



Icebreakers and Name Games



Be Healthy



Stay Safe



Enjoy and Achieve




Make a Positive Contribution



Achieve Economic Wellbeing


Ice breaker

Act Out Your Name

<p>Equipment:</p> <p>No equipment needed</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group in the circle. • One person will start. • They have to think of an animal or action that begins with the first letter of their name. • Then you have to perform the action or animal and then say the action you have done and your name. E.g. Swimming Sam so Sam would act out that she was swimming then says swimming Sam. • Then it would be the next persons turn so they would have to do Sams action first. • Then do their own. • Keep going until everyone has been and it will end up being the last person who has to do everyone's actions and say everyone's names. • When you have finished you could change direction and get them to think about new ones to use.
<p>Time :</p> <p>10 - 15 minutes</p>	
<p>Recommended numbers</p> <p>4+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Ball Name Game

<p>Equipment:</p> <p>Ball (one to three)</p>	<p>How to:</p> <ul style="list-style-type: none"> • Ask group to stand in a circle • Throw the ball to someone and ask them to say their name loudly and clearly, get them to throw to someone else and ask them to say their name. Continue till back to yourself. Get them to fold their arms if they have already caught the ball • Second time round: throw the ball to someone whose name you remember, shout their name and throw the ball to them • Third time round: ask if they can remember the route we did last time; encourage them to work it out and chat to each other <p>Variation: After one round is complete throw in another ball, and then another until all 3 balls are being used. You can use 5 balls for older people and larger group to make it extra hard</p>
<p>Time :</p> <p>10 minutes</p>	
<p>Recommended numbers</p> <p>Groups from 4+</p>	
<p>Tip</p> <p>Remember to stress eye contact, saying each person's name loudly and clearly, and use under arm throw.</p>	
<p>Recommended age:</p> <p>7+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Ball Pass

<p>Equipment:</p> <p>Small soft ball</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group to stand in a circle • Give 1 person the ball • To start off they need to make eye contact with the person who they are going to throw the ball to • As they pass the ball to someone, they have to shout their own name as they throw the ball • When you have done this a few times, get them to throw the ball and shout out the person's name who they were throwing it to • When people are remembering each other's names, you can add another ball and have 2 balls going around at once
<p>Time :</p> <p>10 minutes</p>	
<p>Recommended numbers</p> <p>4+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Balloon Pop

<p>Equipment:</p> <p>Balloons, String</p>	<p>How to:</p> <ul style="list-style-type: none"> • Blow up balloons and tie a piece of string to them • Tie the other end of the string to one of the ankles of each person • Aim of the game is to pop everyone's balloon and prevent yours from being popped • You can only pop other balloons with the foot which has not got the balloon attached to it • Once your balloon has been pop you have to sit down, the last person left with a balloon wins
<p>Time :</p> <p>10-15 minutes</p>	
<p>Recommended numbers</p> <p>5+</p>	
<p>Tip</p> <p>Players can not pick up their balloon to protect it</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Crowded Circle

<p>Equipment:</p> <p>3 – 4 Hula hoops</p>	<p>How to:</p> <ul style="list-style-type: none"> • Place 3-4 circles on the floor and number them • Get the group to start walking round the room and turn the light off • The leader will then shout out one of the numbers • The group has to stand inside a circle before the light is turned back on • At first give the group quite a bit of time making it harder by shortening the amount of time given • Any one that does not have a foot in the circle is out • Make it harder by- moving the circles around - Make the circles smaller - Put the players into pairs and both of them have to get into the circle
<p>Time :</p> <p>10- 15 Minutes</p>	
<p>Recommended numbers</p> <p>10+</p>	
<p>Tip</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice breaker

Double letter Game

<p>Equipment:</p> <p>None</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group to sit in a circle • Tell them that they are going to go to a party and can take one thing with them • Go round the circle and each member will start by saying 'can I bring...?' • If the object has a double letter in it they can take it if it has not then they cannot take it. • E.g. things they can take – balloon, jelly and kitten • Things then cannot take – jam, cake and present • The objects do not have to be related to a party • Keep going until the group run out of things they can take
<p>Time :</p> <p>10 15 Minutes</p>	
<p>Recommended numbers</p> <p>4+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Either Or Game

<p>Equipment: No equipment, you do need 2 facilitators</p>	<p>How to:</p> <ul style="list-style-type: none"> • The aim if this activity (finding out a bit more about the group) • You need two facilitators for this exercise. • The facilitators take it in turn to give the group a choice of topics and people must choose whose choice they prefer. • Participants then need to move to the facilitator. • After each question, the facilitator needs to • Move their position to make the participants move and not stay in 1 area. • The facilitator can then ask for feedback, depending on what topics they are working on e.g. Chocolate or crisps Eastenders or Coronation Street Staying in or Going out Crisp winter day or hot sunny day or issue based projects.
<p>Time : 5 minutes</p>	
<p>Recommended numbers 5 +</p>	
<p>Tip The activity can be for fun or used as a consultation exercise, or issue based project.</p>	
<p>Recommended age: 8 +</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Greatest Achievements

