



Ice Breakers and Warm-Ups

Shared at the June 2000 NSRF National Facilitators Meeting

The following exercises designed to help people get to know one another.

1. If you were to write your **Autobiography**, what would the title be and why.
2. Write on the inside of your tent card (table name card) a **fact about yourself** that no one would be likely to guess. Read them out loud. Gives people a hook. (i.e., "Faith, who raises sheep.")
3. **Draw a picture that describes who you are** -- can be symbols, colors, you doing something...
4. **Create a flower**. Each person puts one petal on the flower, on which is written something important about them. If we can find something we all have in common we put it in the center.
5. **Human Scavenger Hunt**, where you find things interesting about each person from a list that might be work related or not. Items like, find someone who has coached a CFG already, someone who has taught in another country, someone who has created a portfolio that works... People share who they found in the whole group.
6. People at each table find **four things they have in common and share with the large group as an introduction**. Can't be anything about education. (At one table, all had an Uncle Harry they didn't like).
7. People post one **clue about themselves** (with no name) on a bulletin board. Later in the day, add another clue beside the first clue (more if there is time) and people guess identities from the clues at the end of the day. People make assumptions and then they find that it's very revealing and fun.
8. **Post cards from the edge**. Bring a collection of wild postcards and hand them out. Each person finds something in the post card that relates to their experience as a teacher or principal and shares that with the group.
9. **Give out pennies and look at the dates**. Go around the room and share something that occurred for you in the year of the penny. It can be something about your education (as a child, a teachers etc.) or it can be just about life. You'll need a good collection of pennies with varied dates.
10. **Skittles**. People grab one, there is a guide by color: Yellow, something you're doing this summer; green, something about work; red, an adventure you've had in education, etc. Whatever you want for categories.

11. **North, South, East, West.** It establishes strengths: North: do it now (action); West: organizational (structure); East: vision (meaning); South: feelings (caring). See directions in almost any CFG handout collection.
12. **Gingerbread people.** Hand out Gingerbread people, who have a question on each of their body parts: what gives you indigestion (stomach), what drives you crazy (head), what you love (heart), what you bring (one leg), what you want to let go of, (hand) what you want to take away. Each person takes a turn introducing themselves and answering the questions. They can write them in and post them all, with their names on the Gingerbread people.
13. **Draw your school** - either a picture or a floor plan, show challenges, strengths - personalize school by what you think makes it special. Share pictures.
14. Write down **powerful learning experiences** from when you were age 10 to 13. Share them.
15. **Line up in birth order and share schooling** in small groups that break up roughly by generations or clusters of years and share out.
16. **Movie titles that describe your school experience** and why.
17. **Change style indicator** and score yourself, validate Conservators, Validators, and Initiators of Change, Pragmatist. (You'll need the directions to do this)
18. Read *Alexander's Horrible Rotten Day* (children's book) aloud, then ask people to share their **Bad morning experiences**.
19. **Two truths and a lie:** you share two things that are true and one lie about yourself (as an educator or a person - decide on one) and the group tries to guess which one is the lie. "What you would like to be true?" is the follow up question.