

Icebreakers

One Minute Please

Group size: Any size group

Resources needed:

- Lots of topics
- Stopwatch
- Slips of paper/card with numbers on

Instructions:

- The aim of the game is to talk for one minute on a given subject.
- Get each member of the group to pick a number. The person with the lowest number goes first, followed by the person with the next lowest number etc.
- Give the person a topic, start the stopwatch and time how long they last before they dry up. The winner is the one who lasts the longest.
- You may want to go first to model how it can be done.
- You can get the other young people to listen out for the speaker repeating themselves or going off topic. There is no requirement for people to be factually correct!

Possible topics...

- My earliest memories
- My favourite game
- Why beans are good for you
- 10 things you can do with potatoes
- Alligator wrestling