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Appendix A

Ice Breaker Ideas

Ice breakers are a great way to begin a meeting. They help to relax participants and that makes them more receptive to listening and contributing. Ice breakers can be fun, amusing, humorous, thoughtful, surprising or just plain silly (be careful not to be too silly). More than just having fun, an ice breaker will truly help to create group identity based on trust and understanding. Ice breakers can consist of games, activities or simple lead-ins.

1. **Three Truths and a Lie** – Give each person a 3X5 card and instruct them to write 4 statements about themselves: 3 should be true and 1 false. The goal is to fool people about the lie. Allow five minutes, then have each person read the 4 statements and have the group guess the lie.
2. **Magic Wand** – You have just found a magic wand that allows you to change three things in your experience – anything you want. Explain the choices. Another variation would be to say if I ran the show for one month, what changes would I make and why?
3. **4-Cs** – Have everyone write on a piece of paper their answers to these questions: What is your favorite Cuisine (food), Country to visit, Color and Closet dream? Sign your name but don't let anyone see the answers. The leader then reads the answers to the whole group, and members try to guess to whom each set of answers belongs. Award one point for each right guess. The person with the most points wins a prize.
4. **Acceptance Speech** – Have participants introduce themselves and thank someone who has contributed to their growth and abilities. They should thank the person as if they are receiving an Academy Award. May need a 30 second limit.



5. **First Job** – Have participants introduce themselves, sharing their name and something they learned on their first paying job.
6. **Experience Tally** – Ask each participant how long they've been in their current role (parent or professional). Total the number of years. Point out that the group will have X number of years of experience on which to draw.
7. **Good or New** – Ask each person to share something good or new they have experienced in the last 24 hours.
8. **My Slogan** – Explain that many companies have slogans or “mottoes” which reflect their values. For example, Ford Motor Company uses the slogan “Quality is Job One.” Ask each person to write or borrow a slogan to describe him or herself and share that with the group.
9. **Birth order** – put one of the following signs in each room corner: Only Child, Oldest Child, Youngest Child, Middle Child. Have participants go the appropriate corner of the room based on their own birth order position. Ask each group to discuss what special characteristics their birth order has and how it is reflected in their lives. Record those observations and report back to the whole group.
10. **Do's and Don'ts** – Have participants introduce themselves, sharing their name and either a “Do” or “Don't” tip for the topic being discussed. Post tips on a flip chart.
11. **Questions** – Have each person write a question they want answered about the topic of the current meeting and post the questions on a flip chart.
12. **Interview questions** – Have each person introduce themselves and give a response to an interview question, such as:
 - I would give anything for a chance to. . .
 - The worst advice my mother ever gave me was. . .
 - When I feel sorry for myself, I . . .
 - Now that I am grown up, I can no longer. . .
 - If you came to visit me for three days, I would have to show you. . .

These ideas are just a few samples of ice breaker ideas. Other ideas can be found by doing a google search called “ice breakers”, which revealed these sites:

- www.meetingwizard.org/meetings/icebreakers.cfm

