



# A Collection of Icebreakers and Team Builders



These activities were compiled during the 2001-02 Circle K administrative year as a member resource by the Michigan District of Circle K. The activities were taken from a variety of sources, including workshops, district Web sites, and other on-line resources.

## ICEBREAKERS

### Jelly Bean Jam

*Supplies:* envelopes, jelly beans

To get an unfamiliar group to interact, here's an idea. In each envelope, insert nine jelly beans of different colors. Give an envelope of jelly beans to each person. Tell your group that the object of this game is to get nine jelly beans of the same color. Ask others for the color of the jelly bean you want and then trade one of yours. You may trade only one jelly bean at a time. This activity takes time because several people may be pursuing jelly beans of the same color. The first person to get nine same-color jelly beans is the winner. Keep playing until everyone has jelly beans of all the same color.

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### Label on Your Forehead

*Supplies:* scissors, paper, tape, string/yarn

Cut strips of paper about an inch wide and six inches long. Place a three-foot-long piece of string or yarn on each strip, taping the string to the paper. On the paper, write the names of various types of personalities such as shy, obnoxious, lonely, sad, and funny. Then, tie the strings around each person's head with the label showing on his or her forehead. Make sure no one sees his or her own label. Have your group member's mill around talking with each other. Tell them they may not tell each other what their label is but that they must treat others according to the labels. As your group members talk, have them try to guess the label on their own foreheads by watching the way people treat them.

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### My Problem

*Supplies:* pens/pencils, paper

Divide into two teams. Each team sits in a row facing each other. Give each person a piece of paper and a pencil. Ask those on one side to write down some great predicament they imagine themselves in. Those on the other side, without communicating with the first team, should write down a solution to some predicament. After everyone has written down a predicament or a solution, the first person in one line states his or her predicament. Then the person opposite him or her says the solution he or she had written down. This continues until everyone has had a turn. The results are pretty amusing.

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## Smile Resistance

*Supplies:* none

See how long the members in your group can hold back their laughter. Have everyone sit in a circle. One person is chosen to be "IT." The chosen member then selects someone in the circle, sits on his or her lap, and says, "If ya love me, honey, smile." Then the person who is being sat on must say, "I love ya, honey, but I just can't smile." And if he or she laughs or even smiles, he or she must become "IT." The game goes on like this as long as you want. And it usually gets funnier and funnier as it goes along.

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## Rhinoceros and Hippopotamus

*Supplies:* two objects (like a spatula and a spoon)

Here's a game that takes your group from simplicity to confusion to hilarity. Everyone sits in a circle. One person passes an object, like a spoon, to the person on his or her left. The passer says, "This is a rhinoceros." The passee says, "A what?" The passer repeats, "A rhinoceros." The spoon is then passed to the next person, with the new passer saying, "This is a rhinoceros." The new passee asks, "A what?" And the passer then asks the original passer, "A what?" The original answer, and the response is passed around to the new passee. This progresses, with the question, "A what?" always returning all the way back to the original passer. At the same time the spoon is passed to the left, the original passer also passes a spatula to the person on his or her right. He or she says to the passee, "This is a hippopotamus." The passee asks, "A what?" And so on, just like the spoon. After both objects (they need not be a spoon and a spatula) get started around the circle, soon the two "a whats" will collide, confusion will set in, and laughter usually destroys the rest of the game.

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## Comics

*Supplies:* comics

Select two or three comic strips from your local paper and remove the words from the speech bubbles. Divide the group into pairs and give each one a comic strip or a page of comic strips. As a pair, they should come up with the missing words from the speech bubbles. After everyone has had a chance to write down their ideas, go around the room and share your amusing examples.

## Comic Strip Chaos

*Supplies:* comics

Each participant takes a turn at picking a comic frame out of the large container. After the entire group has each chosen one, the participants begin to search for others with the same comic strip sequence. After the participants find everyone in their group, they must arrange themselves so that the sequence of frames is in chronological order to form the comic strip correctly. Upon completion of sequence, the newly formed group sits down together. Great game to break large group into smaller groups.



