

ICEBREAKERS AHEAD

TAKE IT TO THE *NEXT LEVEL*

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ICEBREAKER LIST

I. SIT DOWN

20

- A Little About Yourself** 21
Location: Anywhere
Energy level: Sit-down Activity
Themes: Christmas, Easter, music, fears, memories, goals, dreams, encouragement
- Acrostic** 23
Location: Anywhere
Energy level: Sit-down Activity
Themes: **character, reputation**, identity, personality, legacy
- Alter Ego** 25
Location: Anywhere
Energy level: Sit-down activity
Themes: **heroes, idols, role models**, models, identity, mentors, examples
- Bob** 27
Location: Indoor, sitting in a circle
Energy level: Sit-down Activity
Themes: **identity, peer pressure**, fitting in, acceptance, mistakes, failure, starting over
- Buzz** 29
Location: Anywhere, sitting in a circle
Energy level: Sit-down Activity
Themes: **change, habits**, growth, life stages, discipline, mistakes, comfort zone
- Connected** 31
Location: Anywhere, sitting in a circle
Energy level: Sit-down activity
Themes: **relationships, interdependence, responsibility**, closeness, unity, teamwork, picking up the slack for another person, uplifting others, teamwork, encouragement. Connectedness, broken relationships, support, friendship
- Dream Vacation** 34
Location: Anywhere
Energy level: Sit-Down Activity
Themes: **dreams, goals**, future, direction, planning

Everything I Ever Did 35
Location: Anywhere
Energy level: Sit-Down Activity
Themes: **key decisions, circumstances, opportunities**, future, lessons learnt, moving ahead in life, mistakes

Story of Your Name 36
Location: Anywhere
Energy level: Sit-down Activity
Themes: **legacy, choices, decisions**, reputation, remembrance, impact, lifestyle, example

True or False 38
Location: Anywhere
Energy level: Sit-down Activity
Themes: **truth**, honesty, integrity, personality, strength, modesty, identity, character, personality, talents, gifts

II. MOVE ABOUT 40

Across the Line 41
Location: Anywhere a line can be drawn across the play area.
Energy level: Medium
Themes: **preferences, personality, similarities and differences, values**, choices, character, attitudes, habits, change, unity, teamwork, strengths, weaknesses, traits, relationships, similarities and differences, values, characteristics

Action Bingo 45
Location: Anywhere
Energy level: Low
Themes: **dreams, embarrassment**, goals, vision, courage, determination, purpose in life

Animal Kingdom 48
Location: Anywhere
Energy level: Low
Themes: **personality, character**, animals, traits, qualities, identity

Bang-Bang Your Dead! 50
Location: Anywhere, standing in a circle
Energy level: Medium
Themes: **support, encouragement**, eliminating cut-downs, safety, unity, conflict management, criticism, gossip

Barnyard	52
Location:	Anywhere
Energy level:	Low
Themes:	accepting others, peer pressure, conformity , cliques, fitting in, individuality, group unity, imitation, attention seeking
Biggest Smile	54
Location:	Anywhere
Energy level:	Low
Themes:	smiles, giving , encouragement, happiness, joy, optimism, positive outlook
Build a Burger	55
Location:	Anywhere
Energy level:	Medium
Themes:	encouragement, group roles , group building, team building, building others up, respect, admiration, speech, edification
Card Sharks	57
Location:	Anywhere
Energy level:	Low
Themes:	doubts, integrity , honesty, truth, choices, character, reputation
Christmas Card Puzzler	61
Location:	Anywhere
Energy level:	Low
Themes:	questions, direction, Christmas , possibilities, vision, perspective, solutions, goals, answers, confusion, imagination, dreams, choices, Christmas
Christmas Carol Sing-a-long	64
Location:	Anywhere
Energy level:	Low
Themes:	focus, Christmas , distractions, standards, values, dreams, hopes, goals, success
Cinderella	68
Location:	Indoor
Energy level:	Low
Themes:	judging others, empathy , partiality, favoritism, inclusion, cliques, relationships, appearances, character, acceptance, happiness, personality
Draw Your Name	71
Location:	Anywhere
Energy level:	Low
Themes:	communication , auditory and visual preferences, puzzles, sharing with others

