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# Icebreaker

Name: TV Theme Trivia

Notes:

Procedure:

- Buy a CD of old TV show music themes. These are available at most music stores and come in the different time eras such as 60's, 70's, etc.
- Divide the group into to smaller groups. They can be as small or large as you want them to be. Try to make the odds as even as possible.
- Each team is seated on the floor or in chairs. Play one of the themes.
- The first person to stand in a group who guesses correctly gets a point for their team.
- A wrong answer takes 1 point away from their score.
- Give a prize away to the winning team.
- Typically something that they can all enjoy is great. Ice Cream, extra free time if you're at camp or a retreat etc.

Alternatives:

Materials:

- TV Show Theme Music
- Prize
- 

Submitted By:

Pat & Karen Hine

# Icebreaker

**Name:** Birthday Line-up

**Notes:**

**Procedure:**

- Mark off a beginning and ending to a line. (This can be the opposite ends of a room or lines in a gym etc.)
- Show the students where the line needs to begin and where it ends.
- Tell them to begin lining up based on their birth date. (Month and day only. The year is not important.)
- Students will be asking each when their birthday is other (therefore getting to know everyone better).
- They will form a line with the first person having the earliest January birth date and the last person with the latest December birth date.
- Ask them to break into 12 smaller groups based upon the month they were born and to meet the people that have a birthday in the same month.

**Alternatives:**

- No Talking allowed
- Groups then can perform a skit to have the larger group guess what month their birthday is in.
- Make their actual Age count
- After they're in their month groups have them decide how to act out the name of their month so the larger group can guess.

**Materials:**

None.

**Submitted By:**

LeaderShape

# Icebreaker

**Name:** I've Never (Switch If... or Big Wind Blows)

**Notes:**

- You'll need a bunch of chairs depending on how large your group is.
- Everyone needs a chair or a place to sit. Or you can take turns with groups if you don't have enough.
- You can also play in a circle sitting down.
- CAUTION: This could get a little embarrassing. So, make sure you lay down some ground rules on what you're looking for (and give some examples) before you start the game.

**Procedure:**

- One chair per person is put in a large circle.
- One of the chairs is removed and the person who removed and that person and chair goes to the center of the circle.
- One person begins the game by saying "I've Never" and then finish the sentence with something they have never done (example "I've Never had braces"....yes it's lame but it's still an example!)
- If you are sitting in the circle and you HAVE done the thing the person in the middle says they have not done you have to move to a different chair. The person in the middle should sit down in one of the free chairs as soon as they can. Now there is a new person in the middle of the circle and they begin by saying "I've Never" and so on.

**Alternatives:**

**Materials:**

- Chairs

**Submitted By:**

**Turning Point**

# Icebreaker

**Name:** Fruitbasket Upset

**Notes:**

- You'll need a bunch of chairs depending on how large your group is.
- Everyone needs a chair or a place to sit. Or you can take turns with groups if you don't have enough.
- You can also play in a circle sitting down.

**Procedure:**

- One chair per person is put in a large circle.
- One of the chairs is removed and the person who removed and that person and chair goes to the center of the circle.
- Before the game the leader names everyone a fruit (Banana, apple, kiwi, etc.)
- The person in the middle says the type of fruit, and everyone who is that fruit gets up and moves to another chair.
- If the person in the middle yells "Fruit Basket Upset" everyone has to move.

**Alternatives:**

**Materials:**

- Chairs

**Submitted By:**  
Dustin Bryson

# Icebreaker

**Name:** Hickey Pickey Hokey Pokey Doo Dad

**Notes:**

- This game is for 10 or more players.
- If you've got a group of people that don't know each other well, then take 10 minutes before hand for everyone to introduce themselves.
- A cool way for people to remember each others names is to assign a food that corresponds with the first letter of their name. Like "Pizza Phil".

**Procedure:**

- Players stand or sit in a circle with one player in the center. The player in the center points his finger at some person and says "Hickey pickey hokey pokey doo dad."
- Before he/she has finished saying this, the player to whom he/she is pointing must call out the name of the player to his right.
- If he/she does not, he/she becomes IT. In a large group, several people may be in the center.
- Keep the game moving rapidly.
- Vary the position of the player to be named.

**Alternatives:**

**Materials:**

**Submitted By:** Michelle Antworth

# Energizer

**Name:**           **Tape Head**

**Notes**

- Three or four groups of participants.
- A few bags of wrapped hard candy (Jolly Ranchers, Star Mints etc.)
- Be sure to have a camera ready to take pictures or video. It's hilarious to watch afterwards.

**Procedure:**

- Each group should designate someone to be their TAPE HEAD.
- Give each TAPE HEAD one pantyhose leg and have the tape head put it over their head and face.
- Have teammates wrap masking tape all around their head (use the two sided masking tape or use the sticky side out with regular tape)
- Leave enough room for them to see through the hose and for them to breathe.
- REMEMBER: SAFETY FIRST! Have the teams get in opposite corners of the room, spread out a bunch of wrapped hard candies on a flat floor.
- The object of the game is to collect as many pieces of candy as possible by only using the tape head.
- Tape heads cannot use their hands to pick up the candy only their heads.
- Tape heads run back to their team and have them pull
- The winning team gets to keep all of their candy.

