



Circle K International's Guide to Successful

# Icebreakers/Team-Builders

Created by the 2012-2013 CKI Social Potential Innovative Club Enhancement Committee

Greetings CKIers!

I would like to welcome you into the Icebreaker & Team-builder Guide created by the **2012-2013 CKI Social Potential Innovative Club Enhancement Committee (SPICE)**.

Within you will find tips on icebreakers as well as example icebreakers you may be able to use with your club/district. The goal of this guide is to provide you with some examples to allow you to make your own icebreakers and provide you with a few general tips to keep your members having fun and getting to know each other.

This guide is divided into icebreakers/team-builders that are meant for larger groups (>20 people) and smaller groups (<20 people) and ones that are meant to be more meaningful/serious and leave an impact on the participants are marked as “\*meaningful\*” next to the name.

Please use these categories as your starting point and find the perfect icebreaker for your group of members. With these in mind let's dive straight in!

Sincerely,

David Limjoco

2012-2013 CKI SPICE Committee Chair

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## Tips & Tricks

- Choose an icebreaker/team-builder that is appropriate for the situation.
- Try to have everyone participate in the icebreaker but do not force anyone to go against their will.
- Create a welcoming environment and make sure all participants understand the rules.
- Make the icebreaker/team-builder look fun and appealing to participate in.
- Gauge your audience and be prepared to tweak the activity or end it if necessary. Go with the flow!
- Be prepared with a few back-up activities if the one planned ends quickly or if the participants do not enjoy it.
- When running a more meaningful icebreaker/team-builder make sure to debrief the outcomes of the activity and what participants should take-away/learn from it or even have them share with each other first.
- If this is the first time you are meeting a group of people, like at your club's first meeting for example, don't pick an activity that asks really personal questions or asks them to do things they may not yet be comfortable with, like hugging others. You don't want to freak people out right at the beginning!
- If you're running an icebreaker, be willing to be the one to go first! This puts others at ease and lets you avoid having to call on someone.

# Large Group Icebreakers/Team-Builders

## Kitty Wants a Corner

This icebreaker seems really silly but it really is a lot of fun!

1. You make a big circle and have one person be the “kitty.”
2. The kitty goes around the circle, stopping at each person and saying “Kitty wants a corner.”
3. Each person will respond by saying “Go ask your neighbor” and the “kitty” moves on.
4. While this is happening, the other members of the circle are trying to switch places without the “kitty” noticing.
5. If the “kitty” notices two people trying to switch places in the circle, he/she can steal a spot and whoever is left without a spot ends up in the middle as the new “kitty”.

## Party Hats \*meaningful\*

\*This icebreaker requires a bit of prep-work, including buying party hats, making labels, and putting everything together.\*

1. Break the large group up into smaller groups of about 8.
2. Make labels that say different ways to treat people like “Laugh at me,” “Treat me like a leader,” “Ignore me,” etc.
3. Attach labels to each hat and give each person a hat, making sure that no member in the same group has the same label. Each person can see everyone else’s hat, but not their own.
4. Assign the groups with a task like planning a fundraiser or an event and let them go.
5. Each person must treat each other the way that the label tells them to, ultimately making any progress difficult.
6. After a while, see what they come up with.
  - Ask them issues they ran into, what they think the activity is meant to simulate, etc.

\*Don’t do this activity if it’s the very first time you’re meeting people, as it may make some uncomfortable.\*

## Speed Dating

Instructions:

1. Have everyone get in two giant circles
2. One circle inside the other circle and those in the inner circle facing those in the outer circle
3. The outside or inner circle will move to the next person to the right or left after a given amount of time (about 45 seconds)
4. Each person will answer a set question to their partner
  - Ex: “Why did you join Circle K?”, “What are your hobbies?”

# Large Group Icebreakers/Team-Builders

## Do you love your neighbor?

1. Arrange chairs in a circle, with one person in the middle.
2. That person approaches one person that they do not know and says “Hi! My name is \_\_\_\_.”, the person responds with the same thing. Person in the middle then says “Well, \_\_\_\_, do you love your neighbor?”
3. The respondent can say one of two things. Either “yes, but I would love them more if \*insert something about themselves\*”, or “no”.
4. If the answer is “yes”, then anyone who relates to the statement afterwards has to get up, run around the circle, and try to find another seat (and are not allowed to sit in the chair next to them). If the answer is “no”, all players have to get up and find a new seat. Whoever doesn’t find a seat is the one in the middle.
  - For example: “Hi! My name is Joe.” “Hi Joe, my name is Jane.” “Jane, do you love your neighbor?” “Yes, but I would love them more if they were wearing blue!” \*All players wearing blue will have to get up and run around to find a new seat.
1. The game ends when everyone has gotten a turn to be “the middle”.

