

ICE BREAKERS

Alphabet Search

General Commentary: This activity is a fun game and energizer for a group that has been established for a while or a group that is newly formed.

Group Size: The more people, the more fun this game is! The minimum number of people needed is 2 teams of 4 each and a facilitator. There is no maximum number.

Time Required: At least 10 minutes, but this activity can go as long as the facilitator would like it to.

Materials: Group members should have their wallets, bags, purses, etc.

Physical Setting/Location: This activity should be done either inside or outside in a large, open space.

Instructions:

- The facilitator divides the group into equal teams of at least 4 people each.
- Teams sit together.
- When told to begin, teams are to search through their wallets, bags, purses, etc. to find items that begin with each letter of the alphabet (i.e. apple, BuckID, credit card, etc.).
- The first team to find an item for each of the 26 letters of the alphabet wins.

Ball Toss/Group Juggle

General Commentary: This activity is good for a group where some people know each other, but the whole group is still getting acquainted.

Group Size: This activity works best with a group size of 5-10 people. If larger groups exist, split the group into smaller groups.

Time Required: The activity can last as long as the facilitators would like it to.

Materials: At least three small balls (tennis) per small group

Physical Setting/Location: This activity is best done in a large room where smaller groups can stand comfortably.

Instructions:

- Tell participants that you are going to work on repetition and name recognition.
- Facilitator starts by tossing 1 ball to someone in the group whose name they know saying their name and then the other person's name (i.e. Sandi to Doug). Doug (person who receives the ball) tosses the ball to someone whose name he knows (i.e. Doug to Kyle). Kyle tosses to someone whose name he knows and so on, saying both names all the way around the circle. The ball is tossed to each person one time only until everyone in the circle gets it and all names have been said.
- THEN, facilitator starts again and tosses the balls to the same person (i.e. Sandi to Doug to Kyle to, etc...) only this time with 2 balls in succession (not at the same time) saying both names, both times. Balls get tossed to the same people they were originally tossed to; first one ball, then the next, all the way around the circle stopping when they get back to the facilitator.
- THEN, facilitator starts again, but this time using three balls in succession. Saying names each time, all three balls get tossed in the same order until they get back to the facilitator.

The Blanket Game

General Commentary: An icebreaker activity for groups of relatively new people. This game emphasizes memory-recall and name-identification/association.

Group Size: This activity can be done with a group of any size, although the larger the group is, the more time the activity will take.

Time Required: The game can progress until the facilitators deem it should be over.

Materials: 1 large blanket or unzipped sleeping bag

Physical Setting/Location: This activity is best suited for a large room.

Instructions:

- Divide the group into two teams.
- Have each team move to an opposite end of the room – across from each other.
- Have two volunteers/facilitators hold a blanket up in between the groups so that the two teams cannot see each other.
- Explain to each team that they will need to send one teammate up to the blanket when asked to do so.
- When the blanket is lowered by the volunteers/facilitators, it becomes a game of who can say the other person's name first.
- The winner will return to their group and the person who was beat will also need to return to the winning side.
- Remind groups that they will want to sneak up to the blanket so as not to give away their identity to the opposing team.

Blob Tag

General Commentary: Regression at its finest! A perfect opportunity for you to regress to your childhood years with an old fashioned game of tag.

Group Size: Can be done with any size group.

Time Required: One game will typically take about 10 minutes.

Materials: None.

Physical Setting/Location: A large space is needed, preferably done outside. Facilitator may have to draw boundaries so as to prevent folks from wandering.

Instructions:

- The facilitator begins by being 'it'.
- When s/he tags someone, they will lock arms and then jointly attempt to tag someone else.
- As each person is tagged, they lock arms with those who are already 'it'.
- The game is over when the last person is captured.

Candy Questions

General Commentary: This activity will allow the members of our group to learn a lot about each other. However, it is up to each group member to decide how open he or she may want to be. This activity is best done at the beginning of the year, or at a transition when the group is relatively new.

Group Size: This activity can be done with a group of any size, although, the larger the group, the more time the activity will take.

Time Required: Approximately 1 minute per participant to share.

