

ZOOM / IRK

MATERIALS |

None

OBJECTIVES | The goal of this activity is to build community by having fun together.

FACILITATOR INSTRUCTIONS |

Invite participants to stand or sit in a circle.

Ask for a volunteer to start. Going clockwise around the circle each person says or signs “zoom” consecutively.

If someone chooses, they can say “irk” at which time the consecutive “zooms” change direction.

For example, if participants were saying “zoom” around the circle clockwise, and one person says “irk,” the person right next to them going counterclockwise must now say “zoom” and the “zooms” will continue in that direction until someone else says “irk.”

All “irks” reverse the direction of the zooms.

If a participant misses a beat or says “irk” instead of “zoom” (or vice-versa) they are out and must leave the circle.

The goal is to be one of the last two people standing.

DEBRIEF QUESTIONS |

- How did it feel to do this activity?
- How did we treat each other when we were doing this? Were we kind?
- Why is fun an important part of building relationships and community?



SUPPORTING MEDIA |

<https://www.michiganlearning.org/icebreakers-and-name-games/>

NOTES |

It is often helpful to do a short practice round before doing the real thing.