

Icebreakers

How to Use	For any forum; especially useful when a new member joins a forum
Where to Use	Forum, family, business
Time	10 – 20 minutes, depending on size of group

The Consequences Genie

Submitted by Certified Forum Facilitator Terry Plochman

Imagine that a genie came to you and said he would grant you a particular type of wish. You could select three things to do that are already in your power to do, but he would remove any of the negative consequences you fear for taking those actions. What would the actions be you would take? What are the fears he would be removing? Are there ways to remove them yourself?

The Story of Your Name

Submitted by Certified Forum Facilitator Eva Kedar

(Opener/mixer) The purpose of this activity is to emphasize the importance of our names. Each member of the group introduces themselves by sharing their first, middle and last names by giving a short history of the name, who they were named after, how they feel about their name, nicknames they have or haven't liked and any other interesting anecdotal information with regard to their name. After everyone has introduced themselves ask for a volunteer to recite everyone's first, middle and last names. In the end you want to ensure that everyone knows at least the first names of each participant.

What Works For You?

Submitted by Certified Forum Facilitator Terry Plochman

Pick a topic for which each member has to prepare in advance, such as "bring three things you do consciously to strengthen your marriage (show your kids you love them, demonstrate leadership at work, express your spiritual self, compensate for your weaknesses, etc.)

Keeping it close

Choose one of the following questions and give each person 2 minutes to respond. Or, for a longer exercise, have each person answer each question. Have everyone answer one question and then move on to the next.

- 1) Was there a time when you broke confidentiality, but did not intend to? What happened and how did it change the way you behave?
- 2) Has there been a time a friend or colleague has shared confidential information about you? If so, how did you deal with the situation? What did you learn?
- 3) What does it mean to you that "What is said in Forum, stays in Forum"?

Transitions

Choose one of the following questions and give each person 2 minutes to respond. Or, for a longer exercise, have each person answer each question. Have everyone answer one question and then move on to the next.

- 1) Use three words to describe what the word “transition” means to you.
- 2) Describe a positive transition you made, and a challenge and success associated with it.
- 3) Describe a time you wanted to change or grow, but had a barrier to your success. Describe how you overcame that barrier.
- 4) Choose 3-5 words that define “freedom” to you.

Similarities and Differences

Submitted by Certified Forum Facilitator Jorge Cherbosque

Instructions: Write your answers first. Then see if you can find someone who has the same answer as you. Have them write their name in the “Your Match” column. Then look for the next item until you’ve found matches for all. Only one match per person.

	You	Your Match
1. The most romantic book or movie I ever saw is ...		
2. My favorite color is ...		
3. One thing that brings me pleasure is ...		
4. The thing that sends me over the edge is ...		
5. The place in the world that brings me the most peace is ...		
6. One thing that makes me feel fearful is ...		
7. Regarding food, I salivate when ...		
8. The spice that best describes my life is ...		
9. If I could be someone else in addition to myself, I would be ...		
10. A culture not mine that fascinates me is ...		
11. My favorite musician or group is ...		
12. One word that describes how I feel now is ...		
13. If I could come back in a different profession, I would be ...		
14. One thing that fills my life is ...		
15. The thing I like best about myself is ...		

Title:	If you Knew Me...
Type :	Ice Breaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	List of Questions for Leader

Overview:

Icebreakers are a great way to begin a meeting. They help to relax participants, and that makes them more receptive to listening and contributing.

An icebreaker can also serve to build a safe container and team atmosphere to generate enthusiasm. Icebreakers can be fun, amusing, humorous, thoughtful, surprising or just plain silly. The most popular are games that have participants reveal something personal about themselves, or which encourage participants to get to know each other personally. The idea is that more than just having fun, the icebreaker will truly help to create group cohesion based on trust and understanding.

One of the tricks of an icebreaker is timing. It should not be too long otherwise the serious work of the meeting will not be given enough time. It should not be so short that participants feel it was a perfunctory exercise.

Timing also depends on the size of the group, the overall length of the event, and the purpose of the event. An all-day retreat might warrant a half hour icebreaker, but a one-hour meeting may merit only a minute or two.

Description:

This is an exercise helps everyone to get to know each other

Tables seating 6-8 max (rounds). The idea is for participants to start with the statement “If you knew me you would know that I ...(e.g. have a real estate business.....) Each participant would make the statement until it gets back to the starter and they would then go around again. The purpose is for each participant to disclose a little more each time to the group and go a little bit deeper.

