

# Ice Breakers

## What is in Your Wallet

Work in a group of two or three. Check the items you have and the group with the most points wins a prize!

Check if You Have It	Items Must be in Your Wallet
<input type="checkbox"/>	State Quarter (any state)
<input type="checkbox"/>	Grocery Store Discount Card
<input type="checkbox"/>	Business Card
<input type="checkbox"/>	Photo ID (other than a Drivers License)
<input type="checkbox"/>	Out-of-state Drivers License
<input type="checkbox"/>	Fast Food Receipt
<input type="checkbox"/>	Social Security Card
<input type="checkbox"/>	Postage Stamp
<input type="checkbox"/>	Expired Coupon
<input type="checkbox"/>	Band-Aid
<input type="checkbox"/>	Warehouse ID (Costco, Sam's Club, etc.)
<input type="checkbox"/>	Gift Card
<input type="checkbox"/>	Movie Ticket
<input type="checkbox"/>	Shopping List
<input type="checkbox"/>	Picture of Family Member(s)
<input type="checkbox"/>	AAA Card
<input type="checkbox"/>	Gas Card
<input type="checkbox"/>	Lottery Ticket
<input type="checkbox"/>	Car Wash Frequent Card
<input type="checkbox"/>	Money from Another Country
<input type="checkbox"/>	\$2 Bill
<input type="checkbox"/>	Good Luck Charm
<input type="checkbox"/>	Stick of Gum

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<input type="checkbox"/>	Phone Number
<input type="checkbox"/>	CPR Card
<input type="checkbox"/>	PADDI Card (Scuba Diver Card)
<input type="checkbox"/>	Military ID
<input type="checkbox"/>	Checkbook
<input type="checkbox"/>	Cash
<input type="checkbox"/>	Picture of Pet
<input type="checkbox"/>	Hotel Key Card
<input type="checkbox"/>	Parking Garage Ticket
<input type="checkbox"/>	Recipe
<input type="checkbox"/>	A Prescription
<input type="checkbox"/>	Library Card
<input type="checkbox"/>	Passport or Passport Card
<input type="checkbox"/>	Address Book
<input type="checkbox"/>	Mirror
<input type="checkbox"/>	Something Yellow
<input type="checkbox"/>	Fuel Receipt
<input type="checkbox"/>	Pen
<input type="checkbox"/>	Calculator
<input type="checkbox"/>	Amusement Park Ticket
<input type="checkbox"/>	Concert Ticket

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## Tell Your Story with a Picture

### **Objective:**

Allow team to feel comfortable and free to share and ask questions.

### **Procedures:**

Teams are given 10 minutes to draw things that describe their lives or are important to them. No name is to be placed on drawing. Facilitators will hang pictures around the room and the team will guess whom they think the picture belongs too. When each person's picture is guessed, the individual is given time to describe the picture and answer any questions. Facilitators can also participate.

### **Discussion:**

Based on team's feedback and questions

### **Materials:**

Paper, Tape, Crayons or Markers

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## Survival: A Simulation Game

You and your companions have just survived the crash of a small plane. Both the pilot and co-pilot were killed in the crash. It is mid-January, and you are in Northern Canada. The daily temperature is 25 degrees Fahrenheit below zero, and the nighttime temperature is 42 degrees Fahrenheit below zero. There is snow on the ground, and the countryside is wooded with several creeks crisscrossing the area. The nearest town is 20 miles away. You are all dressed in city clothes appropriate for a business meeting. Your group of survivors managed to salvage the following items:

- Ball of steel wool
- Small ax
- Loaded .45-caliber pistol
- Can of Crisco shortening
- Newspapers (one per person)
- Cigarette lighter (without fluid)
- Extra shirt and pants for each survivor
- 20 x 20 ft. piece of heavy-duty canvas
- Sectional air map made of plastic
- One quart of 100-proof whiskey
- Compass
- Family-size chocolate bars (one per person)

Your task as a group is to list the above 12 items in order of importance for your survival. List the uses for each. You MUST come to agreement as a group.

### EXPLANATION

Mid-January is the coldest time of year in Northern Canada. The first problem the survivors face is the preservation of body heat and the protection against its loss. Building a fire, minimizing movement and exertion, using as much insulation as possible, and constructing a shelter can solve this problem.

