

4-H CLUBS

ICE BREAKERS

One of the most important and most fun parts of being in a club is making friends! Ice breakers are short interactive games to help club members feel comfortable and make friends. Below are some examples of ice breakers that you and your club can do!

1: BANG!

How to Play: Everyone stands in a circle. One person in the middle spins with eyes closed, points, and yells “BANG!” The person pointed at ducks. The two people next to them turn and quickly shout each other’s names. Whoever says it first wins. The other goes in the middle.



2: GOTCHA!

How to Play: Stand in a circle. Put your right hand flat with palm up. Point your left finger down over your neighbor’s hand. When the leader says “3, 2, 1—GO!” try to grab your neighbor’s finger while keeping your own finger safe

3: SILENT INTERVIEW

How to Play: Pick a partner you don’t know well. Tell each other 3 things about yourself—but without talking! Use only actions. Then share what you learned with the group.

4: HUMAN ROCK-PAPER-SCISSORS

How to Play: Everyone finds a partner and plays Rock-Paper-Scissors. The winner keeps playing, the loser stands behind them and cheers. Keep going until one person wins all the rounds.



ROCK



PAPER



SCISSORS

5: BLOB TAG

How to Play: A few kids are “it.” If they tag someone, that person links arms with them. The “blob” grows bigger and keeps tagging until everyone is linked.

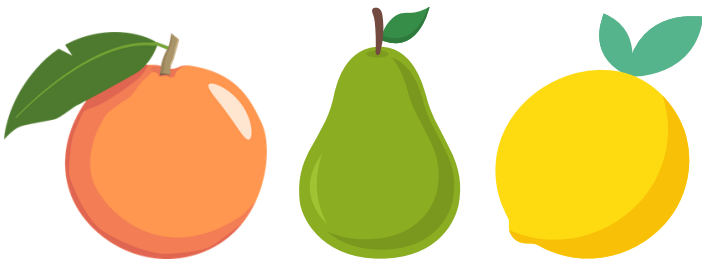


4-H CLUBS

ICE BREAKERS

6: FRUIT SALAD

How to Play: Everyone sits in chairs in a circle, one person in the middle. Each person picks a fruit. Someone calls out a fruit name. The person with that fruit calls out another fruit's name. The middle person tries to tag the person whose fruit was called. If tagged, they switch places.

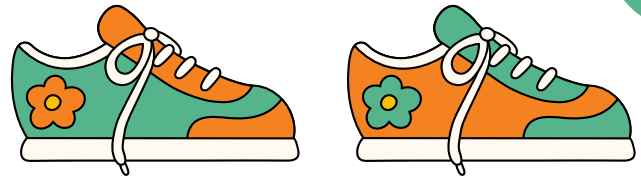


7: SHARKS AHOY

How to Play: Everyone stands on a tarp. Work together to flip it over without stepping off. (Harder: some kids wear blindfolds!)

8: DRAGON TAIL

How to Play: Everyone stands in a line, holding onto the person in front. The first person is the “head” and the last is the “tail.” The head tries to tag the tail without breaking the line. When the tail is caught, move the front person to the back and play again.



9: “YOUR SHOE’S UNTIED”

How to Play: In pairs, each person takes off one shoe and tosses it in the middle. With arms linked, each pair tries to get their shoe back on—only using one free hand each!



10: TODAY WE PRESENT...

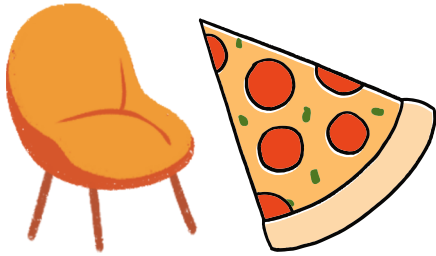
How to Play: One person goes to the middle, acts out something (like a tree or a bear), and says, “I am the ___.” The next person joins in and adds something to the scene. Keep building until you have a full “show”!

4-H CLUBS

ICE BREAKERS

11: NAME AND MOTION

How to Play: Each person says their name and makes a fun motion (like a wave or jump). Then, everyone repeats all of the previous names & motions followed by the next person's turn. Do this until everyone has shared their name and their motion.



