

## ICE BREAKERS FOR COR 101

### Birth Order Exercise

Students divide themselves into the following groups:

- Oldest
- Youngest
- Middle child
- Only child

Each group has to discuss and make a list of the best things about being in their birth order position. They also discuss and list the worst things about their birth order position. Most of them have not really thought about how birth order influenced their experiences in their families. Oldest children talk about having to follow strict rules that were then relaxed for their younger siblings. Youngest children talked about never ending hand me downs, etc.

After each group has had a chance to compare notes with other group members, have each group report their list of best and worst things back to the whole group. This is a good icebreaker. It usually leads to open and fun conversations among class members.

### **Other Related Variations:**

- 1) What's Your Name --This exercise encourages participants to discuss the origins, feelings, and any brief anecdotes they might have regarding their name.
- 2) Partner Introductions
- 3) Alphabetic adjectives --Participants go round the circle thinking of adjectives that correspond to themselves that start with each letter of the alphabet. If time is brief, person one starts with A, person two with B, and so on.
- 4) What's Up Doc? --Each participant thinks of a cartoon character that they relate to in some way and the fun is in remembering the characters and hearing each person's explanation of their choice.
- 5) Stand up, Sit down (modify if any member is limited in terms of mobility) This exercise helps people visually see who they have something in common with, in a pretty non-threatening way. Classifications can be impersonal to personal depending on what your goals are. Give participants the option of passing before starting.  
Examples:  
Stand if you are from a state other than New York...  
Stand if you're a communications major...  
Stand if you like mint chocolate chip ice cream...  
Stand if you want to be a millionaire...  
Stand if you're of German descent (if you choose to include ethnic backgrounds, try to touch on as many as possible and allow those who haven't stood to reveal their background (if they wish to).