



101 M.O.M. Group ICEBREAKERS

Want to break the conversational ice and open up the doors of communication with the women at your M.O.M. Group? Line up a couple good icebreakers and let the laughter and conversation begin!

Below is a list of 101 icebreakers The M.O.M. Initiative has put together to help!

1. Rapid Fire Q & A -

Prepare 3 - 5 questions and ask quick, easy to answer questions and go around the room and ask each person the same question, and then repeat.

SUGGESTED QUESTIONS:

1. If you could work in a circus, what job would you have and why?
2. If you could meet any person in history, what who would it be and why?
3. Mountains? Beach? Dessert? Why?
4. Toilet paper... Over or under, and why?

2. Two Truths and a Lie -

Take turns sharing 2 truths and 1 lie and everyone else has to guess which one is the lie. Everyone learns something interesting about each other.

3. What I've Done -

Write down the most interesting job you've ever had and put it in a bowl and then pass the bowl around. When everyone is through, pass the bowl back around and each person will draw an answer and try to guess who it is. The person who wrote the job down gets to share one thing that made it so interesting.

4. Name Your Talent -

Go around the room and have each person share their hidden talent. If you have some brave souls in the room, ask them to demonstrate that talent for the group. (Lots of fun!)

5. Tropical Island "MUST HAVES" -

Have the ladies answer the questions, "If you were stranded on a desert island, what 3 things would you absolutely have to have."

6. Favorite Childhood Book -

What was your favorite book as a child and why?

7. Running for Office -

If you were running for office, what would you run for and what would your slogan be?

101 M.O.M. Group ICEBREAKERS

8. Favorite & Least Favorite Movie -

What is the name of your favorite movie and why? What is the name of your least favorite movie and why?

9. Line Up -

Get in groups of five to ten people. First group that gets itself in order according to the category you name, wins. Sample Categories: middle name, shoe size, height, birth date, etc. (Just be sure to pick subjects that people can line up easily.)

10. Dream Vacation -

Describe your dream vacation. Or, describe the best vacation you've ever had.

11. Circle of Friends -

Great large group icebreaker. Form two large circles (one inside the other) and have the people on the inside circle face the people in the outside circle. Have a list of questions and have the inside and the outside mom in the circle answer one question and then take circle to the next friend. This will allow them to meet each new mom as the circle continues to move very slowly. (Takes about 7-10 minutes)

12. Finish the Sentence -

Go around the room and have each person complete one sentence like...

- The best job I ever had was...
- The worst project I ever worked on was...
- The riskiest thing I ever did was...
- I am here because...

13. Birthday Buddy -

Have group of moms go around the room trying to find the person whose birthday (day and month - not year) is closest to theirs. Then have them share 2 interesting facts about themselves with each other.

14. Stringed Up -

You will need a spool of yarn. The ladies will stand in a circle (5 - 10 ladies) and one will begin by saying something about themselves, such as:

- My favorite color is pink
- I have never had a pet
- I like cold spaghetti

Then, when another person says she, "Me too!" then the person with the yarn will pass the spool to her. She then will share something about herself and pass the spool to the person who says, "Me too!" (If more than one person says, "Me too!" pass it to each one and the last person to get the spool will share a fact about herself.) At the end of the game (5 - 10 rounds), have the ladies count the number of times the spool was passed to them and they can see how much they all have in common. Lots of fun.

101 M.O.M. Group ICEBREAKERS

15. A Flag for Me -

Pass out paper and have each person draw something that represents one of the following...

- Something they are passionate about (like a sport, a craft, a talent - tennis, beading, guitar), or
- A country your like (where you're family is from or where you want to visit)
- Your favorite food (cupcakes, ice-cream, chips and dip, etc...)
- Something important to you (your faith - a cross & a heart, your family - a drawing of your family, etc...)

16. Never Have I Ever -

Go around the room and have each woman finish that sentence. Great way to get to know each other.

17. Left Wall or Right Wall -

Ask the women in the room to all gather in the middle and then ask them to go to the left wall or the right wall based on their preference on a given topic. Here are some examples for you but have fun making up some that might go with the them of the topic of your M.O.M. Group, or talk, as well.

