

Icebreakers

Ideas for opening rounds or 'icebreakers'

'Icebreakers' help people to feel at home in a new group. Learning names and finding out a bit about one another dispels some of the initial anxiety and allows people to relax; it also gets the group warmed up and ready for action. Icebreakers are a good way of beginning any kind of group meeting – even when people already know one another.

Try one of these, with everyone sitting in a circle:

- Say your name
- Say your name and three other things about you
- Say your name and something about the place where you grew up
- Say your name, where you were born and where you now live
- Say your name and something about it
- Say your name and something about you that begins with the same letter
- Say your name and something about something you're wearing
- Say your name and what animal you're most like – and how
- Say your name and your favourite time of day – and why
- Say your name and something you'd like to do before you die
- Say your name and share some good news
- Say your name and how you're feeling right now
- Say your name and why you're here and/or what you're hoping for
- Say your name and something about you no-one here knows
- Say your name and when you last cried
- Say your name and some way in which you think you may be superlative in the group (e.g. youngest, most children, best golfer, quietest, most stressed right now)