The participants have just crash-landed. Many individuals tend to overlook the enormous shock reaction this has on the human body, and the deaths of the pilot and co-pilot increases the shock. Decision-making under such circumstances is extremely difficult. Such a situation requires a strong emphasis on the use of reasoning for making decisions and for reducing fear and panic. Shock would be shown in the survivors by feelings of helplessness, loneliness, hopelessness, and fear. These feelings have brought about more fatalities than perhaps any other cause in survival situations. Certainly the state of shock means the movement of the survivors should be at a minimum, and that an attempt to calm them should be made.

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Before taking off, a pilot has to file a flight plan, which contains vital information such as the course, speed, estimated time of arrival, type of aircraft, and number of passengers. Search-and-rescue operations begin shortly after the failure of a plane to appear at its destination at the estimated time of arrival.

The 20 miles to the nearest town is a long walk under even ideal conditions, particularly if one is not used to walking such distances. In this situation, the walk is even more difficult due to shock, snow, dress, and water barriers. It would mean almost certain death from freezing and exhaustion. At temperatures of minus 25 to minus 40, the loss of body heat through exertion is a very serious matter.

Once the survivors have found ways to keep warm, their next task is to attract the attention of search planes. Thus, all the items the group has salvaged must be assessed for their value in signaling the group's whereabouts.

The ranking of the survivors' items was made by Mark Wanvig, a former instructor in survival training for the Reconnaissance School of the 101st Division of the U.S. Army. Mr. Wanvig currently conducts wilderness survival training programs in the Minneapolis, Minnesota area. This survival simulation game is used in military training classrooms.

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## Answer Key

### How to score

Prior to seeing the answer sheet each team should list its top 5 choices. To award points; look at the ranking numbers on this answer sheet. Award points to each team's top choices according to the numbers here. For example, the map would earn 12 points, while the steel wool would earn 2 points. Lowest score wins (and survives).

### Rankings

- 1. Cigarette lighter (without fluid):** The gravest danger facing the group is exposure to cold. The greatest need is for a source of warmth and the second greatest need is for signaling devices. This makes building a fire the first order of business. Without matches, something is needed to produce sparks, and even without fluid, a cigarette lighter can do that.
- 2. Ball of steel wool:** To make a fire, the survivors need a means of catching the sparks made by the cigarette lighter. This is the best substance for catching a spark and supporting a flame, even if the steel wool is a little wet.
- 3. Extra shirt and pants for each survivor:** Besides adding warmth to the body, clothes can also be used for shelter, signaling, bedding, bandages, string (when unraveled), and fuel for the fire.
- 4. Can of Crisco shortening:** This has many uses. A mirror-like signaling device can be made from the lid. After shining the lid with steel wool, it will reflect sunlight and generate 5 to 7 million candlepower. This is bright enough to be seen beyond the horizon. While this could be limited somewhat by the trees, a member of the group could climb a tree and use the mirrored lid to signal search planes. If they had no other means of signaling than this, they would have a better than 80% chance of being rescued within the first day. There are other uses for this item. It can be rubbed on exposed skin for protection against the cold. When melted into oil, the shortening is helpful as fuel. When soaked into a piece of cloth, melted shortening will act like a candle. The empty can is useful in melting snow for drinking water. It is much safer to drink warmed water than to eat snow, since warm water will help retain body heat. Water is important because dehydration will affect decision-making. The can is also useful as a cup.
- 5. 20 x 20-foot piece of heavy-duty canvas:** The cold makes shelter necessary, and canvas would protect against wind and snow (canvas is used in making tents). Spread on a frame made of trees, it could be used as a tent or a windscreen. It might also be used as a ground cover to keep the survivors dry. Its shape, when contrasted with the surrounding terrain, makes it a signaling device.

