

ICEBREAKER MANUAL

- A cell meeting resource for leaders -

Faith Community Baptist Church

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Type 1: For mixing and getting group participation

- Help group members to mingle in a non-threatening manner
- Remove initial self-consciousness and 'lostness'

Type 2: For getting acquainted

- Gain basic knowledge of participants and insights into them
- Discover common interests

Type 3: For starting communication

- Encourage sharing of feelings and struggles
- Don't make people feel awkward in sharing

Type 4: For encouraging teamwork or group relations

- Develop co-operation
- Encourage bonding among members

TYPE 1: FOR MIXING AND GETTING GROUP PARTICIPATION

1. Puzzling Food, Food Puzzle

Everyone is given 3-5 minutes to recall what they had for lunch/dinner the day before. Without being too obvious, think of a creative and accurate way to describe the food that they had to the rest of the group. The group will then try to guess what the person had (e.g. for lunch yesterday, I had an aquatic bird that was slow cooked over coals accompanied with the seeds of a plant cooked over constant heat and water, drenched with thick and sweet sauce – Answer: roasted duck rice)

2. Funniest Face (online)

As every member is online, ask everyone to turn their face away from the computer screen. At the count of 3, everyone turns back to face the screen with a funny face. Vote for the person with the funniest expression.

3. Celebrity Icebreaker

Prepare in advance an equal number of notes according to the participants you have. On each note, write down a name of a celebrity, for example, a politician, singer, actor, sports athlete, cartoon character, etc. Each attendee will randomly pick a note and stick it on their forehead without looking at the name — make sure there are no mirrors around! Afterwards, on each round, everyone gets to ask one YES/NO question about their character, and the goal is to guess your celebrity. For the rest of the meeting, the celebrity can be your new nickname!

4. Our Cell Group is...

Get members to think of a word that describes the cell group as a whole, and share why they think so. Facilitator will start off to demonstrate, e.g., “Our cell group is funny, because I laugh a lot at every session.” A rule for the game is that all words that have been shared cannot be repeated.

5. Vacation must-have

Everyone to sit in a circle and be shown a list of objects (you may add on other interesting objects to the list)

- If you absolutely can only choose 3 items to take with you on a vacation, which will it be?
- Choose 3 from this list.

1. Sunscreen	5. Camera
2. Phone Charger/Powerbank	6. Jacket/Sweater
3. Extra set of Clothes	7. Watch
4. Toiletries	8. Umbrella/Raincoat

6. Touchpoint

Material needed: A black trashbag or bag that one cannot see through. Place a few small objects inside the bag, (i.e. Rubiks Cube, Keys, Wallet, Bible, Dental Floss, Watch, etc.)

- Everyone in the group will take turns to put their hand in the bag to feel the objects.
- Without being able to see what the objects are, everyone in the group is to list down as many of the objects that they have felt inside the bag as they can.

7. Scavenger Hunt (online)

Cell members to search a corresponding item for each letter of an alphabet at their home within 30 seconds, e.g. A for an apple, B for a loaf of bread, C for a coaster or a card, and so on. Have fun with some hilariously or unexpected results as members show each other their spontaneous finds.

8. Freeze frame

Invite the people to quietly move around the room and await your instructions. As they are walking the leader calls out the name of a sport, for example, golf, soccer, rugby, swimming, parachuting, polo, basketball, horse racing etc. When they hear the name, they must stop immediately and hold a still 'freeze frame' illustrating or acting out the sport. Take a photo of the most life-like or descriptive 'freeze frame' in each round for future display. You can play variations to the game by shouting out emotions, job titles or even animals.

9. A Heart of Worship

There are many forms and expressions of worship and each of us have our own "comfort level". Give one minute for everyone to consider how they normally express their worship to God and tell them to get into that posture as you count down from 3 to 1. Have fun expressing the posture of your heart in worship of God!

10. Who am I?

This is a fun icebreaker game. Write the names of Biblical characters on index cards. When guests arrive, tape an index card on to their backs. They are not allowed to see who the characters written on their cards are. They must mingle with the other members and ask questions to try and figure out the Biblical characters written on the index cards taped on to their backs. Play until everyone guess correctly their Biblical characters.

Materials Needed: Index cards and scotch tape.

11. Bible Password

Write down at least 20 Bible words such as Ark, Priest, Tabernacle, Moses, Temple, Sacrifice, Cross, Apostle, Disciples, Abraham, David, Goliath, Love, Peace, Joy, etc. on slips of paper. These are "Passwords". Fold all the "Passwords" up and put them in a bowl. Divide the cell into pairs of members and visitors. Every pair goes one at a time. One person from that pair picks a "Password" and try to say one word and get the other player to guess the "Password", of course he/she can't say the "Password" or any derivatives of it. After their partner makes a guess and if the "Password" is wrong, he/she offers another one-word clue. They keep doing this until the person guesses the "Password" correctly and next team takes over.

Materials Needed: slips of papers with "Passwords" and a bowl.

12. Bible Name Blitz.

Give participants one minute to write down Biblical characters whose names start with the same letter as their own. The person with the most characters wins

13. Guess the sound

This is a good game to test members' hearing skill on guessing the sound. You can play this video on: <https://m.youtube.com/watch?v=n1m4h79JZso>

There are altogether 20 sounds in this video, remember to stop the video once the sound is played as the answer will come after the sound is played.

14. Scribble-Skribble

Prepare: Visit the webpage skribbl.io and "Create Private Room"

- Select the number of rounds and draw time as appropriate
- (Optional) Create a list of custom words and check the box "Use custom words exclusively"
- Share the link (located at the bottom) to the rest of the cell
- Start playing!

Some of us are really good at drawing/doodling while some of us are still growing in this area. It is interesting to note how our experiences and encounters in life shape our perspective of things – this influences how we view or interpret the pictures!

15. One Word

Cell Leader is to call out a word, e.g. "Church". Every member will be given 30 seconds to think of a word that they can relate to the word "Church" and take turns to share their word. To some "Church" may be related to "family, building, Pastor, FCBC, worship, cell group", etc.

Some suggested words to call out: Community, Family, Circuit Breaker, Work, Cell, Song etc.

16. Triangle or Square, and The Flail

This is an exercise game for warm up before you start your cell meeting. The first one is to draw triangle and square with your fingers. Once your group has succeeded and has more time you can go to the next one which is a body exercise.

Here's the YouTube link for both exercises: <https://www.youtube.com/watch?v=BBTQvMXFb7s>

- Triangle or Square (play video from 3:17 to 4:27)
- The Flail (play video from 4:28 to 5:35)

17. Not the same

The leader says a category, e.g. colour, countries, types of weather, things you find in a church, books of the Bible etc. One person is chosen (player 1), they think of something within that category and write it down. Then go around the group and each person can make a guess, trying to guess what player 1 has written down. If they guess it correctly then they get a point, but player 1 gets a point every time someone guesses incorrectly.

Here's a slightly different version of the above. The leader gives the group 3 categories, and then announces a letter of the alphabet. Give the group a specific amount of time, for example 2

minutes. In that time, they need to write down 3 answers under each category that all begin with the letter that was announced. The aim of the game is get answers that no one else writes down. When the time has elapsed, go around the group asking them to read out their answers a category at a time. If somebody else has also written down their answer then everyone who has that answer has to cross it off their list. By the end only unique answers will remain on people's lists. Everyone gets a point for each unique answer.

18. Remember When...

This usually results in some delightful hilarity, and is a great example of collaborative creativity.

- Pre-assign the order for people in the group to speak by typing out their names in the chat.
- The first person starts by telling the beginning of a story with the words "Remember when..." (e.g. "Remember when we all went for a holiday together in Bali.>").
- The next person then continues the story by adding a sentence that starts with "Yeah! And then..." (e.g. "Yeah! And then we met some talking dolphins...")
- The following person continues using the opening words "Oh but..."
- Keep going with each subsequent person adding more sentences to the story with other opening words until everyone has participated in the story.
- Cell leader can come up with a list of opening words to make the story interesting.

19. Story Telling

Cell leader to come up with various scenarios and opening storylines. If the group is big, you may split the group into 2 groups, with each group taking turns to continue the story, until every member of both groups have had their turn.

