



“Get to Know You” Activity List

We have found “Get to Know You” activities to greatly assist women in conversation at their tables and within their bigger BBM groups. People can quickly learn all kinds of things about each other and find similarities that they may have never known. This is an excellent source for table bonding! Most people label these activities “Icebreakers”, but we find that term makes many people cringe. Therefore, simply calling these “Get to Know You” activities and avoiding the word “Icebreaker” appears to relieve much stress for many participants. Lots of these activities exist. Feel free to find and use your own or customize these to fit your group. Enjoy!

Note: Activity sheets referenced in the instructions are attached at the end.

1. People Hunting – All Group Ice Breaker

Advanced Prep: Photocopy People Hunting Activity Sheet for each member.

Instructions: Hand out the sheets and announce how much time they will have. Hunt for someone who can say “yes” to one of these questions. Write her name in the blank. You cannot use the same person more than once. When time is up, read a few of the items and ask whom it applies to so the group can begin to learn about one another.

2. Stand-Up Show and Tell – Table Ice Breaker

Advanced Prep: None

Instructions: Have women choose something they are wearing or something they have brought with them. Explain that you'd like them to think about why the items they chose are special to them or part of their identities. For example, someone might share about a necklace that belonged to her grandmother, and another might talk about a special picture in her wallet. Then ask the women to Show and Tell one at a time at their table. Make sure that everyone has a chance to present her special item at her table.

3. Table Favorites – Table Ice Breaker

Advanced Prep: Photocopy Table Favorites Activity Sheet for each Table Leader.

Instructions: This activity is intended to allow the Table Leaders to learn more about the women at their table and to better plan appropriate table outings. Provide a sheet to each Table Leader and give them five minutes to gain feedback from their table. If time allows, each table can discuss potential ideas for table outings based on the information gathered.

4. Wacky Questions – Table Ice Breaker

Advanced Prep: Photocopy Wacky Questions Activity Sheet, cut into strips, and place in envelopes for each table.

Instructions: Hand each table an envelope and instruct each person to pull out one strip of paper, read and answer the question, and then pass the envelope to the next person. Continue until everyone at the table takes a turn.

5. Common Bonds – All Group Ice Breaker

Advanced Prep: None

Instructions: Before starting this game, explain that you are going to call out categories and then divisions within each category. Each woman will need to walk to the category division that best fits her. Once everyone is in her division, you will read a question, and everyone will take turns answering it within her group.

Call out the first category and announce where in the room the women in each division should go. After women form their divisions, ask your question. When everyone has had a chance to answer the question, move on to the second category and its divisions.

Category 1 – Birth Order

- Divisions: oldest, middle child, youngest, only child
- Question: Describe the member of your family you are most like.

Category 2 – Length of residence in the area

- Divisions: my whole life, about half my life, less than a quarter of my life, new here
- Question: What do you remember about the day you moved here?

Category 3 – Free time

- Divisions: read a book, spend time with friends, go shopping, watch TV
- Question: What's your favorite hobby or interest?

Category 4 – Vacation destination

- Divisions: home, the sunny beach, the mountains, a chocolate factory
- Question: What's your favorite vacation location?

6. A Penny for Your Thoughts – All Group Ice Breaker

Advanced Prep: Write on a poster, dry erase, or chalk board – see below.

Instructions: Before your meeting, write the following statements on the dry erase board in your room:

\$.25: Tell what you want to be doing 25 years from now.

\$.10: Name something that gives you joy.

\$.05: Name something that you do well.

\$.01: Tell one nice thing someone has said to you this week.

When the women arrive, have them select one coin from their purse. Call out an amount of money, such as \$1.35, and have women form groups whose money total is equal to or within 25 cents of that amount. See which group came the closest to the amount you called (everyone can cheer for that group!). Then have each woman in the group use the chart you've created to share with the group. After everyone has shared, trade coins, call out a new amount, find new groups, and share again.

7. Count Your Blessings – Table Ice Breaker

Advanced Prep: None

Instructions: Remember the old song, "Count your many blessings, name them one by one..." Here is a fun way to do just that.

