ENERGIZERS AND ICEBREAKERS

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
SHIPWRECK	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles,
- Rope (enough for 0.5 m [1.6 feet] per group), and
- Scissors.

ACTIVITY LAYOUT

Cut the rope into 0.5 m (1.6 feet) lengths and tie to make one circle per group.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of five.
2. Give each group a “ship” (rope circle).
3. With all members holding on to the sides of the “ship”, the cadets must run back and forth the length of the playing field.
4. When the leader yells “SHARK”, all members must lay the “ship” down and jump “on board” (inside the rope circle). The first group with all feet off the ground gains a point.
5. Repeat the procedure until a group reaches five points.

SAFETY

N/A.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 112). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
BALLOONS	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles,
- Balloons (a minimum of one per group),
- Funnel, and
- Water.

ACTIVITY LAYOUT

Blow up the balloons and put a small amount of water in each.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of five.
2. Have each group form a circle.
3. Give each group a balloon with a small amount of water in it.
4. Have the cadets try to keep the balloon off the ground by using their feet to hit it to the other cadets in the group.
5. Encourage teams to try to keep the balloon moving from cadet to cadet for as long as possible.

SAFETY

N/A.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 67). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
MIRROR IMAGE	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs (pairs should be close to the same height).
2. Within each pair, have one cadet initiate an action and the other imitate it, becoming the “mirror image”.
3. Encourage the initiator to make slow movements, stretches and jumps.
4. Swap roles after a few minutes.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 76–77). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
HAVE YOU EVER?	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form a circle, either seated or standing.
2. Ask for a volunteer to sit or stand in the middle (the “questioner”).
3. Have the “questioner” ask an appropriate question to the group that is prefaced with “Have you ever….?” (eg, Have you ever stayed up for 48 hours straight? Have you ever been to another Cadet Summer Training Centre?). The question that the “questioner” asks must be something that they have actually done.
4. If there are cadets in the circle who have experienced what the “questioner” asked, they are to leave their place in the circle and find an empty place somewhere else in the circle. The “questioner” also tries to find an empty space.
5. The person who is left without a place in the circle once everyone has moved is the new “questioner”.
6. Continue the process with a new “questioner”.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 193–194). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
ZIP ZAP	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle.
2. Ask for a volunteer to stand in the middle. This cadet is the “zipper”.
3. Have the “zipper” approach someone with their hands pressed together and all fingers pointing forward, look them straight in the eye and say “zip”.
4. Once “zip” is called, the cadet being pointed at is to duck down – the “ducker”. The two cadets on each side of the “ducker” are to face in toward each other, with their hands clasped and index fingers pointing at the other person. Each cadet is to yell “zap” at the other person (this will usually occur simultaneously). These people are the “zappers”.
5. If the “ducker” does not duck quick enough or a cadet gets zapped, that cadet is to go to the middle and become the new “zipper”.
6. After two or three rounds, invite another “zipper” to the middle to create more challenge. Continue the activity with two or more “zippers”.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 58–59). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
TALL SHIP	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

Determine the bow, stern, port and starboard sides of the “ship”.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle in the centre of the “ship”.
2. Demonstrate and explain the seaworthy terms and chores that the cadets will be performing:
   (a) “Bow” – move to the front;
   (b) “Stern” – move to the rear;
   (c) “Port” – move to the left;
   (d) “Starboard” – move to the right;
   (e) “Attention” – cadets stand at attention and salute;
   (f) “Swab the Deck” – cadets get on their hand and knees and scrub the deck;
   (g) “Sailor Overboard” – all cadets drop to the deck on either the port or starboard sides;
   (h) “Lifeboats” – groups of three form a single file line, sit and pretend to row a boat; and
   (i) “Rig the Sails” – groups of two join hands and pretend to set up the sails.
3. As the Captain, issue a series of commands to the cadets.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 87–88). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
CHIC-A-BOOM!	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

Look over the dance moves and the words to the Chic-a-Boom song.

ACTIVITY INSTRUCTIONS

1. Have the group stand in a circle.
2. Teach the group the following moves – with the index fingers, point up to the sky and alternate thrusts of each hand to a beat (eg, left hand up, then right hand up). Point down with alternating thrusts, point to the left while taking rocking steps and point to the right while taking rocking steps.
3. Using the dancing moves, teach the cadets the Chic-a-Boom song:
   "Hey there (enter name), you're a real cool cat.
   You've got a lot of this, and you've got a lot of that.
   So come on in and get down…
   …aaaand, up chic-a-boom, chic-a-boom, chic-a-boom.
   And down chic-a-boom, chic-a-boom, chic-a-boom.
   To the left, chic-a-boom, chic-a-boom, chic-a-boom.
   To the right, chic-a-boom, chic-a-boom, chic-a-boom."
4. Have one cadet volunteer to be the first cadet to go in the middle of the circle.
5. Have the cadets sing the song and complete the dance moves. The cadet in the middle begins to sing while looking directly at someone in the circle. When the song gets to the "*come on in and get down*" part, have the cadet in the middle sidle up to another cadet, link arms and lead them to the centre of the circle.
6. On the next turn, both cadets stay in the middle and bring another cadet in, and so on.
7. Encourage cadets to be creative and expressive with their singing and dancing when they are in the middle of the circle. They could bring some attitude or even beat boxing into the circle.
8. The activity ends when all cadets are in the middle of the circle.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 74–75). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **ENERGIZER**

