

2011-2012

The Big Book of Everything

Preflections
Reflections
Group Builders
Icebreakers and Energizers
Cheesy Road Trip Games

PREFLECTIONS

Preflections take place *before* the service takes place. In other words, anything before service will be a reflection. Like a reflection, reflections are issue-based. They might be personal, focusing on feelings or thoughts that group members have prior to service, or they might be educational, as participants gather their own prior knowledge about the issue you will be working with.

Some sample reflection questions might include:

- What are you excited about?
- What are you feeling nervous about?
- What skills are you bringing to the group for our service?
- What do you already know about this issue?
- What are some stereotypes that we might face about this issue?
- What are you hoping to learn from this experience?

Tips

- Do a reflection activity before the trip to get people to talk about the issue.
- Make it an issue-based icebreaker!

“Don’t be a fool. Use the proper tool.” –The Naval Safety Center

Preflection Activities

Ideal Society

Each participant gets a blank piece of paper. They are then asked to draw a picture of the ideal outcome of their service in the community. Once everyone is finished, each member explains what they have drawn and why.

Egg Game

Put a series of questions into plastic eggs. The questions can be very general or extremely serious. Each person picks an egg and takes a turn reading their question. Preflection questions should be specific to the experience. (See page 2 for sample preflection questions.)

Collage of Words

Using a large sheet of paper, have students write words that they connect with the issue they will be working with. Provide plenty of creative material (markers, crayons, etc) and a large sheet of paper on a smooth surface. Give participants twenty minutes, and have them explain their work when they are finished.

Imagining the Future

Ask participants to imagine that the year is 2030, and the participants in the group have rejoined for a reunion. As a group, reflect on all of the changes that have happened because of the service you will have completed and the difference that work has made on your life.

All Tied Up/ Worry Web

Have the group stand in a circle. Hold the end of a ball of string and hand the ball off to a participant. Ask them to reflect on a particular question (e.g. what is something you want to know?). Once they have answered the question, ask them to hold onto their piece of the string and to pass the ball onto someone else. Continue the process until everyone has reflected on the question and has a section of string in their hands. When completed, you should have something that looks like a web. When they are all done talking, make some points about the interconnectedness of people and how they are all part of the solution, for if one person had not contributed to their service projects, the outcome would've been different, etc.

Another way to try this preflection is for all participants to share a worry they have about the trip (i.e. the car ride, food, service work, etc.). Have everyone cut the string and tie as a bracelet or necklace or whatever to wear throughout the trip. Moral of the story: we all carry each other's worries and as a group we need to help each other out.

Pre-trip Letter to Self

Participants write a letter to themselves that might answer some of their questions or address some of their concerns before the trip. This activity is meant to provide participants with a comparison between their pre-trip experience and their post-trip experience. Site leaders can hold on to the letters and return them during or after the trip. (See page 2 for sample preflection questions.)

Stand and Declare

Participants stand in a circle. After each statement is made, participants will need to decide whether they agree or disagree with the statement. If they agree, they step into the circle. Facilitate by saying... “Look who is inside the circle, look who is on the outside.” Statements can be about controversial topics, the issue, life experiences, etc. The following are some examples:

1. Leadership involves collaboration.
2. America is the most diverse country in the world.
3. All people have the potential to be leaders.
4. Anyone can be racist.
5. Personal and social responsibility is part of being a leader.
6. What is often interpreted as racism is really classism.
7. Leadership should be values based.
8. Men and women are more alike than they are different.
9. People can choose what sexual preference they have.
10. Celebrities should be considered as and should act like role models for children.
11. People should be allowed to say whatever they want.
12. Volunteer members of an organization can be and should be fired for misconduct if similar actions would get them fired in the workplace.
13. People should accept the cultural practices of groups they don't belong to, even if they don't agree with them.
14. Children should be taught to not question authority.
15. People who are part of a minority group have a responsibility to let others know.
16. Spanking children is an acceptable form of discipline.
17. My racial identity is most important in defining who I am.
18. The death penalty should be instituted in every state.
19. Materialistic items (like clothes, cars, etc.) are an accurate indication of one's class.
20. People who deny medical treatment for their children based on religious or cultural reasons should be held legally responsible in the event that the child dies.
21. Gender differences will always exist.
22. Communities are best served by individuals from the same or similar communities, i.e., ethnicity, religion, gender, class, age, etc.
23. A person should be able to love and marry a person of gender/race legally.
24. Racism can go both ways – white to minority or minority to white.
25. Free speech is a critical foundation in a fair society.
26. A person who kills a pregnant woman in an accident should be held responsible for the death of the woman and her fetus.
27. I consider my cultural background much more important than my gender and race in defining who I am.
28. Other people are taking care of the environment. I don't need to worry about it.
29. Lack of family values is responsible for the crisis in America today.
30. Animal testing is okay...at least it's not done on humans.
31. Race is the most important part of one's identity in America.
32. Evolution is a proven theory.
33. Religion has no place in public schools, the workplace, or government.
34. Illegal aliens are entitled to schooling or health care.

