



ICEBREAKERS

Concentration

Concentration is a fully interactive hand-clapping game that is fast paced and involves all participants. Individuals sit in a circle with their right hand on top of the hand of the first person sitting to the right, and their left hand on the bottom of the hand of the person directly to their left. A chant is spoken as each person slaps the hand of the person next to them in a circular pattern: "This is concentration, no repeats no hesitation. Category is..." The last person to get their hand slapped is required to come up with a category and an item of the category must be said by each person in the circle until there is a repeat or a hesitation. When a repeat or hesitation happens the person who made the mistake is out and sits in the middle of the circle. The next person in the circle starts the chant and the game is continued. This is played until there are only two remaining contestants.

Tiger, Alien, Cow

Tiger, Alien, Cow is a game involving each participant and no one is ever "out". This game focuses on communication and is a fun way to bring members out of their comfort zone without pushing them too far. The group is asked to form a circle. Three different actions are given for "Tiger", "Alien", and "Cow". The point of this icebreaker is to get the whole group to do the same action without talking. On the count of three, the participants reveal their chosen action. Members must figure out that in order to succeed at the task they must all change to whatever the most of one action is being done. The countdown is given once again and slowly the participants start to figure out how to play the game successfully. Participants are given as many chances to all have the same action as needed, although the point of the game is to get the same action in the least amount of tries.

Ninja

Ninja is a fun off-beat game involving each participant. Participants form a circle and on the count of three strikes a ninja pose and freeze in the position. The object of the game is to get each every person out by slapping the hands of the opponents around you. Each person takes a turn in the circular pattern making one move to try to hit the hand of an opponent and get that opponent out. Whatever move is made is the position that the player must stay in until their next turn. This is played until two players are left and the last player standing is the ultimate "Ninja".

Clusters

Clusters is a great game with the intention of forming new groups and mixing entirely new people together. The moderator of the game calls out different characteristics, similarities, or other likening traits in front of the entire group. Members with the same traits must form groups as quickly as possible to meet new people. The moderator calls similar groups until everyone belongs to a group. The moderator can call as many times as needed to mix participants thoroughly.

Examples of traits:

- "Everyone wearing blue"
- "Three year FBLA members"
- "Anyone who has been out of the country"
- "Anyone born in the month of June"
- "People born in another state other than where they live now"

Jibber Jabber!

Jibber Jabber is a great networking tool that is great for letting members comfortably meet new people. Each participant is given an index card on which they must write a clean positive question on the card. Then on the count of five the players must find a new person to ask the question to. After brief discussion the participants are asked to trade cards with the person that they have just met and they are told to ask the new question to a brand new person. This game can be played for any time limit and can be very effective.

Name Game

Start with yourself. Describe yourself with an adjective that starts with the same letter as your first name (ex. Charismatic Chris). Then move on to the next person and have them do the same. The second person must also say the name and adjective of the person before them. The third person should do the same as well as the name and adjective of the two people before them. This repeats until everyone can name every person. BEST DONE IN GROUPS OF 10 OR FEWER

Two Truths and a Lie

Have each member right down two truths and a lie. Have each person introduce themselves and where they are from. Then have them present their "facts." Everyone else should vote on which is the lie (simple hand raising).

What About You?

Create a grid board and fill it with things like "I have more than two pets" and "I have been to a different state." Most of these things should be easy but add in a few hard ones like "Has been to Spain." Leave space in each box a signature or initials. Each student must go around the room and introduce themselves to people and have them sign a blank that they have done. Each person may only sign a person's once. First to complete the board wins a prize!

Blabber Mouth

Pair everyone off with someone they have never met. Have one person talk about themselves to the other for 60 seconds. Then do the same for the other. Now, in that same order, have them repeat as much as they can of what the other person said about themselves. This is all about active listening. Don't reveal that they have to repeat until they have both spoken.

Zip Zap Zop

This idea was retrieved from the Institute for Leaders (IFL). Members huddle in circle and spread themselves out evenly. The objective of the game is to say the words zip, zap, or zop to a person who is across and not next to you. The group leader begins and then starts and says one of the three words to a person across from them. Then this person says a different word. This continues with the following person. Everyone in the group can't say the same word. If a person points to another and then this person isn't paying attention or doesn't say the correct word in the order of "zip, zap, zop", then they will be eliminated.