12: TWO TRUTHS AND A DREAM

How to Play: Say two true things and one dream or wish. Others guess which one is the dream!

13: ALL MY FRIENDS WHO...

How to Play: One person stands in the middle and says a phrase, such as, "All my friends who like pizza, switch seats!" Everyone who does switches spots while the person in the middle tries to steal a seat. Whoever is left in the middle starts the round again.



14: BIRTHDAY LINE UP

How to Play: Without talking, line up by birthday month.



15: WOULD YOU RATHER

How to Play: Ask fun questions like "Would you rather fly or be invisible?" Kids move to the side that matches their choice!

4-H CLUBS ICE BREAKERS



16: NAME GAME TOSS!

How to Play: Stand in a circle with a ball. Say your name and say the name of someone else and toss the ball to them. Keep going faster!



19: HUMAN KNOT

How to Play: Stand in a circle, grab two different hands across the circle, and try to untangle without letting go!



20: STORY CHAIN

How to Play: One person starts a story with one sentence. Each person adds one more sentence to keep it going!



17: ANIMAL ACTIONS

How to Play: Leader calls out an animal. Everyone moves like that animal for 10 seconds!

18: FIND SOMEONE WHO...

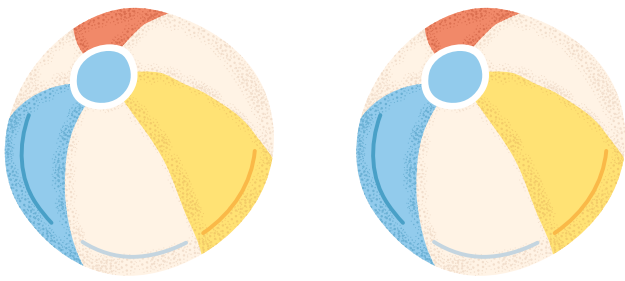
How to Play: Give a list like “Find someone who has a pet” or “Find someone who likes soccer.” Try to find a new person for each one.

4-H CLUBS

ICE BREAKERS

21: BALL OF QUESTIONS

How to Play: Write fun questions on a beach ball. Toss it around and answer the question your hand lands on.

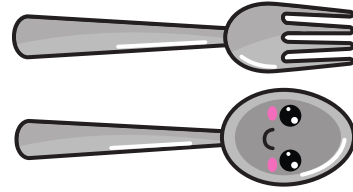


22: DRAW YOUR SUPERPOWER

How to Play: Draw yourself with a pretend superpower. Share what it would be and how you'd use it to help others.!

23: THE SILENT LINE-UP

How to Play: Without talking, line up by height, age, or shoe size!



24: FIND YOUR PAIR

How to Play: Each person gets a card (like a fork and spoon). Walk around to find your match!



25: GUESS THE LEADER

How to Play: One person leaves the room. Pick a leader who starts a motion (like clapping). When the person returns, the leader will start the motion. The person who went out tries to guess who started it.

4-H CLUBS ICE BREAKERS



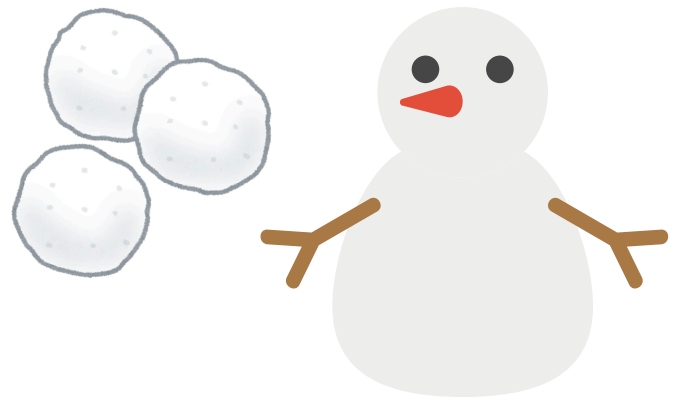
26: THE M&M GAME

How to Play: Each color candy means a question. (Red = favorite food, Blue = favorite hobby, etc.). Each person draws an M&M out of a bowl or bag (be sure to use hand sanitizer!). They answer a question based on the color M&M they drew.