35. Pornography should be censored from the internet.
36. The government should have the right to censor any TV show, music, or radio program in the interest of the public good.
37. Guns don't kill people, people kill people.
38. Most people need to be led.
39. Community service should be a requirement for graduation.
40. Political correctness is a fad that has gone too far in America.
41. We should work to help the needy in the United States before we send Americans to help people in other parts of the world. We have all the problems we can take here at home.
42. Hunting does not violate human rights.
43. People are only as strong as their ability to resist indoctrination by their surrounding culture.
44. Corporate "white-collar" crime should be prosecuted with less fervor than crimes like drug possession or theft charges.
45. Healthcare in America should be universally available to all citizens and immigrants.
46. Parents should receive federally-funded vouchers to send their children to private school if the public school is failing to help the child succeed.
47. The United States should not drill for oil in Alaska in the attempt to reduce dependence on foreign oil supplies.
48. Americans live in a culture of fear and consumption.

REFLECTIONS

These are some questions that might help you to guide your conversation so that there is a focus on the “what, so what, and now what” that each reflection should include. These can be used in some of the activities given or they can stand on their own... you decide!

Some sample reflection questions might include:

- What has been your favorite “service moment” and why?
- What has been your least favorite “service moment” and why?
- What will you do tomorrow that you didn’t do today?
- Why do you think that it is important for college students to be here?
- How are we affecting this community?
- What did you learn about the issue we are working with?
- What is one thing you want to learn more about?
- Do you consider yourself an advocate for this issue? Why or why not?

Tips

- Plan out reflections for each night before leaving for the trip.
- Stay issue-based, but don’t be afraid to mix in a little group-building.
- On the first night of reflection, develop rules for reflection with your group.
- A good reflection lasts about an hour. Any longer, and you lose the interest of the group.

“Shortcuts don't cut it.” – The Naval Safety Center

Reflection Activities

Highs and Lows

Go around the group, talking about a high point and a low point in someone's experiences for the day as it relates to the issue. Encourage participants to provide further explanation if their high or low coincides with someone else's.

Collage of Words

Using a large sheet of paper, have participants write words that described their experience with the issue you are working with. Provide plenty of creative material (markers, crayons, etc.) and a large sheet of paper on a smooth surface. Give participants twenty minutes, and have them explain their work when they are finished.

Group Poem Writing

Like a circle journal, this will bring your group together in a reflection of their service. Circulate a piece of paper around your group with a focus written across the top ("A Day in the Life of..." or "What I Learned"). Each group member will add a line in response to the previous until everyone has written. Read the poem when it is finished, and discuss.

Imagining the Future

As participants to imagine that the year is 2030, and the participants in the group have rejoined for a reunion. As a group, reflect on all of the changes that have happened because of the service you've completed and the difference that work has made on your life.

Graffiti Museum

Glue a wide variety of magazine pictures on construction paper, and post them down a hallway wall. Have participants look through all of the pictures, and chose one that represents their impression of the previous event (e.g. an activity, the day, or the whole weekend). Gathering in a circle, have students quietly circulate the pictures, and write why they do or don't relate with the picture.

Show and Tell

Individually or in pairs, have students describe items they've collected or used throughout the day or trip, including their reactions and emotions regarding the item or the activity it was used in.

Questions Left Unanswered

In pairs, ask students to write down any questions they feel are unanswered from the day or trip you just completed. Encourage participants to ask anything, and then report their questions to the large group. Refrain discussion until all the questions are read, but then allow for an open exchange between participants.

Group Banners

Using large pieces of banner paper and markers, ask students to get into pairs and depict their experiences with the issue using a combination of words and pictures. Give them about 10-15 minutes. When completed ask each pair to share their banner with the whole group. Use their banners as a jumping off point for processing the experience.

