The SOURCE PRESENTS...

A Series of Icebreakers and Teambuilders TO BENEFIT YOUR STUDENT ORGANIZATION

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ICEBREAKERS

Name Aerobics
- This is designed to learn names in a fun and interactive way. Stand in a circle facing each other. The first person to start will introduce themselves by doing an action for each syllable of their name. For example, Jennifer has 3 syllables so would have 3 motions.
- The entire group should repeat the name and motions after each person has introduced themselves. This can take some time with larger groups.

Hum-Dingers (song titles written on index cards in pairs)
- Distribute a song title to each participant, and make sure they do not reveal it to others. At least 2 people should have each song title. Ask the participants to find hum their song to meet up with the others who also have their song. Be sure to use songs that most participants will know.
- This can be used to form groups, or meet partners.

Love Songs
- To energize the group, divide into at least two teams. The facilitator will suggest a word like “love,” “sun,” “happy,” “dance,” etc. Each group will alternate turns in singing a song that contains that word. The game continues until a team cannot think of any more songs, then suggest a new word.

Sticky Name Tags (nametags)
- Have participants put on removable nametags, sticker nametags are easiest. Have participants introduce themselves to one other person. Suggest 2-4 questions for the pairs to talk about and learn about each other (favorite food, hometown, major, hobbies, etc). After a couple minutes have the pair switch nametags and switch partners and introduce themselves to someone else. Each person should introduce themselves according to their nametag, not their actual identity.
- Once participants have switched at least 4 times, have each person introduce themselves to the large group, according to their nametag. The real person may correct any inaccuracies at this time too.

Evolution
- This is a game of rock-paper-scissors. There are 4 levels of evolution (Egg, Chicken, Dinosaur, and Human) and all participants begin on the same level, the Egg. Participants may evolve up or down a level depending on whether they win the rock-paper-scissors. For example, if 2 Chickens play the winner becomes a Dinosaur and the loser becomes an Egg. Only similar beings may play each other to evolve. For example, Eggs may not play Dinosaurs.
- To be an Egg, participants should be squatted down on their heels. To be a Chicken, participants should be hunched low with arms like chicken wings. To be a Dinosaur, participants should be standing tall with arms up overhead. Once
participants evolve to be human, they are finished and may sit down until the rest of the group is done. The game is over when there are only 3 people left, 1 Egg, 1 Chicken, and 1 Dinosaur.
  • To add a variation, ask each participant to answer a question before beginning each rock-paper-scissors game.

Switcharoo
  • Have everyone find a partner and stand across from one another, forming two long parallel lines. Tell one of the partners to study the other’s appearance. Once study time is over, have the studier turn around while the other person changes 3 things about his/her appearance. Once the appearance is changed, the studier will turn around and try to guess what has been changed. Repeat with opposite roles for each partner.

Frisbee Anyone? (Frisbee)
  • Have a Frisbee at your next meeting. Throw it around the room and have people that catch it answer a question or tell something about themselves to the rest of the group. Once each person is finished talking, throw the Frisbee to someone else in the group. Facilitators should have specific questions available for the group to answer.

Jump Rope Run (need: one long jump rope)
  • The goal of this activity is to have all participants jump in succession over a jump rope each time it hits the ground. Two facilitators twirl the rope and once the first person has jumped, another person must jump over the rope every time it hits the ground. If the rope hits the ground without someone jumping over it, or if the rope hits someone and stops twirling, the entire group must start over. Participants may only jump once.
  • How did you accomplish your goal? What was easy? What was challenging? What role did encouragement play in this activity? What role did practice and skill play? For those at the end of the line, how did you feel when someone was successful? For those that had already jumped, how did you feel when someone was unsuccessful?

Handshake Game
  • Stand up and walk around the room as you introduce yourself to at least 5 other people as if you don’t care, as if they are not important to you. Then walk around the room as you introduce yourself again to at least 5 other people as if they are your long-lost friend, or close family member.
  • How did you feel during the first introductions? How did you feel during the second? How do we prefer to be treated by others, even with something as simple as an introduction? When we meet someone for the first time, how do we treat them? Like the first example or the second? When we work with people who are not our long-lost friend or close family member, how do we interact and work with them? What kind of working relationship do we build with this treatment?
Alligator River (masking tape)

- Create a box with masking tape on the floor. Depending on the size of the group, make the box just large enough to fit nearly everyone’s feet. Around that box, create another box at least 2 feet larger on each side.
- The situation is this: the participants need to get across the “Alligator River” (the space between the boxes) and safely land on the island (the smaller box). The group must work together to get everyone safely on the island with at least 1 foot on the ground. Success will be reached when the group can count to 10 while safely on the island.
High-5 Partners
- At the start of a retreat, or other extended-time meeting, introduce “High-5 Partners.” Have the entire group stand up and walk around the room giving high-5’s to each other. When the facilitator says “stop” the last person you high-5’d will be your Partner for the rest of the retreat.
- Throughout the rest of the retreat, meeting, or year, whenever someone calls out “High-5 Partners!” each person will go to each other and slap hands. Great for an energizer.

