**Ice, Ice Breakers**

**Rapid Fire Questions**

Materials: None  
Time: 5-15 Minutes  
Group Size: 5-15

1. Prepare a list of questions – about 3 questions for every minute. Questions should relate to purpose (eg: Get to know each other, start focusing on a topic at hand). Questions should have 1 or 2 word answers.

2. Arrange participants in a circle/facing each other. Facilitator asks a question and participants all answer (from left to right around the group) as fast as possible. Begin the answering with a different person each time.

3. Sample Questions (for a “get to know you”):
   - What is your favorite food?
   - Who is your hero?
   - Who do you believe is the most influential person of your lifetime?

Sample Questions (for a “Diversity” topic)
   - What one word comes to mind when you hear “Diversity”
   - What ethnicity are you?
   - What makes people diverse?

**Toilet Paper**

Materials: 1 roll of Toilet Paper  
Time: 15-20 Minutes  
Group Size: 5-20

1. Arrange participants in a circle/facing each other. Pass around the roll of Toilet Paper and instruct each participant to take a piece (do not have any instruction on the size of the piece).

2. Once everyone had a piece of Toilet Paper, explain the rules: Each participant must share one fact about themselves for each square of Toilet Paper they are holding.

3. Facilitator should stay conscious of time if people have long strips of Toilet Paper.

**Candy!**

Materials: Starbursts or M&Ms, optional – napkins  
Time: 10-30 Minutes  
Group Size: 5-20

1. Arrange participants in a circle/facing each other. Pass around the bowl of candy to participants, and tell them not to eat any yet (do not have any instruction on how many they should take)

2. Once everyone has some candy, explain the rules: Each participant must share one fact about themselves for each piece of candy. Each color will coordinate to a topic they must answer.

   Example for Starbursts:
   - Red: Something from your childhood
   - Pink: Something people wouldn’t know by looking at you
   - Yellow: Something that is one of your favorites (color, movie, sport, activity)
   - Orange: Something you think you have that is unique in this group of people

3. Modification: Only tell each person to take one piece of candy if you want to spend less time

**Human Bingo**

Materials: Pre-made sheets, pens  
Time: 20-30 Minutes  
Group Size: 20-100+

Other Considerations: Need a space to move around in

1. Pre-Make bingo sheets: generally a 5x5 grid - Think of a fun fact for each square. Examples:
   - Someone born in a different Country than you
   - Someone who is an oldest child
   - Someone who has tattoos or piercings

2. Pass out Bingo sheets and pens to participants, and ask everyone to stand up. Instructions: Walk around a meet new people. As you meet people, ask them questions from the Bingo sheet and if it applies to them, write their name in the space.
**Visualization Exercise**

Materials: places to sit or lay  
Time: 20-30 Minutes  
Group Size: any

1. Ask people to get comfortable where they are, sitting or lying, and to close their eyes. Optional – start with a relaxation of the body (focus on each part of the body and prompt relaxation).
2. Walk members through breathing, or give prompts about what you would like them to focus on. You can use single words or open ended questions to help guide the participants’ thoughts during the visualization.

**Writing Exercise I: Letter to Self**

Materials: Paper, pens, envelopes, something to write on  
Time: 20-30 Minutes  
Group Size: any

1. Have each participant write a letter to themselves to be opened at a later date.
2. Give them a prompt depending on the goal of your session. For example: Write a letter to yourself which includes goals you would like to achieve this semester in your role as (blank), your academics, and your personal life. Another example can be: Write a letter to yourself outlining at least three things you will do throughout the year to better care for yourself.
3. Optional: Have participants read the letters out loud.
4. Keep the letters in one place and have participants open them at a later date. Discuss whether or not the goals in the letter were met.

**Writing Exercise II: Snowball**

Materials: Paper, pens, something to write on  
Time: 5-10 Minutes + discussion  
Group Size: any

1. Pose a question for participants to write a response. Note: Activity works well if participants may be hesitant to share in a large group or want to be anonymous.
2. Give them a few minutes to write their response.
3. When finished, have them crumple up the piece of paper. If they are in a circle, have them throw it into the middle of the room or just collect them. Make sure the participants see you mixing up the “snowballs”.
4. Redistribute the “snowballs” randomly and have each participant read their “snowball” out loud.

