

Workshops coordinated by the Member Relations
Committee and developed by the CNH District

A black and white line drawing of a turtle, shown from a top-down perspective. The turtle's shell is detailed with scutes, and its head and front legs are visible. The drawing is positioned behind the main title text.

BREAKING THE ICE: A GUIDE TO ICE-BREAKERS

Presented by Sara Clayton, Charmaine LeBlanc, & Daniel Medina

ICE, ICE, BABY!

INTRODUCTION

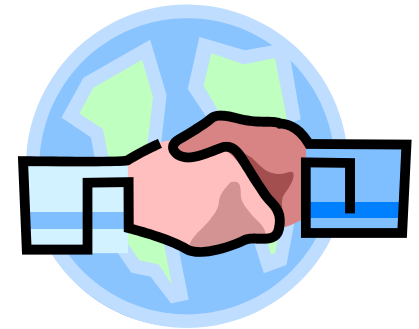
Icebreakers?

- “Warm-up” activities
- Spice for your meetings
- Bring members together



Why Icebreakers?

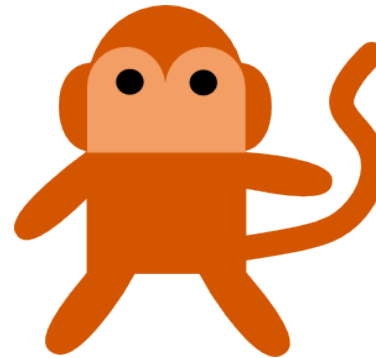
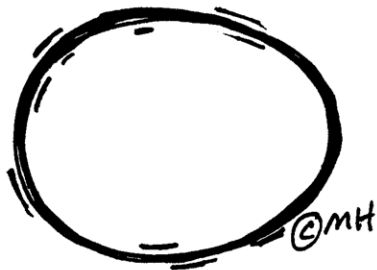
- Energize
- Get Acquainted
- Cooperation



ARE YOU READY TO **BREAK THE ICE...**?

WARM-UP:

EVOLUTION



HOW TO PLAY: **EVOLUTION**

- 1. Everyone starts out as an egg.*
- 2. You must play rock-paper-scissors with someone to see who gets to evolve.*
- 3. Whoever wins gets to evolve into a chicken. Whoever loses stays an egg.*
- 4. The same pattern applies. If a person goes to a monkey and loses, they go back to an egg.*
- 5. Have fun!*

MORE ICE-BREAKER SUGGESTIONS

SPEED DATING

- **Audience:** Large
- **Setting:** Indoors
- **Description:** Create a series of random questions that allow guys to get to know girls 😊



MASCOT Pictionary

- **Audience:** Medium
- **Setting:** Indoors
- **Description:** Must have some kind of board to draw on. Members will draw CNH Key Club mascots and members can guess what mascot the member is drawing.



MORE ICE-BREAKER SUGGESTIONS

TWO TRUTHS & A LIE

- **Audience:** Small
- **Setting:** Indoors
- **Description:** *Have everyone think of two truths and a lie about themselves. When it is their turn, they must say the two truths and a lie as if they were all true. Everyone else has to guess which fact was the lie.*

True False



HUG FEST

- **Audience:** Large
- **Setting:** Outdoors
- **Description:** *Have members walk around aimlessly and have one person call out random numbers. Members must “hug” in these numbers, and if a group doesn’t hug in the called-out number, everyone in that group is out.*



MORE ICE-BREAKER SUGGESTIONS

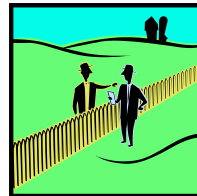
THE HUMAN KNOT

- **Audience:** Medium
- **Setting:** Outdoors
- **Description:** *Get in a circle, have your members grab a right hand from someone across the circle, then grab a different persons left hand from across the circle. Then try to untie your human knot.*



I LOVE MY NEIGHBOR..

- **Audience:** Small
- **Setting:** Outdoors
- **Description:** *Form a circle. A volunteer goes in the middle, introduces themselves then says, “I love my neighbor...(wearing sandals)” They can say anything that applies to them. Who ever has that similarity has to move at least two spaces around the circle.*



ARE YOU READY TO BREAK THE ICE...?

