

Breaking the ice in your group

BE WELCOMING

Knowing people's names is always a good start. This can be as you greet them and can be even easier with name tags.

It's also important to make them feel welcome, make sure they know their way around the building, that they have someone to chat to and feel like they want to be here.

ICE BREAKERS

Making people feel at home can be tricky and one way to do this quickly is to start your series of gatherings by doing one or two icebreaker activities. This may be uncomfortable for some at first but will eventually help your participants be at ease and bring their guard down a little which enhances the level of sharing in your group.

Here are some ideas for some ice breaker activities to help your participants and yourself get to know each other better.

THE ADJECTIVE GAME

Have your group gather in a circle, start by nominating someone to introduce themselves with their pronouns and an adjective that matches the first letter of their name, like "Adventurous Adam", "Creative Craig" or "Super Sally". Then have the next person repeat the previous person/s name (with the adjective) and introduce themselves the same way. Have each person repeat everyone else's names each time until the very last person has to say every single name in the circle and then theirs. This is a great way to see how people identify *and* learn names (if you haven't already!)

WHOSE STORY IS IT?

Start this ice breaker game by writing your funniest or weirdest story on a small piece of paper. It has to be a true one, no fiction! Then fold the paper up and drop it into a bowl or other container.

You are as leader then randomly reads every story and group members guess who the writer is. This is a great way to get to know each other and find out new things, even if you've been in the parish together for a long time.

TWO TRUTHS AND A LIE

Each person in the group comes up with 3 statements about themselves- 2 true statements and 1 false. Some may find it easiest to write these down.

In turn, each person presents their statements for the rest of the group to determine which statement they think is false.

Have the group then vote on which statement they think is false.

HEADS or TAILS

The aim is to be the last person standing. Have everyone stand up first and pick an action either heads (hands on their head) or tails (hands on their hips). The leader will then flip a coin (or two-heads/heads, tails/tails or heads/tails). Whoever had the action correct remains standing up and anyone who had the wrong action take a seat. Repeat up there is only one person remaining and announce them as your winner!