1. The cell leader to start with an opening storyline. (i.e. Once upon a time, in the southern province of China...)
2. In 1-2 sentences, the next person in the group will have to continue the storyline.
3. The story should go through at least 2 rounds
4. As the cell leader, you can prepare and interject with interesting scenarios to "catch the group off guard"

20. Shape Shift (online)

This is a quick and easy game that is sure to bring smiles to faces.

- Everyone turn off their camera.
- Leader announces that everyone will have a short and specific amount of time (~3 minutes is good) to complete the activity and return (Leader may also share their screen with a countdown timer on it).
- During "cameras off" time, everyone has to go and find a disguise/costume for themselves. They must also change their Zoom "display name" to a new name, which corresponds to the disguise/costume.
- When time is up, leader counts down 3... 2... 1... and instructs everyone to turn on their cameras all at once. Hilarity ensues as everyone sees everyone else's silly disguises.

21. Crossword Puzzle

Try to find the words in bold from the following verse. Paste the crossword puzzle into your power points and get your cell members to spot the words.

“Do not be **anxious** about **anything**, but in **every situation**, by **prayer** and **petition**, with **thanksgiving**, present your requests to **God.**” **Philippians 4:6 (NIV)**



22. Cannot live without

Get members to go around their house and find an object that they “cannot live without” and share about it with the group. The chosen objects cannot be something common that everyone has, such as mobile phones, laptops, bible, food, etc.

23. Scissors Paper Stone

Cell members start by choosing an opponent to play “Scissors-Paper-Stone.” On hearing the word ‘Stone’, both players choose an object (Scissors, Paper or Stone) to represent with their hand (1 out of 3). To win, ‘stone’ beats ‘scissors’; ‘scissors’ beat ‘paper’; and ‘paper’ beats ‘stone’. Losers will be out of the game by turning off video function and winners choose someone else to challenge till the final winner emerges. Cell Leader then asks everyone to switch on their video function and give a thunderous applause to the winner!

24. Super Rooster

Best played with at least 8 people. Everyone starts off as an “egg”. The various stages of promotion are: egg -> chick -> chicken -> super chicken. You may accompany the various stages with appropriate actions to symbolize the stages.

When the icebreaker starts, it will require people to play a simple game of scissors-paper-stone with their opponent of the same stage as them. (i.e. an “egg” stage can only play with another person of an “egg” stage.) If they win, they will be “promoted” to the next stage. If they lose, they will be demoted to the stage before. (i.e. of a chick loses a game with another chick, the person will be demoted back to being an egg) The lowest stage is an “egg” while the highest stage is a “super chicken” (i.e. they cannot go lower than an egg or higher than a super chicken) Game ends when at least 2 people reaches the “super chicken” stage.

25. In the House (online)

Facilitator will private message each member a household item. The members will take turns to act out the item over Zoom video, and the rest will guess what it is.

Suggestions for the household items:

1. Comb	6. Towel
2. Hairdryer	7. Showerhead
3. Vacuum cleaner	8. Watering can
4. Kettle	9. Door
5. Fan	10. TV

26. Dance Tag

<https://www.youtube.com/watch?v=XuA5HbABgUc>

(start at 4.03 to 6.49 to view Dance Tag)

Begin by playing some Christmas carols. The first player will do a dance move, and call out the name of the second player who will do the first player's move, and then add his/her own move. Then second player call out the next player who will do the first 2 moves, and add on his/her own and then call out the next player. The rest will continue adding on in this manner until everybody has his/her turn. You can record on zoom and play back all the dance moves just for fun.

27. Taboo

Facilitator will private message each CG member a guess word and get each member to describe the word without saying the word directly, so that the others may guess what the guess word is. Suggested Words: coffee machine, weighing scale, park, pillow case, tree trunk, pond, river, Merlion, Texas Chicken, waterfall, jacket, guitar

Suggested Words (Christian): manger, Queen Esther, The Great Commission, the Twelve Disciples, 5 loaves and 2 fishes, Word of God, sin, redemption, Alpha and Omega, church, Holy Spirit, angel

28. Name, Place, Colour, Thing (online)

Facilitator will share the Zoom Whiteboard and draw a simple table with the headers – Name, Place, Colour and Thing. Facilitator will start by calling out a random letter of the Alphabet, followed by a Name that starts with the letter. The next person will need to name a Place that starts with the same letter. The third person will name a Colour that starts with the same letter. The fourth person will name a Thing that starts with the same letter, and calls out the next random letter, and the cycle starts again.

Example:

Name	Place	Colour	Thing
Andy	Antarctica	Amber	Apron
Noah	Norway	Neon green	Necklace
Pamela	Punggol	Pink	Plate

Material needed: Zoom whiteboard.

29. Guess that Phrase

Preparation: cue the YouTube video: <https://www.youtube.com/watch?v=OFMHH6VYZVM> to watch it from **4 mins 07 sec** to **4 mins 48 sec** (i.e. 4:07 – 4:48) before the cell meeting.

Choose a few members to say their phrase one at time with their mic turned off. The rest will lip read and try to guess what the member is saying. You can change phrases to Biblical characters, short Bible verses etc.

30. Name some strenuous activities that do not require much physical effort.**Answers:**

1) Beating around the bush...	13) Jumping on the bandwagon...
2) Jumping to conclusions...	14) Balancing the books...
3) Climbing up the wall...	15) Running around in circles...
4) Swallowing your pride...	16) Eating humble pie...
5) Passing the buck...	17) Blowing your own horn...
6) Throwing your weight around...	18) Climbing the ladder of success...
7) Dragging your heels...	19) Pulling out all the stops...
8) Pushing your luck...	20) Adding fuel to the fire...
9) Making mountains out of molehills...	21) Opening a can of worms...
10) Hitting the nail on the head...	22) Putting your foot in your mouth...
11) Wading through paperwork...	23) Setting the ball rolling...
12) Bending over backwards...	24) Going over the edge...
	25) Picking up the pieces...

31. Name the book

1. Tells about the Israelites entering the promise land. (Joshua)
2. A story of dramatic power, beauty and intense interest centering around the feast of Ahasuerus. (Esther)
3. This gospel account emphasizes that Jesus is the Son of God. (John)
4. One of the world's most dramatic poems about human suffering. (Job)
5. Elijah vs the prophets of Baals. (1 King)
6. Written by a weeping prophet. (Jeremiah)
7. A donkey spoke. (Numbers)
8. Tells the return of the Israelites after 70 years of exile in Babylon. (Ezra)
9. The most personal of Paul's epistles. (Philemon)
10. The shortest and simplest of the four Gospels that gives a crisp and moving look at the life of Christ. (Mark)
11. The birth of the church. (Acts)
12. Last book of the Old Testament. (Malachi)

32. Who Said That?

Read each famous line from the bible characters below, and get the members to guess who said that. To make the ice breaker more fun you could:

- award points for right answers and deduct points for wrong answers
- divide the CG into groups to compete against each other
- award extra points if they can give the Scripture reference/the book of the Bible
- award extra points if they can give the context of the verse/the quote

Famous Lines from Bible Characters:

1. "I heard you in the garden, and I was afraid because I was naked; so I hid." – Adam , Gen 3:10
2. "Did God really say, 'You must not eat from any tree in the garden'?" – serpent/Satan Gen 3:1
3. "Be strong and courageous. Do not be afraid or terrified because of them, for the Lord your God goes with you; he will never leave you nor forsake you." – Moses , Deut 31:6
4. "When this is done, I will go to the king, even though it is against the law. And if I perish, I perish." – Esther , Esther 4:16
5. Your servant has killed both the lion and the bear; this uncircumcised Philistine will be like one of them, because he has defied the armies of the living God. – David , 1 Sam 17:36
6. "I can do all things through Christ who strengthens me." – Apostle Paul , Phi 4:13
7. "Lord, don't you care that my sister has left me to do all the work alone? Tell her to help me." – Martha , Luke 10:40
8. "I need to be baptized by you, and yet you come to me?" – John the Baptist , Matt 3:14
9. "Meaningless! Meaningless! Everything is meaningless."" – King Solomon , Eccl 1:2
10. "You of little faith," he said, "why did you doubt?" – Jesus , Matt 14:31

33. Have a conversation WITHOUT using the letter "E"

This is a fun game which will automatically flex your brain's "muscles" and help make you mentally sharper. The object is for you and your cell to carry on a regular conversation without using any word that has the letter E in it. But you must try to make the conversation as normal as possible without any long pauses in between sentences. Example:

Person 1: "What do you want to do now?"

