

**ICE BREAKERS FOR YOUNGER CHILDREN**

**ICE BREAKERS FOR OLDER CHILDREN**

**ICE BREAKERS FOR ADULTS**



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# ICE BREAKERS FOR YOUNGER CHILDREN

- 1. Name game** - have each child introduce themselves and say their name.  
Description: In this ice breaker, each child says their name to the group to get to know each other.
- 2. Pass the ball** - have the children pass a ball around while saying their name.  
Description: This game involves passing a ball around the circle, while each child says their name when they catch the ball.
- 3. High-five** - have each child give high-fives to each other while saying their name.  
Description: Children give high-fives to each other while saying their name, to get to know each other.
- 4. Guess who** - have the children guess who each other is by describing themselves.  
Description: In this game, children describe themselves without saying their name, and the other children have to guess who they are.
- 5. Circle time** - have the children sit in a circle and take turns saying their name and something they like.  
Description: Children sit in a circle and introduce themselves by saying their name and something they like.
- 6. Simon says** - have the children follow the directions of the leader, who is "Simon."  
Description: In this game, one person is "Simon" and gives instructions, and the other children have to follow them.
- 7. Red light, green light** - have the children move when the leader says "green light" and stop when the leader says "red light."  
  
Description: The leader says "green light" and the children move towards the leader, but when they say "red light," the children stop moving.
- 8. Follow the leader** - have the children follow the leader and do what they do.  
Description: One child leads the group in different movements, and everyone else has to follow along.
- 9. Musical chairs** - have the children play musical chairs, where they walk around chairs and sit down when the music stops.  
Description: In this game, children walk around chairs while music plays. When the music stops, they have to sit in a chair. However, there is always one fewer chair than there are players, so someone is out each round.

10. **Hot potato** - have the children pass a ball around and stop passing when the music stops.  
Description: Children pass a ball around while music plays. When the music stops, the child holding the ball is out.
11. **Freeze dance** - have the children dance to music and freeze when the music stops.  
Description: Children dance to music, and when the music stops, they have to freeze in place.
12. **Hide and seek** - have the children hide and the seeker tries to find them.  
Description: In this classic game, one child is the seeker and the other children hide. The seeker has to find them.
13. **Tag** - have the children play tag, where one person is "it" and they try to tag the others.  
Description: In this game, one child is "it" and tries to tag the other children.
14. **Relay race** - have the children run a relay race, passing a baton or object.  
Description: Children race to complete a task and tag the next person in their team.
15. **Balloon pop** - have the children try to pop balloons by sitting on them.  
Description: Children try to pop balloons by sitting on them or throwing objects at them.
16. **Puppet show** - have the children make puppets and put on a puppet show.  
Description: Children make puppets and put on a show for each other.
17. **Story time** - have the children listen to a story or read a story together.  
Description: Children listen to a story or read a story together.
18. **Play dough** - have the children play with play dough and make shapes.  
Description: Children play with play dough and make different shapes and objects.
19. **Painting** - have the children paint pictures.  
Description: Children paint pictures using various painting materials.
20. **Coloring** - have the children color pictures.  
Description: Children color pictures using different coloring materials.
21. **Puzzle time** - have the children work on puzzles together.  
Description: Children work on a puzzle together, solving the puzzle pieces.
22. **Play kitchen** - have the children play with a toy kitchen and cook.  
Description: Children play with a toy kitchen, pretending to cook and serve food.
23. **Play store** - have the children play store and buy and sell items.

Description: Children play store and take turns buying and selling items to each other.

24. **Play school** - have the children play school and teach each other.

Description: Children play school and take turns being the teacher and the student.

25. **Face painting** - have the children paint each other's faces.

Description: Children paint each other's faces using different face paints.

26. **Science experiment** - have the children do a simple science experiment.

Description: Children conduct simple science experiments, learning about different scientific concepts.

27. **Cooking** - have the children help make a snack or simple dish.

Description: Children help make a snack or simple dish, learning about cooking and food.

28. **Gardening** - have the children plant seeds or tend to a small garden.

Description: Children plant seeds or tend to a small garden, learning about plants and nature.

29. **Yoga** - have the children do simple yoga poses together.

Description: Children do simple yoga poses together, learning about mindfulness and relaxation.

30. **Memory game** - have the children play a memory matching game.

Description: Children play a game where they have to match pairs of cards with the same picture.

