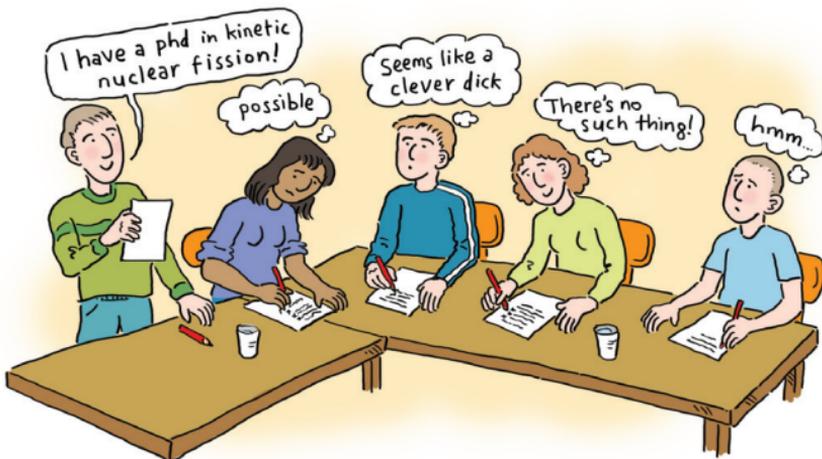


1.1 ICE BREAKERS



Here are some tried and tested ideas that are great for helping a new group of people to get to know each other. Many more of these ideas are freely available on the internet. However the selection described here have been chosen because they are easy to set up, effective and only require a minimum amount of equipment.

Many of these activities involve an invasion of personal space and some people may be uncomfortable with this. Additionally there will be physical contact. Consider social, cultural, psychological and child protection issues before deciding on an activity and be prepared to adapt the activity if necessary.

1.2 HUMAN KNOT



BRIEF DESCRIPTION:

Group to stand in a circle and join hands with each other to form a knot. Unravel the knot without letting go of each others' hands.

GROUP SIZE:

6 minimum, 16 maximum. With over 14, care is required so consider splitting the group.

EQUIPMENT: None.

1.2 HUMAN KNOT

ACTIVITY:

Group to stand shoulder to shoulder in a circle.

With one hand, participants grasp the hand of someone who isn't standing next to them. Ask them to introduce themselves.

With the other hand, participants grasp the hand of someone else that isn't standing next to them. Again, ask them to introduce themselves.

The purpose of the task is to untangle the knot without letting go.

NOTES AND SAFETY POINTS:

To avoid sprained wrists, allow participants to modify their hand grip.

Prepare for limited progress initially. Once a few tangles are undone then progress is more rapid.

It is possible that the end result is 2 or 3 interlocking circles.

If no progress has been made after 10 minutes, consider allowing one unclasp and re-clasp.

EXTENSION ACTIVITIES:

Simply repeat the activity to produce a different challenge. Ensure that participants join hands with different people.

1.3 LINE UP



BRIEF DESCRIPTION:

To line a group up in any order and then rearrange the group according to instructions.

GROUP SIZE: 6 -10.

EQUIPMENT:

A bench or similar for each group. You can use planks, tape, low wall, carpet tiles or crates.

ACTIVITY:

- Line the group up on the bench all facing the same way.
- Without stepping off, change places until the group is in alphabetical order, by first name, second name, height, age etc.

1.3 LINE UP

NOTES AND SAFETY POINTS:

- Check there are no hazards that people can fall off onto/into.
- Leave enough space between groups.
- Encourage people to support each other.
- If using tiles be aware of tiles slipping on a sports hall floor.

EXTENSION ACTIVITIES:

- Higher or narrow wall.
- One person moving at a time.
- No talking.
- Set a time limit.
- One member is blindfolded.

1.4 SLING CHALLENGE



BRIEF DESCRIPTION:

The whole of the group has to pass through the sling as quickly as possible.

GROUP SIZE: 8-10 is ideal.

EQUIPMENT:

8ft sling or loop of rope. Stopwatch.

ACTIVITY:

- Give each group a loop of rope and explain that they have to get the whole team to pass through the sling as quickly as possible.
- Allow a few minutes of planning / discussion / practice time.
- Time each group.
- De-brief the group.

1.4 SLING CHALLENGE

NOTES AND SAFETY POINTS:

- Listen to the discussions. You will get a good idea of who the dominant people in the group are.
- A good time to aim for is 1 second per person.
- Discourage diving through the sling.
- Decide how many people you are going to allow through the sling at one time. This will depend on the size of the people involved and how prepared they are to be physically close to each other.

EXTENSION ACTIVITIES:

- Allow the group to have a 2nd or 3rd go. The goal is to improve their best time.

1.5 ALL ABOARD



BRIEF DESCRIPTION:

To get as many people as possible into a hoop or circle.