Person 2: "I don't know, how about lunch. I know of a good fast food joint."

34. From A to Z

The facilitator will reveal a subject, and each member will take turns to give an answer, in alphabetical order, relating to the subject. For example, for Movies: **A**rmageddon, **B**ack to the Future, **C**aptain America, ... **Z**ootopia.

Suggested subjects: Bible characters, food, movies, celebrity names, brand names, etc.

Notes:

1. Facilitator may want to number the participants and share the numbered list in the Zoom chat window as the sequence of how participants appear on Zoom is not fixed.
2. Members can ask the group for help or find the answer online if they can't think of an answer.
3. To make the icebreaker more interesting, for every new subject, you may wish to start off with the next alphabet after that of the last subject, e.g. if you end at G for Bible characters, then start at H for Food.

35. Sketch Your Neighbour

Ask everyone to sketch out their on-screen neighbour and then hold their handiwork up to the camera. Make it clear that this is only for fun and that artistic ability is not important. Get everyone to hold their work up and take turns to share their sketches. You can also choose the whiteboard function for sharing of the sketches by selecting 'View Option' at the top of the Zoom window and then click 'Annotate'. A toolbar to annotate will appear with options to text, draw, arrow, etc.

36. My Friend Next Door

Have everyone to take turns to share two truths and one lie about their neighbour. Encourage everyone to inject fun by including some funny facts about their neighbour. The lie can be outrageous or wacky, and even made to sound like a truth to make it harder for the other participants to differentiate between the truths and the lie.

37. Love Your "Neighbour"

Place chairs in a circle according to the number of people in the cell minus one. Everyone to sit in the circle and have one person stand in the middle. That person will go up to someone and ask, "(name), do you love your neighbour?". If the answer is:

- "NO", then those on either side of the one who answered will have to quickly switch seats. As they try to switch seats, the one in the middle of the circle will try to sit in one of their seats as well. Note: the person who answered "NO" stays still while all this is going on around him/her. One person will be left without a seat.
- "YES", then those on either side of the one who answered will remain in their seats. But the one who answered must continue to say: "Yes, I love my neighbour, but I would love them even more if they wore blue jeans." Next, everyone with blue jeans will quickly switch seats, but the one in the middle of the circle must then try to find a seat so that a new player will take his/her place in the middle. This game can get very intense, but it is a fun way to get both kids and adults laughing and enjoying a splendid time together.

38. Chewing Gum

This game is to get everybody to do as the leader say. Example: Leader will say, “Chewing Gum” and the group will say, “stick where?” Then when the leader says, “stick on your head”, everybody will then put their hands on their heads. Next, when the leader says, “Chewing Gum”, again the group will say, “Stick where?”. And when the leader says, “stick to the door”, everybody will then rush to the door and place their hands on the door, and so on and so forth.

39. Yank Me

- Players compete to create a tower of 4 cups with *ang bao* packets placed between each cup.
- Players must remove each *ang bao* packet one by one so all 4 cups rest in a single stack.
- You lose if the tower topples or the cups do not rest in a single stack!



Materials needed: 4 paper cups and ang pow packets.

40. Tie and untie the knots

Material needed: 2 handkerchiefs (with different colours, sizes or designs)

- Have everyone sit in a circle
- The leader will hand one of the members a handkerchief. The member starts the game by tying two knots on the handkerchief and pass it to the person on his/her right. The person who took the handkerchief now has to untie the 2 knots on the handkerchief before passing it on to the next person on his/her right. This 3rd person now has to tie 2 knots on the handkerchief and pass it to the next person. The tying and untying of knots repeats.
- By the time the handkerchief reaches the 5th person, the leader is to start passing the 2nd handkerchief from the same first member. But with the 2nd handkerchief, the member needs to tie only 1 knot before passing to the next member who will untie the one knot. This passing on of the 2nd handkerchief is faster than the first one and the aim is for the 2nd handkerchief to “catch up” and “chase” after the 1st handkerchief.
- The member who found himself/herself landed with 2 handkerchiefs will have to do a simple forfeit (e.g. do 3x frog jump, a simple dance or sing a song). The excitement of the game is when the 2 handkerchiefs are getting very close and the members are trying to complete the task without getting forfeited.
- Repeat the game 2-3 times. Have fun!

41. Telepathic

Divide your group into two. Have two persons from each team, stretch their palms to touch the other person's palm and both are to speak out simultaneously to see if they can guess correctly what is on each other's mind. Example: the leader would say, name a fruit (or animal, superheroes, countries etc). If both say apple, then the team scores 3 points. However, if they get it wrong, they will be given 2 more chances. If they get it right the second time, the team scores 2 points and if they get it right at the last try, it will be 1 point. Do as many rounds as possible. The team with the most points wins.

42. Teeth

Everyone sits in a circle. Each player chooses a fruit or vegetable. Player A says his/her fruit/veggie, then the player's fruit/veggie that they want to pass it on to... i.e. Player A says "Strawberry strawberry, broccoli broccoli". Player B then says "broccoli broccoli, carrot carrot"... and so on. What makes this game interesting is that you can't show your teeth at any point (which you do by pulling your lips over your teeth). If you do happen to show your teeth and get caught by anyone, you alert the group by screaming "teeth teeth" and flapping your arms at the player like wings (making sure you don't show your teeth in the process!). Depending on how you want to play, you can do elimination or points lost when teeth are shown.

43. Love me Knot

Everyone will gather in a circle. Everyone to reach across the circle to hold hands with two different people in the circle. This 2 persons should *not* be the person beside you. Each left hand should hold a left hand and each right hand should hold a right hand. You may not let go of the hands of the person you are holding, but you may request to re-adjust your grip (and then hold back the same hand). Work together as a group to untangle the knot and form a circle of joined hands!

44. Salt and pepper

For this game, come up with pairs of items like 'salt and pepper', 'sun and moon', etc. Separate the pairs by writing only one of the item (e.g. either 'salt' or 'pepper') in a piece of paper, and stick them on each other's back. Everyone will then walk around asking 'yes' or 'no' questions to find out what is the item written on their backs. The final step is to find those with the other item in their pair (e.g. 'salt' to find 'pepper', or vice versa), and the pair will then sit down together to learn three facts about each other.

Some suggested pairs: 'fork and spoon', 'cats and dogs', 'father and mother', 'boy and girl', 'hand and leg', 'day and night', 'lock and key', 'pen and pencil', 'coffee and tea', 'black and white', etc.
Materials needed: pen, paper, and scotch-tape.

45. Crystal Clear Communication

Give each member of the group an A4 piece of paper. Have them close their eyes. The cell leader issues the instructions and follows them as well. **No questions are allowed** (pls emphasize).

Instructions are as follow:

- Fold the paper in half.
- Rip off a corner

- Fold the paper in half
- Rip off a corner
- Fold the paper in half
- Rip off a corner

The group can now open their eyes and find that there are many different shapes of paper.
(The debrief covers the need for two-way communication and that the different perceptions of the people caused the many different designs.)

46. Theme Charade

Announce a theme. Without speaking, each person is to act out the theme for the rest to guess.

Note: Suggested themes –Movies, Sports, Songs, and Bible Characters.

47. Movie Title Charade

Write the names of different movie or drama into slips of paper and then have everyone draw a slip each and act out the movie title for everyone to guess. You may use the following examples...

- a) Avengers
- b) Ah Boys to Men
- c) Spiderman
- d) Lord of the Rings
- e) Star Wars
- f) Money not enough
- g) Black Panther
- h) Harry Potter

48. Home Charade

Take a good look around the room where the cell is meeting, find an item and start to explain and describe the item using only gestures. Any spoken word leads to an immediate disqualification with a forfeit. All charades manuals agree the game cannot be played without lots of laughter and yelling. Have fun and laughter-filled time guessing together!

