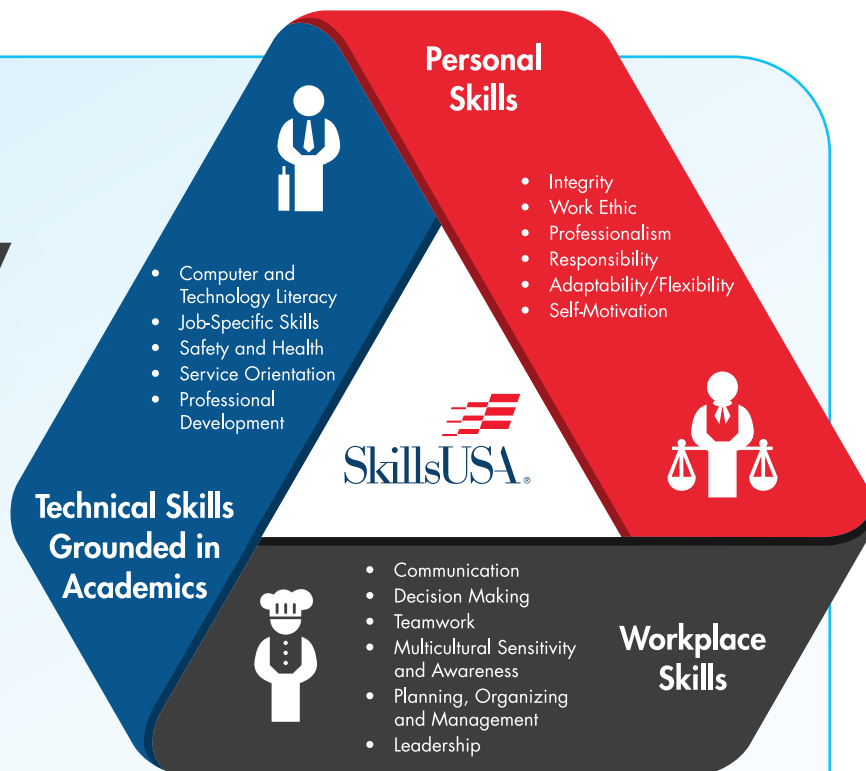


INTEGRATION ACTIVITY *Sheet*

Jumpstart! — Icebreakers and Mixers to Energize Meetings, Workshops and Other Activities

PRICE: \$9.95

DESCRIPTION: A collection of more than 40 activities compiled by educators with more than 25 years of experience in youth leadership development. This quick reference guide allows SkillsUSA members and/or teachers to quickly identify activities ideal for either small or large groups. These activities require varying degrees of physical activity and most require few to no materials. “Jumpstart!” is an excellent tool for student leaders who want to divide students into manageable groups. Use icebreakers and mixers to energize meetings, workshops and other activities. Included in the book are three quick reference guides offering suggestions for the activities based upon the size of the group, level of physical activity or materials needed. As a bonus, the book includes debriefing guidelines and suggestions to assist in honoring every effort. The 6 inch by 9 inch, 68-page book is ideal for members to keep in a backpack or teachers to keep tucked away next to an electronic device for easy use.



ESSENTIAL ELEMENT IDENTIFICATION:

The activities in “Jumpstart!” are designed to help students get active, work together, and enjoy time with their peers. Through implicit instruction students engaging in these fun activities will learn about the Essential Element of Teamwork. Individual activities may also allow opportunity for connections to other Essential Elements through the use of processing questions and context set by teachers.

Student Learning Objectives:

- Expand their own comfort zone.
- Build a sense of team or group bonding.
- Contribute to a fun and exciting atmosphere with their peers in a safe learning environment.



To purchase this educational resource, visit the SkillsUSA Store at www.skillsusa.org/shop.

IN-PERSON INTEGRATION EXAMPLE:Activity: **That's Me**

Additional materials needed: List of objectives from the lessons of the course.

Time Frame: 5–8 minutes

Directions: Can be used to assess a student knowledge or prior knowledge of the “Job-Specific Skills” Essential Element.

1. Form a 20-foot circle around the instructor.
2. Instructor calls out action-oriented objectives from the lessons of the course. For example:
 - Changed a tire.
 - Replaced a windshield wiper blade.
 - Connected the cables on a battery.
 - Added water to a radiator.
 - Detailed the interior of a vehicle.
3. Students will take one step toward the center of the circle if they have completed the task called out.
4. Before the next task is called out, the students who took a step forward say, “That’s Me!” and give others who also took a step forward a “high five.”
5. Continue to call out tasks until the instructor has a good understanding of the students’ prior knowledge.
6. Discuss with students the outcomes of the course and the hands-on skills they are learning.

VIRTUAL INTEGRATION EXAMPLE:Activity: **Match Face**

Additional materials needed: Statements or scenarios students might experience during a job interview.

Time Frame: 15 minutes

Directions: Can illustrate the importance of understanding the Essential Element of Communication.

1. Identify three facial expressions a person might display in an interview, such as excited, curious, nervous, happy or sad.
2. Connect with students using an online platform with cameras in gallery view.
3. Practice selected facial expressions.
4. Read statement or scenario and have students share their facial expression.
5. Screen-grab picture of gallery view.
6. Share the screen-grab and have a discussion about what the facial expressions were saying about the individuals. Were they an accurate representation of the statement or scenario? What was the story they were telling about that individual?
7. Select two or three expressions per statement or scenario to focus on.