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## Confusion

*Supplies:* Task Sheet

Great high-energy game to help participants begin to feel more comfortable in new group. Give each participant a sheet with various tasks and ask them to complete it when you say, "GO!" Here is a sample:

- Get a male to do five push-ups and sign here.
- Stand on one foot with your arms outstretched for 20 seconds.
- Have someone time you and sign here.
- Leap frog over someone five times.
- Get someone to whisper the Pledge of Allegiance and sign here.
- Play "Ring around the Rosy" with two other people and have them sign here.
- Get a female to recite a nursery rhyme.
- Shake hands with someone you do not know and continue holding hands while debating the merits of your favorite ice cream flavor.
- Have someone teach you a dance step (even if they make it up).

First person to complete the entire sheet wins.

## Mad Libs

*Supplies:* A book of Mad Libs

Select a favorite Mad Lib and complete it as a group, giving everyone a chance to shout out the nouns, verbs, etc. Read the results to the group.

## Mumble Jumble

*Supplies:* Several different pictures cut up into to several puzzle pieces  
Before the activity begins, the leader will cut up a few pictures into puzzle pieces. Each group member will grab a piece of a puzzle from a bag. The group members will keep their puzzle piece to themselves until the leader says, "GO!" At this point, the group members will try to locate the other members of the group with the pieces to form the appropriate pictures. Whichever group does it first, wins. Good activity for breaking into retreat/activity groups.

## Solemn and Silent

*Supplies:* None

The instructor explains that this exercise will take self-control. Members pair back to back. On the count of three, everyone must face their partner, look each other in the eyes, and then try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (Second round of playing can involve two teams competing to outlast each other.) If you get a pair at the end who are both keeping a straight face, the rest of the group can act ask hecklers to disrupt them.



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## Uncle Fred's Suitcase

*Supplies:* None

The group forms a circle. The first person states his or her name and the reason he or she picked this college, group, etc. You continue going around the group, repeating the names of the people preceding their name and why they chose to come to (Institution). You also can substitute the "why you came here" with other things. Another version of the game is to begin with, "I packed Uncle Fred's suitcase with..." and continue around like that. The real trick is the last person in the group who has to name all the people and why they came, what they like, etc.

## Stinger

*Supplies:* None

Have the group form a circle and close their eyes. Facilitator circles the group and selects a "stinger" by squeezing an individual's shoulder. The group then opens their eyes and spends time introducing themselves to others while shaking hands (and trying to spot the stinger). The stinger tries to eliminate everyone without getting caught. The stinger strikes by injecting poison with their index finger, while shaking hands. A person stung may not die until at least five seconds after they are stung. The more dramatic the death, the better! When someone thinks they have discovered who the stinger is, they may announce that they know. If they get a "second" from someone else in the group within 10 seconds, the two of them may make an accusation. If the person does not get a second, he/she must wait to challenge again, after another person dies. If another person does step forward to second the challenge, both point to who they think it is on a count to three. If they do not point to the same person, or they both point to the wrong person, they both are automatically dead. If they select the correct person, the stinger is dead and the game is over.

## Who Am I...or Famous Pairs

*Supplies:* Index cards or paper with one famous name on it and tape

In this exercise, group members are asked to identify the names of famous pairs or persons. The leader tapes the name of a famous person on the back of each participant (i.e. Fred Flinstone, Mary Lou Retton, Bill Clinton, etc.). The group member is not to see what name is taped to his or her back. Their task is to find out who they are. The participant's mill around the room asking others yes/no questions. If the member receives a "yes" answer, they can continue to ask that individual questions until they receive a "no" answer. Then they must continue on to ask someone else. When a group member figures out who they are, they take off the tag, put it on the front of their shirt, and write their own name on it. The member then can help other members find out who they are. The exercise concludes when all members have discovered who they are.