- Morning brew? Coffee to the left and tea to the right!
- Toilet paper? Over to the left and under to the right!
- Favorite place to live? Beach to the left and mountains to the right?
- Favorite kind of movie? Comedy/Chick flicks to the left and drama/suspense to the right?
- Morning or night? If you're a morning person, move to the left - if you're a night person move to the right.

18. A Bowl Full of Questions -

The facilitator writes 15 - 20 different questions on 3 X 5 cards or on small pieces of paper before the group meets together. Then, depending on how many people you have, you will either want to play the game with the whole room or, if it is a large group, you'll want to break up into groups of 10 or so.

Then pass the bowl around and have each woman draw out a question, read it out loud and answer it. You will want to have enough questions so that each woman there will have at least 2 opportunities to answer the questions from the bowl.

Here are are some sample questions:

- My favorite place I've ever been is...
- Once upon a time, I...
- The silliest thing I've ever done was...
- My ideal vacation is...
- If my life were a book, I'd title it...

101 M.O.M. Group ICEBREAKERS

- My favorite song is...
- My favorite childhood memory is...
- My biggest fear is...
- I don't like...
- My least favorite food is...
- My favorite food is...

19. Psychiatrist -

Lots of fun. Best in groups of 10 or less.

One person is designated the Psychiatrist and must leave the room while the others come up with who or what they are. For example... those in the room agree to be John Wayne, or Sarah Palin, or Colonel Sanders... or they agree that they are chickens, or horses or ducks.

Then the Psychiatrist comes in and begins asking questions to each person in the room and as the Psychiatrist asks each question, each person may answer with yes or no and then may give one clue either by gesture or by using words. (But they have to be careful that they don't give it away.)

Example: If the group agreed to be John Wayne, the participant might say, "I like horses." or the participant might act out John Wayne's swagger.

20. Socks -

Have enough pairs of socks to give each lady a single sock. Then they must find the mate to their which is held by another lady in the room. Once they put the matching pair back together, they ask five pre-planned questions that will help them get to know one another a bit. It is organized chaos for a few minutes until all the socks are matched, but it is loads of fun.

21. Favorite Foods -

Everyone goes around the room and shares their favorite food and their favorite restaurant.

22. Bucket List -

Everyone writes down at least one thing on their bucket list and puts it in a bowl. The bowl is then passed around as each person draws one of the papers out with someone's bucket list answer and they try to guess who it is.

The person who wrote it will share why that particular thing is on their bucket list.

23. If I Were a Cartoon -

Go around the room and each person answers the following question and explains why...

"If I were a cartoon, I'd be..." (Lots of fun and sweet childhood memories)

101 M.O.M. Group ICEBREAKERS

24. Strange Things -

Go around the room and each person shares the strangest thing they have ever eaten, the strangest place they have ever gone, and the strangest thing they have ever done.

25. If I Could Be Someone Else -

Each one in the room answers the questions, "If you could be someone other than yourself, who would you be and why?" (Fun and interesting)

26. My Hero and Super Hero -

Go around the room and have each person name their hero and why. Then ask, who was your favorite super hero when you were young and why.

27. A Few of My Favorite Things -

Go around the room and ask...

- What's your favorite thing to do in the summer?
- What's your favorite thing to do in the winter?
- What's your favorite season and why?

28. Who Am I -

A great ice breaker for all women or mixed group is to tape a name of someone famous on the back of everyone and let them figure out who they are by asking others questions until they guess it.

29. M&M's -

Give them a small scoop. Choose a color. For everyone they have of that color, they have to share something about themselves or, if they don't have any of that color, they have to share something for each of the M&Ms they have.

30. Toilet Paper -

Pull off some toilet paper. For every "sheet" torn off, they have to share something. Say in the beginning or make out like it's a big deal to see who's going to have the most.

31. How'd You Get Your Name -

Go around the room and ask each woman there how she got her name. You'll be sure to get some very interesting stories!

