



APPENDIX 1

Icebreaker Options throughout the semester

HUMAN BINGO

Prepare the cards. Use a standard 5 x 5 square grid (as used in the regular bingo games). Create one card for each person. Have pens or pencils for each card. Fill in the bingo boxes. Think of interesting human characteristics, personalities, and life facts for the bingo matches. Some examples could be: owns or has owned a pet, commutes to school/work, has gone to a sporting event, has visited another country, has tried a different cuisine outside of their own, has ever won something, has more than two pets, has worked in another state, has a social networking account, etc... Tell the players that they must interview each other. Have each player go around the group and ask other people to write their signature one box that applies to them. The first one to have 5 different signatures in a row (horizontal, vertical or diagonal).

PAPER AIRPLANES

Have each meeting attendee write her name on a piece of paper, along with two interesting facts about her. Have all attendees fold their papers into a paper airplane. Everyone should toss an airplane into the air, then pick up one that lands nearby. The person picking up the airplane must open it, read the information, and find the person it belongs to.

COLLABORATIVE DRAWING

Give each member a sheet of blank paper and a pencil and instruct them to draw anything that comes to mind on the paper, like a shape, a figure, an object (they should leave some space on the paper). After each person is finished, they pass their sheet to the person on their right. That person is to embellish what is already on the paper. They may add a second object, draw a complimentary shape, whatever they want. Their effort should be to make something unified or to be consistent with what is already on the paper. When they are through, the paper is passed on again. Eventually, the piece of paper is returned to its original illustrator, with a complete work of art that has been collaboratively created by everyone in the group. Each player will then “show and tell” about the resultant piece.

NEVER HAVE I EVER

Each player begins with 5 or 10 fingers up. Players take turns saying “Never have I ever...” followed by something they have never done. If any other players have done that thing, they put one finger down. The person with the most fingers up after everyone has stated a “never have I ever” wins.

TWO TRUTHS AND A LIE

Players tell 2 truths and one lie to the group. The group must guess which statements are true and which one is false.



TELEPHONE

Players choose a phrase or short sentence. The first person whispers the phrase to the next person. That person tells the next person. When the last person hears the phrase, they say out loud what they heard.

WOULD YOU RATHER...

- » Have no internet or no cell phone?
- » Go back in time to meet your ancestors or travel to the future to meet your great-great grandchildren?
- » Be able to fly or read minds?
- » Go on a dream vacation for 2 weeks or spend 2 weeks in your hometown with anyone you wanted?
- » Pause your life or rewind your life?
- » Lose an arm or leg?

3 MINUTES

If we had three minutes to go back into our burning house to get out two items (assuming all of our family and pets were safe), what would they be?

TRAVEL

If you could go anywhere in the world now, where would you go and why?

COINS

Hand out a coin to each person, and have people share what they were doing in the year the coin was made.

FIRST OR WORST

Everyone goes around the room and tells what they did for his/her first or worst job.

FOUR C'S

Playing "Four C's" is a nice way to help people to find out what they have in common. Each person has to write on a piece of paper his/her favorite: candy, country, cuisine and career. The papers are shuffled and redistributed. Each person then has to read aloud the contents of the card given to him or her and guess the person who wrote it.

MOVIE QUOTES

Each person quotes a line from a movie. The group has to guess what movie the quote is from.

NAMES

Go around the room and have people share their first name preceded with an adjective (or noun) that starts with the first letter of their name. For example: Mischievous Mike, Daring Dan, Packer Paul, Sassy Susan, etc. After everyone has said their name, go around the circle trying to say each name together.