

Types of icebreakers

Icebreaker to introduce the group:

When participants first come together, there can be a variety of mixed feelings, perceptions and attitudes. The group needs to get to know each other and break down barriers before they can start performing and working together. This icebreaker is best to:

- Meet and greet the participants
- Introduce participants and warm up large groups

Icebreaker to introduce the topic:

This icebreaker is used to introduce the topic of the training session or meeting. It might also generate laughter and conversation, but its clear purpose is to open up the topic of the session. This icebreaker is best to:

- Grab the attention of the participants
- Remove any doubts and make the session clearer

Icebreaker for fun:

When participants are strangers, these icebreakers help the participants learn something about each other. This ensures that introductions and initial conversations occur among them. It helps to:

- Energise the group
- Release tension
- Bring enthusiasm to the participants
- Encourage shy individuals to participate more fully

Benefits of Different Types of Icebreakers

Icebreaker to introduce the group:

- Familiarise complete strangers quickly
- Create an open and non-threatening discussion – it is a good equaliser
- Initiate a great conversational start
- Ease any discomfort or unease at a session for the first time

Icebreaker to Introduce the Topic:

- Look at a topic in a fresh way
- Reframe the topic; clear open minds
- Focus the group on the task at hand
- Focus the participants on a new topic moving from one subject to a different one
- Open up creative thinking and help them apply the new insights in different ways

Icebreaker for Fun:

- Achieve good group dynamics/just for fun
- Release stress – Pure fun is physically helpful. They provide an escape valve from the tension of daily interactions
- Generate laughter, which contributes to a genuinely relaxed meeting environment

Ensure active involvement – According to the Stress and Wellness Associates, people learn better when they are actively involved