

**SMALL
GROUP**

**ICEBREAKER
RESOURCE
BOOKLET**

This booklet contains tons of resources for you to use in small group settings for icebreakers, including questions and activities.

For additional small group icebreaker resources, visit:

<http://www.smallgroups.com/meeting-builder/icebreakers/>

Leading a Small Group

Creative Icebreakers: Getting to Know Each Other

Did You Know?

Find interesting facts about individual group members before the group meets. Try to discover information that sets each person apart from the others, such as "I have a tugboat named after me" or "I once wrecked the same quarter panel of my car four times." Make a sheet with one fact from each person and a blank beside this fact. Give everyone in the group a sheet and five to seven minutes to find who goes in each blank. When they find the right person they must also learn one other fact about that person.

Most Unique

Go around the room and have each person share something that makes them different from anyone in the group, like, "I've never left the state I was born in" or, "I am one of ten kids."

Two Truths and a Lie

Have each person make three statements about themselves: two true statements and one lie. For example, "I've never broken a bone. I have five sisters. I was born in Yugoslavia." The group tries to guess which statement is the lie.

M&Ms Game

Pass a bag of M&Ms around and tell everyone to take a few. Then, before they eat them ask them to share something for every M&M. For example, something about their family for every red one, something about their plans for the future for every green one, etc.

House on Fire

Ask, "Your house is on fire, and everyone is safe. You have thirty seconds to run through the house and collect three or four articles you want to save. What would you grab? Why?" After everyone has done this, the group can discuss what they learned about the things they value.

Chart Your Life

Thinking back as far as you can, draw a line graph to represent your life. Consider the high points, the low points, moments of inspiration, moments of despair, leveling off times, and where you are now. After you've drawn it, share what it means to you with the group.

My Life in Pictures

Bring a newspaper or magazine. Have each person tear out a picture, article or anything they think tells something about themselves. If there's enough time they can make a collage that tells more about themselves.

Best/Worst

Have each person share their best and worst moments from the previous week. Try to steer your group away from school items. It can get boring to hear, "My best was an A in calculus, and my worst was a D in biology." This icebreaker is an easy one to use at first and gives you good feedback concerning their life at the moment. Some veteran groups do this every week. Their bests and worsts will become more honest.

Deserted Island

Ask, "You've been exiled to a deserted island for a year. You are told you may take three things you want, apart from the essentials. What would you take and why?"

Heroes

Ask each member to name three people, past or present, they admire. Why? Or, ask them if they could interview anyone in history, who would that be and why? What one or two questions would they want to ask?

Most Deprived

Give each person the same amount of M&Ms (try ten). Start by stating something you've never done that you think everyone else has done. You might say, "I've never had a birthday party," or some other true statement about yourself that you think everyone else has surely done. Then, everyone who has had a birthday party pays you an M&M. You pay everyone who has not had a party. Keep playing until everyone has a turn or until someone runs out of M&Ms. Obviously the idea is to come up with the most M&Ms and be the most deprived.

You Write the Question

Give each person a 3x5 card. You pick the topic and let them write the questions. For example, you choose "friendship" as a topic, and they each write out a question for anyone in the group to answer about friendship. For example, "What do you value most in a friend?" Then pile all the cards face down in the middle of the group and let people draw.

Personal Scavenger Hunt

Take five minutes and find the following items in your wallet or purse: Something that...
* You've had a long time
* You're proud of
* Reveals a lot about you
* Reminds you of a fun time
* Concerns or worries you

Have each person share the first item. Repeat with the second and so on.

Make Believe

If you could go anywhere in the world now, where would you go and why? If you could talk to anyone in the world, who would it be? Why? If you could talk to any person who has died, who would you talk to and why? If you could wish one thing to come true about your upcoming summer, what would it be?

You Write the Question 2

Play "You Write the Question" again by changing the topic. Topic ideas on the lighter side: jobs, life goals, funny stories, hobbies, etc. Topic ideas on the more vulnerable side: family, fears, dating issues, significant relationships, relationship with God, etc.

