FY101 Ice Breakers

SIT DOWN IF
1. Required Items: Chairs
2. Directions: The game starts with everyone standing in a circle. Then one person will call something out, such as “Sit down if you’ve eaten chocolate today.” Everyone to whom this applies sits down. Then the next person in the circle says something, and so on. The point of the game is to **say interesting things about yourself/interests that not everyone, but few may have.** People do not get to stand back up; once you’re seated, you’re seated for the remainder of the game. You keep saying a thing until one person remains. They win!

CONCENTRATION
1. Required Items: None
2. Directions: Arrange participants into two equal lines facing each other. One group turns around while the other gets 30 seconds to change 5 things (you can decrease number depending on time) about themselves (switch jewelry, change hair style, untie shoelaces, switch watch to other arm, trade clothing, etc.). All of these must be things in sight. The first group turns back around and must identify the 5 changes. After they identify the changes, or time is up, they swap so the other team gets to make changes while the first team guesses.

QUESTION BALL TOSS
1. Required Items: A blow up beach ball or another type of ball, permanent marker
2. Directions: Write questions on the beach ball in permanent marker—good and strange and clever get-to-know-you questions. Have the group circle up and throw the ball around. When you catch the ball, whatever question the thumb of your right (or left, you pick when you design the game) hand is closest to is the question you have to answer. The person holding the ball should read the question aloud, answer it and then toss the ball to the next person.

SCAVENGER HUNT
1. Required Items: Various items/landmarks hid around a specified area
2. Directions: Divide the class up into 3-4 teams and send them on a scavenger hunt in a specified area (all of Comm Ave, strictly central campus, etc.) to look for hidden items, landmarks, or a combination of the two. Could limit exploration area for time restraint.

PAPER AIRPLANE GAME
1. Required Items: Colored/Plain Paper
2. Directions: Pass out different colored sheets of paper to each person attending the meeting. Then ask everyone to write an interesting fact about themselves on the piece of
paper and fold it into a paper airplane. Then everyone launches their paper airplane to somewhere around the room. Then everyone retrieves one of the paper airplanes, reads the fact, and guesses whose paper airplane they got.

THREE IN OUR CROWD
1. Required Items: N/A
2. Directions: Divide the teens into three teams. Each team has to find three things in common like the favorite season of the year, movie, favorite holiday and so on. One player will then introduce the group and share the three things that they have in common. You can even make the game a bit silly by asking the playing giving the introduction by using a voice like a show host.

MINDFULNESS MASHUP
1. Required Items: Paper
2. Directions: Start with three minutes of silent contemplation, and then have everyone write down what is stressing them out. When everyone finishes writing, tell them to rip up their own stress. Put all the scraps together in a bowl on the table.

MINEFIELD
1. Required Items: Organized Room
2. Directions: Set up “obstacles” around the conference room table. (We recommend something harmless and funny, like squeaky toys.) Now everyone takes turns navigating the obstacles while blindfolded, guided only by the shouts and direction of their teammates.

THE FRIENDLY DEBATE
1. Required Items: None
2. Directions: Start out by dividing the class into two teams then posing a harmless question that prompts people to choose a side. Here are some examples:
   - Warren vs West?
   - Pizza vs Tacos?
   - Ubers vs Public Transport?
3. Let all the like-minded people discuss the virtues of their position for a while, and then have a representative try to sell the other side of the room.