



**Icebreakers, Team Builders and Debrief  
Activities Supplement**

# Icebreakers, Team Builders and Debrief Activities



Designates activities that involve a "Raccoon Circle" (webbing or rope)

## ***Icebreakers & Energizers:***

### **SNOWBALL FIGHT**

**Group Size: 10-30**

**Props: Plain pieces of white paper or paper with winter graphics on it, writing utensils**

Give each student a piece of paper and ask them to write their name and three fun things about themselves. Have them crumple the paper into a snowball. Divide the group into two teams on opposite sides of the room and let the snowball fight begin!

When you call stop, each student is to pick up the nearest snowball and identify the person whose name is inside. Once everyone has found their snowman or snowwoman, have them introduce him or her to the rest of the group.



### **HAVE YOU EVER...**

**Group Size: 12 and up**

**Props: Raccoon Circle (webbing or rope)**

Have everyone gather on one side of the room, divided by an unknotted Raccoon Circle on the ground, then read a series of statements. After you read each one allow time for people to move. If they agree, or if the statement applies to them, they are to go to one side of the line. If not, go to the other side. This activity can be done in silence, but be sure to debrief after each statement. Be cautious when using emotionally charged statements, especially with newly formed groups, and be sure to debrief in an emotionally safe way with the participants. A partial list of statements follows. Feel free to make up your own questions or statements specifically for your group. Vary the fact and opinion questions.

Variations:

- **CROSS THE LINE:** Have a line in front of the group. If someone agrees with a statement they cross the line, face the group for a moment or two, and then return to the group.
- **PILE UP:** With the group sitting in a circle of chairs, or just sitting on the floor in a circle, ask yes or no questions. You can have participants ask questions if you like. For each "yes" answer, move one place to the right. If the seat is occupied, sit or stand behind the participant. The first person to get back to their own seat wins.
- **HAVE YOU EVER:** you can ask the question or you can allow the group to ask its own questions. Please make sure that it is in a safe emotional environment if you do the latter.
- You may ask questions with more than one answer. Have people get into appropriate groups. (i.e. number of siblings, age, eye color, underwear color, etc.)
- You can use this to divide into two or more groups.

### **Sample Statements:**

I have a pet

I have ridden a bicycle

I have a license

I have won a medal

I have divorced parents

I have ridden a horse

I have a library card

I am a vegetarian

I have \_\_\_ siblings

## **LOVE THY NEIGHBOR**

**Group Size: 10+**

**Props: Circle of chairs, carpet squares, chalk circles, etc., enough for group size minus 1**

Everyone has a space in the circle, with one person in the center (you for starters). Person introduces himself or herself, to which the group responds, "Hi (their name)!!" Person says, "I want to say hi to all my neighbors who (category)." Anyone fitting into that category must find a new seat, not the one immediately to his or her left or right. A new person will be in the center. Suggested Categories:

- Is wearing something particular (a color, a hat, a brand/type/color of shoe, a watch, etc.)
- Has an older/younger sister/brother
- Took a shower this morning
- Brushed their teeth today
- Likes to laugh
- Is over/under a certain age
- Has done \_\_\_\_\_ before
- Has not yet been in the center of the circle

### **Variations:**

- Persons can say, "I love all my neighbors who \_\_\_\_\_"
- "This is going out to all my neighbors who \_\_\_\_\_"
- "I want to say 'hi' to all my friends who \_\_\_\_\_"
- Persons can only say a category that applies to them.

## **PEEK-A-WHO**

**Group Size: 10-30**

**Props: Tarp or blanket (It is important that it is not see-through!)**

Divide the group in half to create two teams. Have two people hold up two corners of the tarp to create a curtain, with one team on each side. Each team huddles a little away from the curtain, out of sight of the other team, and designates one person to approach the curtain. Once someone from each team has approached the curtain, count to three then drop the curtain. The players at the curtain each try to be the first person to say the name of the other team's player. The first person to name the other wins the other player for their team. If there is a tie, both people switch teams. If neither person knows the other, they introduce themselves and switch sides. Only the designated person can say a name. If a team is caught cheating, they lose two people to the other team. The "object" is for your team to win as many people as possible, for everyone to learn each other's names, and to have fun. The game ends when everyone is on one side or when you decide it is time to move on.

Suggestions: If sides are even you can segue into something requiring two teams. If there is only one person on a side, or you have decided it is the last round, motion for *everyone* to approach the curtain.



## **WRAPPED AROUND MY FINGER**

**Group Size: No limit**

**Props: Raccoon Circle (webbing or rope)**

Using an unknotted segment of webbing, ask each participant one at a time to begin wrapping the webbing around their index finger. The participant should provide the group with some information about themselves as they do so (favorite food, where they were born, family members, etc.) and should continue talking and sharing until the webbing is completely wrapped around their finger. For large groups or when time may be a factor, participants can wrap the webbing around their fist or forearm.

### I Sit (In the Grass)

**Group Size: 10+**

**Props: circle of chairs, carpet squares, chalk circles, or place markers, enough for everyone in the group + one (it can also be done sitting in a circle w/o specific markers as long as it is clear where the extra space is).**

One person next to an empty chair/space quickly moves to fill it, saying I SIT. The person who was next to them moves into the just-vacated chair, saying IN THE GRASS (or IN THE CHAIR). The person who was next to person #2 moves into the empty chair, saying WITH MY FRIEND \_\_\_\_\_, and names someone in the circle. That person calmly walks over to the empty chair, creating a new vacancy. The race is on to fill the new vacancy by the people on either side of it. The first person in the chair “wins,” and says I SIT. The game continues in the same manner.



### IN THE RIVER, IN THE GRASS

**Group Size: 8-20+**

**Props: Raccoon Circle (webbing or rope)**

Take an untied piece of webbing and stretch it across the ground in an open area free from any chairs/desks or other potential tripping hazards. Have all group members stand, facing the leader, on one side of the webbing. Explain that they are now in the grass, and that the other side of the webbing is the river. The activity works as simply as “Simon Says,” so participants must stand wherever the group leader calls out—either “in the river” or “in the grass.” Start slowly, so that participants get the rhythm of moving back and forth, then speed up and try to catch participants off-guard by calling the same location multiple times in a row, or forcing them off balance with directions. If participants make contact with the side that was not called, they must step out of the game. Remaining participants then reset and continue until one remains and is crowned champion. When playing multiple rounds, allow the winner of round A to be the caller in Round B, and so on.



