

Artie's Ice Breakers Handout

Artie's Poems, Stories, and Other Stuff

A few of you asked about getting copies of the poem and the rope climb story. To get a copy of these two items, please go to our website – www.greatactivities.net - and sign-up for the Carol M White PEP Grant Newsletter. You will find these two items on our archived section. The Bridge for Life is in the August 2008 issue and the Story of a Boy, a Rope and the Truth is in the September 2008 issue.

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Artie's Ice Breakers

#1: Clap 3 Times: Get the students to clap 3 times and stomp 3 times. From here you can have them walk 8 counts, find a handshake partner, find a high five partner, find a partner wearing the same colored shirt, etc.

#2: Okay Sign: Everyone make an Okay sign, put it on your chin (but you put it on your cheek).

#3: I Love You Sign: Teach the sign for “I love you” in sign language. It is made up from the sign for the letters I, L, and Y.

#4: Bumper Cars: One partner is the driver and the other partner is the car. Can you close both eyes and fully trust your partner?

#5: Falling... Fall on!: Another partner trust activity where one partner falls back as the other partner gently re-positions the person back to a full standing position.

#6: Scattered Square Dance: A fun way to get kids moving to music in a non-threatening manner. Calls include:

Hit the Lonesome Trail: Walk by yourself to the beat of the music.

Horse & Buggy: Find a partner and walk in a straight line with one partner behind the other. Like in the activity “Bumper Cars.”

Circle the Wagons: Join hands with several individuals and circle right.

Squeeze the Lemon: Go into the center with a whoop and a shout!

Wagon Train: Several individuals link up to form a large series of Horses and Buggies.

#7: Call Your Own Square Dance: In groups of 4, number off. When the music starts, #1 will call a square dance. Then #2, #3, and #4.

#8: 3 Against 1 Tag: All four players number off...1, 2, 3, 4. Number 1 takes several steps back while Numbers 2, 3, and 4 hold hands in a circle. The circle of three players rotates so that #2 is facing #1. On the teacher's signal, player #1 tries to tag player #2. The circle rotates to keep #1 away from #2. This is a very vigorous activity!

#9: Birdy Dance: An all-time favorite.

4 Cheeps...

4 Flaps...

4 Wiggles...

4 Claps... then see if your students can shake hands with 12 different people, high five 15 different people, etc.

#10: Zoom: In one large circle, the word "zoom" is passed from player to player for time. Can you break the world record?

SCATTERED SQUARE DANCE:

Starting Formation: Individual students are scattered in general space. An even number of dancers is preferred.

Music: This music may be pre-recorded several times on a cassette tape so that it can be played throughout the activity. Any music with a strong regular beat may be used such "Square Dance Reel" from [Awesome Heart-Healthy Dances](#).

Equipment: Record player, microphone, and record.

Procedures: Practice the calls before the music starts.

For teacher demonstration, "Okay, now stop and freeze with your eyes on the teacher." The teacher then demonstrates the move with a partner or group as the music plays. You can also instruct the students to look at you when a new call is given and to watch the new move. Then on the teacher's verbal "go," the students perform the move with their partners or group.

Between calls, students are to continue to walk around the area, keeping time to the music. Continuous activity is the goal. The following calls are a good beginning sequence to introduce the scatter square dance basic skills. Once the basic skills have been mastered, teachers and/or students can put together new dance sequences.

A Sample Scattered Square Dance:

1. **HIT THAT LONESOME ROAD:** Move individually in the general area while keeping time with the music.
2. **FIND A PARTNER AND GIVE 'EM A SPIN:** Partners face each other, join two hands and turn together in a small controlled circle.
3. **AROUND THE FLAGPOLE:** Partners join right hands, raise joined hands, while one partner walks around the other partner who stands in place.
4. **HIT THAT LONESOME ROAD:** Move individually in the general area while keeping time with the music.
5. **CIRCLE UP THE WAGONS:** Get in groups of four or more, join hands and circle right.
6. **CIRCLE TO THE LEFT:** Circle to the left.
7. **SQUEEZE THE LEMON:** Move four small steps toward the center and shout "hey" and then back up four steps.
8. **HIT THAT LONESOME ROAD:** Move individually in the general area while keeping time with the music.
9. **FIND A NEW PARTNER AND RIGHT ELBOW SWING:** All students "hit the lonesome road" and find a new partner by doing a right elbow swing with this partner.
10. **DO-SI-DO:** Two dancers facing each other advance and pass right shoulders. Each moves to his right, passing in back of the other person and without turning, passes left shoulders and moves backward to place.
11. **DOWN AND AROUND:** Partners join right hands, one partner kneels on one knee while other partner walks around the kneeling partner.
12. **LEAD A PARADE:** The class lines up behind a selected couple and follows them around the room.
13. **HIT THAT LONESOME ROAD:** Move individually in the general area while keeping time with the music.
14. **BOW TO EVERYONE, THE DANCE IS DONE!:** The students bow to several people.