All Tied Up

Have the group stand in a circle. Hold the end of a ball of string and hand the ball off to a participant. Ask them to reflect on a particular question (e.g. what was something new you learned today?). Once they have answered the question ask them to hold onto their piece of the string and to pass the ball onto someone else. Continue the process until everyone has reflected on the question, and has a section of string in their hands. When completed, you should have something that looks like a web. When they are all done talking, make some points about the interconnectedness of people, how they are all part of the solution, for if one person had not contributed to their service projects the outcome would've been different, etc.

Stop-Start-Continue

Pick something that you do now that you should stop. Then pick something you should start doing now because you have stopped that. Pick a way to continue that action.

Service Journals

Ask participants to keep a journal of their service learning experience through regular (after each activity) entries. Provide framework for the journals (e.g. who will read it, what should they write about, how it will be used). Variations on the Activity Journal include team journaling, and circle journals. You can also provide particular questions to respond to, and use hot topics from activities to reflect on. You may ask participants to reflect on conference topics, including quotations and readings from authors, music groups, etc. (See page 6 for sample reflection questions.)

A Day in the Life of...

Try to put yourself in the shoes/skin/wall/etc. of the issue with which you are working. Imagine how it would feel and what being in that situation must feel like. Discuss it as a group.

Egg Game

Put a series of questions into plastic eggs. The questions can be very general or extremely serious. Each person picks an egg and takes a turn reading their question. Reflection questions should be issue-specific. (See page 6 for sample reflection questions.)

Candle Pass

The candle pass is used to create a serious atmosphere during reflection. The only person allowed to speak is the one holding the candle. This can be used to discuss the service work, highs and lows relating to the issue, etc. Highs and Lows should be partnered with another reflection and can even be done every night but should not a solo reflection. (See page 6 for sample reflection questions.)

Ideal Society

Each participant gets a blank piece of paper. They are then asked to draw a picture of the ideal outcome of their service in the community. Once everyone is finished, each member explains what they have drawn and why.

Stand and Declare

Participants stand in a circle. After each statement is made, participants will need to decide whether they agree or disagree with the statement. If they agree, they step into the circle. Facilitate by saying... "Look who is inside the circle, look who is on the outside." Statements can be about controversial topics, the issue, life experiences, etc. (See pages 4-5 for sample reflection questions.)

Concentric Circles

The group is divided in two, with half of them forming a tight circle in the center of the room facing out. The remaining people face the inner circle. The facilitator then poses a question for each pair to answer in a few minutes. Then either the inner or outer circle is asked to rotate "x" spaces to the right or left. Another question is asked for the new pair to discuss. This activity can go on for as long as desired, giving people the chance to have one-on-one discussions with many different people in the group. (See page 6 for sample reflection questions.)

5-5-5

Sitting in a circle, participants will share where they were five years ago, where they were five months ago, and where they hope to be five years from now. This can be considered a reflection if the answers to these different questions are focused on their experience with the issue your group is working with or service learning in general.

Word Up

Pick a word to describe something to do with the day. How it felt, what you did, etc. Make a poster! Describe it to the group. Explain why you picked the word and what the illustrations mean.

Star

Use construction paper cutouts of stars in three colors. Each color will represent a person with different life experiences.

- Have people choose the different colored stars and write the following words on the points: Family, Health, Education, Community, and Shelter (or something along those lines).
- Create a story for each color along the lines of the following: Yellow stars will lose all their points except one, Red will have 3 points left but some of those folded down, and Blue will keep all of their points.
- Address each point for each color as follows: "Blue stars, you have many family members who live close by, parents who love and support you, siblings, or extended family to take care of you. Red stars, you also have a strong family support but not as

strong as blue. Your family members are more worried about their personal agendas than yours; please fold over the family point of the star. Yellow stars, your parents have died or have not talked to you in years. Your siblings and extended family have shunned you from the family and refuse to see, talk, or even acknowledge you. Please rip off the family point of your star.” Continue this type of pattern resulting in 3 very separate situations based on each color.

- Reflection questions: “Yellow stars, how do you feel not having any points to your star? Do you think it will be harder for you to succeed and why? What is the main point on the star that you wish you could have kept and why? Red stars, do you wish you could switch any points to make life easier for you? How do you think a person with a red star in real life can push forward to get themselves out of a situation? Blue stars, how did you feel throughout the reflection? Do you feel guilty to have all your points? If you could, would you trade one of your points to a red or a yellow, and why?” You can then relate the stars directly to your issue.

