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.



Breaks Down Social Barriers

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



Think Outside the Box

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



Helps People Relax

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



Motivates

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



Get to Know One Another

loebreakers 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

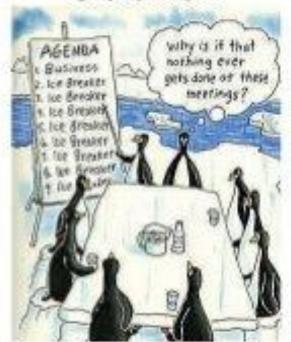
- Relate to Topic
- Instruct clearly
- Simplify
- Ensure Fun
- Nurture Thinking



Types of Ice Breakers

 Openers Acquainters Warm up Exercises 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:

- a) Purpose & when to use
- b) What went well?
- c) Tweaks to improve
- d) What was everyone's role/ contribution?

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