Materials:

- A bag/bowl of candy that comes in different colors or flavor (e.g. M&M's, Starburst, Skittles, Bow Pops, Tootsie Roll Pops, etc.)
- A set of questions (1 question/flavor or color)

Physical Setting/Location: This activity should be done where participants can sit in a circle, either on the floor, in chairs or around a table.

Instructions:

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- Pass around a bowl/bag of candy and ask each group member to take one.
 - Once everyone has one, tell the group that each person must answer a question based on the color or flavor they chose.
 - Facilitator should begin.

Example Candy Questions:

- Red: Why did you choose to come to Ohio State?
- Orange: What is your favorite food?
- Yellow: What brings you joy?
- Green: If you could do anything with your life, what would it be?
- Blue: What makes you blue?
- Purple: Share an embarrassing moment.
- Brown: What is one of your pet peeves?

The Four C's

General Commentary: This is a fun and safe way to get participants talking about themselves, and helps participants get to know one another.

Group Size: This activity can be done with a group of any size, although the larger the group is, the more time the activity will take.

Time Required: Approximately 1-2 minutes per person.

Materials: None.

Physical Setting/Location: This activity should be done where participants can sit in a circle, either on the floor, in chairs or around a table.

Instructions:

- Facilitator asks each participant to think of the **C**artoon character, **C**olor, **C**ar, and **C**uisine that best describes his/her personality.
- Give participants a few minutes to think about their 4 C's.
- The facilitator should start with their 4 C's and should talk about why he/she chose the C's he/she did.

"Honey, I Love You, But..."

General Commentary: Bet I can make you laugh! Use your most endearing tactics to make your peers laugh with a simple little phrase!

Group Size: Can be done with any size group.

Time Required: This game can go on as long as desired.

Materials: None.

Physical Setting/Location: This game can be played in a space of any size.

Instructions:

- The facilitator begins the activity, picking a participant out at random.
- The facilitator will go up to that person and in their best voice/mannerisms say "Honey, I love you, but I just can't make you laugh" with the express purpose of trying to make them laugh.
- The person you are saying this to has to look at you and work at keeping a straight face.
- If after three tries at getting them to laugh and you haven't succeeded, pick another target.
- If they laugh or even smile they will move into the role of targeting someone else.
- The person trying to make the others laugh can do anything to their target except for touching them – use funny faces, strange voices, props, etc.
- After a person was made to laugh, they can no longer be a target.
- Activity can continue until everyone has gone or until the facilitator deems the end.

Human Bingo

General Commentary: This activity is fun and easy and helps participants to learn interesting things about one another, often finding commonalities or similar interests.

Group Size: This activity can be done with a group of any size, although the larger the group is, the more time the activity will take.

Time Required: The activity takes approximately 15-20 minutes, until everyone has completely filled in his/her bingo board.

Materials:

- One copy of the bingo board per person
- Pens/pencils

Physical Setting/Location: This activity should be done either inside or outside in a large, open space.

Instructions:

- Create a Human Bingo board, making at least one square on the board per person. Each square will contain a bit of information (i.e. has been to Europe, has been bungee jumping, plays a musical instrument, has green eyes, has never been outside the U.S., etc.) and a line on which someone can sign their name.
- Pass out a bingo board to each person with a pen or pencil.
- Allow participants to wander around asking each other questions; if one of the facts matches a person ask them to sign their name on the line inside the square. The object of the game is to have the entire board filled in and to have everyone sign the board at least once.

Variation:

- Collect 2 interesting facts about each person prior to the meeting. Create the board based on those facts and let the participants learn interesting thing about one another.

Humdinger

General Commentary: This game is silly and fun, and lets everyone bring out their hidden humming talent!

Group Size: Best done with large groups of people (over 20 members); there should be at least 10 participants.

Time Required:

- 2 minutes explaining activity
- Typically, no more than 10 minutes to play.

Materials:

- Pieces of paper with names of songs to hum
- Blindfolds

Physical Setting/Location: This activity should be done either inside or outside in a large, open space.