PIG PERSONALITY PROFILE **TIME**: 10 min

RESOURCES

- Paper (one sheet per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a piece of paper and a pen/pencil to each cadet.
2. Read the following out loud, “On a blank piece of paper, draw a pig. Don’t look at your neighbour’s pig. Don’t even glance.”
3. Allow approximately three minutes for the cadets to draw a pig.
4. When all cadets are finished, allow a few moments for the cadets to look at their neighbours’ pigs.
5. Explain that the pig drawings could indicate a person’s personality traits. Share the personality traits of the pig exercise with the group. If the pig is drawn:
   (a) toward the top of the paper, you are a positive, cheerful person;
   (b) toward the middle of the paper (top to bottom), you are a practical person;
   (c) toward the bottom of the paper, you are gloomy and have a tendency to behave negatively;
   (d) facing left, you believe in tradition, are friendly and remember dates, including birthdays;
   (e) facing forward (looking toward you), you are direct, enjoy playing devil’s advocate and neither fear nor avoid discussions;
   (f) facing right, you are innovative and active but don’t have a strong sense of family, nor do you remember dates;
   (g) with many details, you are investigative, cautious and distrustful;
   (h) with few details, you are emotional and naïve, care little for details and are a risk taker;
   (i) with four legs showing, you are secure, stubborn and stick to your ideals;
   (j) with less than four legs showing, you are insecure or are living through a period of major change;
   (k) the size of the pig’s ears indicates how good a listener you are – large is good; and
   (l) the length of the pig’s tail indicates your energy level – longer indicates more.
6. Allow time for the cadets to discuss their pigs with others.

SAFETY

N/A.

REFERENCE

(ISBN 0-943210-44-5) Pike. B., & Busse, C. (1995). *101 More Games for Trainers*. (pp. 102–103). Minneapolis, MN: Lakewood Publications.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
CIRCLE THE CIRCLE	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles, and
- Hula hoop.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form a circle and hold hands with the cadet on either side of them.
2. Rest a hula hoop on two cadets' grasped hands.
3. Have the cadets try to have the hoop travel around the circle, while everyone is still holding hands.
4. If the activity is completed quickly, have the cadets try again.

SAFETY

N/A.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 60). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
CLUMPS	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets gather in the designated space.
2. Explain that numbers will be shouted out (eg, “four”, “seven”, etc). When numbers are shouted out, the cadets are to form groups consisting of that number of people. Those cadets who do not form a group can simply wait until another number is shouted out, and then form a group.
3. If the cadets catch on quickly, add a new rule that each cadet cannot form a new group with any cadet who was in their previous group.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 32–33). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY **ENERGIZER**

CADET FEUD #1 **TIME**: 10 min

RESOURCES

- Cadet Feud Survey (one per cadet),
- Scissors,
- Pens/pencils (one per cadet),
- Tennis ball,
- Chalkboard/whiteboard, and
- Chalk or whiteboard markers.

ACTIVITY LAYOUT

- Photocopy, cut out and have the cadets complete the survey.
- Conduct the attached survey.
- Tally and rank the top five answers for each question.
- Prepare the chalkboard/whiteboard by writing the numbers one through five.

ACTIVITY INSTRUCTIONS

(Note. This game is played in the same manner as the television show “Family Feud.”)

1. Divide the group into two teams and have them sit facing each other.
2. Place a tennis ball on a table or on the floor. Have the first person from each team come forward and sit an equal distance away from the tennis ball (this will serve as the “buzzer”).
3. Ask the first question (eg, “Name five of the top restaurants.”). The first person to grab the ball will get a chance to answer the question. If the ball is grabbed early, stop reading the question and allow for the cadet to give an answer.
4. If the cadet gives an answer that is on the list, write it beside the corresponding number. If this person has not guessed the number one answer, the other player may have a turn to guess. The person who guesses the highest answer on the list gets to choose whether his/her team will play or pass.
5. After this, each team gets three strikes (wrong answers). The team that is playing gets the chance to guess the remaining answers on the board. Give each person a turn, down the line.
6. Once the playing team gets three strikes, the other team decides as a group what one answer they want to give to try to fill in one of the remaining blanks.
7. If the first team fills in all the blanks, they win the round, but if the opposing team guesses one of the remaining answers, they win the round.
8. Continue with the rest of the questions in the same manner.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 36–37). Richland, WA: Rec Room Publishing.

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CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. What is your favourite restaurant?	
2. What is your favourite type of music?	
3. What is your hair colour?	
4. What is your favourite shampoo?	
5. What is your favourite winter activity?	

CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. What is your favourite restaurant?	
2. What is your favourite type of music?	
3. What is your hair colour?	
4. What is your favourite shampoo?	
5. What is your favourite winter activity?	

CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. What is your favourite restaurant?	
2. What is your favourite type of music?	
3. What is your hair colour?	
4. What is your favourite shampoo?	
5. What is your favourite winter activity?	

CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. What is your favourite restaurant?	
2. What is your favourite type of music?	
3. What is your hair colour?	
4. What is your favourite shampoo?	
5. What is your favourite winter activity?	

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
CADET FEUD #2	**TIME**: 10 min

RESOURCES REQUIRED

- Cadet Feud Survey (one per cadet),
- Scissors,
- Pens/pencils (one per cadet),
- Tennis ball,
- Chalkboard/whiteboard, and
- Chalk or whiteboard markers.

