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ALPHA SIGMA PHI

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ICEBREAKERS

ROCK, PAPER, SCISSORS

- To play, first review the standard rules of rock, paper, scissors.
- Ask players to spread out and find a partner. Each pair plays a best of three rounds of Rock, Paper, Scissors. The losing player then stands behind the winning player and enthusiastically cheers for that player.
- This new team then finds another team to play a new round of Rock, Paper, Scissors. Each time a team wins, it collects the other team's players, and they line up behind the unbeaten leader.
- At the end, there will be two large teams, led by the unbeaten leader in front. After the final match, the celebration begins!

NINJA

- Players form a circle, each standing at arm's width away from each other.
- On the count of "3... 2... 1... NINJA!", all players jump into ninja poses. Choose your pose wisely!
- Randomly choose a ninja to begin.
- On their turn, each player is allowed to make one swift ninja attack. KAPOW! This can involve your whole body. HAYA! Eliminate others by striking their hand - the wrist is not included. You must stiffly hold the position you end your move in.
- The next player is allowed to move once you have finished your attack.
- If you are attacked by another player, you may dodge using only your arms.
- When only two players remain, they begin the final duel. The final two ninjas stop fighting, bow, and stand back-to-back. On the count of "3... 2... 1... NINJA!" they jump into poses. The ninja with the boldest pose goes first and play resumes normally. The game ends when only one ninja remains.

LITTLE SALLY WALKER

- Get everyone in a circle with one person in the middle.
- The person in the middle walks around inside the circle while everyone else sings, "Little Sally Walker walking down the street. She didn't know what to do so she stopped in front of me" (at this point, the one in the middle stands in front of someone and does a dance move).
- (Still singing...) "Hey girl, do that thing, do that thing, and switch! (the person that got picked does the dance move) (still singing) Hey girl do that thing do that thing and switch!"
- The new person now walks on the inside of the circle and continues the game.

LOOK UP, LOOK DOWN

- Players stand in a circle, all with their heads looking down. The facilitator yells “look up”. All players look up at someone else directly at their eyes (they cannot change who they are looking at after they look up).
- If two people happen to be looking at each other (i.e. make eye contact), they both have to fall over as if they were dying (they have to pretend to die in the most dramatic way possible). Both players die (are out) and leave the circle.
- The facilitator then says “look down” and everyone looks down. The facilitator then says “look up” and the process continues. The game continues until there are only two players left (or one if you started with an odd number)
- When there are only two people left, rock paper scissors or the facilitator can choose something to determine the winner.

GIANTS, WIZARDS, AND ELVES

- Split group up into 2 teams, designate 2 safety zones, one on each teams side, and designate a middle area.
- Each team then gets in a huddle and picks what they want to be as a team, a giant, a wizard or an elf.
- Giants put their hands up over their heads, wizards put their hands out straight in front of them wiggling their fingers, and elves make pointy ears on their head with their pointer fingers.
- Once the teams have decided their character they want to be, they come up to the center spot and line up face to face, then on a count of 3, everyone does whatever action their team picked.
- Giants beat elves, elves beat wizards and wizards beat giants, so the team that beats the winning team chases the other and tries to tag as many members on the other team as possible before they reach the safety zone.
- The members from the team that get tagged become a part of the other team.
- Repeat until all players are on one side.

PAPER BALLS

- Paper Balls can be played by the whole group, or you can divide the group into teams. Groups from three to five adults work well.
- Pass out a sheet of newspaper to each person and tell them to roll it into a tight ball.
- Have the participants stand at the far end of a room with a basket of some kind on the other side of the room.
- The object of this game is to roll the balls as close as possible to the basket. You could also give points for those who decide to try and make it in the basket. Those who do so score points.