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## PRUI

*Supplies:* Blindfolds (or people can close their eyes)

The purpose of this game is to integrate group members and build trust and communication. Have each player take a blindfold and spread out on the floor. Ask those who feel comfortable to put their blindfolds on. Explain that you will tap someone on the shoulder; that person will be the "Prui" and will take off his/her blindfold. (None of the other players will know who the Prui is.) Everyone will mingle around slowly (with bumpers up). Each time a player bumps into someone, they should shake his/her hand and ask, "Prui?" If the person says "Prui," they are NOT the Prui. If the person does not answer you back, they ARE the Prui. Once a player finds the Prui, he/she should join hands with him/her and take off his/her blindfold. That person is now part of the Prui, so if someone bumps into him/her, they should NOT respond, so that person knows to join the Prui as well. Everyone will continue mingling around until they find the Prui chain. When everyone is part of the chain, the game is over.

NOTE: This is a high-trust activity, and should be done at an appropriate time.

## Progressive Story

*Supplies:* none

The facilitator begins the story by setting the initial scene and mood. (The mood will alter as a result of the addition of more content to the story.) The story can start with the following examples (or others): "On my way to class the other day..." or "A good friend called last night and..." or "I had the most amazing weekend! I..." In no special order, members of the group then take over the story. They add another element to the plot. The main point is to make sure everyone adds something. The progression of the story indicates where the group members are emotionally and is representative of what is high on their lists of priorities, concerns, and thoughts. This exercise spurs on creativity and can reveal a lot about a group's collective state of mind. The facilitator plays a big role in interpreting what each person says. Or you can take a more light-hearted stance and just see how silly of a story the group can create.

## People to People

*Supplies:* none

Each player finds a partner and joins the group in a circle except the leader who stands in the center. The leader snaps his fingers, chanting "people to people" and the others join him. Whenever he desires, the leader changes his chant to "hand to hand" or "toes to toes" etc. The players must then touch their partner's hands with their hands, or toes with toes etc. The leader goes through the various body parts and then shouts, "people to people." This is the signal for everyone to find a new partner, including the leader. One player is left without a partner and becomes the new leader. Players try to have a different partner and a different leader each time. The activity is more challenging if the leader names two different body parts, for example "hand to foot."



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## Dotty Drawing

*Supplies:* Paper and pencil or pen

On the back of the papers, ask each guest to draw six large dots in any position. Collect the papers, shuffle them and hand them out. Be sure no one gets their own. Then ask guests to make a drawing, using the dots as the main framework. The prize goes to the guest with the most original drawing.

Note: They may not add any extra dots.



## All Thumbs Relay

*Supplies:* Wrapped sweets, two paper bags, and two pairs of thick gloves.

Divide the guests into two teams. The first in line of each team is given a paper bag filled with wrapped sweets and a pair of thick gloves. Each guest in turn has to take the gloves out of the bag, put them on, choose a sweet, unwrap it, and put it in his or her mouth. They then have to take off the gloves, return them to the bag, and pass it to next guest in the team.

First team to finish wins.

## People Bingo/ Sign-up mixer

*Supplies:* Bingo Card or List

Give everyone a piece of paper with a selection of the following characteristics. They can be written in squares for a bingo format or simply made into a list:

- I wear size 6 shoes.
- I have a 5 in my telephone number.
- My birthday is in December
- I drive a blue car.
- I went to the movies last week.
- My name begins with "J."
- I sing in the shower.
- I did not make my bed today.
- I love ice cream.
- I snore when I sleep.
- I use mouthwash regularly.
- I have no cavities in my teeth.
- I love to play chess.
- I refuse to walk under a ladder.
- I balance my checkbook.
- I speak another language.
- I like pizza.
- I am left-handed.
- My favorite color is yellow.
- I play tennis.
- I have a pet dog.
- I was born in April.
- I talk in my sleep.
- I take naps.
- I watch cartoons.
- I have never changed a diaper.
- I have a hole in my sock right now.
- I was born 1,000 miles from here.
- I cry at movies.
- I like broccoli.
- I have been to a fortune teller.

