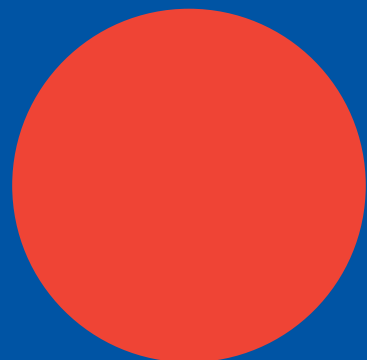
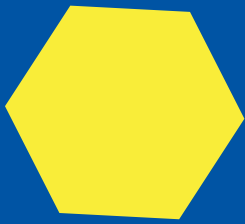


# ICE BREAKERS



# Ice breakers



## 1. Mental Health Scavenger Hunt

- Find something that makes you happy:  
*Clue: "Where fun things hide and memories play, look for something that brightens your day."*
- Draw a picture of an emotion you are feeling just now:  
*Clue: "Grab some colours, paper, and a smile, draw your feelings in your unique style."*
- Say something nice to a friend/someone in your group:  
*Clue: "Where friends are near and hearts are kind, say something nice, a message of a friendly kind."*
- Give someone a hug or form of soft touch:  
*Clue: "Find a friend to share a touch, a hug or fist bump, it means so much."*
- Find a place where you feel calm:  
*Clue: "In a quiet spot, where worries can't swarm, discover a place where you feel warm."*
- Take three deep breaths:  
*Clue: "To feel really good, it's no mystery, find a place to breathe, count to three."*

**Tips:** Add clues or riddles to each item on the list to make the game more challenging. Have teams work together on certain items such as group breathing exercises to promote collaboration. Remember to keep the items age-appropriate and relevant to the children/young people's experiences and developmental level.



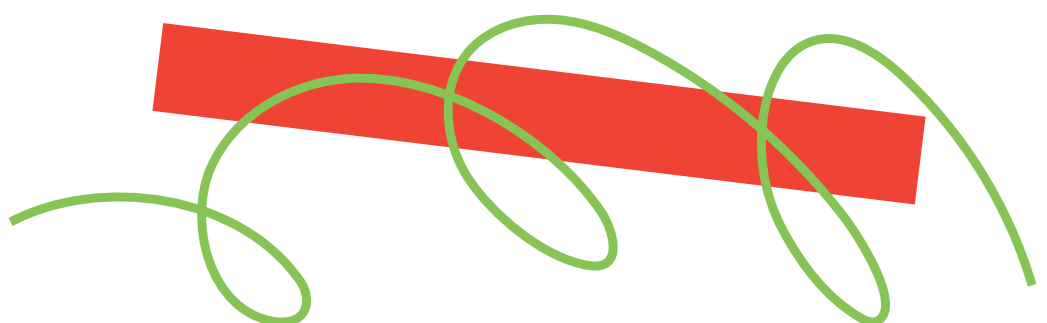
## Icebreakers (continued):

This game is educational and fun, while teaching children/young people about the importance of mental health and how to maintain a healthy mind.

### 2. Happiness circle

- Begin by gathering all the children/young people in a circle.
- Explain that the game is about sharing something that brings them joy and makes them feel happy. This could be a favourite activity, a special place, a person, a pet, or anything that brings you joy.
- Start the game by going first and sharing something that makes you feel happy.
- Pass a soft object, such as a toy or a ball, to one of the children/young people next to you, indicating that it is their turn.
- The children/young people holding the object then shares one thing that makes them feel happy. If the group is small, encourage them to explain why it brings them joy.

This game encourages active listening and creates a safe and inclusive space for the children/young people to share their happy experiences. Reminds them to be respectful and attentive when their classmates are sharing.





## Icebreakers (continued):



### 3. I am Unique

- Have all the children/young people sit in a circle.
- Start the game by saying “I am unique because I \_\_\_\_\_” and fill in the blank with a positive statement about yourself (e.g., I am unique because I have a great sense of humour).
- Pass a soft object, such as a toy or a ball, to one of the children/young people next to you, indicating that it is their turn.
- If a child/young person cannot think of a unique quality, they can simply say “I am unique because I am me.”
- After sharing, they pass the object to the next child/young person, and the game continues in a clockwise direction until everyone has had a turn.
- At the end of the game, you can encourage the children/young people to reflect on the positive qualities they shared and how they contribute to their unique identity.

**Tips:** This game can be played two ways:

1. *Each child/young person repeating all statements said before and then their own.*
2. *Each child/young person saying their own unique statement.*

Remember to keep the icebreaker age-appropriate and relevant to the children/young people's experiences and developmental level.

This game encourages children/young people to recognise and appreciate their unique qualities, build self-esteem, and promote positive self-image.

