ACTIVITY GUIDE

10 ICE-BREAKERS FOR CORPORATE EVENTS & TEAM BUILDING

Quick, low-preparation activities for mixed groups

These activities suit groups whose members do not know each other well. Most need no equipment; where materials are required, they are listed. Use them as warm-ups before a quiz or as standalone activities.

1 Two Truths and a Lie

Each person shares three statements about themselves: two true, one false. The group guesses the false one, then the speaker reveals it.

Duration: 5–15 min · Group size: Tables of 4–10

2 Speed Networking

Pair guests and give each pair 90 seconds to find one thing they have in common. Call time, rotate partners and repeat for several rounds.

Duration: 10–15 min · Group size: Any size, in pairs

3 Human Bingo

Hand out a 3 × 3 grid of traits such as “has run a marathon” or “speaks more than two languages”. Guests mingle to find a different person for each square. Prepare printed grids and pens beforehand.

Duration: 10–15 min · Group size: 15 or more

4 Paper Aeroplane Challenge

Give each team one A4 sheet and three minutes to fold an aeroplane. Teams launch from the same line; the longest flight wins. Requires A4 paper and clear floor space.

Duration: 10 min · Group size: Teams of 3–6

5 Trivia Team Names

Give each table a category (countries, films, sport) and two minutes to choose a team name from it. Teams announce their names to the room. A natural lead-in to a trivia game.

Duration: 5 min · Group size: Teams of 4–8

6 One-Word Story

Seat the group in a circle or around a table. Each person adds one word in turn to build a story. Stop after a few minutes and read it back.

Duration: 5 min · Group size: 6–15 per group

7 Emoji Check-In

Ask everyone to describe their week or mood with a single emoji, shown on their phone, typed in chat or drawn on paper, and add a one-line explanation.

Duration: 5 min · Group size: Any size; works online

8 Would You Rather

Read out light, work-appropriate choices such as coffee or tea, or mountains or beach. Guests choose a side of the room or discuss at their tables.

Duration: 5–10 min · Group size: Any size

9 Balloon Tower

Give each team balloons and masking tape. Teams have five minutes to build the tallest free-standing tower; measure and announce the winner. Requires balloons and tape for each team.

Duration: 10 min · Group size: Teams of 3–6

10 Music Bingo Opener

A host plays short music clips; guests mark matching song titles in the QuizXpress app. The first full line wins. Requires guest smartphones with the app installed, a host and a sound system.

Duration: 10–15 min · Group size: Any size

Tips for hosts

- Explain the rules in one sentence and demonstrate once.
- Keep activities optional and work-appropriate; avoid overly personal questions.
- Watch the time and stop while energy is still high.

Trivia Games South Africa
Website: triviagames.co.za
Email: info@triviagames.co.za
Telephone / WhatsApp: +27 66 265 6218
Based in Gqeberha (Port Elizabeth) — Available Nationwide