



Sass Icebreakers

SHEETS

Icebreakers are designed to introduce new members and set them at ease. Many people confuse icebreakers with teambuilding activities. An icebreaker may be a name activity, a quote, answering a question, a humorous anecdote, or other ways for people to get to know each other. Teambuilding activities are an effective way of developing trust among members and strengthening relationships.

EXAMPLES OF ICEBREAKERS

MACHINE

One member stands in the middle of the group and begins making a motion and sound of a machine. Others join in and add to the sound and action of the machine until everyone is included. This will aid in the concept of working together.

FINDERS

Group members are given a list of descriptions (i.e., lives on a farm, loves to eat Mexican food, sleeps less than six hours a night, etc.). Each individual must find others to sign the list beside a description that applies to them. Continue until someone completes the list.

How's Yours?

One member of the group is sent away from the room. The rest of the group decides on one part of the body. The person is called back into the room and attempts to identify the part chosen by asking individual group members, "How's Yours?" The group member chosen responds with a descriptive word or short phrase that describes the chosen part. If a group member's description allows the person to guess the body part, that group member becomes "It."

DYADS

Divide the group into pairs, preferably people who don't know each other. Separate these "dyads" so that they won't be distracted by others. Each dyad discusses whatever they feel like for five or 10 minutes. Now, call the groups back. Go for another round if you have time. This helps cement working relationships within the group.

CATALOG

Each member chooses an item that might be found in a department store catalog. The item must start with

the same first letter as his/her first name and should be something that describes the person (for example "Susan Stereo"). The first person in the group gives his/her name and catalog item. The second person repeats what the first person said and gives his/her own name and item. The third person repeats the names and items of the first two, people then gives his/her own name and item... and so on around the group. This will help people memorize names and get to know each other. After the group has repeated the names and items once, have everyone take seats elsewhere within the group and try it again.

THINKING ON YOUR FEET

Using a timer, determine the number of questions someone can almost answer in the amount of time allotted. Next, make up a list of questions like "What is your favorite movie?" and "Who is your favorite actor?" The person who is "It" must introduce themselves and answer the appropriate number of questions for the time allotted. The object is to make people think on their feet, introduce themselves to the group, and have fun!

HOT SEAT

Arrange chairs in a circle with one less chair than there are participants. One person begins in the middle of the circle and makes a statement such as "I like wearing sandals" or "I love college basketball" and everyone sitting in the circle of chairs who is wearing sandals or who loves college basketball must get up and move to another chair, but not one that is right next to their original chair. The person left standing after all of the chairs are filled makes the next statement about themselves.

OTHER ICEBREAKERS

There are many other icebreakers. If you would like more helpful ideas for icebreakers for your group, stop by Student Involvement. Our Resource Library has several books full of ideas for icebreakers.

For more information on organization and personal development skills in the SOAR series, stop by or call UNL Student Involvement, 200 Nebraska Union, 472-2454; or 300 Nebraska East Union, 472-1780. Staff members will be happy to assist you and answer your questions.

student involvement
<http://involved.unl.edu>

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