### Believe it or Knot

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

Start in a circle. Tell the group that we are going to start passing the webbing through the circle (you can decide if you want to do clockwise or counter-clockwise) and when you (the facilitator) stop the webbing from moving, everyone should do the same and stop passing the webbing. Whoever is holding onto the knot when the group stops passing has to tell a story about themselves. This story can either be true, or made up. After the person holding the knot is done with their story, the group must decide whether the story is true or not. After the decision has been made, the storyteller must reveal if they were telling the truth or not. Then the knot passing starts again and stops on another person. Stop when you sense people are getting tired of the activity. This can spawn great discussions on communication and non-verbal messages.

### INSTANT REPLAY

**Group Size: 6-15**

**Props: None**

Arrange group in a standing circle. Each person in turn says their name and makes a motion, signifying something special about themselves or something that they enjoy. You may have them choose an activity or thing that begins with the same letter or sound as their name. After each person introduces themselves the group then greets that person and repeats the motion, and then repeats the name/motion of all the previous people. When everyone has gone, challenge the group by asking if anyone can name everyone and repeat their motions.

## **SWITCH, CHANGE & ROTATE**

**Group Size: 8-50**

**Props: None**

Directions: Ask your players to get into groups of 3 or 4 and stand in a line together, facing in the same direction, one behind the other. Explain the following commands, having participants practice each one:  
Switch- the first and last person in the line should change places  
Change- the line of players should turn 180 degrees to face the opposite direction  
Rotate- the player at the front of the line peels off and goes to the back of the line

Spend a little time practicing while the groups are stationary. Next, ask the groups to start walking around the room in their line formation (the head of the line being the leader). Call Switch, Change & Rotate as the groups are walking around. (If you have some music to play during the activity it gives the groups some beat to walk to.)

## **Entourage**

**Group Size: 10+ (though it may cause confusion in the early rounds, bigger groups can really work the energy into a frenzy for the championship rounds.)**

**Props: None**

Everyone remembers Rock/Paper/Scissors, right? Entourage is a group-wide tournament. First, remind participants that Paper covers Rock, Rock smashes scissors, and scissors cut paper. Have the group pair off, and play one game. Whomever wins should challenge another successful competitor. Those who did not win the initial round become the cheering section (Entourage) of those still competing. Each round continues the same, so that entourages consolidate and grow as one winner defeats another and absorbs more cheering section until only two competitors remain. Those two competitors square off in a Best-of-Three-Championship-Bout with everyone else in the group cheering wildly until a winner is crowned.

Quick segue & process questions include:

- Who cheered each other on?
- How did it feel to cheer someone else on?
- How can you continue to cheer each other on today?
- In what activities can you support each other today?

## **Patchwork Quilt/Quilted Northern**

**Group Size: no limit**

**Props: one roll of toilet paper**

Have the group gather in a circle, pass around a roll of toilet paper, and ask each participant to tear off as many squares as “they think they may need.” Each participant must take at least one square, and no one can take half or partial pieces. When everyone has taken some, explain to participants that they will be making a patchwork quilt, and each square of toilet paper that they have will be an addition. For each addition they make, they must share something about themselves with the group. For example: If I took five squares, I might tell the group my name (1) where I’m from (2) if I have any pets (3) a brief job/title description (4) and what I am looking forward to that day (5.) Go around the circle until everyone has introduced themselves.

## **BOPPITY-BOP-BOP-BOP**

**Group Size: 8-15**

**Props: None**

Arrange group in a standing circle with one person in the center. The center person can point to anyone in the circle and say either “BOPPITY-BOP-BOP-BOP” (B<sup>4</sup>) or BOP. If the person in the center says BOP, the person being pointed to says nothing. If the person in the middle says B<sup>4</sup>, the person pointed to must say BOP before the pointer finishes saying B<sup>4</sup>. If the person being pointed at responds incorrectly (speaks on BOP, or doesn’t say BOP in time on B<sup>4</sup>), they replace the person in the center. If they respond correctly, the pointer points to someone else and tries again. This game should be played at a fast pace. As the groups catches on to the basics, add some variations.

### **Variations:**

- JELLO: person pointed to puts hands together above their head and does the Jell-O dance while singing the Jell-O song (j-e-l-l-o). Meanwhile, the people on both sides put their arms around the Jell-O to form a bowl.
- ELEPHANT: person pointed to puts hands together with outstretched arms to make a trunk, while side people become large floppy ears. Noises are appropriate.
- PALM TREE: center = tall trunk, sides = arching branches.
- MONKEY: classic “hear no evil/see no evil/speak no evil” crouching pose. (Note: this is asymmetric.)
- BUTTERFLY: center = antennae, sides = wings

## **COMMONALITIES**

**Group Size: 8-15**

**Props: None**

Pair up members of the group and have them find three unique things that they have in common. Have them report the three things they find to you, and if they are truly unique, quad them up with another pair and have them find two things they have in common, but not any of the items identified when they were pairs. Have each quad report to you and if they have two truly unique things, match them with another quad and have the eight of them come up with one thing they have in common (but not anything they’ve already used). Each group of eight reports their “find” to the whole group.



### **Change Change Change**

**Group Size: 8+ (even number needed, facilitators should participate as necessary)**

**Props: Raccoon Circle (webbing or rope)**

Stretch out a piece of webbing on the ground and have the group partner off, one partner facing the other on each side of the line. Give them 30-45 seconds to “memorize” the appearance of their partner. Have both sides turn away from the line, and change one thing about their physical appearance. Have the partners turn to again face the line, and see if they can identify what has changed about their partner. Next, have them face away from the line and change three things, then five things.

Process questions: Was it difficult or easy to figure out what had changed? Why? Were there changes you wouldn’t have noticed had you not been looking for them?



### **FACE TO FACE**

**Group Size: 8-15**

**Props: Raccoon Circle (webbing or rope)**

Place an untied Raccoon Circle in a straight line on the floor. Have each person find a partner and then ask the group to create two lines on either side of the webbing, with partners facing each other. Identify lines as line one and line two. Explain to the group that you will give line one a topic to discuss with the person across from them and they are to continue to talk about the topic until you call stop. Choose a topic such as last movie seen, best meal ever, favorite book, etc and give line one about a minute to talk about the topic. Call stop and let line two discuss the same topic with their partner. After you call stop, have line two move two people to their right (individuals on the end will need to move to the opposite end of the line to find a partner). Now give line two a new topic to discuss with their new partner. Continue rounds with new topics. Continue having the lines move after each topic so partners are constantly changing. Choose one round and where only one line gets to discuss the topic. When you choose topics, be careful to use non-threatening topics!

