



ICEBREAKERS AND TEAMBUILDERS

At the start of the year, you can use icebreakers to help members get to know each other. Teambuilders can be used throughout the year to build connections. Help everyone have fun and feel like a team! Remember:

- Adjust the instructions if you have a large club (over 40 members) or small club (less than 15 members). For instance, if the activity calls for two teams, large clubs can use four or six.*
- In activities that ask members to share what their team/pair created or share information about themselves, allow members to volunteer so that those who are not comfortable with sharing have the option to just listen to others.*

My N.A.M.E. Icebreaker

Purpose: To learn about each other.

Time: 15 minutes

Supplies: Paper and pen or pencil for each member.

Instructions: Ask members to take five minutes and think about interesting things about themselves that start with the letters of their name. Example: Lisa chose “Liked, Inspired, Smart, Artsy”. Have each member share their acronym and descriptions with the group. Ask members to share what they liked and what was hardest about the activity. If time allows, provide cardstock and markers so members can create a name tag with their acronym and descriptions. To take it a step further, ask that each member create a name tag with their acronym and descriptions.

Walking and Talking Icebreaker

Purpose: To learn about each other.

Time: 15 minutes

Supplies: A large room where members can walk, in the gym or outdoors.

Instructions: Invite members to find a partner. Next, instruct the pairs to walk together and talk while walking. Ask them to find out three things they have in common. The more unique or unusual things are, the better. After talking for 5 to 10 minutes, invite partners to share one thing they learned about each other with the group. This activity can also be used on a bus or walking when the club moves to another location for an event.

Dance Party Icebreaker

Purpose: To interact with other members and get out of their seats.

Time: 10 minutes

Supplies: An indoor or outdoor space where members can spread out and move. A phone to share music.

Instructions: Instruct members to form a large circle. Select an upbeat song to play. Inform the group that they’ll be participating in an outrageous dance party – the crazier and funnier the dance moves, the better. Select one person to lead the circle by performing a dance move and ask everyone in the circle to copy it. After a few seconds,

the leader points to the left and the next member leads a move until everyone has an opportunity to lead the group in dance. After finishing, allow members to share how they felt at the beginning of the activity compared to how they felt at the end. Ask what changed as the dance progressed.

Secret Handshake Teambuilder

Purpose: To be creative and build trust.

Time: 10-15 minutes

Supplies: No supplies needed.

Instructions: Instruct members to pair up and stand with enough room to move freely between pairs. Ask them to create a unique and lively secret handshake – this could involve a dance move, bump of hips, hand gestures or whatever creative thing they want to add. Give them 5 minutes to develop their handshakes. When the time is up, ask pairs to volunteer to show off their handshakes.

The Box Teambuilder

Purpose: To build trust and learn about one another.

Time: 15 minutes

Supplies: Markers, stickers, art supplies. One small plain cardboard box or large envelope for each member.

Instructions: Provide each member with a box or envelope. Ask members to form groups of five and sit with their group at a table. Instruct members to use art supplies to decorate their box/envelope. On the **outside** of the box ask members to write words, draw images and use decorations to show the skills, talents and values they share with their community and friends. On the **inside** of the box/envelope, ask members to write and draw internal things that only they know about themselves. When everyone is finished, invite each member to share the external (outside) attributes with their group and, if they are comfortable, one or two of their internal (inside) attributes.

Service Pictionary Teambuilder

Purpose: To practice observation and think creatively.

Time: 25 minutes

Supplies: Easel paper, markers, and index cards.

Preparation: Brainstorm and identify 5-11 service-related themes that members will be able to describe with pictures they draw. Examples of themes include service activities (like helping at a food pantry, holding a car wash, building a Little Free Library or making pet toys for an animal shelter). Then write one theme on each index card. Place an easel with paper and markers at the front of the room. Place the cards facing down next to the easel.

Instructions: Form two teams and ask them to sit separately, facing the front of the room. One person from the first team starts by drawing a picture and everyone tries to guess what the picture is. The team to correctly name the drawing first receives a point. Then a member of the second team picks a card and draws the next picture. The teams rotate drawing pictures. When the theme cards run out, the team with the most points is named the winner.

Content adapted from: Cain, Jim (2017). 100 Activities That Build Unity, Community & Connection. Monterey, CA: Healthy Learning.