

ICE BREAKERS
WITHOUT
AWKWARDNESS

Ice Breakers are used to help a new group of people get to know each other a little bit, start to relax in each other's company and build trust. They help people to feel safe with each other.

However, they can sometimes be excruciatingly awkward and embarrassing.

These ones have been chosen because they are more fun than awkward. Feel free (obliged, even) to adapt them to the group you are working with. The version on the Unlock website cannot be edited but the Unlock office (office@unlock-urban.org.uk) will e-mail you a word version, on request, so that you can adapt activities to your context. Please just select the activities which seem best suited to your group(s). If you want further inspiration a quick internet search for 'ice breaker games' will yield endless results, some better than others!

Depending on the context and occasion you may only want to use one of these, or one per session, but if you want to use a whole bunch to build a social event the table below will help you to plan that - again, adapt as necessary.

Activity	Resources	Details	Facilitator
Welcome	Printed puzzles as people gather? Background music? Pens?	Sit at tables. Paper activities just to keep folks occupied as others arrive.	
Grace			
Supper	Food and drink	Buffet style	
Games			
Extremes Line Up	List of alternatives below P3-4		
Who am I?	Characters on pieces of paper (p5-7 below). Sticky tape. *	Yes/no questions only. You can answer 'I don't know'.	
Scavenger hunt	Target lists for each team in a fairly large print (see page 11). Ensure there's a photo-phone in each team!*	In Teams of 3- 4. Children need to stay with their designated grown up.	
Pass the parcel	One or two parcels in one or two circles depending on numbers*	Questions in each layer. Selection of sweets as a reward for answering a question.	

Human bingo	Bingo sheets, pens. p9		
	*prizes optional	Be careful of allergies!	

Extremes Line Up

Have people stand side by side in a long line facing you. The idea is that people arrange themselves along that imaginary line in accordance with their preferences for each question. For each of the options below indicate with your arms which end of the line they should move to for each extreme. People are free to place themselves in the middle if they have no preference for either extreme. Adapt the questions to the context as appropriate; e.g. for question 10 use the two cities closest to where you are based. Make up your own questions as well if you want to.

1. Do you prefer winter or summer
2. Are you more of a morning or an evening person
3. Do you prefer sweet or savoury
4. Would you rather be somewhere quiet or somewhere noisy
5. Do you prefer sea side or city
6. Do you prefer star trek or star wars
7. Would you rather watch sport or watch drama
8. Would you rather go north or south
9. Do you prefer rock music or classical
10. Would you rather shop in Nottingham or Derby
11. Would you choose truth or kindness
12. Are you short or tall
13. Would you rather be too warm or too cold
14. Do you prefer tea or coffee
15. Are you outgoing or reserved
16. Would you rather be rich or beautiful
17. Do you prefer beer or wine
18. Would you rather be hungry or tired
19. Are you a cat lover or dog lover
20. Would you rather be in a pub or coffee shop
21. Do you prefer chocolate or strawberry
22. Would you rather be sledging or sunbathing

23. Are you more comfortable with routine or spontaneity
24. Would you prefer a day out shopping or a day out hiking
25. Do you prefer Christmas or Easter

Who am I Game.

Cut out the labels on pages 5-7 and have a couple of rolls of sticky tape to hand; masking tape or Sellotape work fine.

It will work best if you adapt the list of characters to the group so that there will be ones that most people will know; and if children are present try to give them characters who they will know a bit about. Take the age range of your participants into account as you do this.

It is helpful to include both the name and a picture, rather than just one or the other.

If this game follows the one above ask everyone to stay in line and turn their backs to you while you tape on the labels (it's quicker with a helper, but then they obviously can't play). Tape a character label onto each person's back without allowing them to see it.

Their task is then to work out who their character is by asking other people questions. They may only ask questions that can be answered 'yes', 'no' or 'don't know' and those are the only answers that may be given.



NEMO



PETER RABBIT



HARRY POTTER



PIKACHU



Thomas the Tank Engine



The BFG



James Bond



Dumbledore



Dr Who



Mary Berry



Santa Claus



Saint Lawrence



**Barak
Obama**



**Queen
Elizabeth II**



**Fireman
Sam**



Super Man



Moses



**Mickey
Mouse**



**Nelson
Mandela**



Donald Trump



David Beckham



Cinderella



Indiana Jones



Gandalf



Postman Pat



Taylor Swift



Timothée Chalamet



Olaf the snowman from Frozen

People Bingo

First adapt page 9 to what you know about your group. Try to ensure that there will be someone present who fulfils each space on the page and try to ensure a wide range of different categories that will include as many people as possible.

