Nic Keller  
Ice Breaker Lesson Plans  
2-8-15

**Group Profile**

**Materials needed:**

* newsprint
* markers
* tape

**Purpose:**

* Allow the students to get to know each person better by using a fun game as well as allowing the students to practice communication skills with classmates.

**Standards:**

* ND Standard 4: Students demonstrate the ability to use communication skills to enhance health.

**Objectives:**

* The students will demonstrate the use of communication skills to classmates throughout the entire class.

**Lesson activity:**

* Before class: Trace an outline of the human body on newsprint. List the following topics outside the outline next to the coordinating body part:
  + Head: dreams or goals we have (for our community)
  + Ears: things we like to listen to
  + Eyes: How we like other people to see us
  + Shoulders: problems young people may have to face.
  + Hands: things we like to make or do (with our hands)
  + Stomach: things we like to eat
  + Heart: things we feel strongly about
  + Right foot: places we would like to go
* Post the outline of the body on the wall
* Invite students to come up to the poster to write something or draw a picture that represents each area for them
* This is done “graffiti” style, free form
* After everyone has had a chance to participate, ask for volunteers to report to the group on what is listed.
* Discussions should include:
  + What are common interests? Shared goals? Dreams?
  + Were there any themes?
  + What are the things we feel strongly about? How do these relate to our group’s work?

**Assessment:**

* Class participation- each student should write/draw something for an area, participated in the group discussion, or both.

**Name Game**

**No materials needed**

**Purpose:**

* Allow the students to get to know each person’s name and allowing the students to practice and repeat every person’s name.

**Standards:**

* ND Standard 4: Students demonstrate the ability to use communication skills to enhance health.

**Objectives:**

* The students will know every person’s name in the class by the end of the period.

**Learning activity:**

* Form a circle with everyone standing up
* The first person says their name and makes a motion/symbol to represent him/herself
* The next person repeats the name and motion/symbol of the person before them, then says their names and adds their own motion/symbol
* The next person repeats the names and motions/symbols of everyone before them and then adds their own
* Repeat until everyone in the circle has gone
* The teacher should start the game by stating name and giving a motion/symbol to make sure every person understands

**Assessment:**

Full class participation by each student.