ACTIVITY LAYOUT

- Photocopy, cut out and have the cadets complete the survey.
- Conduct the attached survey.
- Tally and rank the top five answers for each question.
- Prepare the chalkboard or whiteboard by writing the numbers one through five.

ACTIVITY INSTRUCTIONS

(Note. This game is played in the same manner as the television show “Family Feud.”)

1. Divide the group into two teams and have them sit facing each other.
2. Place a tennis ball on a table or on the floor. Have the first person from each team come forward and sit an equal distance away from the tennis ball (this will serve as the “buzzer”).
3. Ask the first question (eg, “Name five of the top celebrities.”). The first person to grab the ball will get a chance to answer the question. If the ball is grabbed early, stop reading the question and allow for the cadet to give an answer.
4. If the cadet gives an answer that is on the list, write it beside the corresponding number. If this person has not guessed the number one answer, the other player may have a turn to guess. The person who guesses the highest answer on the list gets to choose whether his/her team will play or pass.
5. After this, each team gets three strikes (wrong answers). The team that is playing gets the chance to guess the remaining answers on the board. Give each person a turn, down the line.
6. Once the playing team gets three strikes, the other team decides as a group what one answer they want to give to try to fill in one of the remaining blanks.
7. If the first team fills in all the blanks, they win the round, but if the opposing team guesses one of the remaining answers, they win the round.
8. Continue with the rest of the questions in the same manner.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 36–37). Richland, WA: Rec Room Publishing.

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CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. Who is your favourite celebrity?	
2. Where is your favourite place to shop (store name)?	
3. What is your favourite sport?	
4. What is the colour of your toothbrush?	
5. What is your dream job?	

CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. Who is your favourite celebrity?	
2. Where is your favourite place to shop (store name)?	
3. What is your favourite sport?	
4. What is the colour of your toothbrush?	
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CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. Who is your favourite celebrity?	
2. Where is your favourite place to shop (store name)?	
3. What is your favourite sport?	
4. What is the colour of your toothbrush?	
5. What is your dream job?	

CADET FEUD SURVEY

Answer the following questions. Be sure to write only one answer.

QUESTIONS	ANSWERS
1. Who is your favourite celebrity?	
2. Where is your favourite place to shop (store name)?	
3. What is your favourite sport?	
4. What is the colour of your toothbrush?	
5. What is your dream job?	

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
TINY TEACH	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs.
2. Explain that there will be a series of partner activities announced that the cadets will have to perform.
3. Introduce each performance:
   (a) **Tie a Pair of Shoelaces.** Each pair of cadets will untie the laces of the shoe closest to their partner as they stand side by side. The object is for each pair of cadets, using only one hand, to tie the shoelaces (one from each shoe) together with a standard bow.
   (b) **Whistle in Your Hands.** Cup the hands tightly together to form an air-tight container, but leave a small gap in the top between the thumbs. Try to make a hollow-pitched whistle sound.
   (c) **Tell a Joke.** No matter how long or short, funny or not, pass on an **appropriate** joke to the other cadet.
   (d) **Let Me Show You.** Each cadet will present a skill or talent they choose to their partner (eg, curl of the tongue, a yoga move, etc).
   (e) **Body Gym.** Each pair takes turns showing and teaching the other how to do something completely bizarre with their bodies.
4. Call out a performance and have each pair of cadets perform it. Continue calling out different performances.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 44–45). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
FOUR UP	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the group sit on the ground, with space between each cadet.
2. Explain to the cadets that anyone can stand up when they would like to, but no one can remain standing for longer than five seconds before they sit again.
3. Once some cadets begin to stand, tell them that the goal is to have exactly four people standing up at all times.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 172). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
YURT CIRCLE	**TIME**: 10 min

RESOURCES

A large, open space with a non-slip surface.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form a circle and grasp the hands or wrists of their neighbours.
2. Have the cadets move back and stretch out the circle without letting go (not to the full extent of the arms).
3. With everyone's feet together and planted on the ground, instruct everyone to lean backwards.
4. Encourage the cadets to adjust the position of their feet if they are uncomfortable.
5. Try to get everyone to fully support each other's weight. This may take a few tries!

SAFETY

Ensure cadets look out for the safety of each other so they do not fall backwards.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 91 and 92). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
HOOP RELAY	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles, and
- Hula hoops (four).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets form a single file, one behind the other.
2. Have the cadets hold hands front-to-back by reaching backward through their legs to grasp the free hand of the person behind them.
3. Designate one cadet to be the “starter”. Have the “starter” stand in front of the line, holding four hula hoops.
4. Explain that when signalled to begin the game, the “starter” will place one of the hula hoops over the head of the first person in line. The cadets will have to try to have the hula hoop travel from cadet to cadet. When the first hoop reaches the third person in line, the “starter” may add another hoop, and so on. If the “starter” wishes to be part of the game, they can simply start the last hoop and become the first person in line.
5. Signal to begin the game.
6. When the first hoop reaches the last cadet in the line, they will run to the front of the line with the hoop, grab the hand of the now second cadet and start to move the hoop to the end of the line.
7. Continue until the original front cadet returns to their original position.

SAFETY

N/A.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 61). Dubuque, IA: Kendall/Hunt Publishing Company.

