

Emoji Icebreaker

& Energiser

Emoji Icebreaker & Energiser

TIME

10 minutes

HOW TO PLAY

The idea of this game is to build up more emoji cards than your opposition in a ten minute time frame or until all emojis cards are taken. As well as building up emoji cards, you will also be building up your accumulative energiser exercise list or your icebreaker team building activities depending on which activity you decide to play.

Icebreaker version

Split your group into teams of three to four participants, place attached emoji cards face down in the middle of the room from where the teams are situated. Teams simply come and select one emoji card at a time. The team completes the designated exercise/activity for that emoji card. For example, if they collected a happy face, they would have to create a team greeting or handshake.

Once this exercise/activity is completed, a different person in the team chooses the next card. The team not only completes the new icebreaker exercise/activity, but also the first card exercise/activity, therefore accumulating as they continue. For example, if they collected a heart the second time they would complete their team greeting or handshake (happy face) then one member of the group must tell a joke for the new card (heart) giving them a heart and happy face emoji.

Choosing a pooh emoji (there are only four of these in the deck of emoji cards), the team complete 5 burpees, 5 full body spins to the right and 5 to the left. The pooh emoji card is put to the side as it's not counted towards their card total!

The winner of the game is obviously the team that collects the most cards in the specified time frame or by the conclusion of the deck, whichever comes first.

We have also included a blank game card so that you can create your own movements and exercises for each emoji.

The best part about this game is what happens when time is up or all the emojis have been selected. The teams then need to use the emojis they have collected and create a story.

Here are some examples that work really well:

- Their day so far
- What it's like working in this group
- What they thought of this game
- What they did over the weekend or the holidays

By contributing to the story as a team creates a happy and positive finish to your session.

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Exercise list for the Icebreaker version

Card	Icebreaker activities
Happy face	Create a team greeting or handshake
Heart	One team member shares a funny joke
Crying with joy	Pretend to cry with tears of laughter for 5 seconds
Blowing a kiss	Each member must go up to another group and blow them a kiss
Ok hand	If you had one wish what would it be. Everyone has one turn in the group
Blush face	Each group member shares an embarrassing moment with their group
Raised hands	A moment you have made someone scared and they have raised their hands
Sunglasses face	The last trip or holiday you went on where you needed sunglasses as the sun was so bright
Pray	If you could create a religion, what would it be and why?
Thumbs up	Thumbs up for something you are proud of, everyone shares with the group
Stick out tongue winking eye	Each group member must hold this emoji face for 5 seconds without laughing
Clap	As a group clap as loud as you can for ten seconds
Face punch	Have you felt like you have been punched in the face with nerves by meeting a celebrity or someone famous?
Poo emoji	5 burpees and 5 spins to the right and 5 to the left

Classroom energiser activity version

Split your group into teams of three to four participants, place attached emoji cards face down in the middle of the room from where the teams are situated. Teams simply come and select

EMOJI ICEBREAKER



Create a team greeting or handshake



The last trip or holiday you went on where you needed sunglasses as the sun was so bright



One team member shares a funny joke



If you could create a religion, what would it be and why?



Pretend to cry with tears of laughter for 5 seconds



Thumbs up for something you are proud of, everyone shares with the group



Each member must go up to another group and blow them a kiss



Each group member must hold this emoji face for 5 seconds without laughing



If you had one wish what would it be. Everyone has one turn in the group



As a group clap as loud as you can for ten seconds



Each group member shares an embarrassing moment with their group



Have you felt like you have been punched in the face with nerves by meeting a celebrity or someone famous?

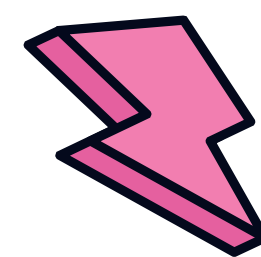


A moment you have made someone scared and they have raised their hands



5 burpees and 5 spins to the right and 5 to the left

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one emoji card at a time. The team then completes the designated exercise for that emoji card. For example, if they collected a happy face, they would complete 10 mountain climbers.

Once this exercise is completed, a different person in the team runs out to get the next card. The team not only completes the new exercise, but also the first card exercise, therefore the exercises accumulate. For example, if they collected a heart the second time they would complete 10 mountain climbers (happy face) and 5 sit ups for the new card (heart) giving them a heart and happy face emoji.

If a team picks a pooh emoji (there are only four of these in the deck of emoji cards), they need to complete 5 burpees, then toss the pooh emoji card to the side. This does not count towards their card total!

The winner of the game is obviously the team that collects the most cards in the specified time frame or by the conclusion of the deck, whichever comes first.

We have also included a blank game card so that you can create your own movements and exercises for each emoji.

The best part about this game is what happens when time is up or all the emojis have been selected. The teams then need to use the emojis they have collected and create a story about something. Here are some examples that work really well:

- Their day so far
- What it's like working in this group
- What they thought of this game
- What they did over the weekend or the holidays

By creating the stories as teams, it's a lot of fun and a great way to get everyone laughing and working together. This laughter and energy will then flow into the rest of your session.

Exercise list for the classroom energiser version

Card	Energiser exercises
Happy face	10 Mountain climbers
Heart	5 Sit Ups
Crying with joy	5 Wall push ups
Blowing a kiss	5 Chair squats
Ok hand	10 seconds of wiggling your body like crazy

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Blush face	10 Kangaroo jumps up and down
Raised hands	20 arm rotations in a clockwise direction
Sunglasses face	20 arm rotations in an anticlockwise direction
Pray	10 Lunges
Thumbs up	10 Squats
Stick out tongue winking eye	10 Second plank hold
Clap	10 high ten claps with a team member
Face punch	5 Push ups
Poo emoji	5 Burpees

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10 Mountain climbers



20 arm rotations in an anticlockwise direction



5 Sit Ups



10 Lunges



5 Wall push ups



10 Squats



5 Chair squats



10 Second plank hold



10 seconds of wiggling your body like crazy



10 high ten claps with a team member



10 Kangaroo jumps up and down



5 Push ups



20 arm rotations in a clockwise direction



5 Burpees

EMOJI



EMOJI