31. **Tic tac toe** - have the children play tic tac toe.

Description: Children play a game of tic tac toe, taking turns placing X's and O's on a grid to get three in a row.

32. **Hangman** - have the children play hangman with simple words.

Description: Children play a game of hangman, guessing letters to try and solve a mystery word.

33. **I spy** - have the children play "I spy" and guess what they see.

Description: Children take turns guessing what the other children see in the room, using the phrase "I spy."

34. **Bingo** - have the children play bingo with simple pictures or numbers.

Description: Children play a game of bingo, trying to match numbers or pictures on their bingo cards.

35. **Go fish** - have the children play go fish with simple cards.

Description: Children play a game of go fish, trying to collect sets of matching cards.

36. **Show and tell** - have each child bring in an item to show and tell the group about.

Description: Each child brings in an item and tells the group about it, sharing their interests and stories.

37. **Collaborative art** - have the children work together on a large art project, such as a mural or group painting.

Description: Children work together to create a large art project, using different materials and techniques.

38. **Group storytelling** - have the children sit in a circle and take turns adding to a story, building off of each other's ideas.

Description: Children take turns adding to a story, creating a collaborative story together.

39. **Human knot** - have the children stand in a circle and hold hands, then try to untangle themselves without letting go.

Description: Children hold hands in a circle and try to untangle themselves without breaking the chain.

40. **Build a tower** - give the children building materials, such as blocks or cups, and have them work in small groups to build the tallest tower.

Description: Children work in small groups to build the tallest tower using different building materials.

41. **Chain reaction** - have the children work together to create a chain reaction with materials, such as dominoes or marbles.

Description: Children set up a chain reaction using materials, such as dominoes or marbles, and watch as they trigger each other.

42. **Group drawing** - have the children work together on a large drawing or painting, with each child adding a new element.

Description: Children work together on a large drawing or painting, taking turns adding new elements to create a collaborative piece of art.

43. **Group building challenge** - give the children a building challenge, such as building a bridge or a tower that can support a certain weight, and have them work in small groups to complete it.

Description: Children work in small groups to complete a building challenge, using different materials and techniques to create a structure that meets a certain goal.

44. **Telephone game** - have the children sit in a line and whisper a message to each other, seeing how it changes by the end.

Description: Children sit in a line and whisper a message to each other, seeing how it changes by the time it gets to the end of the line.

45. **Role play** - have the children act out different roles, such as playing different professions or characters from a story.

Description: Children act out different roles and characters, using their imagination to create different scenarios.

46. **Emotions game** - have the children take turns acting out different emotions and the rest of the group guesses what emotion they are portraying.

Description: Children take turns acting out different emotions, and the rest of the group guesses what emotion they are portraying.

47. **Friendship bracelets** - have the children make friendship bracelets for each other.

Description: Children make friendship bracelets using different materials and colors, giving them to each other as a symbol of friendship.

48. **Thank you notes** - have the children write thank you notes to each other for something kind or helpful they did.

Description: Children write thank you notes to each other, expressing gratitude for something kind or helpful that the other child did.

49. **Compliment circle** - have the children sit in a circle and take turns giving compliments to each other.

Description: Children take turns giving compliments to each other, building each other's self-esteem and confidence.

50. **Buddy system** - have the children pair up and work together on an activity, such as a scavenger hunt or relay race.

Description: Children pair up and work together on a fun activity, developing teamwork and cooperation skills.

51. **Mirror game** - have the children pair up and take turns mirroring each other's movements.

Description: Children pair up and take turns mirroring each other's movements, developing coordination and communication skills.

52. **Dance partners** - have the children pair up and dance together to music.

Description: Children pair up and dance together to music, developing rhythm and coordination skills.

53. **Memory chain** - have the children sit in a circle and take turns adding to a memory chain, recalling a favorite memory or experience.

Description: Children take turns adding to a memory chain, recalling and sharing their favorite memories or experiences.