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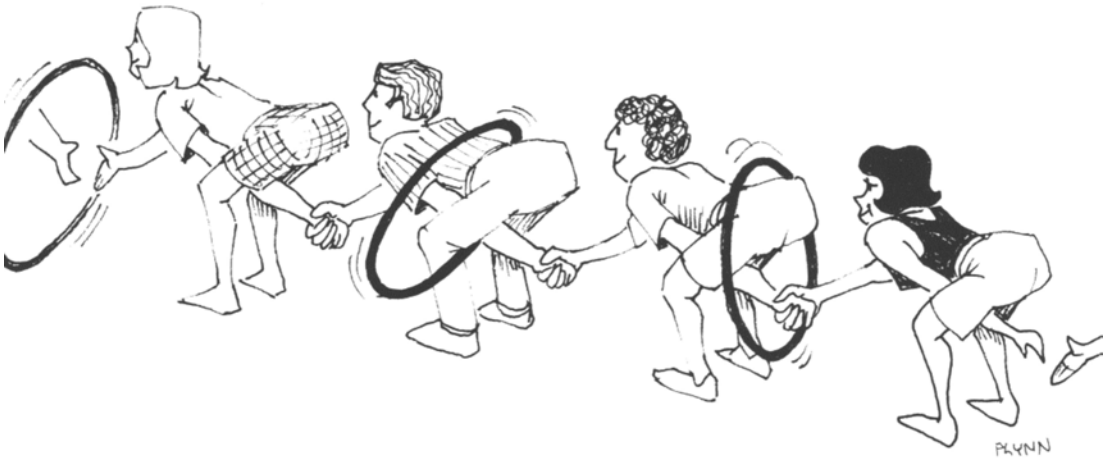

K .Rohnke, Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities, Kendall/Hunt Publishing Company (p. 61)

Figure O-1 Hoop Relay

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
ALL ABOARD	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles,
- Balloons of varying colours (two per cadet), and
- Markers (one per group).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of four.
2. Distribute deflated balloons of varying colours around the space.
3. Have each group get into train formation (together in single file) and give the first person in each line, the “engine”, a marker.
4. Explain to the cadets that each group is a passenger “train” that must pick up “passengers”, balloons, two per person. Each person in the train will be a “car”.
5. Balloons become “passengers” when they are inflated and have a face. One cadet must inflate the balloon, tie it and paint a face on it with the marker.
6. Each train must move around together and pick up “passengers”. “Passengers” must be the same colour and everyone must be carrying two. The train must stay still while a cadet is inflating and drawing. The objective is for each train to have all “passengers” that are the same colour.
7. The first “train” to reach the destination point with all “passengers” accounted for (two balloons per cadet) wins the game.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-134984-7) West, E. (1999). *The Big Book of Icebreakers*. (pp. 135–136). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
LINE UP	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Explain to the cadets that instructions will be given for them to line up in a particular way.
2. Once lined up, the group must sit at the same time, to indicate that they are finished.
3. Possible categories include:
   (a) order of shoe size;
   (b) alphabetically by favourite colour;
   (c) order by the number of siblings each cadet has;
   (d) order by age, youngest to oldest;
   (e) order by hair colour, lightest to darkest;
   (f) alphabetically by first name; and
   (g) alphabetically by last name.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-134984-7) West, E. (1999). *The Big Book of Icebreakers*. (pp. 87–89). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
PICK POCKET	**TIME**: 10 min

RESOURCES

- Pick Pocket Activity Sheet (one per group),
- Scissors,
- Pens/pencils (one per group), and
- Stopwatch.

ACTIVITY LAYOUT

Photocopy and cut the survey.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two groups.
2. Explain to the cadets that they will have five minutes to try and find as many items on the Pick Pocket Activity Sheet as possible.
3. Distribute a Pick Pocket Activity Sheet to each group.
4. Start the activity.
5. Once five minutes have passed, bring the cadets back to one area and compare which items were found by each group.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-134984-7) West, E. (1999). *The Big Book of Icebreakers*. (pp. 53–55). New York, NY: McGraw-Hill.

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PICK POCKET ACTIVITY SHEET

_____ A purple pen,
_____ A piece of gum,
_____ A pair of sunglasses,
_____ A comb,
_____ A padlock key,
_____ A bobby pin,
_____ A picture of a friend or relative,
_____ Money,
_____ A bank card, and
_____ A mint.

PICK POCKET ACTIVITY SHEET

_____ A purple pen,
_____ A piece of gum,
_____ A pair of sunglasses,
_____ A comb,
_____ A padlock key,
_____ A bobby pin,
_____ A picture of a friend or relative,
_____ Money,
_____ A bank card, and
_____ A mint.

PICK POCKET ACTIVITY SHEET

_____ A purple pen,
_____ A piece of gum,
_____ A pair of sunglasses,
_____ A comb,
_____ A padlock key,
_____ A bobby pin,
_____ A picture of a friend or relative,
_____ Money,
_____ A bank card, and
_____ A mint.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
ABOUT NOW	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles, and
- Stopwatch.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Gather the group in an area.
2. Explain to the group that on the command “Now” everyone will try to count 60 seconds in their head and then sit. There is to be no talking and the cadets cannot look at their watches.
3. While looking at the stopwatch, yell “Now” to signal the cadets to begin.
4. Note the cadet who sits down closest to the 60 second time frame.
5. When all cadets are sitting, announce who was the closest.
6. Repeat the activity.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (p. 148). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
MASS STAND UP	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two equal groups.
2. Have each group sit in a circle, with their backs to the middle.
3. Have the cadets in each group link elbows with the cadets sitting on either side of them.
4. Explain that on the command “Go” everyone will try to stand up as one.
5. Give the command “Go.” This activity may require a lot of encouragement and many tries.