**Alternatives:**

**Materials:**

- **1 Pantyhose leg per group**
- **double sided or masking tape**
- **lots of hard candy**

**Submitted By: Robbie Forrester**

# Icebreaker

**Name:** Toilet Paper Game

**Notes**

- The only material you'll need is a roll or two of toilet paper, depending on how big your group is.

**Procedure:**

- Pass a roll of toilet paper around the room instructing everyone to take as much paper as they would use in their average sitting.
- After everyone has their toilet paper you go around having each person tells a fact about themselves for each sheet of paper they have in their hand.

**Alternatives:**

**Materials:**

- Toilet Paper

**Submitted By:** Mark Whitmire

# Icebreaker

**Name:**           **Get On The Couch**

**Notes**

- If you don't have a couch you'll need to designate four seats in a room on the floor or have four chairs side by side.
- The teams can be separated anyway you like, but we found it confusing to make up teams with guys and girls on it, so we always do guys against the gals. It's a great game and everyone loves it!
- Don't worry if you don't have couches, you can use a towel to designate the four person couch or whatever. We have even done it at the beach with towels and beach chairs!

**Procedure:**

- Divide the group into guys and girls. Guys on one team girls on the other.
- Have the youth group members sit on couches or chairs with one couch set aside for four people to sit on with one empty seat.
- The couch with four people on it is the important couch.
- Two girls and two guys sit on the couch alternating boy, girl, boy, girl.
- Each person must write their name on a paper.
- The papers are collected and each person draws a name.
- They then take on that name as their own and can not tell anyone who they are.
- The person with an empty seat to their right goes first, calling out a name.
- Whoever has drawn that name must get up and move to that spot.
- That person then switches the paper with the name on it with the person who called the name out.
- The object of the game is to get four of your team members on the couch.
- Whichever team does this first wins.

**Alternatives:**

**Materials:**

- Small scraps of paper
- Pens to write names
- A couch or other alternative

**Submitted By: Amy Russell**

# Icebreaker

**Name:** Hot Categories

## **Notes**

A tennis ball (a "Koosh" ball is probably better if you have one, because it's easier to catch).

## **Procedure:**

- Have students sit in a circle.
- Announce a category like "Candy Bars" then throw the ball to someone.
- They catch it and immediately (QUICK!) have to name a candy bar, then immediately throw it to someone else.
- They have to do the same, etc.
- Finally, when one person can't think of one really quick, or says one that's already been named, they are out.
- They hand the ball to the person next to them, who names a new category, like "State Capitals" and throws the ball.
- When a person is out they have to cross their arms and keep them crossed. If someone throws the ball to that person, the person who threw the ball to them is out for not paying attention.

## **Tips:**

- This game is fun because it's fast and people will get stressed and laugh. It's also fun if you think of funny categories (i.e.- "Topics that might appear on Jerry Springer"). As the leader, you may set the mood for this by having a few fun categories "pre-picked," so that the ones that you end up choosing will be really fun.

## **Alternatives:**

## **Materials:**

- Ball or Koosh
- Pre-picked categories

**Submitted By:** Dan Smith

# Icebreaker

**Name:**           **What's In Your Milk?**

**Notes:**

**Procedure:**

- Start by asking anyone the question, "What's in your milk?"
- That person (Person A) answers with a one word answer, it can be anything at all (i.e.- a cow).
- Everyone then takes turns asking (Person A) any question they want.
- Person A must answer "a cow" to (i.e.- You could ask Person A what he/she looks like at a buffet when they get really hungry-to which they must answer (straight-faced), "A cow."
- The goal for the people asking all the questions is to make Person A crack up or smile.
- There is no order to who asks questions after they answer 'what is in their milk.'
- People just ask randomly until Person A finally "smiles."
- Whoever asked the question that "breaks" Person A by making him smile, can ask anyone they want, "What's in Your Milk?"

**Tips:**

- You have to communicate to your small group that they have to think of funny questions to ask Person A-or the game won't be fun.
- This game is hilarious, but it is only as fun as you make it.
- (To get them doing this, I suggest that you start the game by asking someone, "What's in your milk?" let them answer, but then let someone else ask the first funny question.) Tell people to answer with absolutely crazy answers when asked, "What's in your milk?"
- The crazier the answers, the funnier the dialogue.

**Alternatives:**

**Materials:**

**Submitted By:** Dan Smith

# Icebreaker

**Name:**           **My Story**

**Notes:**

- At least 12-15 people for this game to go well.

**Procedure:**

- Send three people out of the room.
- The three people must decide on a story of something that has happened to one of them.
- The one it happened to must tell the full story to the other two, in order to prep them.
- The three then come out in front of everyone else.
- They each stand up, one at a time, and tell the story as if it happened to them.
- The crowd can quiz each of them about the event.
- Then the people have to vote on who they think the story really happened to.

**Tips:**

- Pick three people who are good talkers that have the gift of gab.
- Tell the three people to pick a funny story with plenty of details.
- The two who are lying will inevitably be asked questions that they don't know the answer to (i.e. "What was the teacher's name in that classroom?").
- They have to make up an answer-and sell it!
- Tell them to say anything that will make the story believable.

