

### Ideas for Questions of the Day:

- If you had to eat a worm, how would you cook it?
- What makes the world go round?
- If you were a fish, what kind of fish would you be?
- If you had your human body, but the head of an animal, what animal would you pick?
- If you were a vegetable, what vegetable would you be and why?
- If you were an animal, what would you be and why?
- If you were a car, what would you be and why?
- What have you learned recently from another person?
- Something I've always wanted to do is...
- What is your favorite time of day? Why?
- Name a gift you will never forget?
- If you could change your name, what would it be?
- What's the weirdest thing you've ever eaten?

If you could...

- Have one wish granted, what would they be?
- Invite four famous people to dinner, who would you choose and why?
- Learn any skill, what would it be?
- Live anywhere in the world, where would you live?
- Visit any planet, which one would you choose and why?
- Live any time in history, what period would you choose and why?
- Only eat one favorite food to eat for the rest of your life, what would it be?

Would you rather ...

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- Be a giant rodent or a tiny elephant?
- Watch TV or listen to music?
- Own a lizard or a snake?
- Have a beach holiday or a mountain holiday?
- Be an apple or a banana?
- Be invisible or be able to read minds?
- Be hairy all over or completely bald?
- Be the most popular or the smartest person you know?
- Make headlines for saving somebody's life or winning a Nobel Prize?
- Go without television or fast food for the rest of your life?
- Always be cold or always be hot?
- Not hear or not see?
- Be stranded on a deserted island alone or with someone you don't like?
- See the future or change the past?
- Be three inches taller or three inches shorter?
- Wrestle a lion or fight a shark?

JUST FOR YOU – reflection questions / things to think about for the day

- How would others who know you very well describe you?

- When was the last time you admitted you were wrong? Why is it so hard to do?
- What is the hardest thing you have ever done?
- If you had this week over again what would you do differently?
- Which two people are closest to you and why?
- What type of person would you most likely want for a best friend?
- What was the best thing that happened to you this past week?
- If you could have any question answered, what would it be?
- If you had a time machine that would work only once, what point in the future or in history would you visit? Why?
- Who would you take to a desert island? Why?
- If you could repeat any day in your life, which day would that be and why?
- If you were able to know one thing about the future, what would it be?

#### RIDDLES

1. Some months have 31 days; some have 30 days, how many have 28 days?
2. John Smith was born on December 27th, yet his birthday is always in the summer. How is this possible?
3. What belongs to you but others use it more than you do?
4. The more there is, the less you see.
5. If a blue house is made of blue bricks and a yellow house is made of yellow bricks and a red house is made of redbrick, what is a green house made of?
6. Divide 40 by half and add five. What is the answer?
7. What comes once in a minute, twice in a moment, but never in a thousand years?
8. The more you take, the more you leave behind. What are they?
9. What goes up and never comes down?
10. A woman gives an astronaut \$1. The woman is the astronaut's sister, but the astronaut is not the woman's brother, why?
11. You can't keep this until you have given it.
12. What question can you never answer "yes" to?

#### Riddles Answer Key:

1. 12
2. He lives in the Southern Hemisphere.
3. Your name
4. Darkness
5. Glass
6. 85
7. The letter M
8. Footsteps
9. Your age
10. Sister
11. A promise
12. Are you asleep?

## Icebreakers for Young Adults

### Teeth

1. Begin this fun icebreaker with everyone sitting in a circle.
2. Have each player choose a fruit or vegetable.
3. The fun part of this game is that they will be saying the name of their fruit or vegetable without showing teeth; they must speak with their lips over their teeth.
4. The first player says their chosen fruit or veggie two times and then another player's fruit or veggie twice.
5. For example, if the first player has chosen potato and they want to pass the play to someone who chose celery, they would say, "Potato, potato, celery, celery." Player number two would say, "Celery, celery, squash, squash."
6. Additionally, if someone shows their teeth, the player who sees them tells the group by screaming, "Teeth, teeth!" and flapping their arms like wings, without showing their teeth in the process. Play continues with people eliminated when they show their teeth. This game works well as an adult icebreaker for introductions by substituting names for the fruits and vegetables.

