

Activities/Icebreakers

M&M Game

-Pass around a bag of M&Ms and have each person take as many as they want. For each color of the M&Ms have a question they can answer. For instance, red can be, "Name a campus resource." You can play this with other colored candy also.

Person Scavenger Hunt Bingo

-Instead of creating a Bingo board with numbers, create a Bingo board of things anybody could have done or might have in their possessions. Give each player a copy of the board and get them to go around asking the other players if they match any of the details on the squares. If a player does they have to sign their name in that square (for example, you have 2 brothers). Whoever gets all squares signed first wins.

Nonverbal Birthday Lineup

-Ask everyone to line up according to the month and day of birth without talking.

Name Chain

-You know how this one goes - you start with an adjective/fruit/animal/superhero/etc & then your name. The next person says your name & their name & so on.

Think, Pair, Share

-Each student is given a 4 x 6 Index card. They are to write: Name; Home town & state; Something they like to do; What they did last summer; Intended Major; Favorite Food, Book, Superhero..Your Choice! Pair off & share what each has written. Start with yourselves, then each person will introduce their partner to the groups indicating what they have learned about that person.

Cheers & Fears

-This activity can be done as a big discussion group, or you may break into 2 groups. The questions for discussion are simple: What are you most excited about with starting college? What are you most concerned or apprehensive about?

Call on volunteers & ask people to explain their responses. Connect campus resources & events with the Cheers & Fears they describe, as well as your own experiences.

On All Sides

-Get everyone in a large open area. Tell them that you'll call out "Find a Partner." Once they have a partner, then you'll call out either "side-by-side," "back-to-back" or "face-to-face" & they should arrange themselves accordingly.

For side-by side, they should share vital statistics (name, age, hometown, etc.), for back-to-back, something about their extended selves (family, friends, associations, etc.) for face-to-face, something about personal interests or hobbies.

Theme Song

-Divide participants into smaller groups. Tell them to discuss among themselves until they find a common theme. Once they've got a common theme, have them come up with a theme song that explains that theme. Then, they share their theme song with the larger group & the larger group has to guess their common theme.

Who am I?

-For this activity you will need one sticky note per person. On each note write the name of a celebrity, political figure, cartoon character, book character, etc. You can choose one category or mix them up. Use a different person for each note. Place a sticky note on the back or forehead of each participant. The participants are to figure out who they are, but can only do so in the following manner. Find a partner and read each other's sticky notes. You may ask the other person three questions to which they are yes or no answers. Once your questions have been asked and answered, make a guess as to your identity. If you are correct, move the sticky note to your chest and you become a "consultant" who gives clues to those still trying to figure out their identities. If you are not correct, find a new partner and repeat the process. SPECIAL NOTE: Be sure to choose characters that are appropriate to the age of the participants to avoid "generalization gap frustration."

I've done something you haven't done

- Have each person introduce themselves and then state something they have done that they think no one else in the class has done. If someone else has also done it, the student must state something else until he/she finds something that no one else has done.

Group Juggling

-Have participants stand in a circle. The leader tosses a ball to the person across the circle saying his/her name, then puts their hands behind their back. This repeats until everyone has been tossed the ball and had their name said. The leader throws the ball again to the same person, and everyone must throw the ball in the same pattern as the first time, calling out the person's name and throwing the ball. Each time the ball returns to the leader another ball is added in. Continue adding balls and see how far the group can get without messing up. This can be tried nonverbally if everyone knows each other's names, and other objects in addition to balls may be used.

Paper Bag Fashion Show

-Group size should be 4 to 5 people per group. Each group will need a paper bag filled with stuff (roll of toilet paper, construction paper, markers, scissors, miscellaneous stuff, and an index card). The task is to create a garment on someone in the group using all the materials except the card in 10 to 15 minutes. Then the group will write a description of the garment on the card which will be given to the fashion show commentator. Everyone but the models will become the audience and the fashion show begins. The commentator reads the descriptions as the

fashions are modeled. This can be adapted to fit a topic, such as make a garment that a great leader might wear, and so forth.

Interview

-Everyone is sent off in pairs to "interview" their partner. They're each given 3 to 5 minutes to ask questions, such as "what resources on campus have you used since school began" or "what was the hardest transition for you coming to NIU." Let students share their interviews with the class.

Take What You Need

-The facilitator passes a roll of toilet paper around the room, telling everyone to "tear off as much as you need." Once everyone has torn off a sheet or two, or 10, the facilitator announces that for each square they've taken, they must share something about themselves. Example I was born in _____. I have a weakness for _____.

Pipe Cleaners

-Have people take a pipe cleaner and use it to form into something that represents who they are. (Something that they are good at, they like to do, about their family, etc.) It can be an actual representation or symbolic one. When they are done, have them walk around and pair up with someone and try to guess each others shape. Then pull the group together and have people share.

Life Boxes

-Take a sheet of paper and fold it in half and then in half again. Unfold and you have 4 boxes. Have markers or crayons available and have people write the following headings in the 4 boxes 1) Childhood 2) High school 3) College 4) Future. In each of the boxes they are to draw a simple picture that represents an event or action that was extremely important to that particular time of their life. Have people go around and share their experiences.

Four Facts

-Good for pairs or the entire group. People say 4 things about themselves. 3 are true and one is a lie. People try to guess which one is false.

Hobby Huddle

-The group sits in a circle. Person #1 says his name and favorite hobby. Person #2 (to his right) repeats Person #1's name and hobby, then states their own. Person #3 states Person #1's and Person #2's names and hobbies, then adds his own. Go around the entire circle. Encourage people to help each other when needed.

Value Discussion

-Have participants find two people who are wearing the same color as them. Have them find a spot where they can talk together. Instruct them they will be talking about some issues and you will give them new topics every few minutes. Here are some samples:

Talk about the most important thing you learned this year.

What do you want to be doing in five years?

What is one goal you have for next year?

What is the greatest challenge you are facing?

What do you value most in life?

Introductions with a twist

-The master pan of this ice breaker is to give people an opportunity to learn something silly about each other and to divulge something personal about them. As a kick-off to the class, everyone is asked to introduce themselves by telling something informational (name), something silly (where you'd be if you could be anywhere right now, your favorite dessert), and something reflective (what you hope to get out of this class). Facilitators should, during the rest of the class, spontaneously recall specific things people said as a way of maintaining humor and giving members opportunities to connect.

Yarn Toss

-Everyone stands or sits in a circle, with the facilitator holding a ball of yarn. Hanging on tightly to the tail of the yarn, toss the ball to someone else while completing the sentence "I appreciate you for." After the ball of yarn has been passed to everyone in the circle, the group slowly raises and lowers their parts of the yarn to reveal the intricate web of relationships in the group. This is a good activity for the end of the year once students fully know each other.

Finish the sentence

-Go around the room and complete one of these sentences (or something similar):

The best job I ever had was..

The worst project I ever worked on was.

The riskiest thing I have ever done was.

This is a good technique for moving on to a new topic or subject. For example, when starting a class and you want everyone to introduce themselves, you can have them complete "I am in this class because..." You can also move on to a new subject by asking a leading question. For example if you are instructing time management, "The one time I felt most stressed because I did not have enough time was."

