



HEART U™

Ice Breakers

volume 1



American
Heart
Association®

life is why™

Icebreakers are tools that enable a group leader to foster interaction, stimulate creative thinking, challenge basic assumptions, illustrate new concepts, and introduce specific material. Icebreakers can be used when you need to form a group, begin a meeting, or help a team start a specific project.

As with any program, the success of an icebreaker depends largely on you! Make sure to know the intended audience, plan ahead, and run the icebreaker with enthusiasm and energy!

This document will present 7 “in-person” icebreaker activities, as well as 3 activities designed for virtual audiences.

Each activity will include time required, materials needed, and facilitation instructions.

Don't see a favorite on the list? Email us your suggestions at heartu@heart.org.

The Napkin Game

#1

Format: In Person

Materials: Napkins

Time Required: 10-15mins

Group Size: (Broken into small groups of 5-15)

Ask participants to form equal size groups. Give each group a napkin and ask them to fold the napkin as small as possible. However, it must be large enough for each team member to place their toe on the napkin. Allow the teams to demonstrate.



My New Friend

2

Format: In Person

Materials: None

Time Required: 10-15mins

Group Size: (Broken into small groups of 2)

Ask participants to pair off with someone near them that they don't know well (left, right, across the table, etc.) For the next 5 minutes, have the pairs "interview" each other by asking questions like "What is your full name?" "What are your hobbies?" "Where were you born?" etc. After the "interview," have the participants introduce their "new friend" to the table or to the room by telling some things they learned about them in the interview.

Get In Shape

3

Format: In Person

Materials: None

Time Required: 10-15mins

Group Size: (Broken into groups of 5-10)

Have individuals stand in a circle and hold hands. Ask them to form various shapes as a group without letting go of each other's hands. For example, a circle, a square, rectangle, etc. To add some variation, ask them to form non-standard shapes such as "house," "tree," or "car."



Bodyguards and Secret Agents

4

Format: In Person

Materials: None

Time Required: 10-15mins

Group Size: Any

Ask the group to stand randomly scattered in an open space. Have everyone select a "secret agent" and a "bodyguard" for themselves out of the group of people without telling anyone. After the selection, have everyone slowly move around; however they must always keep the person they have chosen as "bodyguard" between themselves and their chosen "secret agent."

Pick a Card, Any Card

5

Format: In Person

Materials: 1 Deck of Playing Cards

Time Required: 10-15mins

Group Size: Any

Have each participant pick a random playing card from a shuffled deck. Each suit will represent a different question that the participant must answer either to the people at their table or to the room if it's a smaller group. For example:

Hearts- What's your dream vacation destination?

Clubs- What artist, alive or dead, would you like to see in concert?

Spades- What would you be doing if you had today off?

Diamonds- What is a talent you have that many people don't know about?

Takeaways*

Note: This activity takes place at the END of a meeting or presentation rather than at the beginning.

6

Format: In Person

Materials: Enough notecards that each participant has one

Time Required: 15-20mins

Group Size: (Broken into table groups of 4-8)

At the beginning of a workshop or presentation, tell the participants that each of them will be responsible for writing one "takeaway" or important action item from the presentation on their card. Near the end of the workshop, explain that each table will now discuss their written takeaways with each other. If time permits, have a "spokesperson" from each table list the table's takeaways to the room.

Drawing Conclusions

7

Format: In Person

Materials:

- Simple geometric shapes (square, circle, triangle, cube, pyramid, pentagon, hexagon, etc.) on sheets of paper, enough for half of the participants to have one.
- Enough blank paper for the rest of the participants to have one sheet
- Enough pens/pencils for half of the participants to have one

Time Required: 10-15mins

Group Size: (Broken into groups of 2)

Have participants pair off and sit next to each other at a table. Explain that one person will be the "talker" and one person will be the "doer." Have all the "doers" close their eyes. When their eyes are closed, give each of the "talkers" one of the sheets with a geometric shape. Explain that the "doers" will now draw an object that the "talker" will describe to them. The catch is that the "talker" can never say the name of the object. They can only describe how to draw it, and the "doer" must draw it without looking.

#8

Two Lies and a Truth

Format: Virtual

Materials: None

Time Required: 10-15mins

Group Size: 5-20 (ideal)

Ask each team member to prepare a list of three interesting "facts" about themselves, two of which must be made up. These could comprise anything, from a pet they own or a hobby they love to a famous person they say they've met, and so on.

Then, get other team members to decide on the facts they think are true. The team member who receives the most incorrect votes "wins."

Where are We?

#9

Format: Virtual

Materials: Pre-created map with participant locations marked

Time Required: 15-20mins

Group Size: 5-20 (ideal)

If you have a geographically distributed team, find out the (approximate) locations of the team members beforehand, and make a map. Show the map during the meeting, and ask team members something simple, like how long they've lived in their current city.

You may also ask participants to do something simple and visual, like taking a picture of what they see out the window. While this amounts to a discussion of, "What's the weather like where you are," you may find that a picture communicates a person's location just as well as a dot on a map.

The Social Question

#10

Format: Virtual

Materials: None

Time Required: 10-15mins

Group Size: 5-20 (ideal)

Ask each participant a “social” question to find out what someone enjoys doing outside of work, or ask if she has a funny story she can share about something that happened to her recently, and so on. Ask everyone the same question, or different ones if you want more variety in the responses.

Here are some examples of questions you might ask:

- What is something you’ve done this week that you feel proud of?
- If you weren’t on this call, what would you like to be doing?
- If you could eat any dish right now, what would it be?
- If money and time were no object, where would you most like to go on vacation?