Instructions:

- Have group spread out.
- Explain to the group that each person will be given a piece of paper with a song on it. When told to do so, everyone will blindfold him/herself and begin humming the song that they have been given. The object of the game is to find the other person or people who are humming your song as well. Once you have found your group, the entire group should sit down.
- Hand out songs and blindfolds.
- Instruct participants to put on their blindfolds and let the humming begin!

Sample Songs: Carmen Ohio
 Happy Birthday
 Wild Thing
 Mary Had a Little Lamb
 Twinkle, Twinkle Little Star
 Hang On Sloopy

I'm a MINUTEMAN and you're a MINUTEMAN too, if...

General Commentary: It's time to show some school pride with this fun icebreaker. Get to know your group member's names and something that you may have in common with each other!

Group Size: This activity can be done with a group of any size, it is recommended for groups of at least 15 people or more.

Time Required: The activity can last as long as the facilitators would like it to.

Materials: One chair per participants, minus one chair.

Physical Setting/Location: This activity is best done in a large room where the chairs can be arranged in a circle.

Instructions:

- Have participants sit in the chairs and explain the rules to them.
- The person in the middle will introduce him/herself and say the phrase "I'm a Minuteman and you're a Minuteman too, if you..._____." The blank space can be filled in with whatever the middle person likes, dislikes, is wearing, isn't wearing, etc.
- For example, if I was wearing a shirt with red stripes, I could say: "I'm a Minuteman and you're a Minuteman too, if you are wearing red."
- When the person finishes their Minuteman statement, all persons matching the given statement must get from their seat and move to a different seat. The last person to not find a seat will be the new middle person.
- It is important that group members remember that they must identify/possess whatever their Minuteman statement is. For example, if I do not wear contacts/glasses – I cannot say, "I'm a Minuteman and you're a Minuteman too, if you wear glasses."
- Participants MUST move to a different seat and not a seat directly to the left or right of their original chair.
- The game ends when the facilitator brings a halt to it, or participants have all gone at least once.

I'm Me and You're You

General Commentary: This activity is easy and quick, and will help your participants remember each other's names.

Group Size: This activity can be done with a group of any size; although the larger the group is, the more time the activity will take.

Time Required: It averages out to about 30 seconds to 1 minute per person.

Materials: None.

Physical Setting/Location: This activity should be done in a large enough room or space for participants to stand or sit in a circle.

Instructions:

- The facilitator will begin by introducing him/herself and saying his/her name.
- The new person in the circle will say the first person's name, then his/her own name, and then introduce him/herself.
- The third person in the circle will follow this pattern, saying the first person's name, the second person's name, and then their own name.
- This continues until you have gone all the way around the circle, with the last person saying everyone's names.
- Give yourselves a round of applause when you complete the task!

Interviewing & Introducing

General Commentary: Learning enough about one other person to be able to introduce them to the entire group. All participants get to hear about other participants from the perspective of a third party

instead of hearing from the people themselves. Provides a bit of a stretch for participants to have to ask someone they just met to tell them enough about themselves to introduce them.

Group Size: This activity can be done with any size group – the larger the group, the better!

Time Required: Keep in mind that students will have about 5 minutes to interview each other (2_ minutes per person) and then a minute or two to introduce their partner to the group.

Materials: None

Physical Setting/Location: A large enough space that the entire group can stand or sit comfortably with each other.

Instructions:

- Pair of participants in groups of two.
- Have the teams interview one and another (asking all kinds of questions – whatever pops into their head).
- When interviewing time is over, have each person take a turn introducing the other to the audience at large.
- Facilitator can prepare questions ahead of time or provide general guidelines for the interview.

Introduce Your Roommate

General Commentary: This is a great activity for the first floor meeting or early in fall quarter.

Group Size: This activity can be done with a group of any size, although the larger the group is, the more time the activity will take.

Time Required: The activity takes about 1-2 minutes per person.

Materials: None.

Physical Setting/Location: This activity should be done where participants can sit in a circle, either on the floor, in chairs or around a table.

Instructions:

- Instruct the participants to sit next to their roommate(s).
- Go around the circle with each participant introducing his/her roommates, or one of his/her roommates. If someone lives in a single or does not have a roommate at the meeting, ask them to introduce themselves.