29: PAPER SNOWBALL FIGHT

How to Play: Write something fun about yourself on paper. Crumple and toss! Pick up one and read it aloud.



30: GROUP JUGGLE

How to Play: Form a circle. Toss a ball around in a pattern while saying names. Add more balls as you go!



27: SHOW & TELL

How to Play: Toss a soft ball. Whoever catches it answers a fun question before tossing it again.

28: HUMAN BINGO

How to Play: Give a bingo sheet with fun facts (“Has a cat,” “Loves pizza”). Find people who match and fill your card!

4-H CLUBS

ICE BREAKERS

31: MYSTERY BAG

How to Play: Put small objects in a bag. Everyone take turns feeling one and guessing what it is.

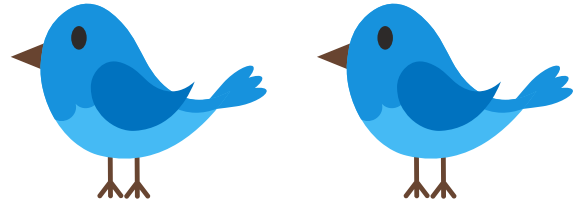


32: COMMON GROUND

How to Play: In small groups, find 3 things everyone has in common. Share with the group!

33: LINE UP FAST

How to Play: Leader says a rule (“Line up by shoe color!”). Everyone moves fast to line up in order.



34: WHO AM I?

How to Play: Tape a famous person or animal name on each back. Ask yes/no questions to figure out who you are!



35: ANIMAL SOUNDS

How to Play: Everyone gets a slip. Close your eyes and make the animal sound to find your “animal twin!”

4-H CLUBS ICE BREAKERS



36: PASS THE CLAP

How to Play: Stand in a circle. One person claps once toward someone else. That person claps once toward another. Go around the circle fast!



37: SNOWBALL QUESTIONS

How to Play: Write a question, crumple it into a “snowball,” and toss it. Pick one up and answer it!

38: BALLOON POP FACTS

How to Play: Write a question, put it in a balloon, and blow it up. Pop one balloon at a time and answer the question!

39: TEAM JIGSAW

How to Play: Each group gets mixed-up pieces. Work together to finish your puzzle fastest.



40: SPEED FRIENDSHIP

How to Play: Sit across from a partner and talk for 30 seconds about a topic. Switch when time is up!



4-H CLUBS

ICE BREAKERS

41: ALPHABET RACE

How to Play: Work in teams to list one word for each letter of the alphabet that fits a topic (like “animals” or “foods”). Fastest team wins!



42: COLOR CORNERS

How to Play: Each corner has a different color assigned to it (red, blue, yellow, green, etc.) Pick a color and go to that corner. The leader calls out colors to share a fun fact from each group.

43: SHOE MIX-UP

How to Play: Everyone puts one shoe in the middle. Pick a shoe and find its owner!



44: WHAT'S IN A NAME?

How to Play: Tell the story of how you got your name or what it means (if you know).



45: NAME TRAIN

How to Play: The first person says their name. The next repeats it and adds theirs. Keep going around the circle with each person saying the names of all those previous.

4-H CLUBS ICE BREAKERS



46: BACK TO BACK

How to Play: Sit back-to-back. One person describes a shape or picture; the other draws it! The person describing it cannot say what the picture is; only describe.!



47: ALPHABET INTRODUCTIONS

How to Play: Say your name and something you like that starts with the same letter.
Example: "I'm Ben and I like bananas!"

48: IN MY POCKET...

How to Play: Pretend you found something strange or funny in your pocket. Act out what it is while the group guesses!

49: SILENT LAUGH

How to Play: Try to make others laugh without making any noise.



50: MYSTERY ANIMALS

How to Play: Everyone is in a circle with one person in the middle. The middle person closes their eyes, spins around, points at someone, and says an animal. The person they are pointing at makes the noise for that animal and the person in the middle guesses their name. If they get it right, they switch places. If not, the person in the middle must do it again.



4-H CLUBS

ICE BREAKERS

51: TOILET PAPER MAYHEM

How to Play: Give each person a roll of toilet paper. Tell them to tear off as many squares as they want. For every square they take, they have to share one thing about themselves.



