

## Icebreakers

Icebreakers incorporating physical activity can kick off a training day. Most icebreakers can extend from a few minutes to as long as 10-15 minutes, depending on the training schedule. When leading physically active icebreakers, always remember to be safe, be comfortable, and have fun.

### Name Game

Perfect for an icebreaker in smaller groups, The Name game gets everyone involved. It also provides a fun, active way to remember people's names. Best done in a large circle (like around the edge of a room), it can also be done with each person at their place.

- Ask each person to think of an action that starts with the same letter as their name, such as "Dancing Dayle," "Jumping James," or "Skating Susan." The person does the action and calls out their action-name.
- The entire group then repeats the action and the action-name. Continue until everyone has a chance to say their name.
- For participants who say I can't think of anything respond: Keep thinking, we'll come back to you. Or ask the group to help brainstorm fun actions to match the person's name.

**Variation (in a large circle):** Have each person introduce themselves with their first name and demonstrate an activity they like to do. Then, everyone in the group greets and copies the activity. Example: *My name is SUSIE, and I like to SWIM* (making a swimming motion with arms). Hello, SUSIE! We like to SWIM, too (swimming with their arms).

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