

# Icebreaker, Warmup and Energizer Descriptions

## WHY DO THEM?

- creates a positive group atmosphere
- helps people to relax
- break down social barriers
- energizes & motivates
- helps people to think outside the box

### [Balloon Activities](#)

Games you can play with balloons to get a group having fun and working together. Includes the hilarious "Fire in the Hole" (balloon on tummy, running at another person, bursting the balloon).

### [Group Juggle](#)

Throw balls to others in a sequence, using each person's name. Works every time. Can be extended to "[Warp Speed](#)" (to see how fast the group can throw balls through a set order to each group member).

### [Gotcha \(Grab the Finger\)](#)

Fast-moving 5 min. group activity to get people together and focused. In a circle, right finger on next person's left palm. Try to grab a finger before yours gets grabbed.

### [Human Knot](#)

In a circle, people put their arms in and hold someone else's hand, then try to unravel the knot without letting go of hands. Involves getting physically close to others, stretching, laughing and problem solving.

### [2 Truths & a Lie](#)

People write down two truths about themselves and a lie. Then introduce the three "facts" to the rest of the group who tries to guess which one is a lie.

### [Fear in a Hat](#)

Group members write personal fears anonymously on pieces of paper which are collected. Then each person randomly selects and reads someone else's fear to the group and explains how the person might feel. Fosters interpersonal empathy.

### [Have You Ever?](#)

Active, fun group activity to explore and celebrate the rich diversity of people's past experiences. Works well with large groups.

### [Zoom](#)

A group tries to create a unified story from a set of sequential pictures. The pictures are randomly ordered and handed out. Each person has a picture but cannot show it to others. Requires patience, communication, and trying to understand from another's point of view in order to recreate the story's sequence.

## [Animal Sounds](#)

Participants are blindfolded and assigned an animal. The challenge is to use animal noises in order to meet up with other animals of same species. Releases energy. Loud, fun, chaotic, then gradually order and unity emerge.

## **Icebreaker, Warmup, Energizer**

### [All My Neighbors](#)

A fun, moving-around activity that breaks the ice, loosens people up, gets people alert and engaged. Good for a group just beginning to get to know one another.

### [Screamer](#)

In a circle, people look at ground, then on "heads up" look into someone else's eyes. If 2 people are looking at each other, they scream and are both out. Continue to see who is last - hilarious. [www.firststepstraining.com]

### [Pairs Tag](#)

In pairs, one is the chaser. With a big group, this allows for lots of hiding behind others - fun and active. [www.firststepstraining.com]

## **Icebreaker Websites**

### [Top 10 Icebreakers for Meetings & Training Seminars](#)

Favorite T-shirt, Personal Bingo, Say Cheese (Polaroid Snaps), Famous People/Cities, Sensuous Sam & Inquiring Ida, Dream Vacation, Favorite Animal, Birthday Partner, Long Lost Relative, Circle of Friends  
[Janice Lavore, 1997, www.topten.org]

### [Icebreaker games](#)

Cheeky Cheeky, Dress the Mummy, Gum Art, Gum Game, Ha Hah, Ice Cube Hunt, King Boe Boe's Ring, Messy Twist, Moo Game, Puzzle Piece Search, Rumor, Scavenger Hunt, String Toos, Un-cola Pop Off, What's in Your Bag?, Who am I?  
[FunAttic.com]

### [Large Group Icebreakers, Pt I](#)

Alright-OK, Positive Recognitions, We'd Like To Welcome, Get a Grip, Creative Handshake  
[www.firststepstraining.com]

### [Games to warmup for drama](#)

Covers many common experiential games with basic descriptions

### [Icebreakers, warmups, energizers, motivators](#)

Groupwork exercises for helping people get to know themselves, one another, and the nature of their group.

[Improv games collection](#)

Drama-based warm-ups - collection of 350 games

[Team-builders, icebreakers](#)

Name, high energy, low energy games, and more.  
[www.ResidentAssistant.com]

[SGX - Simulation/gaming resource exchange](#)

Wide range of experiential game resources,  
esp. see "[Manual simulation/game](#)" and "[Structured simulation/game](#)"

[Info about icebreakers](#)

Get to know each other & team-building activities  
[Ohio State University]

[Energizers](#)

Energizer to add zest to your program  
[John Sleigh]

[Icebreakers](#)

Extensive, well-organized, easy to navigate  
[Mike Wills]

[Icebreaker activities](#)

Interesting, different set of icebreaker resources.

[Icebreakers 2000: Get-to-know-you activities for the first day of school](#)

19 activities for teachers to use to help with getting to know one another on the first day of school.  
[Education World]

[Icebreakers for school](#)

Activities for school settings. [pop-ups]

[Icebreakers for corporate](#)

Corporate leadership training.