49. Concentration

Material needed: Deck of cards

1. Prepare before the group arrives. Remove the “4 King cards” without informing the group (and the joker cards as well)
2. Get the group to sit in a circle, shuffle the cards and place them face down in a 8x6 formation
3. Each member of the group will take turns to open up two cards. If the cards match, leave them open. If not, flip them back and go to the next person.
4. Continue till all the cards are matched. When that is done, keep all the cards.
5. When the cards are kept, ask the group – “Did anyone notice which set cards were missing?” – the King cards were missing.

(Sometimes when we are so focused on the problem in front of us, we forget about the King of our lives. Do we see and put God in the midst of our problems? Or are we too distracted?)

50. Jump In, Jump Out

- Form a circle, holding hands, facing in to the center.
- Announce that you want the group to – “SAY WHAT I SAY, AND DO WHAT I SAY.”
- Practice this skill with one of four commands – “JUMP IN,” “JUMP OUT,” “JUMP LEFT” or “JUMP RIGHT.”
- Call out a series of ‘Jump’ commands, one after another for 20 seconds.
- Re-form the circle, and announce that you now want the group to – “SAY THE OPPOSITE OF WHAT I SAY, AND DO WHAT I SAY.”
- Continue with a series of ‘jump’ commands, one after another for 20 seconds, or until the circle breaks up too much.

You can watch the game in the video: <https://www.youtube.com/watch?v=k6bHltjIYZE>

51. Unspoken Words

Pass a token to each member. Paste a masking tape on the forearm of each member and write an “Unspoken Word” on the tape. Make sure that the tape is visible to others. Inform the member that this is the word that he/she is not supposed to say for the rest of the activity.

Have the members mingle and strike conversations with one another.

The objective is to trick others into saying the “Unspoken Word” indicated on their arms. The person who tricks the other party into saying his/her “Unspoken Word” gets to collect the token from him/her. Only members holding on to tokens will continue with the game.

Note: The selected “Unspoken Words” should be words commonly used in regular conversations. Suggestions – can, ok, no, fine, walk, drive, good, together, eat, drink, food, sing, dance, open, up, down, car, friend, sit, Sunday etc.

Materials Needed: Tokens – can be sweets or packets of snacks etc.

52. Peanuts fight

Buy a packet of peanuts and give the peanuts to everyone. Have each person challenge others by pressing the head of their peanut against others. The peanut shell that cracks loses and loser will hand over the peanut to the winner. Have everyone go around to challenge each other. The one that have the most peanuts wins.

53. Back in Time

Ask the members to imagine: *“You are sent back in time to Singapore in the 1950s in a time machine. You can bring one modern object back with you to help you survive and thrive during that time. What would you bring?”* Have each participant share what they would bring and why.

Note: Part of the fun is to question common but impractical answers that people will give, e.g. why bring a computer when there is no internet or printers. Facilitators can take the lead to start asking such questions.

54. String-strang-strung

- Get everyone to sit in a circle. Pass the ropes/strings to different people in the circle.
- When the game starts, the person who has a rope/string is supposed to tie 2 knots, and untie them quickly.

- If they are the first person to finish that action, they will have to shout “STRING” and pass the rope/string to the next person.
- At the other end of the circle, another rope/string is being tied and untied by another person, and if they are the second person, they will have to shout “STRUNG” and pass the rope/string to the next person
- For e.g. In a group of 5 (A-B-C-D-E), if Person A has ROPE1, and Person D has ROPE2, both persons A and D have to tie 2 knots on their rope and untie it.
- If Person A completed the action first, he will have to shout “STRING” and pass ROPE1 to person B
- If Person D complete the action next, he will have to shout “STRUNG” and pass ROPE2 to person E
- The cycle continues

Materials needed: 2-3 small and short ropes/strings of different colours

55. Mr and Mrs Wright

Get everyone to stand or to sit in a circle. A story will be read out, if the word “right” is mentioned, everyone to turn their heads to the right. If the word “left” is mentioned, everyone to turn their heads to the left. (Note: Wright is not right)

Story:

This is the story about Mr and Mrs Wright

One evening Mrs Wright exclaimed, oh no there is no more flour LEFT!”

She shouted “Wright! There is no flour LEFT! I will need you to head RIGHT out to get some!”

Mr Wright went RIGHT down to the store and when he reached, he asked the clerk where he could find some flour. The clerk replied him, “Go straight, make one RIGHT turn, walk ahead two rows and make another RIGHT turn, the flour will be on the floor on your LEFT just RIGHT beside the sugar.

Mr Wright quickly bought the flour and returned to the car, only to realize he LEFT the flour at the store. He rushed RIGHT back to the store and then RIGHT back to the car and back home.

When he finally got home Mr Wright sighed in exhaustion, “I have no energy LEFT, and I am going RIGHT to bed.”

56. Ping-Pong Blow

Tape two raceways with a few strips of sticky tape on a flat surface, either a table or the floor. Two opponents use straws to blow the ping-pong balls from one end of the track to the next in this race. If the ball is blown over the edge of the track, start over! The next person challenges the winner. The game continues until you have an ultimate winner at the end of the contest.

57. Big Fish Small Fish

Participants stand in a circle. Explain the actions and the accompanying phrases.

- “Big fish” – indicated by placing hands about four inches (10cm) apart, palms facing each other.
 - “Small fish” – indicated by placing hands one foot (30cm) apart, palms facing each other.
- Start the game by calling out, “Big fish” or “Small fish” and doing its corresponding

(opposite) action. If the next person performs the opposite action, the impulse is passed along (e.g. if A says, “Big fish”, B says, “Small fish” and C says, “Big fish”, the impulse is passed in the direction A – B – C – D, where D is the next person in the circle). If, however, the next person performs the same action, the direction of the impulse is reversed (e.g. if A says, “Big fish”, B says, “Small fish” and C says, “Small fish”, the impulse is passed in the direction A – B – C – B). The game continues until someone who makes a mistake will be asked to sit down till a winner emerges.

58. React and Act Game

Pass out sheets of paper and pens to all your members. Have each person write an event that will require extreme reactions. Tell them to be creative! Examples of events can include:

- Being surprised by a large, aggressive dog while you were walking
- You just won top prize in a draw
- You have just been proposed for marriage with an engagement ring
- You just got fired by an incompetent boss
- You just fell in love

Once everyone writes an event, fold the paper once and place it into the bag.

Divide your group into two teams and select five volunteers.

Ask five people on each team to randomly select an event from the bag. Instruct them to react to this event, without explicitly giving away what the event is. Choose a time limit (usually 30 seconds to a minute works well) and when you say “Go!”, have all five people to simultaneously react to their event using exaggerated gestures, facial expressions, and their voice.

For example, the person who has just won top prize could raise his or her arms and scream excitedly, jumping up and down. The person who has just confronted a dog might make a terrified look, shake in fear, and call for help. And so on. Each of the five actors can interact with each other, but they must stay “in character” and continue reacting and acting based upon what their sheet said. After time expires, the other members of the team try to guess what happened for each person. If you wish to keep score, each team gets a point for each correct guess. This game is a great way to break the ice, while watching people act out silly (and usually hilarious) things. Then switch to the next team.

Material Needed: paper, pens, and a bag (or a box)

59. Let’s Make a Statement

Get a member to start by saying a word to form the start of a sentence. The next member adds a word to the sentence. The sentence should end with the last person in the group. To add to the fun, the group can vote for the person who came up with the most creative words to receive a prize after a few rounds of playing.

Note: Another variation of the game is to make a story where each member adds a sentence to form the story.

60. Word Link

This is a word association game. The first person starts with any word they wish e.g. **Red**. The next person repeats the first word and adds another word which links to the first e.g. **Tomato**. The next person repeats the previous word and add another word link e.g. **Soup**, and so on. To

keep this moving, only five seconds are allowed for each word link. Have fun connecting by linking words.

61. Local, Regional and World News

Have each person speak on a recent featured topic either locally, regionally or in the world. Allot one minute for each person and note when the person dries out or stops. The person who manages to keep speaking on a topic for a full minute wins. Have fun keeping abreast with current events happening at home, regionally and in the world!.

62. The Sheep and the Wolf

Have everyone sit in a circle. The leader then gets everyone to close their eyes and selects 2 individuals by tapping on one of them once and the other twice. One will be the “sheep” and the other will be the “wolf”. Everyone except the “wolf” will open their eyes. The “sheep” will start to do a repeated action and everyone else in the circle will have to follow. The “wolf” will then be told to open his eyes. Every 20 seconds or less, the “sheep” will have to change actions. The “wolf” is supposed to guess who the “sheep” is.

