Ice breakers for meetings:

Deduction:
1. Have everyone write on a piece of paper their answers to such questions as:
2. What is your favorite month, animal, food, TV show, hobby, and color?
3. Each person is to sign his name, and to make certain no one else sees the answers.
4. The leader then reads the answers to the group, and members try to guess to who the set of answers belongs to.
5. Award one point for each right guess. The person with the most points wins a goofy prize.

Opinion:
1. Write the words "agree," "disagree," "strongly agree" and "strongly disagree" on large pieces of paper.
2. Place each poster in an obvious spot somewhere in the room, preferably on a wall.
3. Then make a statement such as “we all like spinach” and have everybody move to the part of the room that matches their opinion.
4. You can create “opinions” that relate to the theme of the meeting. For example, our membership is the most dedicated membership in the world.

Notable Name Enhancement
1. Have participants introduce themselves positively with two adjectives beginning with the same letter as the initial of their first name. For example, Rational, Realtor Randy.

I’ve Never Done:
1. Each person starts off with some candy.
2. Going around the circle, each person finishes the sentence "I have never..."
3. A person who has done the thing that the speaker has never done must give the speaker a candy.
4. A fun way to learn things you might otherwise not find out about people. Similar to “Ten Fingers.”

Outlandish Introductions:
1. Have participants introduce the person to his/her right.
2. Encourage them to fill the introduction with hyperbole and exaggeration.
3. The only thing that needs to be factual is the person’s name.
4. “To my right is the inventor of the paper clip, in addition, he cornered the high tech market in 1996 and is the fourth wealthiest man in the world. He is the man who taught Tiger how to golf and is Shag’s personal trainer. Ladies and gentlemen it is my pleasure to introduce you to....”

Take What You Need:
1. A roll of toilet tissue is passed around the room.
2. People are asked to take what they need.
3. Once everyone has “their supply,” the group is told that they are to tell as many things about themselves as they have tissue squares.
Ice breakers/activities for retreats:

**Stereotype Chat:**

1. Place a paper on each person’s back with a characteristic on it (Valley Girl, Smart, Happy, Rich).
2. Don’t let them see what you are putting on them.
3. Let the participants wander around and talk to each other, treating each other as they might treat someone with that characteristic.
4. Afterward have everyone guess what characteristic they had and tell how they felt (good way to start a discussion on stereotypes or a cultural program).

**Sheet Game:**

1. Split the whole group into two groups, and have them facing each other.
2. Pick two people to hold a long sheet in the middle of the groups.
3. Have two people from each group stand in front of the sheet, making sure that the sheet is totally blocking out the other group.
4. When the two people holding the sheet drop it, the first person to say the other person’s name wins.
5. A great way to learn names for new groups going on a retreat.

**Web Toss:**

1. Everyone stands or sits in a circle, with the facilitator holding a ball of yarn.
2. Hanging on tightly to the tail of the yarn, s/he tosses the ball to someone else while completing the sentence, "I appreciate you for...."
3. Everyone who receives the ball states the same sentence and passes it to the person of whom they are speaking.
4. After the ball of yarn has been passed to everyone in the circle, the group slowly raises and lowers their part of the yarn to reveal the intricate web of relationships in the group.

**You’re Appreciated:**

1. This is an activity for the end of retreat, when stronger bonds have been formed.
2. Split the group into two groups.
3. Have one group sit in a circle, and have the other group stand around them.
4. The group sitting in the circle needs to have their eyes closed.
5. The facilitator will have a series of questions such as, “Tap someone who you related to this weekend”, “Tap someone who you learned more about”.
6. The statements should be along the lines of someone you connected to or bonded with.
7. For each statement the outer circle goes around and taps each person who that applies to for them.
Activities for meetings:

Standing Ovation:

1. The facilitator asks if anyone needs a standing ovation.
2. Participants who feel they could benefit from a standing ovation can stand and say, “I’d like a standing ovation.”
3. Everyone then stands and gives them a round of applause.
4. Throughout the program, the facilitator can make this opportunity available when appropriate.
5. Look around the room and come up with one genuinely positive thought about each of the other meeting participants.

Ideas To Go:

1. Line the walls of the room with different problems for group members to solve, posed as "How can we..." statements. (e.g., How can we improve service in XYZ area?)
2. Give group members a "stickies" notepad, and invite them to roam the room, write ideas on their pads, and stick them on the problem to which they apply.

Act It Out:

1. After information is delivered (training, new policies, etc.), break the meeting into groups of 5 to 8 people and challenge each small group to design a skit, song, rap, dance or other ways to recap part the things learned from the session.

Give It A Chance!

1. Have soft kids' toys in the room (foam balls, squish toys, etc.)
2. Any time someone crushes another person's idea (e.g., "that won't work...we tried that before...it'll cost too much..." etc.), group members are invited to pick up the near toy and bombard the offender, shouting "Give It A Chance!"

Exercise Break:

1. Rotate responsibility for group members to lead the group in some kind of physical exercise to start the meeting or use during breaks.
2. If desired, award prizes for the best exercises of the week/month. Bring a boom box with upbeat music to accompany.

Facilitate This!

1. Take turns being the meeting facilitator.
2. Responsibility: keep the meeting on track. Each facilitator is challenged to introduce a new ground rule, game, exercise or brain teaser to make the meeting more fun.
3. At the end of the meeting, the group votes whether to incorporate the new "tool" regularly or occasionally.