



Icebreaker Activities

Icebreaker activities are quick and easy activities used to help group participants relax and get to know one another. When participants talk about something familiar and easy they begin to feel comfortable hearing their voice in a group while they get to know each other. A successful icebreaker can set a positive tone for the rest of the meeting.

Tried and true icebreakers

(Listed according to Multiple Intelligences)



Word Smart

- Alliteration exercise." Tell us your name and an adjective that begins with the same letter as your first or last name and describes you in some way. For example, Hilarious Hal, Artistic Alison or Jolly Jenny.
- "Acrostic poem." An acrostic poem is a poem where the first letter of each line spells out a word. Write an acrostic poem where the first letter of each line spells out your name.
- "Haiku Hello." Start by reading Basho's haiku: *I am the one who / eats breakfast while gazing / at morning glories*. Then write 4-6 "I am the one..." entries. (Responses don't need to be in the form of a proper haiku.) You can also include a couple from the perspective of others who know you. For example, "My mother knows me as the one who doesn't hang up her clothes." "My father knows me as the one who like to sleep in."



Logic Smart

- "Human Bingo." Using the bingo card provided below, mingle with others in the group, and when you discover a shared interest, sign each other's square.
- "Adjective Matching Game." Participants write five adjectives about themselves on five slips of paper, and then put all the adjectives in one big box or bowl. Select an adjective from the bowl and try to find the person who matches the adjective.

Picture Smart

Using the art materials provided on the table:

- Depict your favorite tree and share about it. Why is it your favorite tree?
- Make a collage that lets us get to know you.



Nature Smart

- Fill a bag with objects found in nature such as pinecones, leaves, flowers, abandoned nests. Pick an object from the bag and share about it. Tell us what comes to mind when you see and touch this object.



- “Dust of Snow.” Read Robert Frost’s “[Dust of Snow](#)” poem and talk about a recent time when something in nature changed your mood in some way.

Body Smart

- Say hello with your body – salute, wave, high-five. The group repeats your gesture.
- “Human Scattegories.” Cluster into small groups around the room based on something you have in common. For example, you all are: pet-lovers, wearing boots, have dark hair, love the ocean, play an instrument, are athletic, enjoy reading or enjoy science.



Music Smart

- Clap a greeting or whistle a tune for the group. The group responds by echoing the sound.
- “Music Box.” Make a list of music-related questions and put them in a decorative box. Have each group member select a question from the box. Sample questions: Which musician (living or dead) do you most admire? What is your favorite genre of music? If you could play any instrument, what instrument would you choose? Who is your favorite composer? What was the first concert you attended?

Self Smart

- “Handbag introduction.” Read Marge Piercy’s poem, “[It ain’t heavy, it’s my purse.](#)” Select something from your backpack, purse or wallet and let *it* introduce you.
- “3 Names.” “*Every person has three names: One her father and mother gave her, one others call her, and one she acquires herself.*” Share with us the story of your name. How was it chosen? Do you have a nickname?
- “Favorites box.” Pass around a box with a variety of what-is-your-favorite... questions written on individual slips of paper. Each person selects one question and answers it for the group. What is your favorite TV show? Book? Movie? Outdoor activity? Way to relax? Flower?

People Smart

- “Conversation Cards.” Using the Bridges Together Conversation Cards, find someone in the group who you don’t know and ask them five questions.
- “Partner Introduction.” Pair up with someone you don’t know and ask them three questions such as: What do you like to do in your free time? Tell me about a memorable meal. What is your favorite outdoor activity? What is the last book that you read? Then introduce them to the group.
- “Three things in common.” Talk to someone you don’t know and discover three things you have in common. You can ask about their interests in music, nature, sports, or family and friends.



Human Bingo

Likes to eat outdoors	Animal lover	Gardener	Chocolate lover	Can read a map well
Enjoys Cooking	Plays a team sport	Tea drinker	Hiker	Afraid of snakes
Plays an Instrument	Likes chatting	ME!	Can carry a tune	Enjoys TV and Movies
Loves to read	Can do the Hula hoop	Does Jigsaws	Enjoys traveling	Dancer
Does Yoga	Thinker	Can draw more than a stick figure	Coffee drinker	Quiet and reserved