52: NAME ACRONYMS

How to Play: Have everyone find a partner they don't know. Each person writes their first name on a piece of paper and gives it to their partner. Talk for a minute to get to know each other. Then, use the letters in your partner's name to make a funny sentence. For example: KEVIN — Koalas Enjoy Vegetables In November.

53: STUCK TOGETHER

How to Play: Try to cross the room with your buddy, while keeping your adjacent feet (or shoulders or elbows) in contact at all times.



54: TELEPHONE

How to Play: Place students in a line or circle. The first student whispers a word to the next student. The whisper travels through the group until the last person says it aloud.



55: NAMES CHANT

How to Play: Include the name of a student in the following chant: We have____, ___ is here today. Here is what ___ wants to say: Have the student say something. Repeat with each name in the group.

4-H CLUBS ICE BREAKERS



56: MATCH UP

How to Play: Call out a color, a clothing item or other descriptor, like solid color, stripes, etc. for what students are wearing. Students with that item should stand up or stand together. Ensure every student has a chance to stand.



57: SUPER SILLY SNAKES

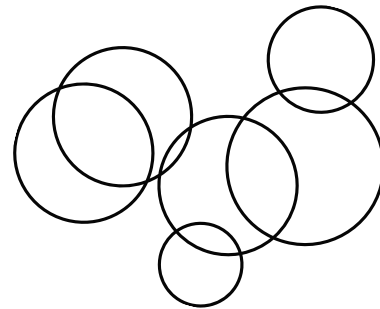
How to Play: Give each student a piece of paper (or toilet or paper towel roll). Students can decorate their area of the snake. When everyone is finished, tape the snake together and have a contest to give the snake the silliest name.

58: CHANGE THE BEAT

How to Play: One person begins by creating a beat, using only his or her body. Everyone follows for five repetitions, then the next person in the circle changes the beat and/or sound, leading the group for the next five repetitions. Continue until everyone has a turn.

59: SILENT LAUGH

How to Play: A student chooses a card from a deck of picture or word cards. He or she then acts out what is on the card, and the group guesses what it is



60: CIRCLE THE CIRCLE

How to Play: Everyone stands in a circle and join hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while keeping hands joined.

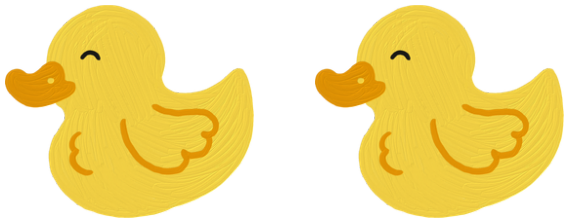


4-H CLUBS

ICE BREAKERS

61: DUCK, DUCK, WHAT?

How to Play: Students sit in a circle, while one person walks around, taps each student's shoulder, and says, "duck," each time. When the person says a different animal, the child who was tapped must get up and chase him or her around the circle, acting like that animal, until the person being chased reaches the open spot in the circle and sits down.



62: HOLD THAT POSE

How to Play: One person starts as "it" and calls freeze for everyone else to act like statues. He or she then tries to make the statues break out of character and laugh. The first to laugh becomes "it" for the next round.

63: OVER, UNDER, AROUND THROUGH

How to Play: Everyone lines up with their hands on the person's shoulders in front of them. The line leader navigates throughout the classroom calling out, "over," "under," "around," or "through" (e.g., over the book, around the chair, under the table, through the door). Each succeeding person repeats the directive and acts it out, and it continues down the line.



64: SHAPE SHIFTERS

How to Play: The leader calls out a number and an object, and everyone must quickly get into groups of that number and arrange their bodies to create the object.



65: SHRINKING ICEBERG

How to Play: Place squares on the floor to create one large "iceberg." Everyone stands on the iceberg without touching the ground outside of it, and must get from one side to the other. Take away one square at a time. If one foot touches outside the iceberg, the student is out.

4-H CLUBS ICE BREAKERS



66: GET IT DOWN

How to Play: Students stand in two lines that face each other. Everyone hold out and index finger facing up so that the fingers form a line down the center. A yardstick (or other object) is placed across the outstretched fingers, and the group must lower the yardstick to the floor together without it falling.