SAFETY

N/A.

REFERENCE

(ISBN 0-8403-5682-X) Rohnke, K. (1984). *Silver Bullets: A Guide to Initiative Problems, Adventure Games and Trust Activities*. (p. 100). Dubuque, IA: Kendall/Hunt Publishing Company.

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TEAM-BUILDING ACTIVITY	**ENERGIZER**
WORD PUZZLE	**TIME**: 10 min

RESOURCES

- A large space,
- Word puzzle sheet (one per cadet),
- Pens/pencils (one per cadet), and
- Stopwatch.

ACTIVITY LAYOUT

Photocopy a word puzzle sheet for every cadet.

ACTIVITY INSTRUCTIONS

1. Distribute a word puzzle sheet and a pen/pencil to each cadet.
2. Explain to the cadets that they have three minutes to try and complete as many word puzzles as possible.
3. After three minutes, have the cadets form groups of three. Among the three cadets, encourage them to come up with as many answers as possible.
4. Share the word puzzle answers with the cadets.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046414-6) Scannel, E., & Newstrom, J. (1994). *Even More Games Trainers Play*. (pp. 137–177). New York, NY: McGraw-Hill Companies.

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1 	2 NE1410S	3 CYCLE CYCLE CYCLE	4 
5 Jan. Feb. Mar. DUE	6 	7 HEAD LO VE HEELS	8 
9 L Bus Term L	10 BAN ANA	11 T K The R C A	BACK CK 12 K
13 LAL	14 I'm nhappy	15 ME QUIT	16 DOM
17 S P L I T	18 PETS A	19 CI Life TY	20 YOU / JUST / ME

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WORD PUZZLE ANSWERS

1. A tall tale.
2. Anyone for tennis?
3. Tricycle.
4. Curve ball.
5. Three months overdue.
6. Hole in one.
7. Head over heels in love.
8. Type written.
9. Bus terminals.
10. Banana split.
11. The inside track.
12. Full back, half back, quarterback.
13. All mixed up.
14. I’m unhappy without you.
15. Quit following me.
16. Domino.
17. Split down the middle.
18. A step backwards.
19. Life in the big city.
20. Just between you and me.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
CATEGORIES	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the group gather.
2. Explain to the group that they will separate and regroup according to the categories announced.
3. Announce a category. Possible categories include:
   (a) number of siblings,
   (b) last digit in home telephone number,
   (c) position of thumbs when hands are clasped (eg, left over right or right over left),
   (d) month of birth,
   (e) colour of eyes,
   (f) colour of hair,
   (g) type of breakfast ate this morning,
   (h) favourite hot or cold drink, and
   (i) distance travelled to get here.
4. Once groups are formed, announce another category. Continue announcing categories until the time has lapsed.

SAFETY

N/A.

REFERENCE

(ISBN 0-934387-05-2) Collard, M. (2005). *No Props: Great Games With No Equipment*. (pp. 31–32). Beverly, MA: Project Adventure, Inc.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
HUMAN SCAVENGER HUNT	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

Create a list of scavenger hunt items if other choices than those listed are preferred.

ACTIVITY INSTRUCTIONS

1. Have the group stand or sit together.
2. Read a point from the human scavenger hunt. The team must send a cadet to the front who fits the description. For example, if the leader says “Two cadets who have the same middle name,” members must talk and find out if there are two cadets in the group who fit the description and then quickly send those cadets to the leader.
3. The human scavenger hunt could consist of:
   (a) Two cadets who have the same first and last initials.
   (b) The cadet in the group who was born the furthest away.
   (c) Two cadets with the same middle name.
   (d) A group of cadets whose ages add up to 40.
   (e) Two cadets who were born on the same date (eg, June 14th and September 14th)
   (f) Two cadets who were born in the same month.
   (g) A group of cadets whose shoe sizes add up to 30.
   (h) The cadet who lives the closet to here.
   (i) A group of cadets who can spell a word by putting together the first letters of their first names.
   (j) A group of three cadets who all have different coloured eyes.

SAFETY

N/A.

REFERENCE

(ISBN 0-9662341-6-2) Jones, A. (1999). *Team-Building Activities for Every Group*. (pp. 18–19). Richland, WA: Rec Room Publishing.

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TEAM-BUILDING ACTIVITY **ICEBREAKER**

THE WALKING BILLBOARD **TIME**: 10 min

RESOURCES

- A large, open space free from obstacles,
- Flip chart paper (one sheet per cadet),
- Markers (one per cadet), and
- Masking tape (one roll).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a piece of flip chart paper and a marker to each cadet. Get all the cadets to place their first and last names at the top.
2. Write and post the following questions on a piece of flip chart paper:
   (a) What is your favourite food?
   (b) What is your biggest pet peeve?
   (c) What is your all-time favourite movie?
   (d) What is your dream job?
3. Allow time for each cadet to write their answers on their piece of flip chart paper.
4. Using masking tape, have the cadets help each other attach the flip chart paper to the writer's shoulders, to look like a "walking billboard".

