

# CHAMELEON PROJECT

## HIGH-ENERGY ICEBREAKERS & TEAM COMPETITIONS

### QUICK ICEBREAKERS (5-10 minutes)

#### 1. COLOR SWITCH

**Materials:**

- Colored paper strips (multiple colors)
- Timer

**Setup:**

- Give each student a colored paper strip to wear visibly
- Designate areas in the room for each color

**How to Play:**

1. Students mingle and introduce themselves to each other
2. When the leader yells "COLOR SWITCH!" students must find everyone with their same color and group together
3. The last group to form must share something about themselves
4. Switch colors and repeat

**Chameleon Connection:** Just like chameleons change colors, we sometimes try to fit in with different groups

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#### 2. TRUE COLORS SPEED ROUND

**Materials:** None

**How to Play:**

1. Students form two lines facing each other
2. They have 30 seconds to share with the person opposite them:
  - Their name
  - One thing most people know about them

- One thing most people DON'T know about them (their "true colors")
- 3. After 30 seconds, one line shifts so everyone has a new partner
- 4. Repeat 3-5 times

**Chameleon Connection:** We all have parts of ourselves we show and parts we hide

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### 3. CHAMELEON DETECTIVE

**Materials:** Sticky note for each person

**Setup:**

- Place a sticky note on each person's back with a characteristic written on it (e.g., "loud," "quiet," "athletic," "artistic")
- They can't see their own note

**How to Play:**

1. Students mingle, treating each other according to the characteristic on their back
2. After 2 minutes, students try to guess what's written on their back
3. Discussion: How did it feel to be treated based on one characteristic?

**Chameleon Connection:** Sometimes we feel pressure to be only one thing, but we're all multi-dimensional

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### 4. RAPID CHANGE CHALLENGE

**Materials:** None

**How to Play:**

1. Students stand in a circle
2. Leader calls out "Change your..." followed by an instruction (e.g., "Change your hairstyle," "Change your voice," "Change your walking style")
3. Students have 5 seconds to adapt to the new instruction
4. Anyone who doesn't change or is too slow is out
5. Last person standing wins

**Chameleon Connection:** Highlights how quickly we can adapt to fit different situations

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## 5. WHO'S THE CHAMELEON?

**Materials:** None

**How to Play:**

1. Students sit in a circle
2. One person is secretly chosen to be the "Chameleon" and leaves the room
3. The group decides on a specific action to subtly imitate (e.g., tapping fingers, clearing throat)
4. The Chameleon returns and has 3 guesses to identify the action everyone is mimicking
5. The group tries to be subtle so the Chameleon doesn't catch on too quickly

**Chameleon Connection:** Sometimes we don't even realize we're imitating others

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## MEDIUM ICEBREAKERS (10-15 minutes)

### 6. TRUE COLORS RELAY

**Materials:**

- Index cards with different colored dots
- Colored markers/pencils
- Large papers at relay stations

**Setup:**

- Create 4-5 relay stations
- Each station has a specific color theme and question about identity

**How to Play:**

1. Divide into teams
2. Teams race to each station

3. At each station, team members must answer the identity question in the color provided
4. Questions get deeper as they progress:
  - Station 1 (Yellow): "What's something that makes you happy?"
  - Station 2 (Blue): "What's a challenge you've overcome?"
  - Station 3 (Green): "What's a way you've changed this year?"
  - Station 4 (Red): "What's a belief you stand firm on?"
5. First team to complete all stations wins

**Chameleon Connection:** We reveal different aspects of ourselves in different contexts

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## 7. STAND OUT OR BLEND IN

### Materials:

- Colored construction paper
- Scissors
- Timer

### Setup:

- Cut paper into small squares (majority one color, few in different colors)
- Scatter papers around the room

### How to Play:

1. Divide into teams
2. Teams have 60 seconds to collect as many squares as possible
3. Scoring:
  - Common color squares = 1 point
  - Rare color squares = 5 points
4. After collecting, discuss: Did you focus on blending in (common) or standing out (rare)?

**Chameleon Connection:** Sometimes we go for what's common, sometimes what's unique

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## 8. IDENTITY AUCTION

### Materials:

- Play money
- Index cards with identity traits written on them
- Auction paddles (optional)

### Setup:

- Create "identity traits" cards with positive attributes (e.g., "courage," "integrity," "creativity")
- Give each student the same amount of play money

### How to Play:

1. Host an auction where students bid on identity traits
2. Each student can win up to 3 traits
3. After auction, students share why they valued certain traits
4. Discuss: Which traits got the highest bids? Why?

