

# ICE BREAKERS

The Art of Thawing Groups



# WHAT DOES BREAKING THE ICE DO, ANYWAY?



## Positive Atmosphere

Icebreakers help lighten the mood and create a general feeling of well being among the group, which leads to more engagement.



## Helps People Relax

Meeting can be tense, they can deal with stressful topics, but an icebreaker can cut through that tension.



## Breaks Down Social Barriers

By getting the group to work together and see each other as familiar but unique individuals, there's less separation.



## Motivates

Icebreakers are fun and inject a needed energy into the group, with that comes the inherent motivation to tackle the work.



## Think Outside the Box

Icebreakers work like brainstorming by getting the group to bond by bouncing ideas off one another and think more creatively.



## Get to Know One Another

Icebreakers are really ways to get to know more about the people you work with on a personal level, which builds relationships and helps to booster productivity.

# Tips

- **R**elate to Topic
- **I**nstruct clearly
- **S**implify
- **E**nsure Fun
- **N**urture Thinking



# Types of Ice Breakers

- 1 • Openers
- 2 • Acquainters
- 3 • Warm up Exercises
- 4 • Fun/Scavenger Hunts

# Caution



**'Too many ice breakers' is as bad as 'no ice breakers'**

# Icebreaker Task

# In groups of three or four you will...

Present an icebreaker to the class & have everyone participate. Your group may establish a “setting” for your ice breaker, for example, it may be a high school conference on leadership, or a grade 9 workshop on conflict resolution.

After presenting your icebreaker, each group must compose a one page reflection. The reflection can be done on the chart paper provided and needs to include the following:

- Purpose & when to use
- What went well?
- Tweaks to improve
- What was everyone’s role/ contribution?

Turn to the penguin next to you + tell them what you know about global warming.