CALL YOUR OWN SQUARE DANCE: Use “Fisher's Hornpipe” from Awesome Heart-Healthy Dances. Divide the class into groups of four. In this activity, each of the students will have the opportunity to call a short square dance to the members of his or her group of four.

Each player in a group numbers off from 1 to 4. The students hold hands and form a small circle. The teacher will direct the students in the following fashion:

Teacher:

Students:

“Caller #1 have some fun...”

Each of the #1 players will call to their group. The #1 players participate in the dance by calling from the circle.

“Caller #2 it's up to you...”

Now the #2 players get to call.

This continues with the teacher directing the other players to call. Each player gets about 30 seconds to call for his or her group. This is an excellent way to assess your students' ability to demonstrate what they have learned during your class. Use a video camera to give your students additional feedback!

TEXAS STAR (Or Carson City Star!): This is an all-time favorite with upper elementary students. Use “Fisher's Hornpipe” from Awesome Heart-Healthy Dances. The students form circles with 4-5 couples per group. You can use the following calls and add your own:

“Ladies to the center and back to the bar”

Ladies go forward and back.

“Gentlemen in with a right hand star”

Guys perform a right hand star.

“But not too far, back again with a left hand star”

Guys stop, do a left hand star.

“See that pretty girl, pass her by ...”

Guys, still in a left hand star, walk past partner.

“Take the next one on the fly...”

Guys pick up new partner, moving counter-clockwise with the girl by the boy's side.

“Gents back out, ladies go in - right hand star again.”

Guys back out, ladies do a right hand star.

“Ladies back out, gents go in... left hand star again.”

Ladies back out, gents do a left hand star.

“All join hands and circle right”

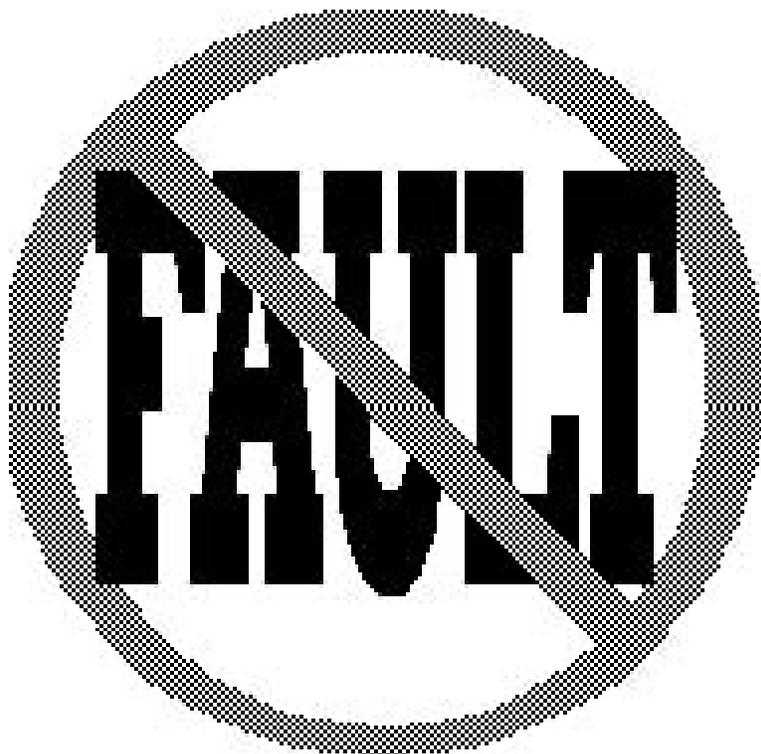
Join hands and circle right.