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046501-0) Scannel, E., & Newstrom, J. (1998). *The Big Book of Presentation Games*. (pp. 125–126). New York, NY: McGraw-Hill.

Unofficial convenience copy of A-CR-CCP-803/PF-001, cached 2026-11-08 from https://app.cadets.gc.ca/cadet-publications/A-CR-CCP-803-PF-001/A-CR-CCP-803-PF-001.pdf.
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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
GETTING ACQUAINTED	**TIME**: 10 min

RESOURCES

- A large, open space,
- Large sticky notes (one per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute a large sticky note and a pen/pencil to each cadet.
2. Have each cadet write their first and last names on their sticky note.
3. Allow two or three minutes for each cadet to write down two words or brief phrases that tell something about themselves and can be used as conversation starters (eg, hometown, hobby, quirk, etc).
4. Have the cadets start to mingle and form groups of two or three and discuss their words or phrases with other cadets.
5. Once a few minutes have passed, tell the cadets to switch groups while encouraging them to meet and mingle with as many cadets as possible.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046501-0) Scannel, E., & Newstrom, J. (1998). *The Big Book of Presentation Games*. (pp. 23–24). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
BINGO BLAST	**TIME**: 10 min

RESOURCES

- A large, open space,
- Bingo Blast cards (one per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

Photocopy a Bingo Blast card for each cadet.

ACTIVITY INSTRUCTIONS

1. Distribute a bingo card and a pen/pencil to each cadet.
2. Allow five minutes for the cadets to roam around the area trying to find a person to fit each description on the card. Once a person is found, that cadet will sign their name on the bingo card. Encourage the cadets to try to fill out the complete card.
3. Once time is up, have the cadets gather in one area and sit.
4. Read the descriptions out loud and see who fits each description.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046501-0) Scannel, E., & Newstrom, J. (1998). *The Big Book of Presentation Games*. (pp. 28–29). New York, NY: McGraw-Hill.

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BINGO BLAST

PLAYS TENNIS _____	HAS TRAVELLED OUTSIDE OF CANADA _____	SPEAKS TWO LANGUAGES _____	HAS BROWN EYES _____	HAS AN OLDER BROTHER _____
HAS BROKEN A BONE _____	HATES BRUSSELS SPROUTS _____	HAS RED HAIR _____	HAS A PET FISH _____	PLAYS AN INSTRUMENT _____
HAS NEVER BEEN TO A CSTC BEFORE _____	HAS CANOED _____	**FREE**	HAS HAD A CAVITY _____	LOVES PICKLES _____
CAN SWIM _____	HAS A PET DOG _____	HAS BLUE EYES _____	HAS THEIR TOENAILS PAINTED _____	PLAYS VOLLEYBALL _____
HAS BLONDE HAIR _____	LIKES MATH _____	HAS A BIRTHDAY DURING THE COURSE _____	KNOWS A SET OF TWINS _____	KNOWS HOW TO DO THE HOKEY POKEY _____

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
TEAM CHARADES	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into two equal groups.
2. Give each group five minutes to:
   (a) choose a name for the team that best represents it; and
   (b) discuss a set of charades or acts that they will use to try to get the others to guess their team name.
3. Allow one minute for each group to act out their group's name, while the rest of the cadets guess.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046501-0) Scannel, E., & Newstrom, J. (1998). *The Big Book of Presentation Games*. (p. 161). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
DOUBLE TAKE	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets spread out in the area.
2. Have the cadets walk around shaking hands and introducing themselves to other cadets.
3. Call out a characteristic and have the cadets form groups with other cadets who share that characteristic. Some characteristics could include:
   (a) hair colour,
   (b) eye colour,
   (c) shoe size,
   (d) favourite colour,
   (e) favourite pizza topping,
   (f) pet ownership,
   (g) favourite sport, and
   (h) favourite music.
4. Encourage the cadets to form groups with different cadets as frequently as possible.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-134984-7) West, E. (1999). *The Big Book of Icebreakers*. (pp. 25–29). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
PECULIARITIES	**TIME**: 10 min

RESOURCES

- A large, open space,
- Peculiarities Activity Sheet (one per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

Photocopy a Peculiarities Activity Sheet for each cadet.

ACTIVITY INSTRUCTIONS

1. Distribute an activity sheet and a pen/pencil to each cadet.
2. Allow five minutes for the cadets to roam around the area trying to find a cadet to fit each description on the card. Once a cadet is found, have the cadet tick their peculiarity off the list and write their name next to the description. Encourage the cadets to try to tick off as many as possible.
3. Once time is up, have the cadets join in one area and sit.
4. Read the descriptions out loud and see who fits each description.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-134984-7) West, E. (1999). *The Big Book of Icebreakers*. (pp. 105–107). New York, NY: McGraw-Hill.

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PECULIARITIES ACTIVITY SHEET

1. Who was born on February 29th?
2. Who has or had a dog named Spot, Midnight, Lucky, Shadow or Snoopy?
3. Who competes in sporting activities such as running, basketball, etc?
4. Who likes pizza with anchovies?
5. Who was born in a different province than the one in which they reside?
6. Who was born outside of Canada?
7. Who has been to Nunavut?
8. Who writes songs or poetry?
9. Who has a twin brother or sister?
10. Who has a shoe size greater than 10?
11. Who has milked a cow?
12. Who has been to a concert in the past three months?
13. Who has been on a radio or television show?
14. Who prefers winter to summer?