Sample List of Icebreakers

Tons of Icebreakers:

1. Ask: If you were a car, what sort of car of car would you be?
2. If you could visit anywhere in the world, where would you visit?
3. If you could swap roles with someone for a day, whom would you choose?
4. Play a word association game
5. Ask everyone to put an object/item into the middle of the floor that best describes his or her life right now.
6. What sort of impression do you feel you give to others?
7. Describe what your perfect day would be?
8. What is your favorite time of day and why?
9. What was your 'moment of glory'?
10. If you could attempt anything with guaranteed success what would it be and why?
11. What is your earliest memory?
12. If you could star in a movie, what would the movie be about?
13. If you could give your parents anything for Christmas, what would it be?
14. What is one of your biggest pet peeves?
15. Have you ever broken a law?
16. What was your favorite TV show when you were eight years old?
17. If you could marry the perfect person, what would he or she be like?
18. If you could be a famous person who would you like to be?
19. If you won the lottery, what would you do with the money?
20. What is your favorite food/dish and/or restaurant and why?
21. What is the funniest joke you've ever heard?
22. What do you think your friends say about you when you're not around?
23. What do you think is the best age to get married?
24. When you hear the words, "getting older," what comes to your mind?
25. When was the first time you ever fell in love?
26. What was the happiest moment in your life?
27. What is the greatest regret of your life?
28. The hardest thing I have ever done. . .
29. The greatest compliment I've ever received . . .
30. Tell us about your best earthly friend. . .
31. What room in your house do you like best and why?
32. What is one thing you want to accomplish next week?
33. Where did you feel safest and warmest as a child?
34. If you had a time machine that would work only once, what point in the future or in history would you visit?
35. When was the last time you did something for the first time?
36. Which of the following restrictions could you best tolerate: leaving the country permanently, or never leaving the state in which you now live?
37. At a meal, your friends start belittling a common friend. What do you do?
38. If you could take a pill that would enable you to live until you reach 1000 years, would you do it? Why?
39. What is one of the best gifts you've ever been given and why?
40. What was the best thing that happened to you this week?
41. What sort of impression do you feel you give to others?
42. If you were a toothbrush, what kind would you be, and why?
43. Did you have a favorite fairy tale or Disney Movie growing up? Explain.
44. Can you think of a moment in your life where you felt victorious? (Ex: school, sports, career, personal life, etc)?
45. What was one of the best surprises you ever received in life?
46. What do you like to do for fun and relaxation?
47. What do you value most in your relationships with people?
48. If you could plan your family vacation, what would you do?
49. How would you like to be remembered after you died?
50. What is something that you are really proud of?
51. If you had three wishes what would they be?
52. Is there a skill or hobby that you would like to learn?

Tons of Icebreakers (cont'd):

53. What is the best movie that you have ever seen?
54. Have you ever had a reoccurring dream? If so, what was it about?
55. What is the scariest thing that has ever happened to you?
56. What is your greatest fear?
57. What kinds of things do you like to read?
58. Who is your favorite cartoon character?
59. What is your favorite ice cream flavor?
60. When you do something stupid, how much does it bother you to have other people notice it and laugh?
61. Would you like to know the exact date of your death? Why?
62. If you could change two things about the way you were raised, what would they be?
63. Who is your favorite relative? Why?
64. What is your favorite memory/time spent, as a child, with your father? Your mother?
65. If you could change places with a Bible character, whom would you choose? Why?
66. Who has had the greatest influence on your life since we last gathered?
67. What would be your dream job?
68. Recall a time when you embarrassed yourself recently.
69. Name someone you admire who had to overcome great obstacles to get where they are now.
70. What do you value most in your relationship with Christ? Your parents?
71. How do you react when you aren't thanked for going out of your way for someone?
72. What is your favorite time of day and why?
73. What do you value most in your relationship with your parents?
74. What was your least favorite chore growing up and why?
75. What was your earliest childhood memory?
76. If you could chose to meet anyone who ever lived in America, who would that be, and why would you like to meet him/her?
77. If you could choose to live anywhere in the world, where would you live and why?
78. What gift (spiritual, emotional, mental, ect.) do you believe you are bringing to this meeting? (In other words, what do you think you are bringing that will-or may- contribute to the encouragement of other- or the building- up of the "church"?)
79. Describe a significant experience in your life that changed your value system completely.
80. What are some of your goals for the year ahead?
81. What is your position in your family- first, second, ect? Would you like to change this position?
82. If you became the leader of any country in the world, which would it be and why?
83. Share the best and worst experience of your week?
84. Give everyone a piece of paper and ask him or her to draw a picture of their jobs or whatever they do on a daily basis. Explain your sketches.
85. Ask each person to say why he or she is glad to be a part of the group tonight.
86. Where have you lived?
87. How many brothers and sisters do you have?
88. What kind of transportation does your family use?
89. Who is the person you feel closest to?
90. When did God become more than a word to you?
91. Who did God use to bring you to the point where you knew you needed Jesus?
92. What is your favorite book in the Bible? Why?
93. What is the first thing that comes to mind when you think of God?
94. Why did you start attending this church?
95. Who has been the greatest influence on your Christian life and why?
96. What do you want said (and NOT said) at your funeral? (And why?)
97. Choose your favorite relative or best friend. . .why do you like them?
98. What is your favorite memory from childhood?
99. One thing which I do not understand about the opposite sex is. . .
100. What job do you do? Name three things you like or dislike about it?
101. Who is the most interesting person you have ever met? Or whom do you most admire? Or whom do you respect?