Have each table get out a piece of paper and a pen. Have women tally points according to their answers to these statements:

- Add your team members' ages.
- Give 20 points for each person whose birthday is in December or January.
- Give 5 points for each person who made her bed this morning.
- Give 1 point for each brother or sister each person has.
- Give 1 point for each book of the Bible your team can name.
- Give 10 points for each person whose first name can be found in the Bible.

After tables tally their points, have them divide the total by the number of people on their team. Then see if the women at the table can think of that same number of gifts God has give to them (individually or as a table unit). It's a fun challenge!

8. Birth Right – All Group Ice Breaker

Advanced Prep: None

Instructions: Announce to your members that:

- Birth order plays a role in our childhood development
- There are often common experiences and feelings shared by people of the same birth order
- This is an opportunity for them to discover those commonalties

Ask women to group themselves into the four corners of the room by the following birth orders: oldest, youngest, middle, and only child. After women are grouped, have everyone introduce herself and tell them they have just a few minutes to answer the following questions:

- What were the advantages of being a _____child?
- What were the disadvantages of being a _____child?

Once groups are finished, ask a spokesperson in each group to share their answers.

9. Boy, Was My Face Red! - Table Ice Breaker

Advanced Prep: None

Instructions: Set the stage for this activity by telling a story of your own about a time that you were red-faced. Tell the women that now is their chance to share their embarrassing moment with their table. Give everyone a few minutes to think of an embarrassing situation. Explain that the last sentence of each story should be, "Boy was my face red!"

10. Week Days – All Group Ice Breaker

Advanced Prep: Make signs for days of the week and post around the room before the meeting.

Instructions: Ask the women to move to the day of the week that best answers the question you ask. When everyone has moved, have them share with one another why they chose that day of the week. When you say "Week Days," the women should listen for the next question and move to the appropriate day of the week for them. The questions are:

- On which day of the week are you most likely to read the paper?
- On which day of the week are you most likely to order a pizza?
- On which day of the week are you the busiest?
- Which day of the week do you like the best?
- On which day of the week are most likely to eat lunch out?
- On which day of the week are you likely to call family members?

11. Life's Little Suitcase – Table Ice Breaker

Advanced Prep: None

Instructions: Ask the women to look through their wallets and/or purses and find three objects that they are willing to share that will help the women at their table learn more about them. Ask the Table Leader to begin and move around the table allowing everyone to share about their objects.

12. Question Ball – All Group Ice Breaker

Advanced Prep: Have Question Beach Ball ready – see attached Activity Sheet.

Instructions: Have the women move to an open area of your meeting room if possible (or stand at their tables). Advise the women that you are going to start some music in the room and throw out the beach ball to them to toss around. When the music stops, the person holding the beach ball should read the question on the ball closest to her right thumb. Once she has answered the question, start the music again and repeat.

13. Line Up Game – All Group Ice Breaker

Advanced Prep: None

Instructions: Have everyone stand at their tables. Call out a category and ask the women at the table to quickly line up in the order of the category. The first table that gets itself into order according to the category is the "winner".

Categories to call out:

- Alphabetical order by first letter of their middle name
- Shoe size – smallest to largest
- Height – tallest to shortest
- Years in BBM – shortest to longest

14. Superlatives – Table Ice Breaker

Advanced Prep: Photocopy Superlatives Activity Sheet for each member.

Instructions: Remember the “Superlatives” section in your high school yearbook? The superlatives often included “Most Intellectual,” “Best Looking,” “Class Clown,” and “Most Likely to Succeed.” Today's activity allows you to create your own “best of” list. Pass out the Superlatives Activity Sheet to women and ask them to take a minute to complete. After a few minutes, ask participants to partner up with another woman at her table to share their sheets. After a few minutes of sharing, ask them to introduce their partner to the table using two or three of the Superlatives off of their sheets.

15. Opinion Poll – All Group Ice Breaker

Advanced Prep: None

Instructions: Tell women that you are taking a quick poll of their honest opinions. When you read a statement there will be four choices. They must make a selection and go to an area in the room that you designate. Once everyone has found their area, have them introduce themselves by first name. After a few minutes, read the next question and announce where to go:

- Which season of the year do you prefer: winter, spring, summer, or fall?
- Which type of food do you prefer: Italian, Mexican, Chinese or French?
- Which type of vacation do you prefer: camping by a lake, biking across Canada, a chalet at a ski resort, or backpacking in the wilderness?
- Which is your favorite holiday: Fourth of July, St. Patrick's Day, Thanksgiving, or Labor Day?
- What is your best time of the day: morning, afternoon, evening, or night?

