

Ice Breaker
BALLOON BASH

Objective: To relax the students and introduce group members.

Logistics: 1 balloon per group

Instructions:

1. Each group stands in a small circle.
2. Students introduce themselves to the other team members in the circle.
3. Toss a balloon in the air and call someone's name in your group.
4. Person must catch the balloon before it touches the ground.
5. No group member may be repeated until all group members have been called at least once.

Alternative Instructions:

1. Each group stands in a small circle.
2. Students introduce themselves to the other team members in the circle.
3. Toss a balloon in the air and call someone's name in your group.
4. The selected person must pass the balloon to another group member without using their hands.
5. No group member may be repeated until all group members have been called at least once.

***After the first round or two, the rounds will be timed for a token.

Discussion:

- Was the activity challenging? Why?
- Was it difficult to remember the team member's names? What would have helped you remember the name of the other team members?
- Was it difficult to stay focused with the noise from the other groups?
- How did you handle duplicate names in the group?

Summary:

As a leader, it is important to learn to call people by their name.