



Coming Together:

INTENTIONAL ICEBREAKERS



AWSL &
Cispus Learning
Center



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Connection Activities

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Questions to Consider



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CONNECTION

7-11

Group Size: Any (play in pairs)

Objective: Build connections through laughter

Materials: None

Seven-eleven is a counting game that students can play with a partner. Have students put one hand behind their back facing their partner. Count to three and have both students reveal their hands from behind their backs. The goal is for each student's digits on their hand to add up to seven. After a few rounds of that, have students put both behind their backs, and then on the count of three have students put both hands out. The goal of this round is for the collective numbers to add up to eleven.

Debrief Questions:

How did you feel during this activity?

What happened when you didn't get 7?

What did you want to happen?

CAUSE & EFFECT HANDSHAKES

Group Size: Any (play in pairs or trios)

Objective: Build connections through physical connection

Materials: None

Handshakes and high fives can be a great way for students to connect and engage with one another. Even with social distancing, cause and effect handshakes allow students to give each other handshakes and greetings from a safe distance. Air high fives, Air fist bumps, air basketball where one person shoots the ball, and the other person gets to swoosh when the ball goes in, can be fun ways to weave handshakes and greetings into your school culture. Invite students to come up with their own and have a handshake of the week! People support what they help to create, and that includes students. So give cause and effect shakes a try!

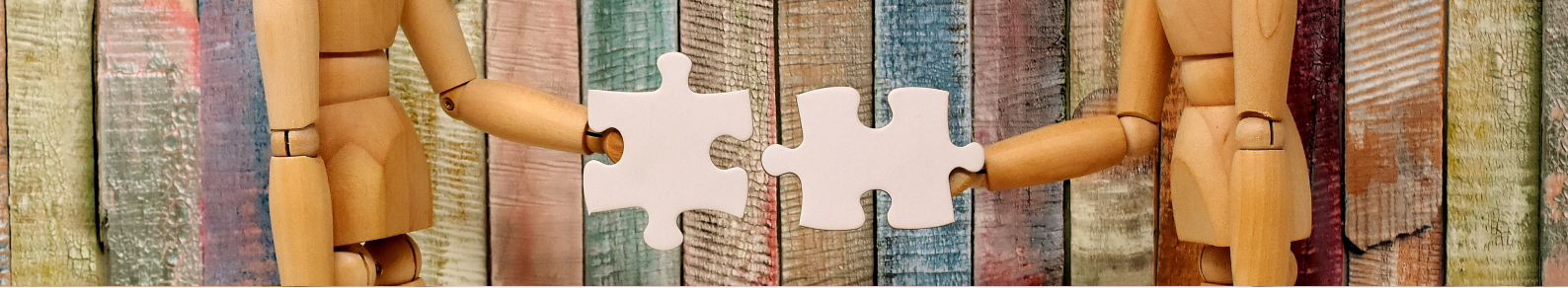
Debrief Questions:

How did you feel during this activity?

How did you decide on handshakes?

How did you work together?

What did you want to happen?



DICE BREAKERS

Group Size: Any (play in pairs or trios)

Objective: Build connections through storytelling

Materials: Dice

Dicebreakers is a get to know you game in which participants roll a dice to determine what question they, or their group is answering. Be sure to designate a question, or group of questions to choose from, to a number on the die. You can change the questions based on your group; if this is the first time meeting be sure to choose low risk questions to help them build rapport, or you can use this to discuss staff culture and what they are looking for in their role.

Debrief Questions:

How did you feel during this activity?
What did you learn about others?
Do you have any commonalities?
How can you use this information moving forward?