Think carefully about how you make it inclusive. The one below was designed first for an ordinary Anglican Church social and then adapted for an Unlock Gathering so it has a middle class bias and for some groups you'd want to shift that to account for people who have found education difficult or have had few life opportunities. Never the less, stick to positive ways of presenting the categories rather than negative ones.

Change the pictures as appropriate. Make sufficient copies of the page for everyone to have one each.

The idea is for people to find others in the room who are described by each of the sections on the page and to end up with a name for each section. If you are not confident that everyone can write then people can just mark completed sections with a cross, although ideally you'd want them to remember the name of the person they identified who qualifies. Depending on how long you want to spend, you can ask people to complete a line, a column or the whole page, or one after the other. You can offer prizes if you like for completed sections but it isn't all that necessary and you need to be careful about allergies especially if there are children present who may not self-regulate!

Find Someone who....













<p>Plays a musical instrument</p> 	 <p>Lives in the same place as they were born</p>	 <p>Is Left Handed</p>	<p>Has 3 siblings</p>	 <p>Likes to keep fit</p>
<p>Prefers Coke over Pepsi</p> 	 <p>Has been married at least 20 years</p> 	<p>Had a baby this century</p> 	 <p>Enjoys Maths and Science</p>	 <p>Was born in the same year as you</p>
 <p>Speaks more than one language</p>	<p>Has a facebook account</p> 	 <p>Is part of a choir</p>	<p>Likes Broccoli</p> 	 <p>Owens a dog</p>
<p>Has a birthday in Summer</p> 	<p>Is staff to a cat</p> 	 <p>Has been involved with Unlock for 20 years</p>	 <p>Can quote John 3:16</p>	<p>Doesn't have a smart phone</p> 
 <p>Likes to draw or paint</p>	<p>Does not own a car</p> 	<p>Shares a name with an ancestor</p> 	 <p>Is the youngest in their family</p>	<p>Loves to bake</p> 

Photo Scavenger Hunt

This needs to be adapted to the building (or space) in which your activity takes place and you need to come up with a list of items that you know can be found there (see page 11). The game is undertaken in teams of 3 or 4 people. The version here is based on each team having one mobile phone between them that can be used to collect photos of the items on the list. If phones are not available, they can do it by making a note on their list of what they have found for each category and where they located it in the building. You need to set clear boundaries within which people should search and ensure that they can find everything within those boundaries. How challenging you make it will depend on the group and how familiar they are with the venue. This game does depend on at least one person in each team being able to read but non-readers, or children can participate as part of a team.

Each team is given a list and the first team to collect all the items (either as photos or as notes on their list) wins.

Again prizes are optional with the same cautions as above.

Photo Scavenger Hunt

- A red heart
- Ss shaped like fs
- Something turquoise
- The person who has been at St L's the longest
- A cobweb
- John 3:16
- Musical notes
- A person wearing something silly
- A piece of candle wax
- An animal
- A bird
- A flower
- An angel
- A piece of fruit
- The date when Samuel Wooley died
- A unicorn
- A picture of the church
- A bead
- A newsletter
- The oldest person here with the youngest person here

Pass the Parcel

Make up a pass the parcel with a prize in the middle (ideally one that will be easy to share) and include one of the questions below on a slip of paper inside each layer. Again, adapt the questions (page 13) to the group you are working with as appropriate.

You need some music and someone to operate it. You may want to have a bowl of sweets or other treats in the centre of each circle. The person operating the music needs to ensure that everyone in the circle gets a turn to unwrap a layer!

As for traditional pass the parcel, have everyone sit in a circle (if you have a very large group split players into two circles with a parcel and a bowl of sweets for each). As the music plays the parcel is passed round the circle. Whoever is holding it when the music stops unwraps a layer and answers the question that they find. They can then help themselves to a sweet/treat.

Pass the Parcel Questions

If you could have an endless supply of any food what would you choose?

What is your greatest lifetime goal?

When you were little who did you most admire and why?

Who is your hero? (Not Jesus that's too easy!)

What is your favourite thing to do in the summer?

If they made a film of your life who would you want to play you?

Who is your favourite cartoon character and why?

Name one place that you've never been that you'd really like to visit?

What would be your dream job?

What are you passionate about? (Not Jesus that's too easy!)

What is your favourite TV programme?

Tell us about one strange habit that you have.

Describe yourself in 3 words

If you could be any animal you like which would you be and why?

What is your favourite way to relax?

