

Ice-breaking games (ice breakers) - are ideal for starting activities because they help participants relax, get to know each other, and develop a sense of communion. Here are some suggestions for games that can be fun and useful for different types of activities:

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### **"Memory challenge"**

- **How to play:** Participants are divided into pairs. Each person must remember a series of items (e.g. 5 different objects placed on the table). After 30 seconds, they have to list all the items they have seen.
- **Objectives:** Activates mental energy, and helps to strengthen concentration and memory.

### **Team Challenge - "Balloon in the Air "**

- **How to play:** Participants must keep the balloon in the air without touching hands. Each person in the team can only use their feet or head to hit the balloon, while everyone must work together to keep it in the air.
- **Objective:** Encourages physical activity, coordination, and team cooperation.

### **"Human Knot"**

- **How to play:** Participants stand in a circle and then randomly take other person's hand so they form a knot. The goal is to think and cooperate to untie and re-form the circle without letting go of their hands.
- **Objective:** Encourages cooperation, communication, and problem solving, with physical activity.

### **"Creative Challenge"**

- **How to play:** Participants are divided into teams and each team has 5 minutes to invent and create the funniest and most energetic dance choreography. After that, everyone performs choreography in front of the group.
- **Objective:** Activation of creativity, energetic cooperation, and entertainment.

### "Jars with surprises"

- **How to play:** Jars with different tasks are placed on the table (e.g., dance, tell a funny story, do push-ups, etc.). Participants draw tasks from the jar and complete the task assigned to them. This can be extremely fun and energizing.
- **Objective:** Encouraging physical activity and laughter, creating a sense of communion.

### "Superhero transformation "

- **How to play:** Participants imagine that they are superheroes and, on a signal, they must "transform" their body into superhero form. This can include fast movements, jumping, running, or any other activity that involves physical energy.
- **Objective:** Creating a positive atmosphere and encouraging creativity and physical activity.

### "Laughter exercises "

- **How to play:** The leader encourages the participants to laugh in certain ways: "HA-HA" laughter, "HI-HI" laughter, "HO-HO" laughter, and similar. This can be very fun, and the physical movements associated with laughter raise energy and well-being.
- **Objective:** Reduce stress and create a relaxed atmosphere.

### "Watch and repeat"

- **How to play:** One participant performs a physical movement, and other participants must repeat the same movement. Each time someone else chooses the movement, and the rest of the group imitates it. Movements can be funny, energetic, or even challenging.
- **Objective:** Raises energy and reduces tension through play and physical activity.

### "What is superpower? "

- **How to play:** Each person must answer the question "What would be your superpower? ". Then all the participants share their answers, and the leader can stimulate the game with additional questions, e.g. "How would you use your superpower? "
- **Objective:** This activity helps the participants relax and show creativity.

## "One, two, three, change!"

- **How to play:** Participants stand in the circle and wait for a signal from the leader (who gives commands, e.g. "One - everyone jumps", "two - everyone sits down", etc.). At the word "Change!" everyone has to change their place or position.
- **Objective:** Activating participants, reducing stress, and developing a sense of community.

## "Freeze and Run"

- **How to play:** All participants are in a circle, and the person leading the game gives a specific task (e.g. "Everyone wearing a black t-shirt, move to the left!"). When the guide says "Freeze!", everyone must stand in their place. The game can be repeated with different tasks, and the goal is to get everyone actively involved and relaxed.
- **Objective:** Physical relaxation of participants and creation of group dynamics.