MUSICAL SHARES

Group Size: Any

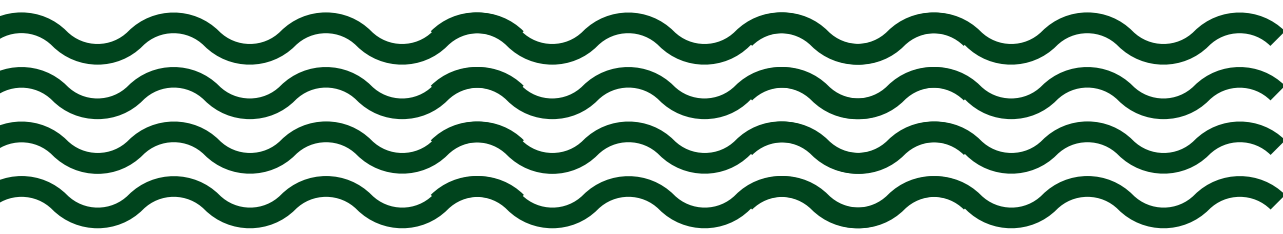
Objective: Build connections through movement and sharing

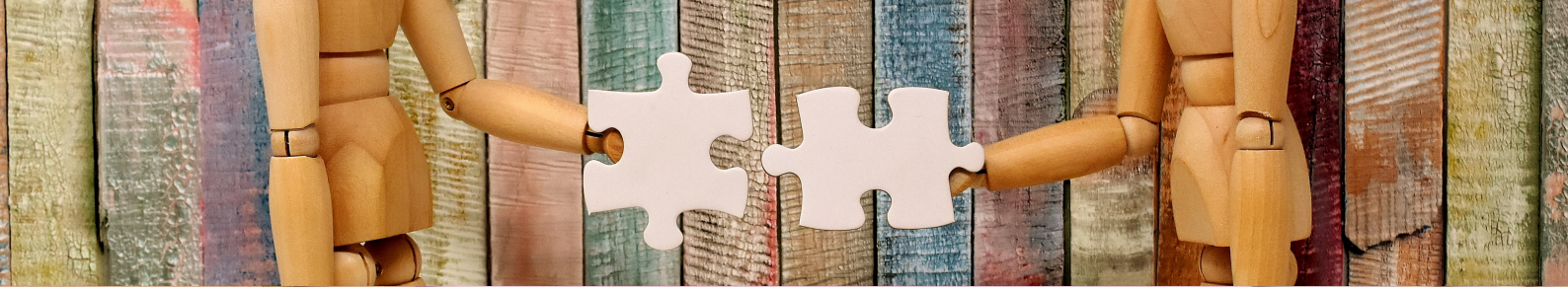
Materials: Music

Musical Shares is a great way to use music as a background to get to know other people. Participants can stand in concentric circles or if it is safe to do so can move around freely. Play a song, such as "Happy" by Pharell Williams and when the song stops use the theme from the song to ask questions, such as, "What food makes you the happiest?" Or "What is something that makes you happy?" Invite folks to suggest songs and engage in the activity. This activity creates fun and excitement, and allows people to get to know each other a little better.

Debrief Questions:

How did you feel during this activity?
Any commonalities?
If you use songs to help name emotions and feelings, ask about that





NAME STRETCH

Group Size: Any

Objective: Build connections through movement and sharing

Materials: None

Name stretch can be an invitational way to get some movement going in our bodies and get to know each other at the same time. Have students do a stretch that corresponds with their name. Have everyone in the group repeat back the stretch and name of the person. Go around the group and give everyone a chance to do a stretch with their name. Always consider what is safe and appropriate for all participating members and have some fun with name stretch.

Debrief Questions:

How do you feel after this activity?
What do you need?

