

Introductory Activity: Snowball Fight



Summary

Snowball Fight gets people out of their chairs and having fun around the room. It is exactly what it sounds like - a snowball fight, except with balls of paper. Everyone writes their name and a fact about themselves on a paper and crumples it into a ball. After they've been thrown around, everyone takes a ball and introduces whoever's name is on it.

Details

Time: 5 - 10 minutes

Best for session #: Any

Instructions

1. Each participant receives a piece of paper.
2. Everyone writes their name and an interesting fact about themselves on their paper.
3. Ask everyone to wad up their balls into a 'snowball'.
4. Everyone throws their ball around the room. Continue grabbing and throwing the snowballs for 30 seconds.
5. After 30 seconds, tell everyone to find and keep one snowball.
6. Take turns opening your snowball and introducing the person whose name is on it (have them stand up when their name is called).
7. After it is over, everyone may return to their seats.