



ICEBREAKERS & INTRODUCTIONS

Icebreakers can play an important role in helping people integrate and connect with one another in a group environment by helping to stimulate discussion, cooperation and participation. They can provide positive momentum for small group study and discussion by:

- Helping a new group get to know one another.
- Helping new members to integrate into a group.
- Helping people feel comfortable together.
- Encouraging cooperation.
- Encouraging listening to others.
- Encouraging working together.
- Creating a good atmosphere for learning and participation.

We encourage you to use one or more of these Icebreakers at the beginning of your first Life Group gathering. You could even open each month's meeting with a different Icebreaker activity to continue to get to know each other better or to kick it off with a fun activity. There are two categories of Icebreakers for you to choose from:

- GETTING TO KNOW YOU (10)
- GROUP BUILDERS (10)



GETTING TO KNOW YOU ICEBREAKERS

1- Clothespin Opinion Poll

A unique way to get your group to share their opinions is to hang a "clothesline" across the room. On one end hang a sign that says, "Strongly Agree" and the other end hang one that says "Strongly Disagree." Mark the center of the clothesline for reference. Get clothespins or big clips and allow everyone to design or label them as they wish so they'll know which are theirs. Read aloud a strong statement either from the notes or any other topic you want. Have each member clip a clothespin on the line where it best reflects his or her opinion. Spend a few minutes discussing the results.

1. Red is the best color
2. Family can cause the biggest hurts and joys
3. Tithing is the most important step in a Christian's life
4. Unforgiveness blocks healing

2- Colors of Life

Take a bag of M&M's and tell everyone to grab a handful...or you don't have to specify to make it more interesting! Assign a different meaning to each color, blue= family, green=school, yellow=friends...and however many they have in their hands, that is how many facts they have to tell. They may also eat them either after the game or directly after they say their fact. (It's kind of funny when someone says, "Blue...I have two sisters.", then eats the M&M. "Yellow...my best friend's name is Sue.", and eats the M&M.)

3- Desert Island

Announce, 'You've been exiled to a deserted island for a year. In addition to the essentials, you may take one piece of music, one book (in addition to the Bible) and one luxury item that you can carry with you (i.e. not a boat to leave the island). What would you take and why?' Allow a few minutes for the people to write up their list of three items, before sharing their choices with the rest of the group.

4- Fact or fiction?

Ask everyone to write on a card three things about themselves which may not be known to the others in the group: two are true and one is not. Taking turns, they read out the three 'facts' about themselves and the rest of the group votes which are true and false. There are always surprises. You can choose to keep score if you'd like: 1 point for guessing someone else's "fiction" and 1 point for each person who cannot guess your "fiction."

5- Meet My Match

Write one half of a familiar verse of Scripture on a slip of paper and put it in an envelope. Do the same with the other half of the verse. As each person enters, give them an envelope and ask them not to open it until the signal. After the customary welcome, ask everyone to open their envelopes and find the person with the other half. They are to talk with each other for a brief five minutes then each pair will take turns introducing themselves to the entire group by saying, "Hi, my name is _____ and this is _____ who _____ (is the mother of 3 children, who traveled to England last summer, who has been teaching for 25 years, etc.)."

6- Name that person

Divide into two teams. Give each person a blank card. Ask them to write five little known facts about themselves on their card. For example, I have a pet iguana, I was born in Iceland, my favorite food is spinach, my



grandmother is called Doris and my favorite color is vermillion. Collect the cards into two team piles. Draw one card from the opposing team pile. Each team tries to name the person in as few clues as possible. Five points if they get it on the first clue, then 4, 3, 2, 1, 0. The team with the most points wins. (Note: if you write the most obscure facts first, it will increase the level of competition and general head scratching!)

7- People Bingo

Great for new groups! Make a 5 x 4 grid with each box containing one statement. Make enough copies for the whole group. Everyone will roam around and talk to each other to find someone who relates to each of the items listed on the bingo card and have that person sign their name in that box. End the activity after about 10 minutes and review some of the interesting facts the group has discovered about each other. A list of sample items is given below (more ideas are available from the [Life Groups Admin](#)) and you can adapt your list for your group.

