

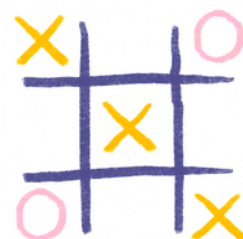
# ICEBREAKERS

Icebreakers can be used to help young people feel more comfortable around their peers, and they also help them to get to know one another. They can also be played to help young people get to know some other attendees that they may rarely or never interact with.

Beyond that, icebreaker games also:

- Provide fun - an escape from the every day.
- Inspiration for Creativity
- Allow young people to be a part of something bigger
- Allow young people to lead more
- Create positive memories
- Increase skills

We hope you find the games and icebreakers listed below useful. Some you may recognise, others you may not, but always try new things, and if the young people know the games even better than you do, encourage them to lead and explain to the others! We've also categorised them so you know the best spaces/ages they work with! Finally, always remember to risk assess, and then dynamically risk assess for all activities!



# JOCKEY UP, JOCKEY DOWN

**Any age, any size group and a room big enough that they each have space to put their arms out comfortably.**

Tell the group to get into pairs, then get them to designate one person from their pair to be the "jockey" and one person to be the "horse".

They then stand jockey behind horse, in their pairs.

The leader makes the rules clear:

When I say jockey up, the jockey must put their hands on the horses shoulders.

When I say jockey down, they just simply put their hands down at their own sides.

When I say jockey switch, the horse and jockey switch places, and their roles are switched.

you are sent out if you do the wrong action, flinch when you should not, or move when an action has been given without "jockey" at the front of it, for example, just saying the word "up" rather than "jockey up".

Then, you may do a practice round or two, and then it is a process of elimination.

To add some more interest, you can swap what the words mean (up meaning down and vis versa).

To keep those out alert and paying attention, tell them they can now act as judges, watching those still in to make sure they don't cheat.



# WHO AM I?



**Ages 10 and up, maximum group of 15-20, and a room big enough for them to form a circle sitting down**

Each player gets a sticky note stuck to their forehead with the name of a famous person. Each player has to guess the name of the person on their own forehead by asking everyone else simple "yes" or "no" questions. It can be questions such as: Am I a female? Am I a historical figure? Am I currently alive? If the answer to your question is yes, then you get to ask another one. If the answer is no, then it's the next person's turn to ask questions and try to guess the name on their own forehead. The first player to guess the identity of their mystery person is the winner! Everyone else can keep playing for second and third place, or you can start a whole new round with completely different mystery people.

# SPLAT

**Ages 8 + , maximum group of 15-20, and a room big enough for them to form a circle standing up**

Everyone should stand in a circle with the person leading the activity in the middle. Then the person who is leading should spin round and, at random, point to one person and shout 'splat!'. This person should duck down. The people on either side of them should point at each other and shout 'splat!'. The last person to shout 'splat!' should sit down.

If a different person also shouts 'splat!', they're out and have to sit down. Keep the game moving along quickly to test reflexes.

The game continues until there are two players. They should stand back to back and step slowly away from each other. When the person leading shouts 'splat!' the last two players have to turn and shout 'splat!' at each other. The first to shout is the winner.

# DO THIS, DO THAT

**Any age, any size group and a room big enough that they each have space to put their arms out comfortably.**

Invite one young person or a leader up to the front of the group, and have them start the session.

The main component to this game is that whatever the person at the front of the class is doing, it must be an activity that involves a fair amount of movement (and the movement can be as funny or big as possible, and involve as many body parts as possible, as long as all of the other people can perform the movement safely).

With each movement, the person at the front says "Do this," followed by a movement, then the rest of the class must mimic the movement/facial features (try not to use sounds, as it makes it hard for the kids to hear the person at the front).

If/when the young person at the front says "Do that!" followed by a movement, then the rest of the room must FREEZE PERFECTLY STILL, even though the student at the front will be continuing with a movement.

SIMPLE RULE: "Do THIS, but don't do THAT".

Anyone who makes a mistake, must go out. It is simply a game of last one standing.

## CORNERS

**All ages, works well with large groups, and a room big enough for them to move around and have space between corners**

4 people, often leaders or adults are sent to the 4 corners of a room.

Then, the leader will say a fact about one person in the room, that those taking part may not know. Then, it is up to the young people to go and stand by the person they think this fact is most likely to be about.

Once they have had 5 seconds to move around/decide, they must stick to their choice. When it is revealed, they get a point if they guess correctly.

It is a great way for the young people to get to know leaders in initial meetings, but also a fun way for them to learn new things about each other.



## TWO TRUTHS, ONE LIE

**Ages 11 +, smaller groups work better - around 5/6 per group, a room big enough to sit in separate groups**

To start, one person has to give three statements about themselves to the rest of the group. The trick is: all of the statements won't be true—two of the statements given should be and one should be a lie.

After you're finished, everyone should guess which statement they think you made up. Once everyone has made their guess, reveal which statement was your lie.

Keep the game going by then choosing someone who guessed correctly to go next and then play as many rounds as you'd like.

Some important tips:

- Try not to say your lie last.
- Don't over-explain your lie. Keep it short and sweet.
- Try to use one truth that is outrageous sounding so it can appear like it's the lie and throw the other players off, or use simple lies that seem believable.
- Keep all the statements the same level of believability so it's harder to figure out what is what.
- Don't let your facial expressions give your lie away.

# WINK MURDER

Any age, any size group and a room big enough that they can all sit in a circle.

someone at random is sent out of the room, out of eye sight and ear shot, and they become the detective. Then, (its usually best if the leader does this at random to avoid chaos), a murderer is chosen (check that they are able to wink, and if not, that they can meaningfully blink), and make sure everyone in the room knows who that person is.

