

## **ICEBREAKERS/MIXERS**

### **Silent Identification**

- Each participant is asked to write words or draw pictures that describe themselves. This is done silently. They pin the picture on their chests, walk around and have everyone look each other over. Pictures are then shuffled and participants are asked to identify the person to whom the picture belongs.

### **Name Game**

- Sit in a circle. One person starts by using an adjective starting with the same letter as his or her first name, followed by the first name (e.g., Clever Claire, Kind Karen). The next person has to repeat the first person's adjective and name and then add his or her own. It goes around the circle and the last person has to repeat all the other names in order and end with his or her own.

### **Human Knot**

- Have a group of 10-15 stand very close together. Tell them to reach out their arms so all hands are jumbled and intertwined. Tell them to grab one hand for each of their hands, but not the hand of the person next to them. Now they are a human knot and must use teamwork to untangle themselves into one circle without letting go of their hands.

### **Toilet Tissue**

- Tell participants to take a length of tissue. Only after all have taken some, tell them for each panel of tissue they have to say one positive thing about themselves. (You could vary what they have to do or say for each tissue square, tailored to your objective. In another variation, use M&M's – for each color they have to say one thing. For example, if the color is yellow, they must say something sunny about themselves; if it's red, they must share an embarrassing moment, and so forth.)

## **SOCK GAME**

### **Objectives**

- To reinforce the names of group members;
- To challenge the group to perform a physical task; and
- To energize the group after a verbal activity.

### **Directions**

- The leader has five pairs of rolled socks in a bag. Members seat themselves in a circle. Taking out one pair, the leader calls out the first name of a member across

the circle and tosses the socks to that person. This person chooses any member of the group (other than the leader), calls that person's first and last name, and tosses the socks to this third person. Each time, the person receiving the socks must choose a new person to call and toss the socks to. When everyone has been called and received the socks once, the socks are returned to the leader. The leader starts a second round, explaining that each person must throw the socks to the same person he or she threw them to in the first round.

- For the third round, the leader picks up the pace and about midway, begins to pull out other pairs of socks. The goal is to get the group juggling all five pairs of socks simultaneously.
- When the group has successfully completed its task, the leader begins to withdraw the socks from the circle, one pair at a time.

*Note: Remember that the first name of each person must be said before the socks are thrown. This activity can reinforce remembering everyone's name.*

### **Reflection Questions**

- What did this activity do for the group? How did the energy level in this activity differ from that of the previous activity?
- What would be particularly helpful for young people in this exercise? What might be some problems?