**Chameleon Connection:** What we value shapes our identity choices

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## 9. PRESSURE POINT

### Materials:

- Balloons
- Timer
- Cards with peer pressure scenarios

### How to Play:

1. Divide into teams
2. Each team gets a balloon and pressure scenario card
3. Teams must keep balloon in the air while discussing how they'd respond to the scenario

4. If balloon touches ground, team must start over
5. After 2 minutes, teams share their response strategies

**Chameleon Connection:** Dealing with pressure while keeping your balance

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## 10. MASKED INTENTIONS

### Materials:

- Paper plates
- Art supplies
- String/elastic

### How to Play:

1. Students create two masks:
  - Outside mask: How they think others see them
  - Inside mask: How they see themselves
2. In pairs or small groups, students share their masks
3. Discuss the differences between inside/outside perceptions

**Chameleon Connection:** The difference between our public and private personas

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## MAJOR TEAM COMPETITIONS (20-30 minutes)

### 11. CHAMELEON CHALLENGE COURSE

#### Materials:

- Various obstacles and stations
- Colored wristbands
- Challenge cards
- Timer

#### Setup:

- Create an obstacle course with 7 challenge stations (one for each program theme)

- Each station has a specific color and challenge related to that theme

### **How to Play:**

1. Divide into teams of 4-5
2. Teams navigate the course, completing challenges at each station:
  - TRUE COLORS Station: Team must create a team cheer that celebrates each member's unique quality
  - FILTERS OFF Station: Complete a task with limited communication (no filters)
  - CANCEL-PROOF Station: Stand firm on a wobble board while answering tough questions
  - LEVEL UP Station: Build the tallest structure with limited materials
  - MAIN CHARACTER Station: Each team member takes 30 seconds in the spotlight
  - NO CAP Station: Truth challenge - everyone shares one truthful statement
  - SQUAD GOALS Station: Team must cross a "lava pit" helping each other
3. Teams earn colored wristbands at each station
4. First team to collect all 7 colors wins

**Chameleon Connection:** Journey through all aspects of authentic living

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## **12. COLOR WAR: STAND OUT EDITION**

### **Materials:**

- Colored T-shirts or bandanas for team identification
- Water balloons in team colors
- Colored chalk
- Colored flags
- Various game props

### **Setup:**

- Designate a large playing area
- Create 4 team territories

**How to Play:**

1. Divide into 4 color teams
2. Teams compete in a series of mini-challenges:
  - Color Capture: Steal other team's flags while protecting your own
  - Color Creation: Team art challenge using only your team color
  - Color Defense: Protect your territory from "color invaders"
  - True Colors Trivia: Questions about authenticity and identity
3. Teams earn points for each challenge
4. Final challenge: Teams create a "Color War Cry" that expresses their authentic identity
5. Team with most points wins

**Chameleon Connection:** Standing out while being part of a team

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**13. PEER PRESSURE PYRAMID****Materials:**

- Large inflatable balls
- Hula hoops
- Beanbags
- Tape for boundary lines
- Point scorecards

**Setup:**

- Create a pyramid of challenges with increasing difficulty
- Each level represents increasing "pressure"

**How to Play:**



1. Divide into teams
2. Teams start at base of pyramid with easy challenges
3. As they advance up levels, challenges get harder AND they face "pressure" from other teams:
  - Level 1: Simple physical challenges
  - Level 2: Teams can verbally distract opponents
  - Level 3: Teams can use props to distract opponents
  - Level 4: Teams face combined distractions
  - Level 5 (Peak): Complete challenge with maximum pressure
4. Teams earn points for completing challenges despite pressure
5. Bonus points for encouraging other teams

**Chameleon Connection:** Maintaining your course despite increasing pressure

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## 14. IDENTITY ARCHITECTS

### Materials:

- Building materials (cardboard, tape, markers, etc.)
- Identity cards with different attributes
- Timer
- Judging cards

### How to Play:

1. Divide into teams of 4-6
2. Each team receives the same building materials
3. Challenge: Build a structure that represents your team's combined identity
4. Rules:
  - Must incorporate every team member's input
  - Structure must be at least 3 feet tall

- Must include representations of 3 team strengths
- 5. Teams present their structures, explaining the symbolism
- 6. Structures judged on creativity, teamwork, and meaning