If you could live anywhere in the whole world where would it be?

Opening Questions and discussion starters

On pages 15 - 56 are a series of questions designed to be used at the beginning of a session, either just to help people to reconnect after a break or to set up a theme or topic from which the session can develop using Bible stories and activities.

The object is simply to get people talking and sharing and identifying common experiences and themes.

Please adapt and use as appropriate, and be inspired to add your own. Some are seasonal and either need to be used in season or adapted to another season. Others are weather related and need to be used appropriately, some are designed for use after or before breaks in a regular series of meetings.

Many of them refer to 'this week' but if you do not meet weekly then adapt with, 'this month' or 'since we last met' instead.

You can either just voice them to the group yourself, or print off a single page to show them (this is particularly helpful where there is a picture).

Be careful not to allow the group to get sucked into problem solving but stick to just listening supportively to one another. If a general theme emerges that the group wants to work on together avoid it becoming a discussion of how to solve one person's problem.

Notes for particular pages:-

P15 - if you can have a small bunch of snowdrops in a jam jar then do so.

P36 - provide a random group of objects on a tray or table

P37 - provide *either* a pack of coloured pens, a selection of cardboard shapes or a random selection of words printed on separate pieces of card.

P46 - provide a selection of pictures.

The snowdrops are up. Can you identify any new green shoots in your life this week?



What will you
miss about our
meetings over
the

Summer/Christmas/Easter

break? What
will you not
miss?

Name one
thing you
are
praying
about this
week?

What is
the most
rewarding
thing –

That has happened
to you Or
That you have done –
This week?

What do you
wish you
had done
more
of since we
last met?

What do you
wish you
had done
less of since
we last met?

What is
there to
celebrate
in your life
this week?

What
are you
waiting
for?

What represents
new life in your
world this week?



What are you
leaving
behind in your
life at the
moment?



Tell us about
a risk you
have
taken since
we last met

What has
surprised
you this
week?

Share one
question that
you have
about the
next week,
or the week
just gone

Who or what
have you
been
taking care
of this week?

Tell us about a
-Journey -
- that has
been
significant for
you this week.

What do you
feel is –

Just around
the corner

- for you this
week?

It's raining again!

Rain can make us feel cleansed, refreshed, made new, or make everything seem dull, dingy, and miserable.

**Which of these feels
most like your life
today?**

Tell us about
something
that has
amused
you this
week

Tell us about a

- Place -

- that has

been

significant for

you this week.

What happening
or thought has
been keeping
you warm this
week?

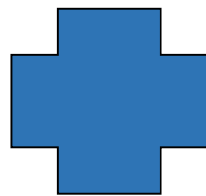
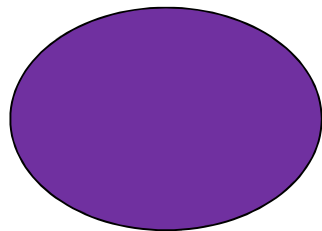
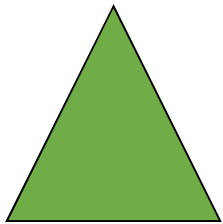


What gift,
material or
otherwise, has
meant the most
to you this
festive season?



Choose one
object that will
help you share
with the group
the way you
feel as we
begin our time
together.

Choose a
colour/shape/word
that will help you
share with the
group the way
you feel as we
begin our time
together



