

Sun Devil Suggestions

The purpose of icebreakers is to...

- Introduce and acquaint people
- Create a comfortable environment
- Explore thoughts and feelings
- Break up cliques
- Release tension, re-energize
- Encourage interaction
- Kick things off
- Evoke laughter and fun

Getting To Know Each Other

- **Nametags:** Give each person a blank name tag to write their name, home town, humorous saying, etc., on. They can decorate the name tag as they wish.
- **Human Bingo:** Create a bingo card grid, and in the squares write phrases such as "has climbed a mountain", "rides a bike", "has run a marathon", "works for a charity", etc. (things that it would be interesting to know about someone). Tell your group to find one person who has done each thing and have them sign their card. Keep going until someone has all of the boxes filled in.
- **Famous Couples:** Write names of famous couples on mailing labels (one person on each label). When people arrive place a label on their backs. They have to ask other people "yes and no" questions to identify the name on their back. When they figure out who it is, they then have to find the person who has the label for the other half of the famous couple.

Getting to *Really* Know Each Other

- **Forced Choice:** Ask members to stand in the middle of the room. Assign a moderator to ask questions, and have individuals in the group move to either side to indicate their choice. Sample questions are: More like a Cadillac or a Volkswagen? More like a saver or a spender? More like New York or Colorado? More yes or no? More here or there? More intuitive or rational?
- **Favorite T-shirt:** Ask attendees to bring (not wear) their favorite T-shirt to the meeting. Once all participants have arrived, ask each person to show the shirt to the group and explain how the T-shirt best resembles their personality.

Fun and Energizing Icebreakers

- **Strike the Funny Bone:** Have the group sit in a circle and tell them this exercise is to be done without laughing. Person #1 says, "Ha." The person to his right repeats his "Ha" and adds a new "Ha." Person #3 repeats the two "Has" and adds another. The exercise ends when all participants, trying not to laugh (which is nearly impossible), have repeated and added the "Has".
- **The Human Knot:** Form a circle by placing hands in the middle of the circle, grab someone else's hands (other than the person on either side of you). Without letting go, try to untangle the "knot."

Resources

Books or articles to check out from the SDIC Leadership Library (MU 3rd floor):

- *Activities!*
- *Boundary Breaking Questions*
- *Energizers: Group Starters*
- *The Encyclopedia of Icebreakers*

Websites to visit:

<http://www.wilderdom.com/games/Icebreakers.html>

<http://www.ohiounion.com/studentorgs/csl/icebreakers.asp>

<http://www.residentassistant.com/games/icebreakers.htm>

And check out these other *Best Practices* that will help you with your organization:

- *Group Dynamics*
- *Group Communication*

And remember...

Have FUN! If you are enjoying yourself, others will enjoy themselves too.