**Alternatives:**

**Materials:**

Submitted By: Dan Smith

# Icebreaker

**Name:**            **Guess Who?**

**Notes:**

**Procedure:**

- Give everyone a piece of paper and tell everyone to write down some fact (it has to be true) about themselves that they think that no one would guess. (For example, if you are really short you could write: "When I was in high school, I lettered in basketball. I even dunked on somebody during one game!" No one would guess that if you are very short.
- After they write out their fact (without their name on it) in a sentence or two, have them fold the piece of paper in half and put it in the hat.
- Then the small group leader will pull the facts out one by one.
- As he/she pulls out each fact he will number them (write the number on it) and read it out loud.
- The people in the small group will number their papers according to how many people are playing and write down who they think number one is, and so on.
- After all of them have been read and everyone has all of their guesses written down.
- Go through the list, reading them again (quickly), and let the person who wrote it raise his/her hand after theirs is read.
- While this is happening, people should be grading their own paper.

**Tips:**

- Tell people who came with each other not to give away ones that they know, because that will be points they will get that others might not get. (Plus, it kind of ruins the game for a person when their fact is read and their friend starts laughing at them and gives it away.)

**Alternatives:**

**Materials:**

- Small identical pieces of paper for each person. One full sheet of paper for each person.
- Pens for everyone.
- A hat.

Submitted By: Dan Smith

# Icebreaker

**Name:** Two Truths And A Lie

**Notes:**

**Procedure:**

- Give everyone a pen and a piece of paper and tell them to number it from one to three.
- In any given order, they need to write down two truths about them or their past and one lie about them or their past.
- After everyone is done writing, they flip over their pieces of paper.
- Go around the circle, one by one, letting each person say their names and then read their three items.
- Everyone else is to write down each person's name and which of the three things they think was a lie for each person.
- The winner is decided by one of two ways:
  1. Whoever fooled the most people with their lie.
  2. Whoever guessed the most lies as other people were sharing.

**Tips:**

- You want the two truths that you pick to be stuff that people wouldn't expect about you. (Example: If you are a big guy and you took ballet when you were young, choose that.)
- You want your one lie to be something that sounds like it would be "you." (Ex. If you are extroverted and "bubbly" but were never a cheerleader, say you were.)

**Alternatives:**

- You can also do this as a verbal game without pens/paper

**Materials:**

- Enough pens and papers for everyone.

Submitted By: Dan Smith

# Icebreaker

**Name:**            **The Pig Personality Profile**

**Notes:**

## **Procedure:**

Give the participants the following instructions: On a blank piece of paper draw a pig. Tell them not to look at their neighbor's pig and give no further instructions other than to say the pig is of the animal variety! Do not influence how the pigs are drawn. After they have completed the assignment give a good lead in about personality typing (eg MBTI) and tell them this is similar test. Their drawing will serve to interpret their personalities.

The results are as follows: (Don't shoot the messenger, I didn't draw your pig!)

1. If the pig is drawn toward the top of the paper you are a positive & optimistic person.
2. If the pig is drawn toward the bottom of the page, you are pessimistic & and have a tendency to behave negatively.
3. If the pig is facing left, you believe in tradition, are friendly, and remember dates and birthdays.
4. If the picture is facing forward (towards you) you are direct, enjoy playing the devil's advocate and neither fear nor avoid discussion.
5. If the pig is facing right, you are innovative and active, but have neither a sense of family, nor remember dates.
6. If the pig is drawn with many details, you are analytical, cautious, and distrustful.
7. If the pig is drawn with few detail, you are emotional, naive, care little for detail, and take risks.
8. If the pig is drawn with four legs showing, you are secure, stubborn, and stick to your ideals.
9. If the pig is drawn with less than four legs showing, you are insecure, or are living through a period of major change.
10. The larger the pig's ears you have drawn, the better listener you are.
11. And last but not least . . . the longer the pig's tail you have drawn, the more satisfied you are with the quality of your sex life.

## **Alternatives:**

## **Materials:**

Submitted By:    Gordon M. Cotten

# Icebreaker

**Name:**            **The Alphabet Game**

**Notes:**

**Procedure:**

1. Give each person a letter on a post-it, and ask them to place it somewhere on the front of their bodies (you might want to give more vowels, no x's, z's, q's. I also made the vowels a different color than the consonants).
2. Give them five minutes to form one word with at least 3 other letters/people (a minimum of 4 letters/people per word)
3. At the end of 5 minutes, take a look at all or some of the words formed, depending on the time you have.
4. Give each word-group a sheet of flip-chart paper and ask them to form a sentence using that word to describe their expectations of the course (if done at the beginning) or how they felt about the course (if done at the end).