The Detective can then return, standing in the middle of the circle, and is given 3 chances (depending on the size of the group) to decipher the killer. This happens as the 'murderer' winks at people, killing them (they must make it known they have been winked at, it is most fun when they do so dramatically). If they can guess, they win, and can pick a new detective, if they lose, the 'murderer' becomes the detective, and the game begins again.

# LOOK UP, LOOK DOWN

All ages, works well with large groups, needs a space big enough to stand in a circle

A really simple game for anyone!

Everyone stands in a circle, and starts with their heads down.

when the leader says "look up", they must look up (and point to) someone directly in the group. If they too are looking and pointing back, then the pair are out. (people must be honest!)

The aim, then, is to look, every time at someone who is not looking at you, but as the group grows smaller, this gets harder, until the two winners are left!



# ONE TO TEN

Ages 11 +, smaller groups work better - around 5/6 per group, a room big enough to accommodate group

The aim of the game is very simple - together as a group, you must count to ten.

without organising who goes when, the group must use their intuition (and luck) to count up to ten. There are, however some rules.

- One person cannot say every number, or start every time.
- If two people speak at once, you **must** start from the beginning.
- you can not create an order, it must be organic.

It sounds simple, and it really is, but it brings a group down to a quiet level, makes them listen to each other, and gets them to work together, and it's also really funny to witness!



# MIX & MATCH!

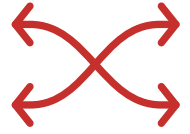
**Any age, any size group (best with bigger groups) and a room big enough that they can all sit in a circle.**

Have each person write down something interesting they've done on a note card (e.g., skydiving, have lived in a different country, is double jointed, has six cats etc –the sillier the better).

Put the note cards into a hat, give it a nice shake, and have each person draw a note card they will then read aloud. In turn they pull out a card, and then when everyone has one, one by one they read them.

The reader must then try to guess "whodunit" and explain why they came to that conclusion.

This game is a great way to start a group session, or with a new group of young people.



# CLASSIC CHARADES

**All ages as long as it is kept simple for younger ones, works well with large groups, need a room big enough for group**

Whether you have a large team or just a few young people you can never go wrong with this classic party game.

Charades is all about acting. The goal is to describe an object, movie, book, or a person using just your acting skills.

There are a few different ways you can play this game, but here's how we do it:

- Have one person to pick the word.
- That person will then pick one individual from the group and whisper the word in their ear (or write it down on a piece of paper).
- That individual will then have to act out/do something that would hint at the word, as others attempt to guess the correct answer.



If you have enough people, a great way to encourage team spirit/energy is to split the audience in half, and half them battle for points between themselves

# SPEED DATING (CAROUSEL)

**Ages 11 +, all size groups of 5 or more, a room big enough for group to sit in 2 circles**



The goal of this game is to have a succession of very rapid conversations in an extremely short amount of time with as many people as possible.

Split the group in half, one half sits in a circle facing outwards. the other half, sit in front of one of those already sitting.

When sat they are given questions and they must discuss that question with their partner, with both sides giving an answer. They are given a minute or 2 minutes to do so.

**What would you do with 1 million pounds, who is your favourite saint, what food do you hate, what is your favourite music genre etc.**

Then, you may call on someone to hear their partners answer, to make sure the are staying on topic and to have fun with the answers with the wider group.

After that, the outside circle get up and move however many people to the right or left you'd like them to, and they get another question.

While it's natural for group members to want to spend time with people they know, encouraging your team to mix is an important step to improving team cohesion. This activity is great for starting that process!

# TALL TALES



**Ages 11+, any size group, and a room big enough that they can all sit in a circle.**

With the group in a circle, pick one person to start. Together, the aim is to tell a story. The first person starts with an opener such as "Once upon a time", or "In a land far away" etc.

They must continue to tell the story until the leader "BUZZES" and then it turns to the next person, and they continue the story. Some people may have one word, some a whole paragraph, but the story must continue on until it comes to a natural end.

# SURVIVAL

**All ages as long as it is kept simple for younger ones, works well with large groups, need a room big enough for group to walk around**

Using scraps of paper, write down a load of different items some useful, some not - Pizza, tent, flint and steel, water purifier, a pile of warm coats, unlimited tea, a toilet, solar panels, 35 chocolate bars, an axe, a satellite phone, a bottle of Sprite, a canoe, an umbrella, a pair of socks, a phone with 12% battery etc.



Then the group must pull an item from a bowl, and then they have 30 seconds to make a group of 2/3/4 (depending on group size) that will survive in the wilderness the best out of all other groups - after the time they must state to the rest of the group what items they have, and how they will best survive.

At the end, all groups must vote (not voting for themselves) on which group they believe would do best in the wilderness.

# INTROS



**Ages 11 +, best in a group where they can be split into teams, a room big enough to fro group to sit comfortably in small groups**

With the young people split into teams (can be all sizes from pairs to groups of 5), they must sit together and decide on a team buzzer noise.

Once they have one, using a speaker, you can play the introduction to a (group appropriate) song. the first group to buzz together and guesses the song and/or artist correctly wins a point. if they only guess the song OR the artist, they get a point but it is passed over for the other groups to guess the rest - and they will also get a point for the part not answered.

If something is answered incorrectly, those that answered wrong will lose a point/two points depending on the answer, and it is passed on to the other groups, so they must not be too hasty!

If the song and artist is guessed correctly first time by a group, they then get two points.