

# Icebreaker Games

These are quick and easy, low-equipment games to get your students working together.

## THE HANDSHAKE

The Handshake Warm-Up is a fun way for students to meet new classmates and feel more comfortable in a group. As they create and combine handshakes with different partners, they build teamwork, confidence, and communication skills in a playful way.

### How to Play:

1. Find a partner and say hi.
2. Make up a handshake together with 2 moves.
3. Find a new partner. Show them your handshake and learn theirs. Put both together to make a 4-move handshake.
4. Find one more partner. Add their 2 moves to make a 6-move handshake.

## THIS OR THAT

Form a line with an arm's length behind the person in front of you. Teacher calls out a statement and the students run to the side of the field or room that they agree with or stay in the middle if not sure.

Example:

Books or Movies

Chocolate or vanilla

iPhone or Android

Text or talk

Dog or Cat

## **ALASKAN ROCK, PAPER, SCISSORS**

Alaskan Rock, Paper, Scissors is a fun twist on a classic game that gets kids moving and thinking fast. It helps build coordination and memory as they learn new actions and rules like bear beats salmon!

### **How to Play:**

1. Get a partner and stand back-to-back with a little space between you.
2. Jump up and down while saying "Rock, Paper, Scissors."
3. On "Scissors," spin around to face each other.
4. Choose one: Bear, Salmon, or Mosquito.
5. Bear beats Salmon, Salmon beats Mosquito, Mosquito beats Bear.
6. Keep playing and switch partners if you want!

<https://vimeo.com/1112294391?fl=pl&fe=sh>



## **PAPER, ROCK, SCISSORS TOURNAMENT**

Paper, Rock, Scissors Tournament is a fun way to build excitement and teamwork as students cheer for each other and compete to be the class champion. It also helps kids practice good sportsmanship and quick decision-making!

### **How to Play:**

1. Get a partner and play Rock, Paper, Scissors (best 2 out of 3).
2. The person who doesn't win becomes a cheerleader for the winner.
3. The winner finds a new opponent and plays again.
4. Keep going until only 2 players are left.
5. Final 2 play best 2 out of 3 to see who the class champion is.

<https://vimeo.com/1112294551?fl=pl&fe=sh>



## THIS IS ME

This is Me is a fun icebreaker that helps students learn cool facts about each other while moving around and cheering together. It builds friendships and shows how people can connect over shared experiences like being a triplet or skydiving!

### **How to Play:**

1. Everyone stands in a big circle.
2. The teacher starts by saying "This is me... I have an older brother."
3. If you also have an older brother, walk across the circle, give someone a high five, and cheer loudly!
4. Keep going around the circle and let other people share something about themselves.
5. Do this with 10 to 15 people.
6. Talk about how this helps people learn cool things about each other and make new friends.
7. Example ideas: "I can do a cartwheel," "I play Minecraft," "I've broken a bone"

<https://vimeo.com/1112294857?fl=pl&fe=sh>



## **ALL RUN KICK BALL**

All Run Kick Ball gets everyone moving and working together as a team while practicing kicking and quick decision-making. It's a fun way to build teamwork, coordination, and communication as players race to score before the ball makes it through the outfield line!

### **How to Play:**

1. Split into two teams.
2. One team kicks. When the first person kicks the ball, all runners run.
3. Every runner who crosses home plate scores. Each inning has 3 kickers.
4. The other team fields the ball and lines up in a single file.
5. They pass the ball over their heads, then under their legs, until it gets to the last person.
6. The last person yells "STOP!" and any runners not past home plate don't score. Everyone on both teams gets one turn to kick. Then the game is done.

<https://vimeo.com/1112295097?fl=pl&fe=sh>





## GROUP JUGGLING

Group Juggling helps kids work together, think fast, and improve their coordination while having fun with different types of passes. It's a great way to build teamwork and communication as they try to beat the clock and keep the pattern going.

### How to Play:

1. Get into groups of 5 people.
2. Toss the ball to someone in your group, but not to the person right next to you.
3. Make a pattern for who throws to who and practice it 5 or 6 times.
4. See which group can pass the ball all the way around and back to the first person 3 times the fastest.
5. Try to make as many passes as you can in 30 seconds.
6. Use different kinds of passes: soccer kick, volleyball hit, and basketball bounce pass.
7. Add more balls—try with 2, 3, or even 4 at the same time!
8. Use different sport skills: basketball chest pass or bounce pass, volleyball forearm pass or set, soccer pass...

<https://vimeo.com/1112295701?fl=pl&fe=sh>



## DICE BREAKERS

DICE Breakers is a fun way for students to share about themselves while practicing their speaking and listening skills. It also helps teachers learn more about each student's personality in a playful and supportive group setting.