**Alternatives:**

**Materials:**

Submitted By: Karen Shuler

# Exercise

**Name:**            **The Paper Exercise**

**Notes:**

**This is a communication exercise.**

**Procedure:**

- Give each member of the group an 8 1/2 x 11 piece of paper, the facilitator needs one too. Have them close their eyes. The facilitator issues the instructions and follows them as well. No questions are allowed.
- Instructions: Fold the paper in half.
  1. Rip off a corner
  2. Fold the paper in half
  3. Rip off a corner
  4. Fold the paper in half
  5. Rip off a corner
- The group can now open their eyes and find that there are many different shapes of paper. The debrief covers the need for two way communication and that the different perceptions of the people caused the many different designs.
- If time permits the group can be put in pairs. Have the pairs sit back to back and repeat the exercise using two way communications and find that the patterns come out closer

**Alternatives:**

**Materials:**

- 8 1/2 x 11 sheets of paper for every one.

**Submitted By:**

# Facilitation

**Name:** Establishing group norms with some modifications.

**Notes:**

**Procedure:**

- A common purpose is an essential foundation for a successful team. I have worked with a group in establishing a mission and value statement. Now, I want to introduce the finished product to the entire group and begin groundwork for future team building activities. I plan to try an activity that I designed called "This & That" The activity is based on the concept that a team is not transformed instantly into a high performing work group -- improvement is gradual but continuous.
- Team development is a process of becoming "more of THIS and less of THAT" The staff will (hopefully) identify the THIS (the positive attributes the team needs to perform) and the THAT (the negative attributes that we need to leave behind).
- To break the ice the activity will start with the staff identify the THIS and THAT values and behaviors in the following statements.
- See handout
- The staff will be encouraged to add as many ideas they can to the lists of THIS and THAT The staff responses will be used a diagnosis of the training needs. For example staff identify "trust" as a THIS and "distrust or suspicion" as a THAT; then a future activity would be based on establishing and building trust. A copy of the final product will be given to all staff. I also wanted to tie this activity into establishing group norms.

**Alternatives:**

**Materials:**

Submitted By:

THIS	THAT
------	------

**To show respect for co-workers**

we must be more like ... and less like ...

**To cooperate**

we must be more like ... and less like ...

**To listen more effectively we must be more like ... and less like ...**

# Facilitation

**Name:** To open a workshop presentation

**Notes:**

**Procedure:**

The lady that was to conduct the session snuck in and sat at the back of the class. When she was introduced she stood up and greeted everybody by saying that those who purposely sat in the back of the room were now in the "front" of the room. (good chuckle and got their attention). She then threw out wadded up "balls" of brightly colored paper and told the group if they caught one to throw it to someone else. They were to keep throwing the "balls" around until she said stop. If they were caught with one of the "balls" at that point they came to the "front" of the room. They then opened up the "balls" to find words written on them in big letters. Next they were given 3 minutes to arrange the words to form a sentence. The correct answer was "If you do what you always did you'll get what you always got." She then got into "changing" classroom situations to keep the learners involved. Very good climate setter.

**Alternatives:**

**Materials:**

Submitted By: Randy Shuttleworth

# Icebreaker

**Name:** People are different

**Notes:**

**Procedure:**

- On a flip chart, divide the page into four equal parts. In the upper left corner draw a big square.
- In the upper right a big triangle. In the lower left a large Z, and in the lower right a large circle. Then ask participants which symbol they feel most represents continuous improvement (or life-long learning, or some similar concept) be sure to tell them there is no right or wrong answer. Then ask for a show of hands of who thinks its the square.
- Turn to another page that has the square drawn and some words like:
  - logical
  - task oriented
  - analytical
- Explain that a good team (group, etc.) should have some of these people on it. In fact it should have some of each group on it.
- Next ask for a show of hands for the triangle. Go through the same process for each symbol.
- The pages should have the following:
  - Triangle:
    - Leadership
    - Visionary
    - Determined
  - Z:
    - Creative
    - Risk taker
    - Fun loving
- Now ask for a show of hands for the circle (usually most people select this one). Now turn to the circle page and have the following written:
  - Constantly preoccupied with sports, shopping, reading, etc.
- Explain that you just wanted to get a feel for the types of people in class and now you have.

**Alternatives:**

**Materials:**

Submitted By: Larry Dodge

# Icebreaker

**Name:**            **Getting to Know Me**

**Notes:**

**Procedure:**

- Tell participants you want to do a quick psychological profile to help them learn more about themselves. They will grade their own papers at the end and no one else will see the results. It's strictly confidential.
- Question #1. If you died and could come back as any animal you wanted, what would that animal be? When you have decided what animal you would like to be, write down 3 adjectives describing that animal.
- Question #2 What is your favorite color? Now write 3 adjectives describing that color.
- Question #3. What is your favorite river? (You don't have to have ever been there) Now write 3 adjectives that describe that river.
- Question #4. Close your eyes and try to imagine being in the situation I will describe. You are surrounded by a brilliant whiteness. Everywhere you turn, all you see is whiteness. Think about being in this situation for a few seconds. Now open your eyes and write 3 adjectives that describe your feelings when you thought about being in that situation.
- Now we will grade the papers. Answers to follow

**Answers:**

- Question #1 The 3 adjectives you wrote are how you perceive yourself.
- Question #2. The 3 adjectives are how other people perceive you.
- Question #3. The 3 adjectives are how you perceive sex. (or making love)
- Question #4. The 3 adjectives are how you perceive death.

