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Getting Together: Icebreakers and Group Energizers

Lorraine L. Ukens

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These brief, interactive games and activities raise your participants' awareness and prepare them to learn something new. Designed to be fun and energizing, the activities help people overcome the initial anxiety common among new acquaintances or in group situations. This collection is conveniently divided into two categories: 1) icebreakers, which encourage mixing, and 2) group challenges, which energize and build team cohesion. Use these games to: * Promote interaction * Introduce your topic * Ease anxieties regarding sensitive or emotional issues * Form partnerships or teams during the session * Help people feel comfortable with the environment, the topic to be discussed, and one another * Gain control of a group * Get meetings started on a stimulating note Each game is presented in a concise and easy-to-follow format. You'll get details such as objectives, materials required, preparation, activity instructions, variations, discussion questions, group size, time required, and reproducible worksheets or material templates. Use these icebreakers today to energize your group for the work ahead!

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