Process Questions: How did it feel when you didn't get to respond? What is the impact on your listening if you are thinking about your "turn"? Are you thinking about what the person is saying or what you want to say in your turn?



### **Circle Walk/Bridge**

**Group Size: 10-20**

**Props: music, Raccoon Circle (webbing or rope)**

Tie a piece of webbing into a loop and spread it on the ground. Tie another and place it approximately 4' or 5' away. Connect the two circles with one more flat piece of webbing or rope. Split the group into two, and have each small group circle a looped piece of webbing.

Tell participants that you will play music, and that they should walk around their own circle until the music stops. Instruct those around circle "A" to walk clockwise, and those around circle "B" to move counterclockwise. Explain that they must stay out of their circle, except when they go to cross the "bridge." At that time, they MUST put one foot in the circle as they step over the webbing on the ground.

When you stop the music, the two individuals with a foot in the circles should look at each other and shout out the name of the other participant. The group member who "claims" the other first wins that person for their circle. Funny and appropriate dancing across the bridge from the old circle to the new circle is highly encouraged.

Play the music again and repeat the game until all group members are in one circle or until you assess that the group is ready for the next activity.

### **THE BIG QUESTION**

**Group Size: 8-15**

**Props: index cards and pen for each participant**

Have each person take a card and pen and write a question they would ask someone that might reveal something about the person (last movie you saw; which animal you would want to be, etc.). Remind participants to not ask anything that might make someone uncomfortable. Have participants form pairs and ask each other their questions. After each answers, they will trade question cards, find a new partners, and ask the new question. Continue trading and asking questions until time is called.

### **King Frog**

**Group Size: 8-15**

**Props: chairs for each of the participants, or other way to mark positions (carpet squares, etc.) around a circle**

Establish position #1 in the circle. Person in position #1 is the King Frog, and person to the King Frog's immediate left is Little Mouse. Indicate and demonstrate a hand motion for both of these characters. All other members of the group must think of an animal, and a hand motion to accompany it. Share them and let the group practice each once or twice.

Have the group establish a repeating rhythm by clapping, patting, and/or stomping. With the beat of the rhythm, King Frog announces his name, while simultaneously displaying his hand motion. King Frog then calls on another animal, and shows that motion. The animal called on must state his or her own name and motion, before calling out another creature, and do so without messing up the name/motion or speaking off-beat.

Should a person make a mistake (speaking off-beat, out of turn, messing up a motion, forgetting to announce their own name before calling another, etc.) that person moves into the spot of the Little Mouse, and all participants in between that position and the Little Mouse shift clockwise to fill a new seat.

The goal for all participants is to become, and hold onto the position of, King Frog. To do this, they must catch those participants between their current place and the King Frog spot (including the King Frog) in a mistake so that they can proceed towards the King Frog position as the other person moves back down to the spot of Little Mouse.

NOW FOR THE TRICKY PART! Animals belong to locations, not people. This means that as participants shift positions around the circle, they must change animal name and hand motion. This can get quite confusing and a bit crazy!

### **Celebration**

**Group Size: no limit, even numbers are best**

**Props: none**

Ask each participant to find a partner. When everyone has one, ask each pair of partners to come up with, and practice, a secret handshake. After they master the handshake, have each pair add a "little something extra" beyond the original handshake that involves some sort of movement.

Allow them to practice, and then put the two moves together. Next, ask each pair to add a dance move to finish the routine. Explain that each time you call out "Celebration" for the rest of the program/event/etc. all participants must immediately locate their partner and quickly execute all three moves they've practiced as an elaborate sequence.

Call out "Celebration" to check their understanding. Be sure to use the word liberally throughout the rest of the program!



## ***Teambuilding:***

### **IMPUSLE**

**Group Size: 12-30**

**Props: one object (ball, bandanna, etc for “food”)**

Arrange the group in two even teams. Have the teams form lines, facing each other, standing or sitting. The two lines should be about three feet apart. Players on each team should hold hands. Tell the group that each team is a creature, such as a bird of prey, with a head at one end and claws at the other. Have each team decide on a creature name. For each creature, the person at one end of the line is the “head,” and the person at the other end of the line is the “claw.” Tell the group that when the creature gets hungry, it must send a silent signal from the head to the claw, signaling that the claw should grab the food. Place your “food” object equi-distant between the two claw people. Everyone must look at the food, except for the “head” people- they look at the facilitator. Explain that you will “signal” (ex. give a thumbs up or peace sign) when the creatures are hungry, and that as soon as they see the signal, they should squeeze the hand of the person next in line, who will pass along the pulse until the “claw” receives the signal and tries to grab the “food” with his/her other hand. The first creature to grab the “food” with its claw wins the round. Rotate creature positions between each round, so that the person who was the claw becomes the head and everyone scoots down one position.

If a pulse is sent accidentally when there is no food, the head person goes to the end of the line to become the claw (reverse rotation). The first team to rotate back to the original position wins.

Variations:

- For a large group with little time, keep score instead of rotating.
- If the group has a problem holding hands, have people hold the wrist or arm of the person they will squeeze/tap.

### **RIVER CROSSING**

**Group Size: 8-15**

**Props: 4-6 “turtles” (flat items, such as carpet squares, fabric squares, etc) and cones or rope for boundaries**

Set up a “river” within a rope or cone boundary. The distance across the “river” should be short enough to reach by using the “turtles” as steps but long enough to be challenging. Give participants their “turtles.” Tell them that these are magic turtles. The “river” is full of imaginary water, hot water, lava, boiling snot, poison peanut butter, etc, and the only way to cross is to stand on the turtles’ backs- - but be careful, because the turtles will swim away if they are in the river without anyone from the group holding them in place! The group’s objective is to safely move everyone across the river using only the turtles.

As the group moves across, if you see a turtle in the river without a person on it, make it “swim away,” “get eaten by a swamp creature,” etc. If you see that the group needs help, another turtle can “appear” to help them.