### Quiet

There is nothing quite as contagious as laughter. For this adult icebreaker, the goal is to keep from laughing.

1. Instruct participants to pair back to back.
2. Count to three and have everyone turn and face their partner.
3. They are to look into each other's eyes and stay solemn and serious with no speaking.
4. If someone smiles or laughs, they sit down.
5. Those who remain standing find a new partner.
6. The activity continues until there is only one person left – the winner.

This works well also as a team game with two teams lined up and facing each other. At the end of a given time, the team with the most members still standing wins.

### Boom Chicka Boom

This is a fun game relying on accurate repetition of a phrase. This can be more difficult than it sounds, especially when variations cause laughter. Choose a person to serve as the leader. When the leader changes style, the adults must follow. Instruct the leader to begin the pattern, as follows:

Leader – "I say BOOM!"

Group – "I say boom!"

Leader – "I say boom – chicka!"

Group – "I say boom-chicka!"

Leader – "I say boom-chicka-boom!"

Group – "I say boom-chicka-boom!"

Leader – “I say boom-chicka-rocka-chicka-rocka-chicka-boom!”

Group – “I say boom-chicka-rocka-chicka-rocka-chicka-boom!”

Leader – “Oh yeah!”

Group – “Oh yeah!”

Leader – “One more time!”

Group – “One more time!”

Leader – “In \_\_\_\_\_ (opera, jive, rap, preacher revival, sign language, whisper, etc.)” or “Sounding \_\_\_\_\_ (sexy, fast, slow, etc.)”

Then leader starts the recitation over in the chosen manner or sound.

### **Grandma’s (Grandpa’s) Footsteps**

A fun icebreaker game for adults, this works best with a group of 10 to 15 adults, although if you have adequate space, it will work with a larger group. You can also use this as a team game.

1. The host or leader chooses one person to be Grandma (Grandpa) and face a wall.
2. The rest of the players start on the opposite side of the room and attempt to sneak up on Grandma (Grandpa) and tap a shoulder.
3. However, they cannot be caught doing so and Grandma (Grandpa) may turn around at any time.
4. If a person is caught moving and pointed out, they must return to the start.
5. No one can move while being watched.
6. If a player manages to tap Grandma’s (Grandpa’s) shoulder, he or she takes their place facing the wall and the game starts over.

You can make this fun adult icebreaker more challenging by scattering clothing items on the floor between the start and Grandma and add the rule that one item of clothing must be put on before tapping Grandma’s (Grandpa’s) shoulder.

### **Captain Is Calling**

A great blood pumping game, Captain Is Calling lasts about 15 minutes. One leader who is outgoing and loud plays Captain, explains the rules, and controls the game. Another leader serves as the Jailer. The group forms lines with individuals standing one behind the other, facing front. The Captain says the following: “You are crew members on a ship and I am your captain. Whatever I say to do, you do. If you disobey my orders then you go to jail, where the jailer will make you do push-ups, jumping jacks, and other exercises.” The captain uses the following commands in any order:

- Stern – the crew must go backwards.
- Bow – the crew must come to the front.
- Port – the crew must go left.
- Starboard – the crew must go right.
- Captain’s Ball – two people get together and dances with one another.
- Rowboat – three people get together and row a boat.

- Octopus – four people get together, sit back to back, and kick their legs up.
- Starfish – six people link arms and swing around in a circle.

Make sure the crew understands these commands before you begin the game. When an order is given, it must continue until the Captain says. "Captain is calling." When the captain says this, all players must stand at attention. If a player does not follow a command correctly or are not in a group for a group command, they are out. The game ends when there are only two people left.

### **Funny Icebreakers for Teens**

Teens are often self-conscious and hesitate to participate in activities. A funny icebreaker game involves teens in a non-threatening way and gets them ready to participate in other, more serious activities. Our funny icebreakers for teens act as warm-ups and, although they can be messy, guarantee involvement of even the shiest participants.

