

ICEBREAKERS

These activities are a great way to get juniors to relax at the beginning of a session and get to know each other.

Get to Know you BINGO!

How to play: Find someone in your group that has done the following things and write their name in the box. You can only use one person for one box (no repeats!) Once you have filled the whole card shout BINGO!

| | | | |
|-------------------------------------|--|--|--------------------------------------|
| Someone who plays an instrument | Someone who likes reading | Someone who wears glasses | Someone who has a big sister/brother |
| Someone who likes the colour purple | Someone who was born in the first 3 months of the year | Someone whose favourite subject is maths | Someone who has been on a plane |
| Someone who plays another sport | Someone who went to the beach on their holiday | Someone who speaks a different language | Someone who has a pet |

Birdies and Bogeys

How to Play

- The groups are asked to line themselves up in order
- Split the group in 2 and line them up one behind each other – birdies and bogeys
- If you shout birdies – birdies run to their home with the bogeys trying to catch them etc
- First round – side squat to their “home”, second round star jump to their “home” third round run!



M&M/Skittles Challenge

How to Play

- Juniors are given the bag of sweets and asked to pick one out
- Whatever colour they choose will represent a question e.g. red = name your favourite hobby
- This continues around the group

Adaptations

- Change the questions
- Get the Juniors to come up with what each colour represents



Toss and Talk

How to play

- Get the group into a circle, one person throw the balls and the person who catches it must answer or act out what is written below their right thumb

Adaptations

- Different themes for the questions e.g could become more related to golf
 - What is a birdie?
 - What are the Captains names?
 - What colour are the different tees?
 - Where do you sign in for a competition?



Getting to know you

How to Play

- Leader says their name and does a movement along with it.
The Juniors can be very shy to start off with so the leader may have to help them come up with some movements – jump, wriggle, touch of the nose, standing on one leg etc.
- The group have to repeat the first person's name and gesture
- The next person must say her name and do a different movement
- Each member of the group has to add their name and movement until all the Juniors have had a turn
It will get very silly, especially as the list gets longer!



Line Up

How to Play

- Groups must line up in order
- Team that get into line the quickest win

Themes

- Line up in order of age, oldest at the front, youngest at the back
- Line up in first name alphabet order
- Line up by height, shortest first
- Line up according to your birthdays - first in the year goes first
- How many cousins have you got? Line up with the least cousins in front
- Line up in groups of colours
- Line up based on the length of hair – shortest first etc.



Name Grid

How to Play

- Ask each group to draw a grid on which they write their forenames
- Give each team three minutes to write down as many words (three letters or more) that they can make only using the letters of their names
- When the time is up each team adds up their scores
- Scoring:
 - 3 letters = 1 point
 - 4 letters = 2 points
 - 5 letters = 3 points
 - 6 letters = 4 points

Adaptations

- Use golf words/expressions

| | | | | | |
|---|---|---|---|---|---|
| S | I | M | O | N | |
| W | E | N | D | Y | |
| R | O | B | E | R | T |
| A | N | N | E | | |