**Variations:** One or more participants can be blindfolded.

You can place objects in the river that the participants need to retrieve (i.e. treasure, insulin, etc.) Start with one group on each side and have them cross. Give each side half the turtles to require cooperation



### **BLIND POLYGON**

**Group Size: 10-40**

**Props: 1 blindfold per person, Raccoon Circle (webbing or rope)**

Arrange the group in a circle and blindfold everyone. Have them hold onto the rope loop. The goal is to make a perfect square with the rope. Note: this activity can lead to high frustration levels. Follow with something fun to break the mood.

#### **Variations:**

- Have some people without blindfolds who cannot talk
- Have them make a rectangle, circle, triangle, pentagon, or hexagon.



### **CIRCLE THE CIRCLE**

**Group Size: 6-20**

**Props: Hula-Hoop(s) and/or Raccoon Circle (webbing or rope)**

Arrange the group in a standing circle, holding hands. Place a hoop, or loop, between two people by temporarily breaking contact. The object is for the group to move the hoop around the circle without using any fingers or separating hands.

#### **Variations:**

- Buddy ropes can be used if the group cannot handle holding hands
- Two hoops can be sent around in opposite directions
- Some people can have disabilities (blindness, paralysis of the legs), which require group assistance.
- Have all the people in the circle face out, or face opposite directions.
- Present variety of sizes of hoops and ask the group for the level of challenge they want to start with. Then, move to smaller hoops.



### **Inside Out**

**Group Size: 8-15**

**Props: Raccoon Circle (webbing or rope)**

Place either a piece of webbing or a rope tied in a circle on the ground. Tell group that everyone must get out from under the circle without using their hands. Give group time to form a strategy.



### **COMMUNICATION LINE UP**

**Group Size: 6-12**

**Props: Raccoon Circle (webbing or rope)**

Have the group line up on the untied Raccoon Circle on the floor, either at random or in an order. They are to re-arrange themselves in an order you designate. They must keep one foot on the webbing at all times. Orders can be: birthday (month and day); first letter of your middle name (if everyone has one); height, first letter of state they were born in, favorite ice cream flavor, first letter of brand of shoe, etc. For an extra challenge, do not allow the group to talk. Talking or stepping off will cause something bad to happen, like you moving people back a few places. A discussion of communication methods may follow. Feel free to change the order goal mid-stream.



### **TIE THE KNOT**

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

Have the group place both hands on an untied Raccoon Circle. Without removing their hands from the webbing, the group must tie an overhand knot in the webbing. For an extra challenge, blindfold participants or specify that certain participants cannot speak.



### **Object Retrieval**

**Group Size: 6-15**

**Props: 1 item per participant, Raccoon Circle (webbing or rope)**

Make a loop with the rope large enough to contain the entire group with a little working room. Once the group is inside the loop, no one may touch the ground outside the loop. Place one small object per person outside the circle. Place objects about a body length from the loop, considering that body length vary from person to person. (They should be far enough that people cannot retrieve the object without help). The challenge is for *each member* of the group to retrieve one of the “jewels” without touching the ground outside the circle, using only themselves and their teammates. Clothing cannot be used to help retrieve objects. If someone touches, all the jewels are replaced outside the circle. The circle cannot be moved.

#### **Variations:**

- Each person brings something special and unique to the group, which could be considered his/her “jewel.” Have each person think of their quality and share during processing.
- You are a group of frogs with a strange allergy to water, stranded on a lily pad. There are flies floating in the water around you to eat. If you touch the water, you get sick and throw up your fly. Seeing this makes everyone else throw up. Since you are still hungry, you must try again.
- You can ask everyone to donate his or her own object (watch, ring, etc.)



### **Amoeba**

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

Arrange group in two standing circles, holding hands, one inside the other. Have up to half the people in the inside circle. Explain that this is an amoeba, with a nucleus and cell membrane/wall. Amoebas cannot live with a broken cell wall, a broken nucleus, or if the nucleus comes out of the cell wall. They also move (ooze) slowly. The task is for the entire amoeba to “jump” (pass) through a hoop you are holding.

#### **Variations:**

- Start the hoop resting on the arms of two people in the outer circle. Once the group passes through, the hoop will still be in the circle.
- Small inner tubes are interesting because they must be stretched.
- Have the outer ring face out.
- Works well when followed by Circle to Circle.

## **KEYPUNCH**

**Group Size: 8-30**

**Props: 30 items numbered 1-30 (paper, carpet squares, etc.), rope, stopwatch**

Setup: Make a rectangle of rope, and inside the rope, place the numbered items, in a grid. Mix up the numbers so they are not in any order.

Play: The goal is for the group to touch the numbered items in order in as little time as possible. Time starts when any part of a person crosses the rope boundary into the grid and ends when the final number has been touched and no part of the last person is in the grid. Only one person can have any part of themselves in the grid at a time. The numbered items may be touched with any body part. They may not be moved or rearranged.

Have the group try once, then discuss what went well and what did not. After they have identified strategies to improve their time, let them try again to improve.

If you would like, add a “scenario” -

The group has to debug a computer virus; if rules are broken the computer will crash

The group was miniaturized and needs to enter the code to reverse the process

The group is captured by aliens or a giant and must enter the code to activate the transporter/elevator/etc.

## **SECRET PASSAGEWAY**

**Group Size: 8-15**

**Props: 16 carpet/fabric squares**

The game usually consists of a 4x4 grid of squares, although larger grids are possible. The idea is for the group to find the “secret passageway” through the grid. The secret passageway is a path of squares that only you know (which you have made up beforehand and written down). Only one person may be in the grid at a time. If they step on a correct square you say nothing, allowing them to make another move. If they step on an incorrect square you buzz or somehow let them know that they have chosen incorrectly and reached a dead end. Then they must exit the grid through the passageway (i.e. retrace their steps), and someone else tries. The path can only connect adjacent squares; forward, back, left, right, or diagonally. A square cannot be used more than once, but it does not have to be used at all. To add to the challenge you may want to eliminate talking and/or pointing. Adjust to your group accordingly.



## **Circle Lean/Circle Sit**

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

Teams stand outside the RC holding it in their hands about waist level. The trusting challenge here is for each player on the team to lean back away from the center of the circle so that they have extended their arms straight out and their body is straight – if they were to let go (but they don't) they would fall over type of lean. The group coordinates their efforts to find a place where everyone can balance together. After safely standing back up for a break, try the lean again and then ask each team to sit down to the ground and stand back up together. This takes communication and coordination. Make sure they move slowly and controlled – you would prefer that they didn't tip over at any point! The final challenge could be for each group to sit-and-stand three times in a row adding a fun noise to their motion – have each team present their actions and sounds to the rest of the group.



