



Archdiocese of Liverpool  
Confirmation: Called to Community  
Icebreaker Booklet



# Introduction

Over the next few pages you will find a selection of icebreakers to use with your group. Resources, if needed, are stated.

## Winging it

Resources: pen and paper (but can just as easily be done without).

- Come up with a list of random words and write them down onto small strips of paper, the more obscure the better. E.g. mop, shoe, windows, cutlery, ham, budgies etc.
- Then sit the group in a circle and then one by one each player will be handed a piece of paper they will then have to stand up and talk about that word for 90 seconds without hesitating (no long pauses, Erms, Ahhs, Umms, or other thinking sounds).

Alternatively, the words can be whispered to each player if no paper. If room is not available the circle is optional, you can sit as a group and one at a time stand at the front of the group.

## Signs

- Stand the group in a circle
- Each person picks a gesture to represent themselves and shows it to the rest of the group e.g. the peace sign, a small dance move, flicking their hair, scratching their nose/chin. The more subtle the better
- A player is then sent outside and a starting person is picked
- The player must then return and stand in the centre of the circle
- The players in the circle will then pass the signs, the starting person will do their own gesture, and then another player's gesture, and this is passing the sign.
- To receive the sign you must do your own gesture. A player has to receive the sign, but it may be necessary to send the sign a couple of times if the player does not notice you.
- Once you receive the sign you send it on to another player by doing their gesture.
- The player in the middle must try and catch the signs by guessing who has the sign.
- When they catch the sign and correctly identify who has it, they win and that player goes out of the circle whilst another starting player is picked.

A player has the sign until another player receives it, so if they have sent the sign but the other player has not done their own gesture to receive it, the sender still has it. There is no time limit on sending and receiving the sign, but encourage quick play, within reason (don't try and force them to sign when the guesser is looking at them). The starting player does not have the sign until they do their own gesture, so if the Guesser guesses them before anything has started they have not caught the sign.

## Categories

Divide the large group into smaller groups of approximately 4-8 people. The challenge is to be the first group who can find 5 facts that are true for every person in

that group E.g. Everyone has been to Disney Land, Everyone has seen James Bond etc. – obvious details like height, age and current location are excluded. Once groups have agreed on 5 facts they raise their hands; the activity ends when all groups have completed the task so that each group's 5 facts can be confirmed.

## Blanket Game

Resources: Blanket (or large cloth)

Split the group evenly into two teams and hold up a large blanket between them in such a way that both teams are fully hidden. One person is nominated from each team to stand nearest to their side of the blanket; on the count of '3' then blanket is dropped and each competitor has to be the first to say the other person's name. Variations of this game can be when the winner of each round steals the other competitor onto their team, this would continue until one team has all of the competitors on their side.

## Connecting Stories

Separating the large group into smaller groups of any size, the challenge here is to make a chain of stories as long as possible which involve all group members. Each part of the story should have two facts, the first fact should be similar to the previous part of the chain, and the second fact should invite the next part of the chain. (Person 1: I went out last night and I woke up with a cold – Person 2: I had a cold once, it meant I couldn't play football – Person 3: I play football for a team every Saturday) People can be involved in the story more than once, it is advised to make notes. The winning group is the one with the longest chain.

## Happy Moon

Resources: Pen

It is crucial that in this game that fewest people know the secret as possible. One person introduces the game by saying each person will have a turn to accept a pen and try to draw a 'happy moon' in the sky. The secret to this game is saying 'thank you' when the pen is accepted. If the person who takes the pen does not say 'thank you' then they are not allowed to draw and must pass the pen on.

## Sweets Introductions

Resources: Skittles or other sweets

Each person picks a skittle (or other sweet) from a packet; the colour of the sweet determines which fact they should share about themselves. For example:

Yellow – Favourite hobbies Orange – Favourite place on earth Red – Favourite memory Green – Dream job Purple – Share an interesting fact

## Lava crossing

Resources: Several pieces of paper (depending on size of groups).

This activity can be used as a team building exercise.

- Split the young people into groups (between 6-10 is best but if more is necessary it will still work)
- Mark out two lines 10-15 meters apart (use jumpers scarves or anything at hand to mark the lines as long as everyone knows)

- Have each team line up at one line. Tell them that the space in-between the lines is now lava and that they must cross from one side to the other.
- Give each team 3 pieces of paper and have them race across the floor when you say.
- The winner is the first team to get all of their members across the gap.

