

## Breaking The Ice: Table of Contents

Activity Name	Group Size	Group Abilities	Activity Purpose
TOILET PAPER ON A ROLL	Medium (5-20)	All Abilities	Leveler
ONE THING I HAVE NEVER DONE	Medium (5-20)	All Abilities	Leveler
MARSHMALLOW TOWER	Small (5)	Some Physical Activity	Teamwork
FUNNY TITLES	Large (20+)	All Abilities	Leveler
FIRST LETTER OF YOUR NAME	Large (20+)	All Abilities	Leveler
CHRISTIAN ICE BREAKER GAME	Medium (5-20)	All Abilities	Get To Know You
ANYTHING ANYTHING ANYTHING	Medium (5-20)	All Abilities	Get To Know You
NEWCOMER BINGO	Medium (5-20)	All Abilities	Get To Know You
MATCH THE STICKER	Medium (5-20)	All Abilities	Get To Know You
GUESSING YOUR HOUSE NUMBER AND AGE	Medium (5-20)	All Abilities	Get To Know You
THE MACHINE ICE BREAKER GAME	Large (20+)	Some Physical Activity	Learning To Work Together
GLAD TO KNOW YOU	Medium (5-20)	All Abilities	Get To Know You
YES OR NO	Medium (5-20)	All Abilities	Helping People Get Over Shyness
NEWSPAPER HALVED	Medium (5-20)	Some Physical Activity	Teamwork
ENERGETIC HULA HOOP RACE	Medium (5-20)	Moderate Physical Activity	Energy Boost
WHAT I'D GRAB FROM A BURNING PLANE	Medium (5-20)	All Abilities	Get To Know You
SUPER QUICK INTRODUCTIONS	Medium (5-20)	All Abilities	Get to Know You
SICK, SACK, SAW	Medium (5-20)	Some Physical Ability	Quick Thinking
VACATION MATCH	Medium (5-20)	All Abilities	Get To Know You
CLAP AT 3	Medium (5-20)	All Abilities	Listening, Communication, Teamwork
ZOOM ICE BREAKER GAME	Medium (5-20)	All Abilities	Listening, Communication, Teamwork
YES OR NO COMMUNICATION	Medium (5-20)	All Abilities	Creative Thinking
ALPHABET STORY	Medium (5-20)	All Abilities	Energizer
TATTOO TALES	Medium (5-20)	All Abilities	Cross Generational Integration, Get To Know You
TELL ME ABOUT YOUR SHOES	Medium (5-20)	All Abilities	Get To Know You, Leveler
TRASH YOUR EGO	Medium (5-20)	All Abilities	Leveler
WATER BOTTLE	Medium (5-20)	Some Physical Activity	Focus
"MY NAME IS" ADJECTIVE	Medium (5-20)	All Abilities	Getting T Know You
PHOTO FREEZE FRAMES	Medium (5-20)	Some Physical Activity	Learning To Be Yourself
HANDBAG & MANBAG	Medium (5-20)	All Abilities	Get To Know You
CUSTOMER SERVICE	Medium (5-20)	All Abilities	Teaching Tool
STUMP THE TRAINER	Medium (5-20)	All Abilities	Communication Skills
SECRET LEADER	Medium (5-20)	All Abilities	Leadership