## **AIN'T NO BUGS ON ME**

**Group Size: 10-20**

**Props: Raccoon Circle (webbing or rope)**

Place an untied Raccoon Circle in a straight line on the floor. Divide the group into two lines, facing each other on either side of the webbing. Tell participants that the person across from them in the other line is their partner. Explain to the group that each line will take turns chanting a statement. When it is their group's turn to chant, the facilitator will let them know, and they are to chant together as a group, following your instructions.

Have one line calmly say the following to the other line:

"There ain't no bugs on me-  
there ain't no bugs on me-  
there might be bugs on some of you mugs,  
but there ain't no bugs on me."

Next, ask the other line to repeat the chant, but with a little attitude. Once the second group has gone, turn to the first group and say "Okay, so this group is serious. What do you all think? You want to try it again? Do you think you have more of an attitude than that? Let's try and say it like you mean it."

Give each group a couple of chances at the chant, with various instructions as to how to say the chant- "with attitude," "like you mean it," "louder, you can do better than that," etc.

Next, say "Okay, now that we have had a nice group warm up, let's have each pair get their partner over to the other side."

Facilitator's note: The objective is simple. Each pair needs to switch sides. They can do that by simply agreeing to switch sides with one another. However, because the group has gotten excited during the chanting, they will usually attempt to "force" their pair or partner over to their side. Some participants may grab others or try to intimidate them. It is important to remind the group of your established safety and ground rules before you begin the session.

Once the group has struggled for about 30 seconds to get their partner over to their side, have them stop. Ask them what just happened. Was anyone successful in getting their partner over to their side? If so how? If not, why not?

Help participants to realize that the easiest, safest way would have been to simply ask their partners to switch sides with them- a win-win.

Ask the group how they approached the task of getting their partner over to their side. Process with the group the reasons behind their strategies. Ask participants whether the chanting contributed to their mindset.

Help participants see how external influences can change group dynamics. Help participants understand the necessity of compromise and problem solving.



### **STICKY SNAKE**

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

Tie a tight knot approximately 6-8" from one end of a raccoon circle. Explain that the tight knot is the head of a snake, and that the 6-8" piece is the tongue. Loosely tie four overhead knots along the body of the snake. The goal of the activity is for the group to untie the four knots on the snake. A few rules: All participants must have both hands on the snake, and the snake is extremely sticky, so once they place their hands on the snake, they can't move them. Also, if they are touched by the snake's tongue, the "poisonous venom" will render them speechless for the rest of the activity. Variations include: one hand on the snake, one hand in your back pocket; "anti-venom" given at the discretion of the facilitator to give back the power of speech; "stickum remover" given by the facilitator to allow participants to rearrange their hands.



### **FORD THE RIVER/LIVE WIRE**

**Group Size: 8-20**

**Props: Raccoon Circle (webbing or rope)**

In the middle of an open area (free from desks, chairs, walls, etc.), stretch a piece of webbing on the ground in a straight line. Have all group members line up on one side of the line, shoulder to shoulder so that their toes are along the length edge of the webbing. Explain that the webbing is actually a downed electrical wire, and that touching it with any part of their body or clothing will deliver a "shock." (Alternatively, it can be a fast moving river that will rush them downstream should they come into contact with it.) Ask the group members to safely step across the electrical line. After they do so, have them again face the downed wire shoulder to shoulder, and place their right arm over the person next to them. Explain that the group must now cross without letting go of anyone in the line, and that if anyone should touch the webbing, they will all receive the "shock." After the group successfully crosses, they should add a point of contact before each sequential cross: try both arms on shoulders and then touching foot to foot without breaking contact with one another, and without stepping on the wire. Challenge the group to complete the task in a certain number of attempts, or to do so within a certain window of time.

## **Debrief Activities:**



### **SPOTLIGHT'S ON YOU**

**Group Size: 6-16**

**Props: Raccoon Circle (webbing or rope)**

Arrange the webbing on the ground in a circle large enough for someone to stand in that represents a "spotlight." Have participants stand in a circle around the webbing. One at a time, have participants stand in the spotlight while the group gives feedback and praise. Depending on the group, this may need to be structured with specific questions: "Who in the group provided positive support for their teammates?" or "How did Jenny give back to our group today?"

#### **Variation:**

Have group members choose another group member to put in the spotlight and provide a compliment about something that the person in the spotlight helped with, did well, etc.

### **Virtual Slide Show**

**Group Size: no limit**

**Props: Blank wall & any handheld "click" noisemaker**

Gather group so that all participants are facing a blank wall. Explain that you will be showing a "virtual slideshow" to review what group members did in the previous activity/program. Start the slideshow, and clearly and vividly describe a scene from earlier, inviting group members to paint the picture in their minds. You should explain why you chose that scene to capture: what was the group doing, how was their interaction, did something memorable happen? Click through to another slide and provide the same type of frame. Invite group members to take the controller and describe the actions and importance of their own slide(s). Continue until everyone has had the opportunity to share.

#### **Variation:**

Group Facilitator may frame the first slide as the first thing that occurred during the program, and then invite participants to debrief slides in sequential order, ending with the facilitator framing a slide of the virtual slide show debrief.



### **BUILDING A CHAIN**

**Group Size: no limit**

**Props: Raccoon Circle (webbing or rope)**

Pass around an untied Raccoon Circle from participant to participant standing in a circle. With each participant, they will tie a knot in the webbing to represent something they will take away from the day's experience (or something that challenged them, something they liked, etc.). The eventual chain of knots on the webbing can be used to represent the group's strengths.



### **Continuum**

**Group Size: no limit**

**Props: Raccoon Circle (webbing or rope)**

Designate a line, either drawn in the dirt or a rope or imagined between two trees. Ask people to place themselves on that line according to some criteria. Ideas: leaders toward one side, followers toward the other; level of fun; level of frustration; foreman/workers; put forth ideas or stayed quiet; made decisions or followed; level of challenge; inclusion/exclusion in activity or decision making process; etc.

