



PHILADELPHIA
OUTWARD BOUND SCHOOL

VIRTUAL ICEBREAKERS

For Adult Remote Teams

Glossary of Terms:

ICEBREAKERS

An icebreaker is a team activity intended to help members of a group begin the process of forming themselves into a team. Icebreakers are commonly presented as a game to "warm up" the group by helping the members get to know each other and form relationships. They often focus on sharing personal information such as names, hobbies, etc. Icebreakers are a great way to start your virtual session or can be used intermittently to keep your attendees engaged and focused.

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Activity Category	Activity Name	Intended Audience (Adult/Youth or All)	Learning Outcomes	Activity / Strategy Description	Materials Required	Activity credit (if known)	Time Frame
Icebreakers	Quote Scramble	Adult	Collaboration, Communication	The person leading the activity will send a Google Slide that has a scrambled quote on it. Participants must work together to unscramble the quote and then discuss it in a large group. You can view an example here .	Scrambled Quote	Chesapeake Bay Outward Bound School	5-10 minutes
Icebreakers	Minute Mysteries	Adult	Communication & Problem-Solving	As attendees arrive, have a Minute Mystery pulled up on a shared screen or type it in the chat. Encourage participants to start engaging with one another to figure out the mysteries! Here are a two of our favorites. (1) A woman wants to build a square house. She will have a window on each wall. Each window will face north. How	None		5-10 minutes

				<p>is this possible? Answer: The house is at the South Pole (2) There is a pipe, a carrot and a pile of pebbles together in the middle of a field. Why? Answer: It's the remains of a melted snowman!</p>			
Icebreakers	Yes.. and	Adult	Collaboration, Communication	<p>The person leading the session will ask attendees to respond to a question such as "Should we have a picnic"!? In Part 1 of the activity, participants are asked to say "Yes, but..." before saying their statement. After 2-3 minutes, participants will be asked to respond with "Yes, and" before sharing their statement. Bring everyone back and reflect on the two communication styles and how they may have seen this type of communication in their own meetings.</p>	None		5-10 minutes
Icebreakers	This or That	Adult	Decisiveness & Getting to Know You	<p>Ask participants to write down answers to 5-7 "This or that" questions such as do you prefer "Mountains or beaches?" You can have a slide shared that asks participants to write down their answers down as they arrive. At the official start of the session, send a poll out for people to record their answer and share the results with everyone.</p>	None		5-10 minutes
Icebreakers	A Chicken, Fox & Corn	Adult	Collaboration, Communication, Problem Solving	<p>The person leading the session will present the following logic puzzle to the group and then break a large group into smaller groups of 5-6 people to figure out the puzzle. "Using a small canoe, how can you and your team transport a chicken, a fox and a bag of corn to the other side of the river in as few moves as possible. The solution must acknowledge three critical parameters: (1) The rowboat can only carry the person rowing the boat and one item/animal at any point in time. (2) The fox and chicken cannot be left alone because the fox will eat the chicken; and (3) The chicken and the bag of corn cannot be left alone because the chicken will eat the corn. Answers to FAQs: the animals will not run away if left unattended. After 10 minutes or when a decision has been made, invite the group to reflect on their problem-solving skills and communication. View the solution here.</p>	None	Original author of "River Crossing Logic Puzzles" unknown	10 minutes

Icebreakers	Go Around Question	Adults	Communication & Getting to Know You	<p>Start your meeting with a Go Around Question that everyone responds to. Here are some of our favorites!</p> <p>1) What's your number one tip for combating distractions when working from home?</p> <p>2) What's the last great TV show or movie you watched?</p> <p>3) Best professional development book you've ever read?</p> <p>4) If you could write a book, what genre would you write it in?</p> <p>5) If you had your own talk show, who would you invite as your first guest?</p>	None		5-10 minutes
Icebreakers	Story of Your Name	Adults	Communication & Getting to Know You	<p>Participants will tell the group the story of their name. The person leading the session may provide these questions to help guide the attendees in their response.</p> <p>Who are you named after and why?</p> <p>Where does your name originate from?</p> <p>Who named you?</p> <p>Who chose the spelling of your name?</p> <p>Does your name hold any special meaning for you or your family?</p> <p>Do you have any memories or stories about your name?</p> <p>What do you like about your name?</p> <p>If it is a name you chose for yourself, why did you choose this name in particular?</p>	None		10-15 minutes