GROUP BUILDERS

A group builder can be loosely defined as an activity geared towards strengthening group dynamics and cohesion. Please note: *A reflection can be a group builder, but a group builder isn't always a reflection.*

Here are some questions that can be used as a part of some of the group builders that you do, or can be conversation starters in the van or during down-time on the trip:

- What is one thing you did today that helped the group work on its goal?
- What was the best part of your day?
- What is something unique about you?
- What was the hardest part of the day for you?
- If you could be any animal, what would you be and why?
- Who do you trust most in this world? What makes you trust them?
- What is something that makes you angry?
- Say something nice about the person to your left/right.
- What is something you did today/this trip that you haven't done before?
- Choose a word that describes how you feel right now/
- If you could live anywhere in the world, where would it be? Why?
- What things do you appreciate about your friends?
- Share something that you learned about someone else today.
- How has someone in the group helped you?
- Choose a color that describes how you feel right now and explain.
- What is something that you are looking forward to?
- What is something that you do well?
- What do you think about just before you fall asleep?
- If you could change one thing about AB, what would it be?
- What do you want to do when you are done with school?
- What are the easiest and hardest emotions for you to express?
- What is something that few people know about you?
- What do you want to be doing in five years?
- Before I came to Grand Valley, my main interests were...
- The way I would describe my family is...
- The thing I remember most about high school is...
- My most unusual friend is...
- The things I value most are...
- My favorite pastimes are...
- The thing I would most like to accomplish this year is...

Tips:

- Use plenty of these!
- Have some ideas ready for times of awkward quietness.

"Informed is better than deformed." –The Naval Safety Center

Group Builder Activities

Emotional Go-Around

Participants are asked to show with a word, their body, or a facial expression how they feel right at the moment. Let people show their reaction, one at a time, and then have participants explain their reaction. This activity can give the facilitator a sense of the group mood and gives the participants a chance to express how they feel at that moment.

All Tied Up

Have the group stand in a circle. Hold the end of a ball of string and hand the ball off to a participant. Ask them to reflect on a particular question (e.g. what was something new you learned today?). Once they have answered the question ask them to hold onto their piece of the string and to pass the ball onto someone else. Continue the process until everyone has reflected on the question, and has a section of string in their hands. When completed, you should have something that looks like a web. When they are all done talking, make some points about the interconnectedness of people, how they are all part of the solution, for if one person had not contributed to their service projects the outcome would've been different, etc.

Stop-Start-Continue

Pick something that you do now that you should stop. Then pick something you should start doing now because you have stopped that. Pick a way to continue that action.

Egg Game

Put a series of questions into plastic eggs. The questions can be very general or extremely serious or personal. Each person picks an egg and takes a turn reading their question. Group-building questions might include: "What is the most common thing you eat for dinner?" or "What is your most embarrassing moment?" (See page 11 for sample group-builder questions.)

Candle Pass

The candle pass is used to create a serious atmosphere during reflection. The only person allowed to speak is the one holding the candle. This can be used to discuss Highs and Lows, for a Reverse Reflection, or for sharing personal experiences.

Reverse Reflection

Each member of the group comments on the person holding the candle. These comments may be things like what they did well that day, why they like working with them, how they have changed throughout the trip, etc.

Nature's Gift

Have your participants randomly select a name out of a hat. This will be their nature's gift recipient. Throughout the week they are to gather things from nature in order to create a gift for this person. You may need supplies to assemble the gift.

Bead Bracelets/Necklaces/Key Chains

Bring a bag of colored beads and string/yarn/anything to make into a necklace with you on your trip. Have each color bead represent a different quality or aspect of your trip (friendship, hard worker, humor, teamwork, etc.). Participants can select beads to give to their peers. Each person should take a turn and explain why they are giving what beads to each person. This allows your group to bond and express their feelings openly.

Journals

Purchase enough journals for every person on your trip before you leave. Label each one with the participants' names and yourself. Set them in a common place for the whole trip. Inform your participants that they can write in each other's' journals throughout the week with fun memories or general experiences. You might also set aside some time each day for everyone to write in journals. Participants are not allowed to read their own journal until the end of the trip.