This is good for non-verbal debriefing that requires some physical movement. It can become verbal if you ask why people placed themselves where they did, if they felt comfortable where they were or if they would prefer to be someplace else on the continuum.

#### **Variations:**

- Cloud Continuum: instead of a line designate three areas; one is a bright sunny day, another is a black cloud and storm, the third is somewhat overcast. Ask the group to place themselves in one of these areas according to how they felt about being there, or how the process was, or whatever. (Using this I heard about issues people had about being present that day that would not come up if I processed only on the activity.)
- Ask people how they are feeling about being there; this can bring up some issues from the rest of someone's life. Remember, people do not check their personal baggage at the door.



### **Where I'm Coming From**

**Group Size: no limit**

**Props: Raccoon Circle (webbing or rope)**

Depending on the size of the group and the time allotted, the facilitator may elect to have participants work independently, in pairs, or in small groups. After an activity gather the group together, and subdivide them as necessary. Each participant, pair or small group will have the opportunity to manipulate a piece of webbing into a shape or design, and then to explain to the large group what their design is, and then reflect on why the design was chosen to represent what they experienced, how they feel, or what they may take away from the activity. While sharing, group members may choose to change the shape into more than one representation as they speak, identifying specific points to match shapes created.

#### **Variation:**

This activity can also be used as an icebreaker, where each participant creates a design from the webbing to explain to the group who they may be and what has brought them to the activity or program. For example, a Wyman staff member may use the webbing to make a "W," and after talking about Wyman, shift the webbing into a large arch to demonstrate that Wyman is based in St. Louis.

*Some activities taken from the "Internet Edition of Raccoon Circle Activities" by Jim Cain, Ph.D. For more activities and information on Raccoon Circles, go to <http://teamworkandteampay.com/raccooncircles.html>*



# **Icebreakers, Energizers, & Team-Building Activities**

**Chosen from Carrie Sever's book:  
The Big Book of Party Games**

# Getting to Know You

## Compliments All Around

- Medium to large group of players

Have the group mingle for ten minutes, asking one another simple questions about themselves. Once the ten minutes is up, have everyone stand in a circle. The person who starts is to look at the person on his or her left and compliment that person in some way. This will continue around the circle until it is back to the beginning. At this point, reverse and go back around to the right.

## The Identity Game

- Scraps of paper
- Pens
- Bag

Have the players grab a pen and paper and write down five things about themselves that make them who they are – the things they are proud of, such as being good at a sport, helping clean the house, or how they love animals. Once done, have them write their names on their paper, fold the papers in half, and place them in the bag. The facilitator will then pick a paper and read it aloud without say to whom it belongs. The group has to then guess who they think the list is about and must supply a reason they think it is that person. This can be done either as a group or by having everyone guess one at a time.

## Opposites

Have everyone stand in the middle of the room. Begin by saying something like, "After I get dressed in the morning, I brush my teeth before I eat." Everyone who does this will go to one side of the room. The people who don't do this go to the other side. The players will then introduce themselves to the person to the left of them.

The next person will shout out another random thing about him-or-herself. People in the group will again go to the side of the room based on what they do and introduce themselves to the person to the right of them. This continues until everyone has named something random.

## Webs

- Yarn or string

Have all the players stand together. Give one person the ball of yarn and have him or her say something personal about themselves. The person will then ask the group if there is anyone who can relate to the story and pass the yarn to that person while keeping the start of the string in his or her hand. The next person will relate a personal story and ask the group if anyone can relate. That person will pass the yarn to the person who can relate, while keeping a piece of the yarn in his or her hand.

At the end of this game, the person with the first string will pull it, and everyone's hands should move with each tug. The web that has been created will show how everyone has something in common and can relate to one another.

## Active/Physical

### Back to Back

- Large group of players

Have two players sit on the floor, back to back. The object is to try to stand up without the use of your hands. It is definitely harder than it seems and requires everyone to work to stand together. With each successful stand up, add another player. Continue until they can no longer stand as a whole.

### Balloon Keep-Away

- 6 or more players, in teams of 2 or more
- Balloons
- String
- Stopwatch

Set the stopwatch to two minutes. Each player will have an air-filled balloon tied to his or her ankle. The mission is to not only try to pop the other team's balloons, but to also protect your own. Once the time is up, the team with the most balloons left wins the game.

### Balloon Waddle

- 2 or more players
- Balloons

Each player will need to be supplied with an air-filled balloon. You also need to map out a race area that is at least twenty feet in distance, and mark the finish line. The object of the game is for each person to place the balloon between his or her knees and hurry to cross the finish line. The first person to reach the finish line without dropping the balloon or causing it to pop becomes the winner. Players who drop their balloon must turn around and start over. If the players pop the balloon, they must go back for a new one and start over.

### Balloon Word Scramble

- 4 or more players
- Balloons
- Fat-tip marker

To get this game going, you will need to inflate the balloons and write a letter on each balloon. For the vowels, you'll want to do several of each, and make more of the letters R, S, T, D, M, and N. When all of the balloons are prepared, scatter them all on the floor and separate the participants into teams

Each team will run in and pick six random balloons and go back to their area. They now have three minutes to come up with as many words as they can using the letters they picked up. For each word they make, they will have to show you to verify the word and for you to tally their points. They will do three rounds. Whichever team has accumulated the most points by the end of the game wins.

## **Candy Relay**

- 4 or more players
- Candies such as Skittles or M&Ms
- Plastic cups
- Drinking straws without the bend in them
- Large bowl for candy

Place a cup and straw in front of each participant. Pour the candy in the bowl and place the bowl on the other side of the table. The object of the game is for participants to use the straw to suck up a piece of candy and keep it on the straw long enough to bring it across the room to their cup and drop it in. The person with the most candies in his or her cup at the end wins the game.

## **Cups and Downs**

- Two small to medium groups of players
- Plastic cups (two separate colors)
- Timer

Have players separate into two teams and assign the teams a color of cups. One team will be the Ups and one team will be the Downs. Place around forty cups in the middle of the room, half of them facing up and half of them facing down. Have the Ups team stand in front of the cups facing down and have the Downs team stand in front of the cups facing up. Set the timer for one minute, and notify the teams that they have one minute to flip the cups to face the opposite direction. The team that has the most cups flipped at the end of the timer wins.