16. Happy Birthday! - All Group Ice Breaker

Advanced Prep: None

Instructions: Explain the importance of celebrating birthdays – remembering and valuing an individual just for existing. Ask for the women to walk around and find others who share the same birth month. When everyone is in their “birth month” groups, ask them to yell out their month in order beginning with January. Then ask group members to share their exact birthdays. Ask how many people discovered common birthdays.

17. Missing Links – Table Ice Breaker

Advanced Prep: None

Instructions: Tell the women they now have an opportunity to discover the connections or “missing links” they have with people at their tables. Ask the women to stand around their tables. Instruct the table leaders to begin the activity by telling things about themselves, such as places they've lived, jobs they've had, people they've known, vacations they've taken, schools they've attended, and so on. The first woman to establish a connection with the Table Leader (i.e. - they attended the same college) should identify herself as a “missing link”. She should explain the link and then proceed to tell about herself until another table member makes a connection. Continue the “missing link” process until all members of the group are somehow connected.

18. Name That Table – Table Ice Breaker

Advanced Prep: None

Instructions: Like the familiar “Name That Tune,” this activity will be using music. Each table will briefly talk among themselves, sharing things about themselves until they hit on a common theme. Once they hit on a common theme, they should think of a song that demonstrates the theme that they can all hum or sing. For instance, if they are all tea drinkers, they may choose the song “I’m A Little Teapot,” or if they were all born in April, they may choose “Singing In the Rain.” When each team has a theme, ask each to stand and hum or sing their tune as the rest of the group tries to guess their connection.

19. Middle Name Intros – Table Ice Breaker

Advanced Prep: None

Instructions: How many girlfriends have wished, especially when they were younger, that they could choose their own name? Well, here's your opportunity. Give women a minute or two to come up with a new middle name. This name should describe something about them. For example, “Audrey Hepburn” could describe someone who enjoys fine jewelry. “Martha Stewart” could identify someone who enjoys crafting, “Tiger Woods” could be a golf fanatic, or “Celine Dion” could identify someone who loves to sing. Then go around the table and have table members introduce themselves, explaining their new middle names.

20. Speed Dating – All Group Ice Breaker

Advanced Prep: You will need a watch with a second hand.

Instructions: Divide the group in half and form two straight lines facing each other. Each person should be matched up with someone directly across from her. (Large groups can create two sets of lines facing each other.) One Co-Leader will need to stay out of the game to be timekeeper and keep the game going. When the Co-Leader says go, the women introduce themselves to each other and tell some information about themselves to their partner across from them (i.e. - number of kids, where they grew up, number of siblings, favorite restaurant, etc.). Give them one minute to exchange information. At the end of one minute, call time and have one side of the line move one person to the left (the other side of the line does not move). The person at the end of the moving line goes to the beginning of their line to match up with a new person. They should move quickly (only give them a few seconds to shift to the left). When you call time again, they start over introducing themselves to each other for one minute. This continues until you have moved through the entire line or until your time is up. It is a fun way to meet a lot of people quickly!

21. Working Together – Table Ice Breaker

Advanced Prep: None

Instructions: Have women get into pairs at their tables, and create a “secret handshake.” It can contain as many different moves and actions as they like. For example, use high fives, knocking elbows, twirling in a circle, snapping fingers, etc. Encourage them to be creative! After a few minutes, each pair should demonstrate their handshakes at the table. If time allows, share the top handshakes with the whole group.

22. Quick Sort – All Group Ice Breaker

Advanced Prep: None

Instructions: Divide the group into four subgroups in each corner of the room. Explain that you are going to call out a category and each team will need to sort itself as quickly as possible into a line in the order you have announced. Share the most and least in each group before moving on to the next category to help the women connect with one another.

- Sort by shoe size from largest to smallest.
- Sort by the distance ever traveled from farthest to shortest.
- Sort by the number of siblings from least to most.
- Sort by the number of times you've moved from least to most.
- Sort by the number of traffic violations you've had from most to least.