Paper Plate Awards

Create a special award, on a paper plate, for each person. Making them personalized is important! These can be funny or serious.

Emotion Cube

You can write different emotions on each side of a foam cube. Each person takes a turn rolling the cube and describing a time that they felt the emotion that lands face-up.

Beach Ball

Write questions all over a ball (funny, serious, or whatever!) and toss it around in a circle. Whichever question lands closest to the person's right thumb needs to be answered. (See page 11 for sample group-builder questions.)

Folded Paper Activity

Have your participants fold a sheet of paper into four, then open it up and draw a circle in each. In each circle write one of four things: your favorite pet, your favorite color, a chasm (a deep hole in the earth), and the beach. Then, in each square they list words that they think of when they hear or see that term. Each box symbolizes something different:

- Your favorite color is who you are
- Your pet is how others see you
- The chasm is how you feel about major life changes
- The beach is how you feel about sex

Photo Journal

Photography is a great way to capture all the happenings of your service project. It works really well for people who don't like to write as much as they like taking pictures. For each picture, come up with a caption. It's a great way to bring everyone in the group together. You can keep the pictures and captions in a journal or make them into an exhibit for others to see.

Stand and Declare

Participants stand in a circle. After each statement is made, participants will need to decide whether they agree or disagree with the statement. If they agree, they step into the circle. Facilitate by saying, "Look who is inside the circle, look who is on the outside." Statements can be about controversial topics, the issue, life experiences, etc.

Concentric Circles

The group is divided in two, with half of them forming a tight circle in the center of the room facing out. The remaining people face the inner circle. The facilitator then poses a question for each pair to answer in a few minutes. Then either the inner or outer circle is asked to rotate "x" spaces to the right or left. Another question is asked for the new pair to discuss. This activity can go on for as long as desired, giving participants the chance to have one-on-one discussions with others in the group.

Trust Fall

Members stand on a raised platform and fall backwards into the arms of other members.

Warp Speed

The group starts in a circle formation. The goal is that the group will "juggle" an object or several objects so that everyone touches it under time restraints.

Machine Game

The object of this game is to create a machine out of a group of people (ceiling fan, hot air balloon, wristwatch, etc.). Each person is required to be accountable for one noise and one motion of the machine. The group members should then put their motions and sounds together to create the machine. Give the group about five minutes to work together and prepare, then have the groups present to everyone.

Blindfold Line-Up

As the group the close their eyes and keep them closed for the remainder of the game. Ask the group to mill around without talking. After 10-15 seconds, ask them to stop. Assign each person a number by tapping them on the shoulder and saying the number at the same time. Then tell them to line themselves up by number without talking or opening their eyes.

Trust Walk

Members take turns being blindfolded and led by another group member on a short walk.

Blind Polygon

The object of this game is for the group to form a perfect square and a triangle using the given length of rope. Ask participants to close their eyes and keep at least one hand on the rope at all times while they complete the activity.

Count Off

Ask the group to count to 20 without pre-planning who is going to say each number. There is a catch... there are no verbal or physical signals allowed, and the group must do it without any two people saying the number simultaneously. See how fast they can do it!

Human Knot

The group starts out in a tight circle. Everyone reaches across the circle with their right hand to grab another group member's right hand. The group then reaches in with their left hand to grab a different group member's left hand. The object is to untangle the "knot" without letting go of hands until a circle is formed.

Piece of the Puzzle

Facilitator should cut a puzzle out of poster paper ahead of time, so that there is one piece for each person in the group. Have participants decorate their piece to represent who they are and what they feel they can contribute to the group. Once participants are done, have them share what they have on their piece. After this, the group can work together to assemble the puzzle.

The Web We Weave

The group stands in a circle. The facilitator begins the game by asking a question such as, "What is your favorite place to be when you are happy?" The facilitator answers the question and then tosses a yarn ball to another person, while holding onto the end of the yarn. The person answers the question, holds a piece of the yarn, and then tosses it to someone else. The game continues until everyone has shared. The facilitator then asks two or three of the team members to "drop" their string. The web begins to sag and appears to be very weak and vulnerable. The facilitator can then discuss how important each participant is to the team.

Important Item

Have each person bring something to the group that means something special to them or that they would not have left home without, and then ask them to take turns sharing.

M&M Swap

Have the group stand in a circle. Give each group member a plastic spoon, and have them put the spoon handle in their mouths. Put four or five M&Ms in one person's spoon. The group must pass the M&Ms from the first person to the last, without using their hands. The object is to get all of the M&Ms to the end, without dropping any.

