

Icebreaker: Word Associations – Session 3

Summary:

This icebreaker allows participants to realize that group members together are more meaningful than if we were just all individuals living out in the community.

Time to complete: 10-20 minutes

Size of group:

Between 10 and 20 people. You will need an even number of participants. If there is an odd number the educator should participate in the activity.

Materials needed: A set of pre-printed note cards each with one word of a two-word phrase or name (see below).

Space considerations: An open area large enough for people to move freely about.

Steps:

1. Give one pre-printed card to each participant while explaining that they are to move around the room and find the person who has the other word associated with theirs.
2. Explain that each pair should make sure they introduce themselves to each other if they do not already know the other person's name. The pair should also exchange ideas about one way they know to prevent diabetes.
3. Start the activity. Once everyone has found their matching pair, and exchanged information about ways to prevent diabetes ask several groups to share their facts with the group.
4. The educator may want to do a second round with a new group of two-word phrases or stop with one round.

Closing:

One of the main points of this activity is that we can get more accomplished by communicating with each other and working together. Also, that sometimes one thing that we may see may not make sense to us until we see how it works with other things or situations. The other main point, of course, is to set the stage for talking about and learning more about ways to prevent diabetes.

Word Associations:

- Peanut Butter (1st card) & Jelly (2nd card)
- Cheese & Crackers
- NASCAR & races
- Mary & Little Lamb
Quilt & Fabric
- Dolly & Parton
- Health & Wellness
- Sunrise & Sunset
- Fruits & Vegetables
- Bread & Butter
Hunting & Fishing
- SUGAR & Helper
Children & Grandchildren
- Hammer & Nail
Dogs & Cats
- Key & Lock
Wood burning & Stove
- Green Eggs & Ham
- Coffee & Cream

Reference: Forbess-Greene, S. (1983). *The Encyclopedia of Icebreakers*. San Diego: Pfeiffer & Company.