32. Funny Stuff -

Go around the room and ask each woman, "What's the funniest thing that has ever happened to you?" (You're sure to get a lot of laughs and get to know each other)

101 M.O.M. Group ICEBREAKERS

33. Play Ball -

Bring a beach ball or a soft foam ball and when everyone arrives, have them form a circle and then pass the ball around to each woman there until everyone has had the ball. Every time a woman catches the ball she gets to share something interesting about herself, or her most embarrassing moment, or the funniest thing that has ever happened to her, or whatever you choose. You can also form questions based on your topic. For example: If your talking about Titus 2, you can ask them to share whether or not they have ever had a mentor and, if so, how that affected her.

34. Boxed Fears -

Facilitator will need a box and some 3 X 5 cards or some small pieces of paper before you begin. When everyone arrives, have each woman write out a fear that she has or a worry that has been on her heart. When they are through, have them put their fears in the box. Then pass the box around and have each woman pick from the box and read the fear out loud and then share a little about what she thinks the fear, if it's something she fears too, how can someone overcome that fear, and/or what Scripture they can pray regarding that fear.

End the Boxed Fear game with prayer and with 2 Timothy 1:7, "For God has not given us a spirit of fear, but of power and of love and of a sound mind."

35. Get In Order -

The facilitator will need to prepare a list of categories that can be put in numerical or alphabetical order. (Things like birthdays, shoe sizes, first letter of last names, etc...) Then when everyone is in the room, call out the category and have everyone get in line from first to last. January birthdays, then February, then March, and so on. The same works for shoe sizes and first letter of last names.

36. Paper Planes -

Facilitator will need to be sure there is enough letter size paper for each person in attendance to make a paper airplane. Take a paper and list out your name and 3 things that you do - or your hobby - or an interesting fact or two. Then fold the paper in the shape of a plane and throw it into the room. All the others will be throwing their papers as well. Keep throwing the planes for a minute. At the end of the minute, pick up a paper plane that is nearest to you on the floor and unfold it. Find the person to whom it belongs. This is the person who you need to introduce to the rest of the group. It's a fun way of getting to know someone.

37. Sock Pile -

Make a pile of socks in the middle of the room. They will need to be individual socks, and uniquely colored (which you can buy at the dollar store), but each will have to have a match and there will need to be enough for every person to pick one up.

101 M.O.M. Group ICEBREAKERS

When the facilitator says go, everyone runs to the middle of the room, grabs one sock and runs back to their seat. Then the facilitator will say, "GO" again and everyone will try to find the person who has the matching sock. When they do, they will find out one interesting fact about that person and then you will go around the room and each person will introduce the person with the matching sock. Fun way to get to know each other.

38. Newspaper Fun -

The facilitator will cut out old newspapers into strips and staple them together ahead of time. When you get together, you will pass the strips around the room and ask the participants to take as many strips as they like. Don't tell them what they're supposed to do with the newspaper strips. Once each has taken the strips, ask them to count the number of strips they have. The number of strips determines the number of facts that they have to share about themselves with the others. Encourage them to be funny when sharing the information. This game encourages sharing and helps break down barriers.

39. Find Someone Who... -

The facilitator will prepare a questionnaire ahead of time that will include 5 - 10 descriptions of someone each person will be looking for in the class. The participants will go around the room with the goal of finding someone who matches the descriptions listed.

Sample questions (but please feel free to make up your own):

Find someone who...

Has a birthday the same month as yours	_____
Loves to ride horses	_____
Is new to the area	_____
Is wearing red	_____
Wears glasses	_____
Wears contacts	_____
Has traveled outside the U.S.	_____
Has been to an amusement park	_____
Has a pet	_____
Didn't do their dishes last night	_____
Who had a C-section	_____

40. Best Vacation Ever -

Pass out 3 X 5 cards or note size pieces of paper. Have each participant write one sentence describing their favorite vacation memory. The sentence must include the location, and names of children or people involved. (Example: We laughed so hard the year my husband and I took our sons to Dollywood and made our oldest son, Karl, ride the roller coaster for the first time.) Then put all the cards in a bowl and pass the bowl around so that each participant can take one of the cards out of the bowl. Then each participant reads the card they pulled out and the person who wrote it has to announce that it is theirs and then share a brief story about why that was so memorable.

