



## Why Icebreakers?

Icebreakers can play an essential role in helping people integrate and connect in a group environment.

They can provide positive momentum for small group study and discussion by:

- Helping a new group get to know one another.
- Helping new members to integrate into a group.
- Helping young people feel comfortable together.
- Encouraging cooperation.
- Encouraging listening to others.
- Encouraging working together.
- Encouraging young people to break out of their cliques.
- Developing social skills.
- Building a rapport with leaders.
- Creating a good atmosphere for learning and participation.

### Guidelines

- Be enthusiastic, whatever happens, be enthusiastic!
- Choose volunteers carefully and don't cause embarrassment.
- If something is not working, move quickly on to the next activity.

## Fact or fiction?

1. Ask everyone to write THREE things about themselves that may be unknown to the others in the group on a piece of paper. Two are true, and one is not.
2. Taking turns they read out the three 'facts' about themselves and the rest of the group votes which are true and false. There are always surprises. This simple activity is always fun, and helps the group and leaders learn more about each other.

## My name is?

1. Go around the group and ask each person to state his/her name and attach an adjective that not only describes a dominant characteristic, but also starts with the same letter of their name e.g. generous Grahame, dynamic Dave.
2. Write them down.
3. Refer to them for the rest of the evening by this.

## Would you rather..?

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- 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?
- Have permanent diarrhea or permanent constipation?
- Be handsome/beautiful and dumb or be ugly and really smart?
- Always be cold or always be hot?
- Not hear or not see?
- Eliminate hunger and disease or be able to bring lasting world peace?
- 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?
- Would you rather go to the mountains or the beach on vacation?

## Magic Wand

If you had a magic wand, what would you choose to change?

## Super Powers

If you could have one superpower, which one would you choose? Instead of this, have them state what strong characteristic they have that will help them quit smoking. (Build self-efficacy)

## Three Words

This is a fast warm-up that's easily adaptable to any topic. Ask participants to develop three words they associate with stopping smoking. The value in this for you, as a teacher, is that you'll quickly discover where your students' heads are. Are they excited about this? Nervous? Unenthusiastic? Completely confused? It's like taking the temperature in your classroom.