SITTING SQUARE DANCE: Students are sitting on chairs or on the gym floor. Use an upbeat square dance instrumental piece. Use “Cotton Eyed Joe” from Awesome Heart-Healthy Dances. The teacher will direct the students to perform the following square dance calls:

Call:	Movement:
“Everybody clap your hands...”	The students clap their hands using the same rhythm as the teacher.
“Everybody pat your knees...”	The students pat their knees using the same rhythm as the teacher.
“Shake hands with a neighbor...”	The students shake hands with nearby students.
“Hug yourself...”	The students hug themselves.
“All join hands and circle left...”	The students join hands with their neighbors and move their arms as if circling left.
“Now circle right...”	The students lean to the right and continue circling.
“Into the center with a hoop and a shout!”	The students join hands, raise their hands and shout!
“Now come back out...”	The students “back out.”

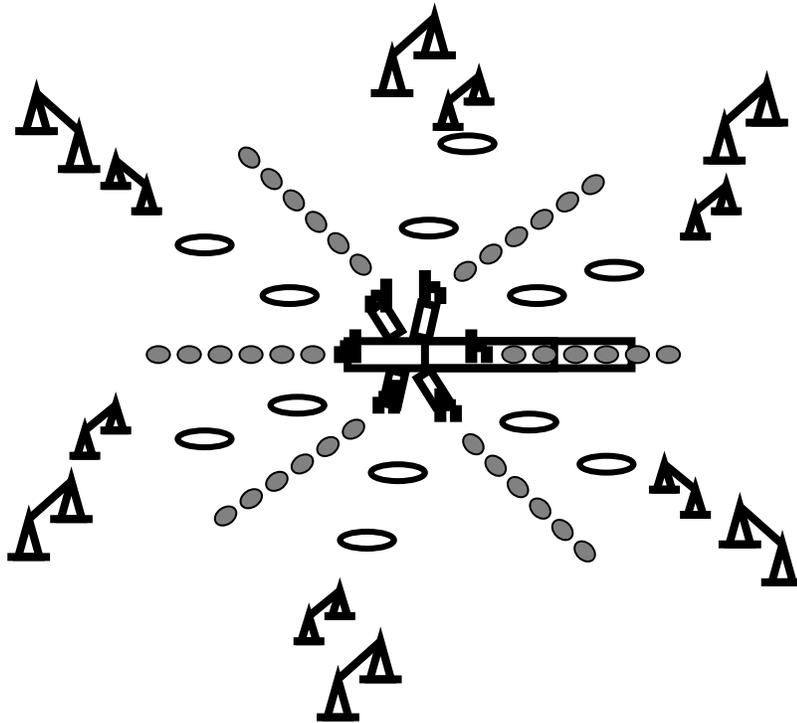
The teacher continues the dance with a variety of real square dance calls and other silly made-up calls. Example: pat your head, smile to everyone, etc.

Remember: You’re in a No-Fault Zone!



The Fitness Wheel

Equipment: 36 polypots, 12 large cones, 12 smaller cones, 12 short ropes, 6 individual exercise mats (or 12 carpet squares and some duct tape), 6 balloons and yarn, 6 juggling scarves, 6 beanbags, 12 hula hoops, 6 chairs.



How We Do It: Set up the Fitness Wheel as shown above. Divide the class into six groups. Each group stands on the polypots. The first player in line will run around the circle and jump the hurdles (either high or low) and tags the next player in line.

Now the second player runs the circle while the first player goes to the first hula hoop to toss and catch the scarf. He does this until the second player arrives. This continues as the players “bump” each other to the next station.

Players jump in and out of the second hoop, place a beanbag on the chair while in a push-up position, and do crunches by touching the balloon.

Fitness Wheel Activities

- 1.) Run and Leap**
- 2.) Toss and Catch**
- 3.) Jump in and Out**
- 4.) Beanbag Lift**
- 5.) Balloon Tap**

Mystery Maze

A-Maze-ing Challenges: Create a grid using polypspots or drawing it on a painter's dropcloth. Students have to find their way through the maze.