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6. **Small ax:** Survivors need a constant supply of wood in order to maintain the fire. The ax could be used for this as well as for clearing a sheltered campsite, cutting tree branches for ground insulation, and constructing a frame for the canvas tent.
7. **Family size chocolate bars (one per person):** Chocolate will provide some food energy. Since it contains mostly carbohydrates, it supplies the energy without making digestive demands on the body.
8. **Newspapers (one per person):** These are useful in starting a fire. They can also be used as insulation under clothing when rolled up and placed around a person's arms and legs. A newspaper can also be used as a verbal signaling device when rolled up in a megaphone-shape. It could also provide reading material for recreation.
9. **Loaded .45-caliber pistol:** The pistol provides a sound-signaling device. (The international distress signal is 3 shots fired in rapid succession). There have been numerous cases of survivors going undetected because they were too weak to make a loud enough noise to attract attention. The butt of the pistol could be used as a hammer, and the powder from the shells will assist in fire building. By placing a small bit of cloth in a cartridge emptied of its bullet, one can start a fire by firing the gun at dry wood on the ground. The pistol also has some serious disadvantages. Anger, frustration, impatience, irritability, and lapses of rationality may increase as the group awaits rescue. The availability of a lethal weapon is a danger to the group under these conditions. Although a pistol could be used in hunting, it would take an expert marksman to kill an animal with it. Then the animal would have to be transported to the crash site, which could prove difficult to impossible depending on its size.
10. **Quart of 100-proof whiskey:** The only uses of whiskey are as an aid in fire building and as a fuel for a torch (made by soaking a piece of clothing in the whiskey and attaching it to a tree branch). The empty bottle could be used for storing water. The danger of whiskey is that someone might drink it, thinking it would bring warmth. Alcohol takes on the temperature it is exposed to, and a drink of minus 30 degrees Fahrenheit whiskey would freeze a person's esophagus and stomach. Alcohol also dilates the blood vessels in the skin, resulting in chilled blood being carried back to the heart, and a rapid loss of body heat. Thus, a drunken person is more likely to get hypothermia than a sober person is.
11. **Compass:** Because a compass might encourage someone to try to walk to the nearest town, it is a dangerous item. Its only redeeming feature is that it could be used as a reflector of sunlight (due to its glass top).

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**12. Sectional air map made of plastic:** This is also among the least desirable of the items because it will encourage individuals to try to walk to the nearest town. Its only useful feature is as a ground cover to keep someone dry.

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## New Employee BINGO

1. Meet as many of your coworkers as possible.
2. Find coworkers who meet the description in the boxes and have them sign their names on the lines.
3. Even though more than one item may be relevant to a single individual, each person can only sign one of your boxes.
4. Once you find a match, ask them to initial the applicable box.
5. Bingo can be achieved in a straight row down, across, or diagonal.

<b>B</b>	<b>I</b>	<b>N</b>	<b>G</b>	<b>O</b>
_____ has been scuba diving	_____ has a car with heated seats	_____ carpooled today	_____ has played in a band	_____ has a tattoo
_____ has been sky diving	_____ is a vegetarian	_____ has children	_____ has more than 2 pets	_____ likes to cook
_____ does NOT have a Facebook account	_____ is a twin	_____ is left-handed	_____ wears contact lenses	_____ played high school sports
_____ was born in the same month as you	_____ is an only child	_____ was born outside of the U.S.A.	_____ rides a bike to work	_____ owns ice skates

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<hr/> is a recent college grad	<hr/> has traveled outside the U.S.A.	<hr/> fluently speaks more than one language	<hr/> has met someone famous	<hr/> drives a hybrid vehicle
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## Getting to Know Your Coworkers

1. Introduce yourself and start a conversation with fellow coworkers.
2. Find people in the room who match the descriptions below
3. Once you find a match, ask them to initial the applicable box.
4. One set of initials per box. Bingo can be achieved in a straight row down, across, or diagonal.

<b>Has blue eyes</b>	<b>Has 2 or more grandkids</b>	<b>Favorite sport is skiing</b>	<b>Speaks another language</b>
<b>Never had Ben and Jerry's Ice Cream</b>	<b>Is left handed</b>	<b>Born outside the U.S.A.</b>	<b>Eaten authentic ethnic food in the last 24 hours</b>
<b>First job worked in fast food</b>	<b>Relocated more than once to advance career</b>	<b>Bike or Carpool to work</b>	<b>Has a relative who works at CDPH</b>
<b>Married his or her high school sweetheart</b>	<b>Has met a celebrity</b>	<b>Shops or sells on eBay</b>	<b>Never traveled outside the U.S.A.</b>
<b>Drives an energy efficient vehicle</b>	<b>Never had a tooth cavity</b>	<b>More than four siblings</b>	<b>Played high school sports</b>
<b>Traveled outside the U.S.A. within the last year</b>	<b>Has more than two pets</b>	<b>Has been on TV</b>	<b>Never traveled outside California</b>

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## Miscellaneous Ice Breakers

This list of ice breaker games is great for getting to know your new coworkers. Feel free to split your group up into smaller teams to make it easier (and faster) to play these games.