Title:	I've Done Something You Haven't Done
Type :	Ice Breaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	N/A

Overview:

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Description:

This exercise invites participants to share an experience they think is unique to them, perhaps an adventure, risk or story that no one else has done. In the spirit of competitive disclosure, if someone has done it before, that person is invited to share his or her unique experience ... until no one else has done it. At the end of the process, all will have shared a unique experience and learned of shared experiences.

Instructions:

Invite each person to introduce themselves (if they are unfamiliar with each other) and then state something they have done that they think no one else in the group has done. If someone else has also done it, the person must state something else until she or he finds something that no one else has done.

Repeat the process until all have shared something unique.

Rules

Choose one of the following questions and give each person 1-2 minutes to respond.

When you are attending a meeting, what impresses you or what do you appreciate? What frustrates you or makes you angry?

Would you consider yourself a rule-follower or rule-breaker? Do you ever feel rules are necessary? When?

Share the first time you remember breaking a rule. How did it make you feel?

Title:	Share and Reflect
Type :	Icebreaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	Index Cards

Overview:

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Description:

This exercise can be used for a forum retreat or at an event or conference so long as there are one or more groups of 6 – 10.

Participants take turns responding to a provocative question in a flash fashion for up to 6 minutes per question. After each question, participants have an opportunity (for up to minutes per person) to share reflections.

This can be done with one or multiple questions depending upon the time allotted to the exercise.

Title:	Communication Starters
Type :	Conversation Starter & Icebreaker / Forum Exercise/Retreat Exercise
Date:	July 2011
Topic :	Conversation Starter; Communication Starter; Ice Breaker
Sub-Topic	
Audience:	Forums/Events/All/Youth & Young Adult
Categories	Business/Family/Leadership Development/Personal Development/Retreats
Submitted By:	
Key Words (Tags):	Communication starter; conversation starter; icebreaker; disclosure; sharing
Materials Required:	

Overview:

The purpose of these exercises (communications starters) is to:

- Provide quick, individual snapshots
- Gain insight into others' opinions, experiences or feelings on a subject
- Help participants become more comfortable with sharing personal information
- Help the group connect at an emotional or feeling level
- Set the tone and mood of a discussion
- Building a safe container for the content part of a meeting, retreat or event

Description:

The list that follows offers a wide selection of ideas and has been divided into communication starters that focus on the:

1. Past – issues or topics that invite the participant to share experiences or information about their history
2. Present – facts, feelings, opinions, interests about the participant today
3. Future – expectations, hopes, visions of the participant about what's ahead

Select a communication starter and invite one of the participants to volunteer to begin (or, alternatively, begin by modeling a response), and then proceed clockwise until all participants have had an opportunity to respond. Explain that participants have up to 2 minutes to share their response.

PAST

1. What was the high point of last month?
2. Who is the one person who has done the most to make you who you are today? How was that person significant to you?
3. What was the most risky decision you ever made in your life? What made the risk so great?
4. Tell about one missed opportunity in your life.
5. List five peak experiences that have profoundly influenced your life.
6. List five crossroads in your life where your choice of paths made a difference.
7. Did you have a dream? What was it? Did you follow it? Do you have a dream now?
8. When was the last time you cried? By yourself? In front of another person?
9. What has been your biggest disappointment in life? Your biggest failure?
10. When was the last time you felt powerless?
11. Discuss your relationship with your mother and/or father. What was it like growing up?
12. When was the last time you felt intimidated in a forum meeting?
13. What is your greatest success in your business, personal and family life? Your greatest failure?
14. What is your most treasured memory?
15. Describe the best day of your life. The worst day of your life.
16. What is the greatest accomplishment of your life? Is there anything you hope to do that is even better?
17. When were you last in a fight? What caused it? Who won?
18. For what in your life do you feel most grateful?
19. When has your life dramatically changed as the result of some seemingly random external influence? How much do you feel in control of the course of your life?
20. When did you last yell at someone? Did you regret it?
21. Since adolescence, in what three-year period do you feel you experienced the most personal growth and change?

