



Olympians
Ice Breakers

Alphabits

Pick a letter of the alphabet and a topic. (i.e. animals, cars, clothes, etc.) The Olympians have to come up with a word that matches the topic and starts with the chosen letter. For example: If the letter is B and the topic is animals, the Olympians could say bison, bat, baboon, etc.

If someone gives up or takes too long, they are now part of the judging team to make sure that words are not reused.

Continue the game until you run out of words for the chosen letter. If you have more time, you can continue by picking another letter and topic.

Balloon Master

Small Group/All Play: Divide the group into 2 or more teams with 3-4 people on each team.

Large Group/Up Front: Choose 2-4 five person teams.

Give each team a roll of masking tape and 30 balloons. On "Go!" have members of each team roll the masking tape (sticky side out) around one of their teammates below the neckline. Next, have the Olympians blow up their balloons as quickly as they can and stick as many as possible to their taped-up teammate. The winner is the team with the most balloons stuck to the tape when time elapses

Blow Pop Challenge

Have 3 (or more) Olympians up front. Give them each a Blow Pop sucker. The first one to unwrap it, get to the gum, and blow a bubble wins.

Circle Dodge Duel

Have two Olympians face each other with one hand at their side. Tape a paper circle (about 4-6 inches in diameter) on their back. Say "Go!", and each Olympian will try to grab the other Olympian's circle without getting theirs grabbed.

Rules:

You may only use one hand to grab. The other hand must always remain at your side.

You may not block with your hand, you can only turn your body.

You can only grab for the circle; you cannot hit, push, kick, etc.

Cookie Tower

Have two or more teams of 3 or 4 Olympians up front. Each team member is given several cookies. Flat cookies work best.

Each team picks one Olympian to have the cookies stacked on their forehead. Within one minute, the other Olympians stack their cookies, one on top of the other, on their teammate's forehead. At the end of the time limit (approximately one minute), the team with the most cookies stacked on the forehead wins. (As an alternative, you can also play with Starburst candies)

Ducks and Cows

This is a great way to divide a large group into two smaller groups.

All Olympians close their eyes. Tell them that if they get tapped on the shoulder, that makes them a duck. Have a coach go through the crowd of Olympians and tap half of them on the shoulders designating them as a duck.

On "Go", players keep their eyes closed and must find other members of their team by "mooing" or "quacking."

Finding Twins

To prepare for the ice breaker, decide ahead of time on a category such as animals, famous people, occupations, emotions, sports, etc.

Write specific examples of the category you have chosen on slips of paper. Make two copies of each example. Create one set of three in case you have an odd number of participants.

To start the ice breaker, give a slip to each Olympian and advise them not to share what is written on the slip with anyone else.

Ask the Olympians to spread out in the playing area. On "Go," each Olympian should make a noise and/or perform a movement associated with the word on their slip of paper.

Each Olympian must now find their twin by acting out their word. Once the partners have found each other, they stop where they are and watch the other playing find each other.

Food, Friends and Fireworks

A quick and simple ice breaker with three motions.

Begin by introducing the motions:

Food- rub your belly and say "mmmmm"

Friends- hold out both arms wide and say "heeeeyyy"

Fireworks- clap both hands over your head and then say "shhhhhhh" as you slowly lower your arms to your sides.

Ask each Olympian to find a partner. They stand back to back.

Tell them that they are going to try to match one of the three motions with their partner. There is no talking or planning!!

Count to three and say "Go!"

Both partners turn and face each other and immediately make the motion and sound that they had chosen.

If the pair match, they remain in the game and find a new partner among the other remaining Olympians.

If they do not match, they are both out of the game.

Try it again with a new partner. Keep going until you get down to the last 2 or 4 Olympians, who are the winners.

Frozen Floor

This is a great game for everybody to play!

Explain to the group that because the ground is so cold, you've provided a nice cozy blanket for them to stand on.

Spread the blanket on the ground or floor.

Ask the whole group to get on it so that no body parts are touching the ground.

Once the group successfully completes standing on the blanket, advise them that you've received a report that another group needs half of their blanket to keep their feet warm, too. Ask them get off and fold blanket in half.

Repeat the above process as many times as possible. Each time you fold the blanket, the group will need to be more creative (and cozy) to successfully stand on the blanket.

You can play the game again, and see if you can be more successful the second time.

Group Knot

Have the Olympians stand in a tight circle (If you have a large group, you can split them into two or more circles). Have each Olympian reach their hands into the middle of the circle and grab two different hands randomly. The goal is for the whole group to work together to get themselves untangled, without anyone letting go of the hands their holding.

Sometimes you'll find that the group has actually formed several smaller circles.