<p>Equipment:</p> <p>Writing board Pens</p>	<p>How to:</p> <ul style="list-style-type: none"> • Give each person in the group a small piece of paper • Tell them to write down one of their greatest achievements... e.g. one of my greatest achievements was travelling the world • This can be anything... (Big or small!) • When everybody is ready, collect all the pieces of paper together • Mix them up and one by one the leader will read them out to the group • After each one is read out, the group as a whole must guess who achieved it • On a display board write down everybody's name in the group • With a different coloured pen or in another column, write down the achievement that the group think each person has achieved • Whilst the group are discussing who's achievements are who, each individual should not give their achievement away to the rest of the group, whilst the group are talking about their achievements (This will make it harder if individuals do not give away clues)
<p>Time :</p> <p>11 - 15 minutes</p>	
<p>Recommended numbers</p> <p>8+</p>	
<p>Tip</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> <div style="text-align: center;">  </div>

Ice Breaker

Human Bingo


Equipment:	<p style="text-align: center;">How to:</p> <ul style="list-style-type: none"> • Give each person in the group a bingo sheet and a pen • Explain to the group that they need to walk around the room, and find one person that matches each piece of criteria on their sheet • When they find a match, they should put that person's name in the box • If there are enough participants in the game, each player can only be used once for each piece of criteria • First one to fill in all the boxers wins but let the group finish if they want too
<p>Print out the amount of bingo sheets you need</p> <p>Pens</p>	
Time :	
12 - 15 minutes	
Recommended numbers	
8+	
Tip	
<p>If there are les participants than criteria, then you can add a name twice</p>	
Recommended age:	Every Child Matters Outcomes:
8+	

An example human bingo sheet.

Birthday in August	Plays a musical instrument	Has a cat	Likes pizza with pineapple	Has two dogs
Plays football	Plays on a play station	Size 8 shoe	Supports Newcastle	Has never broke a bone
Owens a car	Supports Liverpool	Travelled 2000+ miles in the past 3 months	Has more than two brothers or sisters	Plays on a Wii
Supports man u	Doesn't use a computer	Has a middle name	Has size 10 shoe	Has blue eyes
Doesn't like fizzy pop	Likes ice cream	Can swim 50 meters	Has 3+ fish	Doesn't use any credit cards


Ice breaker

Mood Game

<p>Equipment:</p> <p>None</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group in a circle • One person will leave the room • The rest of the group have to decide a mood e.g. sad • The person that left the room then comes back in and asks questions e.g. how are you today? • The group has to answer in the mood they are in • The person asking the questions has 3 guesses to guess the mood
<p>Time :</p> <p>5 – 10 Minutes</p>	
<p>Recommended numbers</p> <p>6+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 


Ice Breaker

Toilet Roll

<p>Equipment:</p> <p>Toilet Roll</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get the group into a circle • With the toilet roll ask each person to take as many pieces as they want from the roll • Each square of toilet roll means the person must tell the rest of the group one interesting fact about yourself • For example: If somebody in the group takes 6 pieces of toilet roll, they must share 6 interesting facts about them self • This game is similar to Sweets
<p>Time :</p> <p>Depends on size of group</p>	
<p>Recommended numbers</p> <p>6+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>5+</p>	<p>Every Child Matters Outcomes:</p> 

Ice Breaker

Two Truths One Lie

<p>Equipment:</p> <p>Pen and Paper</p>	<p>How to:</p> <ul style="list-style-type: none"> • Get each person in the group to write down 2 truths and 1 lie about themselves • Tell them it can be anything interesting about themselves, either something in the past or it could be in the future • When everybody is ready, go around the group, allowing each person to read their three statements out to the group • The group then has to decide which one is the lie and come to a conclusion • The person reading out their statements then confirms whether or not the group were correct and tells them the statement they lied about • This can lead onto the person briefly talking about their interesting truths to the group • This continues around the group until everyone has read out all their truths and lies
<p>Time :</p> <p>15 minutes, depending on group</p>	
<p>Recommended numbers</p> <p>4+</p>	
<p>Tip</p> <p>None</p>	
<p>Recommended age:</p> <p>8+</p>	<p>Every Child Matters Outcomes:</p> 

Every Child Matters (ECM) Outcomes for Children and Young People.

Below are descriptions of the ECM outcomes with examples of the type of projects which fit into them:

Be Healthy

This outcome relates to physical, sexual, mental and emotional health, the promotion of healthy lifestyles and encouragement not to take illegal drugs.

e.g. accredited sexual health project, sports tournaments, gym sessions, healthy cooking project, team-building residential with health related theme, peer mentoring or 'buddying' projects.

Be Safe

This outcome is about being safe from maltreatment, neglect, violence and sexual exploitation, accidental injury and death, bullying and discrimination, crime and anti-social behaviour in and out of school, and being secure, stable and well cared for.

e.g. young driver safety course, personal safety project, project to create a safe place to meet within an unsafe community, young women's empowerment project, first aid course.

Enjoy & Achieve

This is about being ready for learning, attending and enjoying school, achieving personal and social development, enjoying recreation and achieving national educational standards

e.g. homework clubs, DJing project, arts/drama/dance, educational visits, residentials, celebration of achievement events, festivals, fishing - and many more.....

Make a Positive Contribution

This is about engaging in decision making, supporting the local community and environment, engaging in positive behaviour, developing positive relationships, choosing not to bully and discriminate, developing self confidence, successfully dealing with significant life changes and challenges and developing enterprising behaviour.

e.g. project to make your local area better, gardening project, meeting community groups you don't normally meet with, anti-bullying or anti racism project, music/drama performances for local community.

Achieve Economic Wellbeing

This is about engaging in learning, employment or training on leaving school, being ready for employment, living in decent homes and sustainable communities, having access to transport and material goods and living in households free from low income.

e.g. job search and homework clubs, IT courses, career guidance project, budgeting/managing money project, vocational training courses e.g. sports coaching, babysitting course, music production.