



Wrapped Around My Finger (WAMF)

Ice Breaker

Objectives

- This icebreaker is a good way to get shy/introverted youth to talk.
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Supplies:

Simple rope, string, or webbing about 2-3' in length.

Instructions:

1. Start by handing a piece of string to the first person in the group.
2. While the participant is wrapping the piece of string around their index finger, they talk about themselves.
 - a. For example: birthplace, family, pets they have, what they like to do, what they are afraid of, what they like in school, 4-H projects and so on.
3. They continue talking until the piece of string is completely wrapped around their finger.
4. They then unwind the rope and pass it onto the next person.

Facilitator Notes



Reflection:

- Make sure participants are listening while one of the group members are speaking
- Each person in the group should have a chance to WAMF.

Reflection:

- How did it feel to learn about this person?
- Were you comfortable sharing about yourself?
- What is something new you learned about someone?
- Did having the rope help you speak in front of the group?