

Ice Breakers:

Trainwreck (Similar Icebreakers: Blow Wind Blow / Do You Know Your Neighbor?)

Every person should have a chair except one person. The chairs should be set up in a circle facing the middle. The person without the chair will start. He/she will say something true about him/herself (I am wearing a blue shirt; I have a sister, etc). If this is true for anyone else sitting in a chair, they must get out of their seat and find a new seat. The person in the middle who was just in the middle is also trying to find a seat. The last person who does not find a seat turns into the person in the middle. The tricky part is that you must move at least two (or three, depending on the size of your group) chair over. You cannot move over just one chair. This game can last as long or as short as you want it to.

Team Architect

Team Architect is basically a game where you get each team to build something with very little amounts of strange materials. Materials may vary! For example, you could give each team a packet of pop sticks and a roll of sticky tape and get them to build a bridge which will support a heavy book. Another example is to give each team a few sheets of newspaper and some string and then get them to make an egg support. Each team's egg support has to stop the egg from breaking when dropped from a certain height. Feeling whimsical? Try using uncooked spaghetti pasta and marshmallows. Make the tallest building as best as you can as a team. After the allocated building time is up, all the groups come together and the structures or inventions are tested.

Remember Me?

Get your two teams to mingle together for a couple of minutes, and introduce themselves to each other. The two teams sit on either side of the bed sheet. Two leaders pull the bed sheet up, hiding both teams from each other's view. Then both teams select a player silently for the round, and both players move and sit facing the bed sheet in the middle. When the leaders can see that both players are ready, they drop the sheet so they can see each other. The first player to yell the other person's name wins a point for their team. Keep playing rounds until everyone has had at least one go.

Topics From A Hat

Prepare different topics for this activity. Create and write charade, questionnaires, or scenarios for your group. Be creative and funny while also being informative. Place them all into a hat or container. As everyone enters the room, ask them to form a circle. Place the hat or container in the center and have each person act out or answer the question they pick from the center.

My Name Is

This icebreaker can be used with groups of up to 30 persons: Ask each participant to take a few moments to think of an adjective that starts with the same first letter as their first name (e.g., "Merry Marilee"). Start by modeling it yourself. Then move around the group, asking each person to introduce themselves, stating their name/adjective combination. At various points during the introductions, or at the end, ask for volunteers to remember each of the names, with adjectives, that have been volunteered thus far.

Masks

You will need crayons or paints, markers, scissors and white card for this activity. Give each young person a piece of white card. Ask them to draw and cut out a life-sized shape of a face. They can also cut out eyes and a mouth if they wish. Each young person is then asked to decorate their card face. One side represents what they think people see/know/believe about them i.e. on the outside. The other side represents what they feel about themselves i.e. things going on the inside, what people do not necessarily know or see. This is best used in an established group where the young people are comfortable and at ease with each other. 'Masks' is also a good discussion starter on self image and self worth.

Chocolate Champ

Another old party game, but still lots of fun. Ask everyone to sit in a circle on the floor. In the middle of the circle place a large bar of chocolate on a plate, a knife, a fork and three items of clothing – gloves, scarf and a cap. (Don't forget to remove the wrapper from the chocolate!) Each person in the circle takes a turn at rolling a dice. On throwing a six they run to the middle of the circle, put on the items of clothing and try to eat as much chocolate as possible. However, they can only cut it with the knife and pick it up with the fork. As soon as someone else throws a six, they run to the middle, put on the gloves, hat and cap, and take over. Continue until all the chocolate is eaten.

Hot Potato, Your "It"!

Arrange a series of questions and/or scenarios ahead of time. Place all topics into a hat and place it in the middle of the group of players. The headmaster will be in control of the music. As the music plays pass the object around the circle of players. When the music stops the player with the object will then be directed to pick out a topic from the hat. Depending on the card at play, the player will answer the question or act out what the card mentions. This icebreaker can last as long or short as the group of players would like to play.

Silent Identification

Each participant is asked to write words or draw pictures that describe themselves. This is done silently. They pin the pictures on their chests, walk around and have everyone look each other over. Pictures are then shuffled and participants are asked to identify the person to which the picture belongs.

Trust Me and Web of Questions

Each participant is asked to write words or draw pictures that describe themselves. This is done silently. They pin the pictures on their chests, walk around and have everyone look each other over. Pictures are then shuffled and participants are asked to identify the person to which the picture belongs.

SOURCES:

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<http://www.stcloudstate.edu/reslife/staff/documents/IceBreakers.pdf>