63. Cooperative Drawing

Everyone is to sit in a straight line. The last person in the line will be the “guesser”. The first person in the line will be the “first drawer”. The first drawer and everyone else in the line will be shown a phrase or word that needs to be drawn (e.g. the Tortoise and the Hare). Without prior discussion, when the game starts, the first drawer will have exactly (strictly) 5 seconds to draw on the piece of paper (draws part of a tortoise). After 5 seconds, this piece of paper will go to the next in line (continues to finish drawing the tortoise). This will continue until we reach the last person, who is the “guesser”. Based on the drawing, the guesser is supposed to guess the phrase or word.

Materials needed: Pen/Pencils and paper to draw on. Phrases or words to draw.

64. Happy Cards

This icebreaker activity is designed to create a positive cell environment.

- Have everyone write their name on top of a piece of A5 size paper and draw a Happy Face at the centre of the paper. You can provide coloured markers if you wish.
- Once done, pass the paper to the person on the right.
- The person on the right will then write something positive about the person whose name is written on the paper. They do not have to sign their name; it is better if their comments are kept anonymous.
- Pass on the papers until everyone has written and they return back to the original owner.
- Give everyone a minute to read what is written on their paper.

Materials needed: Pieces of A5 papers, pen and coloured markers.

65. Superlatives

Divide your group into 2 teams of equal number of people. The goal of this game is for players to reorder themselves as quickly as possible. You can categorize your own or use one of the following:

- From shortest to longest – according to the number of letters in your name.
- From farthest away to closest – ... birthplace.
- From least to most – ... brothers and sisters you have.
- Shortest to tallest – ... height.
- Beginning to end of year – ... birthdates.

Once a team has arranged themselves, the leader of the group checks to ensure they have done so correctly. The first team to do so wins.

66. Bible Squeeze Relay

Have cell members get into two teams, form a line and hold hands. Starting with the first person, the team must pass a hand squeeze down the line. When the last person in line gets the squeeze, that person runs to the front of the line, look up a pre-determined verse and reads aloud to their group. When that person finishes, they start the squeeze and the relay continues.

Materials Needed: Bible verses written on cards or use Bibles if members are familiar with the Bible.

67. The String Game

Split the group into two equal teams, giving each team a ball of string. The challenge is to get a single piece of string that goes through every team member's clothing. The first person starts by putting the string through their t-shirt (have people just put it through their tops) before passing it onto the next person and so on. The team who does this the fastest wins! If you have a bit more time, go back and have the string pass through in the opposite direction.

This can be used as an object lesson on Christ being the single thread that holds and unites us.

Materials needed: Balls of strings (depending on how many teams you have)

68. Sing-Off

Divide the group into two teams. The facilitator will call out a word such as "love", and the two teams will alternate singing a few lines of a song where the lyrics contain the given word. Play a few rounds with different words.

Suggested words: friends; beautiful; awesome; Holy Spirit; worship.

Note: The songs can be Christian or pop depending on the makeup of the group.

(Participants are allowed to search for songs using their mobile devices.)

69. Thank You

Facilitator will provide a pen and a card to each participant. Each participant will write his name on the top of the card. Pass the card to the next person in one direction. Each person is to write down something that they wish to thank the person for whose name is on the card. Continue until everyone gets their own card back.

Materials needed: A5 paper or cards and pens for each participant.

70. Cups Up and Down

This game is best played with a small group. Place 20 or more cups in the middle of the room, put half of them upside down and the other half the right way up. Divide the group into 2 teams and give each team a name, either Up or Down. The 'Up' team needs to turn as many cups up the

right way as possible, and the 'Down' team needs to flip them upside down. When the allocated time limit is over, count all the cups and whichever team has the most turned up their way wins.

71. The Candy Cane Pick Up Game

Materials needed: Candy canes, basket or tray or bowl.

Place a pile of candy canes on a table and provide a tray or basket for each player. Give each player a candy cane to put in his mouth with the hook end down. The player must use the candy cane hook to pick up the other candy canes and move them to the basket. The player with the most candy canes in their basket after one minute wins! You can watch the video on how to play the game via this link: <https://www.youtube.com/watch?v=Kh5f6GQfUSI&app=desktop>

72. Ready For Christmas?

Award yourself points for the scenarios to the left and then add up the points for the total.

Point List	Points
1 Give yourself 1 point if you've put up the Christmas tree and one extra point if it is real.	
2 Give yourself 2 points if you have taken a family Christmas photo and 3 points if you're giving copies away to friends and family.	
3 Give yourself 1 point if you have begun your Christmas baking and 3 points if you're all done with it.	
4 Give yourself 2 points if you have gone Christmas caroling this year and 1 point if you are planning to.	

73. Christmas Find Out Who Game

Materials needed: List of holiday questions, pen, and paper.

The goal of "Christmas Find Out Who" is to see if you can find someone at the party who would be the answer to the question / fill in the blank. You can use it as a competitive game with a prize or just for fun. Do note that if there isn't anyone at the party who matches the question it is okay. You can make the game harder by restricting the use of one guest's name for one answer. This makes sure you cannot use one person to answer 5 different questions.

Sample Questions:

Guest's Name _____

1. Never had a "White Christmas" _____
2. Has celebrated Christmas in another country _____
3. Returned a gift she/he received last Christmas _____
4. Has seen a real, live reindeer _____
5. Believed in Santa Claus until she/he was 10 years old _____
6. Has all of her/his Christmas shopping done _____
7. Has been to Bethlehem _____
8. Went Christmas carolling last year _____
9. Has peeked at a present before Christmas _____
10. Still gets his/her own stocking filled each year _____

74. Name That Carol

Make a list of lyrics from Christmas carols, but only provide 3-4 words from each song. The person who names all – or most – of the songs in a certain amount of time wins.

- 1) 'Tis the season to be jolly, Fa la la la la la la! (Deck the halls)
- 2) Let ev'ry heart prepare him room And heaven and nature sing (Joy to the World)
- 3) Let your heart be light. From now on our troubles will be out of sight (Have Yourself a Merry Little Christmas)
- 4) Noel, Noel, Noel, Noel, Born is the King of Israel. (The First Noel)
- 5) On a one horse open sleigh. O'er the fields we go, laughing all the way (Jingle Bells)
- 6) Fall on your knees, Oh hear the angel voices, Oh night divine, Oh night, when Christ was born (O Holy Night)
- 7) Holy infant so tender and mild, Sleep in heavenly peace (Silent Night)
- 8) Peace on earth, and mercy mild, God and sinners reconciled (Hark the Herald Angels Sing)
- 9) Good tidings to you, And all of your kin, Good tidings for Christmas, And a Happy New Year. (We Wish You a Merry Christmas)
- 10) It's the most wonderful time of the year. With the kids jingle belling. And everyone telling you "Be of good cheer" (It's the most wonderful time of the year)

75. Christmas Memory Game

Group into teams of 3-5 per team depending on the size of the cell group. Each team are to be seated facing the main leader, who will introduce each word and action one at a time. All members in each team try to follow along and remember the sequence of the words and action. Game will end once the groups are able to say all 8 words in correct order with corresponding actions.

Cue Sheet Phrase	Action
Christmas tree	Arms above head, fingertips touching. Point to the left and right alternately for counts
Give presents	Left and right hands in front of body pushing away from body to the left and right alternately for 4 counts
Snowfall	Move arms from above head in a wavy fashion down to where your body is in a squat in 4 counts
Gingerbread man	Spin around in a star jump action for 4 counts
Warmth	Use arms to hug yourself and sway from the left to the right alternately for 4 counts
Christmas lights	Sprinkling hand action above head, diagonally up, at sides and diagonally down over 4 counts
Turkey	Flap arms like wings to the right for two counts and to the left for two counts
Star	Do a star jump

76. Happy New Year!

Divide the cell into smaller groups of 2-3 persons and give each group a piece of blank paper and a pen. In 5 minutes form as many words they can create from the phrase "Happy New Year!" Give the group with the most words formed a present.

