

Ice Breakers

Looking for ways to liven up your meeting and help spouses get to know each other? Try these at your next meeting:

The Magic Wand

This is for advisors, leaders and possibly POCs. You have just found a magic wand that allows you to change three FRG related things. You can change anything you want. How would you change the group, yourself, your leader, an event, party, fundraiser, project, etc.? Have them discuss why it is important to make the change. Another variation is to have them discuss what they would change if they become the advisor / leader for a month. This activity helps them to learn about others' desires and frustrations and make changes for the better. This works best with an active FRG with a tight-knit group.

Marooned

Ask everyone to pretend they are stranded on an island. What two items would they want to have with them? This never fails to bring out some funny answers.

The Interview

Break the group into two person teams (have them pick a partner that they know the least about). Have them interview each other for about 5-10 minutes (You can prepare questions ahead of time or provide general guidelines for the interview). They need to learn about what each other likes about their job, past posts, family life, hobbies, favorite sport, etc. After the interviews, reassemble the group and have each team introduce their team member to the group. This exercise helps them to learn about each other.

Finish the Sentence

Go around the room and have each person complete one of these sentences (or something similar):

The best job I ever had was...

The best post I ever lived on was...

The most successful fundraiser I ever participated in was...

What I liked about the best FRG I was ever in....

This is a good technique for moving on to a new topic or subject. For example, when starting an FRG meeting and you want everyone to introduce themselves, you can have them complete "I am in this FRG because..."

You can also move on to a new subject by asking a leading question. For example if you are discussing community resources, "The most helpful community resource I've ever heard of is ..."

Warm Up / Wake Up Ball Toss

This is a fun way to get to know more about each other and get people out of their seats. Have everyone stand up and form a circle. Toss a nerf ball or bean bag to a person and have tell what post they just came from. Continue the exercise until everyone has caught the ball at least once and got to speak. Then go on to a different question such as: favorite foods, favorite vacation spot, where they were born, what their middle name is, what's their favorite restaurant in town, etc.

Introduce Yourself

Participants introduce themselves and tell why they are there. Variations: Participants tell where / how they heard about the FRG meeting (this will give the FRG Leader insight on how to best advertise meetings), how they became interested in Family Readiness, their occupations, home towns, favorite television programs, or the best books they have read in the last year.

Guess What I Did?

Give everyone a few minutes to write down the answer to a question such as, "The one thing I am particularly proud of is..." Everyone passes their cards to the leader and she reads one out loud. The members get to guess who wrote the card. It's a good way to find out people's most important accomplishments.

Character Descriptions

Have members write down two adjectives describing themselves. Put these on a stick-on badge. Have participants find someone with similar or opposite adjectives and talk for five minutes with the other person.

I've Done Something You Haven't Done

Have each person introduce themselves and then state something they have done that they think no one else in the class has done. If someone else has also done it, the participant must state something else until he/she finds something that no one else has done.

Find Someone

Each person writes on a blank index card one to three statements, such as favorite color, interest, hobby, or vacations. Pass out cards so everyone gets someone else's card. Have that person find the person with their card and introduce themselves.

Famous Person / Famous Place

People write a famous name on a piece of paper and pin it on someone else's back. Person tries to guess what name is pinned on his/her by asking others around the room yes or no questions. Variation: Use famous place instead of famous person.

Two True One False

Go around group and everyone has to say two true statements about themselves and one false. The rest of the group has to guess which one is false. You may be surprised. You can learn some crazy things about each other!