

*At the start of the year, you can use icebreakers to help members get to know each other. Teambuilders can be used throughout the year to build connections. Help everyone have fun and feel like a team! Remember:*

- *Adjust the instructions if you have a large club (over 40 members) or small club (less than 15 members). For instance, if the activity calls for two teams, large clubs can use four or six.*
- *In activities that ask members to share what their team/pair created or share information about themselves, allow members to volunteer so that those who are not comfortable with sharing have the option to just listen to others.*

## Blink, Blink Icebreaker

**Purpose:** To meet each other.

**Time:** 15 minutes

**Supplies:** No supplies needed.

**Instructions:** Ask members to stand and form a large circle. Invite them to secretly choose a number from one to five and remember it, but not to share it. Next, ask them to mingle and approach another person, then blink (closing both eyes) that number of times. If the person blinks back the same number of times, they have found a partner. Continue until groups are formed with all members that have chosen the same number.

## Story Stretch Icebreaker

**Purpose:** To have fun and use teamwork to create a story.

**Time:** 15 minutes

**Supplies:** No supplies needed.

**Instructions:** Break into groups of 5 to 8 and form circles. One person in each circle begins by telling one or two sentences of a story (and includes a descriptive motion with their part of the story). [An example: The story: "Tim picked up the huge box and placed it on the counter." The movement: The member reaches down, and with arms opened wide pretends to grab a box and place it on an imaginary counter.] Then, one after another, each member of the group adds a sentence and a movement to the story after repeating the ones before them. The story telling continues this way until each member has an opportunity to add to the story. To wrap up, ask members what the most challenging thing was about the activity. Then, ask what tricks they used to help them remember the motions and story parts of others.

## My N.A.M.E. Icebreaker

**Purpose:** To learn about each other.

**Time:** 15 minutes

**Supplies:** Paper and pen or pencil for each member.

**Instructions:** Ask members to take five minutes and think about interesting things about themselves that start with the letters of their name. Example: Lisa chose “Liked, Inspired, Smart, Artsy.” Have each member share their acronym and descriptions with the group. Ask members to share what they liked and what was hardest about the activity. If time allows, provide cardstock and markers so members can create a name tag with their acronym and descriptions.

### Trust Driving Teambuilder

**Purpose:** To build trust.

**Time:** 15 minutes

**Supplies:** No supplies needed.

**Instructions:** Ask members to pair up with a friend and stand, in pairs along different sides of the room. Then ask them to decide which person will be the team’s “driver” and which will be the team’s “passenger.” Let them know that the driver will be in the back and keep their eyes open, and the passenger will be in front and keep their eyes closed. The goal is to cross the room and reach the other side, as they avoid all obstacles (furniture and other teams). The driver is responsible for safely navigating the passenger across the room by placing their hands on their partners’ shoulders. Ask them to start. When they reach their destination, ask them to switch roles and return to their starting point. When all teams are finished, ask how they think working as a club to do service will be like this activity.

### Magic Carpet Teambuilder

**Purpose:** To learn problem solving and teamwork.

**Time:** 15 minutes

**Supplies:** Small plastic tarps or tablecloths (one for each group of 6 to 8 members).

**Instructions:** Divide members into groups of 6 to 8 people. Give each group a magic carpet (a tablecloth or small tarp). Invite groups to stand with both feet on their carpet. Tell them this is a cooperative activity. The goal is for all teams to reach the goal – flipping over their magic carpets without members touching the floor or ground. Encourage the groups to share successes as they solve the problem. When all teams are finished, ask for volunteers to share how they think problems are solved.

### Book of Me Teambuilder

**Purpose:** To learn about each other.

**Time:** 15 minutes

**Supplies:** Paper and markers.

**Instructions:** Allow members to sit where they are comfortable within the room. Give each person a sheet of paper and markers. Ask the members to create a book cover that shares their story, likes, dislikes, goals, dreams and anything else they would like to share. When they are ready, ask members to share with the group.

*Content adapted from: Cain, Jim (2017). 100 Activities That Build Unity, Community & Connection. Monterey, CA: Healthy Learning.*