

## Activity Design

Title of Activity: Group Dynamics and Ice breakers

### 1. Objectives:

This activity is designed to allow the Campers to:

- ) Be relaxed and energized after breaks and long learning sessions in the eco-camp; and
- ) Be involved and interact with other participants as the eco-camp progresses.

2. Total activity time: 15-30 minutes depending on the need

3. Mode of delivery: Games, narrative-story telling, claps, songs and dance

4. Participants/Prerequisites: This module is suitable for use of 15 participants and above.

5. Materials and Equipment: Materials listed below per activity

### 6. References:

ReproLine Plus (2015). The Source of Technical Expertise in Global Health Practice. Trainer and Educator Resources: Ice breakers. Retrieved November 16, 2015 from <http://reprolineplus.org/resources/trainer-educator/icebreakers>

### 7. Sample Group Dynamics and Icebreakers

A. Apple Shake, Orange Punch
) Method/Duration: 3-5 minutes; Song and Dance
) Materials Needed: None
) Procedure
1. This ice breaker requires actions from the participants. The facilitator in this activity have commands corresponding to actions, below are the following:  "A" - raise the right hand diagonally  "pple" - left hand stretched down in a diagonal position  "O" - raise the left hand diagonally  "range" - right hand stretched down in a diagonal position  Punch - both hands on the chest level with close fists facing forward, then chest in and out dance movement  Shake - hips rotation

2. When the facilitator says any of the commands, the participants will have to do the corresponding actions. The facilitator can say the commands randomly and by a rapping beat making the participants do the action like that of dance-steps.
Source: Unknown

B. Attootyta
) Method/Duration: 5 minutes; Song and Dance
) Materials Needed: None
) Procedure
<p>1. Start with singing "Attootyta, attootyta, attootyтата" twice. Ask the participants to sing after you.</p> <p>2. Add dance steps while singing "attootyta". Move the hips and shoulder side by side with palms in a thumbs-up sign moving through the rhthym of the song. Ask again the participants to dance with you.</p> <p>3. After every "Attootyta, attootyta, attootyтата" a command will be added. Below is the example:</p> <p>Facilitator: (dance and sing) Attootyta, attootyta, attootyтата  Participants: (dance and sing) Attootyta, attootyta, attootyтата  Facilitator: Thumbs up! (do the gesture)  Participants: Thumbs up! (do also the gesture)  All: Attootyta, attootyta, attootyтата (2x)</p> <p>4. Add a new command, aside from the older one. Repeat first the old command, before saying the new one. Example:</p> <p>Facilitator: Attootyta, attootyta, attootyтата  Participants: Attootyta, attootyta, attootyтата  Facilitator: Thumbs up!  Participants: Thumbs up!  Facilitator: Elbows down!  Participants: Elbows down!  All: Attootyta, attootyta, attootyтата (2x)</p> <p>5. New commands will be added with the older ones as the song progresses. Repeat first the old commands, before saying the new ones. Example:</p> <p>Facilitator: Attootyta, attootyta, attootyтата  Participants: Attootyta, attootyta, attootyтата  Facilitator: Thumbs up!  Participants: Thumbs up!  Facilitator: Elbows down!  Participants: Elbows down!  Facilitator: Knees bent!  Participants: Knees bent!</p>

All: Attootyta, attootyta, attootyata (2x)
6. Additional commands that can be said are feet apart, tongues out, and roll around. To hear the song and for visual example visit TheManiacDancer user account in youtube in this URL: <a href="https://www.youtube.com/watch?v=zGNvVsho-d8">https://www.youtube.com/watch?v=zGNvVsho-d8</a>

