



UPCA Resources Workgroup Icebreakers

Just One Lie

This method is an adaptation of the well-known ice breaker 'Two Truths And A Lie' to create an activity that can be run throughout a day of a meeting or workshop.

Participants mingle and ask questions from each other while noting the answers on post-its. But everyone includes one lie. The result is that you have a board of interesting facts about all the participants, among them, one lie. Throughout the workshop you can return to these boards for participants to introduce each other and find out what was the lie.

Passions Tic Tac Toe

The goal of this icebreaker game is to help the participants to get to know each other at the beginning of an event or to help identify their values during the later part of a training session.

Create a 3 x 3 grid for each participant and have them fill in each block with a different personal passion randomly. After the individual work, have everyone walk around the room and compare notes. When they find the same passion listed in both grids, ask them to sign for each other in the appropriate square. The winner is the participant who manages to have other people's signatures on three lines (vertical, horizontal, or diagonal). You can continue the game to have as many winners as you possibly can.

Quotes

This fast-paced icebreaker activity allows participants to get acquainted with each other while also being inspired. Prepare a set of inspirational quotes prior to the session and the number of participants on individual slips of paper. Put the pile in the center of the room. Each participant picks up one quote, then picks a partner and begins to discuss what the quote says to them, if it is meaningful, and how.

Then after a minute or so the facilitator gives a signal and participants switch partners, and may switch quotes as well if they'd like. This can continue for 4-5



rounds for around 15 minutes. Choose quotes that relate to your meeting topic or company culture for an even more effective opening to your session!

Break the ice with the help of your key

Games and activities that include physical objects can help ensure the session is memorable and specific to those people present. In this ice breaker, ask participants to sit in a circle and bring their keys with them.

Explain that they will get to know each other through their keys. Ask them that one by one present all the keys they have on their keychain and tell a few sentences about the area the key represents – the city or neighborhood they live in, the activity it represents (bike or locker key) or the person they received it from.

Be sure to start the circle yourself so the participants get the feeling of how it should be done. Bonus points if you can demonstrate openness and vulnerability for your group to follow!

The Movie Pitch Icebreaker

Split people into groups and have each group come up with a movie they want to make. Everyone should have a short pitch prepared within 10 minutes. (This film is The Avengers meets My Little Pony.) Let everyone make their pitch, and then have all virtual meeting attendees vote on which idea deserves “funding.”

Virtual Scavenger Hunt

Ask people to stay in their chairs until you call out a household item. The first one to get it and bring it back to the camera gets the point. Tally up the points at the end to see who wins a prize.

Examples: Grab a book with a red cover. Grab something that was a gift.



The Candy Game

Pick your favorite multi-colored candy like Starbursts, Skittles, or M&Ms. Pass the bowl around and ask people to take however many they want but to refrain from eating them. Once the bowl is passed around, each person has to answer a question for each color they take.

Examples: Red, what's your favorite book? Brown, what did you study in college?

Paper Airplane Game

Pass around a pack of multi-colored paper. Ask everyone to write an interesting fact about themselves on the paper, then fold it into a paper airplane. At once, everyone launches the airplane into the air, and each person picks up one. Then, go around the room and guess whose interesting fact lines up with whom.

Year Of The Coin

Bring your coin jar into the office and sort out any coins that may be too old. Have everyone randomly pick a coin and share what they were doing the year the coin was minted.

Two Sides of a Coin

Pair everyone up and have each person share a recent negative experience. Their partner will listen and help them identify a potential positive aspect of said experience. The partners switch places and repeat the exercise. You get to learn something about your partner and begin your workday with an optimistic and problem-solving mindset.

Example: Yesterday I got a flat tire and none of my close friends or family picked up the phone to come to rescue me. I had to rely on an old friend who lives nearby to help me change my tire.

A positive twist here is that you got to connect with an old friend, and you learned how to change a tire.