101 M.O.M. Group ICEBREAKERS

41. Me Too -

Facilitator will provide each person in the room with a sheet of paper. Each person will write 3 to 7 random facts about themselves. (They can share where they were born, how many children they have, how old their kids are, what school they went to, what their middle name is, what kind of car they drive, what kind of pet they have, etc...) When they are done, each person will read their list one item at a time and after each item, give the others in the room the opportunity to say, "METOO!" if they have the same experience. (NOTE: They don't have to have it on their own lists to say, "ME TOO!") Go around the room until everyone is done. This is a great way to show how much we all have in common and a great way to get to know each other.

42. Human Bingo -

Facilitator will create a Human Bingo chart that will include 24 descriptions. Those in the room will have to find a person who can say they have done, or is able to do the description. Once they have found the person, they have to write their name in the Bingo space that matches their answer.

Here's a sample:

Find Someone Who....

Human Bingo	Has Been to a Live Concert in the Last 6 Months	Likes to Go Camping	Has Performed on Stage	Has Been Surfing	Has Broken an Arm or Leg
	Likes to Dance in Public	Was Born on the Same Month as You	Speaks 3 or More Languages	Has Changed a Diaper	Exercises 3 or More Times a Week
	Swims in their Spare Time	Has Met Someone Famous	Free Space	Has Recently Flown in an Airplane	Plays a Musical Instrument
	Has Lived in Another Country	Has the Same # of Siblings as You Do	Was Born Outside of Brazil	Has Their Own Blog or Website	Likes to Eat Sushi
	Has Been to a Live Sporting Event	Seen the Latest Twilight or Harry Potter Movie	Can Touch Tongue to Nose	Has Read More than 30 Books	Sings in the Shower

43. Show and Tell -

Best in groups of 10 or less. If you have a big group, divide into smaller groups to make it easy. Then have each person choose a picture from their cell phone and share it with the group and then explain why it is so special to them.

101 M.O.M. Group ICEBREAKERS

44. Bucket List Checkoff Game -

Facilitator will need to include a 3 X 5 card or note size piece of paper for each person in the room. Each person will write down 3 - 5 Bucket List items (things they want to accomplish before they die) on the card. They will then read off their list and those who have done anything on their list already will say, "I've done that!" and tell a bit about it - and then the person with the list will check it off. (Great way to get to know each other)

45. Magazine Mania -

Facilitator will bring in old magazines and pass them out so that each person can have one magazine. If you can't get hold of that many magazines, cut pages with pictures out and place them on the floor. Have each person there pick out a picture that relates to the way they feel or what they are going through in some way. They will then cut it out of the magazine or pick it up from the floor (depending on which way you choose to play the game) and describe why they chose that picture. (This game is very revealing and a great way to learn how you can pray for each other.)

46. Favorite actor/actress?

Go around the room and have each person share who their favorite actor or actress is and why.

47. 3, 2, 1 -

Have each person share:
3 things we should know about you
2 places you'd love to visit
1 thing you would do if there were no restrictions

48. 3 Random Wishes -

Here's a great way to discover something new about each other and also encourage one another with differences as well as commonalities.

Have each person in the room share the answers to the following questions (or make up questions of your own - or you may want to gear your questions to match your topic for the lesson)

1. What color hair do you wish you had?
2. Where would you live if you could live anywhere at all?
3. What job would you do if you could do anything at all?

49. SO Blessed -

The *SO Blessed* game gives each person the opportunity to share something about her life while reflecting on the goodness of God. Each person will need to share her name, where she's from and a reason she feels blessed. Ask the participants to respond to the question differently from those who came before them. For example, if the first person says that she feels blessed because of her family, no one else can use the same answer.

101 M.O.M. Group ICEBREAKERS

Someone might feel blessed for a specific person in her family or something her family recently experienced, but she can't give the same, exact answer.

50. Beach Ball Q & A -

Beach Ball Q & A is an easy ice breaker in which you write down different questions on each area of the ball, using as many questions as will fit on the ball. Toss the ball to a random person in the crowd. When someone catches it, she has to answer the question underneath her right palm. Once she answers, she will pass the ball to another person. Keep passing the ball around until everyone has the chance to answer at least one question.

51. Best Flea Market/Garage Sale Find -

Everyone likes a bargain. Go around the room and have everyone share their best flea market or garage sale find and why.