Involvement Game

Encourage and show students how they might be able to get involved on campus. This exercise works best if students are placed in groups and are encouraged to find as many organizations and ways they can get involved from the student newspaper. Allow 15 minutes for groups to make lists and then allow time for each group to report to the entire class. This helps individuals realize that organizations come in every shape and size. Give assignments at

the end of one class to have students bring to class a list of every possible way they could get involved on campus. Suggest they write down information on flyers, stuff they find in the newspaper, websites, etc. Offer a prize to the student that brings in the most opportunities and have each student present his or her findings. This also works as a group homework assignment too.

Two Cents- Closing Activity

This activity is designed to provide closure for a group or team through sharing positive comments about individuals. The facilitator introduces the program by talking about throughout the year how everyone has contributed their two cents. They go on to say how normally when someone shares their two cents it is usually referring to them trying to benefit the group by providing their ideas. Then the facilitator gives every participant two cents and shares that they are to give away their two cents to other individuals in the group. The only stipulation is that to give away a penny they must say a positive quality that they have admired about the individual to whom they are giving it too. The activity works well in as a round robin activity so everyone can hear who each other recognizes, or as a free for all format where individuals all at once get up and share individually with people. Goal is to try to give away all their pennies, even the ones they receive.

52 Card Shuffle (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

(For Large Groups) ~ This activity helps a large group of people mingle and meet new people. Each person receives a card from a normal deck of cards; include the jokers as wild cards. If the group is more than 54 people, add as many decks of cards as needed.

TO LEAD ACTIVITY:

1. Have all group members stand in an open area, holding their cards.
2. Instruct the group to move into a variety of configurations and introduce themselves to the new person or group of people. Give the group a short topic to discuss, such as favorite food, book, movie, etc.

Ideas for configurations: Cards with the Same Number, Suits, Straight, Full House

(Note that some people will be left without a match. The group leader should help these orphans to make a group of their own or join an existing group.)

Ask Me About... (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Each person gets a regular size post-it note. They should write a keyword response to a prompt such as, "Something that you know a lot about?" "Something about summer break?" "A teaching idea?"

After everyone has an idea, the group informally mingles around and asks each other about the topic. This is a great conversation starter. "Ask Me About..." can be part of the name tag.

Candy Bar Matching (submitted by [Kim Peterson](#), Lincoln M.S)

Write clue on paper and have the group individually or in teams attempt to match up the candy name with the clue. (Answers are next to the clue.)

Bumpy Street-----Rocky Road
Famous Baseball Player-----Babe Ruth

Feminine Pronoun-----Hershey
Charlie's Girlfriend---Peppermint Patty
Happy Nut----Almond Joy
Our Galaxy-----Milky Way
King's Ransom-----100 Grand
Toe Attendance---Tootsie Roll
Funny Laugh---Snickers
Relaxed Automobile-----Carrmallow

Change Three Things (submitted by Shannon Rasmussen, Kilo Junior High)

Form pairs. After looking each other over, both partners stand back-to-back. Then each changes three things about their appearance. Each partner tries to figure out what was changed. The fun part of this activity is to continue changing things for about 7-10 rounds. The kids think they can't change anything else, but guess what? They can! Great lesson about persistence!

Coin Toss (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Place a list of topics on butcher paper in the middle of the room. Participants throw their coins on the butcher paper one at a time and talk about themselves according to the category, such as family, hobbies, childhood, embarrassing stories, dreams, etc. Can also work with a spinner or dice.

Conversation Wheel (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Have the group form an inner and outer circle causing people to pair up. Ask the group a question and give them 1-3 minutes to introduce themselves and discuss each person's answer. When the question is complete they cue the participants to thank their partner and have one of the circles move a determined number to the left. Once with a new partner, ask another question.

Creative questions to ask include:

- 1) What kind of music do you like and why?
- 2) Explain how you got your name.
- 3) Tell about your favorite toy as a child.
- 4) Who is the nicest person that you know?
- 5) What was your favorite grade in school and why?
- 6) Tell about an embarrassing moment.
- 7) If you could have one superpower, what would it be?
- 8) What is something that you always wish you were better at and why?
- 9) Describe your most cherished pet.
- 10) If you could donate one million dollars to a charity, who would you give it to?

Eyeball Tag (submitted by Shannon Rasmussen, Kilo Junior High)

Group sits in a circle in chairs with one person in the center. The people sitting in the chairs randomly look at someone in the circle. If they make direct contact with another person, they must switch chairs. The person in the middle tries to grab one of the empty seats. It is amazingly fun and fast-paced, as people are constantly changing seats.

Fast Fingers (submitted by Shannon Rasmussen, Kilo Junior High)

Form pairs. Both partners have their hands behind their backs. On the count of 3, each person puts out both hands, with 0-10 fingers extended. Both people try to add the total fingers and blurt the total first. Keep track of points.

Funny Face (submitted by Shannon Rasmussen, Kilo Junior High)

Each person in the pair thinks about a funny face they know how to make. Then, they simply teach that funny face to their partner.

Group Juggle (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Group passes objects through the air and says the name of person with whom you are throwing. Add objects, go faster, and/or no talking will increase the difficulty of additional rounds. Koosh balls, small stuffed animals, and bean bags work well for this activity. (Underhand throws only, please.)

TO LEAD ACTIVITY:

1. Stand in a circle with hands out to catch the object. When you catch the object, put your hands down so you can tell who still needs to receive it once. As leader, you start it and also catch it last.
 2. Leader starts by calling a person's name, making eye contact, and throwing them the object. That person then catches the object and says "Thank you, _____". They then throw to someone else by calling their name and making eye contact. Again, they say "Thank you, _____". The "thank you's" help the group learn names.
 3. As the leader sizes up the group, they can add more objects into the mix. This gets several objects flying at the same time. Sometimes it's easier if you stop the thank you's at this point or it gets too crazy. Other options... go backwards or send one backwards and one forward at the same time.
- Human Map ~ Set perimeter according to a state/city map and have members stand where they live.

Group Scrabble (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Use a white board, overhead, or chart paper. Start the group off with a word that ties into the location, purpose, or theme of the day. Then turn the pen over to a group member and see if they can hook each group member somewhere into the board like a Scrabble game. Can be with participant's name, school, or a word that describes them.

"Hi, My Name Isn't" (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Go around the group with each person introducing their real name, school, and position, then an introduction of themselves as, "My name isn't _____". The person must also explain why they chose that name.

People will share stories about family names, names they wished they were, names they are glad they don't have, etc., allowing the group to get to know each other a little better. This activity is also fun with a group of people who already know each other.

Hula Hoop Pass (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

In one large circle, group members hold hands to connect the circle. Place a hula hoop into the circle by disconnecting two people's hands, placing the hula hoop on one person's arm and then

reconnecting their hands. The object is to pass the hoop around the circle by stepping and wiggling through it. The goal is to go completely around the circle without breaking hands.

