

ICEBREAKERS FOR IN-PERSON MEETINGS



Meetings got you down? Give icebreakers a try! Icebreakers can help foster connections among participants, create energy for discussions, enhance learning, and even help to manage conflicts. They encourage engagement, trust, and collaboration, making meetings more productive and enjoyable experiences for everyone involved.

1

Classification Game (10-15 minutes)

Divide the participants into teams of at least two participants. Instruct participants to introduce themselves and quickly discuss some of their likes and dislikes. After introductions, inform teams that they will classify themselves – as a team – into two or three subgroups that contains no negative, prejudicial, or discriminatory judgments. (i.e. night owls, pineapple pizza lovers, bookworms).

2

Group Storytelling (5-10 minutes)

Start a story with a sentence or two, then go around the room with each participant adding a sentence to continue the story. As the story progresses, participants are challenged to think creatively and come up with imaginative twists and turns. The goal is to create a unique and often humorous narrative.

3

BINGO (10-15 minutes)

Create bingo cards with interesting facts or characteristics (e.g., “Has traveled to three or more countries” or “Speaks two languages”). Participants mingle and try to find people who match these characteristics to fill in their bingo card.

4

Marshmallow Tower (15 minutes)

Teams are tasked with building the tallest freestanding structure using only the materials provided. Provide each team with the same set of materials (dry spaghetti sticks, masking tape, string, and one marshmallow). The marshmallow must be placed at the top of the tower, and the tower must be freestanding (not leaning against any other surface).

5

Sneak-a-Peek (15 minutes)

Before the meeting starts have the instructor build a sculpture out of building blocks. Prepare enough blocks for your group to divide into teams and build the same sculpture. Keep the structure hidden as the meeting starts. Invite one member from each team to come and look at the sculpture for ten seconds. They then have twenty-five seconds to instruct their teams on how to build an exact replica of the instructor’s sculpture. Repeat with the other team members. Continue the game until a team is successful in duplicating the original.