

Why breaking the ice
isn't just for polar bears.



Ice breakers to kick-off any workshop

- 1 Paper telephone
- 2 Draw me
- 3 Super random check in
- 4 'My name is and I like...'

Ice Breaker 1



Paper telephone



15 mins



Small groups
three or four people



A piece of paper and something
to draw with for each participant.

HOW TO PLAY

1. Write a sentence at the top of your paper (it can be something random, true or abstract), then write your name at the bottom right corner.
2. Pass your paper to the person on your right.
3. Draw a picture of the sentence that was just handed to you. The picture should fill around one third or a quarter of the page.
4. Fold the top half of the paper down so that it covers the sentence but not the drawing.
5. Pass the folded paper to your right.
6. Below the drawing you receive, write down what you think the drawing is about in one sentence.
7. Fold the paper down so that it covers the drawing but not the sentence.
8. Pass the folded paper to your right.
9. Repeat these steps until you run out of room, or until everyone gets their original sentence back.
10. Unfold your piece of paper and see how well your original sentence was understood, or how misinterpreted it.

GREAT FOR

- Demonstrating the importance of clear communication



Ice Breaker 2



Draw me



10 mins



4–10 people
in pairs



A piece of A3 paper and something
to draw with for each pair. Somewhere
to stick the paper up.

HOW TO PLAY

1. Each person takes a piece of A3 paper and a pen.
2. In pairs, draw each other on one side of the paper.
3. While drawing, ask each other questions to get the following information:
 - Name
 - Job role
 - A list of three pain points, challenges or outcomes they would like to see as part of the project.
4. When finished, present your drawing and introduce the other person to the rest of the group.

GREAT FOR

- Teams who don't know each other, or a workshop moderator who is meeting participants for the first time
- Introducing the group





Super random check in



Post-it notes and something to draw with, an unusual tactile object and somewhere to stick the post-it notes to.

HOW TO PLAY

1. Pass the random object to the first participant, then ask them:
 - 'How are you feeling right now?'
 - 'If you could have any superpower what would it be and why?'
2. Based on participants' answers, the moderator draws on a post-it note:
 - An emoji for the feeling
 - A description of the superpower.
3. Stick the post-its on a wall and photograph.
4. At the end of the workshop, the moderator asks the participants how they're feeling now, noting anecdotally how feelings may have shifted during the session.

GREAT FOR

- Quickly breaking the ice when time is short
- Breaking teams out of their work/task mindset



'My name is and I like...'



HOW TO PLAY

1. Standing in a circle, each member should say their name and one project-related thing they care most about.
2. Moving around the group, each new member repeats the previous person's introduction and adds theirs.
3. The last person needs to remember everyone's introduction and introduce themselves, too.

GREAT FOR

- Teams who don't know each other
- Sharing ideas and thoughts with the groups before the workshop begins