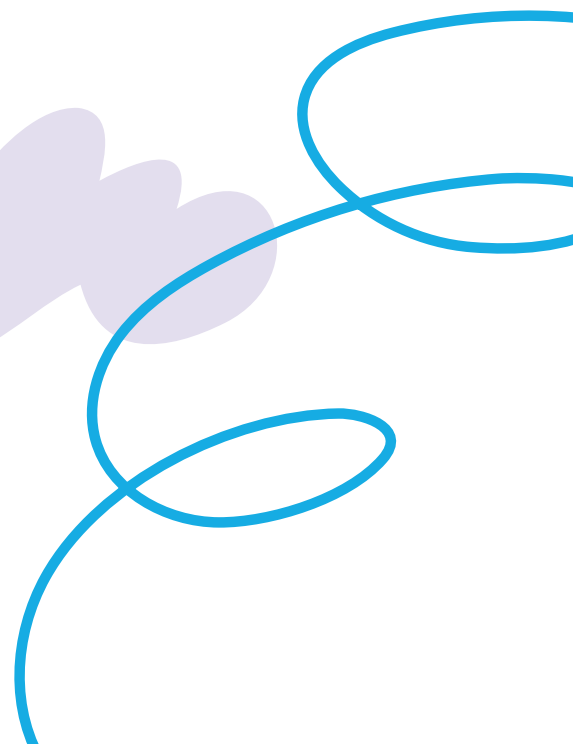


## Icebreakers (continued):

### 4. Compliment Bingo

- Create bingo cards with different compliments in each square (e.g., "You are kind," "You have a great smile," "You are creative," "You are a good listener," "You are brave," etc.).
- Distribute the bingo cards to each child/young person.
- Explain the rules: each child/young person must find someone who matches the compliment in each square and have them put their name in that square. The goal is to fill out the entire bingo card.
- Once each child/young person has completed their bingo card, they can share some of the compliments they received with the group.
- Celebrate each child/young person's accomplishments and encourage them to continue giving and receiving compliments.

This game encourages children/young people to give and receive compliments, build self-esteem, and focus on positive qualities in themselves and others.





## Icebreakers (continued):



### 5. Anxiety Salad

- Have all the players sit in a circle, with one person in the middle trying to get to the outside.
- Explain that you will call out a specific aspect or scenario related to anxiety, and players who can relate to that aspect must quickly switch places with someone else who can also relate to it, trying to avoid the middle.
- Call out various anxiety-related scenarios or aspects, such as:
  - *“Switch places if you ever felt worried before a test or exam.”*
  - *“Switch places if you ever felt nervous about trying something new.”*
  - *“Switch places if you ever felt your heart racing or your palms sweating when you were anxious.”*
- As soon as a scenario is called out, all players who can relate must quickly find a new seat while the player in the middle tries to find an available seat as well.
- The player left without a seat then calls out the next scenario, and the game continues.
- Repeat the game with different anxiety-related scenarios or aspects, allowing players to engage in conversations and share their experiences if they feel comfortable doing so.

This game helps create awareness and understanding of anxiety among the players while promoting empathy and conversation around the topic. It can also encourage the sharing of coping strategies and provide a safe space for discussions about anxiety.



## Icebreakers (continued):



### 6. Worry Monster Toss

- Begin by gathering all the children/young people in a circle and having a monster toy, drawing or print out.
- Introduce the game and explain that sometimes we all have worries or fears, just like the monster you have with you.
- Explain that the monster loves to eat worries and fears. Whenever someone tosses a worry or fear to the monster, it gets smaller and less scary.
- Ask the children/young people to think of something that makes them feel anxious or worried. Encourage them to share simple worries appropriate for their age group, such as going to a new school, making new friends, or taking a test.
- Give each child/young person a chance to share one worry they have. Remind them that it's okay to have worries and that everyone in the circle is there to support them.
- After each child/young person shares their worry, they get a turn to toss a bean bag or soft ball at the monster drawing while saying, "Take my worry, monster!"
- Encourage the other children/young people to cheer for their classmates as they toss their worries to the monster, creating a positive and supportive atmosphere.
- After all the worries have been tossed, conclude the game by emphasizing that sharing worries and fears can make them feel smaller and less overwhelming. Remind the children/young people that they have a supportive community in their classmates and teachers to help them with their worries.



## Icebreakers (continued):



**Tip:** If you have a monster toy with a mouth that zips up, the children/young person can write or draw these worries down and can be collected to be put into the monster's mouth to 'eat their worries'.

This game is to provide a positive and interactive experience that helps children/young people acknowledge and address their anxieties while fostering a sense of community and support within the classroom setting.

## 7. Relationships Conflict Game

- Split the class into two teams lined up facing each other, with enough space to toss a soft ball or beanbag.
- When they get the ball, they state a conflict they have experienced or witnessed. It could be something like "I don't like it when my friends don't share their toys" or "I get upset when people don't listen to me."
- The other team must come up with a solution, they then throw the ball back.
- The original team can either accept the solution or suggest another one, before throwing the ball back.
- At the end of the game, the group can discuss the different conflicts that were raised and the various solutions that were suggested.