THIS OR THAT

Group Size: Any

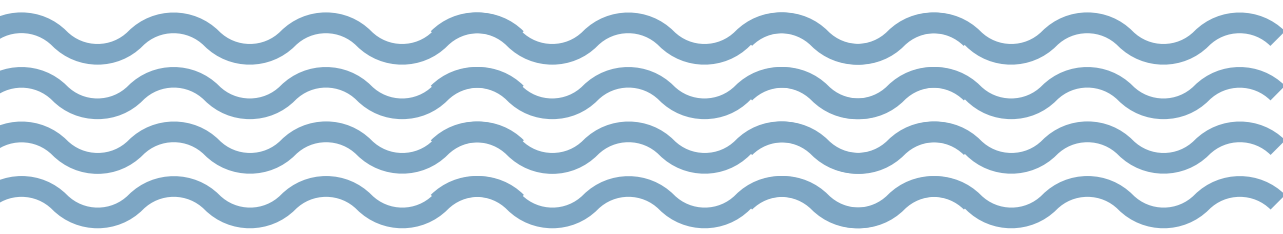
Objective: Build connections through commonalities

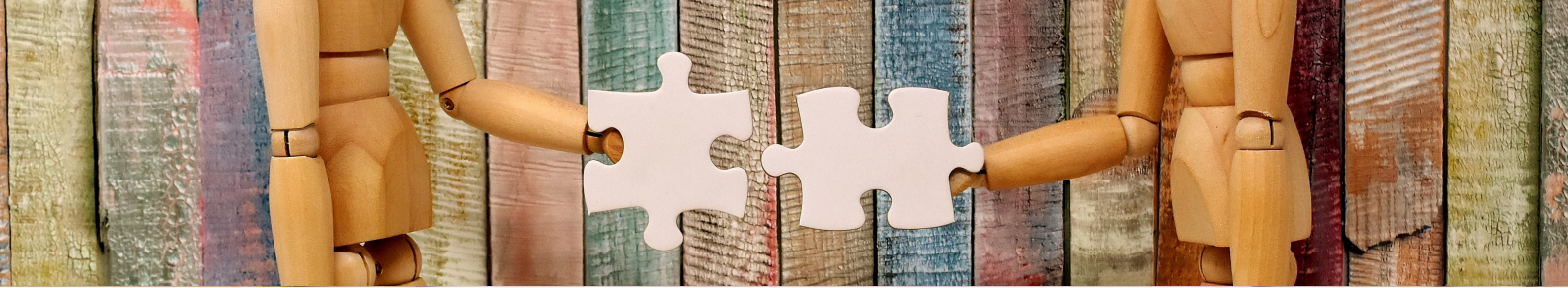
Materials: None

This or that can be a quick way for students to discover commonalities with their peers. Students can stand in one spot, and take a step forward or back, or can use other features such as lines, circles, or cones in your school's play area. Give students two options and have them pick which one they prefer. Being neutral on any topic is okay too. Whether it's figuring out who likes apple juice or orange juice or picking between pineapple on pizza or no pineapple on pizza, the options are endless. Invite students to share their ideas of what could be included in a game of 'this or that.' Commonalities are great way to break down barriers and let students know that they are not alone in the world.

Debrief Questions:

How did you feel during this activity?
Any commonalities?





WARM WIND BLOWS

Group Size: Any

Objective: Build connections through commonalities

Materials: None

A warm wind blows in another connection and commonality game. You as the facilitator or students making suggestions can announce, "A warm wind blows for....." anything you decide. It could be someone wearing black, someone with tie-die, or someone who likes vegetables. If that statement is true for any of the participants, they can take a step forward and then move back into place. If your school's play area has lines or circles have students use those to stand on and go back to. Have students share their ideas

Debrief Questions:

What is something new you learned about each other?

Who did you have commonalities with?

Did you build any new connections? With who?