- 1. Two Truths And A Lie:** This is one of the more popular icebreakers and is pretty easy to play. It doesn't require any equipment or anything which is good. The way it works is each person is supposed to tell three quick stories, with one of them being a lie. The object of the game is for whoever is listening to the story to guess which the lie is. It's a fun way to get to know one another.
- 2. Lost On A Deserted Island:** This is a really fun icebreaker, and is also a cool way to see what really matters to people. The way this one works, is if they were stuck on a deserted island, name one thing that they would bring, and why. If you want to get really advanced with this game, ask people to pair up into teams, and to figure out how they can use their one object together to increase their chances of survival on the island.
- 3. The Trust Walk:** This is a great activity for building trust among your team, and learning how to listen to your coworkers. The way this one works is people are paired into teams of two, and one of the team members is blindfolded. Then the person who isn't blindfolded leads the other one around by following their voice and listening for cues. The only bad part about this activity is it required a decent amount of space, so maybe do this one outside.
- 4. The One Word Icebreaker:** This one is great, because it requires everyone to be creative. Split the group into teams of four or five people, and get everyone to come up with one word to describe something. What topic you have them describe is up to you, but my advice would be to make it something about their work. For example, if you could describe your company culture in one word, what would it be?
- 5. The Five Favorites:** This icebreaker is simple, and is a really good way to learn more about coworkers. The way this works is you ask each person to list their five favorites of anything, whether it's movies, songs, TV shows, it doesn't really matter. The point is to get some discussion started, and see where people have things in common. For an advanced version of this game, make the question more professional, like the five best qualities of a leader, or the five ways managers motivate employees.
- 6. Speed Dating:** It's not "dating" in the sense that you'll go for a fancy dinner, but it's modeled after speed dating. The way speed dating works is each person has a few minutes to chat and get to know someone else before being moved to the next person, to get to know them. This works very well in a corporate setting, because it gives everyone a chance to have a quick one-on-one with someone new.

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- 7. The Interview:** Think of this one as a more structured version of the speed dating example above. The way this icebreaker works is people split into teams of two, and they interview each other, asking each other questions about anything. At the end of the interview, each person has to come up with 3 interesting facts about the person they just interviewed. It's a nice way to get to know someone.
- 8. What's My Name:** I'm not that good at remembering people's names, especially if it's in a large group. This is a really simple, fun way to learn people's names. The way it works is, each person says their name out loud with an adjective that begins with the same letter as the first letter of your name. Ideally, you call the person by that name for the rest of the day. Joyful Jacob? Jazzy Jacob?
- 9. Would You Rather:** This is one of my favorite games to play, and I play this one even when I'm not icebreaking. You go back and forth asking creative questions (often nonsensical) about whether the person would rather do X or Y. For example, would you rather eat nothing but insects for 3 meals straight, or not be able to watch TV for a year. It's funny and light, which is always nice for relaxing the mood.
- 10. World Geography:** This ice breaker game really challenges people to think, which is always fun. I'm sure many of you reading this have played this game before, but the way it works is you say the name of a country, and then the next person has to say another country, starting with the last letter from the previous one. For example, Canada → America → Afghanistan → Nigeria...
- 11. Marooned:** You and your team are marooned on an island! What five items would you have brought with you if you knew there was a chance that you might be stranded? Why each item? Note: You are only allowed five items per team not per person.

**Bonus Icebreaker:** Twenty Questions: This game is so much fun, and I've played this one a lot on a long drives. The way it works is someone thinks of something, whether it be a person, place or thing, and everyone can ask Yes or No questions (for a total of 20) to figure out what it is.

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