This game encourages teamwork, collaboration and creative thinking while also promoting empathy, understanding and effective communication. It also provides a fun and interactive way for children/young people to learn about conflict resolution skills.





## Icebreakers (continued):

### 8. Friendly Connections

- Have all the children/young people be in a circle.
- Assign one person to be the “Connector” secretly.
- The “Connector” should make eye contact with another participant and give them a friendly smile. The child/young person who receives the smile becomes the “Connection.”
- The “Connection” must then find a subtle and friendly way to establish eye contact and give a smile to another, passing on the connection.
- The process continues, with children/young people making connections and passing them on through eye contact and smiles.
- The game continues until everyone has made a connection, creating a web of friendly interactions within the group.

This game emphasizes the importance of positive connections and can help foster a sense of inclusivity, kindness, and camaraderie within a group. It encourages participants to build strong relationships by being attentive to one another and promotes a supportive and friendly environment.



## Icebreakers (continued):

### 9. Wellness Wheel

- Create a “Wellness Wheel” poster or display with different sections representing different relaxation and self-care activities. Each section should have a corresponding number.
- Divide the children/young people into small groups or pairs and provide each group with a game token or marker.
- Each group takes turns spinning a spinner or rolling a dice to determine the number of spaces they can move on the Wellness Wheel.
- When a group lands on a particular section, they must engage in the relaxation or self-care activity associated with that section.
- Encourage the groups to fully participate and enjoy each activity, providing any necessary materials or guidance.
- After completing an activity, the next group takes their turn, following the same process.
- Continue playing until each group has had several turns or all activities have been played.

This game allows pupils to explore a range of relaxation and self-care activities in a playful and engaging manner. It encourages them to discover strategies for promoting their own well-being within a specific environment, particularly in school.



## Icebreakers (continued):



### 10. Mindful Freeze Dance

- Begin by gathering all the children/young people in a circle.
- Explain to the children/young people that self-care and relaxation are important for our well-being and that today, they are going to play a game that combines movement and mindfulness.
- Clear a space in the classroom for dancing and encourage the children/young people to spread out within the area.
- Start playing soothing music and ask the children/young people to start moving and dancing freely.
- After a short period, pause the music abruptly and shout, "Freeze!"
- When the music stops, everyone must freeze in their current position and remain completely still.
- Take a moment to guide the children/young people through a brief relaxation exercise. You can lead them in taking deep breaths, stretching their bodies, or even doing simple standing yoga poses, or sitting if you have yoga mats or cushions available.
- Resume playing the music and encourage the children/young people to continue dancing and moving once again.
- Repeat the process of playing the music and calling out "Freeze!" several times, allowing the children/young people to enjoy both the movement and the moments of stillness and relaxation.



## Icebreakers (continued):

- Conclude the game by emphasizing the importance of taking breaks, engaging in relaxation activities, and practicing self-care regularly.

This game introduces children/young people to relaxation techniques, self-care practices, and mindfulness in an enjoyable and accessible way. It promotes their well-being, self-awareness, and the development of positive habits for managing stress and finding balance in their daily lives.

## 11. Emotions Charades

- Divide the group into two teams and provide a bowl of slips of paper that have different emotions written on them.
- The first team will select an emotion without revealing it to others and a team member to act it out without any words or sounds.
- The second team will have 30-60 seconds to guess the emotion. If they guess correctly, they earn a point, if they are unable to guess they do not get a point.
- The second team will then have a turn, and each team will continue taking turns until there are no more slips left.

This game not only encourages fun and creativity but also helps children/young people to practice recognising and expressing different emotions. It can be a great opportunity for discussion and learning about emotions in a light-hearted and engaging way.



## Icebreakers (continued):

### 12. Emotions Ball Toss

- Gather the children/young people in a circle, with enough space to toss a soft ball or beanbag.
- Explain that you will be playing a game called “Emotion Ball Toss” where they will pass around an imaginary emotion using the ball or beanbag.
- Start by holding the ball or beanbag and say an emotion out loud (e.g., “I’m feeling excited!”).
- Toss the ball or beanbag to a child/young person in the circle, and they catch it while saying a different emotion (e.g., “I’m feeling sad!”).
- The child/young person who caught the ball then tosses it to another child/young person, who states a different emotion, and so on.
- Continue passing the ball or beanbag around the circle, with each person expressing a different emotion each time they catch it.

**Tip:** You can add variations, such as asking the children/young people to share a reason or situation that makes them feel the stated emotion before tossing the ball.

This game provides a fun and interactive way for children/young people to explore and discuss different emotions. It promotes emotional awareness, empathy, and encourages open conversation about mental health.