M&M's / Toilet Paper

General Commentary: This activity will allow the members of our group to learn a lot about each other. However, it is up to each group member to decide how open he or she may want to be. This activity is best done at the beginning of the year, or at a transition when the group is relatively new.

Group Size: This activity can be done with a group of any size, although, the larger the group, the more time the activity will take.

Time Required: Approximately 1 minute per participant to share.

Materials: A bag/bowl of M&M's (or a roll of toilet paper)

Physical Setting/Location: This activity should be done where participants can sit in a circle, either on the floor, in chairs or around a table.

Instructions:

- Pass around a bowl of M7M's and ask each person to take as many as they want, but they cannot eat them yet (or pass around a roll of toilet paper and ask each person to take as much as they normally use).
- Once everyone has taken their desired amount of M&M's (or toilet paper), tell the group that they must share something about themselves for each M&M (or square of toilet paper) they took.
- Facilitator should begin.

Meeting Warm-Ups

General Commentary: Quick ideas to get people focused on each other and ready to participate!

Group Size: This activity can be done with a group of any size.

Time Required: The activity can be as long or as short as you would like.

Materials: None

Physical Setting/Location: Needs to be in a location where group members form a circle.

Instructions:

- Go around the circle and complete one of these sentences:
 - Once upon a time, I...
 - My ideal vacation is...
 - The riskiest thing I ever did was...
 - The wildest thing I ever did is...
 - This summer I...
 - This weekend, I plan to...
- Each person in the circle should answer the question before a new question is issued to the group.

No Necklace

General Commentary: This is a silly game to help break the ice, and also a fun energizer for a group that already knows one another.

Group Size: Best done with large groups of people (over 20 members)

Time Required: The activity generally only takes about 20-30 minutes to complete.

Materials: A piece of yarn or string for each person that long enough to go over someone's head

Physical Setting/Location: This activity should be done either inside or outside in a large, open space

Instructions:

- Have the group spread out.
- Explain to the group that the object of the game is to get as many strings as possible around their own neck. They will accomplish this by getting others to say "no" (or "know"). If someone says "no" or "know" they forfeit a string.
- Pass the strings out and let the fun begin!

Person-To-Person

General Commentary: A great opportunity for participants to meet new people and introduce themselves to each other.

Group Size: Can be done with any size group. There needs to be an odd number of people for this activity to work. The facilitator will need to participate as well.

Time Required: Can take however long deemed necessary by the facilitator

Materials: None

Physical Setting/Location: Enough room for participants to walk around and mingle without drifting too far away from the group

Instructions:

- The facilitator begins by standing in the middle of the group and asks everyone to pick a partner.
- Explain that you will give each pair two to five minutes to perform the command that you issue and it must be performed as a pair.
- The last command is always 'person-to-person' and everyone, including the person giving the commands will have to scramble to find a new partner. The odd person out gets to go into the middle of the group and provide the next set of commands.

- The game begins with the person in the center (initially the facilitator) giving instructions such as: “elbow to elbow” and the pairs must put an elbow to elbow. The facilitator can then say: “Ear to ear” and the pairs then have to put an ear to an ear, as well as keeping the elbow to elbow.
- Then the facilitator says: “Person to person”.
- Everyone finds a new partner, and you go on to the next person calling out commands.
- The activity can last until the facilitator deems it over.

Pocket Scavenger Hunt

General Commentary: This is a very fun activity to do with a group that has just been formed. It will cause group members to laugh with and at each other very comfortably. It can also be a lighthearted break for any group. It would be very effective at the beginning of the year or at a transition time for the group, but can be done at any time throughout the year.

Group Size: The more people, the more fun this activity is. The minimum number of people needed is 2 teams of 3 each and a facilitator. There is no maximum number.

Time Required: At least 10 minutes, but this activity can go as long as the facilitator would like it to.

Materials:

- A list of “Scavenger Hunt” items
- Group members should have their wallets, bags, purses, etc.