### **Zip Zap Zoop**

1. Start by having all the teens sit in a circle.
2. One of the teens points to someone next to him or her and says, "Zip!"
3. The teens point and repeat, "Zip!" around the circle in one direction.
4. At any time, a teen can say, "Zap!" "Zap!" changes direction, with the teens pointing and saying, "Zip!" around the circle in the opposite direction.
5. At any point, a person told, "Zip!" may choose to say, "Zoop!"
6. If they do so, they point at someone anywhere in the circle who can then restart the "Zip" in any whichever direction they choose.
7. If you wish, you can take those who mess up out of the group and have as a winner the one teen remaining at the end.

### **What If . . . ?**

A really crazy and fun icebreaker for teens, this game begins with each person receiving two notecards (or pieces of paper).

1. On one card, the teen writes a random questions starting with, "What if . . . ? For example, "What if your cat could talk?" or "What if vegetables tasted like candy?"
2. On the second card, they write a possible answer such as, "They might ask you to breed pet mice." or "We would want to eat them all the time."
3. When the teens are done, collect all the note cards, divide them into questions and answers and shuffle them.
4. The leader or host picks a random question and answer and reads them aloud. There will be some hilarious results.

Note: It is a good idea for the leader to read the question and answer first to himself to make sure the pairing is not "unacceptable."

### **Do Not Laugh!**

Teens are notorious for doing the opposite of what they are told. This funny icebreaker game builds on this premise.

1. The teens stand in a line and each one places a hand on the back of the person in front of him.
2. The last person in the line says, "Ha, Ha, He, He!"
3. Each person says this in turn for the whole line and the goal is for everyone to repeat the phrase without smiling or laughing – a highly unlikely outcome!
4. Those who smile or laugh are out and the last teen remaining wins. You can also set up this funny icebreaker as a team game with a timer set and the team with the most members remaining at the end of a set time wins

### **Buffoon**

As the name implies, someone is going to be a buffoon – a ridiculous, but amusing person or clown. Have the kids sit in a circle and ask a volunteer to be in the center. The goal of the Buffoon is to get the other kids to laugh by making sad, annoyed, gloomy, or silly faces. The first person to do so becomes the next Buffoon. This continues until all have had at least one turn.

### **Quick Change Artist**

Bring two people up to the front. Each player is to observe his or her partner's appearance. Then, the players turn around back-to-back and make three changes (mess up hair, take off a shoe, untuck shirt, take arm out of sleeve). When they face each other again, each partner must identify the changes made by the opponent. This game can be repeated several times by changing partners and increasing the number of changes made until a winner is declared.

### **Three In Our Crowd**

Have group split off in groups of three and find three things in common (besides the obvious gender or hair/eye color) such as: favorite holiday, season of the year, hobby, phone app, movie, etc. One person then introduces the group and shares the three things they have in common. Depending on your group, you can make it a bit silly by asking the person who does the intro to use a voice like a talk-show host.

### **Pterodactyl**

This one is for pure laughs. Students get in a circle and go around the circle trying to say "pterodactyl" without showing their teeth (putting lips over teeth like a person without their dentures in). Students may switch the direction of the game by looking at the next person and

doing their best pterodactyl impression (maaach!), again without showing teeth/smiling. Those who crack-up or smile are out.

### **Quick Line-up**

Have the group make lines of 8-10. If you have more than one line, they can race to line up in order of:

- Alphabetical by mom's first name
- Height, shortest to tallest
- Month of birthday, starting with current month
- After area code, first three numbers of phone number, least to greatest

### **Number Crunchers**

Divide into teams of 8-10, up to 20. Have students stand in order between two lines that are 18 inches apart. On the signal, person #1 changes places with #10 without moving outside the lines. Next #2 swaps with #9, #3 swaps with #8, etc. Be sure that #2 and #9 don't move until #1 and #10 have made it to their new places, and so on until all have been switched. First team to finish yells "Crunch!"

### **What's Next?**

Ask the group to sit in a circle. The first person starts with any word they wish, like "blue." The next person repeats the first word then adds another word which links to the first, like "berry." The next person repeats the previous word and adds another word link like "pie." To keep this moving, only allow a few seconds for each new word association.