Ice Breaker Gum (submitted by [Bill Oman](#), Ft. Vancouver H.S)

Pass out Ice Breaker brand bubble gum as an opening "ice breaker activity." :]

"I'm an Only Child" (submitted by [John Bittinger](#), Everett H.S)

Low Risk, No Equipment Needed, Sit Group in a Circle

1. Each person tried to think of something unique about themselves, something no one can claim. This unique aspect makes them an "Only Child."
2. One person begins. "I'm an Only Child because...." (completes statement)
3. If the statement is unique, continue to next student. (Discuss statement as desired.)
4. If someone else in the group shares the aspect, they immediately reply, "No, no. I'm your Bro!" (if male) or "What's this? I'm your sis!" (if female)
5. Continue around the circle as long as desired.

In the Bag (submitted by Goodman Middle school @ WACA It's a Steal)

This activity is one that is performed without rehearsal or preparation. The student relies on personal knowledge and experience to give a quick, impromptu speech to the group/class. Decorate a bag with the words "In The Bag" and make it look fun and creative. Copy phrases on strips of paper and place them in the bag. Students draw their topics from the bag and give a quick speech to the class. Let each student pick a topic and remind them that they have 30 seconds or less to talk.

Examples of phrases that can be used as topics for a speech:

1. Why students should never have homework
2. An unusual animal
3. The ideal age should be
4. How to be happy
5. My idea of a perfect day
6. The worst type of pollution
7. A fun way to travel
8. The best bargain
9. The best job in the world
10. The greatest book ever written
11. My favorite Olympic sport
12. How to avoid doing the dishes
13. How I view the future
14. The worst habit to have
15. How to clean a bedroom in ten minutes
16. How to mess up a bedroom in five minutes
17. The best place in the world to live
18. A great gift
19. The most important invention

20. Something I couldn't live without

Just Say Hello (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Have each person in the group say hello in a different way. The challenge increases with more people as people search for foreign languages, slang, and gestures to say hi to their fellow group members.

Life with the Wright Family (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

[Life with the Wright Family Directions/Story](#) (*Adobe Acrobat PDF file*)

Link Up (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

One person stands and talks about themselves. When someone in the group has something in common with something they've said, they get up and link arms with the person speaking person. Only one person at a time. They declare the thing that they had in common and then begin talking about themselves until someone else comes up with something in common with them. The activity continues until all group members are "Linked Up."

"Mix It Up Day" (submitted by Holley Raedel, Komachin Middle School)

(This is a national event.) As student enters lunch room, they are given a table # and color that corresponds to a specific table. For that one day, students sit with and meet others they do not usually hang around with.

Look Up, Look Down (submitted by Steve Sears , Vashon H.S)

All in the group are in a circle. The "leader" yells "Look Down." Everybody looks at the floor (and picks out the feet of their "victim." The leaders than says "Look Up." Each person looks at te face of their victim. If the two people happen to be looking directly at each other, they must die dramatically and exit the circle. The leader continues "Look Down " "Look Up." until the last two remain the winners.

A variation to the game is to call it "Dude." If you are found to be looking directly at the person they both yell "Dude!" and put one hand over their one eye. They continue to play until they lose both eyes and then exiting the circle with a loud, pronounced "Dude!"

Name Tag Switch (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

When passing out items before a meeting or event, give each person the name tag or folder with someone else's name on it. It is then the task of that person to find the owner of the item to return it. This causes people who do not know each other to approach many people before finding the correct match.

Name Wave (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

The group stands in a circle. As the group leader, model for the group by going first. Say your name while making a motion with your body. For example, an arm swing, disco point, hop, swivel hips, etc. Freeze the motion wherever it ends up. As soon as you are finished, the person to the right repeats your name aloud, the motion you made and holds the position which starts the next person. This continues around the circle back to the first person. Everyone should be frozen in the same position. When it gets around, the next person starts from that position, makes a new motion while saying their name and holding it at the end. This repeats around the circle. It should go pretty fast and is a good way to remember everyone's name.

Pass the Knot (learned from Marty Fortin, Cispus)

Like a group juggle, start the group in a circle with a circle web or rope large enough so that group members can stand shoulder to shoulder and grip the web in front of them with both hands. The group goal is to pass the web around the circle so that the knot in the webbing is in front of each person in alphabetical order. While the knot is being passed around everyone in the group says the name of the person it is going to. "andy...andy...andy...andy...andy...(knot gets shifted in front of andy) now it moves to barbara...barbara....barbara ... and so on.

Peek-A-Who (submitted by [Cari Johnson](#), Cedar Heights J.H.)

Divide a group into 2 teams. Two group leaders are needed in the middle of the groups to hold the two sides of a large blanket or sheet up. Each team should group behind the blanket so that they can not be seen. Once set up, each team sends a representative to a chair set up against the blanket. When ready, the group leaders chant "Peek...A...Who!" and drop the blanket on "Who." Only the two people facing each other in the chairs can answer. The first person to shout out the other person's name is the winner and captures that person to add to their team. The game continues until one team has all but one of the players.

People Scavenger Hunt (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Put group members in small groups. The hunt is a competition between groups. The leader calls out either a literal item or a characteristic. The group must send that person up to the front of the room as quickly as possible. The first person to tag the designed spot wins the round for the group. Groups can also simply have the person stand and yell something to avoid running around. Items that may be called for include: Person with the most letters in their complete name
Person with the longest shoe laces
When adding up the ages of all siblings, person with the greatest sum
Person who has traveled the farthest.

Picture + Caption Matching (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Take a picture from a magazine with a caption and cut them apart. People have to search through the group to find their match. Once the match is found, the pairs have to share something about themselves or the picture in pairs. Repeat several times.

TO LEAD ACTIVITY:

1. Each person starts with either a picture or a caption. (Note: Must have even number of people.)
2. Establish a 20-second mingle period where the group just moves around in a blob trading papers. This is a random activity that looks like a swarm of bees.
3. Lead says "Stop!" and the group finds their match.

Pipe Cleaner Partners (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Group members pair up to introduce themselves to each other . Each person forms a pipe cleaner into a shape that represents what the other person has told them. Each person introduces partner and pipe cleaner to the group.

EXTENSION:

Each member of the group gets one pipe cleaner. They form a shape which represents what they've been up to lately. The shape can be literal or abstract. As they introduce themselves to the group, they share their symbol.

Postcard Puzzle (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Cut one or more postcards into puzzle pieces giving each person a piece to assemble. With a larger group, you can use several postcards. Can also be done without talking.

Sandwich Boards (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Have group members design a sandwich board to introduce themselves that they can wear around the room for a period of time. Sandwich boards can be made out of tag board with string that connect the two flaps so they can be worn front and back with the string as shoulder straps.

Sentence Relay (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Divide the group into team with butcher paper on the wall or a chalk board for each group to write. Line up the groups about 10 feet from the paper. When the leader says go, each team member runs up to the wall and writes one word on the team's paper. Each successive team member is to run to the wall and add a word to the sheet. When each member of the team returns to the line, the next person may go. The object is to be the first team to complete the run with all people and to successfully write a complete, logical sentence. Sentences can be cued to a theme or related topic.