What You Don't Know

Tape a blank piece of paper on everyone's back. The members are to write a compliment or positive comment on other group members' backs. At the end of the session, explain that a lot of times we tend to give compliments behind someone's back and it is not very often that we actually say these things to peoples' faces.

Lap Sit

The group will start in a circle. Every group member will turn, placing their left leg towards the inside of the circle. Everyone will take on giant step into the middle of the circle. With hands on the person's shoulders in front of you, the group will sit on each other.

Ongoing Tag

This is an ongoing tag game that you can initiate at the first meeting of the group. You tell the group that one of them is "it." Tell that person privately. The "it" person may tag another person in any way they can (phone, email, or in person). The game can last for as long as you wish and makes for a lot of laughs and funny stories.

Famous Pairs

In this exercise, group members will be asked to identify the names of famous pairs or persons. The leader tapes the name of a famous person on the back of each participant (Fred Flintstone, Bill Clinton, etc.) The group member is not to see who is taped to their back. Their task is to find out who they are by asking others yes/no questions. Once they find out who they are, they can find their "pair."

Photo Scavenger Hunt

For this activity, each group needs a list of objects to find or tasks to complete and a disposable camera. Give each group a set time (30-60 minutes) to complete the list. Record the time for each group, have the pictures developed, and share the pictures with the group.

5-5-5

Sitting in a circle, participants will share where they were five years ago, where they were five months ago, and where they hope to be five years from now.

Looking Back

On the last night of your trip, hand out each person's application that they had turned in at the beginning of the year. Give them time to look through them, and take turns reflecting on how you think you had changed from the experience.

T-Shirt

Have each group member show or describe his/her favorite article of clothing and explain why it is his/her favorite.

Mafia Spin-Off

You've heard of the game Mafia, right? Where there's a sheriff, the mafia, the townspeople, etc. The goal of the game is to guess who the mafia members are before they kill everyone else. Here's the "Crista and Neil Spin-Off Mafia" game:

1. Make enough cards for everyone in the group (scraps of paper). Have either one or two say "LIAR" on them, and the rest say "TRUTH-TELLER" on them.
2. Ask a question that everyone has to answer. We had a list prepared beforehand (see page 11 for sample questions).
3. After everyone shared their answer, the group has to guess who the Liar(s) was/were (much like trying to find the mafia). The group reaches a decision, and the person who the most people thought was the Liar was out of the game.

If the person was the Liar, the townspeople won. If it was a townspeople, they were out of the game but were still able to share their answers to the questions.

Pot-o-Love

At the start of the week, put a pot or bucket or container of some sort somewhere where everyone can get to it. Tell everyone to put in it notes to each other, things they see that they like, quotes, jokes (nice jokes) just little notes of "love." Then at the end of the week, read all of the notes together. Pass the bucket around and have everyone takes turns pulling the notes and reading them.

Word Up

Pick a word to describe something to do with the day. How it felt, what you did, etc. Make a poster! Describe it to the group. Explain why you picked the word and what the illustrations mean.

Blind Touch

Have everyone sit in a circle on the floor, a little spaced out from each other. It helps to have some kind of music lightly playing to help with disguising who is in the middle of the circle doing the touching. Have everyone close their eyes. Touch a few people (3 or 4) on the head and say "Everyone keep your eyes closed, but if I just touched you on the head, please QUIETLY (stress this) stand up and come to the middle of the circle. Those standing can open their eyes. The people sitting in the circle must keep their eyes closed until they are told they can open them again. Read off just a few of the following questions (or one of your own) one at a time. When the question is asked, the members in the center can go around and lightly tap on the head, rub the shoulders, give a squeeze, give a hug (or if you're Crista... punch in the face) anyone they feel applies to the question.

Here are some examples (do these in any order): Touch...

- someone who has inspired you
- someone who makes you laugh
- someone who you admire
- someone you hope to hang out with a lot in the future
- someone who has made an impact in your life
- someone who has made this trip unforgettable for you
- someone who you learned way too much info about :o)
- someone you wish you knew more about
- someone who is truly going to make a difference in the world
- someone who portrays great leadership qualities
- someone who would be a great future asset to AB
- someone who doesn't know how special they are

ICEBREAKERS and ENERGIZERS

An *icebreaker* is designed to get conversation going in a group, usually on a surface level. These are great activities to do in the beginning of the group process as a way for participants to learn names, become comfortable with one another, etc.

