

GRAB & GO GAMES & ICE BREAKERS



14 fun and easy games to foster a positive classroom climate.
Great for building teams of any size and dynamic!

Me Too!

Object of the Game: To get to know one another in a fun, greeting activity.

Description: Each kid mingles around the room and pauses to take turns to greet and introduce themselves each other.

When kid "A" approaches another kid, he/she says their name, and something they like to do. For example, "My name is Alicia and I like to play basketball." Then, Alicia's partner, kid "B" has one of two responses: "Me Too" or "Not so much." If kid "B" likes basketball, he/she puts their hands in the air and says with enthusiasm, "Me Too!" If he/she does not like basketball, hands go in an open gesture to shrug and say, "Not so much." Then kid "B" shares their name and what they like to do and the kid "A" responds with either "Me Too" or "Not so much." This is repeated and the icebreaker continues for about 5 minutes. A fun variation is for kids to act out what they like to do when they introduce themselves!

Kindness BINGO

Materials Needed: RAK Bingo card; attached

Object of the Game: To get to know how others express and experience kindness through a scavenger hunt BINGO game.

Description: Each kid gets a BINGO card. Kids stand and find a partner. Each partner asks the other if they have done one or more things on the BINGO card. When their partner responds, 'yes' I have done what is written in that square; write their name in that BINGO square. Have kids thank that partner and repeat. Play for a given time frame or until a kid reaches five in a row or blackout.

Create-a-Shake

Object of the Game: To build relationships by creating a handshake with a partner.

Description: Divide kid into pairs. Kids will introduce themselves to one another and then create a silly 3-part handshake. Encourage kids to be creative. Handshake steps could include a normal handshake, high five, fist pump, spin, dance

move, etc. After, an appropriate amount of time, signal for kids to find a new partner and repeat.

Some leaders then use 'handshake partners' to pair up kids in the future by instructing, "Stand up and find your first handshake partner," for example.

Have You Ever?

Object of the Game: To share something about oneself in a non-verbal way while learning about others.

Description: Divide the kids generally into two groups and ask one group to stand on one side of the room and the other half of the group to stand on the other side of the room facing each other. Leader explains that he/she will call out different things that may or may not apply to each kid. Tell kids that if the statement applies to them and they would answer "yes" to the question, then they cross from the line they are standing in to the other side. Leaders can set the example and go first. Create a list of about 20 items that are appropriate for the group. Consider the cultural differences

of your group to keep questions fun and engaging. Below are some examples to get some ideas flowing.

- Have you ever traveled out of the state?
- Have you learned more than one language?
- Have you ever tried sushi?
- Have you ever gone camping?
- Have you ever been in a school bus?
- Have you ever eaten cereal out of a bag?
- Have you ever slept until noon?

Line Up!

Object of the Game: To challenge kids to line up in creative ways while working together as a team and learning about each other.

Description: The leader first asks everyone to form two lines facing each other. Then, challenge the kids to line up based on different factors. Consider setting a timer and see how quickly kids can line up. One option is to ask kids to line up without talking. For example, if kids do not talk, they may get creative such as using fingers to indicate their birthday month.

Examples include:

- Line up by birthday; January on one end of the line and December at the other.
- Line up alphabetically by first letter of each kid's first name.
- Line up quickly by height without talking.
- Line up by shirt color in the order of the colors in a rainbow: red shirts at one end of the line, orange shirts next,

then yellow, green, blue, and purple followed by black and white.

Telephone Game

Object of the Game: To have fun and generate laughs. The game can be used to springboard a discussion on active listening or the impact of gossip and rumors.

Description: Kids stand in a circle or in a straight line and need to be close enough to whisper, but not close enough so that other kids can hear them whisper. The first kid in the line whispers a phrase in the ear of the kid standing to their right. The phrase is only whispered once and not repeated. Players whisper the phrase to the kid next to them until it reaches the last kid in line. The last player says the phrase out loud so everyone can hear how much it has changed from the first whisper at the beginning of the line or circle.

Flinch- Make 'Em Laugh

Object of the Game: To take turns trying to make a partner laugh while the other partner tries to keep a straight face without smiling or laughing.

Description: Line kids up in two rows facing each other. Each kid will face another kid as a partner. The leader chooses which row will go first. Whoever goes first tries to make their partner laugh or smile by making funny faces or silly noises. After 5-15 seconds, leaders cue partners to switch turns. When both partners have had a turn trying

to make the other laugh, the leader can instruct one line to move one kid to the left to face a new kid in line. The kid at the end of the line moves to the other end of the line to face a new kid. Repeat, as time allows. Remind kids to keep hands to themselves and gestures appropriate. Variations of this game include: only making animal noises or other sound effects, using only eyes and nose to make opponent laugh, or singing.

