

icebreaker idea

BALLOON exercise

This icebreaker always produces laughter! May consider adding current event things to this icebreaker.

Item Needed:

A balloon for everyone!

(For a splash of color, choose something bright.)

One or more people can conduct this icebreaker:

1. Grab your balloon – let's all get started in the right way. If the devil gave you trouble/hassled you in any way this week – blow into your balloon.
2. If it was a struggle to get here today:
traffic/kids/hubby/work – blow into your balloon.
3. If you had a clothing issue, couldn't find something, something too tight, something not right – blow that irritation into the balloon.
4. If you encountered a crazy person or a crazy situation this week -blow into your balloon. If that crazy person is here – blow into your balloon – but don't point 😊
5. If you're feeling a little tired, overwhelmed in some way, hard stuff is happening – then you know what to do...blow!
6. Now on the count of 3, we're going to let it go! Let it out of your system... 1-2-3 (balloons start flying all over the room).
Optional: play "Let it Go" clip from Frozen
7. Now let's Cultivate what matters!