67: DON'T BREAK THE LINE

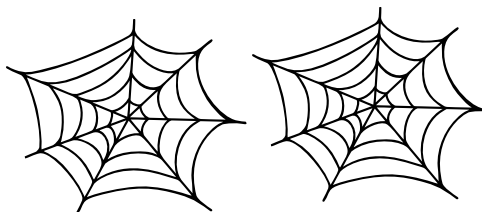
How to Play: Lay a rope or line of tape on the floor with everyone standing in random order. The challenge is to line up in height order while keeping at least one foot on the line at all times.

68: FREEZE RIPPLE

How to Play: Everyone walks quietly around the room with the person who is "it" walking amongst them. The person who is "it" secretly taps someone on the shoulders, who then freezes. When others notice that someone is frozen, they must freeze too. See how long it takes for the entire group to notice and freeze.

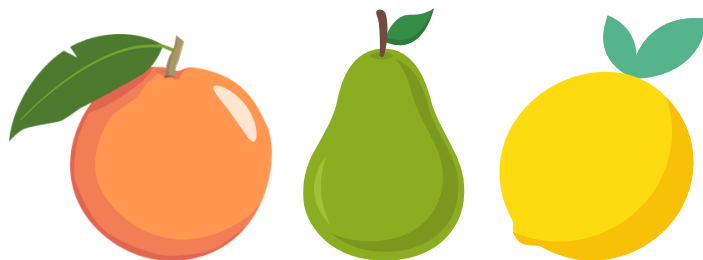
69: FRIENDSHIP WEB

How to Play: Sit in a circle with one person holding a ball of yarn. The person with the yarn holds the end, and shares something about themselves, and throws the yarn to someone else. The person who received the yarn thanks the person and shares something about themselves, holds onto a section of the yarn, and continues throwing the yarn.



70: SPEEDY FRUIT SALAD

How to Play: Everyone stands in a circle and join hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while keeping hands joined.



4-H CLUBS

ICE BREAKERS

71: HUMAN WORD SEARCH

How to Play: Give each person a paper with a letter on it. Challenge them to combine their letters to form a word.

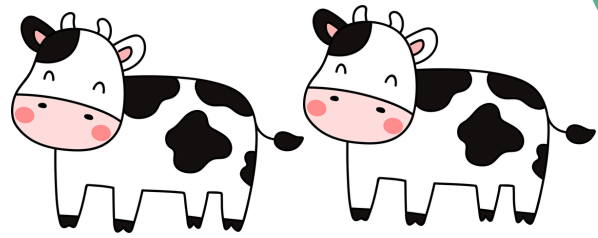


72: PASS IT

How to Play: Sitting in a circle, the group has to quickly pass the ball around as the leader calls out different instructions (e.g., pass behind your back, pass to every other person, move closer together, move farther apart, etc.).

73: STOLEN GOLD

How to Play: Sit in a circle with one person standing in the middle. Someone sitting has a hidden penny. At "go," those seated begin slyly passing the coin around the circle. The coin can reverse direction at any time, and others can pretend to pass it. The person in the middle calls "stop" and guesses who has the coin.



74: WHERE'S MY HERD?

How to Play: Everyone is randomly assigned an animal (assign two to six people the same animal). When the leader says, "go," everyone begins making the sound of their animals, while listening to find the rest of their "herd."



75: FIND ME

How to Play: On a strip of paper, everyone writes something about himself or herself that they would like to share, and that others may not know. After writing, crumple the strips into balls and mix them up in the center of the circle. Everyone takes turns choosing and reading and trying to identify the person described on the paper.

4-H CLUBS

ICE BREAKERS

76: WHY? BECAUSE

How to Play: The first person writes down a "why" question (e.g. Why is the sky blue?) on top of a piece of paper. He or she folds the paper, and passes it to the next person, who - without seeing what was written before - writes an answer beginning with "because" (e.g., Because owls are nocturnal.). Keep it going and read it all out loud for a funny story.