Silent Introductions (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Place people in pairs that are not allowed to talk to each other. Each person gets a piece of paper and a pencil. In a given time give partner #1 that chance to draw things about themselves for their partner. The only written word allowed in the person writes their name at the top. After about 5 minutes, have the partners switch. Once complete, the partners must introduce each other to the group using the information that have gathered from the drawings. Be sure to allow each person to "rebut" or explain what they were trying to tell there partner. This activity can also work with miming.

Switch-a-Roo (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

When handing out name tags or folders at the beginning of a group event, give people a name tag that is not their own. This will force them to search out the owner of the name tag, introduce themselves, and return it to the correct owner.

That's Me! (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

(Works with any size group) Have a predetermined list of 5–10 questions to ask a group. Questions can be catered to a specific group. Instruct group members that if the criteria listed fits them, they are to stand up or raise their hand and say, “That’s me!” aloud.

TO LEAD ACTIVITY:

1. Practice with the group as a whole to break the ice a bit. The “That’s me” should have a timing that everyone can come in on. Like Question...1...2...3...”That’s Me!”
2. Sample questions: “Who has children?” “Who had pets?” “Who has pets that they treat like children?” etc.
3. End with a question that everyone will answer “yes” to.

TP Talk (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Pass a roll of toilet paper around the room and have each person take some. Be very vague and casual about how much each should take. Once the roll has been passed, each person must tell something about themselves to represent each square of toilet paper that was taken.

Two Truths and a Lie (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Each group member shares two things about themselves that are true and one thing that is a lie. The rest of the group tries to guess which is the untrue statement.

What’s On Your Plate? (submitted by [Cathy Sork](#), Ft. Vancouver H.S)

Start a group training by giving everyone a plate and some permanent markers. Have them write on their plate in pictures, words, or phrases the things and responsibilities in their lives that fill up their time. Math-type people even like to make it into a pie graph. People then introduce themselves and tell what’s on their plate.

ALTERNATIVE SHARING: If the group is too big for everyone to explain their plate individually, you can have them raise their plates to various categories. Like “Who has kids on their plate?”, “Who has _____”, etc. .

Who Can It Bee Now? (submitted by [Lana Yenne](#), Yelm M.S)

Each member of the group makes a list of three things that other people in the room don’t know about them. Individuals can write their names at the top and fold the paper over so that you can’t see the name. Throughout a training you randomly pull a name and try to guess. This is good for starting back up after breaks. For added fun, play the song “Who Can It Be Now?” by Men At Work (1982)

Three Questions Game

- Everyone in the group writes down 3 provoking questions they would like to ask others in the group. Not the normal “what’s your name” type questions but something like, “Where is the most interesting place you have ever traveled” or “Name a topic you feel absolutely passionate about”.
- Give them time to mingle, and to ask three different people in the group one of their three questions.
- Get back together and have each person stand and give their name. As they say their name, ask the group to tell what they know about this person.

The Pocket/Purse Game

- Everyone selects one (optionally two) items from their pocket or purse that has some personal significance to them. They introduce themselves and do a show and tell for the selected item and why it is important to

them.

The Talent Show

- Everyone selects one talent or special gift that they possess and can demonstrate for the group. They introduce themselves, explain what their special talent is, and then perform their special talent for the group.

Toilet Paper Game

- Pass around a roll of toilet paper to the group and ask them to take what they need. No further explanation.

- When done. Tell the group that as they go around the room, each person must tell a fact or something about themselves for each square of TP they took.

Birthday Game

- Have the group stand and line up in a straight line.

- After they are in line, tell them to re-arrange the line so that they are in line by their birthday. January 1 on one end and December 31 at the other end. The catch is that they must do all this without talking or writing anything down.

Map Game

- Hang a large map of the world. Give everyone a pushpin. As they enter, they pin the location of their birth on the map.

Paper Airplane Game

- Everyone makes a paper airplane and writes their name, something they like and dislike on it (You may also want to add additional questions). On cue, everyone throws their airplane around the room. If you find an airplane, pick it and keep throwing it for 1-2 minutes. At the end of that time, everyone must have one paper airplane. This is the person they must find and introduce to the group.

The Shoe Game

- When entering, everyone must take off one shoe and leave it in a pile at the door. They keep the other shoe on. After everyone is in. The host will distribute the shoes to people not wearing the same shoe. When instructed, everyone must find the mix and find the person who belongs to the shoe and get some info about them. They then introduce their new friend to the group.

The Artist Game

- Give everyone a piece of paper and a pencil. In 5 minutes they must draw a picture that conveys who they are with out writing any words or numbers. At the end of 5 minutes the host collects the pictures. Show the pictures to the group one at a time and have them try to guess who drew it. After this allow each of the artists to introduce themselves and explain how their work clearly conveys who they are.

Three in Common Game

- Break the group into 3's. Their objective is for each group to find 3 things they have in common. But not normal things like age, sex or hair color. It must be three uncommon things. After letting the groups converse for 10 - 15 minutes, they (as a group) must tell the rest of the groups the 3 things they have in common.

Dream Vacation Game

- Ask participants to introduce themselves and describe details of the ideal, perfect dream vacation.

Polaroid Game

- As participants arrive, take their picture with a Polaroid type camera. Hand out the pictures to the group with each participant getting a picture of another member of the group. Give them 15 minutes to find and talk to the people matching their picture. When the group reassembles, have each member introduce their new picture pal to the group and talk about what they learned about them.

Favorite T-Shirt Game

- Ask attendees to bring (not wear) their favorite T-shirt to the meeting. Once all participants have arrived, ask each person to show the shirt to the group and explain how the T-shirt best resembles their personality.

Famous People/Cities Game

- As each participant arrives, tape a 3 x 5 index card on their back with the name of a famous person or city. They must circulate in the room and ask questions that can ONLY be answered with a YES or NO to identify clues that will help them find out the name of the person or city on their index card. EXAMPLES: Paris, Madonna, Santa Claus, John Wayne, Casablanca

Favorite Animal Game

- As the guests arrive, and before you write their names on a name card, ask them to tell you their favorite animal and three adjectives to describe the animal. As they tell you, write the three adjectives on a name tag BEFORE their name (omit the name of the animal). Ask them to mingle with the crowd, sharing why these adjectives best describe their own personality. EXAMPLES: Loyal, cuddly, playful Dan

Creative Name Tags

- Give everyone 15 minutes to make their own name tag-they can list hobbies, draw a picture, give a selfprofile, etc.

Circle of Friends Game

- This is a great greeting and departure for a large group who will be attending a seminar for more than one day together and the chances of meeting everyone in the room is almost impossible. Form two large circles (or simply form two lines side by side), one inside the other and have the people in the inside circle face the people in the outside circle. Ask the circles to take one step in the opposite directions, allowing them to meet each new person as the circle continues to move very slowly. If lines are formed, they simply keep the line moving very slowly, as they introduce themselves.

Marooned Game

- You are marooned on an island. What five (you can use a different number, such as seven, depending upon the size of each team) items would you have brought with you if you knew there was a chance that you might be stranded. Note that they are only allowed five items per team, not per person. You can have them write their items on a flip chart and discuss and defend their choices with the whole group. This activity helps them to learn about other's values and problem solving styles and promotes teamwork.