**Rationale:**

- Question #1 - We usually want to come back as an animal with characteristics we admire. example: I said porpoise and wrote: intelligent, graceful, free. (I have a high I.Q., have always been very active in sports, and I'm an independent thinker. When we admire certain characteristics we tend to want to emulate them.
- Question #2 - We again usually like colors because they have characteristics we identify with. I wrote red at the time but can't remember why. I've have since change to purple. An example would be a person who chooses sky blue because its peaceful, calm, relaxing, or red because its exciting, dangerous, energetic.
- Question #3. - Had something to do with Freud.
- Question #4. - Based on stories of people dying and coming back to life and walking towards a bright light or being bathed in a bright light.

**Alternatives:**

**Materials:**

Submitted By: Larry Dodge

# Exercise

**Name:**           **Family Feud**

**Notes:**

**Procedure:**

- I've done this using the TV game show "Family Feud" as a format. Using this with Commercial Bankers, I asked questions like "what are the top five things customers like to hear from a teller?" answers included "thank you", their own names, "how may I help you today", etc.
- Also, did the "what do customers NOT want to hear?" answers "you'll have to go see . . .", "that's against our policy", "NO". etc.
- Ideas are unlimited and participants really enjoyed it. Debrief as appropriate.

**Alternatives:**

**Materials:**

Submitted By:   Barbara Batson

# Icebreaker

**Name:**            **Counting the F's**

**Notes:**

**Procedure:**

- If you haven't encountered this before, give it a go now, and count the "f"s. The solution is at the end of the text. I normally allow 40 seconds for this, then repeat the exercise, allowing 50 seconds.

"The necessity of training farm hands for first class farms in the fatherly handling of first class farm livestock is foremost in the minds of farm owners. Since the forefathers of the farm owners trained the farm hands for first class farms in the fatherly handling of farm livestock, the farm owners feel they should carry on with the family tradition of fundamental training of farm hands of first class farms in the fatherly handling of livestock because they believe it is the basis of good fundamental farm management."

- There are 38 "f"s in the above text. In my experience, most people count between 26 and 32. Some get part way through, and guess the rest!

**Alternatives:**

**Materials:**

- Copies of the paragraph printed out on ½ sheets of paper to pass out to participants.

Submitted By:

Creating Culture Change: The Key to Successful Total Quality Management by Philip E Atkinson

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# Exercise

**Name:**           **Paperclips and straws**

**Notes:**

Team building and communication

**Procedure:**

- Give each group a box of straws (not flexible straws) and a box of paperclips. Check that the paperclips can fit snugly into the end of the straws.
- Give each group a task (you can use the same one for each group if you want) and let them go.
- Sample tasks: Build the \_\_\_\_\_ structure as a group.
  - tallest
  - strongest
  - longest
  - most creative
  - most functional etc.
- Debriefing included describing teamwork and situational leadership skills used as well as how different models are needed to accomplish different tasks.

**Alternatives:**

- This is also really fun to do with gumdrops and spaghetti. You can separate into two groups and instruct the groups to do two different tasks (Group 1 build the tallest structure, Group 2 build the most creative structure) Tell them that they can't share their instructions with one another, and debrief the conflict that arises.

**Materials:**

- Straws and paperclips
- Or gumdrops and spaghetti

Submitted By:

George Takacs (alternatives from UM Psychology 405 course)

# Exercise

**Name:** GENERALIZING

**Notes:**

Creativity

**Procedure:**

Hold up cup. Ask audience to look at it and call out what it is. Ask "we all agree this is a cup?" Hold up cup again walking around room. Ask audience what we use it for. Ask "we all agree that this is a cup and it's used to hold liquid (drink from, whatever group consensus is)."

Explain principles of "generalization." We as a group "generalize" that this is a cup. Some generalizations are good -- if we had to rediscover the purpose of a cup or door each time we encountered one, it'd be a tough world.

Some generalities are not so good -- such as "all blondes are dumb" usually gets laughter because I'm blonde --use other examples pertinent to group -- maybe "teams don't work here"

(Get creative here!) Say: While we generalized that this is a cup, it could also be a hat (place on head), a toy (walk it across table top), half of a modern telecommunications system (my client happened to be in that business), etc..

Then say: Today, we need you to set aside your generalizations of the way things are done, the way the organization is structured, the way people do their work, etc. Now, I'd like to introduce you to the future of XX Corporation.

**Alternatives:**

**Materials:**

- A cup

Submitted By: Susan Nurre

# Energizer

**Name:**           **My Bonnie Lies over the Ocean**

**Notes:**

Purpose of this activity is to energize your students and help them listen to their inner voice. Students need to listen to the sounds in the song, not follow their peers.

**Procedure:**

Students get into a circle, standing shoulder to shoulder, facing in.

Students count off in "ones" and "twos".

Ones start game bending over touching their knees.

Twos start game standing up.

As students sing the song "My Bonnie", the "ones" and "two" change positions every time they hear the "B" sound. So the first "B" sound, the "Ones" stand up and the "Twos" touch their knees.

Hold these positions until the next "B" sound, and change.

Start out slow. But increase the tempo for each round.