77. My dream Home

Cell members will be given some time to think through and then describe and share with the rest of the cell group what are 5 (physical) things that will contribute to their "dream home". For the sake of this activity, we will only be sharing tangible attributes and not intangible characteristics. Cell leader may conduct this activity by getting members to draw it out or by using wooden toy bricks to "build their home". It is natural for us to consider what some of the physical aspects that will contribute to what we deem as our dream home. We too can consider what some of the spiritual aspects that will contribute to our desired spiritual state.

78. Remember Me! (Bedsheet Game)

Get everyone to mingle together for a couple of minutes, and introduce themselves to each other. Divide them into two teams. The two teams sit on either side of a bedsheet. Two persons pull up the bedsheet to hide both teams from each other's view. Then each team selects a player silently for each round. Both players move and sit facing the bedsheet in the middle. When the persons holding the bedsheet can see that both players are ready, they drop the bedsheet so they can see each other. The first player to yell the name of the other player wins a point for their team. Keep playing until everyone has had at least a turn to be a player. Variations: Have two players to face one player instead of one to one. One player can also sit with his/her back facing the other team.

Material used can be: bedsheet, blanket, curtain or tablecloth.

79. Spot The Difference

Divide your group into two teams. Stand the first group in a line facing the second group. The second group has a set amount of time (you decide) to look at the appearance of the other team. Once their time is up, the second team (observers) will leave the room, and the first group must change ten things about them. The ten things must be noticeable (i.e. they cannot change things in their pockets or other things previously out of view). When the second group returns, they must observe the first group and work out what ten things have changed. (They may write them down if this is helpful). It's best to give a set amount of time for this to happen also. Once this is done, you can swap the roles of the groups.

80. Super Selves

Give everyone a sheet of paper and something to draw with e.g. coloured pencils, crayons, marker. Ask them to think of a superpower they would wish to have. They would then need to draw themselves as a superhero (or villain) on the paper. Let them know silliness is key here and they should go all out and make it as fun as they can. Once they have finished drawing their super selves, gather them back as a cell and have everyone share their super self-portrait as well as describe their superpower.

81. If You Are Able To Be A Superhero...

Give everyone five minutes to think about the below questions and then have everyone take turn to share:

If you could be a superhero:

- Who would you be?
- What would you call yourself?
- What would your superpowers be?
- And to what use would you put them?

82. Pass the Orange

Ask the cell members to form a circle. Give the first cell member a large orange and explain that they need to pass this around the circle. BUT, it has to be passed around the circle using only chin and neck. If the orange is dropped, it must be returned to the previous player in the circle and the game restarts. A camera is a must for this game!

83. Guess the country

Play the YouTube video link below and allow members to guess the Country by emojis. You can divide your group into 2 or 3 teams depending on the size of your group. They can discuss via WhatsApp and the leader can type the answer on Zoom chat. The team that gives the correct answer first is the winner or when individual members type the correct answer on the Zoom chat.

<https://www.youtube.com/watch?v=aP2JTrcFMU0>

If there is time, leader can ask members which country they would like to visit if all borders are open and travel is resumed, and why?

84. Guess the Bible Character

Play the YouTube video links below to let members guess the Bible characters from the emojis shown. You can choose to use part 1 of the quiz and then proceed to part 2 only if you have time.

Part 1 – <https://www.youtube.com/watch?v=YaDropzHaJA>

Part 2 – <https://www.youtube.com/watch?v=6558cBU3kpY>

If there is time, leader can also ask members which Bible character they would like to meet and why.

85. Scramble word game

<https://youtu.be/Om7JEF2zZAI>

Guess the word from the scrambled 6 letter words in this game.

86. Find the difference picture game

<https://youtu.be/o8zpPJwdyis>

Click the above link and in 90 seconds time, you have to find all 3 differences between two Pictures

TYPE 2: FOR GETTING ACQUAINTED

1. Photo of the Week

Get members to find an interesting photo that they had come across in the past week in their mobile phones. The photos can be taken by the members themselves, or received from their chat groups, or a photo that they have come across on social media. Members take turns to share about their photo.

2. Food Chain

Start off by getting everyone to share what their favourite food is. The game will start with the person with the most unique food. Going in a circle without repeating, everyone is to name an ingredient that is used to make this dish (e.g. Mee Siam – Noodles, Egg, Lime, Garlic, Tamarind, Dried Shrimp, etc.)

3. Icebreaker Questions

Prepare the following questions on pieces of paper. Have each member randomly pick one and share:

1. Which book had the most significant impact on you?
2. What skill or talent would you most like to learn?
3. What kind of physical activities do you like doing?
4. Would you rather watch a movie on your TV at home or on the big screen in the theater, and why?
5. What weird quirks did you pick up from your parents?
6. What were your favorite television shows when you were growing up?
7. What do you do to unwind after a hard day?
8. What household chore do you actually enjoy?
9. What TV show are you hooked on or were recently hooked on?
10. As a child, what did you want to be when you grew up?
11. What was your first job?
12. Who had the most influence on you growing up?

4. Share a Favourite Holiday Memory

Get members to share a favourite holiday memory for Christmas. You can use the list below or create your own.

- What was your best (or worst) Christmas gift as a child?
- What is your favourite holiday song?
- When do you open and exchange presents?
- What is one gift you'll never forget receiving?
- What is your favourite kind of Christmas cookie?
- What is one of your family's Christmas traditions?
- It wouldn't be Christmas without _____.
- What is one thing you really want for Christmas?
- What Christmas TV special or movie is a must in your family each year?

- Are you traveling for Christmas? If so, where are you going?
- What is your favourite kind of Christmas candy?
- What is your favourite Christmas food?
- What is your favourite Christmas ornament? Why?

5. **Breaking News!**

It is the Year 2030 in Santamarina. One evening a strange viral and in some cases, fatal, infection hits Santamarina. People are afraid to go out of their homes or to travel. There is panic buying. You too are confused over what is happening. Santamarinites are getting a lot of news over social media, some factual, some fake. You are a Santamarinite. How do you think you will respond to the situation?

6. **Draw**

Give everyone a piece of paper and a pencil. Allow 5 minutes to draw a picture that conveys who they are without writing any words or numbers. At the end of 5 minutes, the leader collects the pictures. Show the pictures to the group, one at a time, and have them try to guess who drew it. Each artist can then explain how their work expresses who they are.

7. **What Annoys You?**

All of us have our likes and dislikes and things that rub us the wrong way. In getting to know one another better and to build a strong relationship, the process involves not only becoming acquainted with each other's preferences but also understanding what annoys us. Share with each other one thing that really annoys you. Have fun growing strong in community.

8. **What Do You Value?**

Each member shares a one-word life attribute that is important to him/her. Every member is to list the items shared by each person. Each member has \$10 and they are to allocate the \$10 to any of the life attributes shared according to how they value them. They then share their allocation of the \$10. For example, family (\$5), health (\$2), wealth (\$2), work (\$1). This uncovers what each other values most.

Note: Prompters for life attributes –family, work, health, wealth, authority, spiritual life, happiness, reputation, dignity, etc.

Materials needed: Paper and pen.

9. **Most likely To**

This is a simple but fun game for you and your friends to find out who is “most likely to” act on a particular task. Example – Cell Leader to ask: In this Circuit breaker period, who is **most likely to** “over-eat”?

You can come up with your own fun list, but here's a suggested list: “grab-food everyday”, “wear working attire while working-from-home”, “catch the most Korean-dramas”, “start a new hobby”, “bake a cake”, “be very grumpy”, “cut your own hair”, “make your own bubble tea”, “clock 10,000 steps daily”, “sleep late”, etc.

10. Personality Animal

The Facilitator will randomly assign members with another member and send the name to them via WhatsApp. Each member will then use an animal to describe the characteristics of the member that they have been assigned. Each member will take turns to share the animal and attributes, and let the group guess who the person described is.

Examples:

1. "This person is like a cheetah because he is strong and athletic, and gets things done fast."
2. "This person is like a swan because she is beautiful and graceful at all times."

11. My Closest Friend

Get everyone to choose a number from 1 to 5. When the leader counts from 1 to 3, everyone will call out their number. Those who have chosen the same number as the leader will share with the cell who is their closest friend, someone whom they **respect, value** and are **familiar** with.

