



# ICEBREAKERS & TEAM BUILDERS

*At the start of the year, use icebreakers to help members get to know each other. Then use team builders throughout the year to build connections. Notes to remember:*

- *Adjust the instructions if you have a large club (over 15 members) or a small club (fewer than 10 members).*
- *Members will share information about themselves, so keep an eye out for anyone who may be uncomfortable with sharing. Offer those members a different role.*

*Here are a few activities to try. Find more icebreakers and team builders in the “Running a Club” section at [buildersclub.org/grouping/officers-and-members](http://buildersclub.org/grouping/officers-and-members).*

## ICEBREAKERS

### TALLEST TOWER

**Purpose:** For members to learn what they have in common and to work as a team.

**Time:** 25-30 minutes

**Supplies:** Index cards (at least five per person) and pens.

**Instructions:** Divide members into small groups. Ask them to talk with their teammates to find things that they have in common. Instruct them to write each similarity on an index card (one per card). Then, when they have a stack of cards, each team must build a tower using their cards. The group that builds the tallest tower — that can stay standing — wins!

### SNOWBALL

**Purpose:** For members to learn what they have in common and how to support one another.

**Time:** 15 minutes

**Supplies:** Slips of paper and pens.

**Instructions:** Ask members to write what makes them feel stressed on pieces of paper (one stressor on each piece of paper). Next, tell each member to crumble their papers into a “snowball” and throw it. Ask for volunteers to pick up a snowball and read it. Reflect together about stress triggers. Ask if others relate to any of the triggers they heard. This will help members understand that we all struggle with stress sometimes and share some of the same challenges — and that’s OK.

## TEAM BUILDERS

### FROM MY PERSPECTIVE

**Purpose:** To highlight the importance of good communication between members.

**Time:** 20 minutes.

**Supplies:** Paper, markers and an easel.

**Preparation:** Ask an officer to create a drawing on flipchart paper before the club meets — it should not be too simple or too difficult to describe. Hide the paper and keep it a secret.

**Instructions:** Divide members into pairs and ask them to sit back-to-back, with one person facing the front of the room and the other facing the back. The individual facing the back of the room receives a sheet of paper and a marker. Display the drawing on the easel at the front of the room **after** members are seated.

1. **Give the first instructions.** Only the person facing the front can see the drawing and must describe it so their partner can draw the picture. The challenge is to create a drawing that closely resembles the one displayed. *The person drawing the picture isn't permitted to ask questions.* Tell them they have five minutes and begin.
2. **Pause the activity.** Let members know that the person doing the drawing can now ask questions while continuing to draw. Tell them they will have three more minutes to draw.
3. **After three minutes, ask drawing members to keep looking at the back of the room.** Then ask the officer who drew the picture to add additional details to their easel drawing. Ask the members facing the front to continue instructing their drawing partners so the additions also are included. After two minutes, conclude the drawing time.
4. **Ask drawing partners to turn around and look at the drawing with their partner.** Ask everyone to hold up their drawings and look around the room to see how everyone did. Which pair mirrored the drawing in the front of the room the most closely?

**Reflection:** Ask members to share: What was the most challenging part of the activity? Was it tough listening without being able to ask questions? How was this activity like communicating with people in real life?

### RUMORS

**Purpose:** To understand the importance of direct communication on teams.

**Time:** 15 minutes.

**Instructions:** Members form two equally sized groups and sit in a long line on opposite sides of the room. Pick a leader from each group and quietly give each leader a complex message. The leaders are to whisper the message in the ear of the first person seated in the line — and each person then whispers it to the next. The last person sitting in line then goes to the whiteboard and writes the message they heard. The leaders then share the original messages aloud. The club discusses what was challenging about the activity. Repeat the activity, this time allowing those receiving whispered messages to ask questions. Compare the two messages. Ask the groups how the second experience was different.