

Choosing an Icebreaker

- What are your goals (instructional and group goals)?
 - Determine your goals and then you can connect the activity to the goal.

- Who is your audience (including their reasons for being there and personal goals)?
 - If you are working with a group in which everyone already knows one another, then a get to know you exercise would not serve much purpose other than to take up time. An alternative activity should then be considered. Likewise, if you are working with an audience that could potentially have a good level of prior knowledge, the ice breaking activity might be designed to probe this knowledge so that the instruction could be modified to best serve the participants.

- Is the ice breaker connected to its purpose?
 - Not all ice-breakers work for all intended ends. For example, a sing-along activity that might be useful as an energizer would serve little function towards everyone getting to know each other by name unless the sing-along activity also incorporated name games. Then the activity would serve a dual purpose, with one of those being the intended and the other possibly being beneficial in the given context.

- How long will the activity take?

- How many participants do you have?