

Icebreakers

Time bomb

Group size: 8 – 16 people

Resources needed: • Small foam ball

Instructions:

- Invite the young people to sit in a circle, facing inwards.
- Select a young person to start with the 'bomb' (the foam ball). They have to call out someone's name as they throw the bomb to them.
- That person has just two seconds to say someone else's name and throw the bomb to them.
- If someone holds on to the ball for too long or misses their catch they leave the game.
- The person's name shouldn't be shouted out before the ball is thrown and the throw mustn't be so poor the person can't catch it.

Alternatives: To make the game really fast and furious play it with two 'bombs' at the same time!