

Here are a few of our 'go to' ice breakers.

## Diversity Brainstorm

**Time:** 7-10 minutes

**Resources needed:** Whiteboard, pens, post its

*Aims:*

- To get people moving and ready to learn
  - To get to know each other

**Instructions:**

*"Let's see who's in the room"...*

On the board/flipchart post-its (allow for anonymity) note:

- The languages we speak
- Places we were born
- Nationalities/ethnicities we carry with us
- Religions, spiritual beliefs, ethical practices
- Other important aspects of our identities we want to share

*Debrief:*

*What are your thoughts about the diversity in this room? Is there more than you expected?*

## Human Knot

**Time:** 7-10 minutes

*Aims:*

- To get people moving and ready to learn

**Instructions:**

- Participants stand shoulder-to-shoulder in a circle, placing both hands in the center.
- When the whistle blows everyone grabs the hands of someone else, being careful not to grab both hands of same person or the hands of someone right next to them.
- Once everyone is connected, the object is to untangle the knot, without releasing the grip, except for permissible pivoting, as long as touch is maintained.
- One pair will be instructed to release their grip.
- Try to form a straight line.

## Human Chain

**Time:** 7-10 minutes

**Aims:**

- To get people moving and ready to learn
  - To get to know each other

**Instructions:**

- One person begins by standing up, introducing their name, and then describing things about themselves (e.g. "I love to sing").
- The first person who feels like they have that in common with the speaker walks over and connects arms with them (\*note: multiple people might have things in common but only one person [whoever is first] connects arms).
- The new person then continues the process by introducing their name and describing things about themselves until someone else feels like they have something in common with them.
- This process continues until everyone in the room is linking arms in a chain.
- The last person introduces themselves and describes themselves until the first person who went has something in common with them, linking the two ends of the chain together in a circle.

**Facilitator tips:**

- Pay attention and make sure everyone is getting a turn
- Consider ways to make the game accessible if not everyone can run or move about

## If you really knew me...

**Time:** 10 minutes

**Resources needed:** Paper and pens, heart stencil

**Aims:**

- To get to know one another
- To practice active listening

**Instructions:**

- Get into small groups of four or five.
- Each person in the group takes turns finishing the sentence “if you really knew me” for 1 min.

**Debrief**

- How was the exercise for people?
- How was it speaking?
- How was it listening?

## Move Your Butt

**Time:** 7-10 minutes

**Resources needed:**

chairs

**Aims:**

- To get people moving and ready to learn
  - To get to know each other

**Instructions:**

- Arrange chairs in a circle and have one less chair than there are people in the room.
- Start in the middle of the circle and say something that’s true for yourself and might be true for others
- Everyone the statement rings true for has to change seats
- One person will be left in the middle, having been unable to find a seat
- It’s now this person’s turn to make a “move your butt statement”
- Keep going for a few rounds

**Facilitator tips:**

- Pay attention and make sure everyone is getting a turn
- Consider ways to make the game accessible if not everyone can run or move about