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## INTRODUCTIONS

### M&M

*Supplies:* Bag of M&M Candy

Pass a bag of M&Ms around and tell the group to take as many as they want. For each M&M they take, they have to tell a fact about themselves (or what they did this summer or anything). There are many variations, such as ripping off sheets of toilet paper.

### Four Corners

*Supplies:* Paper and Pen

Everyone has a piece of paper and they are told to write their name in the middle. In one-corner draw favorite hobbies, in other corner what they want to do when they grow up, in another corner favorite travel destination—these can be anything really. When everyone is done, they share their answers.

### What's In Your Bag?

*Supplies:* None

Each person must find something that they currently have with him or her in their backpack, purse, or pocket that represents them. Everyone shares their object with the group, and then explains why it says something about them.

### Commonalities

*Supplies:* None

Split the members into pairs. Each pair will have 30 seconds to find five things they have in common. At the end of the 30 seconds, put two pairs together and give the foursome a minute to find something all four students have in common. Finally, each group can present the list of things they have in common. (You can use this activity to form groups.)

### Web

*Supplies:* Ball of Yarn

Start with a ball of yarn. Say your name and an interesting fact about yourself. Then, holding the end, toss the ball to someone. That person will say his/her name and an interesting fact. Then, holding on to part of the yarn, toss the ball to someone else. By the time everyone has spoken, there will be a large web of yarn.

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## Self-Introduction Exercise

*Supplies:* Copy of Paragraph for each participant

The objective of this exercise is for members of the team to become acquainted with one another to work more effectively as a team. Each individual needs to complete the paragraph below and then, if they feel comfortable disclosing, may be asked to share answers with the rest of the group.

Hello, my name is \_\_\_\_\_. I am \_\_\_\_\_ years old and I am majoring in \_\_\_\_\_. My hometown is \_\_\_\_\_ and I really \_\_\_\_\_ it there because \_\_\_\_\_. I always dreamed that someday I would \_\_\_\_\_, and that dream has \_\_\_\_\_ true. I feel \_\_\_\_\_ about it now! Some things I like to do include \_\_\_\_\_. There are many things I am good at and one of them is \_\_\_\_\_. I did a really interesting thing once and that was \_\_\_\_\_. My family consists of \_\_\_\_\_. If I could change one thing about myself it would be \_\_\_\_\_. Still, I am really glad to be here right now because \_\_\_\_\_. I would really like to get together with anyone who is interested in \_\_\_\_\_. The one thing I want to be remembered for is \_\_\_\_\_. As far as future plans are concerned, I hope to be \_\_\_\_\_ someday.

## String Game

*Supplies:* String

Participants select pre-cut lengths of string from the group facilitator. Each member holds the string between his/her thumb and forefinger. For each "wrap" of the string around the finger, participants must share one thing about themselves.

## Truth, Truth, Lie

*Supplies:* Paper or Index Cards

Give the group some time to write down two things about themselves that are true, and one thing that is a "lie." Each group member will then share these facts about themselves and the rest of the group has to figure out which "fact" is actually a "lie."

## Sentence Stems

*Supplies:* List of Sentences

Form dyads (2) or triads (3) and have participants complete the rest of the sentence. The leader can read the sentence to all of the participants or all participants can have sheets of paper with these listed and take their own time in covering them. Here are some examples:

- Before I came to (Institution), my main interests were...
- The way I would describe my family is...
- The thing I remember most about high school...
- My fondest memories of another person are...
- My most unusual friend is...
- The things I value most are...
- My favorite pastimes are...
- Some of the things that make me happy are...
- Where I hope to be five years from now...
- The thing I would most like to accomplish this year...
- The thing that concerns me most about college is...



