



# TEAM BUILDING ACTIVITY GUIDE

This guide provides chapters with icebreakers and activities that can be used throughout the school year at chapter meetings. As chapter members build closer connections and grow common interests among one another, this will naturally increase chapter member retention. The goals of participating in the activities are to:

1. keep current members engaged,
2. increase chapter bonding, and
3. recruit new members.

As your chapter completes these, take pictures and let us know about it by tagging @IowaSTEP on Facebook or Instagram.





## GRATITUDE GAME

Purpose: Icebreaker

Materials: Fun-size Skittles

If you have students who are unable to eat Skittles, you can do this with a variety of colored objects. A few examples include, straws, toothpicks, strips of paper, etc.

Instructions:

1. Ask students to stand in one large circle.
2. Give each student a package of Skittles.
3. Ask each student to take out one Skittle of each color.
4. Ask students to go around the room and share the following items as they hold up their colored Skittles:

Red: a person you are thankful for.

Orange: a place you are thankful for.

Yellow: a food you are thankful for.

Green: a thing you are thankful for.

Purple: a reason you are thankful for ISTEP.

5. Once all students take their turn, they can enjoy the rest of their Skittles.





## CUPCAKE WARS

Purpose: Icebreaker / activity

Materials: Cupcakes, frosting and sprinkles

This could also be done with cupcakes, or simply by drawing on paper.

Instructions:

1. Divide cupcakes, frosting and sprinkles into individual bowls for students.
2. Explain that there will be 3 rounds, and each round will be 10 minutes.
3. You will tell them the topic of each round that they must design the best cupcake.
4. After each round, students will explain their design.
5. To make it a competition, you could
  - a. ask students in the classroom to vote for their favorite cupcake each round, or
  - b. take pictures of the cupcakes, post them online and ask people to vote in the comments.

Topic ideas:

- The ISTEP logo.
- What brings you joy.
- Your favorite vacation.
- Why you choose to be vape free.
- A world without tobacco.
- Health effects of tobacco.
- Your favorite time of year.





## KINDNESS ROCKS

Purpose: Icebreaker / activity

Materials: Rocks, paint brushes, water proof paint and permanent markers

Instructions:

1. Ask student to decorate the rocks with kind messages by using water proof paint and/or permanent markers. Encourage them to include tobacco and vape free messages as well.
2. Allow the rocks to dry.
3. As a group, determine where you will place the rocks for others to find. This could be around the school (inside or outside), at a local park, around a walking trail, in the school counselor's office, etc.
4. Announce it to your peers and/or community members so they can go on a fun rock hunt to find them!





## THREE WORDS

Purpose: Icebreaker

Materials: None

Instructions:

1. Ask students to find a partner.
2. Ask the pairs to answer questions 1, 2 and 3, then to find a new partner.
3. Ask questions 4, 5 and 6, then to find a new partner.  
Continue the process as long as you'd like.

Questions:

1. Name 3 things which reminds you of Summer.
2. Name 3 of your favorites foods.
3. Name 3 things both students and teachers do.
4. Name 3 of your favorite holidays.
5. Name 3 things that reminds you of your family.
6. Name 3 things that you're afraid of.
7. Name 3 things you want to accomplish this year.
8. Name 3 things that reminds you of Winter.
9. Name 3 facts about yourself.
10. Name 3 things you can wear on your head.
11. Name 3 things that reminds you of school.
12. Name 3 animals you like.





## PANCAKE BREAKFAST

Purpose: Icebreaker / activity

Materials: Pancake mix, syrup, plates, napkins and silverware

Instructions:

1. Invite the students to a simple pancake breakfast before school begins.
2. Include light hearted conversation, a short ice breaker game and talk about your next ISTEP meeting or event.





## TALK FOR 1 MINUTE

Purpose: Icebreaker

Materials: None

Instructions:

1. Ask students to find a partner.
2. Ask the pairs to talk for 1 minute (30 seconds each) about topic 1, then to find a new partner.
3. Ask the pairs to talk for 1 minute about topic 2, then to find a new partner. Continue the process as long as you'd like.

Topics:

1. Talk about your favorite food and why.
2. Talk about your favorite movie, show or book and why.
3. Talk about your favorite vacation and why.
4. Talk about foods you dislike and why.
5. Talk about your favorite holiday and why.
6. Talk about your favorite room in your home and why.
7. Talk about your favorite animal and why.
8. Talk about someone you admire and why.
9. Talk about your favorite flavor of ice cream and why.
10. Talk about your hobbies and why you enjoy them.





## EYES ONLY

Purpose: Icebreaker

Materials: None

Instructions:

1. Students are only allowed to use their eyes to communicate, while counting from 1 to 20 with each team member saying one number at a time.
2. If more than one student speaks at the same time, they must start over.





## CREEPING CLOSER

Purpose: Icebreaker

Materials: None

Instructions:

1. Ask students to stand across the room from you.
2. Students must hop on one leg across the room, without you seeing anyone move.
3. You will turn around with your back to the students to allow them to hop, but once you face them, they must be still again.





## CONSENSUS EXERCISE

Purpose: Icebreaker

Materials: None

Instructions:

1. Ask the students as a team to come up with an action and sound to perform at the exact same time. It must be in complete unison.
2. Give them 5 minutes to practice, then have them perform it for you.
3. Once they've mastered this, ask them to add on another action and sound.
4. Give them 5 minutes to practice, then perform it for you.
5. Repeat the process of adding on more actions with sounds as many times as you'd like.





