



ENHANCING THE CLUB EXPERIENCE.....

ICE BREAKER

Name Whip

Game

Group Size:

Maximum of 20

Instructions:

Have the group sit in a circle. If you have more than 20 participants, divide the group into 2 or more groups.

Have the participants introduce themselves by saying their name and a word using the first initial of their first name. The topic from which the word is taken is flexible. A list of topics is listed below.

The facilitator starts by asking the group to think of a specific topic from the list below, that begins with the first letter of their first name. Each person is responsible for remembering the names and matching items for every person that precedes him or her in the circle. The whip ends when the last person in the circle names everyone in the room and their matching item. The facilitator should then ask if anyone else in the group can name everyone in the circle and their matching item.

Name Whip Topics:

- Food
- Sport/activity
- Hobby
- Location (city or state or country)
- Friend/Family member's name



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ICE BREAKER

Funny Face

Mixer

Materials:

None

Instructions:

Funny Face is an initiative that produces some of the most grotesque facial contortions experienced since the third grade. Split a large group into smaller encounter circles with about five or seven in each silly set. The rules state that after the GO signal everyone in the circle tries to make the other members smile. If you slip and show the slightest smile you are eliminated, and can then step back and watch the experts do their thing. A participant is not allowed to touch another player and all eyes must stay open; otherwise anything goes.

Reference: Silver Bullets



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ICE BREAKER

The Shape Of Things!

Mixer

Instructions:

Show pictures of four basic shapes. A square, a circle, a triangle and a squiggle (or curly cue). Ask members of class to select the shape to which they best relate.

Have individuals form a group with others who selected the same shape.

Have individuals introduce themselves to others in their group. Ask individuals in each group to give reasons why they selected that shape.

Next, tell the entire class what each shape represents.

A square is someone that does things the same way. They are very methodical and dependable.

A circle is a person that keeps coming back to the same place to regroup. Circles are very inquisitive people, likes to talk and ask questions. These thinkers may not be considered by some as the most productive.

A triangle represents someone that gets things done. They are very direct and organized.

A squiggle represents a very creative person who is often sociable. When describing this person, some might go so far as to say that "the lights are on, but nobody's home" at times.

Afterward, state: These suggestions are NOT scientifically based and are just for fun. However, there probably is an underlying tie between those of you that chose each shape.

Goal:

Have people see that there are different personality types. Certain personality traits or common experience link people together. Perceptions of "linkages" may be very different, even within a group.

(Womack, 1998)



ENHANCING THE CLUB EXPERIENCE.....

ICE BREAKER Informative Balloons

Mixer

Materials:

- Same color balloons
- Strips of paper
- Pens

Instructions:

Distribute a balloon and a strip of paper to all participants. Participants write something about themselves on the strip of paper and places it inside the balloon. Fill the balloons with air and tie the ends. Participants bat the balloons around the room until they are completely mixed. Each participant should retrieve a balloon and break them one balloon at a time and read aloud the information on the balloon. The group then guesses to whom the information belongs.



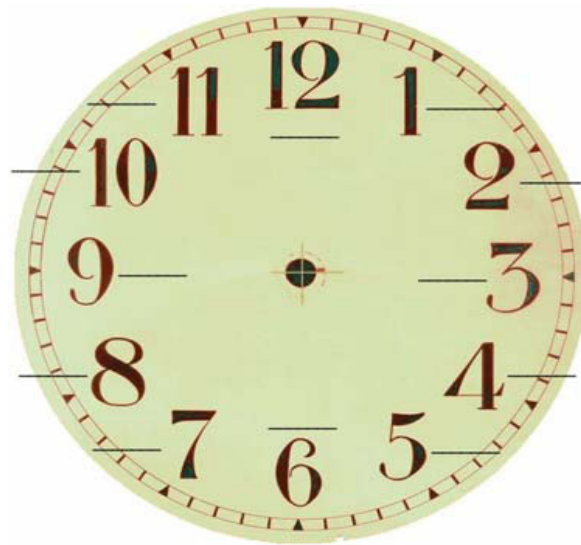
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ICE BREAKER

Make A Date

Instructions:

Give each participant a paper plate. Have them draw the face of a clock on their plate with a line next to each number (no digitals!). Then have participants walk around and make a “date” for each hour, writing their date’s name by the hour. The catch is no one can make a “date” with more than one person per hour. After everyone has made their dates, speed up time and allow 1-3 minutes for each hour. The facilitator then asks a question for discussion on each date. The pairs will have a chance to get to know one another.





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Finish This Sentence.....

Objectives:

To share information, disclose on a medium risk level

Group size:

Easy to do in pairs, the larger the group the more time it will take.

Materials:

List of sentences

Instructions:

Ask group members to complete the following sentences.

1. My favorite childhood book was....
2. If I could change one thing in this environment I would...
3. The most important thing in my life....
4. If I could give up one bad habit...
5. The best measure of wellness is...
6. I like to spend my free time...
7. If I changed jobs...
8. Love is...
9. When I feel sad...
10. I "collect" tension in (body part)...
11. Five years from now...
12. I'm critical of myself...
13. I believe...
14. The thing I like most about myself ...
15. The best thing in life is...
16. The worst thing in life is...
17. I wish...
18. I like hugs...
19. When I'm excited...
20. My experience with ...



ENHANCING THE CLUB EXPERIENCE.....

ICE BREAKER

Human Knot

Problem Solving

Goal:

Problem solving, communication, and teamwork

Materials:

None

Group size:

At least five, no more than ten

Instructions:

The group forms a circle. Each person holds out their right hand and grasps another hand as if shaking hands. All then extend left hands and grab another left hand. They should not have both hands of the same person or hands of the people on either side of them. The goal is to then untangle themselves into a single circle without releasing hands.



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Take As Much As You Think You'll Need

Instructions:

To begin, the leader passes around the bowl of M & M's or the roll of toilet paper. Each person is given the instructions to "Take as much as you think you will need." No further instructions are given until each person has received their M & M's. Once everyone has some, the first person begins by telling one thing about himself for each M & M or piece of toilet paper they have taken. When the first person has finished, you move on to the next person in the group. As an interesting twist, and to be sure that you find out some different information on each person, you may give each color Skittles a different meaning or category.

We suggest the following: (example using Skittles)

- Red: personal information (name, major, school, age)
- Yellow: family information (parents, brothers, sisters, pets)
- Orange: free category- say something fun about yourself or don't say anything
- Green: dating experience (favorite date, worst date, significant others)
- Purple: hobbies, other interests (sports, dancing, talents)



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Comic Strip Chaos

Mixer

Instructions:

Each participant takes a turn at picking a comic frame out of the large container. After the entire group has each chosen one, the participants begin to search for others with the same comic strip sequence. After the participants have found everyone in their group, they must arrange themselves so that the sequence of frames are in chronological order to form the comic strip correctly. Upon completion of sequence, the newly formed group sits down together. Great game to break large group into smaller groups.