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## Clipboards

*Supplies:* Clipboards

This activity can be done in two ways. The first is to do the activity at the beginning of a group's "existence." Participants are given a clipboard and asked to decorate it (using magazine cutouts, stickers, markers, whatever!) in a way that best represents who they are. Facilitator can give each person lamination paper to cover their clipboard and help it to last for a long time. Participants will have their clipboard to use forever and they will always remember the experience whenever they do! Participants are then asked to share their clipboards with the group. The other way to do this activity is to do it after the group knows each other well. Have participants pick a name out of a hat (but, shh...it is a secret!). The participant then decorates a clipboard for the participant they chose, to represent him/her (based on what they know). Group is given some time to do this. Group then comes back together and clipboards are "unveiled."

## Lifelines

*Supplies:* Paper

Each member draws a line on paper to represent the highs, lows, significant events, turning points, etc. of his/her life to date (can also project into future). Members share their lifelines with other members. Members ask questions about each other's lifelines. This exercise also can be done with pipe cleaners and verbal explanations.

## Masks

*Supplies:* Poster board

Participants are given a piece of paper (preferably poster board). They are asked to cut out a face shape (that is fairly large-like the size of a regular face). They can cut out eyes and a mouth if they would like. Participants are then asked to decorate the face. One side represents what they feel people see/know/believe about them (on the outside). The other side represents what he/she feels about himself or herself (things going on the inside, what people do not necessarily know or see, etc.). The participants then share with the group if they feel comfortable.

## Piece of the Puzzle

*Supplies:* Poster board

Facilitator should cut a puzzle out of poster paper ahead of time. (There should be one piece for each member of the group.) Have participants decorate their piece to represent whom they are and what they feel they can contribute to the group. Once participants are done, have them share what they have on their piece. Participants should then assemble the puzzle. Facilitator should initiate a discussion on the power of everyone coming together, how much more of an impact a put-together puzzle can have than separate pieces, and how a final product could not be reached without a contribution from every piece of the puzzle.



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## Whomp'em

*Supplies:* Styrofoam tube or rolled up tube of newsprint, etc.

One person is the "Whomp 'Em Master." That individual stands in the middle of circle with the "Whomp 'Em Sword." (Could use Styrofoam tube or rolled up tube of newsprint, etc.) The rest of the group sits in a circle with legs out toward center of circle (leaving enough room for person standing in middle). The object of the game is for the "Whomp 'Em Master" to get stuck in the middle of circle. Someone starts off round by saying the name of a member of the group. The Master must Whomp (hit) the legs of that member before that member says the name of another member. The game goes on until the Master hits an individual before that individual can say another person's name (cannot repeat name that has been said in round already). When the Master succeeds in "Whomping" an individual, that individual becomes the new Master. Best if played following another name game, so individuals have a sense of whom each other is.

## Values Discussion

*Supplies:* None

Have participants find two people who are wearing the same color as they are. Have them find a spot where they can talk together. Instruct them they will be talking about some issues and you will give them new topics every few minutes. Here are some samples:

Talk about the most important thing you learned this year.

What are the easiest and hardest emotions for you to express and why?

What is something that few people know about you?

What do you value in a friend?

What do you want to be doing in five years?

What is one goal you have for next year?

What is a motto you try to live by?

What is the greatest challenge you are facing?

What do you like most about yourself?

What do you value in a loving relationship?

What do you value most in life?

## Motion Name Game

*Supplies:* None

Have everyone stand in a circle. Anyone can begin the game by saying his/her name and demonstrating a (physical) motion to go with it. When the person is done, the entire group repeats the name and the motion. Then, the second person (on either side of the first) introduces him/herself and does a motion. The entire group repeats that name/motion and then the first name/motion. This will continue until each person has given their name and done their motion, and the entire group has repeated everyone's name and motions.

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## **Name Tag Mania**

*Supplies:* Nametags and markers

Participants are given a nametag and a magic marker. They are asked to print their name on the upper portion of the nametag and then to draw three objects that represent who they are on the bottom portion of the tag. After completing the activity, participants are then asked to share their names and what they drew on the tags (i.e. my name is Jess. I drew a sailboat, a dolphin, and a paintbrush).

