

Icebreakers

Icebreakers incorporating physical activity can be used to kick off a training day. Most can be extended from a few minutes to as long as 10-15 minutes, depending on the training schedule. When leading physically active icebreakers, always remember the goals of safety, comfort, and having fun!

Name Game

Perfect for an icebreaker in smaller groups, this easy game gets everyone involved. It also provides a fun, active way to remember people's names. Best done in a large circle (like around the edge of a room), it can also be done with each person at her/his place.

- Ask each person to think of an action that starts with the same letter as her/his name, such as "Dancing Dayle," "Jumping James," or "Skating Susan." The person does the action and calls out her/his action-name.
- The entire group then repeats the action and the action-name. Continue until everyone has a chance to say his or her name.
- For participants who say *I can't think of anything* respond: *Keep thinking, we'll come back to you.* Or ask the group to help brainstorm fun actions to match the person's name.

Variation (in a large circle): Have each person introduce themselves with their first name and demonstrate an activity they like to do. Then everyone in the group says hello and copies the activity. Example: *My name is SUSIE and I like to SWIM* (making a swimming motion with arms). Hello SUSIE, we like to SWIM too (swimming with their arms).

This project has been funded at least in part with Federal funds from the U.S. Department of Agriculture, Food and Nutrition Service through an agreement with the Institute of Child Nutrition at The University of Mississippi. The contents of this publication do not necessarily reflect the views or policies of the U.S. Department of Agriculture, nor does mention of trade names, commercial products, or organizations imply endorsement by the U.S. government.

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