22. Have you ever considered suicide? What is so important to you that without it life would not be worth living?
23. If you could change anything about the way you were raised, what would it be?
24. How many of your friendships have lasted more than 10 years? Which of your current friends do you feel will still be important to you 10 years from now?
25. What important decision in your professional life have you based largely upon your intuitive feelings? What about in your personal life?
26. What, from your childhood, has proved most valuable? Most difficult to overcome? Do you feel that children should be sheltered from unhappiness?
27. What has been the most difficult period in your life?
28. Discuss a person(s) who influenced your life significantly.
29. Share an event that strongly influenced your life.
30. Describe a time when you put everything on the line to bet on yourself.
31. What is your biggest regret?

PRESENT

1. What is the one thing about yourself you like best?
2. If by magic you could change one thing about yourself, what would it be? And why?
3. Make a “gratitude” list.
4. Tell us something about yourself that will help us know you better.
5. Finish this sentence: What I expect from people is . . .

Possible substitutes for the word “people” are spouse, children, parent, employees, etc.

Example:

- a. What I expect from my family is _____
 - b. What I get from my family is _____
 - c. What I give to my family is _____
6. Take turns giving “positive feedback” to each member of the forum. Start with one individual and go around the group having each member express at least one quality they appreciate about the member. (Use “I” statements and give positive feedback only.) Each member is to listen quietly

- and graciously accept the feedback. (No self-discounting allowed.) Continue until all members have received feedback.
7. If you were giving a dinner party and could invite any six people (living or dead), who would you invite? How did you arrive at the list?
 8. If you were to die this evening with no opportunity to communicate with anyone, what would you most regret not having told someone? What is stopping you?
 9. What would constitute a “perfect” evening for you?
 10. Would you rather be extremely successful professionally and have a tolerable yet unexciting private life, or have an extremely happy private life and only a tolerable uninspiring professional life?
 11. Whom do you admire most? In what way does that person inspire you?
 12. Your house, containing everything you own catches fire; after saving your loved ones and pets, you have time to safely make a final dash to save any one item. What would it be?
 13. What is the worst psychological torture you can imagine suffering? (Exclude anything causing even minor physical injury.)
 14. Is it easy for you to accept help when you need it? Will you ask for help?
 15. Would you like to be famous? If so, in what way?
 16. What are your most compulsive habits? How do you handle these?
 17. What do you strive for the most in your life: accomplishment, security, love, power, excitement, knowledge or something else?
 18. How close and warm is your family? Do you feel your childhood was happier than most other people’s?
 19. Write a personal mission statement. What is your purpose? What are your values?
 20. Who is the most important person in your life? What could you do to improve the relationship? Will you ever do it?
 21. What are your beliefs about a “Higher Power?”
 22. What, if anything, is too serious to be joked about?
 23. What do you value most in a relationship?
 24. Do you judge others by higher or lower standards than you use to judge yourself?

25. What things are too personal to discuss with others?
26. What do you like best about your life? Least about your life?
27. Make a list of traits you believe to be your assets. Your defects or liabilities. Do you feel you have much impact on the lives of people you come in contact with? Can you think of someone who, over a short period of time, significantly influenced your life?
28. Of all the people close to you, whose death would you find most disturbing?
29. If you were guaranteed honest responses to any three questions, whom would you question? And what would you ask?
30. Can you be counted on to do what you say you will do? What does it take for you to trust someone?
31. Do you feel mastery in any part of your life? If so, where?
32. If you were a lawyer, would you be a prosecutor or a defender and why?
33. Talk about your passions – what are they and where and how are they expressed?
34. What three adjectives best describe you? Why?
35. What is the origin of your name?
36. What animal are you most like? Why?
37. Describe two things you have recently done for your spouse that pleased him/her.
38. What brings you joy? What brings you pain?
39. Are you doing what you want to? If not, what needs to change?
40. How much attention do you pay to your physical wellbeing?
41. What does the concept of security mean to you?
42. What is the one quality you value most?

FUTURE

1. Suppose you were told that you have six months to live. What would you do in that time?
2. What will you become when you grow up? What have you become so far?
3. If you knew of a way to use your estate, following your death, to greatly benefit humanity, would you do it and leave only a minimal amount to your family?