WRAPPED AROUND MY FINGER

Group Size: Any

Objective: Build connections through storytelling

Materials: String

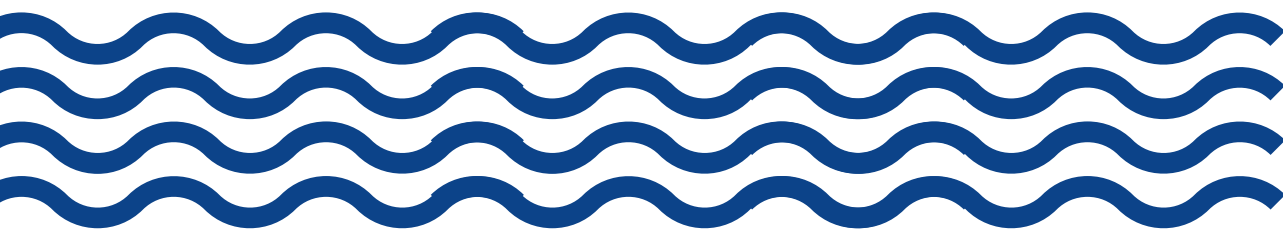
Wrapped Around My Finger begins with one person starting to wrap the string around their finger, and while doing so they tell the group about themselves (i.e. family, hometown, hobbies, dreams, goals, etc). They continue sharing until the string is completely wrapped around their finger. Once they reach the end, another person in the groups takes that tail end and starts telling the group about themselves as the string wraps around their finger, and unwinds from the previous. Be sure the string is long enough to allow each person to share for about a minute.

Debrief Questions:

How did you feel during this activity?

What did you learn about others?

Do you have any commonalities?



3 WORD PHRASE

Group Size: Any

Objective: Allows participants to work collaboratively and compromise

Materials: None

Start off by having participants think of three words in their head. The words don't have to be connected, or form a sentence, just any three words. After every has their words have them partner up. Each pair will share their words with each other and from those now six words shared they have to agree on three. After, have each pair group up with another pair and they will share the three words they agreed on totaling six again. They must then agree on three. This process continues until you have two large groups. At this point, everyone must agree on three from the six words shared. Once they agree on three use this a team name or chant.

Debrief Questions:

- How did you feel during this activity?
- What did you see?
- Did you feel heard? Why or why not?
- How did you come to a conclusion?
- How does this relate to our work environment?
- What did you want to happen?

MINDFULNESS

8'S

Group Size: Any

Objective: Become more aware of one's body

Materials: None

This activity can be a great activity to transition or as a moment to check in. Start with your right hand and shake it 8 times. Then follow up with your left hand, then right foot, then left foot, then hips, then hop for 8 times each. Then go 4 times for each of the movements. After 4, drop down to 2. Finally end with one shake per movement and end with a clap at the end.

Debrief Questions:

- How did you feel before, during, and after this activity?
- What do you need to shift or maintain your energy?

FOOD FOR THOUGHT

Group Size: Any

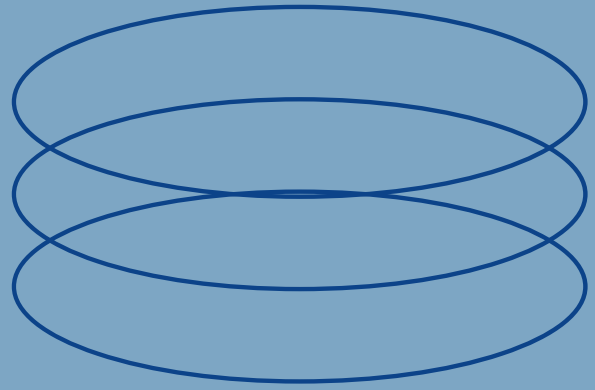
Objective: Understanding what's going on in each others life

Materials: Place Setting Sheet

Food For Thought is a great way to share and understand what we have going on in our lives. We all have something on our plate, but it can often be hard to name just what that is and what we need to help support those endeavors. Allow you participants to reflect on what they have on their plate and share out how the team can support one another. You can adjust the prompts on the following page to fit your needs. Prior to sharing out in a large group it is suggested to have groups share in dyads or triads to encourage participation.

Debrief Questions:

What does our work load look like?
What does support look like to you?
What do you need? What can you provide?