An *energizer* is something that your group might do to get excited for the day. They involve a lot of movement and talking, and can be helpful during an early-morning routine or at the end of a long day.

Tips:

- Use before the trip goes out, possibly at one of your hang out days.
- Use them in the van ride.
- Feel free to use them in the mornings if your group looks like it needs a little pep.

“Hey, wanna see something cool?” (Last words uttered before a mishap) – The Naval Safety Center

Icebreaker and Energizer Activities

Mrs. McGuillachudy (Mac-Gill-A-Kuddy)

This is a great energizer for groups. The group stands in a circle. One person starts out turning to the person to the right and saying, "Hi _____," to which the person replies, "Hello, _____." The first person then says, "Did you hear about Mrs. McGuillachudy? She hurt herself doing this." The speaker then picks a random action, which the entire group must do. Each person takes a turn creating something that Mrs. McGuillachudy did to hurt herself.

I Love You, Baby

The group forms and sits in a circle. The "it" player approaches one person and says, "I love you, baby." That player must respond by saying, "I love you baby, but I just can't smile." If that player smiles while speaking these words, he/she becomes "it."

Infinite Body Collages

Have one participant start by pretending to be any object of their choice, while doing a stance that resembles that object (have them verbalize what they are going to be). Have another participant volunteer to jump in the scene and be another object of their choice that is typically physically attached or relative to that first object, while doing a stance and verbalizing what they are going to be. Keep doing this so that you have 3-5 participants creating an image with their bodies. For example, the first participant could be a person ("I am a person!"), the second participant could be a shoulder bag on the person ("I am the shoulder bag on the person!"), the third participant could be a shoe on the person ("I am the shoe on the person!"), and the fourth could be a an umbrella that the person is holding ("I am the umbrella that the person is holding!"). Once you feel you have enough people in the image (3-5 participants), start a new image with the last object being the first object. For example, the last person from the first example would be an umbrella ("I am an umbrella!"), the second participant could be rain falling on the umbrella ("I am the rain falling on the umbrella!"), the third participant could be a dog underneath the umbrella ("I am the dog underneath the umbrella!"), and the fourth participant could be a leash on the dog ("I am the leash on the dog!"). You can then start a new image with the last object (the leash on the dog). Repeat.

Is Mrs. Mumble Home?

The group will sit in a circle formation. One person will start by turning to the person next to them and saying, "Is Mrs. Mumble home?" to which the person replies, "Who?" Then the first person says, "Mrs. Mumble." The second person replies, "I don't know, let me ask my neighbor." The conversation continues around the circle. The object of the game is to get the conversation moving fast without the group members showing their teeth.

The HA-HA Game

The group lays down on their backs so that each person has their head on someone else's stomach and someone else's head is on their stomach. One person begins the game by saying, "HA!" The person whose head is on their stomach must then say, "HA HA!" The game continues as such with each person adding one "HA!" The goal of the game is for the group to be able to get through as many people as possible without laughing.

Name Tag Switch

Everyone writes their name on a name tag. Then, each person introduces themselves to another group member. They say their name and three things about themselves. After each person has introduced his/herself, the two switch nametags. The group continues to mingle and introduce themselves, but acting as the identity of the person whose name tag they are wearing. At the end, each person shares their name on the name tag and the three facts about that person. Then, everyone gets their own name tag back.

"What's the Beef?"

Ask everybody to say three or four things that really bother them (i.e., "I don't like when people say 'like' all the time." or "I can't stand when people are full of themselves."). Some of them can be funny too ("I don't like to sing "Mary had a Little Lamb."), but try to limit the funny ones to one or two. One person, most likely a site leader, writes down what everybody says. Keep the list handy throughout the trip.

CHEESY ROAD TRIP GAMES

Groups participating in a Winter Break, Spring Break, or Weekend trip can spend anywhere from 1-30 hours in the car. These long road trips can either spark awkward silence, or can be a springboard for a successful group. These games might be helpful; use them (or come up with your own).



The "World's Cheesiest Car": the first ever to-scale car made entirely of cheese.

Tips:

- Keep an eye on participants who are not as involved in activities, and find a way to engage them.
- Be sure that everyone can hear everyone else.