### **Clumps**

Divide into pairs. Ask each pair to sit on the floor with their partner, backs together, arms linked. Their task is to stand up together. Once everyone has done this, two pairs join together and the group of four tries to repeat the task. After they succeed, add another two and try again. Keep adding pairs until your whole group is trying to stand together.

### **Human Rock-Paper-Scissors**

You can use lots of themes for this game and make up fun poses for the three characters. (How about "Wizard beats Giant - Giant beats Elf - Elf beats Wizard" or "Spiderman beats Batman - Batman beats Superman - Superman beats Spiderman"?) After the poses are decided, break students up into pairs or into two teams. If played as a large group, the team will need to agree on one of the poses for each round (everyone on the same team will need to do the same pose).

Give each team a few minutes to strategize. Once the teams have their poses ready, a leader will have them, on the count of three, jump around and do the pre-determined pose. You can play however many times you'd like. Best out of five rounds is a good number for a medium-size group.

### **Blanket Name Game**

For each turn, each team chooses a volunteer to stand (or sit) behind the blanket. Count "1, 2, 3?" and drop the blanket. The first player to correctly identify the name of the individual, wins the round, earning one point for her team.

### **Silent But Not Deadly**

Students are secretly given a number and they have to arrange themselves WITHOUT SPEAKING in numerical order by holding up fingers or making up their own sign language. For Round Two, have people arrange themselves in order of birth or in calendar months.

### **Can I Come In?**

Students get in a circle with one person in the middle. That person goes around the circle asking "Can I Come In?" Most people answer "No" unless they want to be in the middle. While this is happening, other people in the circle use non-verbal communication to run and switch places (but no shimmying - which means trading places with the person next to you). The object is for person in the middle to catch two people switching and move into an empty spot, thus leaving another person in the middle to ask "Can I Come In?"

### **Frown King/Frown Queen**

Students pair up and stand back-to-back. On the count of three, everyone faces their partner, looks each other in the eyes and tries to frown, no speaking. The first to smile or laugh must sit down. All who remain standing take a new partner and the activity continues until two people remain. If you have two who are excellent at keeping a straight face, you can divide into teams and the opposite team can heckle to break down the opposing team's player. The last one standing is crowned Frown King or Frown Queen. (Crown is optional!)

### **Human Knot Game**

Divide into groups of 6-10 people. Each group forms a tight circle, standing and facing each other. Everyone extends their hands into the circle and by intermingling their arms, grasps hands with other members of the group. Be sure that the two hands they are holding do not belong to the same person. The groups' goal: untie the knot, which results in members of the group having to climb over, under, or through each other's arms to untie the knot of bodies.



### **Destination Imagination**

Each student thinks of a city or country they would like to visit or have visited. Then they decide upon three clues to help the other members to be able to accurately guess their destination. The trick to this game however, is that they cannot say their clues out loud - they have to act them out. For instance, if their chosen place is Hawaii, they could do a hula dance. The person at the end of the game, who has guessed the most destinations, wins!

### **Fruit Salad Love**

Have students get in a circle and everyone has to pick the name of a different fruit and share it with the group. Someone starts by saying: "\_\_\_\_ (their own fruit) loves \_\_\_\_ (name of another fruit that was mentioned). For example "Banana loves Apple." Then, the person who has apple as their fruit continues by saying "Apple loves \_\_\_\_ (names another fruit)." One person is in the middle and tries to tag anyone who pauses. Those who pause step out of the circle. The final two are the winners.

### **"Luke I am your father."**

One student is blindfolded and goes to the front of the group. Other students take turns trying to disguise their voice and say a predetermined phrase like "Luke, I am your father" or "Hey there, what's my name?" The blindfolded student tries to guess who it is. If they are successful at guessing who is talking, they get to keep going. If they fail, then the student who disguised their voice takes their place. Play until you have a voice recognition champ!

