

Favorite Icebreakers

(Introduction & Name Games)

- 1) **Grab Bag** - I take a bag or pillowcase and fill it with all kinds of everyday items. As the bag goes around, people must remove an item, introduce themselves and tell how the item reflects some aspect of themselves and/or leadership.

- 2) **Balloon Animals** - I give each person in the group 3-4 long skinny balloons. They must blow them up and use them to create a balloon animal. Once finished, they have to introduce themselves and their animal. It sounds stupid, but my kids love this one. Maybe because no one is any good at making balloon animals.

- 3) **Group Juggle** - This one is a classic, but I like it because it gets the group saying everyone's name repeatedly. Use a few tossable items like koosh balls or small stuffed animals. Everyone stands and forms a large circle. Start with the SC or JC. Make eye contact with someone across the circle, say that person's name, and toss them a koosh ball. That person must make eye contact with another person, say their name, and toss it to them. It continues until everyone has caught the ball. Tell group members to remember the pattern they established, then do it again, going faster. Next, add additional tossable items, staggering them a few seconds apart.

- 4) **Crayons** - Pass around a big box of crayons and tell everyone to pick a color they like. Once everyone has a crayon, go around the group and have each person tell what color they picked and how that reflects their personality or applies to them. (I usually remove all the primary colors and leave great colors like burnt sienna and seafoam blue.) FYI: www.crayola.com has all kinds of activities and information about the colors of their crayons.