Icebreaker Games

A game for every episode of Alpha YOUTH



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Games and icebreakers matter for how a group comes together, whether you meet in person or online. Here are some ideas you can use right away or that can spark your own creativity.

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Episode 1: Life

Get-to-Know-You Bingo

youtube.com/watch?v=x5N7H2T5Rmw Alpha Youth Series, Episode 1: Life (Alpha). To download all episodes, log in at auth.alpha.org.

Summary: The goal is to find as many people as possible, as quickly as possible, who match a description and have them sign that box. The first person to fill a row or a column calls out “Bingo”, wins and gets a small prize.

How to play: In this game, the teens can move freely around the room. Everyone has a pen and a sheet (attachment, page 18) with lots of boxes, each linked to a different trait or experience.

Now they can walk up to people all over the room and collect signatures. Optional rule: each person may sign only once.

Episode 2: Jesus

Name Game

youtube.com/watch?v=4C46_RQtJv0 Alpha Youth Series, Episode 2: Jesus (Alpha). To download all episodes, log in at auth.alpha.org.

Summary: This game is fun and simple. It helps everyone learn the names of the people in the group and find out something about each of them.

How to play: Split everyone into the small groups they will later have their discussions in. Going around the circle, everyone says their name. But before their name, they have to add an adjective that starts with the same letter as their name and describes their personality (for example “Deep-thinking David” or “Musical Mila”). The next person repeats all the names and adjectives of the people before them and then says their own name with its description. So the later your turn, the more you have to remember.

Episode 3: Cross

Rock, Paper, Scissors

youtube.com/watch?v=Xc86ryG9G7k Alpha Youth Series, Episode 3: Cross (Alpha). To download all episodes, log in at auth.alpha.org.

Summary: Surprisingly, this classic game works online too. The key to success is a good host who clearly announces when a new round begins.

How to play: First, explain that there are three symbols, rock, paper and scissors, and which symbol beats which. Everyone in the meeting then picks any opponent for the current round. After the start signal “Rock, paper, scissors”, everyone shows their chosen symbol to the camera. Then everyone checks which symbol their opponent chose. Whoever loses turns off their camera, so it’s clear who is still in the game. In a tie, you both move on to the next round. In each new round, you pick a new opponent. The game ends with a final and a winner. This game works for groups of 5 to 50 people.

Episode 4: Faith

Human Tripod

Summary: The teams try to build a “human tripod” out of three of their members’ legs. Then they have to balance a cup of water on top. Materials: one board and one plastic cup of water per team.

How to play: Put together two or three teams of three people each. They lie on their backs on the floor and stretch one leg up into the air. Anyone wearing a skirt or dress is better off taking another job, such as keeping time. Lay the board on their feet. Then set the cup filled with water on the board. The team that keeps its balance the longest wins.

By the way: The teams might get wet.

Episode 5: Prayer

Toilet Paper Race

Summary: Two teams race to unroll a roll of toilet paper and roll it back up.

Materials: 1 roll of toilet paper for each team

How to play: Split the group into two teams (or more). Each team lines up in a row, one behind the other. Give each team a roll of toilet paper. At the start signal, the first person in each team takes the roll, holds on to the end of the paper and passes the roll between their legs to the person behind them (the roll unwinds as it goes). The next person has to pass the roll over their head to the next one. And so it goes: under, over, under ... to the end of the team's line. When the roll reaches the last person in the team, they have to start rolling the paper back up and pass it forward to the person in front of them. If the toilet paper tears anywhere, the team has to start over. The first team to finish rolling the roll back up wins.

Episode 6: Bible (1)

Bible Bridge

Summary: In groups of five, build a bridge between two chairs. The bridges should be strong enough to hold Bibles.

Materials: For each group, ten sheets of A4 or letter-size paper and one long strip of tape.

How to play: After a building time of about seven minutes, the host awards points for each bridge using these criteria:

- **Presentation:** How did the group present its bridge? (1 to 3 points)
- **Looks:** How good does the bridge look? (1 to 3 points)
- **Strength:** Which Bible can the bridge hold? Bible app on a phone (1 point), pocket Bible (2 points), small Bible (3 points), regular Bible (4 points) or study Bible (5 points).

The group with the most points wins.

Episode 6: Bible (2)

If I ...

Summary: A fun game for getting to know each other better.

Materials: Sheets with sentence starters and pens

How to play: Everyone has to complete the following sentences. Three of them must be completed truthfully and one falsely.

- If I could marry a famous person, I would marry ...
- If I had unlimited money, I would drive ...
- If I could live anywhere in the world, I would live in ...
- If I could get any job, I would work as ...

After a few minutes, each person reads out their four sentences, and the other group members try to figure out which statement was false.

Episode 7: Holy Spirit

Crab Soccer

Summary: Playing soccer while crawling.

Materials: One large soccer ball, tables as goals

How to play: Two teams play against each other in this game. The only difference from regular soccer is that you can only move on all fours (with your back facing the floor). The team with the most goals wins. Make sure the room is well ventilated for this game.