23. Going Nuts – All Group Ice Breaker

Advanced Prep: Photocopy the Going Nuts Activity Sheet and cut into individual slips. Place slips randomly into envelopes for each table.

Instructions: Pass out envelopes to the tables and ask each person to take one slip of paper. When you say go, everyone should get up and group themselves by "like nuts." In other words, a filbert should find all the other filberts and form a group. When groups are formed, explain that we all have had "nutty" experiences. Provide a nutty experience that you have had (i.e. - When I was dating my husband, we went on an "adventure experience" in Colorado where we slept in tents with wild horses running right by us in the middle of the night, no running water for showers and no electricity...I still married him!). Instruct women to share nutty stories with one another, beginning with one "nut" in each group. If time allows, share the nuttiest stories with the whole group.

24. What's Your Story – All Group Ice Breaker

Advanced Prep: None

Instructions: Have everyone find a partner. Tell each pair to decide which of them will be the first storyteller. The storyteller has two minutes to tell the partner a story. Story topics could include a recent vacation, a funny situation, an interesting experience, or a hobby. The listening partner's job is simply to listen. After two minutes, have them switch roles.

The next step is for everyone to find new partners. This time, the story they just heard has now become "their story." They have two minutes each to convey that story to their new partner as if it happened to them.

25. Soap Quiz – All Group Ice Breaker

Advanced Prep: None

Instructions: Ask the members to answer the question, "Which soap best describes you?" Have the members discuss their answers at their table.

- **Liquid-Ready to go:** She always has to be in motion. Is constantly running errands or perhaps running her children around for soccer practice and other things.
- **Foaming–Bubbling:** Happy all the time. She laughs a lot and even likes to tell a joke on occasion.
- **Bar-Pretty standard:** She's just happy being herself and likes to blend in with the crowd. Doesn't like to make a fuss or have people notice her.
- **Scented-Smells good:** She has a great attitude. People like being around her because she's so sweet and pleasant.
- **Powdered-A little flakey:** She tends to forget things such as appointments and birthdays. Tends to show up late. Everyone loves her anyway.
- **Waterless-A little dry in the humor area:** When people make a fuss over something, she just doesn't understand it. She's pretty level headed.
- **Or maybe you are a mixture!**

26. Fact or Fiction - Table Ice Breaker

Advanced Prep: Paper and pens

Instructions: Ask everyone to write on a piece of paper THREE things about themselves which may not be known to the others at the table. Two are true and one is not. Taking turns they read out the three 'facts' about themselves and the rest of the table votes which are true and false. There are always surprises. This simple activity is always fun, and helps the table get to know more about each other.

27. Interview – Table Ice Breaker

Advanced Prep: None

Instructions: Divide the women into pairs. Ask them to take three minutes to interview each other. Each interviewer has to find 3 interesting facts about their partner. Bring everyone back to together and ask everyone to present the 3 facts about their partner to the rest of the table. Watch the time on this one, keep it moving along.

28. Name that Person – TWO Table Ice Breaker

Advanced Prep: Note cards and pens

Instructions: Have two tables compete against each other. Give each person a blank piece of card. Ask them to write five little known facts about themselves on their card. For example, I have a pet iguana, I was born in Iceland, my favorite food is spinach, my grandmother is called Doris and my favorite color is vermilion.

Collect the cards into two team piles. Draw one card from the opposing team pile. Each team tries to name the person in as few clues as possible. Five points if they get it on the first clue, then 4, 3, 2, 1, 0. The team with the most points wins. (Note: if you select the most obscure facts first, it will increase the level of competition and general head scratching!)

29. Would you rather..? – All Group Ice Breaker

Advanced Prep: Tape line, see attached Activity Sheet for questions

Instructions: Questions may range from silly trivia to more serious content. On the way you might find out some interesting things about your women! Place a line of tape down the center of the room.

When asked 'Would you rather?' they have to jump to the left or right as indicated by the leader. I've included 20 starter questions, just add your own and let the fun begin.

