

Top 3 Icebreakers for professional development workshops

- Alliteration Name game
- Big Red Ball Improv game
- Science Process Skill Charades!

*See icebreaker descriptions and steps below

Icebreaker sources

- NISE Network
 - Search for NISE net improv exercises for many more ideas
- Icebreakerideas.com
 - Search for icebreaker ideas and find best ideas for adults and quick icebreakers!

Ice Breaker Guides

1. Get to know everyone's name with an alliteration game!

- Have everyone stand in a circle
- Each person will introduce themselves by saying their name followed by a verb or a noun that describes something that they like that starts with the same letter as their name!
 - For example Lauren likes lemons or Victoria likes violets
- Make it more exciting by also asking each person to come up with a motion to go with the noun or verb that they pick
- Lastly, you can also expand this game so that after each person introduces themselves, everyone else says Hi _____ and does the movement associated with the thing they like
- Having many layers of this game only helps people remember everyone else's names even more!

2. Big Red Ball Improv game – this is a great game to get everyone moving and laughing

- Have everyone stand in a circle
- Put your arms out in front of you and explain that you're holding a big red imaginary ball that you're going to pass around the circle. But the ball is so heavy that you can only pass it with your forearms. Each time you pass it you must say "woosh".

- To pass it to the left you will use your right forearm and push the red ball to the person on your left. To pass it to the right you will use your left forearm to push the ball to the person on your right.
- Pass the ball around the circle!
- Make things more interesting by adding some ramps. Say the person on your right passes you the ball, instead of using your right forearm to send it to the next person, you will point your right hand down at a forty-five degree angle and put your left hand in the air at a 135-degree angle. This causes the ball to skip the person on your left.
- If the person on your left passes you the ball, your ramp will be the opposite with your left hand down and a forty-five degree angle and put your right hand in the air at a 135-degree angle. This causes the ball to skip the person on your right.
- Try going around the circle and experimenting with ramps
- The last piece is a half pipe. If the person on your right passes you the ball, instead of using your right forearm to move the ball you will make the letter “C” with your arms facing the person who just passed the ball. Your right arm is the bottom of the “C” and the left arm is the top of the “C”. This reverses the ball to go back to the person who just passed it to you.
- Do one last go around with all three methods of moving the ball!

3. Science process skill charades

- To prepare – write each science process skill on an index card. Prepare enough cards to be able to break teachers into groups of 3-4 people
- Give each group of teachers 1 process skill.
- Then ask the teachers to act out their assigned science process skill without talking and everyone else is going to have to guess what skill they were assigned!

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Developed by the Sciencenter for the Collaborative for Early Science Learning.
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This project was made possible in part by the Institute of Museum and Library Services