52. Best Parenting Advice Ever -

Go around the room and have everyone share the best parenting advice they have ever been given or that they would like to give.

53. Which Soap Are You -

This is a fun way to use the tag lines for various kinds of soap to tell a little bit about yourself. Facilitator will prepare a list of soaps and their respective tag lines and then have each woman choose the soap that best describes her and explain why.

- Dial Soap - (Confident) Aren't you glad you use Dial? Don't you wish everybody did?
- Dove - (Empowering others) The Real Truth About Beauty: Revisited
- Irish Spring Soap - (Tom-girl, sporty) Manly yes, but I like it, too
- Ivory Soap - (Innocent) Pure clean, pure Ivory.
- Jergen's Soap - (Dependable) When you need it most
- Lever - (Multi-tasking Maven) For all your 2000 body parts
- Nutrogena - (Factual/Analytical) #1 Dermatologist Recommended
- Safeguard - (Humble) The smallest soap in the house
- Tom's Natural Moisturizing Bar - (Natural/Fresh) Natural care since 1970
- Zest - (Peppy) Zestfully clean

54. Four D's -

Have ladies form groups of 3 - 7 and share the 4 F's.

1. What are you most FERVENT about?
2. What are you most FEARFUL of?
3. What is your FAVORITE thing to do?
4. Share a FUNNY memory with us?

101 M.O.M. Group ICEBREAKERS

55. Purse Scavenger Hunt -

Facilitator will make up a list of things that might be found in a purse. Create groups of 3 - 7 ladies per table and give the list to each team. They have 3 minutes to find as many things on that list as possible. After a team is declared a winner by finding the most items on the list, the team will take about 5 minutes and share one thing about themselves and one prayer request with the rest of the group.

Here is a possible list of items for the Purse Scavenger Hunt (make up some of your own and include some goofy ones for fun!):

Towel	Safety Pin	Gum
Book	Cup	Spoon
Thimble	Toy	Salt Package
Coupon	Pacifier	Glasses
Mints	Cereal	Bandaid

56. Pass the Candy -

Facilitator will need to purchase a large bag of candy and make a list of questions prior to event. Have the ladies form a circle in groups of 10 or less. Each lady gets to pick 3 pieces of candy from the bowl. Then, as you ask each question, the ladies who have to answer the question "Yes" will have to pass one of their pieces of candy to the left. The one with the most candy at the end of the game wins. (They win the candy or you can provide a small gift.)

Here is a list of questions but you can make up some of your own, as well:

1. Do you get up by 5 AM?
2. Do you make your bed every morning?
3. Do you use an iPod to listen to music?
4. Have you ever worn the same clothes for 3 days in a row?
5. Have you ever worn something once and then taken it back?
6. Do you hide your snack foods from the kids?
7. Have you ever eaten those snacks in the closet?
8. Have you ever taken a mission trip?
9. Have you ever played Dodge Ball?
10. Do you cook only using recipes?
11. Do you have to have coffee in the morning?
12. Have you ever gone more than three days without taking a shower?
13. Have you ever snorted when you laughed?
14. Have you ever put your gum under a table or chair?
15. Do you always put on make-up before leaving the house?
16. Have you ever re-gifted a present you received?
17. Have you ever gone anywhere with curlers in your hair?
18. Do you squeeze your toothpaste in the middle?
19. Have you ever double-dipped at a party?
20. Do you think we should stop now and enjoy a piece of candy/mint?

101 M.O.M. Group ICEBREAKERS

57. Candy Colored Questions -

The facilitator will want to purchase colorful candy and then put it in a bowl. You will need enough bowls so each team will have a bowl full of various colors of candy. Each color of candy will be the basis for questions you will use during the game. Form groups of 5 - 10 ladies and then go pass the bowl around to each lady. She will draw a piece of candy out of the bowl and answer a question based on the color of the candy. For example: If she draws a red piece of candy, she will have to share something funny that happened to her. If she draws a green piece of candy, she can share something funny about money (like when she spent a crazy amount of money on a dress, or when she was given too much change and returned it, etc...), if she draws a blue piece of candy she will have to tell about a childhood memory, etc... (Lots of fun and a great way to get to know each other.) At the end of the game, everyone can keep their candy.