30. If – TWO Tables Ice Breaker

Advanced Prep: Photocopies of attached Activity Sheet for questions, cut into strips

Instructions: Ask two tables to get together for this ice breaker. Photocopy the 'IF' questions, cut into strips and place them (question down) in the middle of the circle. The first person takes a strip, reads it out and gives their answer, comment or explanation. The card is returned to the bottom of the pile before the next person takes their question. This is a simple icebreaker to get women talking and listening to others in the group. Keep it moving and don't play for too long. If you could go anywhere in the world, where would you go?

31. Pet Peeves – Table Ice Breaker

Advanced Prep: None

Instructions: Ask everyone at the table to go around and share their "pet peeves." Complete the following sentence: It really bothers me when someone..... If time, ask each table to share their most creative or funny "pet peeve" with the group!

32. M&M – Table Ice Breaker

Advanced Prep: Bowl of M&M's per table

Instructions: Place a bowl of M&Ms on each table and ask each person to take 4-5. Talk about one M&M color at a time to be sure to get around to everyone at least once. Then have them share the following for each color selected (or make up your own based on the topic for that meeting).

1. Brown – Share where you grew up.
2. Yellow – Share about your favorite summer vacation ever.
3. Blue – Share about your best job ever.
4. Green – Share about your first date.
5. Red – Share about a favorite activity of yours in high school.

33. Seasonal Icebreaker – All Group Ice Breaker

Advanced Prep: Old greeting cards cut into puzzle piece shapes

Instructions: Collect cards that relate to the season: Christmas, Valentines, and Easter. You will need cards that are different. Cut the card into four or five pieces using curved lines, creating a puzzle. Mix the pieces up. As each one arrives give her a piece telling her she is to find the other three to four pieces she needs to put her card back together. Once each lady has found the other pieces to her card she has reached the desired goal. Women share their favorite seasonal tradition/activity while others are completing their "puzzles".

34. Similarities – All Group Ice Breaker

Advanced Prep: None

Instructions: For a change, which will allow ladies to spend more time talking and growing deeper, divide the group into smaller groups using one of the following:

- blondes, brunettes, gray, and red heads.
- divide according to oldest children's stages: EC (0-1 yrs, 2-3 yrs, 4-5 yrs), elementary (K-1st, 2nd-3rd, 4th-5th), middle/high school (6th-8th, 9th-10th, 11th-12th, beyond), college or 20s +
- painted fingernails by different shades including those unpainted
- one ring, two rings, three rings, more
- eye color: brown, blue, green

Have women introduce themselves in their "small groups" and what part of town they currently live in (or some other quick fact).

35. Pick a Penny – Table Ice Breaker

Advanced Prep: 10 pennies per table

Instructions: Place pennies in the center of the table (in a bag or bowl). Have each woman take a penny and look at the year on the penny. Share where they were the year the penny was minted. Example: "I was 21 years old and in my senior year of college at XYZ University. I majored in XXXX. I met my future husband that year and we had been dating for 6 months." Add 10 years to the year if the woman was not yet born – 1964 to 1974.



People Hunting

Find Someone Who...

Is the same age as you: _____

Has more than 3 kids: _____

Likes spinach: _____

Drives a Pontiac: _____

Grew up in Kansas: _____

Knows all 7 dwarfs (name them!): _____

Is wearing red today: _____

Has a birthday in the same month as yours: _____

Knows a foreign language: _____

Does NOT like chocolate: _____

Has traveled to Europe: _____

Works part time: _____

Can sing a Wiggles song (must sing a line): _____

Has never seen the movie "Star Wars":

Lives in your same zip code: _____

Made their bed this morning: _____

Has blue eyes: _____

Went out to eat last night: _____



Table Favorites

Table Leader Instructions: Ask everyone to share their favorites below. Use this sheet to take notes so that you have some ideas for outings that your group might be interested in, or discover common threads within your small table group.

Favorite restaurants: _____

Favorite thing to do with the "girls": _____

Favorite dessert place: _____

Favorite coffee shop: _____

Favorite way to pamper yourself: _____

Favorite time of day: _____

Favorite hobby/craft: _____

Favorite exercise (walk, run, yoga): _____

Favorite book/movie (which do you prefer): _____

Other ideas: _____



Wacky Questions

Photocopy this list, cut into strips, and place in envelopes for each table.

What's your favorite product with milk in it?

