



# Icebreakers/Games...

for getting to know people/getting them moving/having fun...



Name of Activity...	Details...	Involves...
<ul style="list-style-type: none"> <li><b>Birthday Line-Up</b></li> </ul>	<ul style="list-style-type: none"> <li>Without speaking, people need to arrange themselves into a line – according to their Birth Months/Dates.</li> </ul>	<ul style="list-style-type: none"> <li>Non-Verbal Communication.</li> </ul>
<ul style="list-style-type: none"> <li><b>Throw object around group</b></li> </ul>	<ul style="list-style-type: none"> <li>Throw a ball (or similar) around the group. When they receive the ball, they have to say the first word that comes to their mind about your particular topic.</li> </ul>	<ul style="list-style-type: none"> <li>Revision of topics</li> <li>Movement/catching</li> </ul>
<ul style="list-style-type: none"> <li><b>Cross Crawls / Left &amp; Right brain</b></li> </ul>	<ul style="list-style-type: none"> <li>Discuss Left Brain (Numbers, Logic, etc) and Right Brain (Creativity, etc.) ..&amp; that they control the other sides of our body.</li> <li>We are going to fire up/utilise both sides of our brain by doing :- Cross Crawls, Head Pat-Tummy Rub, Fingers to Nose &amp; Earlobe, etc.</li> </ul>	<ul style="list-style-type: none"> <li>Use of Left &amp; Right sides of the brain and body</li> <li>Improves thinking/alertness</li> </ul>
<ul style="list-style-type: none"> <li><b>Partner Drawings</b></li> </ul>	<ul style="list-style-type: none"> <li>Participants draw a basic picture (ensuring their partner can't see it.) They must then give their partner instructions on what to draw. Aim: for them to turn out the same!</li> </ul>	<ul style="list-style-type: none"> <li>Verbal Communication</li> <li>Giving clear, specific instructions.</li> <li>Drawing/creativity</li> </ul>
<ul style="list-style-type: none"> <li><b>Positive Things</b></li> </ul>	<ul style="list-style-type: none"> <li>Participant tells group 1 – 3 things that they are looking forward to / or that has happened over the last week or two.</li> </ul>	<ul style="list-style-type: none"> <li>Positive Thinking</li> <li>Morale/mood building</li> </ul>
<ul style="list-style-type: none"> <li><b>3 Truths &amp; a Lie</b></li> </ul>	<ul style="list-style-type: none"> <li>Have participants write down 3 truths &amp; a lie about themselves. Stand up &amp; share them with the group – who have to try &amp; guess which is the lie.</li> </ul>	<ul style="list-style-type: none"> <li>Perceptions</li> <li>Verbal/non-verbal communication</li> <li>Getting to know more about others.</li> </ul>
<ul style="list-style-type: none"> <li><b>Circle/Whiteboard Sentences</b></li> </ul>	<ul style="list-style-type: none"> <li>Each participant is to give on word at a time (consecutively) – either whilst standing in a circle – or writing it on the Whiteboard.....to create a Group Sentence/Story.</li> </ul>	<ul style="list-style-type: none"> <li>Quick Thinking</li> <li>Creativity/Humour</li> </ul>
<ul style="list-style-type: none"> <li><b>Group Count</b></li> </ul>	<ul style="list-style-type: none"> <li>Have group stand in a circle. The aim is for only one person to call out a number (starting at 1), then another person yells out 2, etc.....but....it must be at random throughout the group – not the people next to them! (If two or more people call out a number at the same time-you need to start back at 1.)</li> </ul>	<ul style="list-style-type: none"> <li>Sensing/Timing</li> <li>Patience</li> <li>Working together as a group</li> </ul>
<ul style="list-style-type: none"> <li><b>Chinese Whispers</b></li> </ul>	<ul style="list-style-type: none"> <li>Select a sentence and a Leader from each group. Give that person the message, then send them back to their group to start passing the message on to the next person. (No one else is allowed to hear-except for the Receiver of the message.) Have the Last person stand up &amp; tell the rest of the class what message they have. (Compare theirs with the original message.)</li> </ul>	<ul style="list-style-type: none"> <li>Listening</li> <li>Effective Communication</li> <li>Memory</li> </ul>
<ul style="list-style-type: none"> <li><b>Positive Qualities / Affirmations</b></li> </ul>	<ul style="list-style-type: none"> <li>On a piece of paper –write things you value/like/admire about a particular person (then rotate paper in group). Share. (Alternatively – your can write a comment on the sheet of paper that is taped to their back.)</li> </ul>	<ul style="list-style-type: none"> <li>Positive thinking /feedback/morale boosting</li> <li>Acknowledging others</li> </ul>