"Prior to games, check playing field to avoid field of screams" – The Naval Safety Center

Cheesy Road Trip Activities

The “I-Packed-a-Suitcase” Game

The first person begins with the sentence: “I packed a suitcase, and in it I put...” followed by an item of that person’s choice, such as “a toothbrush.” The second person also starts with the same statement, “I packed a suitcase, and in it I put...” then repeats what the first person said, and adds his own item, “a toothbrush, and a bathing suit,” and so on, until someone forgets to list one of the items! You can adjust the level of difficulty and absurdity, according to your mood.

The Alphabet List Game

Using the Alphabet as the guide, select a theme to create a list about. Some good themes are: animals, cities, fruits and vegetables, sports teams, pizza toppings, underwater...the possibilities are endless! Now select someone to start. They begin with the letter A and, based on the category chosen, give an example of something that begins with the letter A. For animals, it would be Alligator, for cities, Amsterdam. Then the next person gets the letter B, the following person the letter C...and so on, until somebody can’t think of an example for that letter. Some letters are more challenging than others, so everybody is allowed one pass.

Buzz

Try to reach 100 without making a mistake. Every time you get to a number that's divisible by seven (7, 14, 21) or has a seven in it (17), say "Buzz" instead of the number.

The Car Next Door

Invent stories about people in the car next to yours.

Counting Cows

Play as individuals or teams. First, decide on a destination where you will stop counting. Then, count the cows on your side of the road. The goal is to have the highest number when the destination is reached. Pass a cemetery on your side and you have to start over again. If there aren't any cows on your route, try counting red cars, mailboxes or phone booths.

Geography

Start with any place in the world--Kansas, for example. The next person has to think of a place that begins with the last letter of "Kansas," such as "South Africa." Whoever goes next needs a place that starts with an A. You may not use the same place twice in a game--and it has to be a real place.

Flash

The game of choices: each person takes a turn giving the group a choice (like “Peanut butter and jelly or lunchmeat”). Each person in the group must share what their preference is. This game can go on for hours, and is a great way to work on group building at the same time.

My Pet Monster

Each participant has a pad of paper and a set of colored pens, pencils or crayons. Choose a leader, who will describe his or her pet monster in vivid detail. The more outlandish, the better! For example, "My pet monster's name is Noodles. He is blue with yellow spots. He has a long neck and two heads - one huge head and one tiny head. He is fat around the middle but has skinny legs and stands like a flamingo with one leg in the air . . ." Meanwhile, the other game players are busy sketching the monster. No peeking at other people's drawings! When the leader has finished the description, everyone gets a chance to compare drawings. A new leader is appointed, the game continues, and a kooky menagerie comes to life!

The License Plate Game

This is an old childhood favorite for many... Simply make a list of all the states for which you see a license plate during your road trip. Try to collect all fifty!

Atlas Stories

Open up an atlas and share stories about where you've been, where you want to go, etc.

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Count Off

Ask the group to count to 20 without pre-planning who is going to say each number. There is a catch... there are no verbals or signals allowed, and the group must do it without any two people saying the number simultaneously. See how fast they can do it!

Mad Libs

Copy some pages out of a Mad Libs book, or delete some adjectives, adverbs, nouns, verbs, etc. out of any book and have your group fill those blanks! It's fun and hilarious, and a great way to break the ice.

Telephone

This is another childhood favorite... It might be difficult to play in the car, but it can be done. Whisper a sentence or phrase throughout the group and laugh at how jumbled it comes out on the other end.

Group Storytelling

Someone starts a story and, after a couple of sentences, points to someone else to continue the story.

Twenty Questions

One person states they are a person, place or thing. (Or declares animal, vegetable or mineral.) Everyone else gets to ask the player 20 questions, which must be answered "yes" or "no."

Scavenger Hunt

Make up a list of things to find along the road. Work as individuals or together as teams. This could be a good competition between two minivans on the road.

Name That Tune

As with the classic TV game show, the winner here is the one who figures out the name of the "mystery song" first. For those with singing/whistling/humming talent, this can be as much karaoke as a guessing game. Choose a theme for the game, such as show tunes, movie or TV themes, or Justin Timberlake. (Good luck, adults.) The winner gets to be the singer for the next round. If no one can carry a tune in a bucket, then try guessing the songs on the radio. Really want to mix it up? Hit the "seek" button so no one gets an unfair advantage from sticking to one particular station's format.