

# Ice Breakers

## 1. Name Games

- Pillow game: Everyone sits in a circle with one person in the middle holding a pillow. Everyone says their name and an animal or food that begins with the same letter as their first name. For example, “Oliver Orangutans” or “Fatou Fish”. After everyone has said their funny name combination one person will say the funny name combination of another. The person in the middle must hit the named person softly with the pillow before the named person calls out someone else's name. If someone is unable to name another before they are hit they become the person in the middle. The previous pillower now joins the outside circle, but they must call out someone's name before they sit in the circle or they can be hit and return to the middle.
- Spinning Game: Form a circle with one person in the middle. Go around the circle with everyone saying their name and “hello.” Next the person in the middle closes their eyes and spins around with one hand extended and pointing. When they stop they keep their eyes closed and the person they are pointing to says “hello.” The pointer must guess the person's name, judging by their voice.
- Koosh ball game: Everyone says their name. One person says someone's name and throws a koosh ball to that person. When the named person catches it they say someone else's name and throw the koosh to them. If this becomes easy, add more balls.
- Name and motion: Form a circle and go around with each person saying their name and doing a motion. Examples of motions: wave, kicking the air, chicken dance, air guitar, etc. One person acts out a motion of someone else, and everyone else guesses whose motion it is. When the person is identified they act out someone else's motion, and so on.
- Name Memorizer: The first person says their name and a phrase that uses alliteration in accordance to the first letter of their first name. For example: Oliver observes orange orangutans. Then the next person says the name and phrase of everyone prior to them and then states their own new phrase. For example: if the third person is Bob he would say “Oliver observes orange orangutans, Fatou fishes for fluffy ferrets, and Bob builds blue bumper stickers.” The last person will have to repeat everyone's phrase and then add their own.

## 2. Game Games

- ❖ Spud: Everyone is assigned a number. One person throws up a ball and calls out a number. The person who was assigned that number runs to get the ball as everyone else runs away. When the person whose number was called has the ball in their hands they yell "Freeze!" Everyone stops. The person with the ball can take 3 steps toward anyone, and try's to hit them with the ball. The person being aimed at can try to dodge the ball without moving their feet; but if they get hit or move their feet, they are out. If the person throwing the ball misses, they are out. If no one was assigned the called number, this is a "ghost number", and everyone has to run and touch the ball. The last person to touch the ball is out. The person assigning numbers in the beginning can purposely skip numbers in order to have these "ghost numbers."
- ❖ 2 Truths and 1 Lie: Form a circle and go around with everyone stating two truths and one lie about themselves. After each person speaks, anyone who thinks they know the lie can raise their hand and guess.
- ❖ People Charades: One person performs motions in imitation of another group member. All group members guess which member is being imitated. Try to use motions everyone might recognize and nothing that is offensive.
- ❖ Zip Zap Zup: Form a circle, one person starts by saying "zip", the person to the right of them also says "zip" and the circle moves clockwise until someone decides to say "zap". When someone says "zap" the order reverses and now the circle moves counterclockwise with member saying "zap." To change the movement again, a group member can say "zup." When someone says "zup," the person across from them in the circle says "zip" and the circle continues counterclockwise until someone says "zap" and the game continues. Go as fast as you can! If someone makes a mistake, just start over.
- ❖ Thumpalumpa: Everyone kneels down in a circle with their hands on the floor, their hands crossed with those of the person next to them. One person begins by thumping one hand on the floor, and then the hand next to it must thump. The direction of the circle is switched when someone chooses to thump their hand twice. If someone makes a mistake they must remove the hand they made the mistake with. The game ends when the last one or two people remain in the game.

## 3. Team Building

- ✓ Human Knot: Depending on the size of your group you may need to split into smaller groups for this game. Within a group form a tight circle with everyone randomly holding the hands of two different people. Once everyone is connected the group must work as a team to untangle itself without any group member unlocking hands. You will end with all group member holding hands in an untangled circle.
- ✓ Back to Back: Split into smaller groups for this game. Each group forms a circle by sitting on the ground with their backs to each other and interlocking arms at the elbow. Once all groups are in this position it is a race to see which group can stand up first without breaking their interlocking arms.
- ✓ Clue Cubes: Form groups of four or five. Each group is given a cube with one blank side. Judging on what is on the other sides, each group must figure out what goes on the blank side. The first team to solve their puzzle wins.
- ✓ Fitting Chairs: Set up a circle of chairs one less in number than the number of people playing. One person is the music player, and when the music starts everyone walks around the chairs. When the music player stops the music *everyone* must sit on the chairs. For the next round another chair is removed and again everyone must sit when the music is stopped. No one is out in this game! Repeat as many rounds as you can!