## LOVE YOUR LUNGS

Purpose: Icebreaker / activity

Materials: thin straws and a timer

Instructions:

1. Set a 30 second timer and ask the students to run in place.
2. Once the timer ends, ask the students to observe how it feels to catch their breath.
3. Then, give each student one straw. Set another timer for 30 seconds. Ask the students to run in place while breathing through the straw.
4. Once the timer ends, ask the students again to observe how it feels to catch their breath. Allow discussion among the group. Explain that this is how a person who smokes or vapes may feel since their lungs are affected by tobacco.

Provide alternatives for youth with all abilities to participate. For students with breathing concerns or who are unable to stand and run in place, encourage them to skip running in place. If they are able, encourage them to pump their arms back and forth really fast, or simply observe other students during the activity. Ask questions, such as: Did your peers have a hard time with the activity? What happened when they tried to catch their breath after the first timer? What about after the second timer?





## ROLE PLAY

Purpose: Icebreaker / activity

Materials: None

Instructions:

1. Talk to the students about the My Life My Quit program.
2. Divide the group into partners. Give each partner 2 minutes to practice what they would say if they found out their best friend is addicted to vaping. Remind them to use the information they learned about My Life My Quit.
3. After the four minutes is up, lead a discussion among the entire group to talk about the activity.





## WHAT'S YOUR WHY?

Purpose: Icebreaker / activity

Materials: Paper and pencil

Instructions:

1. Take five minutes for the students to reflect.
2. Ask them to write down why they want to live a healthy life, which includes being tobacco and vape free. And, why they're involved in ISTEP.
3. After they finish, allow students to share, and connect the discussion back to how being a part of ISTEP can make a difference among their peers, community members and most importantly themselves.





## PEN PAL LETTER

Purpose: Recruitment activity

Materials: Paper and pencil

Instructions:

1. Ask each ISTEP member to write a letter to a 6th grade student at their school.
2. Encourage them to include why they choose to be tobacco and vape free, why they're involved in ISTEP and invite them to their next ISTEP meeting.
3. Make this next meeting all about having fun by including a few icebreaker games and promotional ISTEP items.  
Encourage the 6th grade students to join ISTEP next year!





## THE GREAT DEBATE

Purpose: Icebreaker / game

Materials: None

Instructions:

1. Pick one of the controversial statements from the list below.
2. Ask students to give a thumbs up if they agree with the statement or a thumbs down if they disagree with the statement.
3. Divide the two groups and give them five minutes to come up with their reasoning why.
4. Allow the groups to report out to one another.
5. Repeat the process as many times as you'd like.

Topics:

- A hotdog is a sandwich.
- Pineapple belongs on pizza.
- Water is wet.
- Social media is a good thing.
- Cats are better pets than dogs.
- Summer is better than Winter.
- The chicken came before the egg.
- Ranch is better than ketchup.





## DO WE GO TOGETHER?

Purpose: Icebreaker / game

Materials: Post-it notes

If you don't have post-it notes, you could also use index cards, cut up pieces of paper, label stickers or masking tape.

Instructions:

1. Write out a list of pairs and separate them onto different post-it notes.
2. As students enter the room, stick one item on each person.
3. The students must walk around and find their match.

Matching pair ideas include:

- Peanut butter and jelly
- Ken and Barbie
- Salt and pepper
- Spaghetti and meatballs
- Left and right
- Before and after
- Peas and carrots
- Sweet and sour
- Mickey and Minnie
- Cake and ice cream
- Milk and cookies
- Rock and roll
- Batman and Robin
- An arm and a leg
- Macaroni and cheese





## ROLL A TOPIC

Purpose: Icebreaker

Materials: One dice

Instructions:

1. Ask students to sit in one large circle.
2. Ask for a volunteer to start the game, then hand them the dice.
3. Ask each student to roll the dice then answer the question associated with the number they roll.

- One: favorite food and why.
- Two: something you'd like to achieve in the future and why.
- Three: something you're afraid of and why.
- Four: favorite holiday and why.
- Five: someone famous you'd like to meet and why.
- Six: favorite emoji and why.





## DICE DEBRIEF

Purpose: Debrief tool

This could be done after a street marketing event, educational lesson, meeting, etc..

Materials: One dice

Instructions:

1. Ask students to sit in one large circle.
2. Ask for a volunteer to start the game, then hand them the dice.
3. Ask each student to roll the dice then answer the question associated with the number they roll.

- One: one new thing you learned.
- Two: acknowledge someone for a job well done.
- Three: a good idea you heard.
- Four: how you're feeling.
- Five: something that pushed you outside your comfort zone.
- Six: how you will apply what you learned.





## MINDFUL BREAK

Purpose: Break

Materials: None

Instructions:

1. Ask students to sit comfortably in their seat. They may lay their heads down if they'd like.
2. Lead the students through the B R E A K listed below.

B: Breathe. Take 5 deep slow breaths.

R: Rest. Close your eyes to clear your mind.

E: Empowering words. Think 3 nice things about yourself.

A: Absorb. Check in with your senses.

What do you see, feel, hear, smell and taste?

K: Knowledge. Stop and think before you act.

3. Ask students to share how this made them feel.