Describe how
you are feeling
this

evening/afternoon/morning

in just

3 Words.

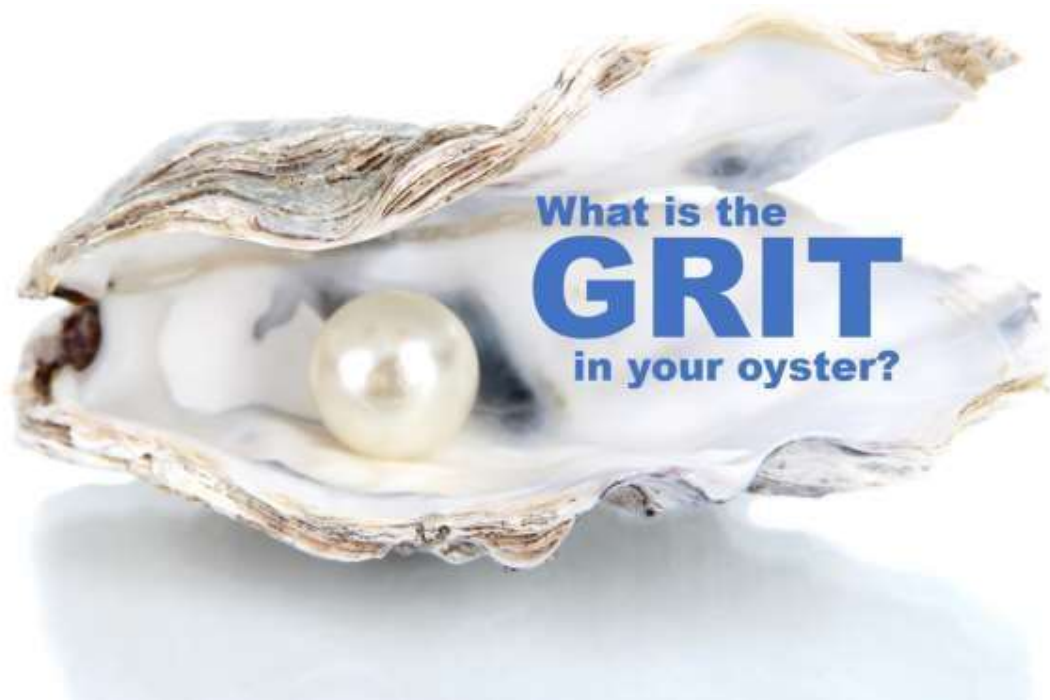
It's Shrove
Tuesday!
What pancake
filling best
expresses the way
you feel as you
approach Lent?



Mary and Joseph had to
flee to Egypt to keep
their baby safe.....

What are you
working to save
this week? ...
and what is it
costing you?

What is
the grit in
your oyster
this week?



What
have
you lost
this
week?

Tell us about
one person
who has
been on your
mind this
week

What is
NEW
in your
life this
week?

What is
challenging
in your life
this week?

Choose a
picture, to
express
the way
you are
feeling

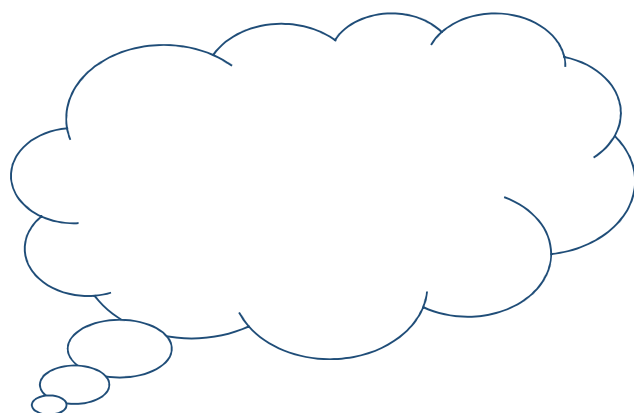
What is
hidden but
important
in your life
this week?

What is
HEAVY
in your life
this week?



Briefly
describe one
thing that has
been a big
deal for you
since we last
met together

