



Connections Idea of the Week



Title/Skill:	Don't Break the Ice
Connection Goal:	Personalization
Grade Level:	9-12
Month:	
Time Needed:	25 min.

Handouts/Materials Provided: One long rope; foam pads (enough for each person in the activity)

Summary of Activity for the Advisor:

1. Lay the rope on the floor in a large circle, and have all students stand around the outside of the circle.
2. Give each student a foam pad and have them drop the foam pads anywhere inside the circle.
3. When you tell them to enter the circle, students should each step onto their foam pad without stepping on the ground. Then, when you say, "Don't break the ice!" they should step out of the circle without stepping on the ground inside of the circle.
4. Give the group 30 seconds to decide on a foam pad to be removed from the circle and one to be moved to another location within the circle. After 30 seconds, choose one student to explain the group's moves.
5. Continually repeat steps three and four, removing one pad and moving one pad each time, until the group breaks the ice or the activity can no longer continue.

Read/Review/Discuss/Do with students:

- What was most challenging about this activity?
- How did the group decide which pads should be removed and which should be moved?
- What strategies did the group consider, and which worked well?
- How did you feel during the activity?