12. 18 & under

This icebreaker allows you to know your members better and share funny or interesting stories with each other. Simply take turns to share one accomplishment each had before you turned 18. You might learn: "I baked a cake when I was 10" or "I won a singing competition when I was 12", etc. Perhaps there may be some hidden skills in your cell group that you've never expected.

13. Take a Picture of Your Shoes

Ask each member to take a picture of their shoes and upload it ahead of your meeting, or during the meeting. As long as everyone can see each other's pictures. At the start of the meeting, ask each participant to discuss their choice of shoe, and the "story" behind it. For example, one person might be wearing running shoes because they're into sports, or someone else might wear flip flops because they love to travel.

You can vary this exercise by asking each member to take a picture of an object on their desk, and getting them to talk about it.

14. Superlatives in life

Nothing tells more about a person than the superlatives in their life. What they consider the most important, best, least, oldest, worst, and newest tells a great deal about them. Use our superlative icebreaker questions to find out just how much!

- a) What is the hardest thing you have ever done?
- b) What was the most terrifying situation you have ever been in?
- c) What was the most outlandish/wild thing you ever did?
- d) What is the kindest thing that someone has ever done for you?
- e) What is the weirdest thing you have ever eaten?
- f) What is the bravest thing you have ever done?

15. Favourite App

Get out your phones and show your favourite "unique" app to the group. Excluded: weather, news, messaging and email. Share why is this your favourite mobile app.

16. What You Want

If you could have any of the following right this minute, which one would you choose, and why?

- a full body massage
- lose 10 pounds
- a new hair cut and color
- dental work
- a scar removed
- quit my job

17. Paint my World

Everyone to think of a country that they really miss visiting or really want to visit.

- Without saying the name of the country, share 3 things about this country that makes you want to visit it.

- Everyone else will try to guess what country this is.

18. Where in the World is ...?

Ask members to pick a place they have visited in the world where they have fond memory of. Ask them to share three clues for the rest to guess where the place is. Now everyone can dream of their next holiday travel.

19. This Thing is Me

Preparation: cue the YouTube video: <https://www.youtube.com/watch?v=pAz-RZ-ryUQ> to watch it from **2 mins 08 sec** to **3 mins 50 sec** (i.e. 2.08 – 3.50) before the cell meeting.

This is a getting to know you game for the cell. The host starts by holding up an item i.e. a fork, and say “this is me because I like spaghetti and I need to eat spaghetti with this fork”. After that the host will choose one member to say something – the member can either say this is me or this is not me in regards to the fork. Set time limits (e.g. 3 secs), for members to say something. More can share as time permits for one item. To vary, the host can move to the next item. Before the cell meeting, the host of this ice breaker should prepare a few items including what to say for each item.

20. One Thing

Most of us will have **one thing** more that we have not shared or made known to our friends. Let’s take a step forward together to break this barrier by sharing this **one thing** about ourselves so that we get better acquainted and closer in our relationship with one another.

21. Nutrition

There have been different types of theories as to the different kinds of diets. From Vegan all the way to Keto. We are not here to debate on the different kinds of diets as there are definitely the Pros and Cons of the various diets.

The key point of any diet is really the management of nutrition to our bodies. What do you think would be an ideal healthy meal (lunch) for you? (On a normal occasion)

22. Food-tastic!

Material needed: All to prepare a picture of an interesting/best meal that they have had in this circuit-breaker period.

Everyone in the cell to take turns to share the picture of the meal they had and why they chose it. Most of us are pretty much stuck at home and food has naturally become one of the comforts that we turn to. When it comes to food, some of us go for quality, while others go for convenience. Some of us will painstakingly manage our nutrition and diet, while others try to cut cost by cooking at home.

We all have different approaches as to how we manage our physical diet – but what about our spiritual diet? How have you been managing your spiritual diet in this circuit-breaker?

23. Discover your love languages

Send the URL for 5 love languages before cell meeting to members via messaging apps and have everyone discover their 5 love languages. <https://5lovelanguages.com/>. Take turns to share the top 2 love languages.

24. Memory Album

Get members to draw a picture that captures a memory that the cell group shared. For newcomers, share about a memory with the person who brought them to the group. Take turns to show the picture on Zoom and share about the memory with the group.

25. My Dream Vacation (online)

Share your dream vacation by doodling on Zoom whiteboard or a piece of paper and describing the picture to the group.

Materials Needed: Zoom whiteboard or a piece of paper and pen.

26. Holiday plans before Covid-19

Share what were your plans for the coming school holidays before Covid-19 struck.

27. No Fish, Prawn Will Do

With the pandemic still on, overseas vacation is very much on hold and seemingly with no light at the end of the tunnel just now. Share with one another your idea of a staycation in a local hotel, or resort; and what you plan to do with the \$100 “SingapoRediscover” voucher for the period Dec 2020 to end June 2021.

28. Precious Memories, How they linger

Everyone to be given 1-2 minutes to think and recall his or her fondest childhood memory. After which, everyone will be given 1-2 minute (depending on the size of the group) to share this memory.

To take this further, cell leader can check how many of them in the group grew up in a family of believers and have trusted the Lord from a young age. Ask them to share about the moment they truly trusted and believe in Jesus.

29. Among Us

If you are updated with social trends, you would most likely have heard (or even tried) the game “Among Us”. This game is not only popular with young adults, but also a hit with school-going children. It is an excellent way to quickly bond with friends and build bridges with communities that you might be reaching out to.

It is a social deduction game and players have to complete certain individual tasks in order to escape and win the game. However, among you will be an imposter, who will try to prevent you from doing so. Learn simple basics of the game via this short (4 mins) video on YouTube:

<https://www.youtube.com/watch?v=muqaBob6pfw>

30. Who am I?

Each member writes 3 descriptions about themselves on a piece of paper. The Facilitator collects the sheets of paper, places them face down and gets each member to draw one of the sheets of paper. If he/she draws his own sheet of paper, he re-draws another sheet. Each member reads out what is on the sheet of paper and tries to guess who the description belongs to. Reveal the answers only until everyone has made their guess.

Materials needed: Pens and papers.

31. This Cell Group Is

Everyone sits in a circle. Facilitator holds a soft toy and starts by sharing one thing he/she likes about/can be improved about the cell group and tosses the toy randomly to another member to share the next thing. The activity will continue until everyone gets at least one chance to share. Facilitator is to encourage participants to be open and **constructive** in their sharing, and emphasize that the points shared must be about the group in general and not targeted at individual persons.

Material needed: A soft toy or ball or any other object. {Ensure the object is not hard/sharp and may injure anyone.}

32. Chinese New Year

Share how you and your family celebrate Chinese New Year.

33. Chinese New Year Celebrations

The Lunar New Year ushers in the season of Spring (春) and celebrates a fresh new beginning. It is also a time to visit family, relatives and friends to give our well wishes for the 新年. Share with one another one eventful visit you’ve made.

34. Name Cards

Pass each member a pen and a card. Each person is to draw a self-portrait, write his/her nickname and one fun fact about himself/herself. Then collect the cards and distribute it out to the participants randomly. Each participant is to read the details on the card and guess who the person is. Participants are encouraged to ask questions to learn more about the card’s owner. Materials needed: A5 paper or cards and pens for each participant.

35. Most Unique

Everyone to sit in a circle. Have each person share something that makes them different from anyone in the group, like, "I've never left the country I was born in" or "I am one of 10 kids."

36. M&M's Game

Pass a bag of M&M's around and tell everyone to take a few. Then, before they eat them, ask them to share something for every M&M. For example, something about their family for every red one, something about their plans for every green one, something about how they are feeling now for every yellow one, etc...

37. M&M's Wishes

Pass a bag of M&M's around and tell everyone to take 3 of different colours. Prepare for more than one packet for bigger groups. Ask everyone to share something they wish to ask God for using the colours of M&M's in their hands to represent an area of breakthrough.

Some suggestions are as follow:

red – the blood of Jesus, I wish to ask God for healing of

green – life. I wish to ask God for the salvation of

blue – opportunities. I wish to ask God for open doors in

orange – fruit of the Spirit. I wish to ask God to grow in

brown - our land. I wish to ask God for Singapore to be

yellow – happiness. I wish to thank God for

After everyone has shared about their "wishes", at a count of 3, ask everyone to pray and commit their wishes to the Lord base on what they have shared earlier.