ASSASSIN

- Have all participants put their heads down. One person (the facilitator) would walk around the circle and tap two people on the head. The person tapped one time was the assassin.
- The person tapped two times is the investigator and goes in the middle. The person who is the assassin eliminates all other players by winking/sticking tongue at them. If you are winked at, silently count to 10, then fall to the ground like you have died.
- If the assassin eliminates everyone, then they win.
- If the person who is the investigator think they know who the assassin, they can guess. Depending on the size of the group, they have 2 or 3 guesses.
- To claim someone is the assassin, the investigator would say “I suspect that Sally is the assassin.” If Sally is not the assassin, they are safe.

SENTENCE STARTERS

- Before the adults get together, write sentence starters on slips of paper.
- Have each person pull a slip from a bowl and write their name, read the sentence starter, and then complete it.
- They should also provide several additional sentences of information that coincides with their sentence starter.
- Read the completed slips when everyone has arrived to help everyone get to know each other.

STRING A STORY

- You will need to get a big roll of yarn or string. Color or multi-color string is fun.
- Cut the string in various lengths from 12 to 30 or more inches.
- Bunch it all into one big clump.
- To play, ask a volunteer to pull a piece of string from the clump and slowly wind it around their index finger.
- While they do so, they must introduce themselves and then talk, either about themselves, or you can choose a topic if you wish, until the string is completely wound up.
- The fun part is that some people get a long string and must keep talking.

ACT AND REACT

- Players use paper and pen to write down an event, or you can prepare papers ahead of time.
 - Some examples you might include are:
 - Winning the lottery
 - Meeting a large, aggressive bear in the woods
 - You just got fired from your job
 - Your significant other just broke up with you
- Put the papers in a bag, box, or basket and have players randomly select a piece of paper and react to the experience using words, gestures, and facial expressions.
- Players try to guess what happened. Set a time limit for the players to act out their event.
- You can give a point for each correct guess. You can also vary the game by making players act out their event without talking.

CHEERS GOVERNOR!

- Participants form a circle and the objective is to count to 21 and then everyone shouts “Cheers Governor!”
- Every time you make it to 21 a new rule is added. The game starts off by switching 7 and 14. So instead of 7, you say 14, and so on. If someone messes up or breaks a rule, the round resets and the person that messed up starts off at 1. (Example: “Clap on 10”. From that point on when the count reaches 10, that person claps instead of says 10.)
- The game ends when every number has a rule and you successfully get to 21 without messing up, but it never usually happens so after a handful of rounds would be a good point to end it. If it’s a smaller group, the number could be lowered to 18 or 16.

I LIKE PEOPLE WHO...

- Everyone needs a place marker to stand on - tape, rubber spot or even a chalk mark.
- Everyone forms a circle and stands on their spot.
- One person is in the middle, and their spot is removed. They call out “I like people who . . .”
 - Suggestions: like camping, eat cereal for breakfast, love brownies.
- Anyone who falls into that category must change places with another person in the circle to whom the statement applies.
- The person in the middle tries to get a spot also and the person who is left in the middle makes the next statement. You may not take a space next to you!

ALPHABET GAME

- In a group of 5-10 people.
- The goal is to get from A to Z without messing up or having two people say the same letter at the same time.
- People can say a letter whenever they want, but if they say the wrong letter or say a letter at the same time, the group has to restart.

BIG WIND BLOWS

- In this game, one person will be in the middle of a circle. Whoever is in the middle will say, the Big Wind Blows for..... and finish that sentence by saying one thing that is true about themselves.
 - Examples:
 - The Big Wind Blows for anyone who has a sister
 - The Big Wind Blows for anyone who likes to swim
- Once the person in the middle has made this invitation, everyone in the circle who identifies with that statement must get out of their seat and find a new one.
- They cannot move to an open seat right next to them, they must move more than one seat over from where they are sitting.
- The person in the middle must also try to get into one of the seats. This means that a new person ends up in the middle, and then that person gets to come up with a new “Big Wind Blows for...”
- The game continues this way until a good number of people in the group have had a chance to be in the middle or until the facilitator calls time.

