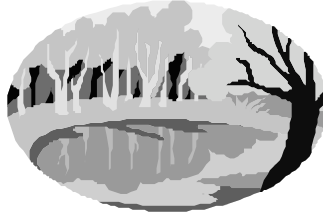


Ice Breaker Activities



Toxic Waste Stuff

Equipment- 12 to 24 inch beach ball/ balloon (Outdoor activity)

Objective- The participant will develop cooperative skills to achieve a group goal.

Objective-Through challenging group problem solving activities the participants will have the opportunity to discover the value of social interaction, self expression and the enjoyment of physical activity.

Group Goal- determine the duration of time in which the entire group can keep ball(s)/balloon(s) in air.

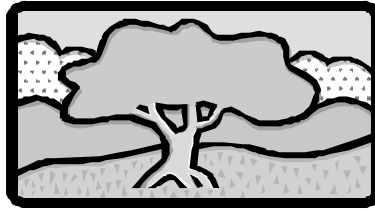
Problem- The beach ball/balloon is filled with toxic waste. If kept in the air long enough the toxic material will be absorbed and the environment will be cleaned.

Variations-

- No one may touch the ball twice before someone touches once.
- The ball must be touched a specific number of times of times.
- The students have to move the ball from one location to another.

Instructor's role- To facilitate group problem solving strategies, check area for safety, and monitor appropriateness and safety of skill attempted.

Ice Breaker Activities



Loop-A-Hoop

Equipment- 1 to 3 hula-hoops (Indoor/Outdoor activity)

Objective- The participant will develop cooperative skills to achieve a group goal.

Objective- Through challenging group problem solving activities the participants will have the opportunity to discover the value of social interaction, self expression and the enjoyment of physical activity. (C.S. 2.2, 2.3, 2.5, 2.6)

Group Goal- with hands join and all members forming a circle, the hula-hoop must be passed from one member to complete the circle.

Problem-The group will be asked to join hands. A hula-hoop will be placed between two members of the group. The group will pass the hoop around the circle; hands must be joined at all times.

Variations-

- Add more hoops
- Reverse direction of hoops
- Time activity

Instructor's role- To facilitate group problem solving strategies, check area for safety, and monitor appropriateness and safety of skill attempted.

Ice Breaker Activities



Bubble Ball

Equipment-1 to 5 medium size balls (Indoor/Outdoor activity)

Objective- The participant will develop cooperative skills to achieve a group goal.

Objective-Through challenging group problem solving activities the participants will have the opportunity to discover the value of social interaction, self expression and the enjoyment of physical activity. (C.S. 2.2, 2.3, 2.5, 2.6)

Group Goal- to find the maximum number of balls that the group can lift and support at one time. All balls must be off ground.

Problem- The group will be given a ball and asked to use one hand and lift the ball off the ground. All members of the group must be touching the ball. Once the group is successful with one ball, additional balls can be added, one at a time.

Variations-

- Keep adding balls
- Have participants move and travel
- Use other parts of the body

Instructor's role- To facilitate group problem solving strategies, check area for safety, and monitor appropriateness and safety of skill attempted.

Ice Breaker Activities



Birthday Line/Height Order

Equipment- none (Indoor/Outdoor activity)

Objective- The participant will develop cooperative skills to achieve a group goal.

Objective-Through challenging group problem solving activities the participants will have the opportunity to discover the value of social interaction, self expression and the enjoyment of physical activity.

Group Goal- Without speaking the participants will arrange them selves in birthday/height order. (Group must develop another way in which to communicate.)

Problem- The group will be given a starting area for their line. The group will be told they may not speak and must arrange them selves in order according to months (days if necessary).

Variations-

- Add other disabilities (visual impairment, physical challenges)
- Height order without moving from birthday line (may speak for height order).
Line order standing side by side without moving. (Solution person at one end gets as close to ground as they can. Next person a little higher and so forth and so on until the very last person on opposite end of line is on their tip toes.

Instructor's role- To facilitate group problem solving strategies, check area for safety, and monitor appropriateness and safety of skill attempted.