<ul style="list-style-type: none"> <li>• <b>Space Jumps</b></li> </ul>	<ul style="list-style-type: none"> <li>• One person starts improvising/telling a story (using movements). Facilitator says "Space Jump" – &amp; the person freezes in that pose. The next person jumps in, assumes that same pose, and continues on with a different type of story. (The other person Jumps out of the scene.) etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Quick thinking/creativity</li> <li>• Verbal &amp; non-verbal skills</li> <li>• Fun</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Pick my Word</b></li> </ul>	<ul style="list-style-type: none"> <li>• To have participants come up with words/statements related to the Course Topic, have them utilise:- <ul style="list-style-type: none"> <li>- Charades</li> <li>- Pictionary</li> <li>- Hangman/Blankety Blanks</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Revision of topics/words</li> <li>• Communication Skills</li> <li>• Competition/fun</li> </ul>
<ul style="list-style-type: none"> <li>• <b>What's on your mind</b></li> </ul>	<ul style="list-style-type: none"> <li>• At the start of the day/course, participants may have a lot of distracting thoughts going on in their mind (ie. Work, family, health, etc.) So – have them write down their internal chatter/everything that's going on in their head – on a piece of scrap paper.....then....have them throw it in the bin! (&amp; leave those thoughts in there for the rest of the session.)</li> </ul>	<ul style="list-style-type: none"> <li>• Clearing of the mind</li> <li>• Focussing on course content</li> </ul>
<ul style="list-style-type: none"> <li>• <b>List A – Z of...</b></li> </ul>	<ul style="list-style-type: none"> <li>• Have participants (individually or as a group) list A-Z of ....(things related to Topic, Animals, Foods, Cities,etc.) Time.</li> </ul>	<ul style="list-style-type: none"> <li>• Competition</li> <li>• Thinking/brainstorming</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Who is it?</b></li> </ul>	<ul style="list-style-type: none"> <li>• Have everyone write something about themselves on a piece of paper. (Hand back to Facilitator – who will read out to group – or – can distribute to other people to read out.) Guess who it is?</li> </ul>	<ul style="list-style-type: none"> <li>• Getting to know more about others in the group</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Celebrity Heads</b></li> </ul>	<ul style="list-style-type: none"> <li>• Have participant stand in front of the Whiteboard (with the name of a Person, Animal, Character, etc written above them on the board.) They have to guess who they are by asking the rest of the group one question at a time..... the group can only answer 'Yes' or 'No'.</li> </ul>	<ul style="list-style-type: none"> <li>• A bit of fun</li> <li>• Thinking/memory</li> <li>• Communication</li> </ul>
<ul style="list-style-type: none"> <li>• <b>1 Minute Topic</b></li> </ul>	<ul style="list-style-type: none"> <li>• Participants to write down a topic on a piece of paper. Put them all in a container. Have one person draw a topic out of the 'hat' – and they need to talk for a Minute – on that topic.</li> </ul>	<ul style="list-style-type: none"> <li>• Improvisation/thinking quickly</li> <li>• Public Speaking</li> <li>• Confidence Building</li> <li>• Communication</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Give a Description</b></li> </ul>	<ul style="list-style-type: none"> <li>• Participants have to describe an object/thing/person – but without revealing its/their actual name. Others have to guess what/who it is.</li> </ul>	<ul style="list-style-type: none"> <li>• Giving detailed/clear descriptions.</li> <li>• Communication Skills</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Create Rope Square - Blindfolded</b></li> </ul>	<ul style="list-style-type: none"> <li>• Place rope on ground. Participants are to put Blindfolds on. They must find the rope, &amp; all be touching the rope at the same time. They have to bring it up to waist level, &amp; attempt to form it in to a perfect Square Shape.</li> </ul>	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Problem Solving</li> <li>• Leadership</li> <li>• Verbal Communication</li> </ul>
<ul style="list-style-type: none"> <li>• <b>What's my Mime?</b></li> </ul>	<ul style="list-style-type: none"> <li>• All participants to select an object from the room. Go around the group - they must use it in a mime/improvisation – but not as the thing is really intended to be used as.(ie. Use a pen as a Flute or a Music Conductor's Stick.) Guess other people's mimes/scene.</li> </ul>	<ul style="list-style-type: none"> <li>• Creative thinking</li> <li>• Acting "As if"</li> <li>• Attention on you</li> <li>• A bit of light/silly fun</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Questions Only</b></li> </ul>	<ul style="list-style-type: none"> <li>• Two lines of people - facing each other. They can only ask questions (not able to give a statement/response back. If they do – they are out - &amp; next person steps up for the Question Duel.)</li> </ul>	<ul style="list-style-type: none"> <li>• Thinking Quickly</li> <li>• Coming up with Questions</li> <li>• Coping with pressure</li> </ul>