C. Ulat Panahon (Weather Forecast)
) Method/Duration: 3-5 minutes; Role Play
) Materials Needed: None
) Procedure
<ol style="list-style-type: none"> <li>1. Ask the participants to stand up and face to the right.</li> <li>2. Give them commands that correspond into actions. Below are the following: <ul style="list-style-type: none"> <li>o Ambon (Drizzle) - continuously touch the back of the person in the front using your two pointer fingers.</li> <li>o Ulan (Rain) - continuously touch the back of the person in the front using all your fingers.</li> <li>o Bagyo (Typhoon) - continuously hit the back of the person in the front using the sides of hands. (Caution: ask the participants to do it lightly as if giving a massage)</li> </ul> </li> <li>3. Tell them that there are areas in the Philippines that correspond to the back of participants standing in front of them. Luzon is the upper back, Visayas is the middle back, and Mindanao is the lower back.</li> <li>4. Instruct the participants to do actions when the commands will be mentioned during the weather forecasting that will be announced. For example, when the statement in the weather forecast is "Ang ulat panahon dito sa Luzon ay umuulan," the participants is expected to do the "ulan" action in Luzon area which is at upper back of the participants in front of them.</li> <li>5. Make sure to say the weather forecast slowly for the participants to have more time to do the actions and to have fun. Below is the sample weather forecast script that can be modified as necessary: <p>"Magandang umaga sa inyong lahat. Ako si Darry, nag-uulat live dito sa Luzon kung saan panaka-nakang umuulan, samantalang may bagyo sa visayas at ambon lang sa Mindanao. Sa mga susunod na araw ay uulanin din ng malakas sa Mindanao, dahil sa pagbagyo sa visayas. Sa Luzon naman ay patuloy pa din ang pag-ulan dahil sa habagat. Inaasahan na titigil ang pagbagyo sa visayas sa darating na sabado, at mababawasan ang tubig na dulot ng ulan sa Mindanao at sa Luzon at magiging ambon-ambon na lamang. Back to studio."</p> </li> <li>6. Tell the participants to face to their left, and read the weather forecast again.</li> </ol>

Source: Unknown

D. Pasamoves
) Method/Duration: 3-5 minutes; Song and Dance
) Materials Needed: None
) Procedure
1. Divide the participants into groups. You may opt to have 4-5 groups or more.
2. Give certain movements per group. You can choose from celebrity iconic movements, famous dance steps, sports action, and others. Example:  ) Celebrity Iconic Movement 1. Nora Aunor's Walang Himala Move 2. Vilma Santos' wailing 3. FPJ's head nods and hands on the pockets 4. Vice Ganda's Horsey move 5. Ariana Grande's cute poses  ) Famous dance step 1. Gentleman dance step 2. Oppa Gangnam Style dance step 3. What me whip (watch me nae nae) 4. Spaghetti dance step 5. Otso-otso dance step  ) Sports action 1. Volleyball spike 2. basketball shoot 3. football kick 4. swimming freestyle
3. Select the group who will start doing their respective movement. Instruct them to agree among themselves who is the next group they are targeting to pass the move. They have to do their movements while saying it two (2) times, and then the next group's move for two (2) times also. For example, the facilitator chose the group A which is the volleyball spike group. The group A then secretly agreed that they will pass the move to Group B, the basketball shoot group. The group A will say and do "Volley ball spike! Volley spike!, basketball shoot, basketball shoot!" then Group B, the basketball shoot then pass the move to others. They will start for example with "Basketball shoot! Basketball shoot!, swimming freestyle!, swimming freestyle" and so on.
4. Passing of moves must be fast and all the group members must shout and do the act also uniformly. Any member of the group that will commit mistake will be automatically out of the game.

1. Nora Aunor's Walang Himala Move
2. Vilma Santos' wailing
3. FPJ's head nods and hands on the pockets
4. Vice Ganda's Horsey move
5. Ariana Grande's cute poses

1. Gentleman dance step
2. Oppa Gangnam Style dance step
3. What me whip (watch me nae nae)
4. Spaghetti dance step
5. Otso-otso dance step

1. Volleyball spike
2. basketball shoot
3. football kick
4. swimming freestyle

3. Select the group who will start doing their respective movement. Instruct them to agree among themselves who is the next group they are targeting to pass the move. They have to do their movements while saying it two (2) times, and then the next group's move for two (2) times also. For example, the facilitator chose the group A which is the volleyball spike group. The group A then secretly agreed that they will pass the move to Group B, the basketball shoot group. The group A will say and do "Volley ball spike! Volley spike!, basketball shoot, basketball shoot!" then Group B, the basketball shoot then pass the move to others. They will start for example with "Basketball shoot! Basketball shoot!, swimming freestyle!, swimming freestyle" and so on.