**Concentric Circles**

Materials: space big enough to get into a circle  
Time: 5-15 Minutes  
Group Size: 6-100+

1. Split the group into two even groups. Tell the first group to form a circle facing out (not each other). Then, tell the second group to form a circle facing the inside group, partnering up with someone in the first group. Note: If one group is uneven, a facilitator should jump in.
2. Tell the group that you will ask a question and choose either the inside or outside circle to start. Whichever circle starts first must speak for one minute without interruption. The job of the other person is to listen and not interject.
3. Keep time and after one minute, tell the participants to switch roles. Remind them of the question.
4. After both partners had a chance to speak and listen, tell them to thank each other. Choose either the inside or outside circle to then move left or right however many spaces so that they find a new partner. For example, say, “Outside circle, move three spaces to your right.”
5. Once they find a new partner, have them introduce themselves to each other and repeat steps two and three. Repeat as many times as you see fit.
6. Note: You can come up with any questions you would like. For example, if this activity is chosen for students to get to know each other:
   - Where are you from? Describe the neighborhood in which you grew up.
   - What is your major? Why did you choose that major?
   - What sorts of clubs and organizations are you or have you participated?
   - If you could travel anywhere in the world, where would it be and why?
Spoons
Materials: One spoons, coin w/heads and tails        Time: 15-20 Minutes        Group Size: 10+
1. Split the participants into two even groups and have each group line up shoulder-to-shoulder facing the other group so that they are parallel.
2. If possible, have them sit on the floor. If not, make sure there is a table on one end to set the spoon on. Set the spoon evenly between the two people on one end. On the other end, the facilitator will be flipping the coin.
3. Tell participants to hold hands and everyone should have their eyes closed aside from the two participants on the end by the facilitator tossing the coin.
4. The facilitator will flip the coin. If it is heads, the two people with their eyes open on the end do nothing. If it is tails, the two people should squeeze the hand of the person next to them sending a chain reaction as that person should squeeze the hand of the person next to them until it gets to the last person by the spoon. When the last person feels the squeeze, they should open their eyes and grab the spoon. A point goes to the team who grabs the spoon first.
5. For the next round, tell the two participants who had their eyes open by the facilitator tossing the coin to then go to the end of the line. Rotate after each round and play as many rounds as desired!

Musical Posters
Other Considerations: Need a space to move around in
1. Write Questions on posters, and tape them up equally around the room before people arrive. Questions should be directed to start a brainstorm or focus a session. You should prepare about 1 poster for every 5 people at your session. For Example, a session about recapping a student group’s year would have questions like:
   ● In your opinion, what was the biggest success of the year?
   ● In your opinion, what needs the most improvement?
   ● What was your personal highlight from the student group?
2. Give each participant a marker and have them all stand up around the room. Instructions: When the music starts, walk in a circle counterclockwise. When the music stops, go to the nearest poster and write your answer to the question. If you have already been to that poster, continue to the next one. You may need to wait your turn depending on how many people are at your poster. It’s okay if you don’t get a turn to write each time.
3. Play the music for about 30 seconds, then stop. Allow time to write based on participants and question detail. Give a 10 second heads up before starting the music again. Repeat at least ½ as many times as the number of posters you have.
4. Request volunteers to read answers from the poster and facilitate discussion. Based on discussion, time for the activity will vary.

Captain’s Calling
Materials: space to move around        Time: 10-15 Minutes        Group Size: 10+
1. The facilitator serves as the captain who shouts out various orders (below). Determine what is the front, back, left, and right area of the space, which is the “boat”. Demonstrate the various orders. The participants have three to five seconds to follow the orders. The participants who are not able to carry out the orders are out. One to two winners remain.
2. Orders:
   ● **Bow:** Individuals move to the front of the boat
   ● **Starboard:** **Individuals** move to the right side of the boat
   ● **Stern:** Individuals move toward rear of the boat
   ● **Go Fish:** (2 people) One person is the fisher who casts his/her line and one person is the fish who, with fish lips, pretends to be caught
   ● **Person Over Board:** (3 people) Two people across from each other holding hands and one person laying over them like they fell over board
   ● **Swab the Deck:** (4 people) Three people are the bucket and hold hands in a circle, one is the mop in the middle of the circle and swishes around
   ● **Starfish:** (5 people) All five people put one arm up touching hands and flailing other hand
   ● **Abandon Ship:** (6 people) Six people sit in single file line rowing their rescue boat
New Icebreakers I Learned Today (and other notes):