SAMPLE ICEBREAKER ACTIVITIES

ICE BREAKER ACTIVITY 1
Birthday Line-up

Materials (optional)
Chart paper or (12) 8”X 5” sheets of paper with 12 columns for each month
Braille labeler; Braille each participant name

DIRECTIONS:
On the first evening, participants line up according to their birth date. The participants are not permitted to do any writing or talking during this activity. They are to correctly place themselves in the order that their birthdays occur.
The facilitator will model (using fingers to represent months and dates) how she/he would communicate his/her birthday as well as designate one area of the room where January people will be standing and how the birthday line will wrap around until the group reaches the end of the year birthdays.
When participants think they are in the correct order, we then go around the room, and the participants state their birthdays.

Optional: As participants state their birthdate, have an SSP record their name and birthday on paper under the corresponding month. Braille all responses. Post in our meeting room.
ICEBREAKER ACTIVITY 2

The trick is you can only use each person 1 time!
Happy hunting!!

Find someone who....

Has lived in a different country ____________________
Is working; doing what/where? ____________________
Likes to draw and paint __________________________
Goes to a school for deaf or blind_________________
Plays an instrument/what kind? ____________________
Likes to dance__________________________________
Is in high school_______________________________
Is a technology wiz____________________________
Is in college; studying what? ____________________
Has visited at least 3 states_____________________
Has traveled out of USA/where? _________________
Has been to a Teen Retreat_______________________
Is first timer to Teen Retreat____________________
Has hobby or collection________________________
Likes to write stories or poems___________________
Is a fan of Twilight or Harry Potter_______________

INSTITUTE CONTENT TOOLS
Section 4.6: Sample Icebreaker Activities

ICEBREAKER ACTIVITY 2

FUN FACTS

The trick is you can only use each person 1 time!
Happy hunting!!

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Likes to draw and paint __________________________
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Is in college; studying what? ____________________
Has visited at least 3 states_____________________
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INSTITUTE CONTENT TOOLS
Section 4.6: Sample Icebreaker Activities
ICE BREAKER ACTIVITY 3
All About Me Bags

Preparation:

Ahead of time ask each young adult to bring 2 - 3 items that tells something about him or her. For example, I may include a special bookmark to share my love of reading or a small dog statue to talk about my family pet. You can ask them to bring a bag for their items. Optional: Provide brown paper bags or plastic shopping bags for participants. Be sure the bag has person’s name on it. Good idea to label the item with person’s name as well.

Have enough SSP’s and interpreters to facilitate communication.

Time: depends on group size; no more than 2 minutes per person

Directions: Each person has a turn sharing their Me Bag items and passing them around. SSP’s make sure items get back in the correct bag to be returned to the owner. Participants are given an opportunity to ask a question or share a comment.

Optional: can ask who else in the group shares same interest.
ICEBREAKER ACTIVITY 4
Human Knot

**Description:** Name Game, & Teambuilding Activity

**Time:** 20 minutes

**Group Size:** Medium - Large (10+)

**Directions:**
1. Ask participants to form a circle, shoulder-to-shoulder. Encouraging/urging participants to all stand closer can be a subtle way of helping to prepare them for what is about to come.
2. Ask participants to each place a hand in the middle of the circle and to grasp another hand.
3. To emphasize learning of names and get a bit of fun going, ask participants to introduce themselves to the person they are holding hands with.
4. Then ask participants to put their other hand in the middle, grasp a different person's hand, and introduce themselves.
5. Don't let participants let go of hands - some will be tempted to think the activity might then be over - but it is only just starting.
6. Explain to participants that what you'd like them to do is untangle themselves, without letting go of hands, into a circle.
7. There will be a mixture of reactions, often including nervous laughter, fun amusement, excitement, trepidation, strong suspicion that it can't be done, and others who may view the task as a somewhat sadistic or inappropriate joke. Often some group members will have done the task before, but this doesn't really matter, each time the task is unique.
8. Participants may change their grip so as to more comfortable, but they are not to unclasp and re-clasp so as to undo the knot.
9. If you want name learning emphasized, then explain that whenever the group is talking to someone or about someone, that the person's first name must be used. This usually requires supervision and reinforcement by the instructor, but once enforced, is excellent for learning names. It also usually helps the group to work together and find solution, because their communications and more accurate with names involved.
10. Stand back and see what happens.
11. Be prepared to see little progress for quite some time (up to 10 minutes). However, once the initial unfolding happens, the pace towards the final solution usually seems to quicken.
12. However, because each occasion is unique, there are also odd times when a very fast solution falls out - too easy. In such cases, you ask a group to try the task again - its usually a bit harder.
second time around. Occasionally, the task seems too hard and participants seem to make almost no progress. Let them struggle for about 10 minutes, then you can offer the group one unclasp and reclasp - they need to discuss and decide what unclasp-reclasp would be most useful.

