

Breaking the Ice

There are a variety of exercises that help group members get to know one another. In all ice breakers, it is important to structure the exercise so that you can respect the individual's right to control what and how much is disclosed. Many of the ice breakers below can also be used to restore energy after lunch, illustrate a point, or help generate discussion about a particular topic.

Ice breaker	When is it useful:	Works best in groups of:
Everyone who has ever... (p134)	<ul style="list-style-type: none"> • As an energizer • As a way to help a group know more about its members 	8-40
Gallery Walk (p135)	<ul style="list-style-type: none"> • In group forming 	8-20
Getting acquainted BINGO (p135)	<ul style="list-style-type: none"> • In group forming • As a way to learn group members' names • As a way to help group members know more about one another 	10 or more
Name Juggle (p137)	<ul style="list-style-type: none"> • Early in group forming • As an energizer after lunch • To illustrate a point 	6-25
Organize by Birthdays (p138)	<ul style="list-style-type: none"> • As a team building activity • As an energizer after lunch • To help groups who are working on leadership or problem solving questions 	Any size
Something in Common (p139)	<ul style="list-style-type: none"> • Early in group forming • In groups where people know each other superficially • When two groups are merging • In groups with strong differences or conflicts 	Any size
Something in Your Pocket (p139)	<ul style="list-style-type: none"> • In group forming • As a quick get-to-know you exercise 	Any size
Demonstrating our Diversity (p140)	<ul style="list-style-type: none"> • To help members of a group learn more about one another • Understand some of the diversity within the group • As an energizer 	Any size
Three Balls (p 140)	<ul style="list-style-type: none"> • As an energizer after lunch • In a group that is working on problem solving • In a group where you want to emphasize thinking outside of the box 	8-20
Three Questions in Pairs (p141)	<ul style="list-style-type: none"> • In group forming • As an energizer 	Any size
Three Truths and a Lie (p142)	<ul style="list-style-type: none"> • In group forming when group members are ready to learn a bit more about one another • As an energizer 	8-20

This table is taken from Chapter Six of *Great Meetings! Great Results* (Kelsey and Plumb 2004, pages 133-142).