

Top 10 Ice Breakers That Won't Break The Budget

Ten Energizing Group Activities





*Gilman Performance Systems is comprised of eight Facilitators who are all former Managers of Learning. We help meetings achieve their **best** results.*

Meeting...

- Design
- Facilitation
- Team Building (over 40 activities)
- Training: Sales; Leadership; Strategy; Change

Please call if you have any questions on using these Ice Breakers.

www.YourBestMeeting.com

1-800-965-0501



© Gilman Performance Systems, Inc.

Activities

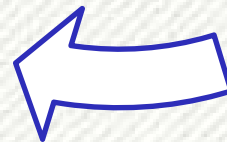
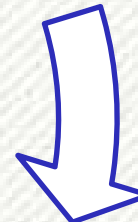
1. Four Corners
2. Around The World
3. Newspaper Headlines
4. Change The Lyrics
5. Straw Structure
6. Feed-Forward
7. Bingo
8. Speed Networking
9. Two Truths And A Bluff
10. Alpha Know Me



Four Corners



**Different
Topics, Teams
Rotate**

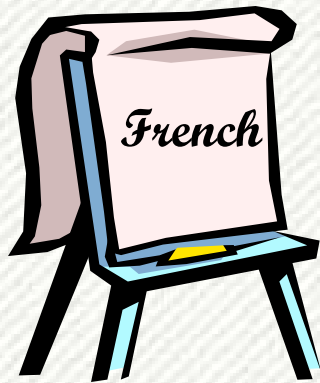


Four Corners

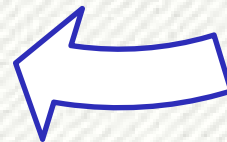
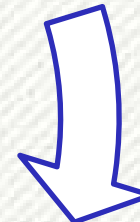
- **Objective:** Match people with common interests (or express needs/ideas).
- **Summary:** For each topic, people go to the corner of the room that reflects their preference.
- **Time:** 30 minutes for four topics.
- **Material:** Flip Chart easels or multiple pages posted on walls separated into corners; markers; tape.



Four Corners



**Favorite
Food**



Four Corners

Procedure:

1. Set up, easels in the corners.
2. List topics on chart with options.
3. For each topic name four different related items. People will gather if they pick that topic item.
4. Discuss your item preference.
5. New topic rotation every 5 minutes.



Four Corners Input Option

1. Gain attendees input on 3 or 4 topics, rotating to each flip chart easel.
2. Input can be our issues or new ideas.
3. Teams stay together and rotate to each easel/topic for input.
4. They read what was previously written and add new ideas.



Around The World

- Center of Room
- Go Where You...
- Look Around



Around The World

- **Objective:** Discover the diversity and commonality that exists among the members in a group
- **Summary:** Participants move to spots on the “world map” which represents their location based on the questions asked by the exercise leader
- **Time:** 20 minutes
- **Materials:** Imaginary globe



Around The World

Procedure:

1. Visualize our global diversity or commonality.
 - Center of the room considered a world map, flattened
2. Move to the spot on the world map where:
 - You grew up
 - Note: defining of the map's dimensions can be left to participants (see communication, leadership skills or not).
 - You were born
 - You'd most like to travel to, went to school, etc.

Around The World

Debrief:

- What did you learn about yourself and others?
- What were some things in common?

Newspaper Headlines

- Front Page Headline
- Add Sidebars
- Bullets
- Visuals



Newspaper Headlines

- **Objective:** Capture fun creative ideas or key issues.
- **Summary:** Participants develop a newspaper front page with a headline, story line, and a visual.
 - NOTE: This can be serious but mainly run as fun. Rip the competition, whom will you take over, will the department head run for mayor? New product or service or even an award won—real or imagined. Topics are endless!
- **Time:** 30 + minutes
- **Materials:** Flipchart paper, markers and masking tape. Pencils are optional but useful for drafting.



Newspaper Headlines

Procedure:

1. Form groups of 5-8. Sr. Mgt. can be one group or even judges if you want competition.
2. Inform participants to imagine a front page of a newspaper about their organization, industry, products, and/or people. They need one headline with 1-3 accompanying sentences, other quick stories, and 1-2 visuals as a picture and/or graph.
3. About 20 minutes to complete. Give this a sense of urgency, decisiveness to start the flip chart.



Newspaper Headlines

Procedure:

4. Team report-out for 1-2 minutes. All front pages can be along a wall or upfront on easels.
 - Option is two team members hold it, a third presents, then posts all along the wall. Report-out can be done at end of a lunch as well.
 - NOTE: If you have a large group (over 10 teams), have judges select top ones (6-10) to present.
 - All should be posted or kept up during the meeting to be seen. Option, during each morning or break time, present additional ones.