13. Most of the time a full circle falls out, but occasionally there are two or even three interlocking circles. So, really the task is to sort the knot out into its simplest structure.
ICEBREAKER ACTIVITY 5
Suggested Questions for Teen Interviews

Tell me a little about yourself – what are you doing these days?

What are some of your favorite activities outside of school?

What 3 words would you use to describe yourself?

How would your friends or family members describe you?

Tell me about a problem you had recently and how you solved it?

Tell me about something great that has happened to you or that you’ve done recently.

Tell me about strength and a weakness of yours. How do you take advantage of your strength and work around your weakness?

What are you passionate about – something you’d be willing to spend time and energy on?

What would you like to be doing next year? How about in 5 years???

Did you have a new year’s resolution? If not, what goal would you set for yourself this year?
ICE BREAKER ACTIVITY 6
Human Bingo

Group Size: Medium - Large (10+)

Preparation: request hobbies, unusual activities or likes/dislikes from the participants in advance

Materials: bingo sheets, one per participant, pen or fine tip marker
SSP per person to guide, read and scribe as needed
Time: 20 minutes

An easy Ice Breaker game is called Human Bingo which is most fun when you play it with a medium to large group (10+ more people).

Description: Human Bingo has in each square a mix of odd hobbies, likes & dislikes or also things people can have. For example, likes to sing under the shower, has more than 2 ear piercings, an exotic pet, does not like pizza, can play an instrument, lived in more than 2 states, sleeps on the right side, has been rock climbing, and so on.
Can weave disability related items in as well like: uses a cane, uses sign language, knows braille, etc.

Directions: All of the people get a Bingo sheet (can have same or different sets) and then they have 20 minutes time to run around and find people with those characteristics (putting the name of the person next to the characteristic).
Depending on the size of the group, you can limit that one person can sign a sheet for no more than 2 items or state no doubles. (Can decide whether SSPs and staff can be asked to sign off on a square.)
Can opt to play for 1 row Bingo wins, outer boarder wins or full card to score a Bingo.

It is really fun to see them all run around and asking each other, trying to score a Bingo. Some start shouting around: Anyone here that sings under the shower?

So it can be really fun, as you have to ask people about things that you maybe would never ask.

The best way to prepare for this icebreaker game is to have the participants email in advance some of their interests and create the bingo sheets from this information.


Source for HUMAN BINGO
From: THE LEADERSHIP CENTER AT WASHINGTON STATE UNIVERSITY
http://access.ewu.edu/Documents/Student%20Activities/Clubs/Ice%20Breakers/humanbingo.pdf

Instructions to Play
Introduce yourself to a person.
Get a signature from a person who satisfies a statement in a square.
Each person may sign your sheet only once.
First “black-out” Bingo wins
### SAMPLE BINGO BOARD

<table>
<thead>
<tr>
<th>Item</th>
<th>Word</th>
</tr>
</thead>
<tbody>
<tr>
<td>Was born in the Midwest</td>
<td>Plays a Musical Instrument</td>
</tr>
<tr>
<td>High School Committee Chair</td>
<td>Speaks a Foreign Language Fluently</td>
</tr>
<tr>
<td>Afraid of Spiders</td>
<td>Has Never Changed a Flat Tire</td>
</tr>
<tr>
<td>Is a Vegetarian</td>
<td>Listens to Classical Music</td>
</tr>
<tr>
<td>Owns a Tandem Bide</td>
<td>Wears Contact Lenses</td>
</tr>
<tr>
<td>Has been to Disney World</td>
<td>Is Left-handed</td>
</tr>
<tr>
<td>Is a Morning Person</td>
<td>Loves Hiking</td>
</tr>
<tr>
<td>Has lived in a Foreign Country</td>
<td>Takes Boxing</td>
</tr>
<tr>
<td>Is Highly Superstitious</td>
<td>Is Wearing Boxer Shorts</td>
</tr>
<tr>
<td>Has a Tattoo</td>
<td></td>
</tr>
<tr>
<td>Has/had Braces on their Teeth</td>
<td>Has Never been to Georgia</td>
</tr>
<tr>
<td>--------------------------------</td>
<td>--------------------------</td>
</tr>
</tbody>
</table>