Physical Setting/Location: This activity should be done in a large, wide-open space without any chairs or tables in the way. An outside location works well.

Instructions:

- The facilitator divides the group into equal teams.
- Teams sit together and form a large circle with the facilitator standing in the middle.
- The group is told that the facilitator will call out items they may have in their wallets, bags, purses, etc.
- The first team to bring that item to the facilitator gets a point. The team with the most points at the end wins.

Sample Scavenger Hunt List:

An Ohio quarter
 A striped sock
 A Target receipt
 A business card from anyone at Ohio State
 A purple pen
 A toothpick
 A 5th/3rd Jeanie card
 A piece of gum for the facilitator
 A coin from the year someone in your group was born
 A napkin
 Sunglasses
 A movie ticket stub
 A brush or comb
 A picture of someone in your family
 A camera

Prized Possession

General Commentary: This is an activity that will help your group to go a little bit deeper with one another, although each group member can choose how deep they want to go. In this activity, group members are asked to share an object with the rest of the group that represents them. This activity would ideally be done any time you think fits.

Group Size: This activity can be done with a group of any size, although, the larger the group, the more time the activity will take.

Time Required:

- A few days notice to that participants can think about what they want to bring.
- 2 minutes explaining activity
- Approximately 5 minutes for each group member to share (This can be adjusted based on the amount of time for the activity and the size of the group.)

Materials: Each person's object

Physical Setting/Location: This activity should be done where group members can sit in a circle, either on the floor, in chairs, or around a table.

Instructions:

- Prior to retreat or meeting, the facilitator asks each group member to think about a "prized possession" that represents him or her, and to bring that object to the meeting.
- Once at the retreat or in the meeting, introduce the activity. The facilitator asks each group member to describe the object that they have brought.
- The facilitator should be prepared to start.

The Question Ball

General Commentary: This activity can be used as either a team builder or as an icebreaker. As questions can be more serious and more involved, it will be up to the facilitator to decide the comfort level of the group and their ability to handle such questions.

Group Size: This activity can be done with a group of any size; although the larger the group is, the more time the activity will take.

Time Required: The ball will need to be passed to each person in the group at least once and answers can range anywhere from 10-seconds to a couple minutes.

Materials:

- Beach ball
- The Book of Questions
- Marker

Please note, this activity works much better if the beach ball is already prepared with questions before the activity begins. You will want to write questions from "The Book of Questions" all over the beach ball in no pattern, order or symmetry. Asking in-depth, serious, and funny questions.

Physical Setting/Location: This activity should be done where participants can stand in a circle in a large enough room or outdoor space.

Instructions:

- The facilitator will inform the group that they will be passing this pre-made ball of questions around the group.
- The person receiving the ball usually answers the question that is closest to the thumb on their right hand.
- If the participant is not comfortable answering the question they have selected, they can select another question on the ball.
- The activity progresses until everyone in the group has had a turn. If time permits, the activity can be done again for a second round.

Repetition

General Commentary: You can certainly remember playing memory games as a child – however this activity involves a little more skill than just turning over cards! When group members go to introduce themselves, they will do so accompanied by a crazy action or dance.

Group Size: This activity can be done with a group of any size; although the larger the group is, the more time the activity will take.

Time Required:

- Each member will need anywhere from 30-seconds to 1-minute to prepare their introduction.

- Plan on spending around 10 minutes for a group of 20 people.

Materials: None

Physical Setting/Location: This activity should be done where participants can stand in a circle in a large enough room or outdoor space.

Instructions:

- The facilitator will begin by giving a demonstration of introducing him/herself to the group. Perhaps they will say, “My name is Nate” while at the same time doing a little dance in place.
- The group will say in unison “Nate” while doing his dance.
- The next person in the circle will introduce him/herself and give a body gesture/dance to go along with it.
- Before progressing to the next person in the circle, the group will need to start back with the first person, say their name and do their crazy-fun action/dance and progress through the line until they land on the next person to go.
- Once the circle has reached the last person, the entire group will do everyone’s name and gesture/dance in unison all the way around the circle.
- Give yourself a round of applause when you complete the task!