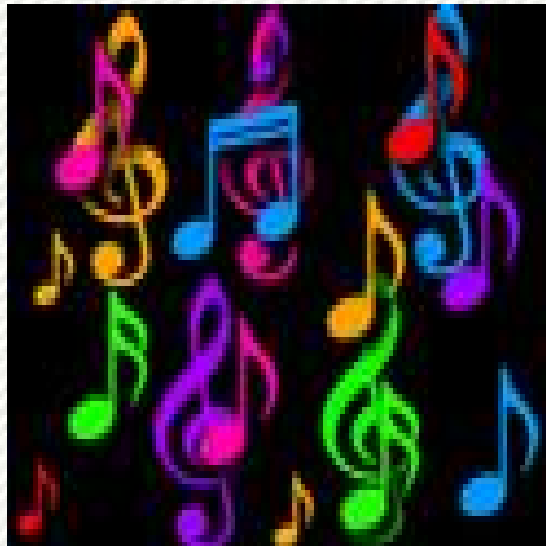
Newspaper Headlines

Debrief:

- What commonalities existed among the headlines?
- What themes evolved?
- What is important to us as a team/organization?

Change The Lyrics

Known Melody



Your Words/Lyrics



Change The Lyrics

- **Objective:** A creative singing activity where everyone can have fun participating.
- **Summary:** Participants create new lyrics to a well-known standard song or tune.
- **Time:** 30 minutes
- **Materials:** Pad of paper for each team

Change The Lyrics

Procedure:

1. Divide the participants into groups of 8 -12.
2. Each team develops words that go with a well-known tune or melody to create a song related to the meeting theme, organization, product, or competition.
3. The song should be between 20 and 30 seconds, but the groups have about 20 minutes to complete their lyrics.
4. Each team will perform the song for the group.

Change The Lyrics

Options:

- Camera's mpeg movie mode can record the songs.
- Record ahead in a separate breakout with one or two takes for the best one.
- Show all together via LCD projector and sound (even microphone next to camera) at the close of the meeting or after dinner, etc.
- Will these end up on You Tube?



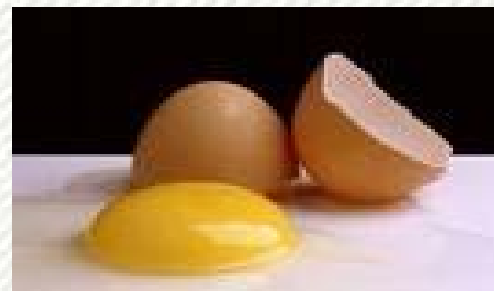
Change The Lyrics

Debrief:

- You can have a purely fun or simple discussion around these questions:
 - How difficult was this task?
 - What were the messages in the songs that can help the organization face future challenges?

Straw Structure

- Raw egg
- Straw tower
- Soft landing



Straw Structure

- **Objective:** Use creativity, communication, planning, team work to save the egg.
- **Summary:** Construct a tower that will catch a raw egg dropped from 6', without the egg breaking.
- **Time:** 30+ mins to build plus 10 mins for droppings.
- **Material:**
 - Per team: bag of straws, scotch tape, cotton balls, small paper cups
 - 6' string/tape measure
 - Raw egg – 1 per team
 - Flip chart paper on floor, large garbage bag



Straw Structure

Procedure:

- Teams of 3-5.
- Participants must build a supporting tower, minimum of 3' high to catch and save an egg from breaking, using only supplied material.
- Watch time closely, see if they self-monitor.
- The Big Drop.
 - From 6' have a team member do the dropping for that team



Feed-Forward

- Plan
- Get Help
- Fly



Feed-Forward

- **Objective:** Participants quickly get input.
- **Summary:** In groups of 3-5, participants pose a question and gain input for future use.
- **Time:** 3 minutes per person depending on size of groupings and number of rounds.
- **Materials:** None or small pad or worksheet for notes and pen.

Feed-Forward

Procedure: Networking—before one's feed-forward question is posed, make participant introductions or briefly talk about what they are working on.

1. Split into groups of 3 to 5, predetermined (number on name badge, etc.) although usually random.
2. Each spends 3 minutes on his/her question/need before moving to the next person.
3. Afterwards, remind participants to reconnect with some or to follow through on commitments.



Feed-Forward

Debrief:

- No formal debrief.
- Ask for anything that was heard that would be useful to share with the whole group.

Bingo

- CARDS PRINTED AHEAD
- FIVE CATEGORIES
 - B I N G O or any letters to suit your situation
- WRITE NAMES IN BOXES



Bingo

- **Objective:** Participants interview each other to get specific information.
- **Summary:** You are using a fun and familiar game format.
- **Time:** 15-30 minutes.
- **Materials:** A handout for each participant: the B I N G O card.



Bingo

Procedure:

1. Develop a set of 24-25 topics for a 5x5 grid.
2. Identify a category name with the letters, B, I, N, G, and O for headings or any letters to suit your situation. For example, Best Food; In Car; Number; General Interest; On Vacation.
3. Create BINGO sheets for each participant. These would have the cells previously filled in with 24 of your key items. As participants interview each other, they write the other person's name in the cell if the particular cell (or answer) on fits the question.
4. Whenever a participant achieves five correct answers in a row (either vertically, horizontally, or diagonally), (s)he may call out "BINGO" and receive a prize. Play may continue until all 25 cells are filled, too.