The Interview Game

- Break the group into two person teams (have them pick a partner that they know the least about). Have them interview each other for about twenty minutes (You can also prepare questions ahead of time or provide general guidelines for the interview). They need to learn about what each other likes about their job, past jobs, family life, hobbies, favorite sport, etc. After the interviews, reassemble the group and have each team introduce their team member to the group. This exercise helps them to learn about each other.

Story Time Game

- The facilitator starts a story by saying a sentence. It then goes in a circle, each person adding a sentence onto the story-after repeating each sentence that's already been added.

Ball Toss Game

- This is a semi-review and wake-up exercise when covering material that requires heavy concentration. Have everyone stand up and form a resemblance of a circle. It does not have to be perfect, but they should all be facing in, looking at each other. Toss a nerf ball or bean bag to a person and have tell what they thought was the most important learning concept was. They then toss the ball to someone and that person explains what they thought was the most important concept. Continue the exercise until everyone has caught the ball at least once and explained an important concept of the material just covered.

Positive Reinforcement Cards Game

- Whenever a participant arrives to class on time from breaks, lunch, etc. give them one playing card. You can also hand out cards to people who volunteer for activities, are helpful, answers a difficult question, etc. At the end of the day, play one hand of poker. Give a small prize to the best hand (you can also pick the top two or three hands if you want to give away more prizes). Note that the more cards a person has, the better the chance of winning.

Human Bingo Game

- Before the meeting, make a bingo matrix and at the top of each square put something that someone in the group might have done-for example, voted for Ross Perot, served in the Peace Corps, etc. Everyone gets a copy and is asked to circulate, getting other group members to sign one square that is true of them. The first person to get "bingo" wins the prize (a candy bar or some other small thing).

Out on the Town Game

- If you have a two-day meeting and need a quick warm-up for day two, ask everyone to pantomime something they did the night before. Individuals or groups can act out a movie they went to, describe a meal they ate, or recreate a scene witnessed at a bar....

Lucky Penny Game

- Each person takes a penny or other coin out of their pocket and looks at the date. When it's their turn, they tell the year that's on their coin and recall something spectacular that happened that year.

Straw & Paperclip Game

- Give each group a box of straws (not flexible straws) and a box of paperclips. Check that the paperclips can fit snugly into the end of the straws. Give each group a task (you can use the same one for each group if you want) and let them go. Sample tasks: Build the structure as a group. tallest strongest longest most creative most functional etc. Debriefing included describing teamwork and situational leadership skills used as well as how different models are needed to accomplish different tasks.

Four Facts Game

- Each person writes down four facts about themselves, one of which is a lie. Each person takes turns reading their list aloud and the rest of the team writes down the one they think is the lie. When all are done reading the lists aloud, the first person reads their list again and identifies the lie. The team sees how well

they did.

A to Z Freeze Game

- Ask participants to recite the alphabet in unison. Let them go on for a while until you yodel "Stop!" At that point, identify the letter they stopped on and ask everyone to share something they are looking forward to at school that begins with that letter. For example, if the letter is "R," they might say "ravioli in the dining hall" or "rooming with someone cool." Once everyone has shared, have them recite the alphabet again. Stop them on a different letter and ask participants to share a personality trait they possess that begins with that letter. If the letter is "D" they might say things like "diligence" or "doofiness." Come up with different questions to ask for each letter and repeat the process.

Reception Line Game

- Divide everyone into 2 groups. Have them stand facing each other. Each person talks to the person across from them until signaled (flash lights). At signal, person at end of one line moves to other end. Consequently everyone has a new person to talk to.

Autograph Sheets Game

- Prepare a sheet listing traits or facts about people with a line for them to sign their name next to the trait if it applies to them (i.e.: someone who wears contacts, someone who has been to Europe, etc.). People then mingle around the room with their sheets seeking to find people who are eligible to sign their sheets. A person can only sign once on any sheet. The process may also be reversed by having people seek out the autograph of people to which they think the category applies (i.e.: someone who looks like they enjoy the outdoors, someone who is from the east, etc.)

Puzzles Game

- Give participants a blank piece of puzzle (cut up a sheet of index card stock). Each person writes on the piece one skill which they contribute to the group. The puzzle is then assembled to show that everyone contributes to the whole.

Human Knot Game

- Divide into groups of 6-10 people. Each group forms a tight circle., standing and facing each other. Everyone extends their hands into the circle and by intermingling their arms, grasps hands with other members of the group. Instruct people to "be sure that the two hands you are holding does not belong to the same person". The groups' goal: untie the knot which results. Member of the group physically climb over/ under/ through each other's arms to untie the knot of bodies. Note: It's RARE but it is possible for a knot to be unsolvable or end in two separate circles.

Find Someone Game

- Each person writes on a blank index card one to three statements, such as favorite color, interest, hobby, or vacations. Pass out cards so everyone gets someone else's card. Have that person find the person with their card and introduce themselves.

Get in the News Game

- Divide your group into teams of four or five persons each, and make sure each team has the necessary supplies--scissors, tape, pins, and plenty of old newspaper. You'll also need a separate room or corner in which each team can work with privacy (and hilarity). Each group selects one person to be the model. After deciding what kind of costume to make, the team goes to work--cutting, crumpling, bunching, rolling, piecing, pinning, taping. After an appropriate amount of time, call everybody together for a costume show. (And don't forget to recycle your newspaper when you're finished!)

Kangaroo Court Game

- Try this if there's an incident that irritates members of your group. Announce that a kangaroo court will be held to properly try and prosecute all guilty parties. After you make the announcement, everyone will begin to view the incident in question with a contagious sense of humor. Name the defendants. Select a lawyer for the defense, as well as a prosecuting attorney. Write up formal charges and submit them to the judge. Appoint a bailiff and court recorder. Screen and swear in your jurors.

Make a Date Game

- Give each participant a paper plate. Have them draw the face of a clock on their plate with a line next to each number (no digitals!). Then have participants walk around a find a "date" for each hour, writing their name by the hour. The catch is, no one can make a "date" with more than one person per hour. After everyone has made their dates, speed up time and allow 1-3 minutes for each hour. The facilitator then asks a question for discussion on each date. The pairs will have a chance to get to know one another.

People Knots Game

- Everyone sits on the floor in a circle with legs extended toward the middle. Each person grabs two others' hands and holds them. The hands cannot be those of either person sitting on your sides and also cannot be the two hands of the same person. Now, everyone stands up and untangles each other into a single circle, without letting go of the hands you have.

Quick Change Artist Game

•Pair off into partners facing each other. Each player is to observe his or her partner's appearance. Then the players turn around back-to-back and make two or more changes in their dress, hair accessories, etc. When they face each other again, each partner must identify the changes made by his or her partner. This game can be repeated several times by changing partners and increasing the number of changes made.

The Quiet Game

•The instructor explains that this exercise will take self control. Members pair back to back. On the count of three, everyone must face their partner, look each other in the eyes, and then try to remain solemn and serious. No speaking! The first to smile or laugh must sit down. All who remain standing then take a new partner and the activity continues until only one person has not smiled or laughed. (Second round of playing can involve two teams competing to outlast each other.) If you get a pair at the end who are both keeping a straight face, the rest of the group can act as hecklers to disrupt them.

