

## **Ice Breaker - Balloon Bounce**

**Summary:** This is a balloon bouncing and speaking exercise.

**Objective:** Energizer and Attention switcher

**Materials Required:** Balloon

**Time Limit:** 5 minutes

### **How it Works:**

1. Blow up the balloon.
2. Tell the participants that you will toss the balloon to them. They are to keep the balloon in the air. You will ask a question. Whoever touches the balloon has to answer the question. Some sample questions: 'What is your favourite movie? What is your favourite holiday? How long have you been a Lion? What are you looking forward to? Which service activity do you support the most?'
3. Participants keep the balloon moving. The group leader can change the question periodically throughout the game.