



Icebreakers

Think and share

If I had a million pounds

Participants share what they might do if they had a million pounds. It's a nice way to learn about people's interests and personality. Do they love cars? Horses? Are they into travelling? Are they charitable?

Where in the world...

This offers participants an opportunity to share favourite places and make recommendation to each other. It could be very personal, such as room in your home. It could have a local focus if people live in the same town/city. It could be suggestions of where in the UK we could/should visit. Interesting tourist places? Best views? Best pizza? Most spooky? Or if we could choose anywhere in the world to visit where would it be and why?

Don't Stop Me Now!

To help people share how they feel about life, the work, the session, offer a number of song titles to choose from to summarise how they feel. Queen songs are quite a good option e.g. One Vision, We Are The Champions, I Want To Break Free etc. Abba songs also work!

(Action) Figure Me Out

Because you are so awesome, a doll is being made of you! Maybe there will be a range – *Name At Work*, *Name At The Weekend*, *Outdoor Name*. What two accessories will the figure(s) have and why?

Would You Rather...

Give participants a range of two choices and see what people choose and why. e.g. cats/dogs, sweet/savoury, sunrise/sunset, hot/cold,

singing/dancing, football/rugby. You could also add some specific choices around the theme of your meeting.

Guilty Pleasures

When you're doing introductions, ask people to share a 'guilty pleasure', something that may not be considered very cool, or perhaps a bit unusual. For example, a passion for a pot noodle sandwich, or an obsession with Bargain Hunt.

We recommend....

Read a good book? Watched a good film? Played a good game? Share your recommendations please!

We don't recommend....

Eaten a bad pizza? Watched an awful film? Read a disturbing book? What should be avoided?

Two Truths And A Lie

Each participant has a few minutes to think of two true facts about themselves that others don't know about them, and one plausible lie. They share their three facts and others try to guess which one is false and which two are true.

Things I Like About You

This works with a group of people who know each other well.

Instead of asking participants to introduce themselves, ask each of them to introduce someone else in the meeting and two things they like about them.

Party Tricks

Do you have a secret, or not so secret party trick? Maybe you can juggle, or recite the lyrics to a whole song, or balance a spoon on your nose?

If you are lucky, participants may even perform their party trick!

Make and craft

What's in your fridge?

Make a list of what's in your fridge. Choose 2 or 3 items. For each write a four word or four line poem. Remember it doesn't have to rhyme. It just has to help create a picture on our heads. Top tip – think of your five senses.

Create A Rainbow

Ask participants to find something bright and colourful. Preferably one block colour. Ask everyone to hold them up and take a photo/screenshot. This can be shared and used in the future.

Fruit Friends And Vegepals

Create a friend made from a piece of fruit or a vegetable. Participants can either do this ahead of the meeting and introduce them at the start or you can create your friends together during the meeting. It might help to have pens, props (like glasses, a hat) and some craft resources, but is not essential.

Sketch your neighbour

Make sure you make it clear that this is for fun and that artistic ability isn't important!

Match each person with someone else in the meeting and ask them to quickly sketch their on-screen partner.

Ask everyone to share their handiwork. It's nice to get everyone to hold their work up at the same time as well as chatting individually about their creation.

For extra fun this can be done on a balloon!

Sketch yourself

Have paper and a pen/pencil ready to draw. Close your eyes. With one hand touch your face and with the other sketch what you feel out on the paper. Remember to keep your eyes closed!

Heart Map

Create a heart shape out of paper. Write what you love about a topic/theme/event etc within the heart and share. Lots of glitter and stickers and pens could make this more fun.

What Have You Been Up To?

Ask the participants to think of something they have been doing over the last few weeks. This could be a hobby or at work/school etc. They then choose to illustrate this by drawing stick figures or use emojis or by doing a little mime. Everyone else guesses what it is.

Games

Quiz

It helps if these are visual, on powerpoints etc, but you can just read out questions or pop them in an online chat function. They may be related to the topic of your meeting, or linked to the time of the year, a celebration etc.

Scattergories

Everyone needs something to write on: paper/pen, tablet etc. A letter of the alphabet is chosen. A category is chosen e.g. vegetables, TV programmes. Participants have 1 minute to write down as many examples of the category, starting with the chosen letter. Everyone then shares their answers. If someone else gives the same answer as you, cross it off your list. The winner is the person with the most unique and correct answers.

Lockdown Bingo

Have a list of actions to read out and if people have done it they have to switch their camera off. The winner is the last person with their camera on.

Actions could be baked banana bread, watched Tiger King, created something with crafts (like made birthday cards), joined Joe Wicks for some exercise, cleaned out all of your cupboards and drawers, done a Zoom quiz with friends/family.

Treasure Hunt

For a small group, run this activity as an individual challenge. If you have a larger group, split them into smaller teams. If online, use the breakout room function.

Give participants a list of items to find and bring back. Every item found earns a point – so the objective is to get as many points as possible!

Energisers

Click, Clap, Stamp

This activity is lots of fun but is not as easy as it seems. It is a great energiser getting the body and brain working and there should be lots of laughs.

Break into pairs. Face each other and stand up if you can.

Round 1: Take turns to count to 3 together – person one says 1, person two says 2, person one says 3. Then person two says 1, person one says 2, person two says 3. Repeat to get into a rhythm.

Round 2: As above but replace saying 1 with a click of the fingers. Take turns as above.

Round 3: This time, keep the click for 1. Add a clap instead of saying 2. Take turns as above.

Round 4: Finally, keep the click and clap and add a stamp of the foot instead of saying 3.

Fruit Salad

Everyone sits on chairs in a circle, facing each other. Go round the circle and give everyone a fruit name – for example, apple, banana, strawberry, kiwi fruit. Repeat the fruits as you go round to make sure there are a few people with the same name.

Remove one chair, leaving one person standing up in the middle of the circle. This person chooses one fruit name to shout out. Everyone with that fruit name must run across the circle and swap seats. At the same time the person in the middle runs to get a chair too. This will leave someone standing in the circle. They shout out another fruit name. Those people swap seats and the person in the middle again looks for a seat too. Repeat.

To make it very exciting the person in the middle can shout 'Fruit Salad!' and everyone swaps seats at the same time.

You don't have to use fruit names. You could use a theme relevant to your work or the interest of the young people, such as animals, characters from books etc.

You could also choose to go with facts that help the group to get to know each other such as 'Everyone who has a pet dog', 'Everyone who likes pineapple on pizza' etc.

Miscellaneous

Silent Disco

If online, everyone mutes their microphones then plays their own favourite tune and has a bit of a dance around. In person, ask people to bring their own music and headphones or supply some kit. Top tip - dance like no one is watching!

Let's Eat

Most people enjoy the social act of eating together. Perhaps build this in to your meeting. Is there a theme or type of food everyone could try to bring along that might fit in with your event/time of the year? Be aware of food intolerances and cultural considerations.