Tons of Icebreakers (cont'd):

102. Have you ever felt inspired to write poetry, compose a song, draw a picture (or anything else)?
103. Think about your life in 5 years; 10 years; 20 years. What events are you not looking forward to? What events are you looking forward to?
104. Do you have a favorite TV show? Explain...
105. If you ran the world, where would your summer and winter castles be?
106. If you were President of the United States, what would you be known for?
107. If you could have one superpower (like Superman) what would it be and why?
108. If you could choose the weather tomorrow what would you choose and why?
109. Which person of the Bible do you most identify with?
110. Suppose you were going to live for a year in Antarctica. All your material needs will be met, but you can only take three items on the boat with you. What would you take?
111. If you were a type of food, what would you be and why?
112. If you had a year's wages just to spend on your friends, what would you do with it?
113. What would you like your own family to be like one day?
114. For what are you thankful?
115. Share the most meaningful scripture to you and why it is so meaningful?
116. Share about a spiritual experience you've had. . .
117. What is your favorite song or type of music?
118. What have you learned recently from another person? Share the best and worst experience of your week.
119. What is the one thing you want to accomplish next week?
120. If you were asked to make up an icebreaker for this group, what would it be??
121. If you could make a movie what would it be about and who would star in it?
122. Name one quirky trait about yourself that you got from your parent(s)?
123. Who would you call first if you were arrested?
124. If you could perform one miracle right now like Jesus did in the Gospels, which one would it be and why?
125. When you hear the word "awkward" what comes to mind?
126. What three qualities do you want your children to have?
127. Say 3 things you appreciate about your family and 3 ways in which you find them difficult at times.
128. One thing I would really like to see happen now in my (choose one) family, church, small group or world...
129. When you were a little kid what did you like or hate most about church?
130. Who's the best teacher you've ever had? (And why?)
131. Have you had an answered prayer? Share the story
132. Have you ever experienced supernatural healing? Share what happened?
133. Amongst your friends and family, what subject is bound to start an argument?
134. What do you think God likes about you?
135. What's the weirdest dream you've ever had?
136. How would your life be different if you knew Jesus was returning in six months time?
137. Who is (or was in the last 200 years) the most inspiring person you can think of?
138. What are you the absolute best at among your friends, workmates and family?
139. What was the best team or group you ever belonged to? Why was it so good?
140. Would you rather raise your kids in a religious or non-religious society?
141. When you were growing up, what did your parents want you to be? What did you want to be?
142. What's your immediate reaction when someone on the streets asks you for money?
143. Who do you pray for the most? Why them?
144. Did you have heroes when you were young? Which ones ended up being big disappointments?
145. How do you get right with God when you blow it?
146. What's your best story for being late for something important?
147. If you could live (choose one) this week, this year, this decade over again what would you do differently?
148. What was one of the biggest wastes of money in your life?
149. Have you ever done something funny while you were sleeping?
150. If you could play a sport professionally which one would it be and why?
151. If you could be a star on TV, what type of show would it be and why?
152. Are you a morning or night person? Explain...