Peanut Butter Sandwich (paper or index cards, loaf of bread, jar of peanut butter, knife)
- Give each person an index card or piece of paper and ask them to write down instructions on how to make a peanut butter sandwich. Collect the cards.
- The facilitator will read through the cards and attempt to make a peanut butter sandwich following the directions as literally as possible.
- The goal of this exercise is to point out that communication is only as good as the people involved in it. Challenges to communication can be vague instructions, making assumptions, and literal interpretations.

Balloon Tower (balloons, masking tape)
- Create small groups of 2-6 people. Each group will be required to build a tower of balloons using only masking tape. The catch is that nobody can talk, and one of the group members is blindfolded.
- Consider giving a time limit in which to create the Tower, or adding additional “disabilities” to other group members for more challenge.

Community Circles
- Have the group split in half and create two circles, one inside the other. The inside circle will face out, and the outside circle will face in so that the two circles are looking each other in the face.
- The facilitator will suggest a question to be answered and have the people facing each other to answer that question. After a certain amount of time (varies for the question), have the circle(s) rotate so that new pairs are created and ask another question.

What’s in your Wallet?
- Each person places their wallet or purse into a large shopping bag. Once they have been collected, the facilitator draws one wallet out of the bag and mentions some of the items in the wallet. The other participants should guess the owner of the wallet based on what is in it.

Board of Directors (BOD templates, markers, pens, etc)
• Distribute Board of Directors template to all participants. Have each person complete their Board, with them at the head of the table. What important people would you choose, living or dead, to be your closest advisors, and Why? Have each person share with the group upon completion.

Gumdrop Sculpture (gumdrops, toothpicks)
• Create a gumdrop sculpture ahead of time using candy and toothpicks. You might use a familiar sculpture or something that has meaning for the group, like a Block O or a football.
• Divide the group into small groups of 4 people:
  o Viewer: may view the sculpture and talk with the Messenger only.
  o Messenger: may not view the sculpture and may listen to the Viewer and talk with the Builder only.
  o Builder: may listen to the Messenger and may not talk to anyone.
  o Observer: may view everything and may not talk to anyone.
• To begin, the Viewer and the sculpture should be in a separate room. The Viewer may leave that room to describe the sculpture to the Messenger. The Messenger will then relay that information to the Builder who should be in a separate room. The Messenger may receive and deliver as many messages as needed. The Observer should observe all interactions and be ready to discuss upon completion. Set a time limit for the Builders to complete the sculpture and stop the activity at that point, no matter who is finished or not.
• What was easy or challenging about this? How was the communication process challenging? What worked well to overcome this challenge?

License Plates (need license plate template, magazines, markers, crayons, scissors, glue, etc)
• Give everyone a blank license plate and the name of another group member. Each person will make a license plate for that person. Encourage creativity and to utilize what they know about their person to really personalize the plate design. Have each person present their plate to the other person for the group.

What’s Inside Your Frame (construction paper, markers, crayons, etc)
• Give each participant a piece of paper and ask them to draw a personal picture frame. Have each person decorate the outside of the frame with things that are important to them. Leave the inside of the frame blank.
• Once all the frames have been drawn, have the rest of the group anonymously write positive comments and feedback for that person in the inside of the frame.
• Great for a “closing” activity

Life Lines (paper, markers, crayons, etc)
• Distribute paper to all participants. Have each person draw their “life line” on the paper. Include high moments, challenges, milestones, and achievements. Have each person share his/her life line once all are completed.

Group Profile (butcher paper, markers, crayons, etc)
• This is best for groups of 3-5 people, either as an entire group or small subsections.
• Have the group outline 1 person’s body on the butcher paper. Place the paper on the floor and have the person lie on it to do the outline.
• Have the group discuss various areas of the body and come to an agreement on how to represent each quality on paper. Have each small group share when finished.
  o Top of the head – things we think about
  o Eye area – things we like to see
  o Ear area – things we like to listen to
  o Mouth area – things we like to speak about
  o Stomach area – things we like to eat
  o Heart area – things we feel strongly about
  o Shoulder area – problems we, or our group, face
  o Right hand – things we like to make
  o Left hand – things we like to play or do
  o Right foot – places we have been
  o Left foot – places we would like to go
  o Right thigh area – colors we like to wear
  o Left thigh area – things that are scary to us

Spider Web (nylon rope, two trees/posts to hold the web)
• Create a “spider web” in between the two trees or posts by winding the rope back and forth in a random pattern. The object is to move your entire group through the web without touching the web. If a member touches the web, he/she must begin again. For safety, do not allow dives through the web, or going over the web.
Personal Board of Directors

Place important people or figures that currently play, or have played, important roles in your life around your Board Room Table. Please include notes about why you chose each person and what they will bring to your table.