### **How to Play:**

1. Get into 6 groups and stand by a paper with questions.
2. Pick someone to go first, then take turns going in a circle.
3. The teacher rolls a dice, and the chosen person answers the question.
4. That person explains their answer out loud for 30 seconds.
5. After they talk, the group does a silly cheer or move to celebrate.
6. After 2 or 3 people answer, the whole group moves to the next paper.

<https://vimeo.com/1112296256?fl=pl&fe=sh>



## **PAPER, ROCK, SCISSORS FOOTBALL**

Paper, Rock, Scissors Football is a fun and active way for kids to practice decision-making and teamwork while getting their bodies moving. It also builds excitement and friendly competition as teams race to win!

### **How to Play:**

1. Split into 6 teams.
2. Each team splits in half and faces each other across the court.
3. One side starts with the ball.
4. The first two players run toward each other and stop when they meet.
5. Put the ball on the ground and play Rock, Paper, Scissors.
6. The winner grabs the ball and runs to the other team's end zone, while the next person in line runs out to tag them to stop them.
7. The non-winner goes back to their team and waits for their turn.

<https://vimeo.com/1112296666?fl=pl&fe=sh>





## 1-2-3-JUMP-CLAP-WOO

1-2-3 – Jump – Clap – Woo is a silly and fun partner game that helps kids practice listening and memory while staying active. It also builds rhythm and teamwork as they switch numbers for movements and try to stay in sync!

### **How to Play:**

1. Get a partner and face each other.
2. Take turns counting.. you say "1," they say "2," you say "3," and keep going.
3. Each new round, switch who starts with "1."
4. Replace "1" with a jump, "2" with a clap, and "3" with a loud "Woo!"- one each round.

Keep going and have fun with the moves!

<https://vimeo.com/1112297230?fl=pl&fe=sh>



## LINE UP COMMUNICATION

Line Up – Communication helps students work together to solve challenges like lining up by name or birth month. It builds teamwork and listening skills, especially when they can't talk or use their hands!

### **How to Play:**

1. Everyone lines up in ABC order by first name as fast as possible.
2. One at a time, step out of line and say your name and where you teach.
3. Now line up by birth month from January (1) to December (12) without talking or using hands.
4. Look around and see who shares the same month or birthday.

<https://vimeo.com/1112349052?fl=pl&fe=sh>



## **BLOB TAG**

Blob Tag is a fun game that helps kids learn teamwork by moving together and tagging others as a group. It also builds communication and coordination as the blob grows and works to catch the last person!

### **How to Play:**

1. Start with 4 students linking arms in a line. They are the Blob.
2. The Blob moves together to tag other players inside the play area.
3. When someone gets tagged, they link arms and join the Blob.
4. The Blob keeps growing as more people are tagged.
5. If the Blob gets too big (10 or more), it can split into smaller Blobs.
6. The last person left untagged is the winner!

<https://vimeo.com/1112297466?fl=pl&fe=sh>



## FAVORITE COLOR GROUPS

Favorite Color Groups is a fun way for kids to connect with others who share something in common while practicing introductions and sharing about their families. It also helps teachers spot leaders, shy kids, and those who might need extra support in group settings.

### **How to Play:**

1. Everyone walks around and finds people who like the same color as them.
2. When you find your group, say your name and share something about your family or siblings.
3. If your group is small, join a bigger one.
4. The teacher can watch to see who leads, who might cause trouble, and who is quiet.

<https://vimeo.com/1112297631?fl=pl&fe=sh>



## CROWS AND CRANES

Crows and Cranes is a fast-paced game that helps kids listen carefully and react quickly while having fun with a partner. Adding dice and math makes it even better for practicing addition and subtraction in a playful way!

### **How to Play:**

1. Get a partner and stand facing each other. One line is the Crows, and the other side is the Crane
2. Teacher yells "Crows" or "Cranes."
3. If they say "Crows," the crows chase the cranes for 3 steps. If they say "Cranes," the cranes chase the crows.

Add dice to the game. Roll and use the numbers to add or subtract while playing.

<https://vimeo.com/1112297853?fl=pl&fe=sh>





## RPS FITNESS

PRS Fitness is a fun way to get kids moving while mixing in friendly competition and teamwork. It helps them stay active, meet new classmates, and try different exercises in a fun way!































### **How to Play:**

1. Get in a group of 3.
2. Each person throws their hand sign (like rock, paper, or scissors).
3. Do the fitness move shown on the paper.
4. Find 2 new people and do it again.
5. Repeat the activity 3 times with different people.
6. Sit down when you're done.