**What's your favorite underarm deodorant, and
which pit do you hit first?**

What's your favorite chore around the house?

What's the grossest food you've ever eaten?

What's the worst movie you've ever seen?

Which side of the bed do you sleep on?

What's the goofiest hairstyle you ever wore?

Would you say you are a better singer or a better dancer?

What is your biggest pet peeve?



Question Beach Ball

Materials: Beach Ball, Tape

Instructions: Get a traditional large beach ball and tape various, easy to answer, questions all over the ball. Have everyone form a large circle and toss the ball around for a few minutes. When the leader says STOP, the person who catches the ball must **quickly** read the question that is closest to her right thumb, answer it, and then throw the ball to someone else.

Sample Questions:

- What is your favorite TV show?
- What is your favorite sport?
- What is your favorite animal?
- What is your favorite book?
- What is your favorite band?
- What is your favorite restaurant?
- Where is your favorite vacation spot?
- Where did you grow up?
- What is your dream car?
- Who is your favorite football team?
- How many children do you have?
- Who are you more like – your mom or your dad?
- Do you play a musical instrument? If yes, which one?
- Name one activity you did in high school.
- Do you own any pets?
- Have you ever met a celebrity?
- Would you rather read a book or go to a movie?
- Would you rather cook at home or go out to dinner?
- Name something you have collected.
- Do you prefer winter or summer?
- Name a favorite magazine.
- Which day of the week do you like the least?
- Which day of the week do you like the best?
- What do you like to order on your pizza?



Superlatives

1. I am "most talented" when I am:
2. I am "most likely to succeed" when I am:
3. I am "most versatile" when I am:
4. I am "best looking" when I am:
5. I am "class clown" when I am:
6. I am "best dressed" when I am:
7. I am the "best dancer" when I am:
8. I am "most friendly" when I am:
9. I like myself "best" when I am:



Going Nuts

Photocopy this sheet and cut into individual slips.
Place slips randomly into envelopes for each table.

Filbert	Macadamia
Pistachio	Peanut
Brazil Nut	Almond
Walnut	Pecan
Hazelnut	Cashew



Would you rather..?

Directions: Read questions to group aloud and have them pick sides.

Would you rather..?

- Visit the doctor or the dentist?
- Eat broccoli or carrots?
- Watch TV or listen to music?
- Own a lizard or a snake?
- Have a beach holiday or a mountain holiday?
- Be an apple or a banana?
- Be invisible or be able to read minds?
- Be hairy all over or completely bald?
- Be the most popular or the smartest person you know?
- Make headlines for saving somebody's life or winning a Nobel Prize?
- Go without television or fast food for the rest of your life?
- Have permanent diarrhoea or permanent constipation?
- Be handsome/beautiful and dumb or be ugly and really smart?
- Always be cold or always be hot?
- Not hear or not see?
- Eliminate hunger and disease or be able to bring lasting world peace?
- Be stranded on a deserted island alone or with someone you don't like?
- See the future or change the past?
- Be three inches taller or three inches shorter?
- Wrestle a lion or fight a shark?



Directions: Photocopy questions – one copy per two tables. Cut questions into strips.

1. If you could go anywhere in the world, where would you go?
2. If I gave you \$10,000, what would you spend it on?
3. If you could watch your favorite movie now, what would it be?
4. If you could talk to anyone in the world, who would it be?
5. If you could wish one thing to come true this year, what would it be?
6. If you could live in any period of history, when would it be?
7. If you could change anything about yourself, what would you change?
8. If you could be someone else, who would you be?
9. If you could have any question answered, what would it be?
10. If you could watch your favorite TV show now, what would it be?
11. If you could have any kind of pet, what would you have?
12. If you could do your dream job 10 years from now, what would it be?
13. If you had to be allergic to something, what would it be?
14. If you sat down next to Jesus on a bus, what would you talk about?
15. If money and time was no object, what would you be doing right now?
16. If you had one day to live over again, what day would you pick?
17. If you could eat your favorite food now, what would it be?
18. If you could learn any skill, what would it be?
19. If you were sent to live on a space station for three months and only allowed
to bring three personal items with you, what would they be?
20. If you could buy a car right now, what would you buy?

