



silver lined
horizons

Listening and learning from the next generation

ICEBREAKERS

Icebreaker (*def.*)

An **icebreaker** is a facilitation exercise intended to help a group to begin the process of forming themselves into a team. **Icebreakers** are commonly presented as a game to "warm up" the group by helping the members to get to know each other.

(Wikipedia, 2016)

Hi there!

We've pulled together a collection of icebreakers and energiser games that can be used with a variety of groups. They don't need much resource, just read through and have a go.

Good luck and have fun!

From the team at Silver Lined Horizons

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Energiser: Would You Rather?

Would you rather always take a cold shower or always sleep an hour less?

Would you rather always have to say what is on your mind or never speak again?

Would you rather always lose or never play again?

Would you rather be 3 feet tall or 8 feet tall?

Would you rather tell your best friend a lie or tell your parents the truth?

Would you rather be hairy all over or completely bald?

Would you rather be the most popular person or the smartest person you know?

Would you rather be rich and ugly or poor and good-looking?

Would you rather give up your computer or your favourite pet?

Would you rather never use the internet again or never watch TV again?

Would you rather have loads of money and be lonely, or poor and really popular?

Run the Gauntlet

Form two lines with participants facing each other. Have one person walk or skip in-between the two lines to 'run the gauntlet'. As the person does this, others pat them on the back, give them a high five or a hug, share kind words, or smile at them. Encourage the person to go through the gauntlet slowly and to listen to the words and gestures offered.

Expected Outcome: Good feelings about themselves, feeling good at giving others compliments, increased self-esteem, group cohesion.

Silver Lined Horizons version: As the young people walk through the line, say or show an emoji (on your phone or on picture cards) that describes their feelings or reminds them of the other person.

I Prefer...

Ask everyone to stand up and begin moving in a circle in a clockwise direction. Now read out the statements below or make up your own relevant to the group. The young people should listen and, if they agree with the statement, keep walking in the clockwise direction. If they prefer the alternative choice, then they should turn and start walking in an anticlockwise circle. This should become chaotic as people will have to push past others to show their opinion.

1. I prefer plain chocolate to milk chocolate.
2. I prefer fresh fruit to pizza.
3. I prefer a bath to a shower.
4. I prefer *Big Brother* to *The X Factor*.
5. I prefer Nando's to McDonald's.
6. I prefer dogs to cats.

7. I prefer the snow to sunshine.
8. I prefer R&B to indie music.
9. I prefer to go with the minority as opposed to the majority.
10. I prefer silence to noise.

Review the activity by asking:

- How does it feel to be 'different' and not go along with the crowd?
- How can being confident help you to uphold your view?

Newspaper Puzzle

Divide the young people into two teams and give each group a copy of the SAME newspaper. Ask them to spread the newspaper out in front of their team. Describe a particular advert, article, fact or picture from the paper. The group has to find it, rip it out and bring it to you. The first team to bring it over gets a point. Continue calling out items. The winning team is the one with the most points.

Pass the Mystery Object

Everyone stands in a circle. Explain that you are going to mime passing something to the first person, but you won't tell them what it is. They then pass it on to the next person and continue round the circle. After a few passes, introduce the next 'object' so that there are several things being passed round at the same time. At the end, ask people what they thought they were passing.

Examples of 'things' to pass are:

- A really smelly bin bag
- A heavy suitcase
- A cute puppy
- A sticky bun

Who Am I?

Prepare a self-adhesive label or Post-it note for each young person in your group. Write on it the name of a well-known or famous person. This can be an historical character or current sportsperson, musician, TV personality, celebrity, etc. Have a good mix of men and women.

Keeping the names hidden, stick the labels or Post-it notes on the foreheads of everyone in the group. Each person takes a turn to ask questions to figure out their identity. For example: Am I alive? Am I female? Am I in a band? Only 'yes' or 'no' questions can be asked. If the answer is no, their turn is over. If the answer is yes, they can ask another question and keep going until they get a no, or they guess who they are. Keep playing until everyone has guessed or, if time is short, stop after the first few correct answers.

Name That Choooon!

Get each young person to write down numbers 1-10 on a piece of paper. Play the first three seconds of 10 songs, pausing in-between each one. The young people have to name both the title and the artist of each song.

Soup Recipe

Tell the young people that you need to make soup, but you don't know how and you don't have any food at home. Ask them what you need to do.

Write the steps on the board. What should you do first? Try to find steps that they miss (i.e., did you buy the necessary ingredients? Do you have a pot? Do you need to cut the vegetables?). Have them modify the steps that are written until you are confident that you could make soup based on their directions.

Getting to Know You

Split the young people into two groups. Get each group to line up against opposite sides of the room. Ask each person to take off one shoe and make a pile of their team's shoes. Get each person from one team to come and select a random shoe from the other team's pile, and then find the person that the shoe belongs to.

Tell them that once they have found their match, they should ask a question that they've previously thought of. This will allow them to get to know each other a bit better. Make sure you don't leave this time too long, but don't make it too short either – give both people a chance to answer the same question. Repeat the process with the other team's pile of shoes.

'Honey, I Love You...'

The young people have to say, "Honey, I love you...but I just can't smile" to each other without smiling or laughing, and the responder has to say, "Honey, I love you too", also without smiling or laughing.

#Pictionary

The young people take it in turns to pick a word and then have to draw it out for the rest of the group to guess. If someone guesses, they take the word. The one with the most words wins.

