



Ice Breaker Ideas for Creative Engagement

Favorite T-shirt

Ask attendees to bring (not wear) their favorite T-shirt to the meeting. Once all participants have arrived, ask each person to show the shirt to the group and explain how the T-shirt best resembles their personality or the story about the shirt.

Personal Bingo

The host will need to do a little homework before the meeting to find out a few tidbits about each participant (favorite hobbies, books, vacation spots, number of children, favorite foods, etc). Prepare a bingo card (duplicate the card for all attendees to have the same one) with one tid-bit for each square, and instruct the participants to mingle with the group to identify the person for each square. As the information is uncovered, they ask the participant to sign their corresponding square. Keep moving among the guests until all squares are filled. Rules: only open-ended questions may be used. First person who fills card wins a prize.

Skittles or M&M's

This activity uses the colors of the skittles or M&M's to determine which question a participant will answer for the group. Make a sheet or flip chart with the colors of each candy and the corresponding question. (See examples below.) Each participant takes one piece of candy and then the questions are revealed.

- Yellow: If you were president, which one policy would you change?
- Red: If you could travel anywhere with all expenses paid for two weeks, where would you go and why?
- Orange: Would you eat a bowl of crickets for \$10,000?
- Green: What magazine cover would you like to be on and why?
- Brown: Who would you like to trade places with in history?
- Yellow: If you could have any talent, what would it be?

Famous People/Cities

As each participant arrives, tape a 3 x 5 index card on their back with the name of a famous person or city. They must circulate in the room and ask questions that can ONLY be answered with a YES or NO to identify clues that will help them find out the name of the person or city on their index card. EXAMPLES: Paris, Madonna, Santa Claus, John Wayne, Casablanca



Two Truths and a Lie

Everyone comes up with two truths about themselves and one lie. The others have to guess what the lie is.

Dream Vacation

Ask participants to introduce themselves and describe details of the ideal, perfect dream vacation.

The Magic Wand

Ask the participants what they would do if they just found a magic wand that allows them to change three work-related activities. They can change anything they want. How would they change themselves, their job, their supervisor, those they work with, an important project, etc.? Have the participants discuss why it is important to make the change. Another variation is to have them discuss what they would change if they become the supervisor for a month. This activity helps them to learn about others' desires and frustrations.

Concentric Circles

Divide the group in two. Have one group form a circle inside a larger circle, so that each participant is facing another person. Begin by having each person introduce themselves to the person they are facing and answer a question. After two minutes, have the inner circle move, one or two people to their left, while the outer circle remains where they are. Depending on the size of the group, have the inner circle move several people, or just a few. Sample questions are listed, but be creative and make up your own!

- Who is a leader you admire and why?
- What is your wildest career fantasy?
- What is one goal you hope to accomplish this year?
- If you were a street sign, what would you be? Why?
- Who would you trade places with in history?

Music Box

Each group has 2-3 minutes to come up with a way to introduce them musically. Then, conduct the groups through an orchestral introduction.



Ball Toss

Participants and the clinical trainer form a circle and toss a soft ball around the circle. Participants state their names as they catch the ball. After a few minutes, when they catch the ball, they call out the name of the person who tossed it to them. This activity can also be used throughout the course by substituting a quick information exchange for people's names. For example, the clinical trainer may ask, "What are the indications for IUD use?" The ball is tossed around the circle and participants call out a different indication as they catch the ball