

Quick Games and Ice-Breakers
IYI Youth Worker Café
Thursday, April 17th, 2014

Pass the Duck

- ↪ Give each table a small plastic or rubber duck
- ↪ Ask participants to start passing the duck around the table when the music starts, hot potato style
- ↪ When the music stops, the person holding the duck needs to answer a question with their table mates
- ↪ Sample questions include:
 - What is your go-to middle of the night snack?
 - What is one dream you have for the future?
 - What is one of your silly fears? (sharks, cotton balls)
 - What do you love about working with youth?

High Five!

- ↪ Ask participants to mill around the center of the circle without talking.
- ↪ Explain that when you call out a form of greeting, participants should find a person near them, say hello and then perform the greeting.
- ↪ Tell them that from then on, whenever they hear that form of greeting, they must find the same partner and perform that greeting. (It should be a different partner for each greeting.)
- ↪ Call out “Find a partner and shake hands with them. Remember who you shook hands with.” Every participant needs a partner. In the case of an odd number, a participant can partner with you.
- ↪ Have participants mill around again.
- ↪ Call out “Find a new partner and give them a high five. Remember who your high five partner is.”
- ↪ Tell participants “Now find that hand shake partner again and shake hands.”
- ↪ Begin calling out other greetings and ask participants to find people to partner with to:
 - Bow
 - Rub elbows
 - Wink
 - Bump Hips
 - Touch toes
- ↪ Use all commands randomly. Ex: “Shake hands, touch elbows, wink, shake hands, high 5.”
- ↪ Speed up your greetings as participants get the hang of it to create a fun frenzy.
- ↪ Continue this for a few moments. To end the warm-up give the command “high 5, high 5, high 5!”

Bunny, Bunny!

- ✎ Ask everyone to get into a circle
- ✎ Have everyone in the circle say together “ooh, ahh, oooh, ahhh” while patting their hands on their thighs (or hips) and instruct them that they keep that “ooh ahhh” going the whole time
- ✎ Next, have someone start a “bunny bunny.” They make bunny ears with their hands and point to themselves first and say “bunny, bunny” and then pass it to someone in the circle by pointing their bunny ears in their direction & saying “bunny, bunny.” That person will receive the ‘bunny bunny’ (pointing ears to self first) and then pass it to someone else in the circle. Let this go on for a little bit so the group gets used to just passing and receiving the ‘Bunny’ around the circle.
- ✎ Once the group seems comfortable with passing around the bunny, introduce the next layer of the game, which is when someone receives the bunny, the people on either side of that person turn in towards them and says (tuki, tuki, tuki, tuki) (pronounced “tooky”)
- ✎ Once the group has gotten used to that addition, you can introduce the method for speeding up the game. If someone wants the game to speed up, instead of sending a ‘bunny bunny’ to someone in the circle, they can point a “bunny bunny” to the ceiling. If that happens, everyone in the group together says “Oh snap, while clapping their hands together.” Whoever initiated the speed up starts a new bunny bunny.
- ✎ Let the game continue until it has become heightened.
- ✎ If the group wants to slow down the “bunny bunny,” after doing the bunny bunny to themselves, they can point a “bunny bunny” to the floor. If that happens, the group says “Snap, OH!” while un-clapping their hands. Whoever initiated the slow down starts a new bunny bunny.

Rock Paper Scissors Re-Mix

- ✎ Have participants break into pairs
- ✎ Remind everyone the rules of “Rock, Paper, Scissors”: Pairs shake their fists together, counting to three, and then after “three” they throw out either a rock, a scissor, or a paper. Rock crushes scissors, Scissors cuts paper, Paper covers rock
- ✎ Have each pair compete against each other, using the best 2 out of 3 shakes of Rock, Paper, Scissors
- ✎ In the first round, the person who loses is now the cheerleader for the winner in future rounds
- ✎ Have each pair find another pair to compete with—with the two winners competing and the two cheerleaders supporting their teammate.
- ✎ Each time someone wins they take their cheerleading squad to the next level ... so after the foursome finishes, they find another foursome, and the two winners compete while the rest of the team cheer their team member on.
- ✎ The cheerleading squad must introduce their winner WWF style to each new opponent
- ✎ Each team continues to compete until there are two opponents left
- ✎ Cheerleaders do a special introduction of their winner to the last opponent and the final two play to the finish

Leadership Snow Ball Fight

- ✍ Give each participant 3 pieces of paper
- ✍ Ask them to write one leadership quality that they possess on each sheet of paper.
- ✍ Then have them crumble up each paper with the leadership qualities, creating snowballs
- ✍ Split the room in half with two groups facing each other
- ✍ On the count of three, begin the snowball fight and allow participants to throw snowballs at each other for about a minute or two.
- ✍ Once you stop the game, have each person pick up three snowball from the ground and open them
- ✍ If the participants know each other:
 1. Have participants think about three other participants in the room that they believe have the same leadership qualities that are on the three snowballs.
 2. Ask participants to take the paper to those other participants and give it to them, sharing their leadership quality aloud.
- ✍ If the participants do not know each other:
 1. Have participants group with two or three others and discuss the leadership qualities they picked up—if they think they are important qualities, if they feel they possess those qualities, etc.

Crumple Ball

- ✍ Have the participants stand in a circle.
- ✍ Explain to them that we will be working on cooperation skills today, and the only way to “win” this game is if we work together as a team.
- ✍ Crumple a piece of paper into a ball, and explain to the class that the object of the game is for the group to keep the ball as many times as possible in a row by hitting it with your hand.
- ✍ Go over the game’s guidelines with the group:
 - The group counts together out loud each time the ball is hit. If the ball is missed and hits the floor, the count starts over.
 - You cannot hit the ball two times in a row. If someone does, the count starts over.
- ✍ If it is a larger group (more than ten participants), split them into two teams and have each team “compete” to see who can keep the ball in the air for the highest number, after giving them a few minutes to practice as a team.