GROUP SIZE: 6 -10.

EQUIPMENT:

Plastic hoops, rope circles or chalked circles of varying sizes on the floor.

ACTIVITY:

- No part of any person may touch the ground outside the circle.
- The group must be able to hold its balance for 5 seconds.

1.5 ALL ABOARD

NOTES AND SAFETY POINTS:

- Be aware of falling onto a hard surface.
- Encourage supporting of each other.
- You may need a spotter with each group.

EXTENSION ACTIVITIES:

- Decrease the size of the circle.
- Hold the position for longer.
- Increase the group size.
- Have one person move at a time.
- Use a tyre or crate that is raised off the ground (use a spotter).

1.6 TARP TURN OVER



BRIEF DESCRIPTION:

To stand a group on a groundsheet and then turn it over without the group stepping off.

GROUP SIZE: 6 -10.

EQUIPMENT:

Ground sheet (or piece of plastic/cloth) with an X marked on one side.

ACTIVITY:

- Put the groundsheet X down and stand the group on top of it.
- Instruct the group to turn it over to put the X uppermost.
- No person may step off the ground sheet or touch the floor at any time.

1.6 TARP TURN OVER

NOTES AND SAFETY POINTS:

- Be aware of falling off onto a hard surface.
- Be aware of the sheet slipping on a sports hall floor.
- Encourage supporting of each other.

EXTENSION ACTIVITIES:

- Decrease the size of the sheet.
- Increase the group size.
- Have one person move at a time.
- No talking.

1.7 SWAMP CROSSING



BRIEF DESCRIPTION:

To get the group across the swamp using the equipment provided.

GROUP SIZE: 6 -10

EQUIPMENT (ONE OF THE FOLLOWING):

Milk crates, carpet tiles, strong boxes. Tape, rope or chalk to define the swamp.

ACTIVITY:

- Use only the equipment provided.
- Return to the start if anybody falls off, touches the swamp.
- Finish with all equipment on the other side with the group.
- Limit the number of stepping stones to ensure passing from back to front and encourage sharing.

1.7 SWAMP CROSSING

NOTES AND SAFETY POINTS:

Be aware of falling onto a hard surface. Keep teams well apart. No throwing of equipment. Avoid items of equipment that tip easily or slip on the floor. Avoid jumping or leaping. Encourage supporting.

EXTENSION ACTIVITIES:

- Decrease the number of items.
- Increase the distance.
- Use smaller stepping stones.
- Group to transport a bulky item (large can, bucket of water).
- Introduce a trip wire to go under or over.
- Blindfold one member of the group.
- Introduce a time limit.
- Hold the position for longer.
- Increase the group size.
- One person move at a time.
- Use a tyre or crate that is raised off the ground (use a spotter).

1.8 NAME GAME



BRIEF DESCRIPTION:

Standing in a circle, participants throw the ball to each other whilst introducing themselves.

GROUP SIZE: Up to 30.

EQUIPMENT:

Ball(s).

ACTIVITY:

Arrange yourself and the participants in a circle. Ask someone their name, then tell them yours. Throw the ball to them. They then thank you (by using your name). They then pick someone else and ask their name. This carries on until everyone in the group has had the ball and it is finally thrown back to you.

1.8 NAME GAME

NOTES AND SAFETY POINTS:

Consider what kind of ball is most suitable for your group.

EXTENSION ACTIVITIES:

Include a second and third round.

The second round - Participants are not allowed to ask any names. They say the name of the person they are throwing to and they thank the person they received the ball from (also using their name). Go slow and encourage the group to help each other. If this is too easy, introduce more balls and/or speed up.

The third round - Encourage the group to throw the ball(s) randomly to different people. This makes them learn the names of other members of the group.

1.9 THREE IN COMMON



BRIEF DESCRIPTION:

Groups find 3 things that they have in common.

GROUP SIZE: Any.

EQUIPMENT:

None.

ACTIVITY:

Split the group into team's of 3. Each team has to find 3 things they have in common.

They mustn't use boring topics such as shoe size, gender or hair colour. It must be things that aren't immediately obvious.

Let the groups talk together for 10-15 minutes. Each team of 3 feeds back to the rest of the group.

1.10 LIE DETECTOR



BRIEF DESCRIPTION:

Participants say 3 things about themselves, one of them is a lie.

GROUP SIZE: Up to about 20.

EQUIPMENT (ONE OF THE FOLLOWING):

None.

ACTIVITY:

Give participants some time to think of 3 statements about themselves. Two must be true and one must be a lie.

One by one, participants say their three statements (A, B and C). Everyone else must write down the statement that they think is a lie.

One by one, participants reveal which of their statements is a lie. The person who detects the most lies is the winner.