

# Icebreakers- The Do's and Don'ts of Icebreakers

Icebreaker games and activities are a great way to break up the monotony of a meeting, seminar, or class. Icebreakers are also the perfect opportunity to ease people through the discomfort that comes with getting to know strangers.

A well-chosen icebreaker game can relax the mood, but a poorly chosen icebreaker can have the opposite effect, making people feel nervous and uncomfortable. These do's and don'ts will help you choose the right kind of icebreakers for your event.

## Do's

- Do use icebreakers to create a more relaxed environment.
- Do use icebreakers as topic lead-ins during class and meetings.
- Do choose the right game for the right group.
- Do make sure that you have the right amount of people for the game that you choose.
- Do make the instructions for the icebreaker as simple as possible.
- Do keep your eye on the participants. Make sure that they are having fun.
- Do be ready to improvise if necessary.
- Do have a back-up plan. If the icebreaker isn't working, you will need it.

## Don'ts

- Don't introduce an icebreaker game that will make others uncomfortable- physically or mentally.
- Don't underestimate the time it will take to complete the icebreaker game or activity.
- Don't forget to bring all of the materials that you need.
- Don't limit icebreakers to the beginning of a meeting/class. Use them to revitalize the group at any time.
- Don't force people to participate.
- Don't forget to keep track of which ice breakers work and which ones don't.
- Don't choose complicated icebreakers. Keep it simple.