



CLA Leadership Briefing

Providing members with free tools, tips and information to strengthen your programs.

September 4, 2009

ICE-BREAKER EXERCISES

Courtesy of Dick Hammond of Leadership on the Move

<http://www.leadershiponthemove.com>

and Michelle Cummings

<http://www.training-wheels.com>

The Common Denominator

We say "Everyone from into 6 groups." They each have to come up with 5 things they have in common in less than 2 minutes. It can't be obvious stuff like "we're all here, we're all leaders, etc."

Each group reports out what they have in common.

Then, we say, "OK, now form 3 groups." Each group comes up with 3 things they have in common and it can't be anything that that has already been mentioned in the previous round.

Each group reports out.

Then, we say "OK, now form one big group." You guessed it...they now have to find 1 thing they have in common that hasn't been previously mentioned.

The debrief includes saying things like "Each of you have come from different places, had different experiences but through this exercise, what is evident?"

"How can you build on what you learned from this exercise?"

"What did you learn from this?"

Then we say something like "Through Leadership (City), you will each have a common bond...that of growing together, being challenged and stretched together and the unique

DNA that only this class can create. How can you make the most of this experience over the next 9 months."

This creates lots of laughter, movement and fun right off the bat.

Human Scavenger Hunt

This is a great exercise to help people begin discovering things about one another. Come up with a list of distinct attributes ([see sample](#)). You can add variations on these attributes based on what you may know about the individuals in the group. Give the group a block of time to identify individuals who match each characteristic. After 20 minutes, those with the most matches can earn a prize. But no matter who wins, everyone will learn something new about a number of the individuals in the group. The "take-away" of this exercise: Often there are aspects of an individual that we may never recognize unless we intentionally reach out to discover who they are.

Do you have a favorite ice-breaker type of exercise that has proven a "perennial winner" for you? Please share it with by going to our discussion board.

Enjoy!

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Click [HERE](#) to check out our new ice-breaking idea exchange discussion board. (Click on the Discussion Board button on the left and then click on the new discussion board to share your activities)

Also, see our new [online form](#) for sharing news events and ideas!

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