54. **Mindfulness exercises** - have the children practice mindfulness exercises together, such as deep breathing or guided meditation.  
Description: Children practice mindfulness exercises together, learning techniques to reduce stress and anxiety.
55. **Cooperative games** - have the children play games that require cooperation and teamwork, such as "alligator island" or "giant jenga."  
Description: Children play games that require cooperation and teamwork, learning to work together to achieve a common goal.
56. **Decision making** - have the children work together to make a decision, such as choosing what game to play next or what snack to have.  
Description: Children work together to make a decision, practicing their decision-making and problem-solving skills.
57. **Giving directions** - have the children pair up and take turns giving each other directions to complete a task.  
Description: Children pair up and take turns giving each other directions to complete a task, practicing their communication and listening skills.
58. **Group problem solving** - give the children a problem to solve together, such as how to cross a pretend river without getting wet.  
Description: Children work together to solve a problem, using their critical thinking and problem-solving skills.
59. **Group discussion** - have the children sit in a circle and discuss a topic, such as their favorite things or what they want to be when they grow up.  
Description: Children sit in a circle and take turns discussing a topic, developing their communication and social skills.
60. **Circle time games** - have the children play circle time games, such as "pass the ball" or "hot potato," where they interact with each other while sitting in a circle.  
Description: Children play interactive games while sitting in a circle, developing their social and communication skills.
61. **One-on-one conversations** - have an adult or older child pair up with a shy child and engage in a one-on-one conversation about their interests.  
Description: This activity is designed to help shy children feel more comfortable by having them engage in a conversation with a person they trust and admire.
62. **Role-playing** - have the children play different roles and characters, allowing shy children to take on a different persona.

Description: This activity allows shy children to step outside of their comfort zone and play a different role or character, which can help them feel more confident and outgoing.

63. **Small group activities** - have the children participate in small group activities with just a few other children.

Description: This activity allows shy children to interact with a small group of peers in a less overwhelming setting, which can help them feel more comfortable and at ease.

64. **Icebreaker games** - have the children play icebreaker games that encourage communication and interaction, such as "two truths and a lie."

Description: This activity encourages shy children to engage in conversation and interact with others in a fun and light-hearted way.

65. **Partner activities** - have the children participate in partner activities, such as a scavenger hunt or relay race, where they work together with one other child.

Description: This activity allows shy children to engage in an activity with just one other person, which can help them feel more comfortable and less intimidated.

66. **Storytelling** - have the children take turns telling stories, allowing shy children to share their thoughts and ideas in a non-threatening way.

Description: This activity allows shy children to share their thoughts and ideas in a safe and supportive environment, helping them feel more comfortable and confident.

67. **Art activities** - have the children participate in art activities that allow for self-expression, such as drawing or painting.

Description: This activity allows shy children to express themselves in a non-verbal way, which can help them feel more comfortable and less self-conscious.

68. **Board games** - have the children play board games, which provide a structured activity that encourages interaction and communication.

Description: This activity provides a structured environment for shy children to interact with others, which can help them feel more comfortable and less intimidated.

69. **Relaxation exercises** - have the children participate in relaxation exercises, such as deep breathing or visualization, to help them feel calm and centered.

Description: This activity can help shy children feel more comfortable and relaxed, which can help them engage with others in a more natural and confident way.

70. **Animal-assisted activities** - have an animal, such as a therapy dog, participate in activities with the children, which can help shy children feel more relaxed and comfortable.

Description: This activity provides a non-judgmental and comforting presence that can help shy children feel more at ease and open to interaction with others.



# ICE BREAKERS FOR OLDER CHILDREN

1. **Two truths and a lie** - have each child share two true statements and one false statement about themselves, and the others have to guess which statement is false.
2. **Bucket list** - have each child share three things they would like to do before they die.
3. **This or that** - have the children choose between two options, such as "beach or mountains" or "pizza or tacos."
4. **Name that tune** - play a few seconds of a popular song and have the children guess the name of the song and artist.
5. **Charades** - have the children act out a word or phrase for the others to guess.
6. **Pictionary** - have the children draw a picture of a word or phrase for the others to guess.
7. **Word association** - have each child say a word and the others have to say the first word that comes to mind.
8. **Never have I ever** - have each child say something they have never done before, and the others who have done that thing must stand up.
9. **Group story** - have the children take turns adding a sentence to a group story.
10. **Scavenger hunt** - have the children search for items or clues around a room or area.
11. **Debate** - have the children debate a topic, such as "should school uniforms be required?"
12. **Would you rather** - have the children choose between two options, such as "eat a worm or swim with sharks."
13. **Team building exercises** - have the children work together on a problem-solving or physical challenge, such as building a tower or completing an obstacle course.
14. **Balloon tower** - have the children work together to build a tower using only balloons and tape.
15. **Egg drop** - have the children work in teams to build a contraption that will keep an egg from breaking when dropped from a height.
16. **Bridge building** - have the children work in teams to build a bridge using straws and tape that can hold a certain amount of weight.
17. **Card tower** - have the children work in teams to build the tallest tower using only playing cards.
18. **Blind drawing** - have the children pair up, with one person describing an object and the other person drawing it without seeing it.
19. **Trivia game** - have the children answer trivia questions in teams or individually.
20. **Jeopardy** - create a Jeopardy game board with categories and questions related to a topic of interest.
21. **Hangman** - have the children play a game of hangman with words related to a topic of interest.
22. **Memory game** - have the children try to remember a series of items or pictures shown to them.
23. **Bingo** - have the children play bingo with words or phrases related to a topic of interest.
24. **Kahoot** - create a Kahoot game with questions related to a topic of interest.