Tons of Icebreakers (cont'd):

153. What were you afraid as a child growing up?
154. If you could experience a moment in your life a second time, what would it be and why?
155. Who did you (or everyone) most fear or misunderstand in your neighborhood when you were growing up?
156. What's the weirdest/riskiest/silliest thing you've ever done because you were a Christian? What do you think of it in retrospect?

Ideas for Worship:¹

1. Put on a track from your favorite worship CD. Sing along or simply "be" with God. Become aware of His presence and His love for you.
2. Read a Psalm out loud slowly. Pause at particularly significant bits. Allow people to drink in what is being said or simply to use the words of the psalm to focus on God. Do the same with the Lord's Prayer. Take it line by line; allow 15 minutes to finish the prayer.
3. Use the breaking of bread as a focus for worship
4. Construct a simple cross. Use this for the focus of worship. Plain children's building blocks make a good example of this!
5. Write out the name "Jesus" in bold block capitals. Put it on the mantelpiece or some other focal point. Again allow people to meditate on the name.
6. Experiment with body posture! Kneel as a sign of penitence. Stand as you wait on God.
7. Have a reading of a passage of Scripture or some other devotional passage as a starting point for a time for silent worship and/or meditation.
8. Encourage people to write out their most heart-felt prayers to God as a preliminary to worship. Collect their slips of paper and without reading them place them in a inflammable container and set them alight as an offering to God.
9. . . .or simply encourage them to listen to God and write out the replies.
10. Get a big sheet of paper and invite people to write down words that describe God. Then begin thanking God for who He is.
11. Light a candle, play some music, think about Jesus--the light of the world!
12. Bring some art materials and get everyone to draw or paint something that expresses worship to God.

¹ Joel Comiskey, *How to Lead a Great Cell Group Meeting*, (Houston, TX: TOUCH Publications, 2001), 76.

ICEBREAKER: SIT DOWN IF

INSTRUCTIONS: Get everyone to stand up, then read through the following list. The last person standing is the winner!

- Sit down if you have eaten chocolate today
- Sit down if you are wearing purple
- Sit down if you were born in September
- Sit down if you have blue eyes
- Sit down if you are the youngest child
- You have broken a bone
- Gone for two weeks without a shower
- Can speak more than two languages

ICEBREAKER: M&M GAME

This icebreaker is a simple way to help people introduce facts about themselves. It's very flexible and adaptable – and (if you have a sweet tooth) delicious too!

SETUP: Pour M&Ms or any other multicolor candy into a bowl. Have everyone in the group grab as much or as little as they like from the bowl. Make sure that no one eats their candy right away.

HOW TO PLAY: For each piece of M&M candy they took, they will have to answer a question, depending on its color. For example, you can designate:

- Red candy: favorite hobbies
- Green candy: favorite foods

- Yellow candy: favorite movies
- Orange candy: favorite places to travel
- Brown candy: most memorable or embarrassing moments
- Blue candy: wild cards (they can share anyone they choose)

ICEBREAKER: TWO EXTREMES

A game of two extremes! This is a simple ice breaker to get people up and moving and sharing their preferences or views on topics.

INSTRUCTIONS: Create an imaginary line from one end of the room to the other. Instruct people to move to a point on the line to indicate where they stand on a particular issue.

For example - move to the left hand side of the room if you like chocolate, the right hand side if you like strawberry. If people don't have a strong opinion they stand in the middle.

Continue with other examples / extremes:

- Fold toilet paper or Scrunch
- Sleep in or Get up Early?
- Big party or intimate dinner?
- Country or Hip Hop Music
- Would you rather go to the football game or a concert
- Vanilla or Chocolate ice cream
- Sweet or Spicy
- Work on your car or have someone else do it?
- Facebook or Twitter

- Summer or Winter
- Run/Jog or Bike?
- Would you rather be beautiful/handsome or smart?
- Be taller or shorter?
- So You Think You Can Dance or American Idol?

When everyone chooses a position, read out the next one and everyone moves again.

ICE BREAKER: IN AN AVERAGE LIFETIME GROUP GAME SHOW

This is a group game, covering random trivia of what an average person does in a lifetime.