PERSONAL NUMBERS	Medium (5-20)	All Abilities	Power Of Observation, Get To Know You
OUT OF THE BOX	Medium (5-20)	Very Physical Activity	Energizer
I QUOTE YOU	Medium (5-20)	All Abilities	Get To Know You
THE PAPER TEAR	Medium (5-20)	All Abilities	Listening Exercise
FAMILY INFORMATION	Medium (5-20)	All Abilities	Get To Know You, Listening Exercise
TRUTH, TRUTH, TRUTH, LIE	Medium (5-20)	All Abilities	Get To Know You
CHANGE THREE THINGS	Medium (5-20)	Some Physical Ability	Observation, Get To Know You
PENNY FOR YOUR THOUGHTS	Small (5)	All Abilities	Group Bonding
DRAWING YOURSELF OUT	Medium (5-20)	All Abilities	Get To Know You
PERPETUAL MOTION	Small (5)	All Abilities	Comic Relief
SPREAD THE WORD	Medium (5-20)	All Abilities	Communication And Listening Skills
POP THE BALLOON	Small (5)	Some Physical Activity	Comic Relief
DRAWING WITH ONE PEN	Medium (5-20)	All Abilities	Teamwork
SOCKEY	Large (20+)	Extensive Physical Activity	Energy Boost
ASCENDING-DESCENDING	Medium (5-20)	Mild Physical Activity	Fun
I USED TO, BUT NOW I	Large (20+)	All Abilities	Opening Up
ZIP, ZAP, ZOOM RELAY	Medium (5-20)	All Abilities	Energy Boost
POP IDOL LIP-SYNC	Small (5)	All Abilities	Creativity
CHRISTMAS CAROLS	Medium (5-20)	Some Physical Activity	Get To Know You, Comic Relief, Leveler
SPONGE FUN	Small (5)	Some Physical Activity	Teamwork
HURRY UP MATE	Medium (5-20)	Extensive Physical Activity	Energy Boost, Teamwork
NAME LEARNING	Medium (5-20)	All Abilities	Get to Know You
DO YOU WANT TO COME TO MY PARTY	Medium (5-20)	All Abilities	Energizer
WISH YOU WERE HERE	Medium (5-20)	All Abilities	Listening And Communication
LEARNING NAMES EASILY	Medium (5-20)	All Abilities	Get To Know You
FIND YOUR SINGING PARTNER	Medium (5-20)	All Abilities	Get to Know You, Energizer
WORD STRING	Medium (5-20)	All Abilities	Energizer
HAVE YOU EVER	Medium (5-20)	Very Physical Activity	Energizer
PAPER SNOW BALLS	Medium (5-20)	Some Physical Activity	Get To Know You, Energizer
TENSION BUSTER	Medium (5-20)	Some Physical Activity	Energizer
BARKING MAD	Large (20+)	Some Physical Activity	Get To Know You
ANIMAL CONCOCTION	Medium (5-20)	All Abilities	Creativity
BOOK PERSONALITY	Small (5)	All Abilities	Get To Know You
INTRODUCING TRAINEES TO EACH OTHER	Medium (5-20)	All Abilities	Get To Know You
GUESS WHO	Medium (5-20)	All Abilities	Get To Know You

THIS IS ME	Small (5)	All Abilities	Get To Know You
BOX OF JUNK	Medium (5-20)	All Abilities	Get To Know You
HOW SMART IS YOUR RIGHT FOOT	Large (20+)	All Abilities	Comic Relief
FIND THE OBJECT	Small (5)	All Abilities	Comic Relief
PASS THE BANANA	Medium (5-20)	Some Physical Activity	Team Work, Get To Know You
PAPER FOLD	Medium (5-20)	Some Physical Activity	Get To Know You
IDENTIFYING GROUP PROBLEMS	Medium (5-20)	All Abilities	Comic Relief
MINE FIELD	Medium (5-20)	Some Physical Activity	Trust
CROSS OVER	Medium (5-20)	Some Physical Activity	Teamwork
BBQ NAME	Medium (5-20)	All Abilities	Get To Know You
LIFE IS LIKE A BOX OF CHOCOLATES	Medium (5-20)	All Abilities	Get To Know You
SECRET INTRODUCTION	Medium (5-20)	All Abilities	Get To Know You
OFFICE SUPERSTORE SHOPPING SPREE	Medium (5-20)	All Abilities	Get To Know You
UNTANGLE	Small (5)	Very Physical Activity	Teamwork, Communication
COMPANY NAME	Small (5)	All Abilities	Get To Know You, Teamwork
DO YOU LIKE YOUR NEIGHBORS	Medium (5-20)	Some Physical Activity	Energizer, Get To Know You
INTRODUCE A PARTNER	Medium (5 – 20)	All Abilities	Get To Know You
CROSS THE RIVER	Medium (5 – 20)	Some Physical Activity	Learning to work together
BALLOON POPPING	Medium (5 – 20)	Physical Activity	Energizer
ABCs OF ME	Any	All Abilities	Getting to know you
FORM A SQUARE	Small (5)	Some Physical Activity	Getting to know you
THE CANDY CODE	Medium (5-20)	All Abilities	Getting to know you
PASS THE BALL TO KEEP IT FLOWING	Medium (5-20)	All Abilities	Energiser, Getting to know you
NAME CHAIN	Medium (5-20)	All Abilities	Getting to know you
MIND BENDING	Medium to Large (5 - 20+)	All Abilities	Mental workout
CATCH THE PEANUT	Medium to Large (5 - 20+)	Some Physical Ability	Communication
PIPE CLEANER PERSONALITIES	Medium (5-20)	All Abilities	Creativity, Getting to know you
ADD UP THE GROUP	Large (20+)	Some Physical Ability	Mental Workout
BLIND PAINTING	Small (up to 5)	All Abilities	Communication