**Chameleon Connection:** Building something lasting based on authentic identity

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## 15. THE GREAT CHAMELEON GAMES

### Materials:

- Various game stations
- Scorecards
- Timer
- Color-changing items (mood rings, color-changing cups)
- Team banners

### Setup:

- Create a mini-Olympics with 7-8 stations

### How to Play:

1. Teams rotate through stations, earning points at each:
  - Change Speed: How quickly can you put on/remove layers of clothing
  - Stand Firm: Team balance challenge on wobble boards
  - True Colors Race: Relay race where players must match correct colors
  - Integrity Challenge: Trust exercises with blindfolds
  - Squad Support: Team must move together connected by rope
  - Purpose Puzzles: Complete puzzles with hidden messages
  - Authenticity Avenue: Improv challenges about real-life scenarios
2. Final Challenge: Teams create a living tableau representing "From Chameleon to Champion"
3. Team with most points wins The Great Chameleon Games trophy

**Chameleon Connection:** Comprehensive challenge covering all program themes

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## **SMALL GROUP ACTIVITIES (15-20 minutes)**

### **16. VALUES VOLLEYBALL**

#### **Materials:**

- Beach ball with questions written on each colored section
- Open space

#### **How to Play:**

1. Students stand in a circle
2. Toss the ball around the circle
3. When someone catches it, they answer the question under their right thumb
4. Questions focus on values, identity, and character:
  - "What's something you won't compromise on?"
  - "When do you feel most like yourself?"
  - "What's a time you stood up for what you believe?"

**Chameleon Connection:** Reinforces holding onto your values

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### **17. IDENTITY INSTAGRAM**

#### **Materials:**

- Large paper "Instagram frames"
- Art supplies
- "Hashtag" cards

#### **How to Play:**

1. Each student creates two Instagram posts:
  - The "filtered" version of themselves
  - The "unfiltered" authentic version

2. Students can only use 3 hashtags for each version
3. Small group gallery walk to view everyone's posts
4. Discussion: Which version feels more freeing? More genuine?

**Chameleon Connection:** Contrast between filtered and authentic self-presentation

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## 18. CHAMELEON CONFESSIONS

### Materials:

- Anonymous submission cards
- Box for submissions
- Discussion prompts

### How to Play:

1. Students anonymously write down one way they've "changed colors" to fit in
2. Leader collects and reads submissions
3. Group discusses:
  - Why do we feel this pressure?
  - What helps us stay true to ourselves?
  - How can we support each other?

**Chameleon Connection:** Safe space to acknowledge conformity pressures

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## 19. SQUAD GOALS LINEUP

**Materials:** None

### How to Play:

1. Group lines up according to different categories:
  - How many close friends they have
  - How many different friend groups they navigate
  - How much they feel they can be themselves with friends

2. After each lineup, those at similar points discuss their experiences
3. Concludes with discussion about healthy friendship characteristics

**Chameleon Connection:** Examining our friendship circles and their influence

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## 20. CHAMELEON TRANSFORMATION STATION

### Materials:

- Large paper or poster boards
- Art supplies
- Bible verses about identity

### How to Play:

1. Small groups create a visual depicting transformation from:
  - Chameleon (changing to fit in) to
  - Champion (standing firm in true identity)
2. Must include at least 3 practical steps in the transformation process
3. Groups present their transformation maps
4. Everyone identifies where they are in the process

**Chameleon Connection:** Visualizing the journey from conformity to authenticity

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## WEDNESDAY NIGHT PRE-SERVICE ACTIVITIES

### 21. COLOR ZONE MIXER

#### Setup:

- Divide room into 7 color zones (representing 7 program themes)
- Each zone has conversation prompts related to that theme

#### How to Play:

1. As students arrive, they choose which color zone to visit
2. In each zone, they discuss the theme-related prompts

3. Every 3-4 minutes, a "COLOR CHANGE" is announced
4. Students must move to a different color zone
5. By service time, students should visit at least 3 zones

**Chameleon Connection:** Moving between different aspects of authentic living

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## 22. IDENTITY DETECTOR

### Materials:

- Sticky nametags
- Markers
- "Identity Detector" frame (decorated picture frame)

### Setup:

- Create an "Identity Detector" station near entrance
- Staff member operates the "detector"