Sunshine Cards Game

•Everyone writes their name in the center of a piece of paper and draws a sun around their name. Pass your paper around to the person on your right. That person will write something positive about you and they do not have to sign their name. Continue to pass your name around until everyone has written something on all the papers.

Finish the Sentence Game

•Write the start of a question on the board (i.e. My Favorite job was...,My Hobby is..) and go around the room with each person finishing the sentence. When the group is finished, post another question and start again.

1. Story of My Life

You have just been given a contract to write your autobiography for a major publishing company. Your agent Harry Hardnose is anxious to get to press. He has decided to help you get started with a few probing questions.

1. First, take a piece of flipchart paper and fold it in half and then in half again to form a book.
2. Choose the title of a popular song for the name of your book. Write that title on the front cover.
3. On the inside of the front cover (page two), list a table of contents.
4. Name of the place where you were born
5. Description of your first job
6. Number of years you have been working for your company
7. On page three, draw a picture of your family.
8. On the back cover of the book, draw a picture of what you plan to do when you retire. Where will you go? Who will you go with? Etc.

Materials Needed

Paper

Markers

Time

Allow five to ten minutes for setup, and drawing. When all books are complete, have people tell their story, using the book as a visual aid. Depending on the size of the group, you may want to debrief in smaller groups. If possible, leave the books in a central location during your training to encourage further introductions and discussions.

Variations

- Change the focus of the pages of the book. For instance, most exciting moment, favorite food, most exciting vacation, etc. Be careful not to make any of the questions too personal. The idea is to open people up, not shut them down.
-

2. What's Cooking?

Your family (group) just inherited a successful restaurant from Chef Charlie, a long lost relative. The only problem: Charlie was very disorganized. The only recipes you have found are on torn strips of paper. You have to make sense of it all and quickly! The restaurant is opening tonight, and you have to have the food ready.

- Each member of the group will be given part of recipe (an ingredient, instruction, etc.).
- Your job is to put yourselves in order as quickly as possible. Your recipe must make sense.
- When your group is done, loudly announce "bon appetite" to signal the end of the game.

Materials Needed

Several Small Prizes for the Winning Team

Cut Recipes (Separate the Title, Ingredients, Instructions, Etc.)

Time

Allow ten to 12 minutes for the game. Once a team calls "bon appetite," have them introduce themselves and read their recipe in order.

Variations

1. For an added challenge, this game can be made considerably more difficult if groups are not pre-designated before the recipe pieces are distributed. Participants must then not only find the correct order but the correct recipe as well.
-

3. ABCs of Me

You have been hired by the Creative Classroom Company to illustrate a poster to help children learn their ABCs. By happy coincidence, you and your first name are the subject of the poster!

1. First, take a piece of flipchart paper and write your name vertically down the left side.
2. Next, choose a word that starts with each letter of your name. The word should describe something about you. Write those words horizontally across the paper, using the letters of your name as the first letter of each descriptive word.
3. After you have listed your words, draw an accompanying picture to illustrate each.
4. When you are finished, tape your poster to the wall.

Materials Needed

Paper
Markers
Tape

Time

Allow five to ten minutes for setup and drawing. When all posters are complete, have people introduce themselves using their name drawing. Depending on the size of the group, you may want to debrief in smaller groups. If possible, leave the drawings posted throughout your training session.

Variations

- Narrow the focus of the words. For instance, all words must be adjectives, nouns, or verbs related to work, related to foods you like, etc.

4. I Remember

You and the others in your group are about to revisit the past and take a trip down "Memory Lane."

1. First, get a coin.
2. Next, look at the year on the coin. Take a minute to think about what you were doing when that coin was minted. Were you in school? Were you a child? Where did you work? Were you married? Where did you live? What was going on in your life at that time? What was the music of the day? Etc. (If you were not yet born or prefer not to discuss your life during the year selected, choose another coin.)

3. After you have had some time to remember where you were, you are ready to play the game. Your goal is to find someone with a coin that was minted at least two years before or after yours. Ultimately, your goal is to have the oldest coin in the room.
4. Once you have found a partner, take three minutes to tell each other about your moments in time. When you are finished, each of you flip your coin. Reveal the results of your toss to your partner. If they are alike (both heads or tails) exchange coins. If they differ, keep your original coin.
5. Repeat the process up to three times as designated by the facilitator.

Materials Needed

Coins

Prize

Time

Allow five minutes for setup. Allow five minutes for each round. At the end of all rounds, call each year in order and ask each participant to stand and give his or her name. Award a prize to the holder of the oldest coin.

Variations

- Use your own coins to ensure an even distribution of years.
- If using your own coins, incorporate a piece of corporate history with each. Research a fact or figure about each year of your business and include it with the corresponding coins. When the participants exchange their own information, they can also share a piece of the corporate history. When debriefing, call each year in order and ask the participant with the year called to read his or her fact.

5. Six Degrees of Separation

It happens all of the time: we meet someone who knows someone we know. It's a small world, that's for sure. The object of this game is to see how small the world really is.

1. First, find a partner. Introduce yourselves and make a list of five to ten things that you have in common with each other: where you went to school, year you were born, number of years with the company, food likes, sports likes, etc.
2. Once you have completed your first list, you must find someone else in the room that also has one of those five to ten things in common with

you. When you have found that person, repeat step one and develop a new list.

3. Repeat step two.
4. Continue until you have met five other people or time is called by the facilitator.
5. A prize will be given to the first person able to complete the game. When you are done, let the facilitator know that you have finished.

Materials Needed

Prize

Time

Allow approximately 15 - 20 minutes for game. Once most people have finished, call time. Ask your winner to reveal his/her chain of separation by introducing those interviewed.

6. Scavenger Hunt

You are about to begin a scavenger hunt with several members of this training group. The object of the game is to collect all of the items listed below as quickly as possible. You may talk with anyone in the group. You may not leave the room. You must associate each item with the person who gave it to you. You may not get more than two items from any one person. Once the facilitator has assigned groups, you may begin play. When your team is finished, your team should loudly announce the phrase "hunt over" to the rest of the group. Be prepared to say where you got each item. A prize will be awarded to the team that finishes first.

1. A Driver's License
2. A Family Photo
3. A Store Receipt
4. A 1979 or Earlier Penny
5. A Piece of Candy
6. A Ballpoint Pen
7. A Lipstick
8. A Planner, Palm Pilot, Calendar, or Other Organizer
9. A Drink
10. A Coffee Cup
11. A Marker
12. A Piece of Candy
13. A Store Credit Card
14. A Pair of Glasses
15. A Magazine or Book

The list of hunt items should be reviewed by the facilitator before the game begins in order to make sure that all items are available.

Materials Needed

Several Small Prizes for the Winning Team

Time

Allow 10 - 12 minutes for the game. Once a team calls "hunt over," have them review each of the items, where they got them, and from whom.

