

IceBreakers / Connector / Energizer Activities

When you are the facilitator, the responsibility of focusing everyone's attention on the session's topic and setting the tone for the professional development (PD) starts as soon as the first participant walks through the door. This article draws on research to explore how icebreakers and energizers focus participants' attention, raise the energy of the room, and establish community.

- California Academy of Sciences

<https://www.calacademy.org/educators/icebreakers-and-energizers>

IceBreakers

What is an [IceBreaker](#)? An icebreaker is **a facilitation exercise intended to help members of a group begin the process of forming themselves into a team**. Icebreakers are commonly presented as a game to "warm up" the group by helping the members to get to know each other.

- https://inclusiveschools.org/wp-content/uploads/2015/09/Student_Connection_Activities_and_Icebreakers.pdf
- <https://examples.yourdictionary.com/examples-of-ice-breakers.html>
- <https://www.tinypulse.com/blog/sk-work-icebreaker-games>
- <https://blog.vantagecircle.com/ice-breaker-games-for-work/>
- <https://www.gpb.org/blogs/education-matters/2016/07/21/20-great-icebreakers-for-the-classroom>
- <https://www.sessionlab.com/blog/icebreaker-games/>
- <https://snacknation.com/blog/boost-productivity-meetings-icebreakers-games/>
- <https://www.signupgenius.com/groups/group-icebreakers.cfm>
- <https://blog.hubspot.com/marketing/ice-breaker-games>
- Virtual/Hybrid <https://blog.sli.do/virtual-icebreakers/>
- <https://www.activityvillage.co.uk/ice-breaker-games>
- <https://www.quizbreaker.com/icebreaker-games>

Energizers

What is an **Energizer**? Energizers are **activities used in workshops and group situations to help participants be more alert and active**; they can also be an important way of people getting to know and understand one another. There are many different energizers of varying length, complexity, exertion and ingenuity.

- <https://hrdqstore.com/blogs/hrdq-blog/5-best-training-energizer-activities-for-workshops>
- <https://www.ndi.org/sites/default/files/Energisers.pdf>
- <https://trainings.350.org/?resource=gamesenergizersdynamics>
- <https://www.funretrospectives.com/category/energizer/>
- <https://www.bookwidgets.com/blog/2016/10/15-fun-classroom-energizers-for-students>