

Breaking the Ice.



What is an Ice Breaker?

- “Breaking the Ice” is an activity designed to facilitate introductions, ease tension, relax the atmosphere and help people settle into a group environment.

When should I use an Ice Breaker?

- *Use it at the Beginning!* Ice Breakers are used at the beginning of the meeting to help people get to know one another. People can be timid and nervous, therefore Ice Breakers are a great way to create familiarity, and ease people into a group dynamic.
- *Use it as an energizer!* Ice Breakers can be used to energize group members during a meeting to help people “wake up”.

“Ice-Breaker” Games:

Getting to know you BINGO:

What you need: Pre-made BINGO cards, and pens/pencils.

1. Make Bingo Cards featuring questions instead of letters/numbers in each square (i.e. favorite food, favorite animal, birth month, horoscope sign, etc)
2. Ask members to answer all the questions on the Bingo Cards.
3. Once they have filled in their card, ask the members to circulate and find others who share the same answers. When they find a match, colour in that square.
4. Keep going until someone yells “BINGO!”



Pictionary:

What you need: Pre-made note cards with words written on them, Flip Chart, Markers.

1. Write random words on each of the note cards (i.e. person, place, object, action, etc.)
2. Have one person pick a note card; this person is the “drawer”. Make sure the rest of the group does not see it.
3. The “drawer” has 1 minute to illustrate the word picked using the markers and flip chart. During which, the group must attempt to correctly guess the word.

Name Game:

What you need: Name Labels and Markers

1. Have each person write an adjective, that starts with the same letter as their first name, and that best describes their personality (e.g. Laid-back Larry, Mighty Mark, Bold Betty, etc).
2. One person starts by saying hello and their “adjective + name”. (Hi, I’m Laid-back Larry). The next person would say all the previous “adjective + names” stated. (“Hi, Laid-back Larry! I’m Bold Betty”).
3. This continues until all group members have introduced themselves

Candy Game:

What you need: Candies with different colours (e.g. Smarties, M&Ms, or jellybeans)

1. Assign each colour of Candy with a topic (red: favorite hobbies, blue: favorite foods, green: favorite music etc.)
2. Have each person grab a handful of the correct colour candy, but make sure no one eats the candies yet.
3. Have the facilitator call out a colour-topic. If the person has that coloured candy, they must give one answer per candy. (e.g. red topic: person has 3 red candies, they give 3 answers).

For more Ice Breaker game ideas visit: <http://www.group-games.com/ice-breakers>

For more information and resources, contact The Self-Help Resource Centre:
(416) 487-4355 email: outreach@selfhelp.on.ca website: www.selfhelp.on.ca