4. If you knew you could devote yourself to any single occupation – music, writing, acting, business, politics, medicine, science, etc. – and be among the best and most successful in the world at it, what would you choose? If you knew you had only a 10 percent chance of being so successful, would you still put in the effort?
5. If you knew that in one year you would die suddenly, would you change anything about the way you are now living? If so, what?
6. If you were helping to raise money for charity and someone agreed to make a large contribution if you would perform at the upcoming fund-raising show, would you? If so, what would you like to perform? (Assume the show would have an audience of about 1,000.)
7. How do you picture your funeral? Is it important for you to have people mourn your death?
8. Is there something you've dreamed of doing for a long time? What prevents you from doing it?
9. Knowing you had a 50 percent chance of winning and would be paid 10 times the amount of your bet if you won, what fraction of what you now own would you be willing to wager?
10. If you could take a one-month trip anywhere in the world and money were not a consideration, where would you go? What would you do?
11. Would you like to know the precise date of your death? If you knew, what would you do?
12. If you had to spend the next two years inside a small, but fully provisioned Antarctic shelter with one other person, whom would you like to have with you?
13. What would you like to be doing five years from now? What do you think you will be doing five years from now?
14. What is the legacy you would like to leave? Why?
15. Do you have unfinished business with a significant person in your life? How are you dealing with it?
16. What is your business exit strategy? If you do not have such a plan, why?

Title:	Would You Rather
Type :	Icebreaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Forum Retreats/ Events
Submitted By:	Certified Forum Facilitator Eva Kedar
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	List of Questions

Overview:

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Description:

This Icebreaker gets participants to start sharing in a low-risk way by responding to dichotomous questions. It's a fun way to open a session and to see similarities and differences in a group of people.

WOULD YOU RATHER... (Sample questions)

Spend a week without TV or the telephone?

Play guitar for a world famous rock band or win a gold medal in the Olympics?

Be at a YPO Retreat or touring London?

Be able to fly or talk to animals?

Have kids in the toddler stage or as teenagers?

Be able to write novels or paint masterpieces?

Be dumb and good looking or smart and ugly?

Go to an all you can eat pizza restaurant or an all you can eat ice cream parlor?

Have freedom or power?

Be a man or a woman?

Spend a day at a nudist colony or a monastery?

Own a Matisse or a Lamborghini?

Ski in France or lounge on a beach in Brazil?

Have a Ph.D. or an MBA?

Lead or follow?

Title:	Stepping Out Questions
Type :	Icebreaker /Forum Exercise/Retreat Exercise/ Events
Date:	February 2013
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	Searl Vetter
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	

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Description:

This icebreaker gets participants moving around and can be used either at the start of a meeting or event or after a meal when participants may be fatigued.

Instructions:

- People line up in two rows facing each other and stand 5 feet apart.
- When the question is asked step in to the center.
- Remain in the center until told to step back.
- Remind the group to:
 - Notice who is with you, and silently make eye contact with them.
 - Notice who is not with you, looking back at your colleagues.
 - Notice the quality of spirit that you feel.
- After they've finished tell everyone to step back to the full group..

Who is/has...

- married/long term partner
- married more than 1x, 2x
- parents alive 1 or both
- education: high school, masters, PHD, Post Doc
- written a book (1 or 1+)
- lived in countries (1+ yrs.) 1, 2, 3+
- self-employed ever, now
- ever in Family business, NGO,
- lead a company w/employees 100m 500, 1000+
- played at a hi-level in sports
- Plays an instrument 1, 2, 3
- Sings pleasure, semi-professionally (choral group) professionally
- speaks languages
- is grumpy in the morning
- has a tattoo
- has piercing/ other than ears, other than belly button
- who likes hugging, hugged a tree LETS hug each other
- healing skill
- who sometimes feel misunderstood
- who sometimes feels left out
- gone through a life threatening disease
- believes in miracles, witnessed or knows one, been part of
- been bankrupt
- has lost someone close to them, other than grandparent

Title:	YES
Type :	Icebreaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	Chair for Each Participant

Overview:

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Description:

This Icebreaker gets participants moving around (it wakes them up and helps them connect, even physically).

You may keep it light and low-risk or elevate the risk with deeper questions.

This icebreaker works best for groups at a chapter meeting or event.

Instructions:

- Arrange for chairs (one for each participant) in a circle.
- Invite participants to sit each sit in a chair.
- Ask questions from the suggested list below and if the participant answers with a "Yes" she or he must get up from their chair and move one place to her or his left. Note that participants may end up sitting on someone's lap or even two laps.
- The participant who ends up in her or his original seat is the winner and receives a prize (e.g. chocolate, t-shirt or other treat).

Here are sample questions. You can vary with your own style, either straight forward or deeper and more personal:

- Do you have black shoes on?
- Did you walk here?
- Do you have three or more children?
- Are you wearing earrings?
- Are you wearing pearls?
- Do you have blue jeans on?
- Is it your birthday this month?
- Are you wearing the color red? ... orange ... blue
- Does your name start with the letter 'T'?
- Do you have a doctorate degree?

