

## Icebreaker Planner

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<b>Name of icebreaker</b>	Yes, and
<b>What/why? When to use</b>	As a way to encourage collaboration, brainstorming, imagining a positive future, move people past negativity. Thinking on your feet.
<b>Materials needed</b>	None
<b>How many people</b>	Varies, can do in pairs in front of group, or at tables, or around the entire room.
<b>Time</b>	5 minutes
<b>Directions</b>	One person has a premise, something related to the subject matter. That person begins by telling the next person that statement. Instead of disagreeing, the next person must say, "Yes, and..." then add another comment to the first person (if in pairs) or to the next person (if in groups.)
<b>Variations</b>	Do as an energizer or improv game to warm people up or to get them laughing with a nonsensical statement.

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<b>Name of icebreaker</b>	Snow white and the seven dwarves
<b>What/why? When to use</b>	This is a variation of a name game, so look for ways to tie this back to content.
<b>Materials needed</b>	None
<b>How many people</b>	Varies
<b>Time</b>	Depends on group size, may do at table groups to keep time under control
<b>Directions</b>	Have people think of a story (or perhaps you could tell them a story) then ask them which characters they identify with and why.
<b>Variations</b>	Rename it to Goldilocks, Cinderella, or any other story you want to choose. Could also use movies like Toy Story. Please remember not everyone will know these stories or may have a negative connotation so choose mindfully.

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<b>Name of icebreaker</b>	<b>Toilet paper</b>
<b>What/why? When to use</b>	To facilitate introductions and to make them a bit different.
<b>Materials needed</b>	Roll of toilet paper
<b>How many people</b>	25-30
<b>Time</b>	Could take up to 2-3 minutes for each person
<b>Directions</b>	Have people stand up, maybe in a circle if there is room. Tell everyone to “take what you need.” Then reveal that they should tell the group a number of things about themselves based on the number of squares of toilet paper they took.
<b>Variations</b>	Distribute cards with numbers on them. The number of the cards is the number of things they should say about themselves.  This might be interesting and tied to content if your subject matter is environmental issues.

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Name of icebreaker	Hashtag “this is me”
<b>What/why? When to use</b>	This is for a smaller group, possibly one where people already know one another and have a fair amount of trust.
<b>Materials needed</b>	Paper, markers, 5-15 questions
<b>How many people</b>	25-30
<b>Time</b>	10-30 minutes
<b>Directions</b>	<p>Each person is asked to draw an oval shape on the paper (or you could have that part already done.) As you ask a question, link it with one aspect of the caricature you are having them create. For example, how many of you like summer better than winter? Summer=big eyes Winter=small eyes etc.</p> <p>At the end they will have their caricature drawn, and you may want to have them show theirs to the group (or at tables) and vote on the funniest, most realistic, etc.</p>
<b>Variations</b>	Could be used as a review activity, where they could only draw in the facial aspect if they answer the questions correctly.

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Name of icebreaker	Paper folding
<b>What/why? When to use</b>	Listening skills, communication skills, speaking skills, following directions, asking questions, feedback or coaching. Demonstrates the need for communication clarity and feedback.
<b>Materials needed</b>	Sheets of paper, one per person
<b>How many people</b>	Small or large groups
<b>Time</b>	10 minutes
<b>Directions</b>	Stand and announce that you are going to tell them how to fold the paper and they should listen and follow your instructions, but not watch each other, and not to ask questions. Start giving directions such as “fold the paper in half. Now fold it the other direction. Now turn back each of the corners. Now flip it over and...” When you are done, ask them to reveal their creation. You will probably find they are very different. Debrief as needed to make pertinent points about communication skills.
<b>Variations</b>	Painters cup exercise or a paper airplane, where you give them verbal directions only, then see how their results look different than your model, which you show only at the end.  Debrief similarly.

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Name of icebreaker	Lego walk, or obstacle course
<b>What/why? When to use</b>	Trust, feedback, teambuilding, innovation, or anywhere that you need to show them what they think is obvious or simple is not always so.
<b>Materials needed</b>	Ropes (2) and small objects such as legos (or maybe something that ties to your organization)
<b>How many people</b>	12-30 (All may participate, or some may be observing, depending on time. You could also set up several of these obstacle courses, and have them compete.)
<b>Time</b>	10-30 minutes
<b>Directions</b>	<p>Set up an obstacle course by creating a wavy path with the two ropes, and scattering legos or other objects on it.</p> <p>Participants will then in turns try to walk through the obstacles with the directions of a team.</p>
<b>Variations</b>	Blindfold those who are navigating the obstacle course, let them ask questions or don't let them ask. Let only one person speak at a time, or let everyone talk. Set a timer to make it more stressful.