RAIN

Group Size: Any

Objective: Allows participants to recenter

Materials: None

Divide students into three or four sections for the best effect. Start with one section of students rubbing their hands, and then ripple that movement to the other remaining groups. Follow that with students snapping and ripple that across the group. Next, have students pat their hands on their thighs. Finally have students pat their thighs and stomp their feet. Then reverse the order and have students undo what they just did until the rain ends in silence.

Debrief Questions:

How did you feel during this activity?
What did you see during this activity?

FOOD FOR THOUGHT

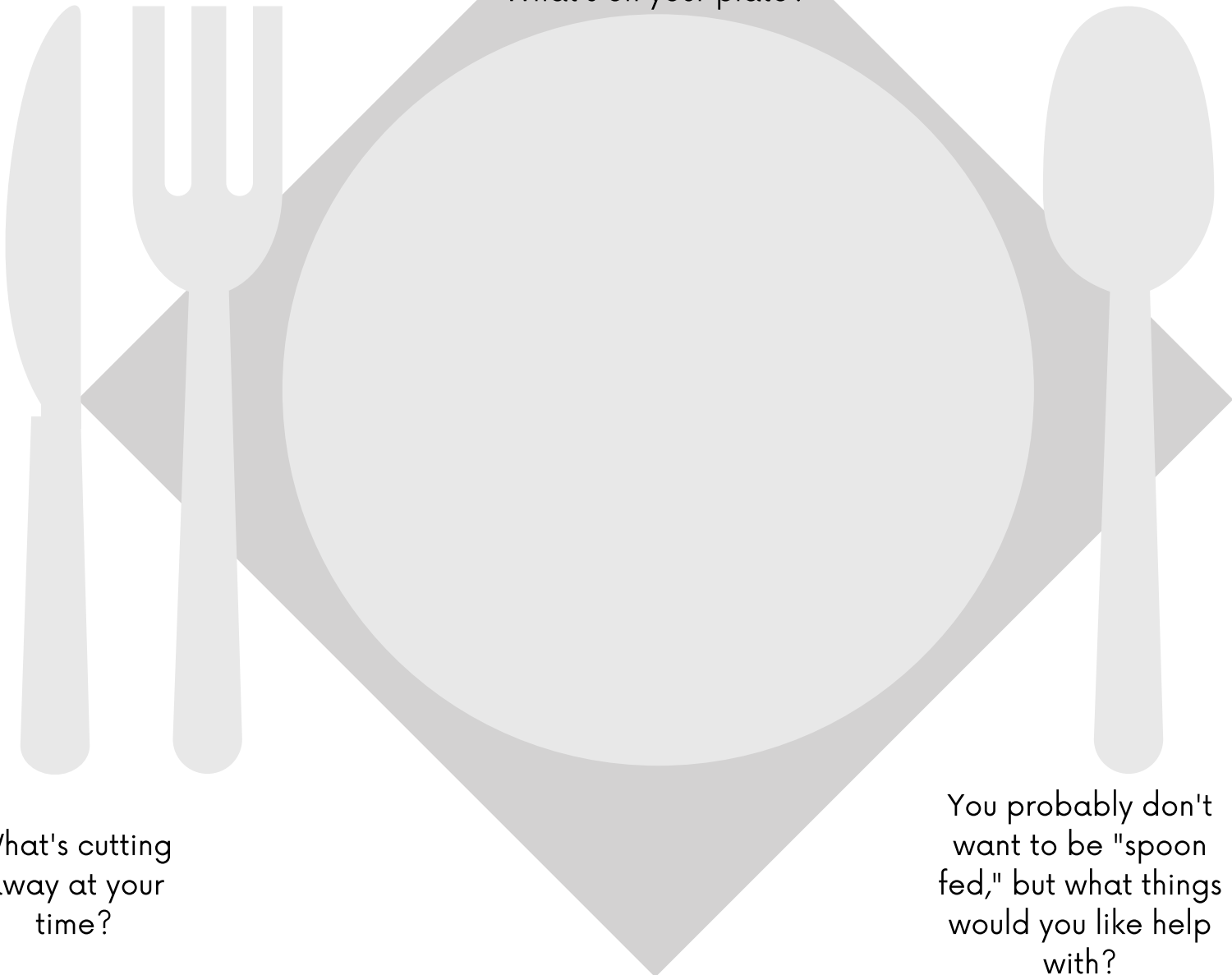
Please respond to the following prompts:

What fills your cup?



