

10 Icebreakers for your Women's Ministry that aren't Stupid

#10. Power Musical Chairs:

of women needed: 5-8

Time: 10-15 minutes

Set up a small amount of chairs in the front of the room. Women play normal musical chairs, but every time the music stops, the hostess calls out an item that they have to get from the audience. The players must run out, obtain the item, and then run back and sit in a chair to stay in the game. Potential items: lipstick, a twenty dollar bill, a tweezer, a belt, a shoelace, a sock.

#9: Multitasking Momma

of women needed: 4-8

Time Needed: 15 Minutes

Everybody knows that women are the most amazing multi-taskers ever. For this skit/game, you'll need a few contestants and a few "extras", and a little setup. You will set up the women with everything they need to be the best multi-tasker in the room. Give them the supplies to complete the following exercises:

1. Write a note excusing their child from school
2. Type a text that says "can you pick up milk on your way home"
3. Put a ponytail & three bobbypins in their accomplices' hair
4. Wrap a present
5. Paint your nails and/or apply lipstick to the accomplice
6. Make a peanut butter & jelly sandwich
7. Put several bracelets/necklaces on themselves
8. Write a check for \$25 to the PTA
9. (come up with your own!)

They can complete the task however they want. Put all their supplies in front of them on the table. It's a fun personality inventory to see how women tackle the project, some are very methodical and some just go crazy from one task to the next. You can also "handicap" them by making them pick up and hold a phone to their ear about ½ way through the skit. Winner gets something relaxing, like a gift certificate for a manicure. 😊

#8: The 60 second interview:

of women needed: 2

Time: 5-10 minutes

Set up the icebreaker by saying you don't have a lot of time, but you want to get to know a couple of women, so you are holding a contest. Pick two women for the game. Have one woman wait out of hearing distance while woman #2 is interviewed. The purpose of the interview is just to answer as many questions as you can. (think Family Feud style as the host). Ask the questions quickly, throwing in difficult/funny ones throughout. After woman #2 answers the questions, have woman #1 come back in and be interviewed for 60 seconds. The woman who answers the most questions in 60 seconds is your winner.

Here are some examples of questions:

1. What year did you graduate high school?
2. Prefer the beach or the mountains?
3. Use one word to describe the condition of the inside of your (car, closet, desk, bathroom)
4. Long hair or short hair?
5. What's your favorite place to shop? (One woman said Kroger [a grocery store]. That got a huge, unexpected laugh)
6. How old were you when you had your first kiss?
7. Describe your first car?
8. What's the last book you read?
9. Are you an introvert or extrovert?
10. Favorite thing to do on a Saturday morning.
11. Least favorite chore
12. Do you like to dance?
13. Your first job?
14. Favorite childhood toy?
15. People in middle school would describe you as: _____
16. Favorite body part?
17. Would you rather have a weasel, a squirrel or a snake for a pet?
18. Favorite place for a date?
19. What's a movie you really like?
20. The first thing I did this morning was:
21. The song playing in my car is:
22. Name a pet peeve.
23. Would you rather host a party, go to a party, or read about a party.
24. If you were on death row, what would your last meal be?
25. If you could have one superpower, what would it be?

#7: Do It Now, Do It Right

of women needed: 20 or more

Time: 5-15 minutes

This is an "all-in" game that everyone plays. The idea is to get women mixing with each other, and disarm them with a silly game. The hostess yells out: Do It Now, followed by a number. This is the number of people that need to get in a group. So if you say, "Do It Now: Four!" Women have to mobilize into groups of four. Once they've grouped up, you shout "Do It Right!" The group then mimics the phrase you point out. You can do "cowboy!" "bunkbeds!" "porch swing!" "bacon frying in a pan" "bridesmaids posing for a picture!" The "scene" you want them to create should work for the size group you put them in, i.e. cowboy would be 2 (one horse, one on piggyback). The sky's the limit. Get creative, think of something that would be funny for your group. For instance, with a bunch of new moms, you could do a clump of three and then say "new parents driving home a baby!" It's fun to commentate as the women try to figure out how to express the different "scenes" you give them to create.