INSTRUCTIONS: You can split your small group up men versus women, or couples competition. Whichever team gets the most right answers (or responses closest to the right answer) wins. There are many, many trivia questions out there, but here are a few examples:

- How many times will an average person brush their teeth?
- How many years will an average person spend watching TV?
- How many years will an average person spend asleep?
- How many years will an average person spend grooming?
- How much time will an average person spend kissing?
- How much time will an average person spend at a stoplight?

ICEBREAKER: HIGH / LOW

This is a good warm-up for groups that have become familiar with the other members.

INSTRUCTIONS: Each member simply shares their high (best moment) and their low (not-so-best moment) for the week.

ICEBREAKER: TWO TRUTHS AND A LIE

INSTRUCTIONS: Ask everyone to write down three things about themselves which may not be known to the others in the group. Two are true and one is not.

Taking turns, they read out the three 'facts' about themselves, and the rest of the group votes which are true and false. There are always surprises. This simple activity is always fun, and helps the group and leaders get to know more about each other.

ICEBREAKER: MY NAME IS?

INSTRUCTIONS: Ask each person in the group to state his/her name and attach an adjective that not only describes a dominant characteristic, but also starts with the same letter of his name. For example, Generous Graham, Dynamic Dave. Write them down and refer to them by this given name for the rest of the evening (or at least for awhile!).

ICEBREAKER: I'M COOL BECAUSE I YOU'RE COOL BECAUSE

INSTRUCTIONS: Go around the room and everybody say one thing they like about themselves, as well as one thing they like about somebody else in the room. (Leader, make sure nobody's left out!).

Icebreakers

True or False?

Each student should write down three sentences describing himself. For example, "I have attended 11 schools," and "I have an aunt and an uncle both named Laverne," and "I love to vacation in Cancun." The catch is, two of the statements are true and one is false. (Try to guess which one I am lying about!) The students then share their three statements with each other or the entire class (whichever you prefer) and vote on which they think are true and false. The catch here is that the more unusual the information, the harder it will be for the other students to guess. Let them know this, and you are sure to learn some interesting trivia about your new students.

Famous Pairs Game

For this icebreaker, tape the name of a famous person or character to the back of each participant. You will need an even number of participants. Each person is to find his/her match without directly talking to each other. They may give a description of who they are (once they figure it out) or say a common phrase. Use the following list as a guide:

- Fred and Wilma Flinstone
- Bill and Hillary Clinton
- George and Judy Jetson
- George and Martha Washington
- Dawson and Joey (Dawson's Creek)
- Mickey and Minnie Mouse
- Jack Dawson and Rose (Titanic)
- Aladdin and Jasmine

*This activity can be adapted by handing participants notecards rather than taping the cards to their backs.

Animal Pairs Game

This icebreaker is similar to the Famous Pairs Game, except that the pairs will have the same character on their backs. This time, each participant is an animal.

The participants may only make the sound of the animal to find his/her pair. Use the following list as a guide:

- Dog
- Cat
- Elephant
- Lion
- Snake
- Monkey
- Bear

*This activity can be adapted by handing participants notecards rather than taping the cards to their backs.

I've Never...But I'd Like to Someday

For this exercise, the entire group should form a circle and each participant should be given three popsicle sticks. The first person begins by saying "I've Never (insert words), but I'd like to someday." Each person in the group who HAS done that activity should throw a stick into the middle. This continues around the circle as many times as necessary. The goal is for each person to run out of sticks. Examples:

I've never _____, but I'd like to someday."

- Bungee jumped
- Make straight A's on a report card
- Rode a roller coaster
- Been to Disneyland
- Traveled outside the U.S.
- See the ocean

Getting to Know You...Multiple Choice Style

This icebreaker helps students to understand that they are not as different as they may think. This is an active learning activity in which the moderator/teacher/leader reads a series of questions and participants respond by selecting a multiple choice answer. Each corner of the room should be a designated letter. Example statements:

- If I had to see a movie, I would rather see: (A) Dumb and Dumber (B) Acaconda (C) Star Wars (D) The Little Mermaid.
- If I could go out to eat, I would eat at: (A) Red Lobster (B) Olive Garden/Pasta House (C) McDonalds (D) Applebees.
- My favorite thing about myself is: (A) My personality (B) My looks (C) My car (D) My brain.
- If I had to give up one thing at home, it would be: (A) Air conditioning (B) Television (C) Microwave (D) Computer.
- If I could hold one of the four jobs listed, I would be: (A) Pilot (B) Webmaster (C) Teacher (D) Doctor.