## **Down to the Ground**

- Small to large group of players
- Tennis ball

Have everyone in the group spread out from one another in a circle, and hand someone the tennis ball. The person with the ball will underhand-throw the ball to anyone he or she chooses. If the person catches it, that player must throw it to someone else. If the ball is dropped, that player must get down on one knee, then toss the ball to the next person. Everyone continues to toss the ball around, but each time a player drops the ball, he or she must get further down, starting with one knee, then both knees, followed by one elbow, then both elbows, and lastly the chin to the ground. Players can continue to toss the ball with chins to the ground, but they will be out with the next catch they miss. Last player in wins the game.

## **Electricity**

- Two medium to large groups of players, with the same number of players on each team
- Coin for flipping
- Ball (basketball size for easy grasp)

Have the facilitator be the "shot caller" and then divide the players into two teams, with the same number of players on each team. Have the teams line up and stand facing each other. Place the ball at the end of the line, at an even distance between both teams. Have the each team hold hands with their teammates. The shot caller will flip the coin and announce heads or tails. When it is heads, the first team member will squeeze the hand of the next team member, who will squeeze the next person's hand, and continue until the last hand is squeezed. If it is

tails, the shot caller flips until the coin comes up heads. The last person must then run over and try to get the ball before the other team does. For each time the ball is gathered, the team receives a point. After each turn, the last person will go to the front of the line and it will start again. Once there is a full rotation, the team with the most points wins.

### **Musical Balance**

- 5 or more players
- Background music
- A book for each player

This is just like musical chairs, but with a twist. Prepare some music to play in the background during the game. Hand the players a book each, and tell them they will need to balance it on their head. When the music starts they will walk around the room, keeping the book balanced. When the music stops, all the players must stop and kneel down on one knee. If their book drops they are out. Once the music starts again, they have to stand back up and continue to walk around the room until the music stops again. The last person with the book still balanced on his or her head wins the game.

### **Toss and Catch**

- 6 more players
- Plastic bowl
- Ribbon or string
- Small beanbags or any small, soft items for tossing

You will need to punch a hole on each side of the bowl and run the ribbon through it. This bowl will be tied on top of every player's head a one point or another, so leave extra ribbon to adjust accordingly. Separate the players into teams of two. One will wear the bowl/hat and the other will be the one tossing. Have the one tossing stand at least 5 feet away from the one with the bowl on his or her head. With one minute on the clock, the teams will have to toss as many beanbags as they can into the bowl. The team with the most bags in their hat at the end of the game wins.

# Brain Games

## How's Yours?

- Medium to large group of players

Select one person in the group to be the "odd man out". This person will step away from hearing distance of the group. Pick an item everybody has in common, like a car. When the odd man out is asked back, everyone is to say one word that applies to the chosen item. For the car, people could say the color, the year, that it's fast, or that it's dirty, or anything to describe it in one word. The odd man out has to try to guess what they are all talking about. When the person has guessed the selected item or has given up, a new odd man out can be chosen.

## Going on a Picnic

- 4 or more players

Players pretend they are going on a picnic. They begin by saying, "I'm going on a picnic and I'm bringing..." People have to say what the person/persons before them said plus what they are bringing. If they skip an item or can't remember, they are out. Last person to recite the list correctly wins.

## Where Was It?

- 5 or more players
- Tray
- Random items

Have the players gather round. Bring out a tray with several items on it. Let the first player look at it for 1 minute and then turn around and take everything off the tray. The player must then try to put the items back where they were on the tray from memory. If that player gets it right, you add an item. The same player continues until he or she can no longer remember what the set-up was and then move on to the next player. The person to remember the most wins.

## Spoon Brainteaser

- Silver spoon

You and one other person will need to know how this brainteaser works to pull it off successfully. One person is the "spoon photographer" and the other person is the "mind reader". The mind reader steps into another room. The photographer will use the spoon to "take a picture" of one of the participants' faces. Once the picture is taken, the mind reader will be called back into the room and handed the spoon. He or she will look at the spoon and stare for a moment and then reveal whose photo was taken. Continue to do this until everyone gives up or figures it out. You can even let others take a shot at being the mind reader.

The trick to this brainteaser is that the photographer has to sit in the exact same position as the person whose photo was taken. That way the mind reader can come in and, at a glance, know the person is. If by chance the person is sitting in the same position as someone else, the mind reader will have to wait until the person repositions or moves a little. This will pique the participants' interests.

## Creative Games

### Commercial Game

- 4 or more players
- Random items

Have someone volunteer to be first in the game, and have him or her stand while everyone else is seated. Someone from the group will choose a random item from those provided and hand it to the person standing. That person will then have two minutes to come up with a commercial for that item. Then he or she has to act out a thirty-second commercial about the product. The one with the most creativity wins.

### Draw and Pass

- 4 or more players
- Markers
- Large piece of paper

Have everyone gather around a table. Place one sheet of paper in front of one of the participants and put the markers in the middle of the table. Artists will draw whatever they like for one minute on the paper and then pass it to the left. The paper will continue around the table until everyone has a turn.

### Improv in a Bag

- 3 or more small to large groups of players
- A bag for each team
- Random items from around the house

Divide players into teams, and give each team a bag of random household items to create a skit. Each team has ten minutes to come up with the best skit they can by using every item in the bag. The catch is that the players cannot use the items for their actual purpose. For example, if given a spoon, it can't be used to insinuate eating, but it could be used as a drumstick to pretend playing the drums. Once time is up, each team must perform their skit in front of the rest of the group. Points could be added by giving each household item a point value depending on the difficulty to use it, and the team who has the most points at the end wins.

### Scribble, Scribble, Draw

- 6 or more players
- Markers
- Large sheet of paper

This game is the art version of Duck, Duck, Goose. Have all the players gather around in a circle. Hang the large sheet of paper on a wall or a large flat surface. Put the markers in the middle and choose one person to begin the game. This person will grab a marker and begin walking around the circle of people. As the person walks around, he or she will tap people, saying "scribble, scribble" and when someone is chosen, he or she will say "draw". This person will stand up and take the marker and draw for one minute. He or she will then grab a new marker and do as the first player did, circling the people, saying "scribble, scribble, draw." This can be played as long as you like or until you feel the drawing is complete.

## Minute-to Win Games

### Breakfast Scramble

- Front of a cereal box
- Scissors
- Tape
- Stopwatch

Before the game starts, you will need to cut the front of the cereal box into sixteen same-size pieces and mix them up. The object of this game is to put all the pieces back in order and tape them up in under a minute.