Emotional Charades	72
Location:	Anywhere
Energy level:	Low
Themes:	emotions, relationships , motivation, encouragement, feelings, icebreaker, crowdbreaker, showing love, positive and negative emotions, teamwork
Everything in Common	76
Location:	Anywhere
Energy level:	Low
Themes:	similarities, differences , group building, unity, division, commonalities, diversity
Famous Friendships	77
Location:	Anywhere
Energy level:	Low
Themes:	friendship , friends, relationships, support
Find the Leader	80
Location:	Anywhere, sitting in a circle
Energy level:	Low
Themes:	leadership, setting an example , integrity
Just for Laughs	82
Location:	Anywhere
Energy level:	Low
Themes:	happiness, joy , laughter, embarrassment, circumstances, humor, perspective, outlook
Masks	84
Location:	Anywhere
Energy level:	Low
Themes:	masks, intimacy, identity , Halloween, drama, hypocrites, acting, honesty, integrity, character
Mystery Groups	86
Location:	Anywhere
Energy level:	Low
Themes:	expectations, impressions , connections, complexity, simplicity, perceptions, commonalities, perspectives
Odds or Evens	89
Location:	Anywhere
Energy level:	Low
Themes:	risk, opportunities , strategy, results, decisions, emotions, potential

Orchestra	91
Location:	Anywhere
Energy level:	Low
Themes:	harmony, individual roles, teamwork , direction, conduct, results, individuality, roles, music, diversity, gifts, conflict, teamwork
People Bingo	93
Location:	Anywhere
Energy level:	Low
Themes:	similarities, differences, diversity , building relationships, relationships, teamwork
Photo Freeze Frames!.....	99
Location:	Anywhere
Energy level:	Low
Themes:	role models, mentors , examples, vision
Poor Kitty	102
Location:	Anywhere, sitting in chairs arranged in a circle
Energy level:	Low
Themes:	reactions, responses , attention, emotions, honesty, care, positive attention
Positively Prosperous New Year!	104
Location:	Anywhere
Energy level:	Low
Themes:	New Year, optimism, positive outlook , new beginning, future, hope
Profiles	106
Location:	Indoors
Energy level:	Low
Themes:	encouragement, uniqueness , personality, character, habits, attitudes, identity, traits, perceptions, perspectives, affirmation
Quick Change Artist.....	108
Location:	Anywhere
Energy level:	Low
Themes:	change, support , perseverance, comfort
Shoe Shuffle	110
Location:	Anywhere
Energy level:	Low
Themes:	change , comfort, transition, growth
Showing True Colors	112
Location:	Anywhere
Energy level:	Low
Themes:	diversity, perceptions, encouragement , variety, color, perspective, joy, vibrancy, acceptance, gifts, talents

SuperBowl Charades	114
Location:	Anywhere
Energy level:	Low
Themes:	teamwork , goals, unity, positions, roles, football, sports
Watch Your Step	118
Location:	Anywhere
Energy level:	Low
Themes:	a firm stand, direction, recovering from mistakes , consistency, first steps
Weather Report	121
Location:	Anywhere
Energy level:	Low
Themes:	circumstances, outlook , weather, struggles, difficulties, perspective
Who Am I?	123
Location:	Anywhere
Energy level:	Low
Themes:	respect, reputation, legacy , name, character

III. WILD & WACKY

125

Amoeba	126
Location:	Outdoors, or somewhere with lots of space to move
Energy level:	High
Themes:	teamwork, inclusion, cliques , unity, groups, effectiveness, organization, teamwork
Balloon Pop	128
Location:	Indoor, sitting in a circle
Energy level:	High, Participants need to be able to blow up a balloon
Themes:	identity, beliefs , character, priorities, uniqueness, values
Clothespins / Porcupine Tag	131
Location:	Anywhere
Energy level:	High
Themes:	labels, affirmations, encouragement , judging others, motivation, being positive, looking for the good in others
Get Lost	134
Location:	Anywhere
Energy level:	High
Themes:	belonging, acceptance, rejection , inclusion, social groups, cliques, relationships, teamwork, unity, popularity, inspiration, challenge, friends, gifts

I Never	138
Location:	Indoor, sitting chairs arranged in a circle
Energy level:	High
Themes:	habits, goals, dreams, character, optimism, attitudes, perspective, focus, accomplishments, integrity
King of Kentucky.....	140
Location:	Anywhere
Energy level:	High
Themes:	achievement, choices, decisions, challenge, success, winning, losing, starting over, teamwork, helping others, excellence
Knots	143
Location:	Anywhere with enough space for the group to form a one big circle
Energy level:	High
Themes:	solutions focus, problem solving, responsibility, leadership, relationships, teamwork, difficulties, communication, conflict resolution
Lightning, Fire, Earthquake.....	145
Location:	Anywhere
Energy level:	High
Themes:	difficulties, circumstances, change, reactions, response
Love Your Neighbor	148
Location:	Indoor, sitting in chairs arranged in a circle
Energy level:	High
Themes:	love, relationships, caring, giving