RUN-DOWN:

MORE PANCAKES PLEASE



HOW TO PLAY:

MORE PANCAKES

PLEASE

1. *This is a game that is sure to pump up your members!*
2. *There are motions associated with this ice breaker...*

**More=Pulling down*

**Pancakes=Side nudge*

**PLEEEEEASE=Thrust!*

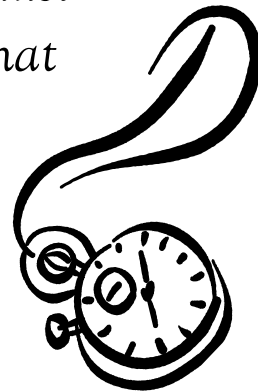
3. *You can put these words together however way you want.*

4. *Have fun!*

MORE ICE-BREAKER SUGGESTIONS

MAKING A MACHINE

- **Audience:** Small
- **Setting:** Outdoors
- **Description:** *Have members use their imaginations to create gadgets and gizmos (ceiling fans, hot air balloons, watches, etc.)! They must create a sound and movement that connects the machine.*



TELEPHONE

- **Audience:** Medium
- **Setting:** Outdoors
- **Description:** *Make two lines. The two people at the back of the lines receive a word and must think of an action for this word. When they do this, they share the action with the person in front of them and so on until the first person guesses the word. Whichever line guesses correctly wins!*



MORE ICE-BREAKER SUGGESTIONS

BIRDIE & ITS PERCH

- **Audience:** Large
- **Setting:** Outdoors
- **Description:** *There are two circles, inside and outside, and they move in opposite directions. When they are told to stop, the people on the outside get down on one knee and their partner who was on the inside has to find them, their “perch”.*



20 LOVES LIST

- **Audience:** Small
- **Setting:** Indoors
- **Description:** *Write down 20 things you love –*
 - “\$” for anything that costs \$\$
 - “A” for anything done alone
 - “S” for anything through school
 - “Y” for certain times of the year
 - “*” by anything done in the past



MORE ICE-BREAKERS SUGGESTIONS

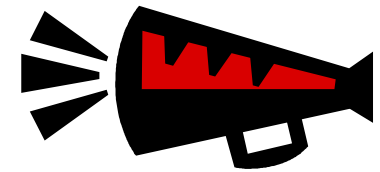
IF I WERE A...

- **Audience:** Medium
- **Setting:** Indoors
- **Description:** A person asks, "If you were a...(historical figure)?"
Think of what you would be and share it with the rest of your club. Other examples are "If you were a superhero, what power would you have?"



CHEER-VENTIONS

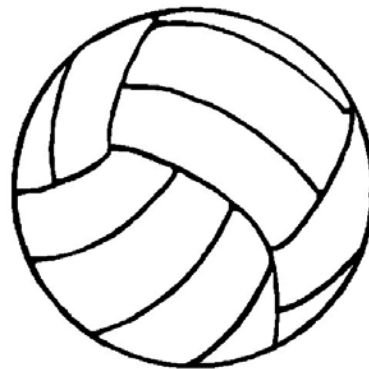
- **Audience:** Large
- **Setting:** Indoors
- **Description:** *Divide your group into 2 to 4 groups depending on size. Give them about 5 minutes to think of a club or divisional cheer. Then they must present it in front of everyone.*



ARE YOU READY TO **BREAK THE ICE...**?

RUN-DOWN:

VOLLEYBALL



HOW TO PLAY: **VOLLEYBALL**

1. Find a ball that is easy to throw up into the air.

2. The goal of this game is to hit the ball 100+ times and keep it in the air.

3. Each member needs to touch the ball 2-5 times.

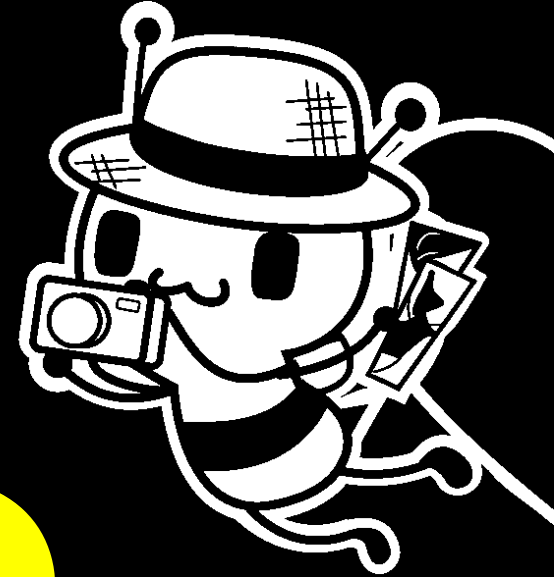
4. Members cannot hit the ball two times in a row.

5. If the ball falls to the ground, everyone must start all over, as a team.

6. Good luck!

QUESTIONS COMMENTS OR CONCERNS

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Thank you for listening!

If you should have any questions, please feel free to contact us at..