Song:

My Bonnie lies over the ocean.

My Bonnie lies over the sea.

My Bonnie lies over the ocean.

So bring back my Bonnie to me.

Bring back, bring back,

Oh, bring back my Bonnie to me, to me.

Bring back, bring back,

Oh, bring back my bonnie to me.

**Alternatives:**

- It's my preference to do this activity sitting in chairs and instead of touching your knees, stand up and sit down.

**Materials:**

Submitted By:

# Energizer

**Name:**            **Singing in the Rain**

**Notes:**

- Just plain silliness

**Procedure:**

- Teach participants the song

Song:

I'm singin' in the rain,  
just singin' in the rain,  
what a glorious feeling I'm...  
Tsh tsh tsh tsh tsh tsh

- Add the following motions. The motions add on, so once you're at the third round, it's motion 1 + motion 2 + motion 3...

Motions:

- Thumbs out,
- elbows back,
- knees together,
- butt out,
- chest out,
- chin up,
- tongue out

**Alternatives:**

**Materials:**

Submitted By:

# Energizer

**Name:** I'm Alive, Awake, Alert, Enthusiastic

**Notes:**

**Procedure:**

Teach the group the song:

I'm alive, awake, alert, enthusiastic

I'm alive, awake, alert, enthusiastic

I'm alive, awake, alert,

I'm alert, awake, alive,

I'm alive, awake, alert, enthusiastic

There are motions that accompany the song. Each set of motions is an entire time through the song.

- 1) Finger aerobics (using index fingers) point them up and out alternating)
- 2) Hands (same as with fingers, except use your entire hand)
- 3) Arms (same again)
- 4) Body motion (same as arms except you also bend at the waist and touch your toes)

**Alternatives:**

**Materials:**

Submitted By:  
Bugenheim '98

# Energizer

**Name:** Cursive with your butt

**Notes:**

Very fun.

**Procedure:**

- 1) Ask the group, "who in this group thinks they can dance well?" Have them sit down
- 2) Ask the group, "who can dance pretty well, or at least keep a good rhythm?" Have them sit down.
- 3) Instruct the people who are still standing that they'll be learning how to dance a bit.
- 4) The people who are sitting down, help keep the beat by clapping their hands.
- 5) Instruct the standing participants to bend their knees a little bit
- 6) Feel the rhythm and bounce a little to the beat
- 7) Shake your arms to keep them loose
- 8) Stick your butt out a little bit and...
- 9) Sign your name in cursive with your butt

**Alternatives:**

Sign your name vertically  
Sign your name horizontally  
Try a new font

**Materials:**

None.

Submitted By:

# Energizer

**Name:** Goin' to the Disco

**Notes:**

**Procedure:**

The basic song for this energizer is:

Goin' to the disco (*group repeats leader*)  
Got my disco shoes and my disco 'fro (*group repeats*)  
Gonna teach you a dance that you don't know (*group repeats*)

John Travolta  
John, John Travolta  
Travolta to the left, Travolta to the right, Travolta to the middle, yeah, you did it right

Motions accompany the song (for example with Travolta the pointing finger across the body from Saturday Night Fever)

**Alternatives:**

- Twist
- Jerk (which is the Mashed Potato
- Monkey
- Add you own!

**Materials:**

None.

Submitted By:  
Mike Hayes '00

# Energizer

**Name:** Shark Attack

**Notes:**

This is a HUGE hit!

**Procedure:**

Song:

Baby Shark  
Do do do do do do  
Baby Shark  
Do do do do do do  
Baby Shark  
Do do do do do do  
Baby Shark

Motions accompany each verse. Baby Shark is either the index finger and thumb or use your entire hand to make a pinching motion, like a baby shark biting.

Mama Shark (motion: use both flat hands to make the Mama shark bite)

Daddy Shark (motion: use both arms like the Florida Gators)

Gramma Shark (motion: use both hands made into fists together (like dentures)

Grampa Shark (motion: use both arms bent with elbows forward – put your hands together and interlace your fingers. Take the BIG fist you just made and move it to your left shoulder. The pointed out elbows are the sharks mouth)

Went for a swim (motion: swim with whatever stroke you prefer)

Saw a shark (motion: Put your hand on your forehead – pointing up like a shark and tilt your head on the beat – like the Roxbury brothers)

Swam away (or swam real fast) (motion: swimming quickly)

Shark Attack (motion: Put your arms up in the air and move them in circles. Also fun to swirl your hips too)

Lost a Leg (motion: lift your leg to your buttocks and grab your ankle, go crazy like MC Hammer)

Happy Shark (motion: put your hand on your forehead – like saw a shark, and use your other hand to pat your belly)

**Alternatives:**

**Materials:**

Submitted By:

# Energizer

**Name:** Ride That Pony

**Notes:**

**Procedure:**

Get the group to number off in 2's. Have the 1's gather in a circle facing out, and the 2's in a larger outer circle facing the ones. All participants sing the song and the inside circle "rides the pony" Then both circles do the motions for the second stanza.