58. The A to Z Shopping Story -

The first woman says, "I went shopping and I bought...", filling in the blank with an item that starts with "A," such as "apron" or address book. The next woman repeats what the first woman said, and then adds something that starts with the letter B. The game continues through the alphabet and becomes very comical as each woman attempts to remember the growing list of items. If you want to keep the game moving and make it even funnier, eliminate women from the game when they pause or forget an item in the list.

59. Landmines (teaches the need for mentors) -

The object of this icebreakers is to emphasize the value and importance of having a mentor and that we are truly better together.

The facilitator will gather some scarfs or items that can be used as blindfolds prior to the event. She will also need to gather some soft objects like Nerf balls, beach balls, plastic bottles, soft foam balls, etc.. - enough to spread across the room.

When the women arrive, you will have them pair off in groups of 2 to 5 (better if they are groups of 2, but if you have room to enlarge it if you need to because of the size of your group) and all but one of the ladies will be blindfolded. The goal is to get each blindfolded lady from one side of the room to the other while avoiding the "Landmines" in the way. The lady who is not blindfolded will be able to coach each blindfolded lady through the land field by speaking to the blindfolded ladies. She will be able to speak to them but she can not touch them.

When they get to the other side, they have to trade places. The lady with the blindfold will now be the coach who will instruct the other in her journey across. Instead of competing, those who finish first will cheer the others on until each person get to the other side.

101 M.O.M. Group ICEBREAKERS

Landmines really enforces why we need each other and how mentors can guide other moms in their mom journey because they've been there before and can help the younger moms avoid the landmines along the way.

Landmines also teaches the women how to root each other on, especially when others are struggling!

60. Guess Who -

Before the event, the facilitator will get 3 X 5 cards or small sized paper so that each lady who attends will have one. You will also need to have a large bowl and either a chalkboard and chalk or a large drawing pad (Pictionary-style) and markers.

Have each lady write her name and something simple about herself on a 3 X 5 card or small piece of paper. They everyone will put there 3 X 5 card in a large bowl. You will then pass the bowl around and as each lady pulls a name out of the bowl, she will then get up and have to draw a picture of the one she picked out of the bowl and also draw what it is she wrote about herself while the others try to guess who it is that she is drawing.

Example: I might have written, "Stephanie Shott - I like to write." That means, the one who picked my name would have to try to draw me writing. Or I could have said, "Stephanie Shott - I don't like to fold clothes." So, whoever chose my name would have to try to draw me folding clothes... most likely with a big frown on my face. Lots of fun and no extra points for being a really good artist. Just a fun way to get to know each other.

61. How Many Do You Have -

Go around the room and ask, "How many _____ do you have?" and discover something new and fun about those who are there in the room. (Be sure to make it fun and not focused on materialism.)

Some example for How many:

- How many children
- How many dogs
- How many pets
- How many rooms in your house
- How many pairs of shoes
- How many bit-off fingernails
- How many broken dishes that are still in your cupboard
- How many lipsticks

101 M.O.M. Group ICEBREAKERS

62. Name That Bible Character -

Facilitator will make up a list of Bible characters and descriptions and when all the ladies arrive, she will read the descriptions and when someone figures out who it is, she will jump up and say, "I can name that Bible Character." Then she will tell who she thinks it is.

If she is right, ask her to tell everyone a little more about the Bible character if she knows anything... and if you'd like, you can give her a small prize. If she is wrong, she doesn't get to try again for that round.

The goal of this game is not to show their knowledge of the Bible, but for the facilitator to have the chance to sow into the hearts of the women some great character traits of those in Scripture, as well as some questionable and even unsavory character traits.

Examples:

- * She was a powerful leader who judged Israel and inspired that captain of the army to trust God's promises and go to war to take the ground God had promised them. (Deborah)
- * She was an orphan girl who became a queen and saved her people from certain annihilation.
- * She was a selfish and arrogant queen whose name is still associated with witchcraft, idolatry, seduction, and false prophets.

63. Walking in My Shoes -

This is a really simple and fun icebreaker that takes no planning. When all of your guests have arrived, have each one remove one shoe and place it in a pile. Then, all of your guests should choose one shoe --not their own-- of course, and walk around to find the owner. When they find the owner, they will ask them to name one of their most interesting places they've ever been (hence the name, "Walking in My Shoes"). Not a complicated game, but a good way to get people talking!