1. Has brown eyes
2. Has lived here the longest/shortest
3. Plays Tennis
4. Is wearing blue
5. Speaks a foreign language
6. Plays a musical instrument
7. Loves to ski
8. Knows what a quark is
9. Likes to get up early

8- Question Web

You need to have a spool of string or wool for this game. Ask the people to stand in a circle. The first person will hold the end of the string and choose a question number to answer. Then they will throw the ball/spool to someone to catch that they want to answer the same question. Then that person chooses a different question number to answer, and throws it to another person to answer, etc. A list of sample questions is given below (more ideas are available from the [Life Groups Admin](#)) and you can adapt your list for your group. Eventually this creates a web as well as learning some interesting things about each other! At the end of the game you could comment that we all played a part in creating this unique web and if one person was gone it would look different. In the same way it's important that we all take part to make the group what it is, unique and special.

1. If you had a time machine, what point in the future or in history would you visit?
2. If your house was burning down, what three objects would you try and save?
3. If you were an animal, what would you be and why?
4. Name one thing you really like about yourself.
5. Does your name have a special meaning and or were you named after someone special?
6. What is the first thing that comes to mind when you think about God?
7. What book, movie or video have you seen/read recently you would recommend? Why?

9- Trying to Get Home

Participants stand behind their chair in a circle. Every time players can answer "yes" to a statement they may move to the chair on their left. If they answer "no," they stay where they are. Sometimes people must stand 3 or 4 in a line before they can move on. Try statements like these: You have granddaughters, You have tomatoes in your garden, You have a blue vehicle, You were born in another state. The first person back to their chair wins.



10- Would you rather..?

Questions may range from silly trivia to more serious content. Along the way you might find out some interesting things about everyone. Place a line of tape down the center of the room. Ask the group to straddle the tape. When asked 'Would you rather?' they jump to the left or right as indicated by the leader. A list of sample questions is given below (more ideas are available from the [Life Groups Admin](#)) and you can adapt your list for your group.

Would you rather..?

1. Visit the doctor or the dentist?
2. Eat broccoli or carrots?
3. Watch TV or listen to music?
4. Have a beach holiday or a mountain holiday?
5. Be invisible or be able to read minds?
6. Make headlines for saving somebody's life or winning a Nobel Prize?
7. Go without television or fast food for the rest of your life?
8. Always be cold or always be hot?
9. Be stranded on a deserted island alone or with someone you don't like?
10. Wrestle a lion or fight a shark?

GROUP BUILDER ICEBREAKERS

1- Bible Scavenger Hunt

Divide your group into teams and make sure each team member has a Bible. Give the name of a Bible person, place, or thing and see which team is able to find the scriptural reference first. You can allow the participants to use a concordance if their Bible has one. You can make some of them easy and some hard and vary difficulty based upon the age and knowledge of your group.

2- Body Spelling

Divide the people into teams of five. They may need to play this game with bare or stocking feet. The groups can play against each other or the clock (five second time limit). Using a felt tip marker, write three letters on pieces of masking tape or post-it notes. Place the letters on three appendages for each player: two hands and one foot or one hand and two feet.

1. TDO 2. HYI 3. EHR 4. BFT 5. OCS

As you call out a series of 4, 5, 6 or 7 letter words the group has to spell the word using combinations of hands and feet. Select 20 words from the list below. The finished words must be clearly visible to the leader.

- 4 Letter words: rest, fist, dice, trot, crib, boot, rich, host.
- 5 letter words: shoot, first, drift, shirt, roost, shred, hired
- 6 letter words: forest, theory, bitter, bother, frosty, boiled, strict
- 7 letter words: thirsty, ostrich, October, boosted, shifted, hoisted.
- 8 letter word: stitched



3- Books of the Bible

In the following story, there are sixteen books of the Bible hidden. They may be contained within one word, or carry over two or more words. Can you find them all? (remove the underlined answers before you print)

I once made a remark about the hidden books of the Bible. It was a lulu, kept people looking so hard for facts and for others it was a revelation. Some were in a jam, especially since the names of the books were not capitalized, but the truth finally struck home to numbers of readers. To others it was real job. We want it to be a most fascinating few moments for you. Yes, there will be some really easy ones to spot. Others may require judges to help them. I will quickly admit it usually takes a minister to find one of them and there will be loud lamentations when it is found. A little lady says she brews a cup of tea, so she can concentrate better. See how well you can compete. Relax now, for there really are sixteen names of books in the bible in this story. (One preacher found 15 books in 20 minutes but it took him three weeks to find the 16th.)