<ul style="list-style-type: none"> <li>• <b>Memory Game</b></li> </ul>	<ul style="list-style-type: none"> <li>• Uncover/Show participants a group of objects on the table/floor. (eg. 20 varying items.) Let them look at the items for 1 minute, then cover them back up. Have them list the items they remember seeing.</li> </ul>	<ul style="list-style-type: none"> <li>• Memory</li> <li>• Observation</li> <li>• Recall</li> <li>• Visualising</li> <li>• Challenge</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Sell/promote this item....</b></li> </ul>	<ul style="list-style-type: none"> <li>• Given a picture or item.....the person has one minute to promote/sell that item to the rest of the group.....(even if it is broken, unappealing, etc.!) )</li> </ul>	<ul style="list-style-type: none"> <li>• Thinking quickly/creatively</li> <li>• Practising public speaking</li> <li>• Enthusing others</li> </ul>
<ul style="list-style-type: none"> <li>• <b>People Bingo</b></li> </ul>	<ul style="list-style-type: none"> <li>• Hand out "People Bingo" sheet to group. (Divided up into boxes – with numerous questions on it – 10 to 20. eg. Who has lived overseas? Who has a pet? Etc.)</li> <li>• They are to go round the room and speak to everyone, and put their name (once only) in a box. When they have filled up all the boxes – they are to call out "Bingo!" (and are awarded a prize.)</li> <li>• Check in with some of the answers.</li> </ul>	<ul style="list-style-type: none"> <li>• Fun</li> <li>• Getting to know each other</li> <li>• Challenge</li> <li>• Gets people up and moving.</li> </ul>
<ul style="list-style-type: none"> <li>• <b>Video Clips / Powerpoints.....</b></li> </ul>	<ul style="list-style-type: none"> <li>• Show participants humorous video clips, inspirational powerpoint slides, amazing photos, etc (Put on USB stick or disc.)</li> </ul>	<ul style="list-style-type: none"> <li>• Interest, entertainment, humour, a break from theory, inspiration, illustrate points, etc.</li> </ul>
<ul style="list-style-type: none"> <li>• Clap catching</li> </ul>	<ul style="list-style-type: none"> <li>• First person sends clap to random person in the room (gives them eye contact, + gestures sending clap their way)</li> <li>The 2nd person then sends clap on,</li> <li>3rd person grabs the clap, passes it on, etc.</li> </ul>	<ul style="list-style-type: none"> <li>• Concentration,</li> <li>• Eye contact</li> <li>• Gestures</li> <li>• Fun</li> </ul>
<ul style="list-style-type: none"> <li>• The 'Feeling' Game</li> </ul>	<ul style="list-style-type: none"> <li>• Participant to close eyes/put blindfold on/feel in bag – and tries to guess what the object is that they are feeling (describe it as you feel it.)</li> </ul>	<ul style="list-style-type: none"> <li>• Touch /texture</li> <li>• Describing</li> <li>• Fun/mystery</li> </ul>