

## BYTE's Mandate:

Yukon youth unite to strengthen youth voice, take action and bring about positive change for the well-being of everyone.

## History of BYTE

In 1998, Bringing Youth Towards Equality (B.Y.T.E.) began to surface out of Yukon's need to have a youth organization that is generated out of youth ideas, plans, and initiatives.

Supported by the PAYY Coalition (Positive Action with Yukon Youth), a group of energetic youth decided to put together the first Yukon Youth Conference. It was a success, so the group reassembled later in the spring to formally form B.Y.T.E. Since day one, B.Y.T.E.'s been involving youth in every step of the decision making process and has grown into a national program.

Over the years, we have hired on energetic, enthusiastic youth who have shaped and directed the organization. We have been extremely lucky to have so many talented and passionate individuals work for byte. New teams are created annually, this has enabled us to keep our work current and vibrant. Each team brings with it a new set of skills and abilities allowing us to reach out and connect with a larger number of youth here in our Territory.

BYTE uses a 'for youth by youth' organizational model. We regularly poll Yukon youth on what issues they face, want to learn more about and take action on, and then we create programming surrounding these outcomes. Our most popular program is our Community Outreach: on-call youth created and run workshops. In recent years, the B.Y.T.E. staff team has created experiential lesson plans on the issues outlined by Yukon youth to encourage healthy choices. We have recruited and trained an on-call facilitation team of over 20 youth to offer workshops in schools, rural youth centres and winter and summer camps.



[www.yukonyouth.com](http://www.yukonyouth.com)  
Icebreakers, Activities and Games  
Youth Leadership Camp  
July 5th-7th, 2012



find us online @ **BYTE Yukon**

## Helium Sticks

Team members line up on either side of a tent pole or meter stick and must keep the pole up using only the side of their index fingers – they must keep both fingers touching the pole at all times. The goal is to lower the pole to the ground and have both ends touch the ground at the same time. This is a challenge because people instinctually move upwards, rather than downwards. You can time the group for improvement. It can sometimes take up to a half hour to figure it out.

## Snowblind

Eyes closed and armed with a bonker (a foam pool noodle), the Snowman tries to tag stationary and crouching players while they chant “Snowman, snowman, all in white, blinding everyone in sight”. When the Snowman stands still and responds with the same chant the players can run around and switch locations. Anyone tagged joins the Snowman train as the front person and takes the bonker and blindfold to continue the search for people while they chant.

## The Northwind Blows if....

With everyone sitting in a big circle, with one chair for every participant, except for the person in the middle, call out a category. (Example: “The northwind blows if... you have ever spoken in front of a group/you are wearing a sweater/been to Alaska). Anyone who has must get up and run to another seat. In the chaos one person will always be left in the middle and they come up with the next question. It is a great game to mix up the group and get people sitting next to new people. To start the game you can call out examples until the group understands the purpose of the game.

## Commonalities

Divide the group into small groups of 4-6. Have the group write lists of things they all have in common. Have each group share their lists of commonalities with the rest of the group after about 5 minutes.

## Concentric Circles

1. Divide the group into two groups by counting off 1s and 2s. Arrange the group so the 1s are in the inner circle facing the 2s who are in the outer circle (so each 1 is facing a partner in the 2s group). If there is an odd number of participants a facilitator should fill in the extra spot.
2. Tell the group that they will have a few minutes (shorter time for younger groups, longer time for older groups) to talk with their partner. Partners should introduce themselves at the beginning of each conversation.
3. Give the group a question they can discuss.
4. After the allotted time, call time and ask the inner circle to shift one seat over so they have a new partner.
5. Rinse and repeat with new questions several times.

Sample Questions:

1. Why did you come to the workshop today?
2. Talk about a time you broke a rule and what happened.
3. Who is someone you admire as a leader?
4. What is an activity that you really like to do?

## Gaga Ball

One person who is not a player is designated as the referee. The referee is the sole authority during play.

1. The referee begins play only after all players are standing in the gaga court (an octogan ring about thigh high) and have indicated that they are ready to start the game.
2. One player tosses the ball up in the air. Players yell "ga" on the first bounce and "ga" again on the second bounce, and the ball is then in play.
3. Players hit the ball with their hands only, and may not carry or throw the ball: it must be punched with open hand or fist.
4. If the ball contacts a player or a player's clothing below the waist, that player is eliminated.
5. If the ball goes out of the gaga court, the last player to touch the ball is eliminated.
6. If a player catches the ball before it bounces, the player who had the last contact with the ball is eliminated.
7. Once the player hits the ball, he or she must wait until the ball touches someone else before hitting it again (no double touches).
8. If there are only two players remaining, a player may hit the ball up to 3 times in a row. The ball is "rejuvenated" by contact with the wall, and the hit count resets.
9. Teaming, or intentional passing of the ball to other players, is allowed only at the discretion of the referee and must be specified in advance of play.