We Are All Alike

Have everyone stand in the center of the room. Explain that this exercise will show that we all belong to many groups. Tell the members that you will start by saying, "We are alike -- we all _____" and you will list a characteristic. All the people who share that characteristic should gather on one side of the room, and those who don't share that characteristic should go to the other side of the room. Then you will call a member's name and it will be that person's turn to list a characteristic s/he has. The member you select will state a characteristic, people will move from their last spot, and then that member will call another member's name to take over. Do this for approximately 10 minutes. Characteristics should include family, personal background, interests, and values. Some suggestions: have volunteered for a community-based organization, were born in this city, etc.

Volleyball Tournament

This icebreaker idea is great for groups of 20 or more. Have two inflatable balls in the room and divide the room in two. Have members slowly hit the ball from one side to another and to a different person that they haven't tossed it to. Once a person lets the ball down or misses. Stop the game and have the person come forth in front of the room. Ask the person to state their name, where they are from, and have them do a "silly dance" or a "silly song" in front of everyone. This will get laughter started and create fun interactivity among members.

Hold Your Breath

Have participants sit in a circle. Everyone looks at the person directly across from them. At the same moment, everyone holds their breath and sees who can hold it longer, without taking their eyes off their partner's face. By the time everyone runs out of breath, people are laughing at the absurdity of the situation. This activity is good for diffusing tension.

Word Toss

Ask each group of five people to form a circle. Give them an imaginary ball to throw back and forth to each other. Practice with throwing and catching the imaginary ball first. When this is mastered, ask the groups to now throw words to each other, like they were doing with the ball. The facilitator gives a topic for the words (e.g. words pertaining to a service project, things I like to do on the weekend, etc.). They throw a word to a group member; The group member then repeats the word thrown to them as they catch the word. That person then throws a new word to another group member, who catches it, repeats it, and chooses a new word to throw, and the process continues.

What's Different?

Have members pair up with other members they never met before and stand back to back. They each will have to change five things about themselves and see if they can identify each thing they changed.

I Like People Who . . .

Have members sit in a large circle with one person in the middle. The person completes the phrase, "I like people who..." with something that applies to them. Anyone who shares this statement must then get up, run, and sit down in a different chair. The person left without a chair is in the middle and starts the game again.

Ball Toss

In a large circle, start tossing a ball around, with the member saying the person's name as they go. When the ball reaches the first person again, try throwing the ball in the same route, going faster and faster each time.

Beach Ball Buzz

A beach ball is blown up and has about 10 questions are written on different sections of the ball. The ball is then thrown around the room and whoever catches it gives their name and answers the question on the ball under their right thumb.

Rock-Paper-Scissors Cheerleader

Members around the room play rock-paper-scissors. The winner continues to play with other people around the room but the loser becomes the winner's cheerleader chanting their name repeatedly and cheering them on. The process repeats until there is one winner. This not only helps to introduce people around the room but it fuels the spirit of supporting teammates and an organization as a whole.

Telephone Charades

The first person in line gets a phrase they have to act out only to the next person in line. Subsequently, each person acts out an action only for the next person in line, who in turn acts out for the next person. The acting typically becomes distorted over time and hilarious, as the last person in line tries to guess what the original clue was.

String Toss

Everyone sits in a circle. One person is given the ball of yarn and finds the end of it. He/she will toss the ball of yarn to anyone within the circle while they are still holding the end of the ball of yarn. Now ask the person that caught it one or two questions. Each person should introduce themselves first before answering the questions when they receive the ball of yarn. The process is repeated until everyone has had the ball of yarn.

Puzzle Piece Search

Cut a large picture into several pieces. Hand out one piece to every person in the room and make everyone work together to reassemble the picture back in its original form.

Balloon Tag

Tie strings to balloons and then tie one balloon to each person's ankle. It is every man/woman for him/her in this one! The object of the game is to pop everyone else's balloons while making sure that yours does not get popped. Once your balloon is popped, you must GNAP (greet, name, association, purpose/position) the person who's balloon you just popped. Once you have GNAP'ed the person they are out of the game and you continue popping other people's balloons.

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!

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," "Rock-a-bye baby," 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. Once the group is formed everyone must introduce themselves to one another and say a few things about themselves.

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.

***Submitted by 2010-11 FBLA-PBL National Officer Teams*