

# Icebreakers

## **Exploding chairs**

**Group size:** 8 - 16 people

**Resources needed:** None

**Instructions:**

- Get the group to take a chair each and place them randomly around the room at arm's length from each other.
- Tell the young people that the chairs will 'explode' if they stay in them for more than five seconds. To move from their chair they need to make non-verbal contact with another person (winking, nodding, waving etc.) and then change places with that person.
- To move from the new chair they need to make non-verbal contact with a different person.
- You can either run the game for a set time or just continue until the group is exhausted!