



## Ice Breakers

### Power Balance

Two people face each other standing about two feet apart, with heels together, hands up and palms facing forward. Only using the palms of the hands each takes turns trying to unbalance the other. Whoever moves their feet first loses. Winners can play each other until only one is left.

### TP Relay Race

Split the group into two teams and give each a roll of toilet paper. Instructions are given that they must pass the roll under their legs to the person behind them. The last person must begin passing it forward overhead until it reaches the first person again. Then back under and so on until the roll is out. This goes on and on until one team finishes. If the paper rips, they have to discard the ripped piece and pass the roll back to the front to start again. First team to finish is the winner.

\*One person may hold the roll and run off lots of paper or they may roll it front to back on the floor without each person touching it. The team may be creative in ways to finish off the roll.



### TP Dress Up

Teams of 3-4 people choose one person to dress up as a famous person or character using only a roll of TP.

Everyone else tries to guess who they are. You can let the teams give hints, impose time restrictions, etc., depending on how much time you have.

*\*At the end of TP Relay and TP Dress Up, consider challenging the participants to keep the toilet paper and think of creative ways to recycle/reuse it.*

### When the Wind Blows

The entire group makes a circle of chairs with one person standing in the center. There are no empty chairs in the circle. Instructions are given that the person in the center says their name, why they came to today and one statement that applies to them AND one or more other people in the group. Those to whom the statement applies must get up and switch seats; however they may not choose a seat next to them. Whoever is left standing takes the next turn. If the person in the middle wishes instead of making a statement that applies to one or more people can say “When the wind blows” and everyone must move. The facilitator should suggest this if the person in middle can’t think of anything to say.

### Human Knot

Get your group in a tight circle and tell them to grab the hand of two different people NOT standing next to them (each person will be holding the hands of two different people - the circle will look like a tangled mess). They must not let go of either of these peoples' hands. Now the task is simple... just untangle without letting go. It is possible. Afterwards debrief about what went well, what didn't, who took charge, who got frustrated, how everyone felt, etc.