4. Passing of moves must be fast and all the group members must shout and do the act also uniformly. Any member of the group that will commit mistake will be automatically out of the game.

5. For difficult level, it can be instructed that the group will have to shout and do the moves faster and also reshuffle each given moves
Source: Unknown

E. Footprints in the Sand
) Method/Duration: 20 minutes; Game
) Materials Needed: None
) Procedure
<ol style="list-style-type: none"> <li>1. Group the participants with 6-10 members.</li> <li>2. Announce how many feet you want to see that touch the floor for each group by saying "I saw <u>   (number)   </u> footprints in the sand"</li> <li>3. When the facilitator announces the required number of feet in the ground, the group will have to strategize how to lift their feet or group members. For example, the facilitator said "I saw 6 foot prints in the sand," each group of 10 members will have to lift other group members just to comply on the only required number of feet that touches the ground for each group.</li> <li>4. Count for 10 seconds for the group to strategize. Count another 10 seconds for the group to settle the number of feet in the ground.</li> <li>5. Check each group if the number required is being met. Count for five (5) seconds to see if each group can withstand the number of feet required.</li> <li>6. The group that cannot meet the number of feet required per round and cannot withstand in five (5) seconds will be out of the game.</li> </ol>
Source: Unknown

F. Paint me a Picture
) Method/Duration: 20 minutes; Game/Role Play
) Materials Needed: None
) Procedure
<ol style="list-style-type: none"> <li>1. List down different themes that can be related to the topics discussed in eco-camp such as wetlands conservation, waste management, climate change adaptation, and disaster preparedness.</li> <li>2. Divide the participants into 2-4 groups. Tell them that they must pose or picture out the topics that will be given to them. They should be creative and the picture they will form must be related to the topic. For example, the topic given is "storm", a group member could possibly pose to swim in the flood, some are packing their things, some repair houses. They can also put some movements and twists like: 1). they will form a house using their bodies and eventually the roof will be washed away, 2.) some participants will form their hands like the branches of the trees and these are moving faster because of the storm, 3.) others can act as the storm winds or fallen trees.</li> </ol>

<ol style="list-style-type: none"> <li>3. Give them 30 seconds for each category to form their picture. After 30 seconds, all the groups should be in their position.</li> <li>4. Go to each group and ask each member of the group what role they portray in their picture.</li> <li>5. Judge each group's picture according to relevance and creativity. The group with highest number of winning rounds will be the grand winner in this activity.</li> </ol>
Source: Unknown

G. Paramihan ng Alam
) Method/Duration: 10 minutes; Game
) Materials Needed: None
) Procedure
<ol style="list-style-type: none"> <li>1. Divide the participants into group.</li> <li>2. Prepare for topics related in the eco-camp with wide range of examples like wetlands, environmental issues/problems and the likes.</li> <li>3. Give 10 minutes for the participants to list all the possible examples, items or words that fall into the given category (i.e example of wetlands: Laguna De Bay, Agusan Marsh, Amazon River, etc)</li> <li>4. Each group will have to recite one by one the examples or items they have without repeating the examples that are already recited by them or by the other groups.</li> <li>5. The group that will repeat the already given example will be out of the game. Also, the group that cannot give example or items in 5 seconds will also lose the chance to win in the game. Consequently, the group that will be left will be the winner.</li> </ol>
Source: Unknown

H. Hot Pepper
) Method/Duration: 10-15 minutes; Game
) Materials Needed: Small Ball
) Procedure
<ol style="list-style-type: none"> <li>1. Ask the participants to form a circle, sit, and close their eyes.</li> <li>2. Give a small ball to a participant and ask him or her to pass the ball next to the person beside him or her and say "hot!" The participants will continue to pass the ball and the person who will pass the ball will say "hot!"</li> <li>3. As the ball is passed continuously, look away and decide when to shout</li> </ol>

"pepper!"