77: SHOE SCHMOOZE

How to Play: Everyone takes off one shoe and puts it in a big pile. When someone counts to three, each person grabs a shoe that isn't theirs. Then, they find the person who has the matching shoe. Ask that person's name and learn three new things about them. After everyone is done, take turns telling the group who you talked to and share the three things you learned.

78: CLOTHES PIN TAG

How to Play: Before you play, make lines or marks to show where the game area is. Each player starts with five clothespins clipped to the back of their shirt. Everyone spreads out before the game begins. The goal is to grab clothespins from other people's backs without losing your own. When you take one, kneel down and clip it to your back. No one can take from you while you're kneeling, but once you stand up, you're fair game again! If someone goes outside the lines, they lose a clothespin.

No pushing or grabbing clothes or bodies—only touch the clothespins. Anyone who breaks the rules loses one clothespin. The player (or team) with the most clothespins at the end wins!

79: BUILD A STORY

How to Play: The group works together to create a story by adding one word at a time.



80: DRINK STRAW RELAY

How to Play: Everyone stands in a circle and join hands with a hula-hoop placed over the arm of one person. The challenge is to find a way to move the hula-hoop all the way around the circle while keeping hands joined.



4-H CLUBS

ICE BREAKERS

81: HULA HOOP TAG

How to Play: To begin, pick two to four players (even number) to roll hula hoops that will be positioned across both sides of the playing area or gym floor. Have the rest of the players line up across the width of the gym floor (the perpendicular side of where the hula hoop throwers are standing). Players will run from one end to the other trying to avoid getting touched or be tagged by the rolling hula hoops from the players on the side. As the players are tagged, they must join the hula hoop throwers until the last person is left.

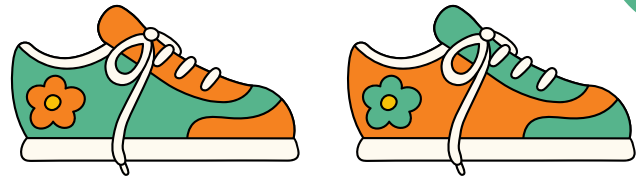


82: FRIENDLY DEBATE

How to Play: A lighthearted topic is chosen, and participants spend a few minutes making a case for their answer to a related question.

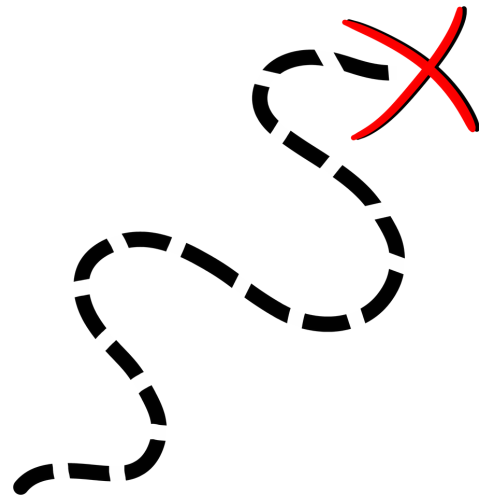
83: NEVER HAVE I EVER

How to Play: Players hold up a certain number of fingers and take turns saying something they have never done. Those who have done it put a finger down.



84: PARTNER TAG

How to Play: Assign someone to be 'it' and someone to 'chase'. Everyone else links arms or stands shoulder to shoulder in groups of 2 (or 3 if there is an odd number of people). The chaser tries to catch the person who is 'it', but the person who is 'it' can attach to a pair, at which the person on the far side away from the 'it' person must break off and run from the chaser. When the chaser tags the 'it' person, they switch roles. The 'it' becomes the chaser and vice versa.



85: SCAVENGER HUNT

How to Play: Call out an item (e.g., "something blue," "a book with a red cover") and have the group find it in their surroundings.

4-H CLUBS

ICE BREAKERS

86: JENGA QUESTIONS

How to Play: Write questions on Jenga blocks. When a person pulls a block, they answer the question on it before stacking it back on top.

87: I'VE GOT YOUR NUMBER

How to Play: As participants arrive, each gets a number that they wear in an easy to see place. Ahead of time, prepare instructions on slips of paper and place them in a box. For example:

(Find out the middle name of 4. Introduce 12 to 8. Exchange shoe sizes with 22. Find out if 2 has a pet.)

