



Help develop well-rounded youth, better prepared for success in the world.

## Icebreaker Game Ideas for Section Meetings

### The Human Knot

**Supplies Needed:** None

**How to Run the Activity:** Have everyone stand in a big circle facing inward, stretch their arms out in front of them, cross their stretched arms one over the other, walk towards the center of the circle randomly grabbing the hands of two different people without uncrossing their arms. Once each person is holding two different people's hands (without anyone letting go), have the group try to untangle the "Human Knot" until everyone is standing in one big circle again, holding hands this time!

**Safety Moment:** Remind the youth to be mindful about holding hands firmly but not in a painful way. Remind the youth to use their words to communicate.

### Hula Hoop Chain

**Supplies Needed:** 1-2 regular-sized hula hoops

**How to Run the Activity:** Have everyone stand in a big circle facing inward and holding hands. Break one of the sets of holding hands and place the hula hoop on one of the youth's arms before getting them to hold hands again. Explain that their objective is to send the hoop around the circle without breaking the chain until it is back at the starting point. To increase the difficulty level, time them during round two. You can also send two hoops in opposite directions and make it a race.

**Safety Moment:** Remind youth to not pull on the hula hoop, especially when around other people's necks as this may hurt someone.

### Tin Toe

**Supplies Needed:** 2 large emptied out tins

**How to Run the Activity:** Have everyone sitting on the ground in a big circle facing inward. Place one of the tins on the toe of the shoe of one of the youth. Explain that the objective of the game is to pass the tin can (from toe to toe) around the circle without it falling off any feet. To increase the difficulty level, time them during round two. You can also send two tin cans in opposite directions to make it a race.

**Safety Moment:** Be sure to ensure that the empty tin can does not have any sharp edges.

### Weekend in a Word (Approx. 3–15 mins. About one minute per team member)

**Supplies Needed:** None

**How to Run the Activity:** Each team member shares how their weekend was in one word. They can't use the same word that someone else used. You can have them give their words in alphabetical order (ex. 1st youth uses an "A" adjective, 2nd youth uses a "B" adjective, etc.)

**Benefits:** Build relationship, communication skills



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### **Log Jam**

**Supplies Needed:** A long log, a bench or some masking tape to form a line on the ground.

**How to Run the Activity:** Have the youth stand along the log facing you. Let them know that the grass/floor is now lava and if they fall off, they are out. Explain that their objective is to rearrange themselves along the line from tallest to shortest person. To increase the difficulty level, tell them that they may not communicate using words and have them rearrange themselves by birthday from oldest to youngest (year, month and day).

**Safety Moment:** If standing on a log, bench or other elevated apparatus, remind the youth to practice safety and to not push or pull one another off as this may cause injury.

### **Moon Ball**

**Supplies Needed:** 1 Beachball

**How to Run the Activity:** Have everyone stand in a big circle facing inward. Explain that their objective is to “volley” (set/hit) the Moonball 10 times to keep it up as a group with no double-hits and without it hitting the grass/ground. To increase the difficulty level, increase the number of required volleys to 20, 30, 40 or 50 times.

**Safety Moment:** Encourage the youth to work together as a team and let the closest person to the ball volley it. Remind the youth to practice patience and emotional safety, no matter how frustrating the game can be when the ball falls.

### **Group Numbers Count To 20**

**Supplies Needed:** None

**How to Run the Activity:** Have everyone standing or sitting on the ground in a big circle facing inward. Explain that the objective of the challenge is to count to 20 as a group with only one person allowed to say a number at a time. No back-and-forth patterns can be formed, and the counting can not go around the circle from neighbour to neighbour. Everyone must close their eyes and look down. If two or more youth say the same number at a time, the game automatically resets back to “1”. Getting to 20 is typically quite the challenge, but this number can be increased to raise the level of difficulty.

**Safety Moment:** Remind the youth to practice patience and emotional safety, no matter how frustrating the game can be when more than one person calls out a number at the same time.

### **Roses and Thorns (Approx. 10–15 mins)**

**Supplies Needed:** Nothing

**How to Run the Activity:** Each person has 1-2 minutes to share their “roses” (good things that have happened that day or week) and their “thorns” (difficult things that have happened during that day or week). Set the tone by limiting distractions such as phones.

**Benefits:** Builds relationship, trust, positivity, and communication skills



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### **Human Group Chair**

**Supplies Needed:** None

**How to Run the Activity:** Have everyone stand in a big circle facing one direction with hands on the shoulders of the person in front of them (like a choo-choo train). Have them take side-steps inward until there are no gaps between each person and they shouldn't be able to step inward anymore. Explain that everyone will all be sitting down on the knees of the person behind them at the count of three. Explain that in order for this to work, every single person needs to sit at the exact same time and actually sit (as opposed to holding themselves up). Count, "1-2-3-SIT!" and remind everyone to sit right down.

**Safety Moment:** Remind the youth to trust each other and to be trustworthy. Remind the youth to follow the commands closely and to not fall over on purpose to break the chain or pretend to sit as this will weaken the human chair structure.

### **Get the Bacon**

**Supplies Needed:** One easy-to-grab item as the "bacon" (this can be a stuffy, a small towel, a small cone, etc. Avoid using something round that can roll.)

**How to Run the Activity:** Split the youth into two even teams, each with an opponent of similar height. If there are odd numbers, one youth can be named the "caller". Have the two youth teams stand in two lines (each youth facing their opponent) approximately 10 feet apart from the other line. Assign each pairing a number starting from 1 up to how many ever pairs of opponents there are (there should be two 1s facing each other, two 2s, two 3s and so forth). Place the "bacon" at the center evenly between the two lines. Explain that the objective is for the youth to remember their assigned number and to only act when their number is called randomly by the caller. When a number is called by the caller, the two youth with that assigned number must try to grab the "bacon" from the center and bring it back to their team's line without their opponent tagging them. If they get tagged, the point goes to the other team

**Safety Moment:** Remind the youth that when running to pick up the "bacon", attempting to tag the opponent, and running back to their team's line to be mindful of tripping, falling and injuring themselves or others. Remind them to practice honesty and fairness when it comes to who grabbed the "bacon" first and if they made it back to the team line before being tagged.

### **Salt and Pepper (Approx. 10–30 mins)**

**Supplies Needed:** Index cards, pens and tape

**How to Run the Activity:** Come up with items that come in a pair, such as salt and pepper, Sonny and Cher, or peanut butter and jelly. Write one item on each index card and tape the index cards to the players' backs. Team members have to go around the room and ask each other questions to figure out where the other half of their pair is. As they ask people questions, they must figure out what their index card is by guessing from clues. An even number works best for this game.

**Benefits:** Communication skills, problem-solving

*(P&VS Edited June 2025)*