64. Dollar Store White Elephant Game -

Have everyone buy a small gift at the dollar store and wrap and bring it to the event. (The facilitator will need to buy several extras for new moms who show up at the group or for those who forget to bring a gift to be sure there is one gift for every person there.) Place all the gifts in one place and draw numbers to see who chooses each gift. The one choosing the gift may exchange it for a gift someone else has already drawn or choose from the pile.

At the end of the game, have each person share the best financial/budgeting/coupons advice they have ever heard with the group.

This is a great way to mentor one another and also have a lot of fun in the process.

101 M.O.M. Group ICEBREAKERS

65. Pedi, Mani, Both or Neither -

Ask each mom in the room whether she is a pedi girl, a mani girl, a girl who does both, or a girl who does neither. Then swap best places to get their nails done and best prices. The only goal is to get the ladies talking, laughing, and find some commonalities.

66. When's the Last Time You... -

Facilitator will want to come up with about 5 - 10 questions before the M.O.M. Group begins. When everyone arrives, you will gather in groups of 5 - 10 and ask the questions to find out a little about each other.

Here are 10 questions to get you started, but feel free to make up some of your own. You may want to make up theme or topic based questions to hone in on something specific you will be talking about during the group, so please feel free to use questions that work best for you and your event.

1. When's the last time you went grocery shopping?
2. When's the last time you played in the rain?
3. When's the last time you went Black Friday shopping?
4. When's the last time you ate pizza?
5. When's the last time you made a cake?
6. When's the last time you went to a baby shower?
7. When's the last time you forgot an important appointment?
8. When's the last time you had lunch with a friend?
9. When's the last time you took a nap?
10. When's the last time you shaved your legs?

67. Sweet Choices -

Go around the room and ask each mom what her favorite choice is when it comes to sweets. Make it easy by giving them a list.

1. Favorite flavor of ice cream?
2. Favorite kind of cookie?
3. Favorite kind of candy?
4. Favorite kind of cake?
5. Favorite kind of fruit?

68. Get Grouped -

This game is a great way to get your group up and moving around and to move people into groups that they wouldn't normally sort themselves in. It also gives an opportunity to share bits and pieces of our story with one another.

Before starting this game, explain that you will be calling out a category and then division within each category. Each person will go the category division that best fits her. Once everyone is in her division, you will read a question and everyone will take turns

101 M.O.M. Group ICEBREAKERS

answering that question within her group. When they are finished, they should all raise their hands to let you know that they are ready to move.

(Oh... and this game requires a good size room and whoever is leading this exercise will need to be able to wrangle the group back so you can move on to the next question.)

Feel free to choose your own categories, divisions and questions, but here are some examples:

1. What is your birth order? (Categories: Oldest, Middle, Youngest)
2. How long have you lived here? (Categories: Less than a year, More than a year but less than five years, More than 5 years, All my life)
3. How many children? (Categories: One, More than one but less than three, More than three)
4. Favorite kind of movie? (Categories: Chick flick, Comedies, Action, Drama/ Suspense, Horror)
5. Your style? (Categories: Talker, Silent type, Somewhere in between)

69. Coffee, Tea, Neither or Both -

Everyone like to talk about their coffee, tea or the fact that they don't like either. This is a fun opportunity to get to know each other a bit better. No prep is needed unless you want to be sure to have coffee, tea and lemonade ready to go with the topic of the icebreaker.

When everyone arrives, go around the room and ask if each mom is a coffee mom, a tea mom, neither or both and then allow them to share their favorite brew and their favorite place to get it.

70. Pass the Beans -

Facilitator will need to buy a bag of dried beans before the M.O.M. Group meets. You may also want to provide small paper cups for each mom there.

The goal of this game is to reveal gifts, talents, accomplishments or something unique about themselves to the rest of the group.

Have the moms form groups of five, and then have each group sit in a circle. Give each mom 15 beans. Explain that the girls are to try and collect beans by describing their unique experiences or abilities. For example, a woman might tell about running in a marathon, being able to recite all the books of the Bible, or her passion for painting with watercolors. Whatever activity they describe must be absolutely true.