When everyone has their first instruction, let them start. When they complete an instruction, they should get another from the box. Keep track of how many participants complete, and reward those completing a set amount. Allow 5-10 minutes for the activity. Make LOTS of instructions, so you do not run out. Make sure you include all numbers.



88: FIND ME!

How to Play: Each person writes an original and unique thing about themselves on a card, and then all the cards are mixed up and passed out. Each person tries to find the owner of the card.

89: GIANTS, ELVES, WIZARDS

How to Play: This is the human version of Rock, Paper, Scissors. Giants put their arms up to symbolize being large and powerful. Elves squat down and become as small as possible. Wizards point their fingers as they cast a magic spell. Giants beat Elves, Elves beat Wizards, Wizards beat Giants.



90: SONG LYRIC RACE

How to Play: Choose a word and have each team write down as many songs that have lyrics with that word in it. Examples include “light”, “country”, “love”, “stop”, etc

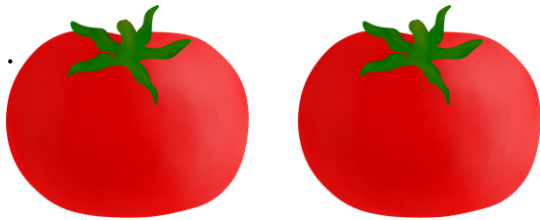


4-H CLUBS

ICE BREAKERS

91: SCRAMBLED NAME

How to Play: This is a great mixer for larger groups that do not know each other. Pass out slips of paper and pencils and have everyone write down their own name with the letters all mixed up. For example, if your name is Harvey Furd, then you might write it as “Vreahy Urfd.” When all the names have been put into the hat, have each person draw one out. On GO, have them unscramble the name on their paper either by themselves or working with a partner. When participants have their names unscrambled, they must seek out that person and visit with them. After five minutes or so, have them introduce their person.



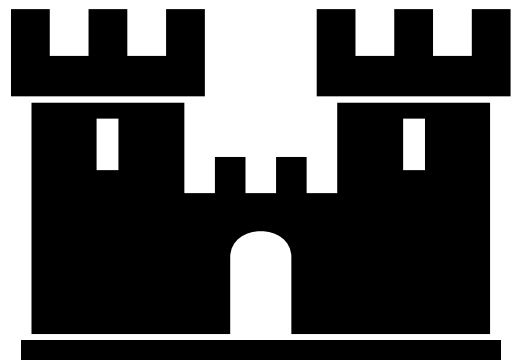
92: TOMATO TEST

How to Play: This one can get messy—be careful. Break into pairs and give each pair a tomato (or use a golf ball if you do not want to clean up). Have the pairs face each other and place the tomato between their foreheads. Without using his or her hands to hold the tomato in place, have each partner untie and take a shoe off the other partner.



93: PROTECT THE PRESIDENT

How to Play: Players again stand in a large circle with two people in the middle. One person in the middle is the President, the other is the Bodyguard. Those standing in the circle try to hit the president with the soft ball. The bodyguard may do anything to block the ball with his body: jump, squat, dive, etc. If the ball touches the President at any time [any part of the body, not just below the knees], the person who threw the ball (or the last person to touch it) then becomes the Bodyguard, the Bodyguard becomes the President, and the President rejoins the circle. What makes this exciting is that from the moment the President is hit, the new President is vulnerable as the transition is instantaneous. The new bodyguard must be fast at getting into the circle to defend him or her. This sometimes makes Presidential Turnover pretty quick, but it's exciting.



4-H CLUBS

ICE BREAKERS

94: RUNAWAY CHAIN TRAIN

How to Play: Groups of four or five players form a train and chug around the area. Players are in contact by holding the shoulders of the person in front of them. The front (engine) of each train attempts to link up to the backend (caboose) of any other train while also trying not to be linked from behind by another train. If one train does hook up with another, the two parts continue as one train, trying to hitch up with other smaller trains. Before long, all of the small trains will be joined into one large train. The front engine can then attempt to catch and hook up to the last car.



95: PILE UP!