Episode 8: Filled

Soda Can Experiment

Summary: A full, unopened can should be able to hold a person's weight, while an empty can gets crushed. This helps show that Christians filled with the Holy Spirit are stronger.

Materials: 2 cans of energy drink, one empty, one full.

How to play: Ask a volunteer to balance on the unopened can on one leg. Also dent the side of the can, and still nothing will happen. Then ask the volunteer to try the same with the empty can. This should also work without the can being crushed right away. But as soon as you dent the side, the can gets crushed.

Note: The person should not be standing on the can while you dent it. It's a good idea to test the experiment beforehand.

Episode 9: Life 2.0

Asch Experiment

Summary: The clips about an experiment by Solomon Asch show how easily people conform to a standard, even when it is clearly wrong. Christians are not meant to simply conform. They are meant to make a difference and shape their lives together with God.

Materials: laptop and projector

You'll find a clip here:

youtube.com/watch?v=iRh5qy09nNw

Transition: It is often much easier to conform and do what everyone else is doing, even when it might be wrong. Yesterday we looked at the Holy Spirit and had the chance to pray for each other. Now we turn to the future: What do we do with the rest of our lives? How do we want to keep going and make the most of life with God?

Episode 10: Evil

Good or Bad?

Summary: In this game, the group decides which things on the list below are good and which are bad.

How to play: Explain to the group that you will read out a list and they decide for themselves whether each thing is good, bad or somewhere in between. Make one side of the room “good” and the other side “bad”. Point out that it’s okay to stand somewhere in the middle. Everyone moves around the room and stops where they would place the word on their good-to-bad scale.

Words: Starbucks coffee, gossip, pornography, school, global warming, giving to charity ...

Once you’ve finished “voting”, discuss these questions:

- How can we judge what is bad?
- Isn’t it interesting how different our opinions are about what is bad?

Water Balloon Toss

Summary: In pairs, the teens try to catch water balloons.

Materials: Lots of filled water balloons (at least one balloon per pair and a few extra).

How to play: Take the group outside to a place where it's okay to get wet. Divide the teens into pairs and have each pair stand facing each other about 3 feet (1 meter) apart. Give each pair a water balloon. On command, one person in each pair tosses the balloon to the other. All the pairs who managed it take a step back. On "Go", the other partners toss the balloon back. If someone drops the balloon or it bursts while they catch it, that pair is out. Every time a pair successfully throws and catches, both partners take a step back. The last pair left, and so the pair that throws and catches over the longest distance, wins.

Episode 12: Healing

Blooper Reel

Summary: Show a fail clip of sports accidents or spectacular ski and snowboard crashes (but nothing too brutal).

Materials: Laptop, projector and a clip with funny sports fails (search for one on YouTube, for example).

- youtube.com/watch?v=cdmKVXynX3I

Transition: Why do you think I showed you these clips? They fit perfectly with today's topic! We're going to talk about healing.

Episode 13: Church

Positive Qualities

Summary: Hand out the “Positive Qualities” sheet to everyone. This game is a great way to encourage each other.

Materials: “Positive Qualities” sheet (attachment, page 19), pens.

How to play: Give each person a sheet and a pen. The goal of this game is to encourage each other. Every player tries to fill their boxes with signatures from the other players. A player picks someone the description in a box fits and gets that person’s signature in the box. All the descriptions are positive, and each person has to decide which quality describes the other player best. Each person may sign another player’s sheet only once. The first person to have all their boxes signed wins.

Bonus icebreaker

Picture Reveal

Summary: In this game, players guess what is shown in the pictures of a PowerPoint presentation. The challenge: each picture is revealed only piece by piece. Whoever guesses first what it shows wins.

Materials: the PowerPoint template for Picture Reveal (download below).

How to play: One possible rule: every player gets only a set number of guesses, which you decide, to name what the picture shows. Anyone who has used up their guesses has to wait until the round is over. You could also ask players to stand up when they call out their answer. Play everyone against everyone or in teams.

Get-to-Know-You Bingo

Find different people to sign the boxes. For each box, choose the person the description fits best. The first person to fill a row of four, down, across or diagonally, shouts “Bingo!” and wins.

Likes cola	**Can do a handstand**	**Likes soccer**	**Has been to a Christmas market**
Has two siblings	**Likes the color red**	**Has blue eyes**	**Speaks a language other than English**
Likes action movies	**Plays an instrument**	**Likes chocolate**	**Has a birthday in summer**
Loves to cook	**Wears the same shoe size as you**	**Likes to read**	**Is good at drawing or painting**

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Positive Qualities

Find different people to sign the boxes. For each box, choose the person the description fits best. The first person to have every box signed wins.

Welcoming person	**Musical person**	**Great at soccer**	**Inspiring person**
Friendly person	**Thinks of others**	**Tells the best jokes**	**Great actor**
Great singer	**Dresses with style**	**Amazing hair**	**Generous person**
Creative person	**Great cook**	**Good at sports**	**Best laugh**

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