

GAMES FOR ICE-BREAKING

In this workshop we propose to a group, whose members do not speak the same language, some games aimed at getting to know each other for the first time and to develop group dynamics. For this reason we have chosen games that are not based on language but on movement, rhythm, humour, etc.

Objectives

- To know each other.
- To break the ice.
- To encourage non-verbal expression and communication through games.
- To build on group dynamics, trust, co-operation and active listening.
- Help to externalise feelings and experiences that are difficult to express.

Activities

1. Red Light, Green Light:

We start with everyone along the starting line and a volunteer in the other side of space. When the volunteer says 'Green Light' staring at the group, everyone has to move towards and arrive until the finish line, that is to touch him/her. When he/she says 'Red Light', having his back to the group, everyone must immediately stop and freeze. If the volunteer finds any players who are still moving, they are request to go back to the starting line. A new round can start, when someone arrives to the finish line and touches the volunteer.

We encourage members to play the game as they know it in their own country, pointing out other versions and names in their native language, i.e. "1-2-3, red light" in Greek.

2. Animal Sounds

We give each player a piece of paper with an animal listed. We have to be sure that there is always 2 or 4 papers with the same animal. The players must not reveal what their animal is and have to keep it a secret.

We ask all the players to find their match, the other person/s with the same assigned animal as them. They must all be with their eyes closed and search for the others only by using the sounds, which their animal makes. Players cannot speak, or perform any actions other than moving around the room.



introductory
sessions



Working



in-depth
sessions

3. We divide the participants in two groups. Each group has to choose one of the following animals: elephant, cat or mouse. The two groups creating each one a line, one member next to the other, approach each other step by step while saying all together "What are we going to be?" When they are face to face, the two groups shout out at the same time their chosen animal. The elephant wins the cat, the cat wins the mouse, and the mouse wins the elephant. The winning group goes in pursuit of the losing group.

The same process can be repeat for few times.

4. We divide the participants in groups of 3 persons. It is necessary to have an extra participant (the facilitator can play that role if it is necessary). In each group two members face one another, raise their arms and place their palms together forming a "house". The third one is the "person" that "hides" underneath it. If the facilitator says "person", the participants who stand between the other two, have to change "house". The extra participant as well tries to get a "house", so another participant will stay out. If the facilitator says "right wall", "left wall" "house", "earthquake", then they have to change all the participants that are in the right side of the "persons", in the left one, the two participants that are forming the "house" and lastly everybody who plays.