Bingo

Fav Food

Car

Number

**General
Interest**

**On
Vacation**

1	Italian	Toyota	Has been out of the country 5 times or more	TV	Water
2	French	GM	With the firm less than 6 months	Movies	Mountain
3	American	Honda	Free	Reading	Stay Home
4	Chinese	Chrysler	With the firm for more than 10 years	Sports	City
5	Mexican	Ford	Has 3 or more children	Music	Spa



Speed Networking

CIRCLE IN CIRCLE

BE INTERESTED



BE MEMORABLE



Speed Networking

- **Objective:** Participants get to formally meet and follow-up with people in a quick fun way.
- **Summary:** Participants arrange themselves into two circles, face partners and quickly network before rotating and moving onto a new partner
- **Time:** 25+ minutes depending on the size of group
- **Materials:** None or a small pad, worksheet with 8 boxes on each side, or just lines for notes on whom to follow up with later

Speed Networking

Procedure: Determine the topic to discuss.

- Background introduction, what are they working on, whom they know in common or want to know.
 - *Sales meeting variation:* Same format except they pose an objection/question to each other as a skill-building exercise or a product test.
1. Split every 12 to 20 participants into two groups, predetermined (number on name badge, etc.) or random.
 - The groups form two circles with one inside the other, so each person has a partner opposite him/her.



Speed Networking

2. Each partner has 2 minutes, then the inside circle moves to the next person.
 - Sound can go off indicating to move to a new partner.

Debrief: There is no formal debrief.

- A leader can simply ask, “Have you heard anything that we should share with the whole group?”

Two Truths And A Bluff

- Fun facts
- Background Information



Two Truths And A Bluff

- **Objectives:** To get to know each other
- **Summary:** Participants state background information, one of which is false. They get questioned on all three and try to bluff the false one.
- **Time:** 15-20 minutes.
- **Material:** Name badge with 3 items listed



Two Truths And A Bluff

Procedure:

1. Participants think of 3 things about themselves, two true one false. These can indicate: hobbies, jobs, incidents, travel, where lived, almost anything.
2. Over the meeting time, during dinner or cocktails, attendees interview each other.
3. At designated time, each person states his/her two truths and the bluff. Other participants guess out loud which is the bluff.

Alpha Know Me

- Creative Introduction



Alpha Know Me

- **Objective:** Get to know each other in a creative way.
- **Summary:** Participants meet and describe themselves using only words that begin with the same letters as their first and last names.
- **Time:** 20 minutes + depending on group size
- **Materials:** None



Alpha Know Me

Procedure:

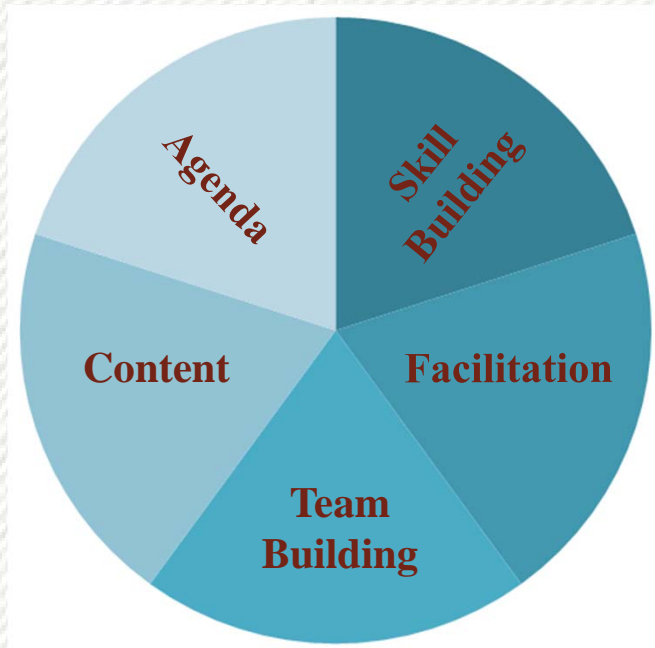
1. Participants meet in:
 - Pairs/trios roaming the room
 - Table groups
 - Larger groups of 8 up to 12 (more if room size and hearing range allow)
2. Attendees describe themselves using only words that begin with letters in their names.
 - At least three letters about themselves, other letters about hobbies/interests, special knowledge
 - Find a new person/trio every 2 minutes
 - Okay to form new larger groups

Alpha Know Me

Debrief:

- What did you learn about yourself and others?

We add value to ANY meeting – call on us to help with the “whole pie” or just a slice.



www.YourBestMeeting.com

1-800-965-0501



© Gilman Performance Systems, Inc.