

# Get to know your group

## Icebreaker activities

Name: 7/11

Group size: 3 – 8 people

Time: 5 minutes

You will need: Timer, list of topics

**How to play:** Set the timer for 11 seconds. Give one person a topic, they must then try to list 7 things to do with that topic in the 11 seconds. Topics need to be fairly simple as there is a lot of time pressure. Topics could be: breeds of dog, Hollyoaks characters, flavours of crisps, supermarkets etc. When the group has got used to playing and are getting good, it can be made more challenging by switching to listing 11 things in 7 seconds. Be aware that simpler topics may be needed when starting to play at this level. Topics could be: colours, foods etc.

**Notes:** Our group LOVED this game! It got very competitive. Sometimes it was harder to think of topics than it was to play the game, so it could be a good idea for the leader to have a list of topics ready, or for the group to brainstorm a load of topics before playing.

Project in partnership with:



# Get to know your group

## Icebreaker activities

Name: The M&M Game (Rename if using a different sweet!)

Group size: 3 – 10 people

Time: 5 – 10 minutes

You will need: A packet of M&Ms or other pack of sweets with multiple colours (Smarties, Starburst, Fruit Pastilles, Jelly Tots)

How to play: Before the session, the leader should assign one question to each colour of sweet in the pack they are using. Questions should be open-ended to allow the young people to all give individual answers. The leader can choose if they would like to use this game for the group to get to know each other better, or to find out more about the young people's learning styles and where they want the project to go. Whoever is holding the packet must take one sweet (without peeking first) and answer the question that colour corresponds to. They then pass the packet on to the next person and they take their turn. The game can continue for a set amount of time, or until the sweets are finished.

Notes: We used a standard packet of M&Ms and the following questions: Red – Something you're good at; Orange – Something you like to watch or listen to; Yellow – Something you can't live without; Blue – Someone you admire; Brown – Something you might like to do as a job; Green – Something that makes you happy. The group got a bit bored of the questions after a few turns and asked if they could change the game. The version they created meant that picking a warm colour (Red, Orange, Yellow) meant you had to answer a question and picking a cool colour (Blue, Brown, Green) meant you had to do a forfeit, such as running around the room once or playing charades.

Project in partnership with:



# Get to know your group

## Icebreaker activities

Name: What's the job?

Group size: 4 – 10 people

Time: 10 – 15 minutes

You will need: Nothing

How to play: One person leaves the room and the rest of the group decides on a job. When the person returns, everyone must act out the job and the person tries to guess what is being acted out. They then choose the person who acted it out the best/worst/funniest (whatever criteria you decide as a group) and that person then takes a turn going outside and guessing.

Notes: Although this game is really simple and a little bit silly, the girls really enjoyed it and asked to play on more than one occasion! Our topic revolved around women's careers, which is why we acted out different jobs, but this could be changed to suit the topic or the group.

Project in partnership with:



# Get to know your group

## Icebreaker activities

Name: People Bingo

Group size: 8 – 30 people

Time: 10 – 15 minutes

You will need: People Bingo cards, pens/pencils

How to play: Each person takes one bingo card. They must move around the room asking people questions one by one. When they find someone who matches one of their bingo squares, they must write the person's name down in the space below that square. The first person to fill their bingo card with names is the winner. Depending on the size of the group, you can specify that each person can only ask everyone else one question each, and that no-one can have the same name written down twice, but this may not work with smaller groups.

Notes: Our group was small and the girls already all knew each other well, so we used to bingo card as a list of conversations starters so that we as leaders could get to learn more about the group members. Leaders may want to check statements before printing out the cards as some will not be relevant to some groups and it can ruin the game if, for example, one of the cards ask you to find someone who is left-handed and everyone in the room is right-handed.

Project in partnership with:



# Get to know your group

## Icebreaker activities

Name: Fruit Salad

Group size: 6 – 20 people

Time: 5 minutes

You will need: Nothing

**How to play:** In the traditional version of this game, the leader assigns each group member with the name of a fruit. You need a minimum of three types of fruit so that there are at least two people for every fruit. The group stands in a circle with one person in the middle. When a type of fruit is called, everyone assigned to that fruit must move and find a new space in the circle. The aim is to not be the person left in the middle. If “fruit salad” is called then everyone must move. We played differently and rather than everyone being assigned a fruit, the person in the middle had to say a statement. Anyone in the circle for whom this statement was true had to move and find a new space. This allowed more movement for the person in the middle and was also a good way to find out about each other when we first met. Example could include “I am left-handed”, “I have a brother”, “I am fifteen years old”.

**Notes:** We had only ever played the version of the game where the person in the centre makes a statement and one day the girls questioned us about why the game was called fruit salad when it seemed to be nothing to do with fruit salad at all! We Googled and found the original version of the game but never actually played it. I’ve played this game with a number of different groups and they tend to start off with very general statements and then as they start to realise they can learn about other group members, the statements become more specific. It’s a good way of finding out likes/dislikes, interests and skills without the group necessarily realising. Leaders need to keep an eye to make sure that statements do not become too personal or revealing.

Project in partnership with:

