

# Ice Breakers

## *Look Up*

**Objective:** To avoid looking other participants in the eye

**Number of participants:** 6 or more

**Best for ages:** 10 and up

**Time to complete:** 10 minutes or more

**Tools needed:** Any small object to place in the middle of the circle

**How to play:** While standing in a tight circle, everybody stares at an object placed in the center. When the leader says “look,” everybody immediately looks up to stare one person in the face. If the person you look at is also looking at you, each of you is out. The leader then says “down” and everybody looks at the object again and waits for the next command of “look.” For especially outgoing groups, you can add the rule of a scream and dramatic “death” when two people look at each other.

## *1 to 10*

**Objective:** To count to 10 as a group

**Number of participants:** 5 or more

**Best for ages:** 10 and up

**Time to complete:** 10 minutes

**Tools needed:** None

**How to play:** The group as a whole must count from one to ten, but with participants speaking in no particular order. In other words, participants must spontaneously decide when they will speak out a number. The catch: if any two participants speak at the same time, the group must start over.

## *A Great Pair*

**Objective:** To find the other person in the group with the same “name”

**Number of participants:** 6 or more

**Best for ages:** 10 and up

**Time to complete:** 10 minutes

**Tools needed:** None

**How to play:** This game is where a slip of paper with the name of a “famous” person is delivered to each person in the group. After all the slips of paper have been distributed, the task of the participants is to find their “partner.”

## *Shoe Game*

**Objective:** To find the person in the group with the “other” shoe

**Number of participants:** 6 or more

**Best for ages:** 10 and up

**Time to complete:** 10 minutes

**Tools needed:** None

**How to play:** Everyone takes off their left shoe and throws it into a pile in the middle of the circle. Mix the shoe pile for a few moments. Everyone must then select a shoe, other than their own, and find the owner. They then exchange information about themselves, such as, name, what they hope to get out of the BCM trip, etc.

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