25. **Who am I?** - have each child write down the name of a celebrity or historical figure and place it on their forehead, then have the others give clues until they guess who they are.
26. **Role playing** - have the children act out scenarios related to a topic of interest.
27. **Problem solving** - present the children with a problem or challenge related to a topic of interest and have them work together to solve it.
28. **Improv** - have the children participate in improv exercises, such as "yes, and" or "freeze."
29. **Karaoke** - have the children sing karaoke to popular songs.
30. **Minute to win it** - have the children participate in timed challenges using household items, such as stacking cups or balancing objects.
31. **Escape room** - create an escape room with clues and challenges related to a topic of interest.
32. **Murder mystery** - create a murder mystery game with clues and suspects related to a topic of interest.
33. **Team name game** - have each child say their name and something they like that starts with the same letter as their name, then the others have to repeat all the names and likes in order.
34. **Finish the story** - have one child start a story, then pass it on to the next child to add a sentence, and continue until the story is complete.
35. **Movie quote game** - have the children guess the movie based on a famous quote from it.
36. **Guess the object** - place an object in a bag and have the children guess what it is by feeling it without looking.
37. **Reverse charades** - have one person guess while the others act out a word or phrase.
38. **Name that animal** - play a sound or show a picture of an animal and have the children guess what it is.
39. **Memory lane** - have each child share a favorite childhood memory.
40. **Jigsaw puzzle race** - have the children work in teams to complete a jigsaw puzzle against each other.
41. **Tongue twisters** - have the children try to say tongue twisters as fast and accurately as possible.
42. **Hangman with pictures** - instead of words, have the children play hangman with pictures related to a topic of interest.
43. **Draw and tell** - have each child draw a picture of something related to a topic of interest, then share and explain their drawing to the others.
44. **Balloon debate** - have each child choose a character and debate why they should be the one to stay on a hot air balloon that can only hold one person.
45. **What's missing?** - show the children a group of objects for a short time, then take one away and see if they can guess which one is missing.
46. **Four corners** - label each corner of a room with a different answer to a question, then have the children choose a corner based on their answer and discuss with others in that corner.
47. **Poetry slam** - have the children write and perform their own poems related to a topic of interest.
48. **What's in the bag?** - place a mystery object in a bag and have the children ask yes or no questions to guess what it is.

49. **Name that flag** - show a picture of a flag and have the children guess which country it represents.
50. **Drawing relay** - have the children work in teams to draw a picture together, with each person taking turns adding one element.
51. **Storytelling circle** - have each child start a story, then pass it on to the next child to continue and see where the story goes.
52. **Name that city** - show a picture or describe a city and have the children guess which city it is.
53. **Word ladder** - have the children start with a word and change one letter at a time to create a new word until they reach a predetermined end word.
54. **Hot potato** - pass a ball or object around while music plays, and whoever has it when the music stops is out.
55. **Emoji charades** - have the children act out a popular phrase or saying using only emojis.
56. **Name game with gestures** - have each child say their name and a gesture that represents them, then the others have to repeat the names and gestures in order.
57. **Would you rather scavenger hunt** - have the children search for items around a room or area based on a "would you rather" question, such as "would you rather eat a worm or a cricket?"
58. **Word relay** - have the children work in teams to pass a ball or object while saying a word that fits a given category, such as "types of fruit."
59. **Human knot** - have the children stand in a circle and hold hands with two other people, then work together to untangle themselves without letting go of hands.
60. **Improv storytelling** - have each child add a sentence to a story without knowing what the others will say, creating a unique and entertaining story.
61. **Scavenger hunt bingo** - create bingo cards with items to find around a room or area, and the first person to get bingo wins a prize.
62. **Group drawing challenge** - have the children work together to draw a picture using only one hand each, or with their eyes closed.
63. **Truth or dare Jenga** - write truth or dare questions on Jenga blocks and have the children play Jenga, answering the questions or doing the dares as they go.
64. **Team puzzle race** - have the children work in teams to race to complete a jigsaw puzzle first.
65. **Name that object** - place a common object in a bag and have the children feel it without looking, then guess what it is.
66. **Backwards day** - have the children do everything backwards, such as walking backwards or speaking in reverse order.
67. **Family feud** - create a game of family feud with questions related to a topic of interest, and have the children compete in teams to see who can guess the most popular answers.
68. **Mind reader game** - have one child think of a word or object, and the others have to ask yes or no questions to try to guess what it is.
69. **Funny face competition** - have the children make funny faces and take turns judging each other's faces.
70. **Name that tune karaoke** - play a few seconds of a song and have the children sing the next line, earning points for correct lyrics and melody