Partner TV Commercials

This is a good one-on-one icebreaker. Students should get into groups of two and interview each other. They only get two minutes each. Then, the students have one minute to come up with a quick television commercial advertising their partners. This one takes some creativity! You may wish to give students a guide sheet and/or do an example commercial first.

Who Am I?

For this activity, put the name of an individual on the back of each participant. The participants must then go around the room trying to guess who they are. They may only ask Yes/No questions. Examples:

- Woody WoodPecker
- Jay Leno
- Papa Smurf
- Bill Clinton
- Jim Carrey

Pass It Around

This activity can be done several different ways, but my favorite is either with a roll of toilet paper or with a bowl of candy. Pass either one around and have participants take "as much as they need." Then, go around the room and for every piece of candy (or square of tissue), they must share that much information about themselves with the group.

The Line Game

Divide the students into equal groups. You will announce an order that you wish them to line up in, first group to do it and sit in a line on the floor wins a point. Use any of these categories: street addresses (highest in the front - lowest in the back), age, shoe size, birthdays, telephone numbers, middle names in alphabetical order, Mother's first name, etc.

Remember My Name

This is a fun activity for learning names. Put group members in a circle. The first group member introduces himself, gives himself a nickname that starts with the same letter, and explains why he chose that name. Then, the group works their way around repeating each nickname along the way. If they mess up, they must start back at the beginning. Example:

- Jeff--Jumpy Jeff (he gets frightened easily)
 - Paula--Pretty Paula (her mom always tells her she is pretty)
 - Carlos--Caring Carlos (he always lends others a helping hand)
-

Getting to Know You Bingo

Each participant should be given a preprinted bingo card and a pen/pencil. On the card should be several unique (some do not have to be too unique) attributes. Each person must work their way around the room trying to find someone who fits that box. That person must sign the box. **NO NAME MAY BE USED MORE THAN ONCE.** Once the winner is determined, use the winner's card to introduce the rest of the group members. Examples for card:

- Has never been outside of Missouri
 - Was born in another state
 - Works at the local grocery store
 - Plays volleyball
 - Is taking Keyboarding this year
 - Has a younger brother or sister
 - Is an only child
 - Is in Beta Club
-

The Great Wind Blows

This is a fast paced icebreaker that gets student moving and laughing. Arrange a circle of chairs. Ask each student to sit in one of the chairs (have an exact number). Tell students that if they agree with your next statement, they should stand up and move to another chair. Stand in the center of the circle and say: "My name is _____ and the great wind blows for everybody who...." (choose an ending that would likely apply to nearly everyone in the class, such as "likes chocolate ice cream." At this point, everyone who likes chocolate ice cream gets up and runs to another empty chair. As the students move, make sure you occupy one of the empty seats. If you do, then one student will have no seat to occupy and will replace you in the center. Have the new person in the center finish the same incomplete sentence. Play the game as often as it seems appropriate.

*This can be adapted by using the phrase "I've got mail for....anyone who likes chocolate ice cream" instead of "The Great Wind Blows."

The Company You Keep

Make a list of categories you think might be appropriate for a getting acquainted activity (Examples: month of birthday, people who like/don't like something, favorite something, hand in which you write, color of your shoes, agreement or disagreement with any statement of opinion on a current issue). Clear some floor space so students may move around freely. Call out a category. Direct students to locate as quickly as possible all the people whom they would associate with the given category. For example, right-handers would separate from left-handers. If there are more than two choices (birthday month, for example) you will have more than two groups. When students have formed the clusters, ask them to shake hands with "the company they keep." Invite all to observe approximately how many people there are in different groups. Proceed immediately to the next category, Keep students moving. Reconvene the class and discuss the diversity of students revealed by the exercise.

