FUNNY HABIT ICEBREAKER

Modified from Icebreakers, Energizers, Team Builders and Other Activities for TRU Youth Groups

Grade: 9-12
Ages: 14-18
Time Needed: 15 minutes
Level of Physical Activity: Medium

ASCA Standards:
A: B1.3 Seek information and support from faculty, staff, family and peers
PS: A1.9 Demonstrate cooperative behavior in groups
PS: A2.2 Respect alternative points of view
PS: A2.3 Recognize, accept, respect and appreciate individual differences
PS: A2.6 Use effective communications skills
PS: A2.7 Know that communication involves speaking, listening and nonverbal behavior

Goal/Purpose:
This icebreaker integrates humor and reflection with medium risk disclosure. The activity allows individuals to foster group unity through metaphor.

Materials:
- Slips of paper with one funny habit on each
- A bowl or an envelope

Developmental Considerations:
Developmentally, Piaget categorizes high school students within the formal operational stage. This stage allows adolescents to use symbols related to abstract concepts, which makes the use of metaphor in this icebreaker appropriate (Kuhn, 2008).

Directions:
1. In advance, cut out the funny habits so there is one slip of paper for each and place in a bowl or envelope.
2. Have the group stand up and “shake it out” and get ready for the icebreaker.
3. Pass around the bowl or envelope that contains the funny habits. Have the group take one and read it without sharing it with the people around them.
4. Tell the group that you would like them to take a few minutes to get to know each other and as they get to know each other they have to take on the action that is shown on their slip of paper.
5. The group will take on the action they chose from the envelope and introduce themselves to 3 other members of the group and find out a fun fact about them through conversation.
6. After five minutes of interactions, call the group back to debrief.
7. Discuss with the group how it felt to try to have an everyday interaction with something as cumbersome as their assigned habit.
8. Encourage members to share the fun facts they found out about each other.

**List Of Possible Habits To Use In The Activity:**

- Laughing
- Not Making Eye Contact
- Stomping Feet
- Clapping Hands
- Constant Singing
- Batting Eyelashes
- Twisting Hair
- Humming
- Asking Questions
- Spinning In Circles
- Hopping On One Leg
- Shaking Head
- No Shaking Head Yes
- Jogging In Place
- Talking Too Loudly
- Waving Hands In Air
- Jumping Up And Down
- Walking In Circles
- Clearing Your Throat
- After Every Word
- Constantly Making Faces
- Talking Very Softly