## **WORD GAMES**

### **Poetry Hodgepodge**

*Supplies:* envelopes, scissors, copies of a poem

Do you have a Shakespeare somewhere in your group? Here's a quick way to find out. Form small groups. Give each group an envelope containing a non-rhyming poem that has been cut into two-line pieces. Each envelope should have the same poem in it. Ask the groups to reconstruct the poem as they think the author wrote it. Then have a person from each group read the revamped poem. The more variations, the better. After each group has shared its creative labor, read the true version of the poem.

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### **Refrigerator Poetry**

*Supplies:* envelopes, cut-up words (from magazines or typed)

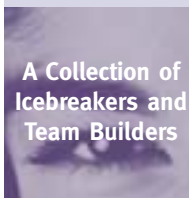
Give each team an envelope with a good assortment of words. In the spirit of magnetic refrigerator poetry, each team should work together to create sentences and even entire poems from their words. Everyone should get a chance to share their creations with the group.

### **The Exchange**

*Supplies:* Pencil/Pen and paper

This game has a surprise element. The guests are asked to be "at the ready" with pencils and paper. They are told to write down a list of capital cities of each state or anything similar. They have a time limit of three minutes. When they are poised and ready they are told to put the pencil in the other hand. Right-handers become left-hander, and vice versa. A prize is given to the guest with the most correct and most legible list.

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## TEAM BUILDERS

### Build a Structure

*Supplies:* paper, straws, balloons, pipe cleaners, paper plates, usually a few different materials

Divide a large group of people into smaller groups (around three to eight people per group). Give each group certain materials (can be anything—paper, straws, balloons, pipe cleaners, paper plates, usually a few different materials) and tell them they have 20 minutes (or however much time you think) to build a structure. The tallest structure wins. The facilitator leads a reflection on what worked well and what didn't in order to encourage teamwork.

### Island Hopping

*Supplies:* milk crates (the number of milk crates you need depends on the number of people participating and the distance of the two "islands"—10 is a good number to start with) something to represent 2 islands (This can be as simple as towels) You can either do this in teams or with an entire group of people. The object is to get everyone in the group from one island to the other. You cannot "swim"—you must use the milk crates to get from one side to the other. If anyone falls off a milk crate into the "water," the group must start over again. The milk crates are all on the "island" where the group starts. The group must place the milk crates in the water to get across. Obviously, the greater the distance is between the islands, the lesser the number of milk crates and the greater the amount of people, the harder this exercise is.

### Human Sculptures

*Supplies:* List of Topics

Divide the group into smaller groups and give everyone a topic. The different groups choose an idea that goes along with the topic and creates a sculpture using their bodies. Others guess what it is.

### T-Shirt Tower

*Supplies:* T-shirts

Place a T-shirt on the floor and see how many people you can get on the shirt without anyone touching the floor.

### Back to Back

*Supplies:* None

Every group member must find a partner of approximately equal height and weight, if possible. The partners will lock arms with their backs to one another. With arms remaining locked at all times, the partners will sit down on the ground, kick their legs out straight, and try to stand back up. Then groups of four will try the same thing follow by groups of eight, 16, and eventually, the entire group together. This is the perfect activity to begin a trust sequence.



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## Two-Person Trust Fall

*Supplies:* None

Every group member needs to find a partner of approximately equal height and weight. One partner will designate himself or herself as the faller, and one will be the catcher. Both partners will get the chance to act in either role. The faller's responsibilities are to stay as straight as possible, not bend at the waist, keep arms across their chest, and communicate with the catcher. The catcher's responsibilities are to get in a sturdy stance (usually one leg in front of the other in a lunge position), be aware, keep their hands right below the faller's shoulder blades, use the arms as shock absorbers, do not underestimate the force being generated by the faller, and constantly communicate with and reassure the faller. The faller will have his/her back to the catcher. The commands are performed, and the faller falls straight back. After three tries, the partners should switch roles.

NOTE: Give the group members the opportunity to say "no" to this exercise. This and all other trust activities are very serious activities.