Hash tag	Followers
Emoticons	Text
Instagram	LinkedIn
Online	Share
Profile	YouTube
IPhone	Facebook
Digital	App
Snap chat	Vlogging
Keyboard	Tag
Blog	Internet
Likes	Privacy
Twitter	Website
Friends	Google
Comment	WhatsApp
Social networking	Tweet

In the Manner of the Word

In advance, cut out the words below and put the blue ones (emotions) into one bowl and the yellow ones (actions) into another bowl.

Ask one person to leave the room while everyone else picks a piece of paper from each bowl (so each person has an emotion and an action), which they have to act out. When the person comes back into the room, they have to guess what everyone else is doing and in what manner.



Frustrated	Tidying your room
Fearful	Texting
Confident	Talking
Sad	Travelling
Amused	Doing your homework
Proud	Shopping
Stressed	Watching TV
Annoyed	Cooking
Bored	Exercising
Angry	Sleeping
Happy	Eating
Excited	Studying

M&M's Game

Open a bag of M&M's and get each person to grab some (Smarties would work too). Tell them not to eat them.

Assign a different meaning to each colour:

Blue = family

Green = school

Yellow = friends

Red = hobbies

Brown = music/movies

The number of M&M's they have in their hand is the number of facts they have to share. For example, if they have three blue ones, they would have to offer three facts about their family.

Cross the Line If...

- You are female
- You are under 12
- You like baked beans
- You know what you want to do when you leave school
- You are an only child
- You enjoy playing sports
- You prefer Coke to Pepsi
- You have smoked a cigarette
- You have felt lonely in the past three months
- You have been in love
- You are really quite shy but pretend that you're not
- You have ever had surgery
- Someone close to you has died
- You think that your anger might get you in trouble one day
- You support the death penalty in the USA
- You feel you could do with a hug right now... but don't want one from anyone in this room
- You think that marijuana should be legalised
- You think the drinking age should be lowered from 18 to 16
- You know someone who has been attacked
- You have cried in the last three months

- You have been the victim of racism
- You find that thoughts of food take up a lot of your day
- You think adults have no idea what young people have to go through these days
- You think the school day should be shorter
- You have been in a relationship and been hurt
- You wish you had more money
- You have low self-esteem
- You are going to miss people in this group when the project finishes
- You have been completely honest in this activity
- You are going to keep in touch with people from this group when the project finishes

The Question Web

You need to have a spool of string or wool for this game. Ask the young people to stand in a circle. Hold onto the end of the string/wool and throw the spool to one of the young people to catch. They then choose a question from 1-10 to answer. Holding the string, they then throw it to another member of the group.

Eventually, this creates a web, while everyone learns some interesting things about each other! At the end of the game, you could comment that we all played a part in creating this unique web and if one person were gone it would look different.

1. If you had a time machine that would work only once, what point in the future or in history would you visit?
2. If you could go anywhere in the world, where would you go?
3. If your house was burning down, what three objects would you try to save?
4. If you could talk to any one person who is alive now, who would it be and why?
5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
6. If you were an animal, what would you be and why?
7. Do you have a pet? If not, what sort of pet would you like?
8. Name a gift you will never forget.
9. Name one thing you really like about yourself.
10. What's your favourite thing to do in the summer?

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On the Ball

Throw a ball or balloon around the room. Whoever catches it has to say what they're grateful for.

Banana Surgery

Each team/pair is given a banana and asked to cut it into five equal sections. They are then given Sellotape, pins, string, rubber bands and toothpicks to try to put the banana back together again. It could get messy but it'll be a lot of fun!

Sleeping Lions

One young person is named as the lion catcher, and everyone else is a lion. The lions must lie completely still on the floor, pretending to be asleep. The lion catcher must walk around the room and attempt to wake up the lions, catching out anyone who moves or laughs. The last lion still 'asleep' (not moving) is the winner.

Wink Murder

One young person plays detective and leaves the room. The rest of the group then chooses someone to be the 'wink murderer' (their role is to, one by one, 'kill off' the whole group by winking at individuals). When the detective comes back into the room, the wink murderer should begin winking at his/her victims. The detective has to guess who the killer is before the whole group is dead!

Spaghetti Letters

Give a tin of opened spaghetti letters and a plate to each person or team. Allow the young people three minutes to make as many words (associated with the topic you are talking about) on the plate. The winner/winning team will have made the most words (spelt correctly!).

Fear in a Hat

Ask each young person to write down their personal fears anonymously on pieces of paper before putting them into a hat (or bowl). Pass the hat around the group and have each young person take out a piece of paper. In turn, they read the fear aloud to the group and explain how that person may

feel. This is a reflective discussion, which can help the young people expand on how feeling empathetic and having common fears may build trust within a team.

The Sun Shines On...

Get everyone to sit in a circle on chairs. Ask for a volunteer to stand in the middle, then remove their chair from the circle. The volunteer must say, "The sun shines on anyone who..." and then finish the sentence. They can say anything from, "... who watched EastEnders last night" to "... who has been on a plane". Everyone who falls into this category swaps seats. One person will be left in the middle and they then must repeat this process. You can't go back to the seat you have just come from. You can use this icebreaker to fit in with your session plan, e.g., "The sun shines on... anyone who has ever been bullied, sent a horrible text message, fallen out with a friend, etc."

Protect the Egg

This activity can be done in pairs or individually. The young people are each given an egg and told to create a casing that would protect it if it were thrown or dropped. Items that can be used include: string, bubble wrap, tissue paper, Sellotape, card, paper and Blu-Tack. After the young people have made their cases, find somewhere (preferably outside) to test out the eggs. Either drop them from a height or throw them over something, like a wall.



T: 07733 102182

E: info@silverlinedhorizons.com

W: www.silverlinedhorizons.com

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