

APPENDIX A: (SECTION 1)

ICE BREAKERS

If local teams do not know their own members well, consider doing an ice breaker so team members get better acquainted. Then you will want to do an ice breaker for all the teams at the training.

ICE BREAKERS TO USE WITH INDIVIDUAL YOUTH/ADULT TEAMS

Non-verbal Introduction

Divide the group into pairs. Taking turns, each member of the pair should communicate to their partner as much about themselves as they can without speaking or writing (drawing pictures is allowed.) For example, they might point to a wedding ring or draw a picture of their house. To make the exercise slightly easier, and to keep the group on time, the facilitator could call out topics and when to change over to a different member of their team.

Self Introduction

Each individual needs to complete the paragraph below and then, if they feel comfortable disclosing, may be asked to share answers with the rest of their team.

Hello, my name is _____. I am _____ years old and I am/was a student at _____ High School. My hometown is _____. I always dreamed that someday I would _____. I feel _____ about right now. Something I like to do includes _____. One of the many things I am good at is _____. I did a really interesting thing once and that was _____. My family consists of _____. If I could change one thing about myself it would be _____. Still, I am really glad to be here right now because _____. The one thing I want to be remembered for is _____.

ICE BREAKERS TO USE WITH WHOLE GROUP AT STATE TRAINING

Coin Experience

Have everyone take a coin from their pocket (have roll of pennies – just in case). Mingle with those around you telling what you were doing in the year the coin was minted. Examples: *What were you doing in 4-H? What is your most memorable moment of that year?*

Circle of Friends

Form two large circles, one inside the other. Have participants in the inside circle face the participants in the outside circle. Ask the circles to move in opposite directions, continuously and slowly, allowing participants to meet each new person as the circle rotates.

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Can You Hear Me Now

Break the group into pairs. Each pair must choose two things: 1) a machine and 2) an animal. They then have to decide who is which. The pairs then divide up on opposite sides of the room. Everyone must close their eyes (if they feel comfortable), and by making only the noise that their character would make, they must find their partner. When they find their partner, they can open their eyes and wait until everyone else is done. Note: When conducting an activity with eyes closed, have the group raise their hands in front of their chests as “bumpers,” and have at least one person (facilitator) acting as the spotter.

OPTIONS FOR DIVIDING GROUPS

Arm Cross

Ask participants to cross their arms over their chest. Those who cross their right arm over their left make one team. Those who cross their left arm over their right make the other team. Amazingly, it almost always works out to about 50% crossing right over left, and 50% crossing left over right.

Finger Cross

Have participants close their eyes and put their hands together so their palms are touching and their fingers are interlocking. Have them open their eyes and look down at their hands. Those with their right thumb on top make one team and those with their left thumb on top make up the other team.