71. **Word search race** - have the children race to complete a word search puzzle first.
72. **Art challenge** - have the children draw a picture of a given topic or theme, with the best drawing winning a prize.
73. **Scavenger hunt relay** - have the children work in teams to search for items around a room or area and bring them back to a designated spot, racing against other teams to finish first.
74. **Group dance party** - put on some music and have the children dance together, taking turns leading dance moves or creating their own.
75. **All about me bags** - have each child bring a bag with items that represent them, and share with the group why they chose each item.
76. **Silent scavenger hunt** - have the children search for items around a room or area without talking, communicating only with gestures or written notes.
77. **Personalized bingo** - create bingo cards with personal characteristics or interests, such as "plays a musical instrument" or "has traveled to another country," and have the children find others who match each item.
78. **Secret talents** - have each child write down a secret talent or interest they have, and share with the group while keeping the identity of the writer a secret.
79. **One word at a time story** - have the children take turns saying one word at a time to create a group story, taking the pressure off of any one individual to come up with a complete sentence.
80. **Would you rather journal** - have each child write down their answers to "would you rather" questions in a journal, and share their responses with the group in a non-threatening way.
81. **Group art project** - have the children work together on a collaborative art project, such as a mural or collage, focusing on individual contributions rather than perfection.
82. **Mindful breathing** - lead the children through a guided breathing exercise, promoting relaxation and self-awareness.
83. **Ice breaker questions** - have each child answer a set of pre-written ice breaker questions, such as "what is your favorite food?" or "what is your favorite hobby?"
84. **Nature walk** - take the children on a nature walk, encouraging them to observe and appreciate the natural world around them without the pressure of conversation.
85. **Story dice** - roll dice with different pictures on them and have the children take turns creating a story based on the pictures, taking the focus off of individual speaking skills.
86. **Positive affirmations** - have each child write down a positive affirmation or message to themselves, and share with the group in a supportive environment.
87. **Word association game** - have each child say a word, and the others have to say the first word that comes to mind, creating a non-judgmental environment for sharing.
88. **Charades with partner** - have the children pair up and act out a word or phrase together, taking the pressure off of individual performance.
89. **Gratitude journal** - have each child write down something they are grateful for each day, and share with the group in a supportive and positive environment.