Summer Activities Name Game

Have each student introduce himself by first name and tell something they did this summer that starts with the same letter. For example, I could say "Hi, my name is Nicole, and I nudged the President." The next person in the line (or

circle) does the same but must also introduce the people before him and their summer activity.

Sing a Tune

Each student receives a slip of paper with a song title on it, with about four or five people receiving the same song. They don't show their song to anybody. Instead, they hum their song, walking around the room trying to find other people humming the same song.

Blanket Name Game

Students are divided into two teams. Each team sits on the floor facing the other team. A blanket is held by two volunteers (teacher and a student) between the two groups. Each team then quietly chooses one member of their team to sit just behind the blanket and ahead of their own team. At this point the chosen individuals are sitting facing each other, but concealed by the blanket. The blanket is then dropped and the two students quickly identify his opponent. A point is scored for the team who shouts out the opposing person's name first.

Modification: Each team can reveal a verbal clue describing the chosen individual directly behind the blanket, prior to the dropping of the blanket.

I'm Going on a Trip

For this activity, the students line up in a circle. Someone starts by saying "I'm going on a trip. My name is _____ and I'm taking _____." (My name is Liz and I'm taking luggage) You must use your name and an item you are taking that starts with the same letter. Then, the next person adds on: "I'm going on a trip. My name is Frank and I'm taking a flashlight. This is Liz and she is taking luggage." The game continues around the circle or as long as needed.

Pile of Hats

Gather together as many different and unique kinds of hats as you can find and place them in the center of the room. Ask the group members to sit in a circle around the hats and select one member of the group to start. Ask this person to choose the one hat that they feel best represents how they are feeling right now. Allow everyone to take a turn selecting a hat and to explain why they chose the hat that they did. Each person should return his/her hat to the pile when their turn is done so others may select the same hat if they choose.

After everyone has chosen a hat, the group may do more rounds of this activity with different instructions. You may ask them to select a hat that represents how they feel when with this group, when with their family, when alone, when at school, when at work, etc. Compare the different "hats" people wear when with different groups.

Team Builders

Human Knot

For this team builder, participants get in groups of five, and connect hands so that they form a tangled knot. Then, each team must try to get out of the knot without letting go of each other's hand.

*This activity can be adapted by having participants use string to knot up rather than their hands.

Machine Game

For this team builder, participants get in groups of four to six. The rule is that everyone must participate. Each group will be given a card with the name of a machine. They must group like the machine and once the machine is put together, they may make the sound of the machine. The following are ideas for machines:

- Stapler

- Television Set
- Washer/Dryer
- Vacuum
- VCR
- Microwave
- Three-hole punch

Photo Scavenger Hunt--Objects

For this activity, each group needs a list of objects and a disposable camera. Give each group 30 minutes to find the objects on the list. Rather than retrieving the objects (and having to worry about returning them to their owners!), they must take a picture of the object with at least one group member in the picture. This can be done either at school or using the community (if you are in a small town where people know each other well enough). Record the time for each group, have the pictures developed that night, and post poster boards with each group's pictures the next day. Ideas for objects:

- Elvis record
- 8 track tape
- Yo-yo
- Merry-go-round
- Big Wheel
- Baby swing
- Christmas decoration

Photo Scavenger Hunt--Poses

For this activity, each group needs a list of poses and a disposable camera. Give each group 30 minutes to get to the appropriate locations and get the pictures. All group members (except the one taking the picture) must be in the picture. When they arrive back at school, record the time for each group, have the pictures developed that night, and post poster boards with each group's pictures the next day. Ideas for poses/locations:

- Police Station: You're under arrest! Three group members are cops and the rest of you are up against the building ready to be searched!
- Basketball Court (park): It's time to shoot some hoops! Get your group into positions as if you are playing a basketball game. Someone should be taking a shot.

- Red Rover (playground): It's time for a playground game of Red Rover. Divide up your group into two red rover lines. When someone is called to run through, snap a picture.
- Adopt-a-Highway: This place is a mess! Clean up that road. Get your group members to the road to pick up trash and get a picture!

