



## **MAKE YOUR MEETINGS MOVE**

Start your club meetings with fun and enthusiasm. Try a few of the following icebreaker activities to energize your club. Not only will your meetings start with excitement, but you'll build a strong team. Most activities only take 10 to 15 minutes. A great time investment for amazing team building results. Adaptations will need to be made if doing these icebreakers virtually, but with a little creativity ice breakers can be adapted for online use.

### **Top 10 reasons to build a team**

- To create a climate of streamlined communication.
- To stimulate creativity.
- To discover new ways of solving challenges.
- To surface hidden problems and agendas.
- To appreciate individual differences and strengths.
- To learn trust.
- To welcome and handle change.
- To strengthen teamwork and motivation.
- To learn and have fun at the same time.

## ACTIVITIES

### Stuck

**Time:** 15 minutes

**Purpose:** Value discussion and problem solving

Divide your club into groups of 12 - 15 people (or smaller). Each group will need paper and markers.

Read to participants: "You are marooned on an island. What five items would you have brought with you if you knew there was a chance that you might be stranded?" Note that they are only allowed five items per team, not per person.

Ask members to write their items on paper and discuss and defend their choices with the whole group.

### Either / Or

**Time:** 15 minutes

**Purpose:** Promote thinking and get acquainted

Create two separate sides to the room using tape or lay a rope on the ground. Have all members start on one side and read off one of the following either/or situations. Members need to select one side or the other. After members move to the selected sides, ask for any feedback; why did they choose a certain side over the other?

#### Either/or topics:

- Morning person or night owl?
- Would you rather know it all or have it all?
- Would you rather raise money or provide hands-on service?

Create your own either/or questions. Lots of great ideas are posted on Pinterest.

### If I were a .....

**Time:** 5 minutes

**Purpose:** Get acquainted

Ask each member to pair up with another member they don't know well.

Ask each person to say what they would be and why, if they were .....

- A piece of fruit
- A historical figure
- A service project
- Any other off-the-wall group you can think of

## Making a Machine

**Time:** 15 minutes

**Purpose:** Energize members

The object of the game is to create a machine out of a group of people (i.e. ceiling fan, hot air balloon, watch, etc.) You might want to split your group into two or three smaller groups. Each person is required to be accountable for one noise or one motion of the machine. The group members should then put their motions and sounds together to create the machine. Give each group about 5 minutes to work together and prepare, and then have the groups present to everyone. Ask the other groups to guess the group's machine.

### **60-Second Brainstorm**

**Time:** 10 minutes

**Purpose:** Generate ideas and promote creative thinking

Brainstorming is a way of tossing ideas around to come up with the solution to a problem, to develop a creative service project or to just think.

Divide your club into groups of five to ten. Give every group a piece of paper and writing utensil and have each group select a recorder. Let them know you will give them a specific topic and their goal is to come up with as many items as possible within that topic.

The object is to be as creative as possible; quantity, not quality, is most important. You can go through and add quality after your initial brainstorm. Set a timer for 60 seconds and then read off the topic. Start out with off-the-wall topics and then lead into those that are important to the club.

#### **Example topics:**

- Uses for a King size blanket
- Reasons to climb a tree
- Uses for a wagon
- Ways the club can help teachers at school

### **Your Piece of the Puzzle**

**Time;** 15-30 minutes

**Purpose:** Get acquainted

Print a blank puzzle from the internet. Print on card stock so the puzzle pieces are sturdy. Cut the puzzle apart so pieces are available to use. Make sure the puzzle includes enough pieces for each club member. If there are more club pieces than members this is fine.

At the meeting, distribute the puzzle pieces. Ask members to write their names(s) on the front of the piece. Bring a sheet of flip chart paper or poster board and some glue or tape.

Ask everyone to sit in a circle and individually share the skills, qualities, and other positive attributes they offer the club. After each person shares, she/he should glue their piece onto the poster board.

Talk about the importance of every piece of the puzzle-the leaders, committee chairmen, and members. Discuss the missing pieces - members who are unable to come to meetings. Finally, talk about the extra pieces - prospective members who have not joined Aktion Club.

## **Aktion Club Name Tent Game**

**Time:** 10 - 20 minutes

**Purpose:** Strengthen teamwork

Make sure everyone has a marker. Distribute printable Aktion Club name tents to each member. Ask them to fold it in half so it sits upright on a desk.

Ask everyone to sit in a circle and have each member to write his/her name on the front of the table tent.

Ask members to pass the name tent to their right and each fellow member should write something special or unique about each individual on the other side of the name tent.

This can be very inspirational for members.