Variations

- Instead of using actual items, list activities and facts as the items to find. For instance, "plays piano." The object of the game is to find someone who plays the piano and associate the person's name with that item.
-

7. Tattoo

You have just arrived at Tony's Tattoo Parlor for a tattoo. Tony is competing for "Tattoo King of the Year," a contest sponsored by Needle Knows magazine. Every design is a potential entry, and Tony wants each of his tattoos to say something about the person wearing them. From you, he needs a little inspiration and a design before he can start his work. Tony is excellent at lettering, animals, characters, band logos, maps, etc.

1. On your piece of paper, you are to design a rough tattoo that reveals something about yourself, your work, your hobbies, or your family, in order to help get Tony's creative juices flowing.
2. You must also make a note about how big the tattoo should be and where you will have it applied.

Materials Needed

Paper

Tape

Markers

Time

Allow five to ten minutes for setup, drawing, and posting designs on the wall. Depending on the size of the group, you may want to debrief in smaller groups. If possible, leave the designs posted throughout your training to encourage further introductions and discussions.

Variations

- Narrow the scope of the tattoo design: what you do at work, an animal most like you, favorite song, favorite band, adjective that best describes you, etc.
 - Divide your group in two. For round one, assign one group the role of Tony and the other group the role of the customer. Each customer must find a Tony and tell him about the design they would like and why. Tony is to draw a design, asking questions as he or she goes. After the first set of designs is complete, the groups reverse roles. To encourage additional interaction, ask the customers to “shop around” and find another partner to work with. To debrief, let each Tony describe what he or she drew and for whom.
-

8. Storyteller

You are about to stretch your storytelling skills with the help of others in the group designated by the facilitator. You will incorporate facts about yourself into a story that could just go anywhere.

First, write down the name of ...

1. something you would see in a store.
2. something you would buy as a gift for your mother.
3. your favorite sport
4. your favorite celebrity.
5. a crime.
6. your favorite restaurant.
7. a tourist attraction.
8. a profession.
9. the name of someone in the room.

The facilitator will begin the story with, “Once upon a time, I found the most unusual thing.” The next person is to fill in the next piece of the story. The object of the game is to incorporate as many of the items as you can from those listed above. No one can say more than two sentences at a time. Turns must be taken in order. To win, you must incorporate all of your words and then conclude the story. Everyone must get an opportunity to “write” from their imagination at least twice before the story can end.

Materials Needed

Prize

Time

Allow ten to 20 minutes for the game. If the group is large, consider breaking into smaller subgroups or reducing the number of incorporated words required to win. For instance, you must work in five words from those listed in part one.

Variations

- You can easily tailor this game by changing the questions in part one to better match your industry, company, etc.
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9. Trait Trader

You have just taken a job as a trait trader in the fictitious exchange, the Personality Market. You are a new executive, and it is very important to you that you do well in your new job. To do so, you must trade wisely and end the game with a trait that applies to you.

1. In a moment, you will be given a piece of paper (trade slip) with a personality or character trait written on it (e.g. tall, creative, adventurous, quiet, etc.) Write your name on the slip.
2. You must trade your slip with someone else. If your new trait also applies to you, write your name on that slip. If not, move to step three.
3. Trade again. Your goal is to end up with a trait that applies to you and to have written your name on more slips than anyone else.
4. When the facilitator calls out “exchange closed,” the game is over.
5. You may stop trading before the exchange closes. Remember, your goal is to end up with a trait that applies to you and to have written your name on more slips than anyone else.

Materials Needed

Prize

Trait Slips (Consider: Over 5'8", Born in the 70s, Red Hair, Curly Hair, Athlete, Creative, Talkative, Adventurous, Quiet, Bossy, Demanding, Funny, Dare Devil, etc.) You design the slips based on your group. Remember to be sensitive to age, gender, etc.

Time

Allow 12 - 15 minutes for the game and then call “exchange closed.” Next, ask everyone to turn their trait slip to the side that holds the names of the traders. Ask your first trader to say his or her name and to read his or her trait, stating whether or not it is true about them. Then, ask the others in the group to raise their hands if the trader’s name appears on their trade slips. Count the hands. Move to the next trader and repeat. When done, award the prize to the trader with the most slips signed who has a trait that describes him or her on the final slip.

10. Race for the Truth

You and the other “runners” in the room are about to embark on a race for the truth. Your goal is to cross the finish line as quickly as possible by truthfully answering questions about yourself as you follow the facilitator’s directions.

1. Line up on the starting line as directed by the facilitator.
2. In a moment you will hear a statement. If it is true about you, move forward one step. If it is false, remain at the finish line.
3. Once all first moves have been made, the facilitator will make another statement. Again, if it is true, move forward one step. If it is false, remain on the starting line if you have not yet advanced. If you have advanced past the starting line, take one step back.
4. Repeat step three until the first “runner” completes the race.

Materials Needed

2 Long Pieces of String for the Start and Finish Lines

List of Statements Related to The Group (e.g. “I have worked here more that one year.” “I think we have too many meetings around here.” or “I understand xyz aspect of my job.”

Time

Allow five to ten minutes for this activity.

Variations

- Narrow the scope of the statements to relate to issues at work, materials being covered, etc.

11. Candy Confessions

You have just taken a job as a candy tester in the Candy Confessions factory. What makes this candy different from other candy is that each flavor is associated with a fact about you. Your job is to select and “test” four different candies from a bowl/box that will circulate among all testers.

1. Choose four candies from the bowl without looking. In a moment, a key code will be revealed, indicating which truths you should tell.
2. Once the code has been revealed you may begin your confession.

Materials Needed

Basket of Candy

Key Code (e.g. Kit Kats = Favorite Movie, Favorite Magazine, Favorite Song, or Favorite Book, Krackle = Favorite Vacation Spot, Place You Would Like To Visit, Place You Would Least Like To Visit, or Worst Vacation, Lollipop = Number of Years in Current Position, Where You Work, What You Do, or Brief Description of First Job, Gum Drops = Something About Where You Live, Something About Where You Grew Up, Something About Your Family, Something About Your Town/City, Kisses = Wildcard [tell us anything])

Time

Allow ten to 20 minutes for the entire process.

Variations

- Allow people to take as many candies as they like from the basket and reveal something random about themselves for each candy they take.
 - Use a ball of string. Allow each person to take as much as they like. For each inch, they must reveal something about themselves.
(Additional material: string, scissors, and ruler)
-

12. True or False

You have just entered a new society of truth-tellers and liars. You and the others sometimes tell the truth and sometimes lie. The key to this society is knowing when you are being lied to and when you are being told the truth.

Partners must guess if a statement is the truth or a lie. If both players are correct, move on. If both are incorrect, move on. If one is correct and one is wrong, the wrong person is out.

1. First, flip a coin. If it reveals "heads," you tell truth; if "tails," you lie.
2. Find a partner, swap stories. Your partner must then guess if you told the truth or a lie. If both are correct, move on. If both are incorrect, move on. If one is correct and one wrong, the person who guessed incorrectly is out.
3. Move on and repeat steps one and two until one person remains and is declared the winner.

Materials Needed

Prize

Extra Coins

Time

Allow ten to 20 minutes to play the game, depending on the size of the group. Award a prize to the person who remains standing.