## A Singing Corner

1. Split into groups (four is recommended)
2. Choose a common word like night, day, or girl.
3. Go around and have each group SING a song lyric that has the chosen word in it
4. Groups are eliminated if everyone does not sing or come up with a lyrics fast enough

### Staying Afloat (meaningful)

1. Start off with everyone in a circle, facing inwards, hands behind back.
2. Put between zero and three balloons in people's hands behind their backs. Participants should not let others know how many they have. The objective is for everyone to be in the center keeping all balloons afloat.
3. The leader starts by trying to keep three balloons afloat in the center. When it becomes difficult, the leader calls somebody's name and says "\_\_\_\_, I need your help!".
4. That person comes in with all their balloons and helps until it becomes difficult and then they call "Y, I need your help!".
5. If a balloon falls on the ground, it must be picked up by someone in the center and kept afloat.

\*Can be used to remind people of juggling priorities (school, home, social life, Circle K, etc.)\*

## Dragon Tails

1. Split into even groups with everyone holding hands forming a line (If the hands separate the group is eliminated)
2. The last person in line will have a bandana signifying the “tail”
3. Move as a group/dragon and grab other group’s tail.
4. Last group with a tail wins



# Small Group Icebreakers/Team-Builders

## Pretzel Pictures

1. Break people into pairs and give each person 15 pretzels and 4 marshmallows; instruct the pairs to sit back to back
2. The pair decides who will first be the communicator and who will be the receiver.
3. The communicator will go first and make a design/shape using all resources provided, in about 30-40 seconds.
4. The person who made the design will then explain their design one pretzel stick at a time to their partner sitting back-to-back with them, who cannot see the original design and who also cannot talk
5. The receiver of the information will try to recreate the original design using their partner's instructions
6. Once the activity is completed, they will look and see how well the two designs match
7. The partners will switch roles and repeat the activity

## “Would you Rather?” Questions

1. Come up with a bunch of “would you rather” questions and put them on small slips of paper.
2. Pass around a basket filled with the papers and have each person pull one out and answer.

\*This is a lot of fun when you pick kind of strange options that people have to pick from!\*

## Blind Line Up \*meaningful\*

1. The group has to put themselves in some sort of order, whether it be by birthday, alphabetical mothers' first names, etc. but no one can speak.
2. Pick at least one person in the group to be blind and tie a bandana around their eyes and pick at least one person in the group to be both blind and unable to touch, tying a bandana around their eyes and their hands behind their back.
3. The group has to put themselves in order based on the category you assign like birthdays.
4. You will find that people will communicate by touch or by stamping their feet on the floor. There may also be people who help out those who can't see or touch find their place in the order.
5. Double check at the end to see if they got the order correct. Then ask them some questions like what was most difficult about the activity, who stood out as a leader, etc.

## The Moose of Wumba

- This is a, “Repeat after me” activity
- There are three physical actions that go along with corresponding verbal actions
  - “Wumba! Wumba” For each wumba, lift and bring a leg to the other side(Left to right, right to left)
  - Moosey Moosey Moosey Wumba : Make moose antlers, twist your body as you say it
  - Chicky Chicky Chicky Chicky Chicky Wumba: Make squirrel gestures with your hands as you twist your body
- There are three run throughs, normal speed, super slowed down, and speed up.

# Small Group Icebreakers/Team-Builders

## Minefield \*meaningful\*

1. You (the facilitator) create a "minefield" (obstacle course) using whatever supplies you have on hand.
  2. Participants partner up and everyone stands at one end of the minefield.
  3. One partner closes his/her eyes and steps into the minefield.
  4. The other partner uses his/her voice to guide the person inside the minefield, helping him/her NOT touch any of the items in the minefield.
  5. The objective is to get your partner through to the other side of the minefield and then the fun begins...
- \*There are variations to this teambuilding game including picking up puzzle pieces as you travel through the minefield, avoiding mousetrap, and more.\*

## First Impressions \*meaningful\*

1. Trace your hand on a piece of paper and tape it to the back of your back
  2. Each person will receive a color marker
  3. Making the group into two lines, people will spend roughly 30 seconds speaking with the person in front of them
  4. After each round the line rotates down, meeting someone new
  5. When several rounds are completed people will write down their first impression of the person on their back
- \*Learning Objective: Working on your first impression and interacting with the group\*