# ICE BREAKERS FOR ADULTS

1. **Two truths and a lie** - have each person share two true statements and one false statement about themselves, and the others have to guess which statement is false.
2. **Bucket list** - have each person share three things they would like to do before they die.
3. **This or that** - have the group choose between two options, such as "beach or mountains" or "pizza or tacos."
4. **Name that tune** - play a few seconds of a popular song and have the group guess the name of the song and artist.
5. **Charades** - have the group act out a word or phrase for the others to guess.
6. **Pictionary** - have the group draw a picture of a word or phrase for the others to guess.
7. **Word association** - have each person say a word and the others have to say the first word that comes to mind.
8. **Never have I ever** - have each person say something they have never done before, and the others who have done that thing must stand up.
9. **Group story** - have the group take turns adding a sentence to a group story.
10. **Scavenger hunt** - have the group search for items or clues around a room or area.
11. **Debate** - have the group debate a topic, such as "should school uniforms be required?"
12. **Would you rather** - have the group choose between two options, such as "eat a worm or swim with sharks."
13. **Team building exercises** - have the group work together on a problem-solving or physical challenge, such as building a tower or completing an obstacle course.
14. **Blind drawing** - have the group pair up, with one person describing an object and the other person drawing it without seeing it.
15. **Trivia game** - have the group answer trivia questions in teams or individually.
16. **Jeopardy** - create a Jeopardy game board with categories and questions related to a topic of interest.
17. **Hangman** - have the group play a game of hangman with words related to a topic of interest.
18. **Memory game** - have the group try to remember a series of items or pictures shown to them.
19. **Bingo** - have the group play bingo with words or phrases related to a topic of interest.
20. **Kahoot** - create a Kahoot game with questions related to a topic of interest.
21. **Who am I?** - have each person write down the name of a celebrity or historical figure and place it on their forehead, then have the others give clues until they guess who they are.
22. **Problem solving** - present the group with a problem or challenge related to a topic of interest and have them work together to solve it.
23. **Improv** - have the group participate in improv exercises, such as "yes, and" or "freeze."
24. **Karaoke** - have the group sing karaoke to popular songs.
25. **Minute to win it** - have the group participate in timed challenges using household items, such as stacking cups or balancing objects.

26. **Escape room** - create an escape room with clues and challenges related to a topic of interest.
27. **Murder mystery** - create a murder mystery game with clues and suspects related to a topic of interest.
28. **Mindfulness exercises** - lead the group through mindfulness exercises, such as deep breathing, body scans, or guided meditations.
29. **Team name game** - have each person say their name and something they like that starts with the same letter as their name, then the others have to repeat all the names and likes in order.
30. **Finish the story** - have one person start a story, then pass it on to the next person to add a sentence, and continue until the story is complete.
31. **Emoji charades** - have the group act out a popular phrase or saying using only emojis.
32. **Team trivia** - have the group work together to answer trivia questions, with each member contributing their knowledge.
33. **Superhero alter-ego** - have each person share their superhero alter-ego and the powers and abilities they possess.
34. **Cocktail party** - assign each person a cocktail or drink name, and have them mingle and introduce themselves to others while pretending to be their assigned drink.
35. **Celebrity impressions** - have each person do their best impression of a famous celebrity or character, and the others have to guess who it is.
36. **Group drawing challenge** - have the group work together to draw a picture using only one hand each, or with their eyes closed.
37. **Storytelling circle** - have each person start a story, then pass it on to the next person to continue and see where the story goes.
38. **Name that city** - show a picture or describe a city and have the group guess which city it is.
39. **One-word story** - have each person contribute one word to create a group story, taking turns until the story is complete.
40. **Virtual scavenger hunt** - send the group on a virtual scavenger hunt, searching for items or clues online.
41. **Memory lane** - have each person share a favorite childhood memory.
42. **Family feud** - create a game of family feud with questions related to a topic of interest, and have the group compete in teams to see who can guess the most popular answers.
43. **Word ladder** - have the group start with a word and change one letter at a time to create a new word until they reach a predetermined end word.
44. **Reverse charades** - have one person guess while the others act out a word or phrase.
45. **Balloon tower** - have the group work together to build a tower using only balloons and tape.
46. **Drawing relay** - have the group work in teams to draw a picture together, with each person taking turns adding one element.
47. **Word search race** - have the group race to complete a word search puzzle first
48. **Human knot** - have the group stand in a circle and hold hands with two other people, then work together to untangle themselves without letting go of hands.