How to Play: Everyone SITS ON CHAIRS in a circle. The leader will call out something that relates to people's opinions or facts about each person and also tells the group how many chairs they will have to move right or left. The people only move if the statement relates to them.

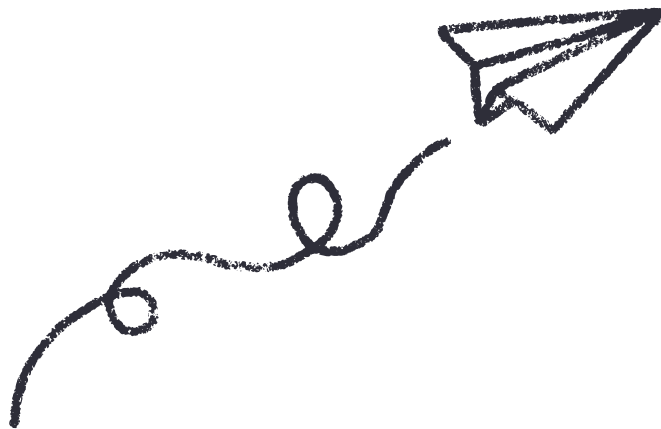


96: ZIP. ZAP, ZOOM!

How to Play: (ZIP = right, ZAP =left, ZOOM = self) Everyone stands in a circle. There are 1-5 people in the middle depending how large the group is. If someone in the middle comes up to you and says ZIP then you have to tell them the person's name to your RIGHT by the time the person in the middle can count to three. If someone in the middle comes up to you and says ZAP then you have to tell them the name of the person to your LEFT name by the time the person in the middle can count to three. If someone in the middle comes up to you and would say ZOOM then you have to tell them your own name before the person in the middle can count to three.

97: PAPER PLANES

How to Play: Everyone folds a paper airplane, writes a question on it, and altogether throws it around the room. Each person grabs a different airplane and answers the question written on it.

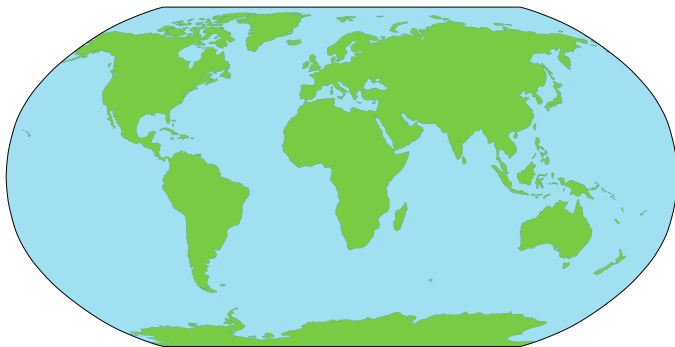


4-H CLUBS

ICE BREAKERS

98: GEOGRAPHIC CIRCLE

How to Play: Have participants sit in a circle. One player starts by calling out the name of a place. It may be a town, city, country, or county, and it can be anywhere in the world. The next person names a place that begins with the last letter of the place just mentioned. For example, if the first person calls out "London," the next person might call out "Nevada." Once a place is named, it cannot be used again. Allow only five seconds for the person to respond. Variation: If the person cannot respond, he/she is out and play continues until there is a winner.



99: THIS OR THAT

How to Play: A leader calls out 2 contrasting things while pointing to different sides (such as 'cats or dogs') and everyone moves to the side they most prefer.



100: NAME JUGGLE

How to Play: Form a circle. One person starts with a ball or other soft throwable object, like a stuffed animal. This person says a person's name and then throws them the ball. Then that person does the same, and so on, until everyone's had a chance to catch and throw. Each person has to remember who they threw to and who threw to them. Repeat it in the same order. Then add more objects! How many can the group juggle without dropping? To make it really interesting, reverse the direction of throwing, so each person would be throwing to the person who had thrown to them in the previous round..

References

<https://www.4-h.org/wp-content/uploads/2024/04/09105552/4H-Harmony-Guide-2024.pdf>

https://www.atchison.k-state.edu/4-h/info/FJ825_Games___Activities.pdf

https://extension.purdue.edu/county/ripley/_media/recreation-minnesota-extension.pdf

