

Icebreakers Galore!

The Ultimate
Game Guide for Girlfriends



Loveland, Colorado

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The Ultimate Game Guide for Girlfriends

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Introduction

“When the working day is done, Girls—they want to have fun.”

This line from the popular song by Cyndi Lauper, “Girls Just Want to Have Fun,” does say a lot about women. Perhaps fun isn’t *all* that we want, but it sure is part of the package!

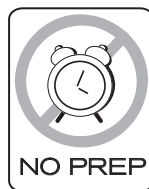
While we love fun, it looks different for women than it does for children and teenagers. But if you’ve ever tried to find games for a group of women to play, you know it can be a difficult task. How many times have you found yourself flipping through an activity book for high-schoolers in an attempt to find a game for your group of girlfriends? While those games are certainly fun, they aren’t typically what women want to play. We love chocolate, but not dripping from our hair. Some of us enjoy playing softball, but not necessarily with a wet sponge. And most of us get a good laugh from running in a relay race, but not when it includes eating whole onions or sitting on water balloons until they pop.

This is why we’ve created *Icebreakers Galore!* It’s a book specifically for women, full of games and activities to play with girlfriends. Some are rowdy and packed with energy, while others are quiet and full of thoughtful questions. Whether you’re planning a retreat, planning a shower, needing an icebreaker for a meeting, or just having some girlfriends over for a get-together, these games will help you plan the perfect event.

Inside you'll find games sorted into chapters, including:

- Mixers—for when you want to introduce everyone and start building friendships.
- Icebreakers—these are great for starting a meeting or an event.
- Games With a Purpose—activities to start a discussion or introduce a specific topic.
- Just for Fun Games—use these for retreats or events where you want everyone laughing and having side-splitting fun.
- Seasonal Games—to celebrate holiday events or get everyone prepared for a new season.

While some games and activities will require a bit of prep, *Icebreakers Galore!* includes many games that require little or no prep at all, which are great for those days when nothing is going right and you need a quick fix or you're asked to lead an activity at the last second. If you see this icon it means all you'll need are chairs and possibly some paper and pencils. No photocopying, shopping, gathering, or cutting required.



So go ahead and pick out a game to try with a group of girlfriends this week. Not only will you connect and deepen friendships, but you'll have a great time doing it.

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Chapter 1

Mixers

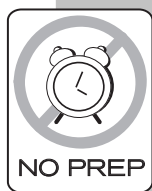
The games and activities in this chapter are designed to help girlfriends get to know each other and make connections with other women. Whether it's simply learning names, hobbies, or things you have in common, these will get everyone talking and sharing part of who they are. These are perfect for groups that are just starting, if you have new women coming to an existing group, or when you want to just get to know each other a little bit better.

Middle Name Intros

How many girlfriends have wished, especially when they were younger, that they could choose their own name? Well, here's their opportunity.

Give girlfriends a minute or two to come up with an original middle name. This name should describe something about them. For example, "Audrey Hepburn" could describe someone who enjoys fine jewelry. "Martha Stewart" could identify a girlfriend who enjoys crafting, "Tiger Woods" could be a golf fanatic, or "Mozart" could identify someone who enjoys classical music.

Then go around the circle and have girlfriends introduce themselves, explaining their new middle names.



Personal Stories

Supplies

- *paper bags*
- *miscellaneous items as described in the game*

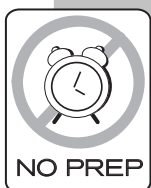
Before your meeting, fill a bag with miscellaneous, ordinary items, such as a comb, a match, a leaf, a toothbrush, a fork, and so on.

Have your girlfriends sit in a circle, and ask the first one to reach into the bag and take the first thing she touches. Give her two minutes to tell a personal story that's related to that item. Then go around the circle, repeating this process, until everyone has selected an item and told a story that an item brought to mind.

If a woman has a hard time thinking of a story, suggest story themes that the items might inspire, such as a bad hair day (comb), a campfire mishap or burning a meal (match), a nature experience (leaf), a personal hygiene faux pas (toothbrush or deodorant), or a restaurant encounter (fork).

Encourage your group by going first!

Third Person



Game Tip:

If you have more than eight people in your group, you might want to form smaller groups so there's time for everyone to share her story.

This is a simple activity you can use to make getting-to-know-you quite interesting!

Gather women in a circle for this Q-and-A crowd breaker—the catch is they have to answer questions in the third wwwhhwwof using “I”. Use fun questions such as these:

- Tell a story about a time when you met someone famous.
- Describe your ultimate date night.
- Talk about the earliest memory you have.
- Explain how you would prepare for a job interview with Steven Spielberg or Bill Gates.
- Talk about the strangest thing that's ever happened to you.

Not only will everyone get a chuckle from hearing people talk about themselves this way, but the group will also get to hear each person's name numerous times.

Top-Secret Missions

Supplies

- 3x5 cards

Create a bonding experience for women with this getting-to-know-you mixer.

Before your meeting, you'll need to come up with one "secret mission" for each member of your group and write it on a 3x5 card. Each secret mission should somehow encourage women to interact with others. Use the following suggestions or create your own:

- Meet someone new, and find out where her shoes came from.
- Compliment five people (be specific and genuine).
- Find a girlfriend who hasn't finished her secret mission, and help her finish it.
- Give five people a high five.
- Introduce two women who don't know each other very well.
- Find something you have in common with three other people (all four of you have the same thing in common).
- Get someone to sing to you—any song will do!
- Meet a new girlfriend, and learn the names of her siblings.

As girlfriends arrive, hand each one a secret mission. Tell them they must secretly accomplish their missions without revealing to the others what their missions actually are. You'll want to give group members about 10 minutes to complete their tasks. Afterward, discuss what they learned about each other and whether they succeeded in accomplishing their missions.



THIS IS A SAMPLE

The number of pages is limited.

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