Alternatively, if you have some simple puzzles you can put them at the other side and say that each team must get across and complete the puzzle. It's up to you if they have to get their whole team across before starting the puzzle or have both going at the same time. Puzzles can be things like; simple jigsaws, word searches, Sudoku or anagrams, give them things to carry, like a bowl of water they cannot spill, books etc. (some examples can be found in the resources section).

## Fear in a Hat

Resources: Paper, pens, hat/bag

This activity is a discussion to help promote unity and understanding in a group.

Each person has the chance to write a fear anonymously on a piece of paper and the papers are all collected into a hat. Each fear is read out, a chance for the group to discuss what they understand about it.

## Always, Sometimes, Never Activity

Resources: Question sheet, pen & paper if doing as a written activity or a piece of paper for each answer to hang in each corner.

Introduction to activity:

It's important to remember we share this planet with over 7 billion other people. Sometimes in our lives we are quite selfish about how we use our resources. This activity will help people evaluate the way they live. As the leader you will ask a set of questions to the young people, which they will have to answer: sometimes, always, never or never thought about it. Alternatively you can pick 4 points in the room to represent each answer. However, it would probably still be helpful for the individuals to have paper so that they can keep track of their responses. At the end of the activity ask them to total how many of each response they gave and figure out which is their most popular response. Then tell them what this means in their lives. The questions can be found below. Mostly 'Always' Wow! You live simply, live sustainably and live in solidarity with all those around you. You've started the hard work! You are making a difference to the world – the world's a better place because of you. You just need to keep it up and encourage all those around you to do the same.

Mostly 'Sometimes' Congratulations! You're well on the way to living simply. Starting is the tough step, now you just need to turn those 'sometimes' into 'always'. Maybe today is your chance to make a stronger commitment to being 'Green'.

Mostly 'Never' What a waster! (In the nicest possible sense!) You, along with millions of others, are contributing to climate change, keeping the bin men in business and have a lovely warm house.

Now is your chance to think about your lifestyle and to start making small and simple changes to it so that your 'never's become 'sometimes' or even 'always'

Mostly 'Never thought about it' You are like most people in developed (first world) countries. You're lucky – you've never had to think about it. Maybe today is the day for you to find out more, to prepare to make a change to your way of life.

After the results discuss how this has made the young people feel. Ask them questions and start a discussion. Did the results surprise them? Has it made them think about things? Will it encourage them to think before they act in

future or change things in their lives? Make a tally of how many people fit into each category and see which is the most common. Discuss how it makes them think/feel?

Explanation of the activity: We all live on this planet together and it's important that we realise that the things we do can affect those around us, it's our duty to look after the world. This year's theme of showing Mercy extends to all and everything not just personal relationships, but looking after the environment and the animals which inhabit it.

God appointed us as stewards of the earth and it is down to us to make sure the earth is here for generations to come. If we don't put in the ground work then who will? Cliché alert: every journey starts with one step. Being stewards doesn't mean going out and cleaning up the streets and parks, though it can be done in that way. If we think about the small day to day things like some of those questions it will impact the earth. The best way to influence people is to lead by example, if we all start to be more conscious of these things so will the people around us!

Starter questions for the 'Always, Sometimes, Never'

1. When you finish a can of coke (or other fizzy drink) do you make sure it gets recycled?
2. Do you buy any of your clothes in your local charity shop?
3. Do you turn the tap off while you clean your teeth?
4. Do you give money to your school charity collections?
5. Do you take a shower instead of a bath?
6. Do you make a point of turning the lights off when you leave the room?
7. Do you make sure you listen to the news to find out what is going on in the world?
8. Do you buy Fairtrade products whenever they are available?
9. Do you take the bus instead of making your parents give you a lift?
10. Do you pray that the world would be a better place?
11. Do you smile at strangers in the street?
12. Do you stand up for those who get bullied at school?
13. Do you put an extra jumper on when you are cold instead of turning up the heating?
14. Do you wait until your clothes and shoes wear out before buying new ones?
15. Do you eat lots of fresh fruit and vegetables instead of pre-packaged meals?
16. Do you chat to those at school who appear to be lonely?
17. Do you drink tap water when you can instead of bottled?
18. Do you reuse carrier bags when going out shopping?
19. Do you switch off your radio, computer or TV, rather than leaving it on standby?
20. Do you write letters to friends and family instead of sending emails?

Feel free to add more questions if you feel you can think of things relevant to your group from your experiences so far.