

Ice breaker:**Name:** “If you were...”**People:** any number**Purpose:** To introduce people to each other as well as get a feel of the people they are working with/ participating with**Time:** 10 minutes**Materials:** Pre determined questions**How to play:**

1. Arrange a large group of people into smaller groups (max 10)
2. Have everyone in each small group introduce themselves by giving their name, position, region and school
3. After introductions are complete, have the icebreaker coordinator ask a question that causes the players to categorize and describe themselves.
 - a. Ex: “ If you were an animal, what type of animal would you be?” Response: “ I would be a parakeet because I like to talk to others”
4. (Alternate) Have the icebreaker coordinator ask questions of the same style but give predetermined answers and have players choose one answer and give reason
 - a. Ex: “ If you were a color, what color would you be, red, blue, green, or chartreuse?” Response: I would be red because red describes how attached I am to FCCLA

Team Building Activity :**Name:** Never have I ever**People:** 6 groups (max 40 per group)**Purpose:** Allows everyone to relate to each other as well as build relationships with the people they are surrounded by.**Time:** 10-15 minutes per session.**How to play:**

1. Each group will form a circle, holding hands with their neighbors.
2. One by one, each participant will say a “Never have I ever” confession, for example, “Never have I ever seen Toy Story”
3. If a participant has done this, they will take one step forward.
4. The goal of the game is to learn about your partner and be able to relate to each other about questions you may not think about all the time. ‘

Alternate Team Building Activity**Name:** No-hands Tennis Ball Retrieval**People:** 6 groups consisting of a single officer position (Ex: group 1 = all region presidents)**Purpose:** To encite communication and teamwork within a group via a competition**Time:** 5-10 minutes**How to play:**

1. 6 groups are formed, each consisting of a specific officer position from all regions

2. 6 buckets (any container) is put on the other side of the room, one for each group, and is filled with an equal number tennis balls or a similar objects
3. Competitors must race to the bucket and without using hands or arms must bring as many of the object back to their group's empty bucket within the time allotted
 - a. If the container is deep or overly difficult to retrieve the objects from, hands may be used to bring the object out of the container, not to carry the object back.
4. Winning group is decided by having the most amount of objects in their team's "retrieved" bucket.