4. The participant who is holding the ball when "pepper!" is shouted is removed from the circle. The ball continues to be passed until only one person is left.

Source: ReproLine Plus, 2015 adopted to Pfeiffer & Company 1983

#### I. Use Something Differently

) Method/Duration: 10-15 minutes; Game

) Materials Needed: Any object available in the venue

) Procedure

1. Let the participants form a circle.
2. Get an object of your choice in the venue. It can be a ballpen, envelop, bag, etc.
3. Instruct the participants to be creative and use the object differently as it is supposed to be (i.e ballpen use as earbuds, lipstick, magic wand, etc).
4. Give the object to a participant and ask him or her to start the activity. The participant will have to demonstrate the new use of the given object and have to pass it on the next person in the circle. The next participant will do the same.
5. The person, who cannot give a new use of the given object or repeat what is already given, will be moved out of the circle.
6. When the time is over, the participants will vote who among them is the most creative on using the given object and will be proclaimed as the winner of the game.

Source: Unknown

#### J. Basketball Shoot

) Method/Duration: 10-15 minutes; Game

) Materials Needed: Jelly Ace

) Procedure

1. Group the participants into two (2) and ask them to form a line facing the other members of the group.
2. Count the members of each group loudly. Their number will also be their assigned number in this game.
3. The jelly ace will serve as the ball in the game basketball and facilitator will dictate what to do in the jelly ace/ball.

<p>4. Think of a number in the line and give jelly ace for the members of each group assigned to that number.</p> <p>5. Dictate what to do in the ball and what the members will act as if they are really playing basketball. For example:</p> <p>“Number 1 is dribbling the ball (Number 1 member will mimic as if dribbling the jelly ace). Dribbling the ball, he passed it to number 5 (Number 1 pass the jelly ace). Number 5 turn around and pass it to Number 8 (Number 5 turn around and pass the jelly ace). Number 8 lays up but missed the basket (Number 8 jump, as if shooting the jelly ace in the air)...”</p> <p>The members assigned to those numbers will have to do what is dictated by the facilitator.</p> <p>6. Shout “Shoot!” for the member who’s holding the jelly ace to “shoot the ball.” “Shoot the ball” means the member from each group who’s holding the jelly ace when the “Shoot” was shouted have to come in front of the line, open the jelly ace and eat it (i.e Shout Number 11 “shoot!” then the Number 11 participants from each group will have to shoot the ball). The first group member who finishes eating the jelly ace will get a point for his or her group in that round.</p> <p>7. Have more rounds, and vary the number of members who will be called in order to accommodate all of the members. The first group who can get three (3) points will win the game.</p>
Source: Unknown

K. Claps
) Procedure
<p>) Kris Aquino Clap Three claps, three stomps, say “I love it” then sway hair</p> <p>) Araneta Clap Stand up and clap hands above the head while shouting “whoooooh”</p> <p>) Faci clap Clap by the beat 1-2 1-2-3 1-2-3-4 1-2 then shout “whoooooh” with hands open, facing forward from chest level then down to stomach level.</p> <p>) Good job clap Shout “G-Double O-D-J-O-B good job!” Then clap two times, then shout “good job” and clap two (2) times again.</p> <p>) Angel Clap 1. Clap two (2) times then say “woop, woop” while flapping the hands as if they</p>



<p>are wings.</p> <ol style="list-style-type: none"> <li>2. Clap two (2) times then say again "woop, woop" while tracing a halo above the head two (2) times with pointing finger.</li> <li>3. Clap two (2) times then say "wooooooooooooooop" while touching hands as if doing a prayer.</li> </ol>
Source: Unknown

L. Chant
) Procedure
<p>) Boom Takalitaka</p> <p>The facilitator will shout "Boom takali takali taka!" then the participants will respond with "ooh ah! ooh ah!" It will be done two times. Then at the last shout, the facilitator will smoothen and slowed down the shouting of the "Boom takali takali taka." Then, it is expected the participants to mimic how the facilitator said the chant.</p>
Source: Unknown