After someone shares an activity, each lady who has never done that must give the person who shared one bean. Have participants take turns listing their unique experiences and abilities until each person has shared 10 activities.

101 M.O.M. Group ICEBREAKERS

After everyone has shared at least 10 activities, ask women to report how many beans they've collected. Then ask for volunteers to share interesting activities they heard about and encourage those that have done that activity to share more about their stories.

71. Finish the Sentence -

GREAT MENTORING icebreaker. Go around the room or if it is a large group, divide into groups of 10 or less and have each mom finish each sentence that the facilitator has prepared before the M.O.M. Group started.

This gives mentors a glimpse into the heart and struggles each mom faces and an opportunity to speak life into their lives.

Here is a list of 7 questions to get you started, but please feel free to create your own questions and adapt it specifically to a topic for the day, if you'd like.

1. My biggest struggle as a mom right now is...
2. My favorite thing about being a mom is...
3. I wish I had...
4. My biggest regret as a mom is...
5. My children make me feel...
6. I feel most happy when...
7. My greatest desire for my children is that they will...

72. If I... -

Another **GREAT MENTORING** icebreaker in which each mom finishes the sentences prepared beforehand by the facilitator. This gives mentors a glimpse and the heart and core needs and strengths of the moms there, and allows each mentor the opportunity to pray for and encourage each mom.

Here are 5 questions to get you started:

1. If I had a million dollars I would...
2. If I could change anything about myself, it would be...
3. If I could change anything about my childhood, it would be...
4. If I could be a better mom, it would be in the area of...
5. If I let anyone see what was going on my heart, they would see...

73. Momma Says -

This is a fun and easy **MENTORING GAME**. Before you start, you will need to pick a leader (Momma) who would not be uncomfortable leading others and being in front of people. You will need to find a small item such as a ball or stuffed animal to hide.

The moms will all gather in the middle of the room and the Momma will say, "GO." As the guests are searching, depending on how close they are to the hidden item, the

101 M.O.M. Group ICEBREAKERS

Momma will let them know if they are “cold” “warm”, “very warm ” or “hot” and when they’re just about to discover the hidden item “very hot”. The first guest to find the the hidden item wins the game and a small prize.

When they are done go around the room or break up into small groups and talk about the importance of listening to instructions. Ask them to share what their biggest struggle is when it comes to their children obeying them and allow one or two mentor M.O.M.s to share some encouragement and practical advice.

74. Name Tag Match Maker

Each mom will need a 5" x 7" card for a name tag. Then give the following directions:

1. Put your name in the center of your card.
2. In the upper left corner, write four things that you like to do.
3. In the upper right corner, write your four favorite singers or groups.
4. In the lower left corner, write your four favorite movies.
5. In the lower right corner, write four adjectives that describe you.

When everyone finishes, have them mingle with the group for a few minutes. Without talking, they are to read the upper left corner of the other group members' cards. When time is up, they are to find one or two people who are most like them and visit for a few minutes. When time is up, they are to mingle again reading the upper right corner of the other group members' cards. They then find the one or two people most like them and visit. Repeat with the lower left corner and lower right corner information. To make sure everyone visits with several people, you could implement a rule that no two people can be in the same group more than once.

75. I Can't. I Can -

If you have a large M.O.M. Group, you may want to form groups of 5 - 8. Then go around the room (or group) and have the moms share some fun things that each of them *can't* do, such as, I can't touch my tongue to my nose. Or I can't sing a note. Or I can't swim. After they have shared what they can't do, give the other moms an opportunity to say whether they can do it. If one can, she will say, “I can!” (It fun if it's something she can demonstrate too.)

The goal is to share the differences and how none of us can do everything and how our differences can help us work well together and shouldn't make us feel better than or less than.



The Making of a Mom ~ Making motherhood practical and intentional... making mentoring easy and missional. With questions at the end of each chapter and leaders guides in the back, The Making of a Mom is an all-in-one, inexpensive and easy resource designed to help churches and ministries begin mentoring moms in real and practical ways.

Visit www.themominitiative.com to find out more about how you can begin a M.O.M. Group in your church and/or community!