

Icebreakers & Activities

Quick Icebreakers (5-10 minutes)

Two Truths & A Lie: Each person shares two true statements and one false one. The group guesses the lie.

Name + Gesture: Everyone says their name with a unique gesture. The group repeats it.

Would You Rather: Ask fun or themed questions (school-related, leadership, pop culture). People move to different sides of the room.

Emoji Check-In: Everyone describes their current mood using one emoji and explains why.

One-Minute Introductions: Name, major, role in org, and one fun fact—keep it fast and energetic.

Medium-Energy Icebreakers (10–15 minutes)

Common Ground: In small groups, list as many things everyone has in common as possible.

Speed Friending: Pair up for 2–3 minutes with rotating partners. Feel free to provide prompts.

Guess Who: Collect fun facts ahead of time. Read them aloud and have the group guess who it belongs to.

This or That Corners: Designate corners of the room for choices (coffee/tea, introvert/extrovert, early bird/night owl).

Desert Island Picks: Each person shares three items they'd bring to a desert island and why.

Team-Building Activities (15–30 minutes)

Marshmallow Challenge: Teams build the tallest structure using spaghetti, tape, string, and a marshmallow.

Paper Tower: Groups build the tallest freestanding tower using only paper and tape.

Blind Drawing: One person describes an image while another draws it without seeing the picture.

Minefield: Blindfolded participants navigate an obstacle course guided only by teammates' verbal directions.

Puzzle Swap: Teams begin working on their assigned puzzle. One or two members from each team to rotate to a new table. Rotating members must **join the new team's puzzle** exactly as it is. Teams continue working on the puzzle with their new members.

Reflection & Connection Activities

Rose, Bud, Thorn: Share a highlight (rose), something you're looking forward to (bud), and a challenge (thorn).

Values Line-Up: Read statements and have participants stand on a spectrum from “strongly agree” to “strongly disagree.”

One Word: Each person shares one word to the provided prompt (e.g. What does leadership mean to you?)

Story Circles: In small groups, participants share a short story related to a theme (e.g. belonging, success, failure, etc.).

Fun, Low-Pressure Games

Mafia/Werewolf: The mafia/werewolf must work to eliminate all villagers before the villagers guess who the mafia/werewolf is.

Human Bingo: Create bingo cards with traits or experiences.

Charades or Pictionary: Use campus, org-related, or pop-culture themes.

Guess the Song: Play short clips of songs and have members guess the title and artist.