49. **Jigsaw puzzle race** - have the group work in teams to race to complete a jigsaw puzzle first.
50. **Name game** - have each person say their name and something they like that starts with the same letter as their name.
51. **Would you rather** - have the group choose between two options, such as "eat a worm or swim with sharks."
52. **20 questions** - have one person think of an object, and the others have to ask yes or no questions to try to guess what it is.
53. **Group crossword puzzle** - have the group work together to complete a crossword puzzle related to a topic of interest.
54. **Ice breaker questions** - have each person answer a set of pre-written ice breaker questions, such as "what is your favorite food?" or "what is your favorite hobby?"
55. **What's in the bag?** - place a common object in a bag and have each person feel it without looking, then guess what it is.
56. **Word association game** - have each person say a word, and the others have to say the first word that comes to mind.
57. **Family introductions** - have each person introduce themselves and share one interesting fact about their family.
58. **Jenga questions** - write ice breaker questions on Jenga blocks and have the group play Jenga, answering the questions as they go.
59. **Word relay** - have the group work in teams to pass a ball or object while saying a word that fits a given category, such as "types of fruit."
60. **Personalized bingo** - create bingo cards with personal characteristics or interests, such as "plays a musical instrument" or "has traveled to another country," and have the shy person find others who match each item.
61. **All about me bags** - have each person bring a bag with items that represent them, and share with the group why they chose each item.
62. **Silent interview** - have one person interview another without talking, communicating only with gestures or written notes.
63. **Group drawing challenge** - have the group work together to draw a picture using only one hand each, or with their eyes closed.
64. **Mindfulness exercises** - lead the group through mindfulness exercises, such as deep breathing, body scans, or guided meditations.
65. **Ice breaker questions** - have each person answer a set of pre-written ice breaker questions, such as "what is your favorite food?" or "what is your favorite hobby?"
66. **Family feud** - create a game of family feud with questions related to a topic of interest, and have the shy person compete in teams to see who can guess the most popular answers.
67. **Name game** - have each person say their name and something they like that starts with the same letter as their name.
68. **Word ladder** - have the group start with a word and change one letter at a time to create a new word until they reach a predetermined end word.
69. **Gratitude journal** - have each person write down something they are grateful for each day, and share with the group in a supportive and positive environment.

70. **Group story** - have the group take turns adding a sentence to a group story.
71. **One word at a time story** - have the group take turns saying one word at a time to create a group story, taking the pressure off of any one individual to come up with a complete sentence.
72. **Finish the sentence** - have one person start a sentence, and the others complete it in a way that reflects their own experiences or preferences.
73. **Secret talents** - have each person write down a secret talent or interest they have, and share with the group while keeping the identity of the writer a secret.
74. **Mindful breathing** - lead the group through a guided breathing exercise, promoting relaxation and self-awareness.
75. **The tower of cups** - Divide the group into teams and give each team a large stack of plastic cups. Have the teams race to build the tallest tower they can in a set amount of time.
76. **I'm a celebrity** - Have each person write down the name of a celebrity or historical figure and place it on their forehead. The others have to give clues until they guess who they are.
77. **Picture puzzle race** - Divide the group into teams and give each team a large picture that has been cut up into puzzle pieces. The teams race to complete the puzzle first.
78. **Scavenger hunt** - Have the group search for items or clues around a room or area.
79. **Giant Jenga** - Use large wooden blocks to create a giant Jenga tower. Have the group take turns removing blocks without toppling the tower.
80. **Group drawing challenge** - Have the group work together to draw a picture using only one hand each, or with their eyes closed.
81. **The human knot** - Have the group stand in a circle and hold hands with two other people, then work together to untangle themselves without letting go of hands.
82. **Heads up** - Have one person hold a card with a word or phrase on it, facing outwards. The others have to give clues until the person holding the card guesses what it is.
83. **Battle of the bands** - Divide the group into teams and have them compete in a lip syncing or air guitar battle.
84. **Musical chairs** - Set up chairs in a circle, with one less chair than there are people. Play music and have the group walk around the chairs. When the music stops, everyone has to sit down. The person without a chair is out, and one chair is removed. Play continues until only one person is left.
85. **Balloon race** - Divide the group into teams and have them race to blow up and tie as many balloons as they can in a set amount of time.
86. **Name that tune** - Play a few seconds of a popular song and have the group guess the name of the song and artist.
87. **The great egg drop** - Have each team build a contraption that will keep an egg from breaking when dropped from a height.
88. **Obstacle course** - Set up an obstacle course using items like cones, ropes, and hurdles, and have the group race through it in teams.
89. **Blindfolded trust walk** - Divide the group into pairs, with one person blindfolded and the other person guiding them through an obstacle course or around a room.
90. **Group improv** - Have the group participate in improv exercises, such as "yes, and" or "freeze."



91. **Truth or dare** - Have the group take turns choosing between truth or dare and completing the task assigned.
92. **The alphabet game** - Divide the group into teams and have them race to come up with a word for every letter of the alphabet based on a category or theme
93. **Balloon tower relay** - Have the group work in teams to build a tower using only balloons and tape, passing the tower off to the next team member with each addition.
94. **Inflatable sumo wrestling** - Have the group put on inflatable sumo wrestler suits and have them compete in pairs.