

Ice Breakers



Moving It
Time: 15 - 20 Minutes

A fast moving “get to know you” game with one-on-one dialogue and group public speaking.

1. Stand in a circle.
2. When you hear “go” each person will find a partner. Each person will have a chance to discuss the “Topic at Hand” with his/her partner.
3. Participants will listen for the word “switch.” That is how they know it is their partner’s turn. New partners are chosen for each topic.
4. Topic at Hand: Each person is given two minutes to complete his/her thought.

Sample Topics:

- If you could meet one famous person who, would it be and why?
 - Describe one place in the world you would like to visit and why.
 - Describe one thing you would like to accomplish in your life and why.
 - Describe what are your best qualities and why.
 - Describe the best day in your life and why it was the best.
5. During the last topic, participants stand next to their partners as the group forms a circle. The partners introduce each other to the rest of the group and share how they responded to the “Topic at Hand.”

Name Writing
Time: 10 - 20 Minutes

Have participants form a circle. The facilitator starts first and shows the group how to write their name with an imaginary pencil.

The imaginary pencil is placed in the bellybutton. The group will then write their name using their bellybutton. You can use your imagination for variations on this theme:

Printing or cursive?

Imaginary pencil in your ear.

Imaginary pencil between your knees.

Using an imaginary can of spray paint.

Using your feet to stomp your name in imaginary snow.

Use your body to form the letters of your name, one letter at a time.

Moose, Mouse, and Salmon

Time: 10 - 15 Minutes

Ask all participants to form a circle. Show them what the moose looks like and how each person in the circle must act. The moose is made up of three people standing together, two people waving the big antlers and the middle person clasping both hands outwards to represent the moose head. The facilitator points at one person in the circle and says, "Moose." That person and the people on each side react quickly to demonstrate the moose.

Now the facilitator teaches the mouse. This also takes three people. Two partners make mouse ears by waving their hands to the middle person's ears. The middle person cups their hands on their nose and says, "Squeak, squeak." The facilitator points at one person in the circle and says "Mouse." People should react quickly to demonstrate the mouse.

Finally, the facilitator demonstrates the Salmon. This will also take three people. Two people will create fins on the sides of the middle person and the middle person holds their hands behind them, waving like a tail fin. The facilitator points at one person in the circle and says "Salmon," as the people respond.

From each group of three, whoever is the fastest to respond correctly for the animal chosen, that person gets to select the next person and tells them which animal to demonstrate.

Switch
Time: 10 - 15 Minutes

The purpose of this activity is to enable the group to get to know each other in a fun way. Have the group form a circle and find a partner. Explain there will always be someone left without a partner, because there will be an uneven number of people in the circle. Tell the group to find someone they do not know. The facilitator begins the game. She/he explains the game is called Switch. It means that when a person who is standing in the center of the circle calls out "Switch," you must find yourself a new partner.

When the group is gathered into pairs, the facilitator will continue with the following instructions. Tell the group to put on their creative thinking caps since they will need the power of imagination when it is their turn to stand in the center of the circle. This game is basically a form of "Simon Says."

For example, the facilitator will start as the person in the center and say, "Facing one another, hold your partner's hand, turn to him or her and say, 'I'm glad to meet you. You are beautiful!' The partner will say, 'Thank you. You are beautiful, too!'"

Then when the person in the center says to switch, the people must move clear across the circle, find another person they do not know and partner with them. Whoever is left without a partner will move to the center of the circle and tell the group what he/she would like for the group to do. Have fun!

Fire in the Hole
Time: 15 - 20 Minutes

Divide the group into smaller groups of 3-5, having groups form a circle. Have each person blow up a balloon. Have each person place their balloon between them and the person on their left. Now have the groups put their arms around each other and prepare to squeeze. When each group is ready the groups shout together, "Fire in the Hole!"

The groups squeeze towards each other until they pop a balloon, trying not to drop any of the other balloons in their group. The group that pops a balloon first (or 2, 3, or all), without dropping a balloon, is the winner. If a group is having a problem with their balloon they can ask for help from other groups. Process this activity with the group. How did they like it? Were they willing to seek help from another group or were they determined to do it on their own? Why?

This activity will help the group and the facilitator understand our human nature. Sometimes we fight to the bitter end, sometimes we give up, and sometimes we just watch. This is a fun activity to get your group to work together as a team.

Creating Music Together

Time: 15 - 20 minutes

Supplies: Markers, colored pencils or crayons, and white paper or construction paper.

“Creating Music Together” is a fun and interactive icebreaker to get your creative juices flowing. Participants pair up with their partner/significant other or other training participant if attending alone.

Let the pairs know they will be designing their own music CD cover. The design on the front and the song selections listed inside will represent their relationship. Instruct them to fold their paper in half and then in half again as to fit a CD case.

Allow them ten minutes to draw/color the CD cover and to list at least one song on the inside cover, more if they can think of them. When participants are finished, have each group share their CD cover with the large group.