What do you want to take a stab at?

What's on your plate?



What's cutting away at your time?

You probably don't want to be "spoon fed," but what things would you like help with?

What do you put on or put up to shield you?

A vertical orange line is positioned on the left side of the page. The rest of the page is filled with horizontal black lines, creating a series of rows for writing.

Use this space to reflect on the previous prompts

COMMUNICATION

CARD FLIP

Group Size: Any

Objective: Build pathways for communication and planning

Materials: Deck of Cards & Cones

Card Flip can easily show where communication breaks down among team members. In this activity you will separate the suits and lay each suit in a line, face down, out of order. You will then separate your participants into four groups and have them each stand in line with a suit, behind a cone about 5 feet away. Their goal is to flip over the cards in order from 2 to Ace. Only one person from each group may pass the cone to flip over a card - whenever they are passed the cone, no one in their group can verbally communicate. They will then flip over a card, if it is the correct card in the sequence (i.e. they are looking for the 3 and flip it up) that card stays up and they go back to their group and the next person goes. If it is the incorrect card in the sequence, they turn the card they just flipped back down, go back to their team and the next person goes. During this activity everyone must participate and it can help demonstrate that everyone has something worth sharing with the team.

Debrief Questions:

- How did you feel during this activity?
- What did you see?
- What were the challenges?
- What did good and bad communication look like?
- What role did you play?
- What did you want to happen?



COUNT OFF

Group Size: Any

Objective: Build space for others to be heard

Materials: None

Count Off is a great activity to allow for space to all to be heard and participate. Designate a number for the group to count to (ideally more than the number of people there). Without planning, have the students count without having two or more say a number at the same time or say another number until all have gone. A single participant cannot say consecutive numbers. Throughout the activity there is no talking besides saying the numbers. After a successful round challenge them to try again with an opportunity to plan, but during the planning process they cannot talk.

Debrief Questions:

- How did you feel during this activity?
- What did you see during this activity?
- How did you accomplish your goal?
- How does this relate to work?
- How was it when you weren't able to talk?

HEAR WHAT I SAY

Group Size: Any

Objective: Build connection through movement

Materials: None

Hear What I Say has a few variations. One way you will have the group stand in a circle and Repeat the phrase "hear what I say, say what I say, do what I say." After you will give instructions such as step/jump right/left or step/jump in/out and their goal is to follow them. After a few commands you will have the group repeat "hear what I say, say what I say, do the opposite" and they must then follow your commands as such. Some confusion will start to happen here. After you can have them say the opposite but do the command or say and do the opposite.

For one with less movement have everyone give a thumbs up, including yourself. Now have the all say "hear what I say, do what I say." Next tell everyone to put that thumbs up on their chin while you put your thumb on your cheek . Make sure your thumbs up lands on your cheek the exact time you say chin. Some confusion will occur as some will follow what you do rather than what you say.

Debrief Questions:

How did you feel during this activity?
What did you see? Why did that happen?
What does successful communication look like?
Where does confusion show up? Why?



GROUP JUGGLE

Group Size: Any

Objective: Build connections through teamwork

Materials: Throwable Object(s)

Group Juggle is a toss and catch activity. Have your participants get into a circle and establish a throwing patern with an object. Some base rules that you can use are the object must start and end with the facilitator, it cannot be passed directly to someone's left or right, it cannot touch the ground, and everyone can get once and only once. Once this pattern is established then have the group see how fast they can accomplish it without breaking any rules. For more buy in, have the participants create their own rules!