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
I LIKE ME BECAUSE	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into pairs, preferably two cadets that do not know each other well.
2. Have the pairs sit facing each other and decide who will go first and who will go second.
3. Have each pair make eye contact and sit with an open body posture (eg, do not cross arms).
4. Explain that each pair will have two minutes each to answer the question “What do I like about myself?” The partner not answering the question cannot talk but must express a keen interest in the cadet through body language.
5. Have the first cadet speak about themselves. At the end of the two minutes, have the cadets switch roles.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046513-4) Newstrom, J., & Scannel, E. (1998). *The Big Book of Team Building Games*. (pp. 73–74). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
GROUP JUGGLE	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles, and
- Tennis balls (three).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Have the cadets stand in a circle.
2. Start the activity using one ball. All cadets will begin the game with one arm in the air. The cadet with the ball will call out their own name and the name of the cadet to whom they are going to throw the ball they will then throw the ball to that cadet. The ball must be thrown to a cadet with their arm in the air to ensure each cadet has the opportunity to participate. Once the cadet has caught the ball they are to put their arm down.
3. Have the cadet who catches the ball say their own name, say the name of the cadet to whom they are going to throw the ball and then throw the ball to that cadet.
4. Continue the game until the cadets seem comfortable using one ball.
5. Add more balls. The rules remain the same, only that the cadets have to pay much more attention! Continue until everyone has caught a ball, then all cadets should start again with their arm in the air.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (p. 109). New York, NY: McGraw-Hill Companies, Inc.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
MEET 'N GREET	**TIME**: 10 min

RESOURCES

A large, open space free from obstacles.

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Divide the cadets into groups of three or four.
2. Allow two minutes for each group to find three distinctive things that all of the cadets have in common. The only rule is that the three distinctive things cannot be related to the Cadet Program (eg, won the marksmanship team or received an award at the Annual Ceremonial Review). Some examples could be:
   (a) all are from the same province;
   (b) all have an older brother; and
   (c) all grew up in a single parent home.
3. Once all groups have completed Step 2., have the cadets regroup and share the three commonalities with the remainder of the cadets.
4. If time remains, complete the activity again with different groups.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046414-6) Newstrom, J. (1994). *Even More Games Trainers Play*. (p. 11). New York, NY: McGraw-Hill Companies.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
WHO ARE YOU?	**TIME**: 10 min

RESOURCES

- A large, open space,
- Index cards (one per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

N/A.

ACTIVITY INSTRUCTIONS

1. Distribute an index card and a pen/pencil to each cadet.
2. Have each cadet write down one thing about themselves that they do not think anyone else would know.
3. Collect all the cards and shuffle them. Randomly distribute one card to each cadet.
4. Allow five minutes for the cadets to circulate the room and ask questions to the other cadets to try to find out whose card they have.
5. Have each cadet sit after they have found the person whose card they have and when the cadet with their card locates them.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046501-0) Scannel, E., & Newstrom, J. (1998). *The Big Book of Presentation Games*. (pp. 23–24). New York, NY: McGraw-Hill.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
BIRTHDAY LINE	**TIME**: 10 min

RESOURCES

- A large, open space free from obstacles, and
- Tape/rope (approximately 10 m [32 feet]).

ACTIVITY LAYOUT

- If using tape, tape two parallel lines 50 cm (20 inches) apart, each approximately 5 m (16 feet) long on the floor.
- If using rope, place two parallel lines 50 cm (20 inches) apart, each approximately 5 m (16 feet) long on the ground.

ACTIVITY INSTRUCTIONS

1. Have all the cadets stand side by side inside the two lines, without their feet touching them.
2. Tell the cadets to organize themselves in order of birthday without stepping outside or on the lines.
3. If completed quickly, have the cadets organize themselves again using different criteria (eg, height, shoe size, hair colour).

SAFETY

N/A.

REFERENCE

(ISBN 0-07-059532-1) Snow, H. (1997). *Indoor/Outdoor Team-Building Games for Trainers*. (p. 57). New York, NY: McGraw-Hill Companies, Inc.

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
A COAT OF ARMS	**TIME**: 10 min

RESOURCES

- A large, open space,
- Coat of arms template (one per cadet),
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

Photocopy a coat of arms template for each cadet.

ACTIVITY INSTRUCTIONS

1. Distribute a coat of arms template and a pen/pencil to each cadet.
2. Have the cadets fill in their coat of arms by reading the following aloud, one at a time:
   (a) In Space 1, draw something that characterizes a recent peak performance.
   (b) In Space 2, sketch something about yourself that very few people know about.
   (c) In Space 3, draw a symbol of how you like to spend your free time.
   (d) In Space 4, represent something that you are very good at.
   (e) In Space 5, write or draw something that could be your personal motto.
3. When complete, use the remaining the time for the cadets to mingle with others to share their coat of arms.

SAFETY

N/A.

REFERENCE

(ISBN 0-07-046513-4) Newstrom, J., & Scannel, E. (1998). *The Big Book of Team Building Games*. (pp. 77–79). New York, NY: McGraw-Hill.