#6: Group Humdinger

of women needed: 2-4

Time: 5 Minutes

This is a reverse version of the Cranium game. Instead of having one person hum and everyone guess, this game has one woman (or two compete) while everyone hums. This is a great Christmas game. Have one woman (or several) come up front. Using a powerpoint or a posterboard, hold up a well-known song title behind her. The crowd hums the song and the first woman up front who guesses the title wins.

#5: Hot Potato Gifts

of women needed: 6-unlimited

Time: 10 Minutes

Have you experienced how much women love gifts? Maybe it's the element of surprise in this game, but women go WILD for this one. Best when seated at tables. Place a gift in the middle of the table, and start the music. Everytime the music stops, the woman holding the gift gets to unwrap the present...but you have wrapped multiple gifts inside themselves. We wrapped five presents inside of themselves, with a gift card in the middle. It was a blast, and worth the work. ☺

#4: Table Catchphrase

of women needed: 6-unlimited

Time: 10 Minutes

This is a super-easy icebreaker for a small group or a table. Place a cup or mug in the middle of the table with a slips of paper with words or phrases relevant to your group. You can do fun women stuff as well as things that apply to your city or your church. One woman holds the cup, takes out a slip of paper, and tries to get the women at the table to guess the phrase without using any of the words on the paper. After the table guesses correctly, she passes the cup to the next woman. First table to empty the cup from all the slips wins. Women can pass if they can't get their table to answer, but they have to keep that phrase in the cup.

#3: Minute to Win It

of women needed: 15-unlimited

Time: 15 Minutes

- **First-round elimination:** Give every woman one Oreo cookie. When you say "go" women try to get the Oreo from their forehead to their mouth without using their hands and without dropping the oreo. Take the first four women to complete the task for the next round.
- **Round #2:** Four women come up front. Give each woman a popsicle stick and five Starbursts. The first two women who can hold the popsicle stick in their mouth and balance the five Starbursts on top of it proceed to round #3.
- **Round #3:** Final two for the win! Soda balance: give each woman a can of soda. First one to drink enough to balance it on its rim wins. (You may want to try this in advance to understand, but if you drink about 1/3 of the can, you can balance it on its side at a 45degree angle). Another fun one to do is the tissue pull. Each woman gets a box of tissues. First one to pull all the tissues out of the box wins. Easy and fun.

#2: Creative Genius

of women needed: 6-unlimited

Time Needed: can range from 10-30 minutes

Break the women up by tables or small groups. Each group gets a baggie with small and large marshmallows, lifesavers and toothpicks. Give each group about 10 minutes to build something together. You can also use this as an illustration on teamwork and community. You can give each

woman a random assortment of items and have her build by herself, and then have the group work together. A great opener if you are doing a teaching on the body of Christ, community or togetherness. When I've used this exercise, I've been so amazed at the creativity and fun that woman can put into this. My favorite "creation" I've seen was a merry-go-round!

#1: Rock-Paper-Scissors (Mom-Toddler-Grandma)

of women needed: 20-200

Time Needed: Varies

This is exactly like Rock-Paper-Scissors but the female version. The motions are as follows:

- To play "mom" put hands on your hips
- To play "toddler" stick out tongue
- To play "grandma" arms wide open in a hug

Mom wins over toddler

Toddler wins over grandma

Grandma wins over mom

This is easy to do even in a big group, just have the women play three rounds with one another and then continue to eliminate people until you are left with just two contestants. We have stretched this out over an entire weekend, running elimination rounds at the beginning of each session. We talked strategy, etc and had different sides of the room cheer for the final contestants. You can also start with rock-paper-scissors (as that's easier for sure to teach!) and only switch over to mom-toddler-grandma for the final round.