4- Knots

Divide your group into teams of 6-8. Each team forms a small circle. Ask them to extend their right hand across the circle and hold the left hand of the other team member opposite them. Then extend their left hand across the circle and hold the right hand of another group member. The task is to unravel the spider's web of interlocking arms without letting go of anyone's hands. Give them a three minute time limit to complete the task.

5- Name Grid

Draw a grid and fill in all of the first names of the group. For large groups, limit to about eight names. For example,

S	I	M	O	N	
W	E	N	D	Y	
R	O	B	E	R	T
A	N	N	E		

Divide the people into groups of four. Each group needs paper and pens. Give three to five minutes to write down as many words (three letters or more) that they can make only using the letters in the names. Letters must adjoin each other in the grid, but do not have to be in a straight line. When the time is up, each team adds up their score.

3 or 4 letter words = 1 point

5 letter word = 2 points

6 letter word = 3 points

6- Once upon a time

Ask each person to write on a card either the name of a person, a place or a thing. Shuffle them and pass them out. Select one person of your group to begin a story. However, within 10 seconds (use a stopwatch or kitchen timer) they must mention the person, place or thing on their card. After 10 seconds the story is continued by the next person who must also mention their person, place or thing within 10 seconds. Continue until everyone has made a contribution.



7- Pass the Present

Have the players either sit or stand in a circle. You will need a paper wrapped package and a way to play music. The goal of the game is not to have the present when the music stops. To prepare for this fun game, you need to choose an age appropriate prize and wrap it in multiple layers of paper. You can use as many layers as you wish. The more layers of paper you have, the longer the game will last. On each paper, write a funny action or activity. The person who has the package when the music stops must remove one layer of paper and do the action or activity. After they have finished, the music starts again and the present keeps going around the circle. The person who unwraps the last layer keeps the gift. We have listed some activity suggestions below to write on the paper layers, or you can choose your own:

- Sing a song
- Do a dance
- Tell a joke
- Make a funny face
- Pat your head while rubbing your stomach

8- Supermarket

The first player says: "I went to the supermarket to buy an Apple (or any other object you can buy that begins with an A). The next player repeats the sentence, including the "A" word and adds a "B" word. Each successive player recites the sentence with all the alphabet items, adding one of his own. For example; 'I went to the supermarket and bought an Apple, Banana, CD, dog food, frozen fish. It's not too hard to reach the end of the alphabet, usually with a little help! Watch out for 'Q' and 'X'

9- Who Am I?

Prepare a self-adhesive label or post-it note for each person in your group with the name of a well-known or famous person. This can be a biblical, historical, current or fictional person (leader, athlete, musician, disciple, story character). Have a good mix of men and women. Keeping the names hidden, stick the labels on the foreheads or backs of everyone in the group. As they mingle, they must ask yes or no questions of the others in the room to find out their identity. For example, "Am I alive? Am I female? Am I in a band?" Keep playing until everyone has guessed, or set a time limit.

10- Winking Sleeper

Ask the group to sit in a circle. Choose a number of playing cards to match the number of people in your group. Be certain your selection contains an ace. Each person then draws a card. They must not comment or show it to anyone else. The player who chooses the ace is The Winking Sleeper and they knock out their victims by winking at them! The game begins quietly with players sitting looking at each other. When someone catches the eye of The Winking Sleeper and is winked at, they are put to sleep, and lie down in any manner they choose. Some prefer to do it quietly; some opt for the loud snoring technique, while others might fall off their seat and lie prone on the floor. The object is to identify The Winking Sleeper while trying not to be knocked out in the process. An incorrect guess results in instant sleeping!