

Veggie Basket

Impact: Ice breaker that gets people moving and having fun.

Risk: Low

Group Size: 7 or more

Time Required: 10 minutes

Directions:

- Arrange seats in a circle, and have everyone sit down. The facilitator who has no chair stands in the middle.
- Ask group members to declare the type of vegetable they like best. It is fine for several people to like the same thing.
- Now the facilitator calls out one or more of the vegetables people have named as their favorites. When he has finished calling names, he says "Switch," and everyone who has chosen one of the named vegetables as their favorites must stand up, rush across the circle, and sit in a new seat. No one is allowed to sit in the seat that was beside them. Since the leader is now rushing for a seat as well, one person will be left standing. This person comes to the middle and must now call out the names of another group of vegetables.
- At anytime the person in the center may call out "Veggie Basket," and all players must stand up and find a new seat.

Options:

- This game can be played with lots of other categories instead of vegetables.
- The facilitator can assign people to one of three or four categories, such as carrots, tomatoes, and cucumbers.
- The person in the center can call out, "vegetables that go in a salad," or "vegetables that you put in a hamburger," or "vegetables that taste better cooked," just to mix things up and help participants focus more.

Hints:

- If you are playing this indoors, you may want to ask people to walk instead of run to a new seat.

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