## Three-Person Trust Fall

*Supplies:* None

This trust activity should not be done without doing a "two—person trust fall" first. The responsibilities and commands are the same as the two-person trust fall. This time there will be two catchers, one in front of the faller, and one in back of the faller. Both catchers will go through the commands, and the faller may fall either way (forward or backward). The faller's feet are STATIONARY, and the catchers gently push the faller back and forth like a windshield wiper.

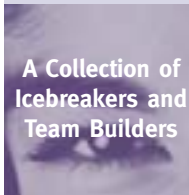
## Willow in the Wind

*Supplies:* None

Should follow after a "two-or three-person trust fall" has been completed. This activity can be performed in one large group or in smaller groups with a minimum of seven people. Have the group stand in a circle with their shoulders touching. One person stands in the middle, with his/her eyes closed, body stiff, and feet planted. The rest of the group should be in a tight circle, in a sturdy stance. The outside circle group members have both of their hands up and ready at chest level. The commands are performed, and the faller may fall any way he/she likes. The rest of the group will gently change the faller's direction by easing their "fall" and sending them in another direction. The middle person will change after a few minutes.

NOTE: Address the fact that the more hands on someone, the safer they will feel. The leader should also ask group members to remain quiet during the activity—or even to make the sound of a gentle breeze.

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## Team Versus the Wall

*Supplies:* Rope

Divide the group into two teams. Two members of each team hold the rope about four to five feet above the ground. The object of the game is to get everyone over the rope. No one can go under the rope. Before you start transferring people over the wall, you meet as a team and decide how to get everyone over. HINT: If group is small, just have them attempt as one big group.

## Lap Sit

*Supplies:* None

The group will start in a circle. Each group member will turn placing his or her left leg toward the inside of the circle. Everyone will take one giant step into the middle of the circle. With hands on the person's shoulders in front of you, the group will sit on each other. The group will need to work together to communicate. Once this has been completed, the group may wish to try to walk in this formation. This is a dynamic activity—and one that will make the group feel a great sense of accomplishment when successfully completed!

## Trust Walk

*Supplies:* Blindfolds

This is an incredible trust activity! Each group member is either blindfolded, not blindfolded, but promises not to peek, or wishing not to participate. The leaders of the group will organize the group in a straight line or in pairs, singles, etc. The leader will make sure the group begins by holding one another's hands in a circle to help make them feel comfortable. The leader will lead the blinded group members around, periodically leaving them by themselves (but always holding on to something like a tree, fence, sign, etc. —and NEVER for any great length of time), or with new people to hold on to. THE KEY TO THIS ACTIVITY IS NOT TALKING. If there is an object that needs to be stepped over, the leader should raise the hand of the next group member, who will do the same to warn the next person, and so on. If there is an object that is low, the leader will lower the arm of the blinded group member, indicating he or she should duck down, and the chain will continue in the same manner as for a raised object. (The leader can pretend as well.) The leader can organize this activity according to his or her group. HINT: This activity is best done in the dark, but the leader should make sure everyone feels comfortable participating. If someone is nervous, he or she could become the leader's partner, or just watch. Squeezing the hand of a participant is very encouraging and helpful in making them feel safe.



# A Collection of Icebreakers and Team Builders

## Levitation

*Supplies:* None

One person will lie on the ground on his/her back, with eyes closed (if they feel comfortable). The rest of the group will place their hands underneath the person lying down. One person will be designated to be the captain, and will be placed at the person's head. Once everyone is ready, the captain will count softly to three. At this time, the group will pick the person up to their waist. The captain will again softly count to three, and the group will bring the person to shoulder height. The captain will softly count to three, and the group will bring the person overhead. Finally, the captain will count to three, and the group will gently rock the person (forward and backward) down to the ground. It is the volunteer's responsibility to stay stiff as a board. It is the rest of the groups' responsibility to take this activity very seriously, not to talk, and to keep the head higher than the feet at all times.



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