## Balloon Long Distance

1. Give each participant a different coloured balloon. If there are more participants than colours divide them into group and give each group a colour of balloon.
2. Have the group blow up their balloons as big as they can and hold on to them without tying a knot.
3. Have them line up and release their balloons, each person trying to have their balloon travel the longest distance. Encourage people to try and throw them or kick them if they think it will make it go further to add more fun!
4. Measure the distance to see whose has travelled the furthest.

## Sticky Beak

1. Prepare pieces of masking tape (about 10cm) for each person. Have the participants take a piece and roll it so two ends are sticking together sticky side out. Have them stick the roll on their noses.
2. When you call "GO" participants should find someone to press their "sticky beak" together and pull back quickly, trying to steal the other persons tape (no hands!). The game continues until someone has all of the tape on their nose-the winner!

## Human Knot

In a circle, people put their arms in and hold someone else's right hand then grab someone else's left hand (different from the person's right hand they grabbed), then try to unravel the knot without letting go of hands. Involves getting physically close to others, stretching, laughing and problem solving. In the end the group should be standing in a circle with every second person facing inwards and the rest facing outwards.

## Beau Coups Balls

The objective of this game is to hold as many tennis balls as possible without dropping any, with both feet on the ground and standing up.

1. Split the groups into two teams and provide each team with about 100 tennis balls. Give them two minutes to pile as many balls as they can in the person's arms, legs, armpits etc. The team with the most balls wins. You can substitute balls with empty, clean pop bottles.

## Orange Teeth

1. Cut an orange into four pieces and peel the fruit out to the white rind. Wash the orange first to get rid of any pesticides.
2. Slice the orange to form teeth. Don't cut too close to the edges or the rind will break.
3. Give each person an orange "denture" to put in their mouth, white side out. Ask them to push their tongue through the hole to show off their new teeth.
4. Use a camera or mirror so people can see their silly new teeth.

## Silent Ordering

Tell the group this is a silent game. No one is allowed to talk, but that is the only rule. They must arrange themselves in order according to some arbitrary fact, such as birthdays or the last number in their phone number. The group must communicate silently until they are all in an order they are satisfied with. Then ask each person in line to say their birthdate or other fact to see how close they got to the correct ordering.

## Queen's Treasure

1. Divide the group into four groups. Give each group several soft objects (scarves, squishy balls, rolled up socks). Give each group the same amount. Tell them to place them somewhere visible in their area.
2. Each group will be given a bucket for their treasures. When the game begins, each team will try and steal as many of the other groups' objects without getting tagged and sent to jail. (similar to capture the flag). They have to get the item in their bucket before getting tagged.
3. Only one object can be stolen at a time and items can be stolen back out of the buckets.
4. After a few minutes call the game and count to see who has the most items.

## Smaug's Jewels

Participants sit in a circle with one volunteer in the middle (Smaug). Smaug cannot see very well as they have a blindfold and are trying to guard their treasure (a handkerchief or other soft item). Hobbits around the circle try to steal the treasure without being tagged by Smaug. If they are successful, they become Smug if they choose to. Depending on the group, you can give them a soft pool noodle to "bonk" people with to get them out. You can also play the game with no tagging and Smaug can point to the direction they hear a noise and call out that they have been spotted. That person then has to stay where they are in order to add more confusion and challenge to the game.

## Blind Maze

Set up an obstacle course in the room using chairs, boxes, and any other non-hazardous materials at hand. Divide the room into pairs and blindfold one partner while the other partner directs the person verbally like a backseat driver. Rearrange the course and switch blindfolds.

## Online Resources for Activities and Games

*Inspire Your Group*

<http://inspireyourgroup.com/freegamesblog.htm>

*Wilderdom*

<http://wilderdom.com/games/>

*Team-work and Team-play*

<http://www.teamworkandteamplay.com/resources.html>

*First Step Training*

<http://www.firststepstraining.com/>

## Great Books for Activities and Games

*Sliver Bullets* by Karl Rohnke

*Count Me In* by Mark Collard

*Team-work and Team-play* by Jim Cain & Barry Jolliff

*100 Activities That Build: Self-esteem, teamwork, communication, anger-management, self discovery, and coping skills* by Alanna Jones

*The Chiji Guidebook* by Chris Cavert and Steven Simpson

*The Emotional Intelligence Activity Book* by Adele B. Lynn

\*All activities were taken or inspired by activities in these resources