Huh Game

This game works best with a large group of Olympians. Get the Olympians into a circle and declare a "Huh master" (usually a Olympians Coach).

Everyone puts their hands together above their head.

Everyone then bends at the waist and makes a samurai sound. The "Huh master" then puts their hands up and brings them down, pointing to a player across from them in the circle and says "HUH!"

The player who was chosen then puts their hands directly up, while the players on their left and right "strike" them as if they were striking a gong. Then the person who was pointed at picks another Olympian across the circle and continues the pattern.

The object is to keep the pattern going without getting out. A player is out by messing up the pattern by not doing their part correctly (i.e. not raising their hands or "hitting" the gong), getting off beat, or being unclear who has been chosen.

It Could be Worse

Have all of your Olympians sit in a circle.

The starting Olympian says something innocuous, such as "I almost overslept."

The next Olympian says something, such as "It could've been worse. You could've been late."

Then the next says something worse, such as "It could've been even worse than that. You could've been in your underwear."

And then the next Olympian tries to find something worse than that.

And the game continues until everyone has a chance to contribute (or it gets to be too much).

Jedi Numbers

This is more challenging than it sounds...

Ask your Olympians to stand or sit in a circle. Explain that once the activity begins, participants can only say a number - no side conversations or strategies!

Once the Coach says "Go," someone (whoever decides to start) in the group starts by saying, "One," followed by someone different (whoever decides to speak next) calling out "two," and so on until the group fails by two people saying a number at the same time or saying an incorrect number.

Once the Olympians mess up, start over and try to beat the highest number you've reached.

Joke & Punchline

Set-up: Write a joke on one card and a punchline on another. Be sure to mix the cards up. Base the number of different jokes you use on your number of Olympians.

Give each Olympian a card. Explain that they may have a joke or a punchline on the card. On a given signal, they are to walk amongst the crowd trying to find the other part of their joke.

When they find their other half, you may ask them to get to know their partner by asking things like: favorite ice cream, dream vacation, etc.

When this is done, everyone can return to a circle and, with their partner, tell their joke to the rest of the group.

Money Grab

This is a great upfront/crowd game that gets everyone involved but without complete chaos!

Buy or print play money. Give one bill to every Olympian who comes that night, when they arrive. When you're ready to play, call several (3 or 4) people up to the front.

On, "Go!" your volunteers run out in the crowd of Olympians and grab as much money as possible - the crowd lifts up their money. At the end of your time limit, the volunteer who runs back to you with the most money wins.

Mr. and Mrs. Right

Have your Olympians stand. Read the story found below. When you say "right" everyone takes a step to the right. When you say "left" everyone takes a step to the left. If you see two Olympians bump into each other, the person that went the wrong direction, or didn't move, is out of the game. Alternatively, you can play this without removing any Olympians from the game.

This is a story about Mr. and Mrs. WRIGHT.

One evening they were baking cookies. Mrs. WRIGHT called from the kitchen, "Oh, no, there is no flour LEFT! You will need to go RIGHT out to the store."

"I can't believe you forgot to check the pantry," grumbled MR. WRIGHT. "You never get anything RIGHT!"

"Don't be difficult, dear," replied Mrs. WRIGHT. "It will only take twenty minutes if you come RIGHT back. Go to Fifty-first and Peoria, and turn LEFT at the stop sign. Then go to Sixty-first Street and turn RIGHT, and there it will be on your LEFT," declared Mrs. WRIGHT as her husband LEFT the house.

Mr. WRIGHT found the store and asked the clerk where he could find the flour. The clerk pointed and said, "Go to Aisle four and turn LEFT. The flour and sugar will be on your LEFT."

Mr. WRIGHT made his purchase and walked RIGHT out the door. He turned LEFT, but he couldn't remember where he had LEFT his car. Suddenly he remembered that he had driven Mrs. WRIGHT'S car and that his car was in the driveway at home RIGHT where he had LEFT it. He finally found the RIGHT car and put his purchase RIGHT inside.

Eventually, a weary Mr. WRIGHT found his way home. Mrs. WRIGHT had been waiting impatiently. "I thought you would be RIGHT back," she said. "I LEFT all the cookie ingredients on the kitchen counter, and the cats got into the milk. You'll just have to go RIGHT out again."

Mr. WRIGHT sighed. He had no energy LEFT. "I am going RIGHT to bed," he said. "Anyway, I need to go on a diet, so I might as well start RIGHT now. Isn't that RIGHT, dear?"

Never Bored Again

If you have a small group of Olympians (5-12), everyone can play. If you have a bigger group, then pick six Olympians to come up front and form two teams of three.

