

## Icebreakers

Icebreakers at meetings serve as an excellent recruitment tool, as members feel more involved when they interact with others. Try out some of the ideas below:

**Adjectives and Names:** Have each person in the group think of an adjective which starts with the same letter as their first name. They have the first person say their name along with the adjective, i.e. Moody Mark. The second person says their name and adjective, and then introduces the first person and his/her adjective to the group. The third person says their name and adjective, and then reintroduces the first and second person, etc.

**Hula Hoop Pass:** You will have two hula hoops. Ask everyone to stand in a circle with their hands clasped. Find two people, unclasp their hands, put the hula hoop through their hands, and ask them to clasp hands again. Their goal is to pass the hula hoop around the circle until its back at its original position without letting go of the hands. Once they've done that, ask if they have ideas for going faster, and let them try that. Finally put one hula hoop on one side of the circle and one on the other side. One hula hoop must be passed clock-wise, and one passed counterclock-wise (which means that they'll need to pass at two points).

**Hum that Tune:** Each person in the group is given a small piece of paper with the name of a nursery rhyme or other song written on the paper. (i.e. "Row, row, row your boat, Rock-a-bye baby," etc). All of the people who are given the song must hum that tune and find everyone else that is singing the same song. They then form a group. You can also have each group then perform the song afterwards using a skit.

**Jelly Bean Jam:** In each envelope, insert nine jelly beans of different colors. Give an envelope of jelly beans to each person. Tell your group that the object of this game is to get nine jelly beans of the same color. Ask others for the color of the jelly bean you want and then trade one of yours. You may trade only one jelly bean at a time. This activity takes time because several people may be pursuing jelly beans of the same color. The first person to get nine same color jelly beans is the winner. Keep playing until everyone has jelly beans of all the same color.

**M&M Game:** Pass around a bowl of M&M's to the group and instruct them to take as many as they would like, but not to eat any. When everyone has taken some, have each of them tell something about themselves for each M&M that they took.

**Mission Impossible:** Make puzzle pieces with a word on one part and the definition on the other. Play the theme song from Mission Impossible as the participants try to match the words and definitions. You can customize this to whatever topic you are speaking about.