



AGE GROUP : MULTI-AGE

LUNCHTIME ICEBREAKER

YOUR CHALLENGE? GET YOUR CAMPERS TALKING ABOUT HEALTHY HABITS OVER THE LUNCH BREAK.

REQUIRED MATERIALS

- **DISCUSSION CARDS (SEE FOLLOWING PAGES)**

HOW IT WORKS

1. ADD THIS ACTIVITY TO YOUR SCHEDULE SO YOU REMEMBER TO USE THE DISCUSSION CARDS.

2. CHOOSE YOUR FORMAT

There are several ways to run this workshop.

Below are some examples, but you can let your imagination run wild – the possibilities are endless!

- **You draw a discussion card and every table discusses the same topic.**
You can read out the topic or have a camper read it aloud so everyone can hear.
- **One camper per table draws a card.** Each table will discuss a different topic
- **Each camper draws a card.** One by one, campers will lead a discussion on the topic they have drawn (discuss, encourage others to share their experiences, have them guess their answer, etc.).

Tip: Feel free to draw more than one card during the meal if time permits, or repeat the activity during other lunch breaks throughout the week.

3. SHARE YOUR EXPERIENCE WITH US

Don't forget to take a photo of the activity and send it to info@tremplinsante.ca!



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How do you feel when you do a physical activity?



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What is your favourite physical activity at camp? Why?



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Talk about an adventure or funny story that happened when you were playing a sport or doing an outdoor activity.



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Can you name one physical activity per season that you enjoy or would like to try?

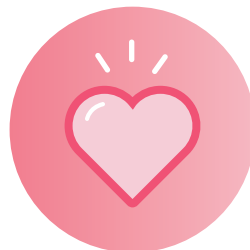


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How do you thank someone who has done something nice for you? (without spending money)

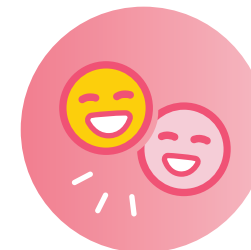


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What made you smile or brightened your day today?



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How do you feel when someone thanks you?



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Who did you thank today? What did you thank them for?



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What fruit - or vegetable- based recipe would you like to learn how to cook?

(Ex. soup, ratatouille, fruit crumble, fruit salad, salsa, chili, etc.)



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I'm going on a picnic and I'm bringing...

(Take turns naming a fruit or vegetable and repeat previously mentioned ones.)



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What fruit or vegetable reminds you of a happy memory?

(Ex. picking strawberries with your family, making apple pie, pumpkin carving for Halloween, etc.)



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If you were stranded on a desert island and could only bring one fruit or vegetable, which one would you choose?



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