Title:	Friday Night Dinner Icebreaker
Type :	Icebreaker/ Communication Starters
Date:	June 2011
Topic :	Icebreaker, Communication Starters
Sub-Topic	
Audience:	Social Dinners/Events/ All
Categories	Personal Development/ Discovery
Submitted By:	
Key Words (Tags):	Friday night dinners, social dinners, icebreakers, communication starters, dinner conversation, discovery
Materials Required:	Index cards with questions

Overview:

Communication Starters can be used to coalesce a table of people at a dinner or social function. Typically, we gravitate to one-on-one conversation with the person sitting to our immediate side, often tuning out the others at the table. To complement private conversations, a leader can invite the others at the table to respond to one or more questions so the entire table can listen to one person at a time speak. This process engages the table to work as a unit by sharing person information or preferences about a range of topics.

Description:

The leader or moderator selects questions (examples are set forth below) to spark dialogue among all of the people at the table.

The leader can model by responding to the first question and then invite the person to her or his left to proceed.

Depending on time, the leader can select from one to four questions.

- If you could have a music group play at your next birthday party, which group would you engage and why?
- If you had to live the rest of your life in a place that you have never lived in before, where would you live and why?
- If you could have the starring role in a film already made, which movie would you pick and why?
- If you could suddenly possess an extraordinary talent in one of the arts, what would you like it to be and why?
- If you could be guaranteed one thing in life besides health and money, what would you ask for and why?
- If you could return for one year to one age in your life, knowing what you know now, to relive that year as you wish, to which year would you go back?
- If you could have broken any news story that happened during your lifetime, what story would it have been?
- If you could be on the cover of any magazine next month, which magazine would you want it to be and what would the caption say?
- If you could have given one speech in history, which one would you pick?
- If your house were to be haunted by the ghost of one person from history, who would you wish it to be?
- If someone decided to write a biography about you, what would the title of the book be and why?
- What animal are you most like and why?
- If you were helping to raise money for charity and someone agreed to make a large contribution if you would perform at the upcoming fundraising show, would you? If so, what would you like to perform? Assume the show would have an audience of about 1,000.
- If you could take a one-month trip anywhere in the world and your family, and business and finances were not a consideration, where would you go and what would you do?
- If you had your choice of game shows to be a contestant on, which one would you choose and why?

Pass the Current

Submitted by Certified Forum Facilitator Yasemin Borschberg

Purpose	Concentrates the group and stimulates observation skills
How to Use	For any forum; when you want to energize a group (Minimum group size: 8)
Where to Use	Forum, family, business – any time you want to energize a group
Time	5 – 10 minutes

Instructions

- 1) Ask participants to stand in a circle holding hands.
- 2) Explain that there is a power current traveling through the group. Start the power by squeezing the hand of the person next to you.
- 3) The power is then passed around from person to person through such squeezing, so that one can see the energy being transferred through body language.
- 4) One person then volunteers to stand in the middle, closing his eyes for half a minute, then opening his eyes and trying to catch the current by grabbing participants' hands where he thinks the current is passing.
- 5) When the guess is correct, the participant in the middle returns to the circle and becomes the current sender and the one caught takes his place in the center of the group.
- 6) At the end of the exercise, gather response on how the icebreaker was received.

Title:	Spider Web
Type :	Icebreaker /Forum Exercise/Retreat Exercise/ Events/Governance
Date:	June 2011
Topic :	Icebreaker/ Team Building
Sub-Topic	
Audience:	Forums/Events/All
Categories	Team Building/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Team Building
Materials Required:	N/A

Overview:

If you are looking for an exercise that helps the group focus on the need for the group to work as one team, you may want to try the following exercise which calls for physical interaction and teamwork.

Description:

This kinetic exercise can be used as an icebreaker or as a retreat exercise with follow-up discussion.

Remember, you and your lead can adapt this exercise and decide how deep you want the exercise to go by changing the sample questions in the instructions to the group.

Requirements:

- An area large enough for your members to make a large circle.
- A ball of twine – this must be heavy enough to throw across the circle, so make sure that if it is not heavy enough that you weight it down in some way or use a heavy ball of twine.
- A moderator who is able to give the introduction and clear instructions for the exercise and do the closing.