Debrief Questions:

How did you feel during this activity?
What did you see?
How was communication?
What did you want to happen?
What did you do to contribute to the team?

MATCH GAME

Group Size: Any

Objective: Build connections through communication and laughter

Materials: None

Have students partner up. Then have students create three distinct poses with their partners. On the count of three have students do one of the poses with the goal for students to match poses. This is an active and fun way for students to work with partners, have some fun and try to match poses. Students can have new partners and create new poses with each partner. The match game is a fun and exciting way for students to work with others, build connections, and have some fun.

Debrief Questions:

How did you feel during this activity?
How did you decide on your poses?
Did any frustration occur? How did you overcome frustration?
How did you feel when you matched?
What did you want to happen?

ONE GOTTA GO

Group Size: Any

Objective: Build connections through commonalities

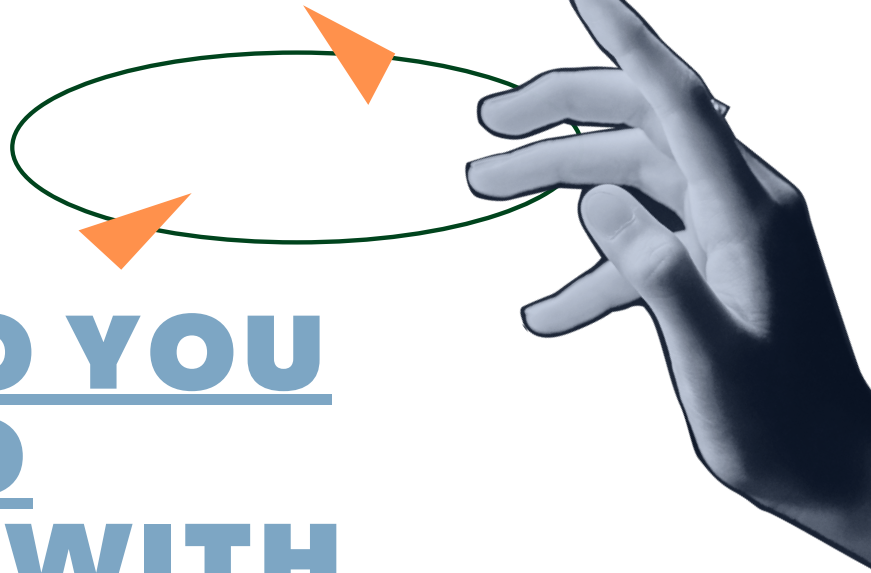
Materials: None

One gotta go is another way for students to learn about their peers, and to learn about commonalities they share with others. Give students three or four similar items and have them pick which one they would get rid of. You could break your school's play area up into quadrants or space that students could love to, you can have students make motions that correspond with their answers. OR, you can group your students into small groups and have the students in their small groups decide together which one will have to go. The latter will allow for more opportunities for communication and compromise. For example, what one has gotta go? Cake (hands on head), Pie (Hand on shoulders), Ice Cream (Hand on hips). Invite each student to select which one has gotta go. With all games that ask students to make a decision, being neutral or loving all the options is perfectly okay! Students having the opportunity to learn about each other is a wonderful way to build culture and empathy in your school.

Debrief Questions:

How did you feel during this activity?
What did you learn about others?
Do you have any commonalities?
How did you decide?
What went well?
What were points of frustration?

Questions to consider:



01.

**WHAT DO YOU
WANT TO
ACHIEVE WITH
THIS ACTIVITY?**

02.

**WHO ARE YOU
DESIGNING THIS
ACTIVITY FOR?**

03.

**WHAT
RESOURCES ARE
AVAILABLE TO
YOU?**



for more information

Cispus Learning Center

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