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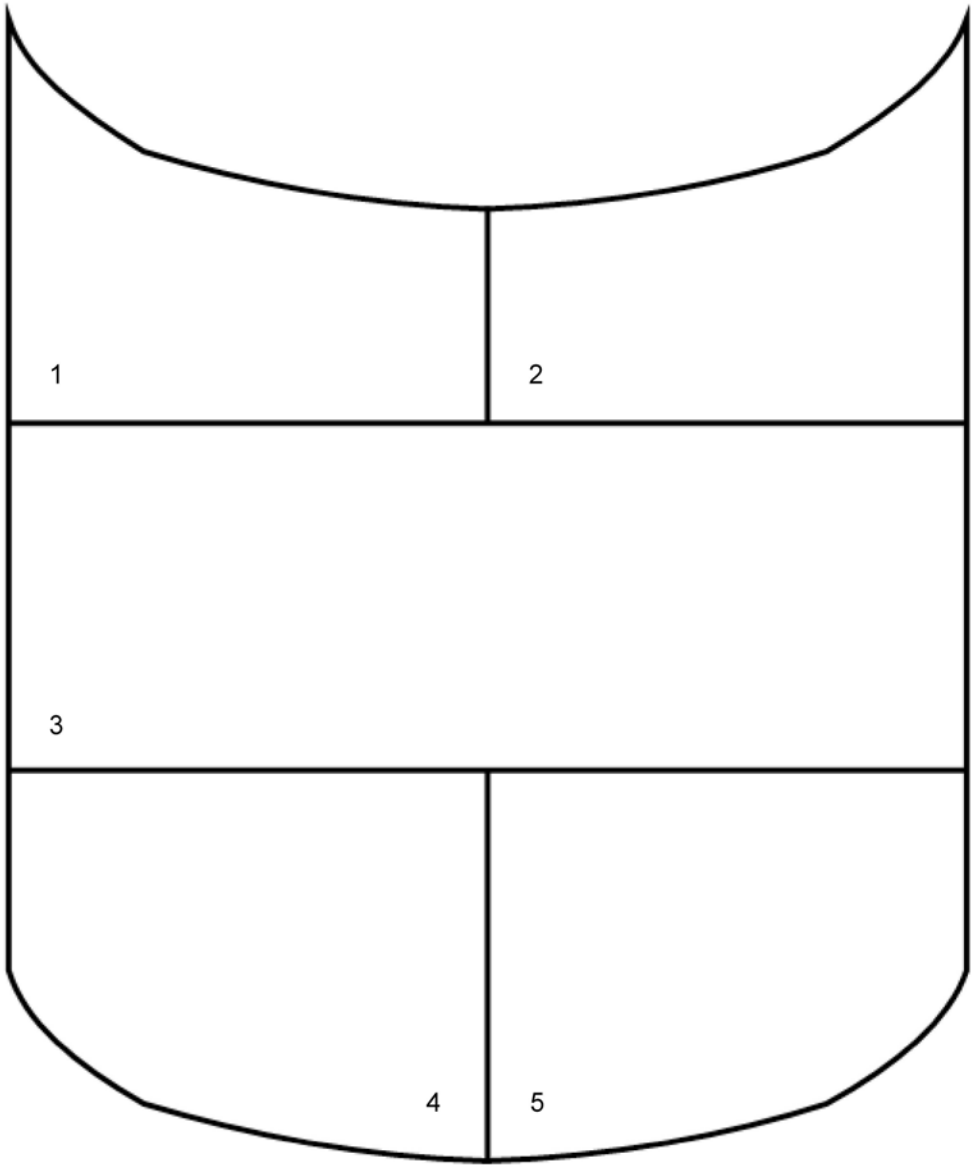
COAT OF ARMS TEMPLATE



J. Newstrom & E. Scannel, The Big Book of Team Building Games, McGraw-Hill (p. 79)

Figure O-2 Coat of Arms Template

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TEAM-BUILDING ACTIVITY	**ICEBREAKER**
MARTIAN NAMES	**TIME**: 10 min

RESOURCES

- A large, open space,
- Paper (one piece per cadet), and
- Pens/pencils (one per cadet).

ACTIVITY LAYOUT

Prepare your Martian name and meaning on a piece of paper.

ACTIVITY INSTRUCTIONS

1. Tell the following story:
   “Imagine you have just landed on Mars and need to introduce yourself to your Martian tour guide. Language on Mars is the complete reverse of ours. This means you must change your name so it is backward: last name first, first name last and both spelled backward, letter by letter. In addition, every name on Mars means something special and relates to the person who has that name. On your sheet of paper, write your name as it would appear on Mars. Practice pronouncing it. Think about what your Martian name means and be prepared to share it with the group.”
2. Show the cadets your Martian name and meaning. For example, Sarah Jones becomes “Senoj Haras,” which means “enjoys taking long trips and hiking with my friends” or Joshua Carew becomes “Werac Auhsoj,” which means “warrior of the desert.”
3. Distribute a piece of paper and a pen/pencil to each cadet and allow two minutes for the cadets to complete their Martian names.
4. Have the cadets share their Martian names with the group.

SAFETY

N/A.

REFERENCE

(ISBN 1-57542-265-4) MacGregor, M. (2008). *Teambuilding With Teens: Activities for Leadership, Decision Making and Group Success*. (pp. 8–9). Minneapolis, MN: Free Spirit Publishing, Inc.

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