



# Ice Breakers & Energisers

*Below are some great ideas to support engagement and encourage conversation in groups.*



## Two truths and a lie

Get each team member to write down 3 facts (one of which is a lie). Then get the team to take it in turns and get everyone else to vote which is the lie. Every correct guess gets that person a point. Winner is the person with most points at the end. (break into smaller groups if a large group and limited on time).



## Team building lucky dip

Get each team member to write down a fact about themselves that the group would not know e.g., tv appearance, hobbies, pets etc. Then put all in a bag, cup, or hat. Pull out one at a time get everyone to write down who they think it is for each one. Then go through each one again and get the person whose fact it is to reveal their identity.



## Celebrate

Pair people up and ask them to find out their partner's most significant accomplishment or thing they are most proud of in the past 6 months or 12 months (can specify work, non-work or either).

Each person then takes it in turn to share with the group the other person's accomplishment or what they are most proud about.



## Non-verbal communication

Ask the team to put themselves in order of month of birth in 3 to 5 minutes (depending on size of the team) without speaking. Explain that where one or more people are born in the same month, they should be in order too i.e., first birthday first in line for that month. Once everyone is in place ask them to callout their day and month of birth to check the group were correct.



## Team coat of arms

Break into sub teams and give each team 10 minute to design a coat of arms that represents their team.

5 minutes to share each coat of arms

## Possible quick icebreaker q's



*If you were an animal, what would you be and why?*

*If you had a superpower, what would it be and why?*



*What is your favourite film or song of all time and why?*

*Which actor or actress would you chose to play you if your life was made into a film and why?*



*If you had a time machine, what year would you travel to and why?*

*If you were stranded on an island, what 3 things would you take with you?*



*What's the most exciting thing you've done?*

*Where is the most exciting place you've been and why?*





## How many squares?



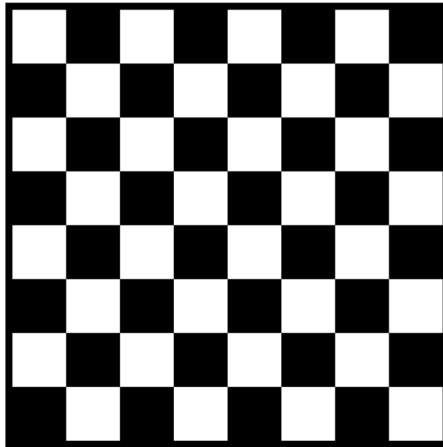
### Ask the team to look at the board for 1 minute

*Use the time to study in detail, informing that a few questions will be asked.*



*Then hide the picture and say that they now have to say how many squares there are on the board in total and they should work as a team to solve. They then have 10 minutes to give you their answer.*

*Look out for not just whether they get the answer right but how well they worked together? What would they do differently if they were given the same exercise again? An alternative is put into 2 teams and first with the correct answer or closest within a set time wins!*



### Answer is:

*204 (64 single, 49 2x2 squares, 36 3x3 squares, 25 4x4 squares, 16 5x5 squares, 9 6x6 squares, 4 7x7 squares, and 1 large 8 x 8*



## Tallest standing structure

*Two teams or more with the goal of building the tallest structure in 15 minutes.*



## Paper airplane

*Provide everyone with a piece of A4 paper and ask them to write a fact on there that no-one would know about them.*

*Then ask everyone to throw their airplanes around the room. Then ask them to pick the nearest plane to them and throw again. And then one final time to pick the nearest and throw once more.*

*Next get each person in turn to pick up an airplane and first read it out and then guess who the fact is about.*



## Verbal communication skills

*Ask everyone to draw a picture of something e.g., a house, a dog, their favourite food on a piece of A4 paper, ensuring that no-one can see their drawing. Then pair people up back-to-back so that they cannot see the other person's drawing or face.*

*The pairs then have 10 minutes each to take it in turns to try to exactly replicate the other person's drawing verbal instructions only.*

*What was difficult and why? Did anyone come up with any ideas to make it easier?*



## Guess who you are

*Each person has a post-it note on their back with the name of a famous person or character on it e.g. film stars, sporting legends, Disney characters and so on.*

*People will need to circulate amongst their colleagues and ask questions to find out the name of the person on their own post-it. The rule is though that the person replying can only answer 'yes', 'no' or 'don't know'.*