<https://vimeo.com/1112298017?fl=pl&fe=sh>



# RPS Fitness

PAPER 	SCISSORS 	ROCK 	Complete 20 Plank Shoulder taps (opposite hand touches opposite shoulder while in a push-up plank)
PAPER 	PAPER 	SCISSORS 	Complete 10 Squat Jumps
PAPER 	PAPER 	ROCK 	Crab Walk for 15 steps
SCISSORS 	SCISSORS 	PAPER 	Hold a Plank for 25 seconds
SCISSORS 	SCISSORS 	ROCK 	Complete 20 Knee Curls ups (palms to patellas)
ROCK 	ROCK 	SCISSORS 	Complete 20 Ski Jumpers
ROCK 	ROCK 	PAPER 	Complete 25 Jumping Jacks
PAPER 	PAPER 	PAPER 	Backward Bear Walk for 10 steps
SCISSORS 	SCISSORS 	SCISSORS 	Complete 20 Cross-Crawls (opposite elbow to opposite knee)
ROCK 	ROCK 	ROCK 	Hold a Yoga Pose for 15 seconds

After a video has been "Marked

## MUSICAL SPOTS

Musical Spots is a fun way to help kids practice quick thinking and movement while listening for music cues. It also builds excitement and friendly competition as they race to stay in the game and become the champion!

### How to Play:

1. Have students walk in a big circle around poly spots in the middle of the gym. There should be less poly spots than # of players in the activity.
2. Play music while they walk.
3. When the music stops, everyone rushes to step on a poly spot.
4. If you get a spot, you're safe. If not, you're out.
5. People who are out walk in a circle on the outside, going the opposite way.
6. Take away 2 or 3 spots each round so more people get out.
7. Keep playing until only 2 or 3 are left.

The last person standing is the Champion!

<https://vimeo.com/1112301570?fl=pl&fe=sh>



## MUSCLE GRAB

This is a fast and fun reaction game that gets kids moving and thinking. Players listen for body part commands, then race to grab the object in the middle when they hear "GRAB!" The quickest one wins!

### **How to Play:**

1. Get a partner and stand across from them with something like a bean bag or cone in the middle.
2. They can stand or be in a push-up position.
3. Call out different muscles like "touch your elbow" or "touch your knee."
4. After a few, yell "GRAB!"
5. The first person to grab the object wins!

<https://vimeo.com/1112298533?fl=pl&fe=sh>





## TENNIS BALL TOSS GAME

Tennis Ball Game is a fun challenge that helps kids improve their catching skills and teamwork as they try to keep more balls in the air. It also encourages focus and coordination while working toward a shared goal like breaking a record!

### **How to Play:**

1. Split into teams of 10 or 11.
  2. Start with one ball—one person catches it.
  3. Then try with two balls—two different people catch them.
  4. Keep adding one ball at a time.
  5. For younger students use colored balls or yarn balls.
- Try to beat the Hawaii record of 10 balls caught at once!

<https://vimeo.com/1112298789?fl=pl&fe=sh>





## 5 PASS

5 Pass/5 Pass Touchdown is a great way to get kids to work together and practice teamwork while staying active. It helps them improve their passing skills and communication as they try to move the ball down the field without dropping it!

### **How to Play:**

1. Split into 2 equal teams. Create multiple games for more participation.
2. Each team tries to make 5 passes in a row without dropping the ball.

The first team to move the ball with 5 passes gets 1 point.

**Variation:** no pass back rule, max 3 second hold, five pass touchdown moving down the field

<https://vimeo.com/1112299150?fl=pl&fe=sh>



## MARKER TAG

Marker Tag is a fun icebreaker that helps kids practice introducing themselves and sharing something personal while staying active. It also builds quick thinking and spatial awareness as they try to find their partner after spinning!

### How to Play:

1. Stand toe to toe with a partner.
2. Say your name and share one fun fact about yourself.
3. One person raises their hand. They are the marker. The other is the tagger.
4. The tagger spins around 3 times, then tries to find the marker.
5. If they tag the marker, they earn a point.

Switch partners and repeat 3 or 4 times.

Variations: add partners together by linking arms and join another group, make groups of 3 or 4...

<https://vimeo.com/1112304481?fl=pl&fe=sh>



## STRADDLE BALL

Straddle Ball is a fun and fast-paced game that helps kids improve their coordination and teamwork. As the group grows and more balls are added, it challenges their focus and quick thinking in a playful way!

### **How to Play:**

1. Get into groups of 5 or 6 and stand in a circle with your feet touching.
2. Keep the ball on the ground and try to score by using your hands to block and hit the ball.
3. The goal of the game is to hit the ball between other people's legs.
4. Count how many times you score.
5. Combine groups to make bigger circles of 10 or 12 people.
6. Add a second ball, then a third ball

<https://vimeo.com/1112306095?fl=pl&fe=sh>

