

ICEBREAKERS

Adapted from www.residentassistant.com

AUTOGRAPH SHEET: Participants are given a sheet with various traits on it. The objective is to find a person in the group who fits one of the descriptions and get that person's autograph next to the trait. When making up the list, be creative, but include traits pertinent to the group. Each person may sign each sheet only once. Here are some examples:

- Likes broccoli: _____
- Balances his/her checkbook: _____
- Has been to a fortune teller: _____
- Speaks another language: _____

CATCH ME IF YOU CAN: Players should be paired up. All players divide into two lines (facing in) shoulder to shoulder, with partners facing each other. Participants should be given approximately 30 seconds to look at their partners, taking in all details about the individual. The leader then instructs the two lines to turn and face away from the center. One or both lines has 15-20 seconds to change something about their appearance (i.e. change a watch to different wrist, unbutton a button, remove a belt, etc.). The change must be discrete, but visible to the partner. The players again turn in to face each other and have 30 seconds to discover the physical changes that have been made. Players get to interact with each other and have fun!

COMIC STRIP CHAOS: 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 have found 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. This is a great game to break a large group into smaller groups.

HUM THAT TUNE: Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on the paper (i.e. "Row, row, row your boat," "Twinkle, Twinkle Little Star," etc.). All of the people who are given the song must hum that tune and find everyone else singing the song. They then form a group.

HUMAN SCAVENGER HUNT: The paper will have a series of questions on it (in a bingo format - in squares). Participants are required to find another participant who can answer "yes" to a question. They must have that person sign their name within the square. The object is to meet as many people as you can, and fill a "BINGO!" (A complete line horizontally, vertically, or diagonally). You can only use each participant once. Note: The center box should be a freebie. Here are some examples:

Knows their zodiac sign	From a northern state	Member of a sorority or fraternity
Has been a competitive athlete	FREE	Has traveled abroad
Knows how to polka	Owens a car	Writes left-handed

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HUMAN TACO: Stick labeled note card (with taco ingredient) on the back of everyone's shirt (i.e. the word meat printed on a note card). Explain the correct order of ingredients in a Human Taco: shell, meat, cheese, lettuce, tomato, salsa and then give the start command. Have each player mingle around asking yes/no questions to find out the taco ingredient that is on their back. Each individual must find out which ingredient they are and then find all the ingredients to form a complete Human Taco.

IMPORTANT ITEM: Have each person bring something to the meeting that means something special to them or that they would not have left home without, and then ask them to take turns sharing.

LOLLIPOP: Pass out dum-dum lollipops to the group. For every letter that appears in the flavor, the participant has to share something about him/her with the group.

M & M GAME: This activity is very similar to the Toilet Paper Game, but instead of using a roll of toilet paper, you may use a bag of M & M's. Make sure the group members do not eat their M & M's until their turn has passed.

MUMBLE JUMBLE: 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.

SELF INTRODUCTION EXERCISE: 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.

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SENTENCE STEMS: 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 CPCC, 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...

SOLEMN AND SILENT: 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. 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.

STRING GAME: 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.

TOILET PAPER GAME: Get a roll of toilet paper and explain to your group that they are going camping and need to take as much toilet paper as they think they may need for a three day trip. Once everyone has an ample supply, explain to the group that for every square in their possession, they must share something about themselves. NOTE: If anyone knows the activity, ask them not to give away the secret under any circumstances.

TRUTH, TRUTH, LIE: 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.”