Team Getaway

Provide each team with a stack of index cards (different sizes in each stack are best). Challenge each team to be as effective a group as possible by constructing a three-dimensional model of a "getaway retreat" solely from the index cards. Folding and tearing the cards are permitted, but no other supplies can be used for the construction. Encourage teams to plan their retreat before they begin to construct it. Provide marking pens so that the teams can draw on the cards and decorate the getaway as they see fit. Allow at least 15 minutes for the construction. Do not rush or pressure the teams. When the constructions are finished, invite the class to take a tour of the getaway retreats. Visit each construction and request that team members show off their work and explain an intricacies of their house. Applaud each team's accomplishments.

Blind Map Walk

Giving and receiving directions over the phone is much more difficult than giving them in person. When you are talking on the phone, you need clear communication skills for both parties to understand each other. In this game success depends on clear verbal skills and excellent listening skills.

This teambuilder is designed to help participants to learn the importance of giving clear directions and to learn what is required of them when using good listening skills. To build trust among group members. You will need blindfolds and a sketch of the surrounding area with a course drawn on it.

Divide the group into pairs and blindfold one member of each pair. Give the partner, without the blindfold, a copy of the map. The partner without the blindfold must guide the blindfolded partner through the course with only verbal directions. The partners may walk together but they may not touch each other.

Once the course has been completed, switch the blindfold to the other partner and give the pair a new map to follow.

HINT: This works best when you use an area that is unfamiliar to the group so they do not already know what obstacles they may encounter.

Discussion Prompts:

1. Did you like giving or receiving directions the best? Why?
 2. What did you do to make sure the directions were clearly understood?
 3. What did you do to make sure you were following the directions?
 4. Why are good communication skills important?
 5. How was trust a factor in this activity?
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Big Vs. Small

Being put into an unfair situation isn't fun for anyone; and some people who lack anger control will act out in this type of situation. This game is a good object lesson in how things can (at times) be unfair, unbalanced, or mismatched. This game is also a good discussion starter in what is unfair in people's lives and how it should be handled, especially for those who are easily angered and who become destructive when things don't go their way. For this activity, you will need a basketball, volleyball or beach ball.

Ask the group to line up from shortest to tallest. Divide the line in half so all the short people are on one team and all the tall people are on the other. Set up a game for the group to play in which height is an advantage. Some suggestions are: basketball, volleyball or keep away with a beach ball.

After playing this way for a while, the tall team will most likely be winning with the short team being frustrated. At this point change the rules and tell the tall team that they must all put one hand in their pocket or behind their backs for the rest of the game.

Discussion Prompts:

1. How did you feel when the game was in your favor?

2. How did you feel when the game was not in your favor?
 3. Do you ever feel like your life is like this game? Are you usually winning or losing?
 4. Do you ever get angry when things seem to be unfair?
 5. How do you release the anger that you feel when things are unfair?
 6. Is there a better way to handle an unfair situation?
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Human Scavenger Hunt

Break the large group into smaller groups of about six to twelve people each. Have each group stand or sit together in a place that is separate from the other groups but of equal distance from you - the leader who stands in the middle of the room.

Read one item from the list at a time. The team who sends up a person or group of people to you first that fits the description you have just given earns a point. For example, you might say "two people who have the same middle name" and within each group the members must talk, find out if any two have the same middle name, and then quickly send those people up to you. The first group of people with the same middle name to reach you earns a point for their team. You may give a bonus point for different items if it applies - for instance, if a group has three people with the same middle name they may earn a point for this round even if they were not the first group to get to you. The group with the most points at the end of the game wins.

Human Scavenger Hunt List

1. Two people who have the same first and last initial
2. The person in your group who was born the farthest away from here
3. Two people with the same middle name
4. A group of people whose ages add up to 100
5. Two people with the same birthday (or birthday month)
6. A group of people whose shoe sizes add up to 40
7. The person in your group who lives the closest to here
8. A group of people who have attended school for a total of 38 years

9. A group of people who can spell a word by putting together the first letters of their first names
10. A group of three people who all have different colored eyes

Variations

~ Ask for items such as "a 1982 coin" or "an expired drivers license" or any other items that group members may be able to find in their pockets, purses, wallets, or on themselves.

~ Add a stunt to each item on the list - for example, "Two people who have the same first and last initial must leap frog up to me".