

ICEBREAKER GAME ACTIVITIES

HERE ARE SOME ICEBREAKER & COMMUNITY BUILDING ACTIVITIES YOU MAY WANT TO USE IN THE EARLY STAGES OF YOUR GROUP. SOME REQUIRE SUPPLIES & PREPARATION SO READ THROUGH IN ADVANCE.

Most friendships begin with basic introductions, learning a little something about what the other person enjoys and sharing what it is that we enjoy. This activity helps your group do this.

Name Game – One person begins by saying their name and something they like. The next person on the right repeats what the first person said and then adds their own name and something they like. The next person on the right repeats what persons one and two have said and adds their own name and what they like. Continue in this manner all around the circle.

(You can give as much help as necessary or you can modify the game by having each player only repeat what the player to their immediate left said before stating their own name and what they like.)

This activity reinforces the names and encourages the group to work together.

Beach Ball Toss – Say someone's name and then toss the ball to them (make sure everyone gets the ball tossed to them at least once). When everyone has gone once, start over and go in the same exact order as before. Have your entire group stand up and try to do this as quickly as possible.

A good illustration of our connectedness and how our relationships can be a support.

Yarn Game – Remind participants how we are connected to one another through our friendships. Hold the end of the string, say something about friendship and throw the ball of string to someone else. Hold on to the string when you throw the ball to the next person; eventually it will look like a web. Players can name a friend, say why they are a good friend, talk about what makes a good friend, say when a friend helped them out Go around the circle twice or three times so you have a good web. Keep holding on! Someone throw the beach ball on top of your web and see if you can bounce it around.

Color Me Friendship Puzzles – Have each participant draw something on a puzzle piece that symbolizes a quality of friendship to them. Put the puzzle together and see what it looks like. Once the puzzle is together you can write or draw some more on it.

Photo Op & Picture Frames – Participants will have the opportunity to have a polaroid picture taken of themselves with some of their new friends. Have cardboard frames which can be decorated with the magic markers. Once the frames are decorated, use the masking tape to secure pictures to the frames.

Heart Pins – Use glitter glue to decorate a heart pin to give to one of your new friends at the table. Make sure each participant receives a pin. Helpers can take pins and place in designated heart pin drying area.