### Caddy Stack

- 3 golf balls
- Stopwatch

Place the three golf balls on a flat surface. When the clock starts, you will have to stack the golf balls, one on top of the other. If you can get all three of the balls stacked and staying that way for at least three seconds, you win.

### Mini Cup Pyramid

- A package of (5-ounce) paper cups
- Stopwatch

Have a sleeve of five-ounce paper cups laid out on the table. When the clock starts, the player must start a stack of cups totaling forty-five cups. The bottom row will have nine cups, and then a row of eight, followed by a row of seven, and so on, until the top of the pyramid is one cup. If it falls over, the player can start again but will still have to complete it before the minute is up.

### Noodling Around

- Dry spaghetti noodles
- Dry penne pasta
- Stopwatch

Start this one by placing the penne pasta on the table. At the start of the game, the players must stand with their hands beside them. On "Go," the players will grab a piece of spaghetti and put it in their mouth. They now have to pick up six pieces of penne pasta with the spaghetti noodle. The penne cannot enter their mouth, and if the spaghetti noodle breaks, they can continue to play only if it is still long enough to gather all six pieces. If it is too small, they are disqualified. If a penne drops off the noodle, it can still be used if it lands on the table. If it bounces off, the player is disqualified. Of course, the rules can always be altered to suit those playing.



## Etc.

### Chicken Pox

- Round red stickers

Hand each participant a sheet of the red stickers. Explain to them that the rules of the game are that no one can call anyone by his or her real name. If you hear someone say someone's name, you are to put a red sticker on him or her. That person now has the chicken pox and can infect others by slyly encouraging them to say someone's name. By the end of the time, the person with the least amount of chicken pox wins the game.

### Freeze Out

- 6 or more players

To set up this game, start by assigning or taking a volunteer to be Mr. or Mrs. Freeze. As the gathering goes on, Mr. or Mrs. Freeze will randomly freeze completely still until people start to notice and freeze as well. The last one to freeze has to be Mr. or Mrs. Freeze from that point on. The ones who never become Mr. or Mrs. Freeze are the winners.

### Fishbowl

- Medium-to-large group of players
- Pen
- Paper
- Bowl
- Scraps of paper
- Timer

This is a three round game that several teams can play. On each scrap of paper, write the name of a person or character that everyone will most likely know. Fold up each scrap of paper and place it in the bowl.

One person from a team will stand up, pull a paper out of the bowl, and read the name to himself and not let anyone know what it says. That person now has one minute to verbally and/or physically describe the character without saying what's on the paper. If that person's team guesses correctly before the timer goes off, they can continue pulling names and acting them out until time is up. They receive a point for each correct guess.

Then the next team will pick a person to do the same and continue until their time is up. Once all the scraps are emptied from the bowl, the teams will start the next round. In round two, teams are only allowed use one word to describe their paper. In round three, the major rule is not to say a word, only use actions to describe the character. The team with the most points at the end of the three rounds wins the game.

## **No, No, No**

- 8 or more players
- Leis or beaded necklaces

Hand each participant one lei/necklace each. During the gathering, they are forbidden from saying the word *no*. If someone hears them say *no*, that person gets to take his or her lei/necklace. If a person has more than one lei/necklace and slips up and says *no*, he or she only loses one lei/necklace at a time. The person who has the most leis/necklaces at the end wins.

## **Tag `em and Bag `em**

- 8 or more players
- Clothespins
- Paper
- Pen
- Pillowcase (or other container)

To start you will need to write down several different challenges for people to do. You could write down something like "Dance like a chicken," "Tell everyone a secret about yourself," and "Say the alphabet backwards." Place all the papers in the pillowcase. As the players arrive, hand each one a couple of clothespins.

The object of the game is to try and pin someone without the person knowing, so, for example, clipping a clothespin on the back of someone's shirt. Once someone has been pinned, the pinner walks away and yells, "Tag `em and bag `em!" Everyone now has to count down from five while all players search for who got pinned. If they don't find the pin in time, then they have to pull from the bag and do whatever is on the paper. If they do find it in time, the game continues until the next person gets pinned.

## Ice Breakers/Team Builders/Energizers

### Interviews

In pairs, teens interview each other for 2 minutes and then introduces the teen to the group. Give out a list of interview question ideas to help if teens feel stuck.

### Two Truths and a Lie

One at a time, teens each tell two true things and one false thing about themselves. Try to guess which one is the lie.

### Candy Facts

Pass around a bag of candy that comes in different colors such as Skittles, M&Ms or Starbursts. Have each teen grab three pieces of the candy at random. Create a different question for each color of candy that you would like each student to answer. For example, the color red could mean the question, "What's your favorite book of all time?" Each individual who has a red piece of candy can answer that question (although allow the opportunity to pass). Continue until all teens have had the opportunity to answer for their pieces and then everyone can enjoy the candy they received.

### Guess Who?

Allow teens to mingle for 10 minutes to learn about each other. Then, have each teen write on an index card his name and five things about himself. Teens can write about things they just discussed with others or write more obscure facts to keep the others guessing. Once the teens have completed their index cards, the team leader compiles the cards and stands at the front of the room. Card by card, the leader reads the statements and the teens try to guess the author's identity.

### Six Degrees

It is said that any person is connected to another person via six people. Choose pairs of famous people, whether it is actors, musicians, world leaders, etc. and have small groups compete against one another to see who can come up with the connections fastest.

### Hey, You're Like Me!

Have all the students stand along one wall. The leader stands in the middle of the room. The leader then asks the students which of them has a certain trait, like, dislike, etc. The students that fit the characteristic cross the room to the other side. If there is time, the students can then describe what it is like to be a part of that group. For instance, one of the traits could be "Plays on a Sports Team," and a couple students can discuss what it is like to be a part of that team.

### Three In Common

Break teens into groups of 3's. Give everyone 5 minutes to converse and come up with 3 uncommon things that they have in common. At the conclusion, each group shares with everyone what their 3 things. Obvious things like hair color, sex, age, aren't allowed.

### Green Glass Doors

Everyone sits in a circle and each person asks the leader if they can bring an object through the door, and the leader answers yes or no. You go around the circle until most of the people seem to have figured out the pattern. The pattern is that they can only bring things that are words with doubled letters in them. Ex: jelly, balloons, kittens, apples, etc.