Give each team the same five household items. (Perhaps a 4-pack of toilet paper, a plastic spoon, a cowboy hat, a bunch of grapes, and a broom.) Tell the teams that they have to use at least three of the items to come up with a game to play. Give them two minutes to come up with a game.

Here are the rules:

1. They have to have a name for their game.
2. They have to demonstrate their game for the crowd.
3. They must use at least three of the items you gave them.

Let the crowd determine which team's game is the most creative. That team wins the game.

Noodle Knights

Divide into two teams and give each Olympian a three foot piece of foam noodle and a Burger King crown. One team puts the crowns on normal and the other team puts them on inside out. The crowns must be worn above the ears. The two teams line up about 15 feet apart, facing each other. On "Go" they charge and fight for a designated short period of time (approximately 30 seconds). A person is out when their crown is knocked off their head. The crowns can only be knocked off by the noodles. After the time is up everyone who is out steps out of the playing area and you line up again for another skirmish. Continue until you have a winner.

Ping Pong Ball Party Blower

This is an up-front game. Bring several Olympians up front and give them a party noisemaker blower and a ping pong ball each. Have them get down on all fours and race their ping pong ball to a given destination and back. The only way they can move the ball is by pushing it with the party blower.

Plunger Head

You will need two plungers per team. Take the handle off of one plunger, and put the rubber end on the opposite end of the other plunger handle. (You'll end up with a two ended plunger) Tie a tennis ball to the middle of the handle, with about 2 feet of string.

Pull up a team of two Olympians for each plunger set you have. On "Go", each pair has to hold the plunger against their foreheads and together they have to wrap the tennis ball around the stick without using their hands. The first team to wind the tennis ball all the way to the top wins.

Reverse Charades

Divide your Olympians into two teams. Have them sit in two different sides of the room, facing a projector screen or large TV. You will need a PowerPoint with the clue words on it. Call up one volunteer from each team and have them stand in front of their team, with their back to the screen. Reveal a word on the screen and each team will attempt to act it out simultaneously for their teammate. The volunteers will make guesses based on their team's actions, and the first volunteer to guess correctly will gain a point for their team. Have the winning volunteer go into their team and pick someone to replace themselves. Play as many rounds as time allows.

Some clue ideas:

Push-ups, Mosquito, Pirate, Airplane, Alligator, Monkey, Balloon, Sleeping, Time, Swimming, Racecar, Guitar, Beard, Robot, Snowball, Earthquake, Yo-Yo, Skateboard, Shopping Cart, Seashell, Tickle, Limbo, Stars, Puppet, Turtle, Wave, Spider, Cheerleader, Newspaper, Spider-Man, Slam Dunk, Swordfish, Lawn Mower, Pizza, Cowboy, Nightmare, Owl, Sunburn, Dentist, Mirror, Lung, Washing Machine, Jumping Jacks, Chair, Shark, Ice Cream Cone.

Rubber Band Head

Put an extra-large rubber band around the heads of several Olympians. Be sure it's snug, but not tight enough to snap. Place the rubber band so it squashes their nose and folds their ears over. The goal is to get the rubber band down around their neck. They can use anything to get it down except their hands (They can use walls, other Olympians, etc.)

Sausage

Have all of your Olympians sit in a circle. Select an Olympian to be "IT" and have them stand in the center of the circle. Each person asks "IT" a question. The only answer to every question can be "Sausage."

The first Olympian to make "IT" laugh wins a chance to be the new "IT".

Examples: What color is your hair? Sausage. What do you brush your teeth with? Sausage.

Screaming Toes

Have all of your Olympians stand in a tight circle, with their heads down looking at their shoes.

When 'Heads Up' is called, everyone looks up and stares at someone else in the circle.

If that Olympian is staring right back at them, then they scream and jump back out of the circle.

If the Olympian that they're looking at is not looking at them, they put their heads back down and wait for the next round.

Keep going until there are two players remaining.

Shoelace Licorice Race

Give four Olympians a piece of shoelace licorice with a marshmallow tied to one end of it. On "Go", each Olympian puts the loose end of the licorice in his mouth and "eats" his way to the marshmallow, without using their hands. The first Olympian to get the marshmallow into their mouth is the winner.

Who am I?

Have all of your Olympians stand in a circle. One Olympian is chosen to be the Guesser and they go into the middle of the circle. The Guesser is blindfolded or asked to keep their eyes closed.

Have a Coach spin the Guesser around a little. When the spinning stops, the Guesser points in the direction of one of the Olympians in the circle and says the name of an animal. That Olympian must make the noise that that animal makes. The guesser will then try to guess who the Olympian is by the sounds they make. If the Guesser chooses correctly, then the Olympian who was pointed at becomes the new Guesser. If the Guesser doesn't pick the correct name, they are spun again and point to someone new and choose a new animal.