Song:

Ride, ride, ride that pony  
Ride, ride, ride that pony  
Ride, ride, ride that pony  
This is what she told me

Front to front to front, now baby  
Back to back to back, now baby  
Side to side to side, now baby  
This is what she told me

Motions:

For the first stanza, ride the pony in a circle to the right. (riding the pony is like riding a hobby horse). At the end of the first stanza, each person faces a person in the outer circle.

Both persons then dance at one another for the first verse,  
They flip back to back for the second verse,  
Then flip side to side for the third verse,  
And face each other for the fourth verse.

Repeat until great amounts of laughter are experienced.

**Alternatives:**

Depending on the crowd, this can be a more risqué energizer...

**Materials:**

Submitted By:

# Energizer

**Name:** Little Sally Walker

**Notes:**

**Procedure:**

Get the group to number off in 2's. Have the 1's gather in a circle facing out, and the 2's in a larger outer circle facing the ones. All participants sing the song and the inside circle walks around in a circle until the song says, "stopped". Then you stop in front of the person and "do your thing!" Do your thing just means show off your best dance move...

Song:

Little Sally Walker

Walkin' down the street

She didn't know what to do,

So she stopped in front of me,

I said, "Gwon girl, do your thing, do your thing, do your thing,

Gwon girl, do your thing, do your thing, now switch."

**Alternatives:**

**Materials:**

Submitted By:

# Icebreaker

**Name:** People Bingo

**Notes:**

**Procedure:**

- Make a 5 x 5 grid, like a bingo grid. Write "FREE" in the center space.
- In all the other spaces, write things such as "Born in another state," "Is the youngest child in family," or "Elvis fan."
- Fill in all the grids with items of interest to the students
- Run a copy for each person.
- The students are to get the signature of a person who meets the criteria for each section. You might want to implement a rule that a person can only sign another person's paper in two spots.
- The first person with a completed card wins.

**Alternatives:**

**Materials:**

- 5 x 5 grid pre-prepared for activity

**Submitted By:**

# Game

Name: Mafia / Criminal Dealings

Notes:

Procedure:

- Deal out enough cards that there is one card per person playing the game. Make sure there are only 2 Kings, 1 Jack, and 1 Ace in the deck of cards.
- The Kings are the mafia, the Ace is the Angel, and the Jack is the detective, all other cards are townspeople.
- One participant does not receive a card and is the narrator.

The purpose:

- The mafia are trying to kill the detective and all the townspeople. The detective is trying to get the mafia. The townspeople are trying to survive.
- The game ends when both mafia are “caught” by the detective or everyone else is dead.
- Each person draws his/her card and does not show it to anyone.
- The narrator begins the game, “it was a dark and stormy night...”
- All players (the townspeople) put their heads down with their eyes closed.
- The narrator instructs the mafia to wake up. The two mafia *silently* agree who they would like to murder. The mafia put their heads down and closes their eyes.
- The narrator instructs the detective to wake up. The detective points to someone and the narrator nods or shakes his/her head to confirm that the person is / is not mafia. The detective puts his/ her head down and closes his/her eyes.
- The narrator instructs the angel to wake up. The angel then points to the person who s/he will protect for this round. This means if the mafia chose to kill the person who is protected by the angel – the person doesn’t die. The angel can protect himself. If the angel has suspicions of who the detective is, s/he may want to protect the detective. The angel puts his/her head down, and closes his/her eyes.
- All the townspeople are instructed to wake up
- The narrator explains who was or was not murdered. If there was an attempted murder (i.e. the mafia chose to kill someone who the angel protected) the narrator explains this as well. If the detective caught the mafia, the narrator will reveal this information. Once both mafia are caught the game is over.
- Continue the cycle until the game ends.

**Alternatives:**

- If the narrator decides, the townspeople can have the opportunity to vote on who they think the mafia is each round. This is usually called 'lynching' but a better word could be used.

**Materials:**

- Deck of cards

**Submitted By:**  
**Turning Point**

# Icebreaker

**Name:**            **Name Tag Match Maker**

**Notes:**

**Procedure:**

Each group member will need a 5" x 7" card for a name tag. Then give the following directions:

1. Put your name in the center of your card.
2. In the upper left corner, write four things that you like to do.
3. In the upper right corner, write your four favorite singers or groups.
4. In the lower left corner, write your four favorite movies.
5. In the lower right corner, write four adjectives that describe you.

When everyone finishes, have them mingle with the group for a few minutes. Without talking, they are to read the upper left corner of the other group members' cards. When time is up, they are to find one or two people who are most like them and visit for a few minutes. When time is up, they are to mingle again reading the upper right corner of the other group members' cards. They then find the one or two people most like them and visit. Repeat with the lower left corner and lower right corner information.

To make sure everyone visits with several people, you could implement a rule that no two people can be in the same group more than once.

**Alternatives:**

**Materials:**

5 x 7 index cards

**Submitted By:**

# Energizer

**Name:** Human Knot / Knots of People

**Notes:**

**Procedure:**

- Divide the group into teams of 8 to 12 members.
- Have each person join right hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right.
- Then have each person join left hands with another person in the group, but it has to be someone who is NOT standing immediately to the left or right and someone other than before.
- Now the groups have to untangle themselves without letting go of hands.
- They may have to loosen their grips a little to allow for twisting and turning.
- They may have to step over or under other people.
- The first group to untangle their knot is the winner.

