

“Hi, What’s Your Name?”

What are icebreakers?

The primary goal for an icebreaker (a getting acquainted exercise) is the development of an environment which is anxiety-reducing and which allows individuals to, “break the ice”, or get to know each other by having fun.

Icebreakers should be used with any group that is in the early stages of development.



Examples of Icebreakers Your Organization Can Use:

- *Truth, Truth, Lie (AKA: 2 Truths & a 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 is “fact” and which is a “lie.”
- *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 of the game is to meet as many people as you can, and fill a “BINGO!”.
- *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 needed 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. (You can do the same thing with candy, like M&M’s. Designating certain colors as certain topics. Ex. Red= tells us something about your family.)
- *Adjective Name Game:* The group is formed in a circle, and each group member is required to think of an adjective that describes him/herself AND starts with the same letter as the individual’s first name. Each group member will state their new creative name, and the rest of the group will repeat that name and all the names of the previous people (Daring Dan).
- *Motion Name Game:* 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 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.
- *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.