13. The Magic Lamp

You and your team have just found a lamp. You rub it, and surprise! A genie appears. The genie grants you three wishes. You are allowed to make three changes at work. You may change yourself, your boss, your job, the people around you, etc.

1. The facilitator will soon divide you into groups of three to five people and give your team a piece of flipchart paper and a marker.
2. Once you have your materials, design your wish list for your genie. When you are finished, post it on the wall.

Materials Needed

Flipchart Paper

Markers

Time

Allow five to ten minutes for setup, writing, and posting lists on the wall. Allow five minutes for debriefing. If possible, leave the lists posted throughout your training to encourage further introductions and discussions.

14. Totem Truths

In the past, a totem pole was carved for several reasons; for example, to honor a deceased elder who was important to the carver, to show the number of rights and names a person had acquired over his or her lifetime, or to document an encounter with the supernatural. Today, totems are carved not only for those reasons but also to tell the story about the person commissioning the pole. You and your team are about to design a totem pole to discover your group's strengths and weaknesses.

1. In a moment, the facilitator will divide you into teams. Each of you will be handed a piece of cardboard and a list of totems. You are to design a totem figure that best represents your strengths in the group. You may use one of the totem symbols given or make up your own.

2. Once you have completed your drawing, you and your team will tape them one on top of the other on a portion of the wall. Be prepared to explain your strength to the group.

Materials Needed

8.5" x 11" Cardboard Piece for Each Participant

Markers

List of Animal Totems (pages following)

Time

Allow 20 minutes for the entire process.

This exercise is excellent for teambuilding.

Variations

- Ask each group to design a group crest, similar to a family crest. The only disadvantage to this versus the totem is that the groups are static. With the totems, you can reorganize the groups and have them rebuild the poles throughout the day's activities.

Too Many Cooks

SYMBOLS

Alligator - Maternal and vengeful

Ant - Group minded, patient, active, and industrious

Antelope - Active, agile, and willing to sacrifice

Armadillo - Safety oriented and cautious

Badger - Courageous, aggressive, healing and energizing

Bat - Regenerative and long living

Bear - Industrious, instinctive, healing, powerful, sovereign, protective of the world, and strong

Beaver - Determined, strong-willed, constructive, and protective

Bee - Organized, industrious, productive, wise, social, celebratory, and enthusiastic about life

Buffalo - Sacred and strong

Butterfly - Metamorphic and transformative

Cat - Protective, detached, sensual, mysterious, magical, and independent

Cheetah - Swift, insightful, and focused

Cow - Nurturing and maternal

Coyote - Intelligent, stealthy, tricky, and mischievous

Crane - Solitary, just, enduring, independent, intelligent, and vigilant

Crow - Law enforcing, shape shifting, changeable, creative, spiritual, energetic, and just

Deer - Intellectual, gentle, caring, kind, subtle, graceful, feminine, gentle, and innocent

Dog - Noble, faithful, loyal, trainable, protective, and guiding
Dolphin - Kind, prudent, capable of deep emotion, wise, and happy
Dragon - Enduring, infinite, wise, powerful, and fiery
Dragonfly - Flighty, carefree, and strongly imaginative
Eagle - Divine, sacrificing, intelligent, courageous, spiritually illuminated, healing, and daring
Elephant - Strong, powerful, and wise
Elk - Strong and agile, proud, independent, pure, and noble
Falcon - Adventurous, passionate, and leading
Fish - Graceful
Fox - Cunning, agile, quick-witted, diplomatic, wild; feminine in its magic of camouflage, shape-shifting and invisibility
Frog - Cleansing, transformative, sensitive, medicinal, undiscernibly beautiful and powerful
Gazelle - Aggressive
Goose - Self-demanding, reliable, prudent, rigid, vigilant, parental, and productive
Hawk - Informative, intuitive, victorious, healing, noble, cleansing, visionary, and protective
Horse – Independent, enduring, mobile, terrestrial, powerful, and free
Hummingbird - Portentous, timeless, healing, and combative
Jaguar - Chaotic and shape shifting
Lion - Family-oriented, strong, energetic, courageous, and protective
Lizard – Conservational and visionary
Llama - Comforting to others
Lynx - Discrete, protective, and guiding
Moose - Headstrong, enduring, steadfast, and wise
Mouse - Observant, orderly, organized, and detail oriented
Opossum - Diversionsary, strategic, and deceptive
Otter - Playful, friendly, dynamic, joyful, helpful, and generous
Owl - Deceptive, clairvoyant, insightful, informative, detached, wise, changeable, and silent
Ox - Sacrificing and self-denying
Peacock - Immortal, dignified, and self-confident
Porcupine - Innocent, companionable, and trustworthy
Rabbit - Fearful, timid, nervous, humble, fertile, intuitive, balanced, and fertile.
Raccoon - Curious and clean
Raven - Introspective, courageous, self-knowing, healing, protective, tricky, and magical
Salmon - Proud, intense, confident, wise, inspiring, and rejuvenating
Seahorse - Confident and graceful
Seal - Loving, desirous, imaginative, creative, and dreamy
Shark - Predatory, enduring, and adaptable
Skunk - Noticeably present, and strong
Snake - Impulsive, shrewd, transformative, healing, energetic, and wise
Squirrel - Organized and gathering
Stag - Sovereign, regenerative, giving of bounty, beauty, and mystical signs.
Swan - Graceful, balanced, innocent, soulful, loving, beautiful, self-possessed
Tiger - Strong, valorous, powerful, and energetic
Turkey - Generous, life-giving, and self-sacrificing
Turtle - Nurturing, shy, and protective
Weasel - Strong, energetic, ingenious, and stealthy
Whale – Wise and giving

Wolf - Loyal, persevering, successful, intuitive, trainable, ritualistic, and spirited

Woodpecker - Sensitive, protective, and loyal

15. Definitions

You have just taken a job at a dictionary company. You are responsible for editing a new edition. The only problem is that some of the computers went on the fritz and wiped out various definitions. You have decided to "wing it" and make up definitions for the words of which you don't know the meaning.

1. In a moment, you will be handed a card. It will contain either a word or a word and a definition.
2. If you received a "word only" card, you must make up a definition.
3. If you received a definition card, you must explain the definition without reading the card.
4. The object of the game is for the others in the group to spot the real definition of the word.
5. You may not vote on your own word.

Materials Needed

Small Prizes

Index Cards with Words

Index Cards with Definitions of Lesser-Known Words (See Example)

Brobdingnagian \brahb-ding-NAG-ee-uhn\, adjective:

Colossal; of extraordinary height; gigantic. -- as a noun: a giant. [Often misspelt Brobdignagian.]

1. "The final triumph of my Brobdingnagian persecutor." --William Godwin, *The Enquirer*
2. "A brand-new brobdingnagian hotel." --Benjamin Disraeli, *Lothair*
3. "Known to our Brobdingnagian intelligence as grains of sand." --- Grant Allen

Time

Allow 5 minutes for preparation. Allow 10 minutes to play the game. Award small prizes to the people who guess the most correct answers.