Rumper Stickers

General Commentary: A good way to break the ice with a new group. This activity allows participants to share some of their values and innermost fears. This activity is a great way to follow-up a high-energy game.

Group Size: Any size

Time Required:

- There will be about 5-10 minutes needed for creating each person’s sticker
- Allow 1-2 minutes for people to “drive around” and check out each other’s rumper sticker
- It is best to allow about 2-3 minutes for each person to share their sticker

Materials:

- Construction Paper
- Masking Tape
- Multi-colored markers
- Scissors
- Other decorating supplies as desired

Physical Setting/Location:

- A space that allows participants to spread out and to draw
- Use a relatively comfortable spot so that people can get into the activity!

Instructions:

- Hand out pre-cut pieces of construction paper (works well when cut in half long way).
- Instruct group members that they will have between 5-10 minutes to create their rumper sticker.
- Tell them that they have liberty in designing and decorating their sticker, however must include the following information on it:
 - A word/picture that represents their favorite childhood memory
 - A word/picture that describes the biggest fear in life
 - A word/picture of their favorite music/musician/artist/group/etc
 - The person who means the most to you in your life (past or present)
- Participants can include any other information that they want on their rumper sticker. Remind them that there is no required placement for any of the requested information, other than the info must be represented in some way/shape or form on their rumper sticker.
- When participants have finished decorating their stickers, have them secure their construction paper to their “rump” or back with a piece of masking tape.
- Tell them to get up and move around the room – checking out each other’s stickers.
- After this 1-2 minute driving period, bring group back to circle formation and have group members each take a turn in sharing their sticker, what is on it and for what reason(s).

Sing On!

General Commentary: Finally! An activity that allows you to exhibit your fine vocal abilities while competing against other groups for the fame and recognition that you all deserve!

Group Size: Best done with large groups of people (over 20 members)

Time Required: The activity generally only takes about 15-20 minutes to complete

Materials:

- A piece of paper for each group
- 1 pen/pencil for each group

Physical Setting/Location: This activity should be done either inside or outside in a large, open space.

Instructions:

- Begin by dividing the group into equal size teams. You will need at least three teams for this activity to work.
- Once group is divided into teams, give each team a pen/pencil and a piece of paper.
- Instruct all groups that you will be issuing a word (boy, love, one, girl, etc) out loud.
- Each team will have 5 minutes to come up with as many song lyrics (real songs) that contain that word.
- Have teams write down their lyrics on their paper.
- After 5 minutes have passed, tell teams that they will need to sing together, the lyric of their song to the other teams.
- Should other teams have that same lyric on their sheet of paper (same song), they will need to cross that off of their list, as no duplicates are allowed.
- The activity will continue until a team no longer has lyrics that they can use.
- Depending upon time, you may issue another word for the teams to use to compete.
- Remember, it is imperative that the teams sing together, rather than one or two people singing solo.

The Stone Sharing Exercise

General Commentary: This exercise is designed to help group members to get in touch with three aspects of life that contribute to their overall health and well-being: a right relationship with self; a right relationship with all other living beings; and a right relationship with the earth.

Group Size: This activity can be done with a group of any size; although the larger the group is, the more time the activity will take.

Time Required: Approximately 3-5 minutes per participant.

Materials: A collection of stones (preferably not bought from a store). Can be extra-meaningful if group collects the stones at a project (community service) or during a trip/excursion.

Physical Setting/Location: Can be done either inside or outdoors.

Instructions:

- Leader will share the instructions:
 - Everyone will take a stone as they are passed around.
 - We will then individually share with the group
 - 1) Our full name and some mention of its possible meaning or significance to us, its family or ethnic origin, etc. (expressing right relationship with oneself);
 - 2) An animal or person that has been special in our life, as a pet, mentor, confidant, best friend, etc. or as an object of fascination and interest (expressing right relationship with all other living beings);

- 3) A place on earth that is special to you as a place of beauty, comfort, good memories, inspiration, and relaxation (expressing right relationship with the earth).
 - Inform group that the leader will start. Once they are done sharing, everyone should pass their stone to the person on their left and receive the stone from the person on their right. This is the process that should be followed after every sharing.
 - By the time everyone in the group has shared, everyone will have had their stone touched by everyone in the group and will have touched everyone else's stone, and all will end up with their own stone.
- Tell the groups that they may keep their stones for the rest of their lives or give them back to the universe at some point.

