

# GODigiArt Ice-breakers

## Why icebreakers?

Icebreakers can play a significant role in helping young people integrate and connect with one another in a group environment. Icebreakers can also enhance your teaching, by helping to stimulate cooperation and participation. In addition, they pave the way to small group study and discussion. How do they do that? By:

- Helping a new group get to know one another
- Helping new members to integrate into a group
- Helping young people become familiar to each other and feel comfortable
- Encouraging cooperation
- Encouraging listening to others
- Encouraging group working
- Encouraging young people to break out of their cliques
- Developing social skills
- Building a rapport with leaders
- Creating a good atmosphere for learning and participation

## Icebreakers and you

- Show enthusiasm, no matter what!
- Choose volunteers carefully, without making them feel embarrassed
- If something is not working, don't hesitate to move on the next activity
- Timing is essential. Use only 2 or 3 icebreakers as a 20-30 minute introduction to this programme. Finish each icebreaker while young people are still enjoying it.

### 1. **Fact or Fiction?**

Ask all the participants to write down three things about themselves, which may not be known to the other group members. 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 is an activity which is always fun and although is extremely simple, it helps both the group and the leaders get to know more about each other.

### 2. **Interview**

Divide the young people into pairs. Urge them to interview each other for 3 minutes. Each interviewer has to find 3 interesting facts about their partner. Subsequently, bring everyone back together and ask everyone to present these 3 facts about their partner to the rest of the group. Watch the time on this one, keep it moving along.

### 3. My name is?

Go around the group and ask each young person to say his or her name and attach, additionally, an adjective, that not only describes a dominant characteristic, but, also, starts with the same letter as his/her name, e.g. kind Jonathan, polite Marilis.

### 4. Desert Island

Announce “You’ve been exiled to a deserted island for a whole year. In addition to the essentials, you may take one piece of music, one book and one luxury item you can carry with you, i.e. not a boat to leave the island! What would you take?”

Let the young people consider and draw up their three-items list for a few minutes and then ask them to share their choices with the rest of the group. It is good for the group leaders to get involved too, as this is the practice followed in such icebreakers and relationship building activities.

### 5. Around the world

Initially, the leader begins by saying loudly the name of a country, city, river, ocean or mountain that can be found in a world map. The young person next to them must follow, saying another name that begins with the last letter of the word just given. Each person has maximum 3 seconds and cannot repeat any of the – already – given names. For example – first person: Paris; second person Sahara Desert; third person: Tokyo, etc.

### 6. Supermarket

The first player says: “ I went to the Supermarket to buy and Apricots (or anything else you can find in a supermarket starting with the letter ‘A’). The next player must repeat the sentence, including the ‘A’ word but adding, also, a ‘B’ word.

Each successive player recites the whole sentence, with all the alphabet items, adding one of their own. For example, “I went to the supermarket and bought and Apricot, Banana, Cat food, Dog Treats, Envelops, Frozen Calamari”. It’s relatively easy to reach the end of the alphabet, usually with some help! Watch out for ‘Q’ and ‘X’.

### 7. Word link

This is considered as a word association game. Ask the group to sit in a circle. The first person starts with any word comes to their mind, i.e. yellow. The next person repeats the first word and adds another word which link to the first, i.e. lemon. The next person repeats the previous word and adds another relative word, i.e. juice and so on. Each person has up to five seconds for each word link.

## 8. One Minute Please

The aim of the game is to talk for one minute on a given subject. You announce a specific topic and a randomly selected member of the group must discuss about it for one minute. Choose subjects that are amusing and that stimulate the imagination! Put a stopwatch on each person in order to see how long they last before drying up!

## 9. Who am I?

Prepare a self-adhesive label or post-it note for everyone in your group. Write on it the name of a well-known or famous person. This person can be anything: a historical character or a current Social Media celebrity, a current sportsman or a widely known musician etc. Make a good mix of men and women. Keeping the names hidden, stick the post-it notes on the foreheads of everyone in the group. They must then ask questions of the other to find out their identity.

Each person takes a turn to make questions and figure out who is who. For example; Am I alive? Am I male? Am I in a band? The members of the group can only ask yes or no questions. If the answer to their question is a no, their turn is over. Otherwise, if the answer is a yes, they can ask another question and keep going until they get a no, or guess successfully who they are. Keep playing until everyone has guessed, or if you don't have a plenty of time, stop after the first few answers.

## 10. Backward Clumps

Divide into pairs. Ask each pair to sit on the floor with their partner, backs together, feet out and arms linked. Their task is to stand together. Once everyone has done this, two pairs join together and the group of four try to repeat the task. After they succeed, add another two and try again. Keep adding people until your whole group is trying to stand together.