

# Icebreaker Activities

## Bubble Pop

This game is messy and is best if played outside! Picnic tables or a grassy area are an ideal setting for this game. Each Participant will sit in front of a paper plate topped with whipped cream with their hands behind their back. (Please be mindful as this could potentially trigger a child and, if so, modify the activity accordingly (i.e. asking Participants to simply keep their hands on their sides). Under the whipped cream there will be a hidden piece of unwrapped bubble gum. Participants will race to find the bubble gum and compete to be the first to blow their piece of gum into a bubble. For a group of about 20, you will need at least three bottles of whipped cream.

## Cold Potato

This game is great outside on a hot day! Ask Participants to sit in a circle as music is playing. Have multiple ice cubes ready. As the music starts, prompt Participants to pass the ice cube around in the circle. When the music stops, the Participant left holding the ice cube is out. The final person not holding the ice cube wins.

## Famous People

Use markers and paper to write the names of famous people, each sheet of paper should have a different name. Write as many names as there are Participants. Discreetly, tape the name of the famous person on the back of each Participant, making sure the Participant does not see the name. Have Participants partner up and describe to each other the famous person on their back through acting, impersonating, or by using key words. You can also have the Participant come up to the front of the group one-by-one and have the whole group describe the person. (You can modify this activity by changing the category i.e. movies, animals, sports, etc.)

## Human Bingo

On premade bingo sheets, each square will contain generic information that could apply to the Participants within the group. For example, one square might contain the statement, I wear glasses, or I have two siblings. Participants then must go around the room asking each Participant questions about themselves to find a Participant who fits into each description or statement (square). The first Participant to get a straight or diagonal line filled with a different name to make each square true, wins.

## Marshmallow Toss

Line Participants into two lines and have them face one another. On one side, Participants will toss marshmallows into their partner's mouth. The receiving line will try and catch as many marshmallows in their mouth before the time is up. The pair who successfully catches the most marshmallows wins. Continue the game by switching who throws and who catches. Try using various sized marshmallows for a twist.

### Mummy Fashion Show

Pair up Participants giving each pair a roll of toilet paper. Have one Participant act as the designer while the other acts as the model. Play music or set a timer and instruct Participants that whoever comes up with the best outfit in the allotted time, wins. Have each pair showcase their outfits to the group and describe their design. You can choose the winner or have the group help you decide.

### Mummy Roll

Pair up Participants, giving each pair a roll of toilet paper. Play music or set a timer to see which couple can use the whole toilet paper roll to cover their partner completely, the fastest.

### Never Have I Ever

Have all Participants sit in a circle with 10–15 jellybeans. In each turn, one Participant will tell the group something that they have never done for example, “I have never been on a roller coaster.” Any of the Participants who have done whatever the speaker says they have not done, will add a jellybean into the “pot.” After going around the circle 2–3 times, the Participant with the most jellybeans, wins. Make sure Participants are in complete control of the information they choose to share.

### Question Ball

Bring a large beach ball with multicolored panels. Use a permanent marker to write a question in each panel. The questions can be informative or fun and silly. Have Participants form a circle, either seated or standing. Explain that whatever question their right thumb lands on when they catch the ball will be the question they answer. After the catcher answers the question, they will throw the ball to someone who has not yet answered. Make sure Participants are in complete control of the information they choose to share. For the sake of the game, the questions should be general and light.

### Shoe Pile

Upon entering the room, instruct Participants to remove their shoes and put them into a pile. Choose one Participant, in socks, to stand up in front of the shoe pile and ask the other Participants to guess which pair of shoes belongs to them. The guessing will continue until a Participant guesses the right pair of shoes. The Participant who guesses correctly will be the next to stand up in their socks and have their pair of shoes be guessed by the group.

### Skittle a Little Info

Prompt Participants to get into small groups of 2–3. Each group will receive a handful of skittles. On the board, there will be corresponding questions to each color skittle. Instruct Participants to pick a skittle and answer the corresponding question before eating it. Make sure Participants are in complete control of the information they choose to share.

### Special Interviews

Ask Participants to partner up with someone who is not sitting next to them. Prior to the game, prepare a list of questions to be asked in the interview and either print or write them on a board. For the sake of the game, the questions should be general and light. Partners

should be spread out within the space and take turns interviewing one another. Once Participants return to the circle, have each pair introduce their partner to the group. Make sure Participants are in complete control of the information they choose to share.

### Telephone

This game is the perfect example of how rumors can be spread accidentally when the original “story” is slightly altered by each person who hears and retells it. Start by having all Participants sit in a circle. One Participant will start with a phrase that they will whisper to the person sitting next to them. That Participant will then whisper that message to the person sitting next to them, and so on. This will go on all around the circle without any message being repeated more than once by any one individual. At the end of the circle, the last Participant will repeat the message to the group. More than likely this message will be completely different from the original message.

### Trust Walk

In a wide, open space, use large objects to create a cluttered course. For example, a pool “noodle,” a textbook, or a backpack. Stay away from hard desks or chairs that could potentially physically injure a Participant. Pair up all Participants and ask one partner to blindfold the other. (Please be mindful as this could potentially trigger a child and if so modify the activity accordingly i.e. asking Participants to simply keep their eyes closed). Then explain that they will try to be the first to reach the destination by only listening to the guidance from their partner. The first pair that arrives at the destination without walking into any of the objects in the cluttered path wins.

### Two Truths and a Lie

Ask Participants to think about two factual statements about themselves, and a believable lie. Then have them take turns and share their statements with the group. Challenge Participants to guess which two statements are true and which statement is false. The Participant who guesses correctly will be the next to share their three statements. Make sure Participants are in complete control of the information they choose to share.

### Water Balloon Toss

This game is fun but super messy and is best suited for outdoors! Partner up Participants and have them stand in parallel lines facing each other. Hand out one water filled balloon to each pair. The parallel lines will start close together, with each successful toss and catch of the balloons, the lines will move further apart. Once the balloon breaks, the pair is out. The last pair standing, wins.

### Would You Rather?

Split the room in half by sticking painters tape across the floor. Start by having the group stand in a neutral spot (e.g. against the wall, where there is no clear side being taken). The Facilitator will then think of gross or funny questions with only two possible answers. For example, “Would you rather be stranded on a desert or on an island?” Explain which side of the room corresponds to the two options. Once Participants choose a response, ask them to run to the side in which they would rather be. Once all Participants have made their selection, call on a couple of them from each side to explain their decision.