**SPECIAL NOTE:** There are four possible solutions to the knot.

1. One large circle with people facing either direction.
2. Two interlocking circles.
3. A figure eight.
4. A circle within a circle. (or two separate circles)

**Alternatives:**

- If you want to talk about communication or disability, you can blindfold members of the group, make people mute, etc.

**Materials:**

**Submitted By:**

# Energizer

**Name:**           **The Ha Game**

**Notes:**

**Procedure:**

- Instruct participants that the object is to not laugh during this activity
- Have the first participant lay down on the floor.
- The second participant should put his or her head on the stomach of the first participant
- Continue until all participants have their head on someone's stomach.
- The last participant should then say, "ha"
- The next to the last participant then says, "ha – ha"
- Each consecutive participant adds a ha to the system.
- Once the laughing starts, it just keeps on going...

**Alternatives:**

**Materials:**

**Submitted By:**  
**Turning Point**

# Energizer

**Name:**           **Monkey-Moose-Amoeba**

**Notes:**

**Procedure:**

- Have group gather in a circle.
- One person is at the center of the circle.
- The person at the center points to a person and calls out a name (the name and person pointed at do not have to be the same) The person whose name is called is the person who needs to perform.
- The person who's "it" also calls out monkey, moose, or amoeba and begins counting to 5 (1-2-3-4-5)
- While the person who's "it" is counting the person whose name was called performs the motion required for the Monkey-Moose-Amoeba called out.
- There is a catch. The person whose name is called is not the only person to participate. The person directly to the left and right also participate. See chart below for motions

	Left Person	Center Person	Right Person
Monkey	See no evil	Speak no evil	Hear no evil
Moose	Left antler	Snout	Right antler
Amoeba	All jiggle	All jiggle	All jiggle

- If the three participants aren't quick enough, the person who is slowest goes into the center. If they are all clueless, the person whose name was called goes to the center first.

**Alternatives:**

<b>Charlie's angles</b>	<b>Angle gun up</b>	<b>Gun straight up</b>	<b>Angle gun down</b>
<b>Elvis</b>	<b>Adoring fan</b>	<b>Play air guitar, swivel hips</b>	<b>Adoring fan</b>
<b>Elephant</b>	<b>Trunk</b>	<b>Body</b>	<b>tail</b>

**Materials:**

**Submitted By:**

# FAcilitation

**Name:**           Lions and Tigers and Bears

**Notes:**

- Just a bit of humor...

**Procedure:**

- Have participants count off into groups of four, by saying
- "Lions, and Tigers, and Bears, oh my

**Alternatives:**

**Materials:**

**Submitted By:**

# Icebreaker

**Name:**           A What?

**Notes:**

## Procedure:

The leader of the game starts by passing the first object to the person on their right and saying, "This is a whit." The reply is, "A What?" The leader would then clarify, "A whit." This question sequence continues around the circle but the question "A what?" is passed all the way back to the beginning and back again. This game can be confused by adding an additional object called a Watt in the opposite direction.

## Alternatives:

In this version, you have a circle of however many people, and the same number of monosyllabic items. One person, the leader, starts by choosing one object, let's say it is a spoon. He/she hands this object to the person on his right, and says: This is a spoon.

The person replies:

"A What?"

Leader: "A Spoon."

Person: "Oh, A spoon!"

the person then takes the spoon and hands it to the person on their right, now becoming the leader. At the same time, the original leader has picked up a new object, and has passed it on. The second person now must carry on two conversations at the same time, looking from one to the other. I have included a diagram of what I mean:

Leader:	Person #1	Person#2	Person #3
This is a spoon.			
	A What?		
A Spoon			
	A What?		
A Spoon			
	Oh! A Spoon		
This is a knife	This is a spoon		
	A What?	A What?	
A knife!	A Spoon		
	A What?	A What?	
A Knife!	A Spoon!		
	Oh, a knife!	Oh, a spoon!	
This is a Fork	This is a knife	This is a spoon	
	A What?	A What?	A What?
A Fork!	A Knife	A spoon!	
	A What?	A What?	A What?

**A Fork!**

**A knife!**  
**Oh, a fork!**

**A spoon!**  
**Oh, a knife!**

**Oh, a spoon!**

**This game is really fun, and it tends to get louder and louder as the more people play the game.**

**Materials:**

- miscellaneous objects

**Submitted By:**  
**Mark Stephens**

# Energizer

**Name:**            **Balloon Battle**

**Notes:**

- Make sure to remove people from the situation if they don't like loud noises or popping balloons.
- Be careful of people slipping and falling because of the balloons.

**Procedure:**

**Inflated balloons and string for each team member. Have two teams - tie balloons to ankle and teams try to burst the others first. Team with the last balloons wins. As your balloon is burst you withdraw from the game.**

**Alternatives:**

- Losing team has to pick up the pieces.

**Materials:**

- **Balloons**
- **string**

**Submitted By:**

# Resources

This document online for downloading  
<http://www.umich.edu/~jbrake/icebreakers.pdf>