### How to Play:

1. As students arrive, they pass through the "Identity Detector"
2. The operator "scans" them and writes a positive attribute on their nametag
3. Throughout pre-service, students collect signatures from others who agree with their attribute
4. Person with most signatures gets special recognition during announcements

**Chameleon Connection:** Celebrating our true identities

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## 23. CHAMELEON CORNER CHALLENGES

### Materials:

- 4 different quick challenges set up in corners of the room
- Timer
- Small prizes

**How to Play:**

1. As students arrive, they can attempt any corner challenge:
  - Corner 1: "Stand Out" - Creative pose photo booth
  - Corner 2: "Stay True" - Knowledge quiz about previous lessons
  - Corner 3: "Squad Check" - Friend connection challenge
  - Corner 4: "Purpose Path" - Goal-setting activity
2. Students get punch cards - complete all 4 corners for a prize
3. Challenges rotate weekly to keep things fresh

**Chameleon Connection:** Mini-reinforcements of program themes

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**SPECIAL EVENT TEAM COMPETITIONS****24. CAMP OUT COLOR WAR**

**For the overnight camp event (August 29)**

**Materials:**

- Team bandanas in 4 colors
- Glow sticks in team colors
- Various outdoor game equipment
- Scorecards
- Grand prize trophy

**How to Play:**

1. Divide into 4 color teams for duration of camp out
2. Teams compete in themed challenges throughout the event:
  - Sunset Challenge: "True Colors Capture the Flag"
  - Evening Challenge: "Identity Campfire Stories"
  - Night Challenge: "Stand Firm Glow Hunt"
  - Morning Challenge: "New Day, True You" breakfast prep competition

3. Points accumulated throughout all challenges
4. Winning team announced before departure

**Chameleon Connection:** Culminating competition to test all learned principles

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## **25. PUTT-PUTT COLOR CHALLENGE**

**For the Putt-Putt & Pizza event (July 3)**

### **Materials:**

- Colored golf balls
- Scorecards with identity questions
- Colored wristbands for teams

### **How to Play:**

1. Form mixed-age teams of 4-5
2. Each hole has a theme-related challenge in addition to golf:
  - Hole 1: Play while sharing your "true colors" (unique qualities)
  - Hole 2: Play without "filters" (complete honesty about golf skills)
  - Hole 3: "Stand firm" (play from challenging positions)
  - And so on through all themes
3. Points for both golf performance and theme challenges
4. Winner announced during pizza time

**Chameleon Connection:** Fun application of themes in recreational setting

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## **POINTS SYSTEM INTEGRATION**

### **INDIVIDUAL POINTS**

- **Participation Points:**
  - Attending Wednesday service: 100 points
  - Completing journal reflections: 50 points/week



- Daily text message response: 10 points/day
- Bringing a friend: 200 points
- **Activity Points:**
  - Winning team competition: 300 points
  - Participating in team competition: 100 points
  - Leading a game or activity: 150 points
  - Sharing a "true colors" testimony: 200 points

## **TEAM POINTS**

- Teams can be formed for the duration of the program
- Team points contribute to both individual totals and team standings
- Weekly team rankings announced each Wednesday
- Grand prize for highest-scoring team at Awards Service

## **SETUP AND SUPPLY GUIDELINES**

### **PREPARATION TIPS**

#### **1. Pre-Service Setup:**

- Arrive 90 minutes before students
- Test all activities with leadership team
- Prepare all materials in advance

#### **2. Room Arrangements:**

- Open space for active games
- Small group areas defined by colored floor tape
- Clear pathways between activity stations

#### **3. Leader Roles:**

- Designate specific leaders for each activity
- Have "floaters" to help with transitions
- Photographer to capture moments for social media

#### **4. Timing Guidelines:**

- Quick icebreakers: First 5-10 minutes
- Main competitions: Middle 20-30 minutes
- Small group activities: Final 15-20 minutes before message

### **EMERGENCY BACKUPS**

#### **1. Rain Plans:**

- Indoor alternatives for outdoor activities
- "Quick-switch" options listed on leader cards

#### **2. Low Energy Adaptations:**

- Simplified versions of games for tired groups
- Energy-boosting mini-activities to insert between longer games

### **CONCLUSION**

These activities are designed to reinforce the Chameleon Project's core themes while creating memorable, high-energy experiences. Each activity connects to the overall message that God created teens to stand out, not blend in.

Leaders should emphasize these connections during and after activities, helping students make the transition from fun competition to meaningful application.