### **BINGO is your NAME-O**

Make a grid on a piece of cardstock with some fun categories written in each square: "Someone who likes \_\_\_\_ (band name)" or "Someone who has been on a mission trip," or "Someone who watches Netflix too much." Duplicate for everyone in your group and hand out pencils. Encourage the group to mix, talk to everyone to try and complete their card. If one of the items listed on the bingo card relates to the person they are talking with, have them sign their name in that box.

### **Candy Q&A**

Pick a bite-sized candy that comes in multiple colors. Pass around a bowl of candy large enough for your group to take a few. DON'T EAT THEM! Have questions that correspond with each color. Then go around the group and share the answers that correspond to the candy in your hand. For example, for each green candy: a goal you have in life. For each red candy: a favorite Christmas present. Bonus, after you answer you can eat the candy!

### **Song Scramble**

Before the meeting, write out the first 5-6 lines or phrases from several popular songs, only one line/phrase per card. Make sure that only enough cards are used to cover the number of people present. The cards are then scattered on the floor. To start the game, each person grabs a card and tries to find whose holding the other cards that complete the verse or section of the song. The winning group is the first one to correctly assemble and sing their song.

### **My Super Selfie**

Give everyone a sheet of paper and something colorful to draw with, such as a crayon or marker. Ask each member of the group to go off into their own corner of the room to think of the super power he or she wishes to have. They need to draw themselves as a superhero (or villain!) with the paper and marker provided. After a few minutes, they come back together and share their self-portrait and describe their super power in detail.

### **Name Game Hot Potato**

Ask the group to form a large circle and as you toss a soft object (a small stuffed animal works great), say the name of the person to whom you are tossing. Once that person catches the object, he picks someone else, shouts her name and tosses it to her, trying to go as quickly as possible. Play continues with the one object until it makes it to everyone in the group. Once someone's name has been called, he cannot get it again. Once you have gotten through everyone, add more stuffed animals and let the mayhem begin! Keep going, try to get at least five objects going at once. If your group is large, divide into smaller groups. After a few minutes, mix up the groups and start again so everyone gets to know each other's names.

### **Penguins**

Musical chairs goes to the North Pole. Have enough sheets of paper for everyone in your group (these are the blocks of ice) and spread them around on the floor of your room. Have everyone get on a block of ice, one per block. When you start music or blow a whistle, penguins jump off their block and waddle around like penguins (arms stuck to sides) till the music stops and they must get back on a block of ice. While music is playing, remove a block of ice. Remember to tell kids they must not hover around any certain ice block or they are out. Last penguin standing wins!

### **The Doctor Will See You Now**

Assign one person to play the doctor. That person leaves the room. Have a bag with strips of paper listing an ailment or phobia for someone on their team to act out (or even better, have the whole team act it out). Examples: they think they are chickens; they are scared of spiders; they have aliens growing inside of them, etc. The doctor re-enters the room and must figure out

what is wrong. He or she may ask any player yes/no questions, but not "what's wrong with you?" After each question, the doctor can make a guess (diagnosis) of what he or she thinks is wrong. After five or so guesses, if they don't get it, the other team gets a turn. The team with the most correct guesses wins!

### **Web of 20 Questions**

Gather kids in a circle. Using a ball of yarn, hold on to one end and throw the ball to someone. They then choose a question from 1-20 to answer (project this list up on a screen or have a copy to pass around). Adapt for your group. Eventually this creates a web as well as learning about people in the group.

Ideas for Questions:

- What are the top 3 songs on your playlist?
- If you could go anywhere in the world, where would you go?
- What three things would you save if your house were burning?
- What would be your dream concert to attend?

### **Art Collector**

Give everyone a piece of paper and a pencil. In 5 minutes, each must draw a picture that conveys who he or she is without writing any words or numbers. At the end of five minutes, collect the pictures. Show them to the group one at a time and have them try to guess who drew it. The person who guesses the most correctly gets to be the "Master Art Collector!"

### **Paper Crazy**

Divide into teams of five or six people and give each group a copy of the SAME newspaper. Ask them to spread the newspaper out, then describe a particular ad, article, fact, or picture from the paper. Have the team find it, rip it out and bring it to you. The first team to bring it gets a point. Continue calling out items. The team with the most points wins.