**Tell us of one
thing that has
happened to you
this week that
you need to give
further thought
to**

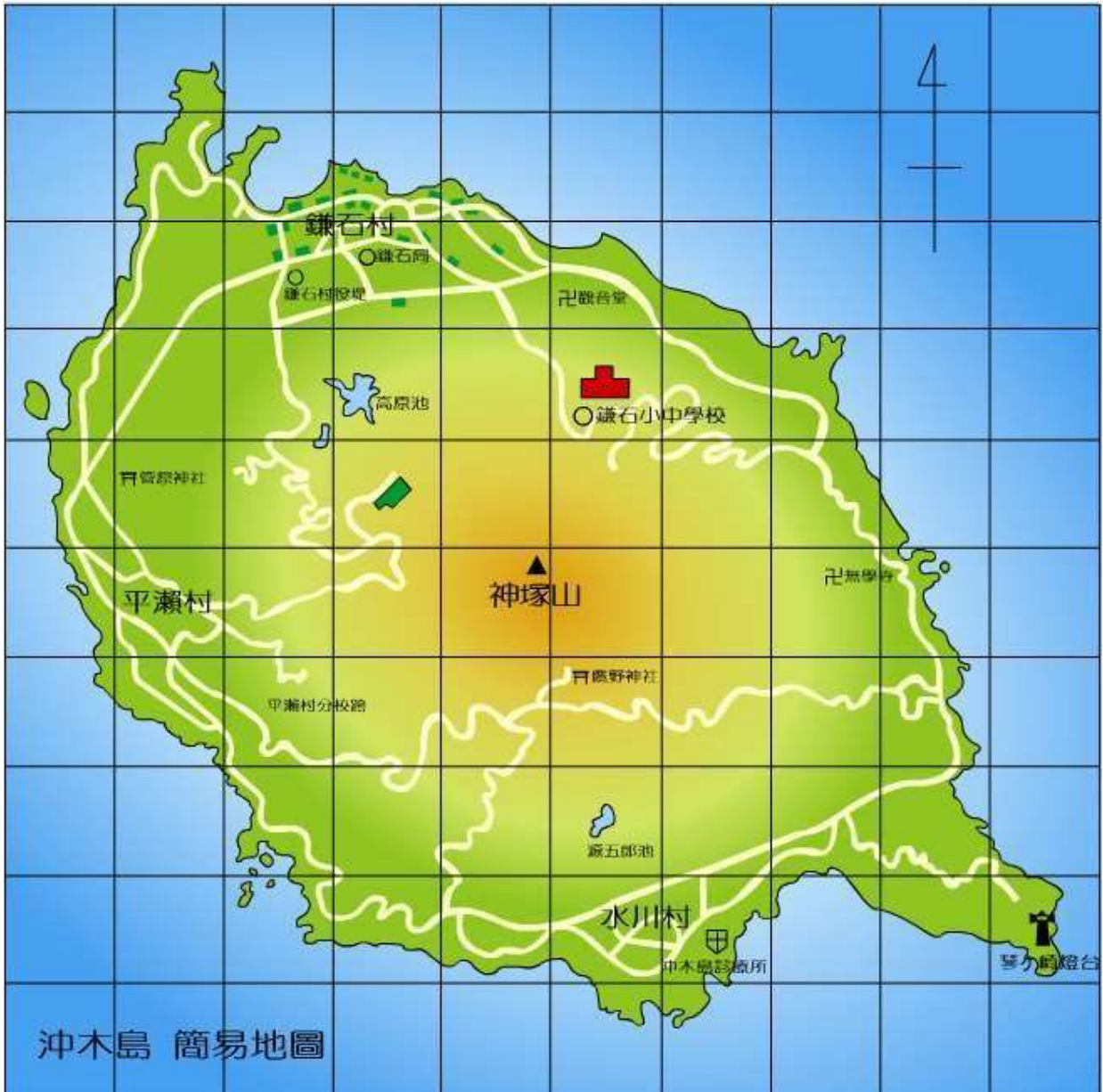


**What have
you said
'Goodbye' to
this week?
Gladly, or
sadly?**





Where would you like to be in this scene today, and why?



Where would you locate yourself on this map to express the way you are feeling today.

Introducing Unlock

Unlock, by various names, has been around since 1972, trying to help (mainly) urban Christians to understand and share their faith appropriately. Our life experience matters; our stories; our joys and sorrows. The Bible has plenty to say, more than we'll ever know, about our lives, if we know how to read it and apply it - if we know how to **UNLOCK** it!

Unlock uses an approach to engaging with the Bible that is different to traditional Bible studies, based on a reflective learning cycle which is a tried and tested way of introducing people to the Bible in a non-threatening way (see below). We usually work with people outside of church who may be interested in finding out a bit more about faith but perhaps are not attracted to the formal methods of learning often associated with church life. Our approach starts from the stories and experiences of group members, whereas a more traditional approach starts from the Biblical text.

Unlock Materials

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Do not use these materials for commercial purposes.

- Acknowledge Unlock, including a contact address for Unlock.
- Obtain advance permission from Unlock if the material is to be distributed to a network wider than a local church group.

It has been found to work well with small groups of urban, oral learners. Many churches have activities that draw in members of their surrounding community but then struggle with how to move on from those relationships into exploring faith, especially in urban environments where anything formal might be treated with suspicion. Unlock's approach can help with that.

There are many free resources on the Unlock website www.unlock-urban.org.uk/resources designed for use with such groups. However, because each of these resources was designed for a particular group in a particular time and place they are unlikely be a perfect fit for your group as they stand. They are offered more as inspiration to you to design your own materials along the same lines, rather than as ready to use packages.

If you have any queries relating to Unlock materials, please contact:

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01709 380318 office@unlock-urban.org.uk

The Unlock Learning Cycle

Unlocking real life

stories of urban people

Start with the group telling stories from their real life experience.

Leading to more experience

What we learn now is learnt for life and changes us. We also learn to keep reflecting!

Releasing life changing skills and confidence

Change happens as a result of linking real life experience with the Bible. This change often leads to action among others.

Revealing Good News of the Down to Earth Christ

The real life stories are connected to and compared with similar situations in the Bible.

