “go”, participants only using their spoons transfer the egg to the next person. If the egg is dropped, they must go to the back of the line to try again. The first group to “walk” their egg down their line wins.

## Knobby Knees

**Who:** Kids, Teens, Groups

**Materials:** 2 quarters, or ping pong balls, or cotton balls (any small object) and two jars

Divide volunteers into two groups. Participants must hold the quarter between their knees and drop it into the jar. They then take the quarter back to the next person in line. First group done, wins.

## Knobby Knees II

**Who:** Kids, Teens, Groups

**Materials:** 2 blown up balloons

Divide volunteers into two groups. Participants must hold the balloon between their knees and run/waddle across the finish line. They then take the balloon back to the next person in line. First group done, wins.

## Sour Dill Pickle Challenge

**Who:** Kids, Teens, Groups

**Materials:** baby dill pickles, packets of lemon Kool-Aid (no sugar kind), small cups

Ask for volunteers. All participants need to do is dip their pickle in the Kool-Aid and devour. However, it will be very sour! They must dip after each bite. First one to finish wins.

## Clothespins

**Who:** Kids, Teens, Groups

**Materials:** You will need two clothes hangers with 20 clothespins clamped all over each hanger.

Ask for two volunteers. When you say, “go”, they must remove as many clothespins as possible *using only one hand* without dropping or putting them down. When one is dropped, stop and count the total for each.

Whomever has the most is the winner. Note: to make more challenging have participants use their non dominant hand.

## Balloon Over and Under

**Who:** Kids, Teens, Groups

**Materials:** You will need two blown up balloons.

Divide participants into two equal lines with a foot between them. When you say “go”, they pass the balloon over their head to the person behind them in line. The next team member then pass the balloon back between their legs to the person behind them. They must alternate over and under. The first team to get the balloon to the last person in line wins.

## Toilet Paper Over and Under

**Who:** Kids, Teens, Groups

**Materials:** You will need two rolls of toilet paper.

Divide participants into two equal lines with a foot between them. When you say “go”, they must carefully unroll some toilet paper and pass the roll over their head to the person behind them in line. The next team member then *carefully* passes the toilet paper back between their legs to the person behind them. They must alternate over and under. The first team to get the unbroken toilet paper to the last person in line wins.

## Shoe Scramble

**Who:** Kids, Teens, Groups

**Materials:** Participants shoes.

Divide participants into two teams. They must all take their shoes off and put them in a pile. Mix the shoes up as they form an even circle around the pile. On your command, they must quickly dig out their shoes and put them back on their feet. First team to have all the correct shoes on their feet wins.

## Cotton Ball Scoop

**Who:** Kids, Teens, Groups

**Materials:** cotton balls, two empty bowls, two blindfolds, and two spoons.

Select two participants, blindfold them, and give them 30 seconds to transfer as many cotton balls as possible into the empty bowl using only the spoon (No help from their other hand). It’s hilarious because they feel like they are lifting air and often are scooping and transferring nothing at all on the spoon. The other kids really enjoy watching and cheering them on.

## Hula Chain

**Who:** Kids, Teens, Groups

**Materials:** Two Hula Hoops.

Divide participants into two teams and line them up along opposite walls facing each other. But don’t stand them too close to the wall so they can still maneuver. Have team members hold hands, creating two long chains. Start the Hula-hoop at one end of each team. The object is to maneuver the Hula-hoop down the chain without letting go of hands. They just have to wiggle and squirm it over their arms, shoulders and head!

## Life Saver Challenge

**Who:** Kids, Teens, Groups

**Materials:** Two Lifesavers and toothpicks.

Divide participants into two lines. Using only one hand, each team member must pass the life saver to the next person in line. The first team to pass to the end of the line wins.