Cooperative Musical Chairs

Object of the Game: To work together to ensure everyone is connected to the circle.

Description: Gather kids in a circle around chairs. Arrange chairs in a circle with the seats facing out. Start with enough chairs for everyone. Play some fun music and have kids walk around the perimeter of the chair circle. When the music stops, kids find a seat on an available chair. Repeat, and remove one additional chair each round. Instead of one child being out, kids can either touch another kid's chair or (appropriately) touch another kid so everyone is linked together. If needed, remind kids to keep their own personal space while circling around chairs and to be gentle when finding their space as chairs are eliminated.

Hula Hoop Game

Materials Needed: One hula-hoop (or loops of rope) for every group of approximately 10 kids

Object of the Game: To work cooperatively to pass a hula hoop or rope around a circle of kid.

Description: Divide the group into small groups of approximately 10 kid. Have the group form a circle holding hands. Ask two kid to let go of their grip long enough for them to place their hands through a hula hoop before rejoining them. The team task is to pass the hula hoop around the circle in a specified direction until it returns to the starting point. Another way to play is to use two hoops and have them go around the circle in opposite directions. You can also use loops of rope (about hula hoop size). Watch the game being played: <https://youtu.be/aiGiH-ZowKM>

Human Knot

Object of the Game: To work together to figure out how to untangle a human knot without letting go of hands.

Description: Divide kids into groups. With younger kids, start with groups of 5. Then, try combining two groups together to make groups of 10. Kids stand in a circle, facing inward. Tell everyone to reach his or her right arm towards the center and grab someone else's hand. Make sure no one grabs the hand of the kid right next to them. Next, have everyone reach his or her left arm in and grab someone else's hand. Again, make sure

it's not the kid right next to them. The kids need to work together to untangle the human knot without letting go of any hands. The goal is to end up in a perfect circle again. Kids can step over or under each other's arms, or through legs if needed! Encourage them to twist in whatever they want, as long as they don't break the chain in the process. For some extra fun, turn on a timer and see how long it takes them to get untangled! Watch the game being played: https://youtu.be/hggi_gibbCU

Stop Walk Game

Object of the Game: To have fun and practice listening skills in a group game that gets kids moving and laughing as they try to follow simple commands.

Description: Tell kids to walk around the room and listen to simple commands. Explain that when you say "walk" kids should start walking around the room. When you say "stop," they should stop where they are. Call out "walk." Then "stop." Repeat a few times. Next, tell the kids you are going to switch those two commands. Now when you say "stop" they should start walking and when you say "walk" they should stop walking. Call out "Stop." Then "Walk." Repeat a few times. Next, let them know you're adding two more commands. When you say "jump" they should "clap" once and when you say "clap" they should "jump" once. This pattern can be repeated multiple times as you continue to give all four commands: walk, stop, jump, and clap. Watch this game being played: <https://youtu.be/a72goyDtjel>

Emotional Symphony

Object of the Game: To create a "symphony" as kids create "music" with emotional sounds. This game requires kids to be creative, loud, and dramatic.

Description: Divide kids into small groups. Ask each group to select an emotion like sadness, happy, excited, etc. Then, ask each group to create a sound and gesture that they think relates to the emotion they have chosen. To demonstrate, give kids an example of a sound and gesture to an emotion that they would NOT ordinarily choose, so they do not copy you. Continue until each group has a different emotion. Give the groups time to create their sound and gesture. Have each group demonstrate the sound and gesture of their emotion. Once they have practiced and are ready to perform, explain that you are the conductor and they are the emotional symphony. You will be conducting them in a performance. Show them your signals for crescendo and decrescendo and your cut off signal. Lead an emotional symphony by pointing to different groups and having them perform their emotion while using your crescendo and decrescendo signals.

Happy! Excited! Surprised!

Object of the Game: To make faces that represent these emotions and match their partner's expression.

Description: Partners stand back to back and individually make a decision about one of

KINDNESS BINGO

Offered a tissue to a person that needed it	Left a positive note on a random locker	Read to someone	Introduced myself to a new person	Did my chores without being asked
Invited another student to play	Held open a door	Got at least 30 minutes of exercise today	Helped someone	Texted a positive message to a friend
Returned a shopping cart	Asked someone about their day	FILL IN YOUR OWN ACT OF KINDNESS!	Made a new friend	Gave a friend or family member a hug
Cleaned up a mess that wasn't mine	Put something in the recycle bin	Said 'thank you' to someone	Invited someone who was eating alone to join me	Woke up with a smile on my face
Made a 'things I'm thankful for' journal entry	Made someone laugh	Let someone go in front of me in line	Gave someone a compliment	Smiled at another student



**RANDOM ACTS OF KINDNESS
FOUNDATION**

STUDENT EDITION

www.randomactsofkindness.org

CARD 1