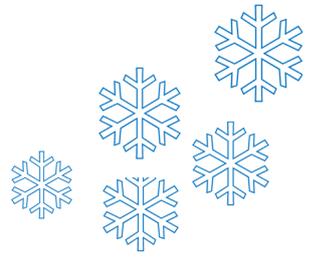


ICE BREAKERS

Be chased and chase the chaser!



This icebreaker is designed to build as time goes by. The start might be quite shy, but as the rules change, the participants will grow more confident and will eventually have fun.

WHAT YOU WILL NEED:

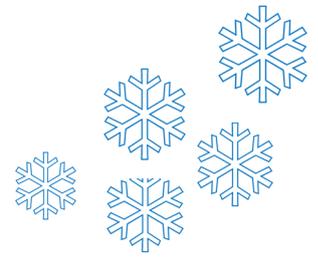
- Approximately 15-25 people
- A large open space for freedom of movement
- A person to run the icebreaker (someone willing to be vocal, lively and fun.)

INSTRUCTIONS

- Tell everyone to **walk** around making sure to avoid everyone using the space available to them.
- **2 minutes later...** tell everyone to pick a person in the group and **avoid** him/her (advise them to keep far enough away from each other so that nobody can guess who is avoiding who)
- **2 minutes later...** stop and disperse again, same as the start. Tell them to pick a different person in the group, and follow them around, walking in the same fashion as the start. Continue to instruct them to take up the space and change directions regularly (no running around in circles)
- **2 minutes later...** combine first two steps. Keep chasing that person, whilst avoiding the other. Keep good distance between the three of you, and try to form a triangle. try to guess who is chasing you, so that you can change directions and try to challenge them.
- **2 minutes later...** close the gap and keep 3m away from each other
- **1 minute later...** close the gap again, 2 m, did you guess who is chasing who?? It must be easier to guess now but keep challenging each other, changing directions etc...
- **1 minute later...** close the gap further, 1 m away! Its getting a bit frantic and everyone is walking a bit faster .
- **1 minute later...** half a meter!
- **1 minute later...** 10cm!
- **Warm up done!**

ICE BREAKERS

Bubble run!



This icebreaker is a fun activity for big groups designed to help participants get to know each other by working together in teams

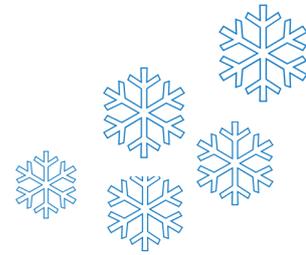
WHAT YOU WILL NEED:

- Bubbles for each team
- 15-25 people
- Teams 4-6 people
- Large area with space for teams to race

INSTRUCTIONS

- Instruct teams to line up in their teams (each member of the team behind each other with space between them like a relay race)
- **On your marks, get set, GO!...** The first member of each team must blow a bubble and try keep the bubble in the air (by blowing under the bubble) until it gets to the next team member waiting if the bubble pops, that member of the team must start again.
- If the first member of the team is successful in reaching their teammate then they pass the bubbles to the next member (like a baton in a relay).
- When the next member has the bubbles they then do the same as the first member and blow another bubble and try to keep that bubble in the air and get it over to the next team member.
- The winners are the first team to cross the finish line.

ICE BREAKERS



Pass the ball around!

This icebreaker is designed to help participants to get to know each other and learn each others names (it can be funny when people get it wrong), there is a lot of freedom to

WHAT YOU WILL NEED:

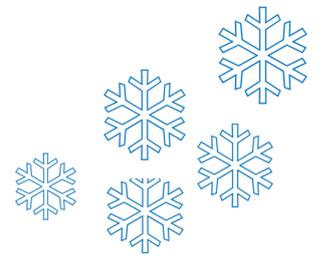
- A ball
- 10-15 people
- An open space for a circles of 10-15 people

INSTRUCTIONS:

- Ask all participants to gather around forming a circle
- Give one random person the ball, which will give that person the right to speak
- The first ball holder calls their name out loud for everyone to hear and remember, as well as their favourite place to travel to (or any other random fact that cannot be guessed, a favourite animal, for example, may generate the same result for a lot of participants.)
- That person then throws the ball to another person who hasn't had the ball yet. Upon receiving the ball, the participant call out their name and their favourite place to travel in the same fashion as the first ball holder.
- Once everyone has got the ball one and called out their names etc., do a second round in which the receiver has to remember and call out the name and favourite travel of the sender.
- Pass the ball around until everyone gets their turn.
- Enjoy!

ICE BREAKERS

Two truths and a lie!



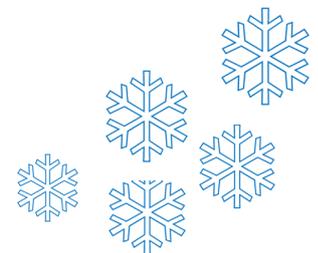
This icebreaker is designed to help participants to get to know each other and get to know each other (this exercise can work really well with small groups)

INSTRUCTIONS:

- Arrange participants in a circle facing one another
- A participant tells two truths and a lie about themselves
- The other members of the group can take turns to guess that members two truths and one lie
- After everyone has had their guess the first participant tells the truth so you can see who got it right!
- Repeat until everyone has told their two truths and a lie

ICE BREAKERS

Roses and thorns!



This icebreaker is designed to help participants to get to know each other and get to know each other (this exercise can work really well with smaller groups)

INSTRUCTIONS:

- Arrange participants in a circle facing one another
- Participants take it in turn to name one good thing and one bad thing that happened last week