Instructions:

- Everyone is to make a large circle.
- The person holding the ball of twine will ask a question that is true about themselves or their role.
- The questions can be as simple as “who has three children?” or “who is a cat lover?” or “who is facing transition issues in their chapter?” or “who runs a Forum Fundamentals program for their new members?”
- Those people who have the same issue or can answer yes should raise their right hand. The person asking the question then chooses one of the people with their hand up to throw the ball of twine to, but they **MUST** hold onto the twine when they throw the ball.
- The person catching the ball should then ask another question and throw the twine to the next person who answers. **ALWAYS** hold onto the twine before throwing.

Moderator narrative:

- We will be building a spider web as we go.
- Please make the questions quick and snappy.
- I will start, but remember to hold onto the twine when you throw it.
 - Sample opening question: “Who has travelled more than 2 hours to get to this meeting?”

By the time you finish the exercise the twine should have crossed the circle from participant to participant creating a spider’s web.

Closing remarks:

- Everyone keep holding the web together and let’s talk about the web we have created.
- Note how some participants are holding their connection – some have it high, others slack, some firm and tight. Regardless of how each person holds the web, every movement in the web affects others
- This exercise not only illustrates how each of us is connected to everyone else in the room but also how sharing connects us and how not sharing breaks the web. The more we share the stronger the web and the more connected and strong our group becomes.
- If one person lets go of the web, it affects others
- Before we start our meeting, I think this clearly illustrates how working as a team will make our board stronger and how each member has a role going forward to create the strongest web possible for our chapter, forum and team.

Title:	Color Jacuzzi
Type :	Ice Breaker /Forum Exercise/Retreat Exercise/ Events
Date:	June 2011
Topic :	Icebreaker
Sub-Topic	
Audience:	Forums/Events/All
Categories	Personal Development/Retreats/ Events
Submitted By:	
Key Words (Tags):	Icebreaker, Getting Connected, Disclosure, Discovery, Integration
Materials Required:	N/A

Overview:

Icebreakers are a great way to begin a meeting. They help to relax participants and that makes them more receptive to listening and contributing.

An icebreaker can also serve to build a safe container and team atmosphere to generate enthusiasm. Icebreakers can be fun, amusing, humorous, thoughtful, surprising or just plain silly. The most popular are games that have participants reveal something personal about themselves, or which encourage participants to get to know each other personally. The idea is that more than just having fun, the icebreaker will truly help to create group cohesion based on trust and understanding.

One of the tricks of an icebreaker is timing. It should not be too long otherwise the serious work of the meeting will not be given enough time. It should not be so short that participants feel it was a perfunctory exercise.

Timing also depends on the size of the group, the overall length of the event, and the purpose of the event. An all-day retreat might warrant a half hour icebreaker, but a one-hour meeting may merit only a minute or two.

Description:

This quick exercise invites all participants to quickly share five personal bits of information about them:

1. what turns them off
2. what motivates them
3. an inspiration
4. their relationship to money
5. a fantasy

Color Jacuzzi:

The object of this small group exercise is to get the group to quickly meet the other members. The facilitator calls out a color of the rainbow: - for example RED:

Red typically is the stop/turn- off color so each member of the group quickly tells the one thing (that they can disclose in public) that is really a turn off to them.

Orange: is the motivation color - what motivates them

Yellow: is the inspiration or creativity color - what was the best idea they've had

Green: is the money color - what they plan to do for money, or the dumbest thing they ever did for money

Blue: is the sky's the limit color - what is your favorite fantasy about your future

Mark or label two opposite sides of the room, Alpha and Beta.

Invite the group to stand in a circle and you should take a position in the center of the circle.

Advise the group that there will be two options and ask them to move to the side of the room that best apply to them.

(Start with lighthearted and fun choices)

Ying

Early Riser
Outgoing
Red Wine
Madonna
Cinema
Independent
Country Music
Birthdays
Summer
Travelling

Yang

Night Owl
Shy
White Wine
Lady Gaga
Theater
Team player
Classical Music
Christmas
Winter
Stay at Home

(Move into deeper questions)

Lighthearted
Enjoying Order
Calming the Water
Attention to Detail
Self-Motivated
Relying on my strengths
Confronting Conflict
Acting Spontaneously
Flexible
Boundaries as barriers

Serious
Enjoying Chaos
Stirring the Pot
Looking at the big picture
Motivated by others
Facing my weaknesses
Avoiding Conflict
Carefully Planning
Firm
Boundaries as structure