Three Adjectives

General Commentary: This is a fun and safe way to get participants thinking and talking about themselves, and helps participants get to know one another.

Group Size: This activity can be done with a group of any size; although the larger the group is, the more time the activity will take.

Time Required: Approximately 1-2 minutes per person.

Materials: None.

Physical Setting/Location: This activity should be done where participants can sit in a circle, either on the floor, in chairs or around a table.

Instructions:

- Facilitator asks each participant to think of 3 adjectives that describe him/herself.
- Give participants a few minutes to think of their words.
- The facilitator should start with their 3 words and should talk about why he/she chose those 3 words.

Two Truths & A Lie

General Commentary: To allow participants to get to know and appreciate one another better, through discovering both common and unique interests and experiences. To help level the playing field within a group through making human connections that aren't related to either organizational or power structures. To help people begin to be more comfortable talking and listening with one another. To begin to facilitate the process of people exposing something of themselves and their ideas to a group. But most of all – to have fun!

Group Size: This activity can be done with a group of any size

Time Required: Each person will take about 3-5 minutes

Materials: None

Physical Setting/Location: This activity can be done either inside or outside – standing up or sitting down.

Instructions:

- Tell participants that they must introduce themselves to the group, coming up with two true statements/facts about themselves and one lie.
- Ask for a volunteer to start with their two truths and a lie – have them share all three with the group.
- Whoever guesses the correct lie, will go next.
- Some participants may want to expand on their truth statements, depending upon how elaborate they are!

Who Am I?

General Commentary: This is a light-hearted, fun game in which participants have to ask creative questions of others to figure out who they are (the name taped to the back of their shirt). It breaks the ice, and can also be a meeting energizer.

Group Size: This activity can be done with a group of any size.

Time Required:

- 5 minutes explaining activity and taping names on each others backs
- The game goes on until everyone has identified who they are.

Materials:

- One slip of paper for each participant with the name of a readily identifiable person or character – dead, alive, or imaginary.
- Tape

Physical Setting/Location: This activity is best done in a large, open room or space where participants can wander a little bit without being too crowded.

Instructions:

- The group is told that the goal of the activity is to figure out the name that will be taped t their back, and they must do this by asking questions of other participants.
- Names are taped to each participants back and the group is given as much time as needed until everyone has figured out who they are.

Sample People or Characters: George W. Bush

Mickey Mouse
Michael Jordan
Bugs Bunny
Jim Tressel
Brutus Buckeye

Whomp ‘Em!

General Commentary: Definitely a high-energy icebreaker to get group members to remember names in an organized chaos!

Group Size: This activity can be done with a group of any size, although the larger the group is, the more time the activity will take.

Time Required: Depending on the size of the group, the activity usually is best done in a ten minute time period.

Materials: A foam bat, Styrofoam tube, pool-noodle, or rolled-up newsprint work best. This is called the “Whomp”.

Physical Setting/Location:

- Needs to be in a location where group members can sit in a circle with enough room for the “Whomp ‘Em Master” to maneuver in the middle of the group. Group members need to sit with their feet sticking out in front of them toward the middle of the circle.

Instructions:

- Have group members sit in a circle, facing inward on the floor and feet stretched out.
- Pick a group member to be the “Whomp ‘Em Master” who will stand in the middle of the circle with the foam bat/tube/newsprint-like Whomp.
- Any member can begin the session, by saying the name of another group member who is sitting in the circle.
- The Whomp ‘Em Master will need to hit the feet of the person who’s name was just called out before that person says another person’s name.
- The Whomp ‘Em Master’s goal is to touch the person’s feet with their Whomp before that person has an opportunity to say another person’s name.

- The group cannot repeat names until all names have been said or until a new Whomp 'Em Master has been selected – for failing to call out another group member's name before the Whomp struck them.