Material needed: M&M's

38. Be Fruitful and Multiply

God blessed the first couple He created with these words "Be fruitful and multiply..." recorded in Gen.1:28. Is this blessing still applicable to believers in our time and age? In Singapore, the statistics show that our birth rate is way below the replacement level. Share your thoughts and conviction on this matter. Pleasant interacting!

39. Sunshine Card

Ask everyone to write his or her name in the center of a piece of paper and then draw a sun around it. Have members pass their paper to the person on their right. That person is to write something positive about the person whose name appears on the paper. They do not have to sign their name; it is better if comments are anonymous. Keep passing the pieces of paper until they get back to the original owner. Give a minute for everyone to read his or her paper. You can provide colored markers if you wish.

Materials needed:

1. A4 blank papers
2. Colour markers (optional)

40. My Past Week in WhatsApp

Everyone is given 3 mins to scroll through their WhatsApp (or any other social chat apps) messages in the past week for one happy message and one unhappy message. Each person will then share one or both messages that they found.

Note: Participants without mobile phones or social chat apps can share based on events that happened in the past week.

Material needed: Everybody's mobile phones.

41. How Are You Feeling?

Start by asking: "In one word, how would you describe the past week?" Share the following and let them choose.

How would you describe the past week?

PTL!

Ok-lah! Slow

Sweet Tough Short Wow!

Intense Hard Fruitful Chaos Challenging

Fun Rollercoaster Easy Valuable

Sweat Productive Yes! Heavy Sad

Uphill Sian Nua

42. Never have I ever

Everyone starts off with 5 'lives' indicated by holding up their palm, where all 5 fingers are pointing up. Take turns to share a statement that he/she has never done before, using the phrase 'Never have I ever...'. If the rest hearing the statement, had done what was shared, they lose 1 'life' by folding down one of their fingers. An example could be someone start by saying, 'Never have I ever climbed a mountain.' The hearers who have climbed a mountain, would need to fold down one finger, i.e. they have 4 'lives' remaining.

For large groups, like 10 or more players: Play until you knock out 2 to 3 persons completely.

For smaller groups, less than 10 players: Play until there is one last person left with 'lives'.

43. Whodunit?

This game can be played individually or with two teams. For extremely large groups, choose ten volunteers and split them into two teams of five. To set up the game, pass out an index card and a pen for each participant. Ask each person to write down something interesting they have done. Examples: I went skydiving once, I got arrested before, I once drank a gallon of milk, I lived in seven different states, and, I ate bugs before.

Try to instruct people to write a fact that most people don't already know – the sillier (or more unbelievable) the better. Collect all the cards (separate them into two piles if two teams are playing). Shuffle the cards and then pass them back out. Each person (or team) takes turns reading aloud their card and then the reader must guess whose fact he or she has read. After that, the guessed person simply says "yes" or "no". If the person guesses correctly, the guessed person can briefly explain what they wrote (if desired). The guessing continues until all cards are exhausted. Everyone reveals who wrote which card at the end.

44. What Sparks Joy?

Materials needed: Post-it pads, writing materials

1. Get each member of the group to take one post-it pad and write down something that brings immense joy to them/that they enjoy doing in their free time
2. Fold this post-it pad and place it in the center
3. Everyone in the group will take turns to take one post-it pad and read out what was written
4. The whole group will try to guess who was the one who wrote it

45. My Happiness Moment

Have the cell sit in a circle. Starting from the cell leader, share with one another the happiest moment in your life.

46. My Social Media Post

Each member is to choose a recent Facebook or Instagram post and share why they picked it.

Note: For participants without social media apps, a picture or image can be used.

Material needed: Members' mobile phones.

47. Arts and Entertainment

Share a recent movie, TV show or drama that you have enjoyed and why you like it.

48. Making Connections

- Gather your group in a large open space.
- Ultimate objective is to create one large circle in which every person is physically linked with two others.
- Ask one volunteer to stand with one hand on their hip, and then share one or more statements about themselves to the group.
- When someone from the rest of the group hears a statement that they have in common with the first volunteer, they are invited to link elbows with them.
- This second person then shares something about themselves to the larger group, to attract a new person to link elbows with them, and so on.
- This process of sharing and linking continues one by one.
- To complete the circle, invite the last person to join the long chain of connections to share something about themselves to link with the very first volunteer.

You can watch this game in the video: <https://www.youtube.com/watch?v=5vp2Jgtei0E>

49. Toilet Paper Blessings

Have everyone sit in a circle. Pass a roll of toilet paper around and have everyone rip off how much they would usually use. Everyone will probably think you're crazy. When the toilet paper makes it all the way around the circle, have everyone count their squares. The number of squares each person take will be the number of blessings they had blessed someone in the last few days, e.g. gave up a seat in a bus or MRT to someone, shared a word of encouragement to a colleague, helped in doing housework, bought a drink for a friend and helped someone crossed the road, etc. The members will take turn to share the blessings.

Material needed: One roll of toilet paper.

50. Passing A Roll of Toilet Paper

Have everyone sit in a circle. Pass a roll of toilet paper to the person on your right (or left) and merely say "Take as much as you think you need and pass it to the next person". Don't offer any more information. Once the roll of toilet paper has gone around the group, say to the group, "For every square that you tore off, tell the group something about yourself."

51. The Four Quadrants

Give everyone a piece of A4 size blank paper and a colour pencil. Have people draw up a 2x2 grid and ask them four questions. Ask them to draw their answers in each quadrant. Encourage them to exchange colour pencils among themselves. After they have completed their drawing, show each other their drawings and discuss their creations.

Suggested questions: received praises from bosses, facing challenges at work, de-stress activities, defining moments, moments of pride, fears, escape from pressure, favourite activity etc.

Material Needed: A4 size blank papers and colour pencils

52. Ten Things in Common

Divide the cell into groups of 4-5 persons. Tell the newly formed groups that their assignment is to find ten things that they have in common, with every other person in the group. You'll want to tell the people that they may not select body parts that they have in common or use types of clothing as commonalities. Also, tell the groups that one person must take notes and be ready to read the group's list of ten commonalities to the whole group upon completion of the assignment. Give them 10 minutes. At the end of 10 minutes, ask the volunteers of each group to read their group's whole list of things in common.

53. Name that person

Divide into two teams. Give each person a blank piece of card. Ask them to write five little known facts about themselves on their card. For example, I have a pet iguana, I was born in Iceland, my favourite food is spinach, my grandmother is called Doris and my favourite colour is vermillion. Collect the cards into two team piles. Draw one card from the opposing team pile. Each team tries to name the person in as few clues as possible. Five points if they get it on the first clue, then 4, 3, 2, 1, 0. The team with the most points wins. (Note: if you select the most obscure facts first, it will increase the level of competition and general head scratching!)

54. Memories Coin

Each person takes a coin out of their pocket and looks at the date. When it is their turn, they tell the year on their coin and try to recall something that happened that year. It could be a major event or history that happened in that year, or some personal memories. If the group is fewer than 5 persons, then the number of sharing will depend on the coin value. For example, if they take out a 10-cent or 1-dollar coin, they will share 1 thing; those with a 20-cent coin will share 2 things; those who take out a 5-cent or 50-cent coin will share 5 things.

55. Dare to Dream

Leader to facilitate and encourage members to share in response to the following questions:

a) What is the craziest dream you've ever had?

- b) How many times do you hit the snooze button in the morning?
- c) If you could do anything in the world with unlimited resources, what would you do?
- d) Have you ever considered that God has a dream for your life? If yes, what is the dream God has for your life? If not, why not?
- e) What is the greatest obstacle in fulfilling your dream?

56. Most Recent Photo

Everyone selects the most recent activity in their photo gallery. Different ones share briefly the story behind the photo. This is a great way to share how each one has been spending their time during Phase 2 of the Circuit Breaker.

57. Thanksgiving Jar

Materials needed: Slips of paper, writing tools, a jar/bowl

- a. Everyone will be given a slip of paper and a writing tool
- b. Without writing their name, everyone will write something that they want to Thank God for
- c. When they have finished, they will fold up the slip and drop it into jar/bowl
- d. When everyone is done, the leader can randomly pick a thanksgiving and read it out to the group
- e. Everyone will be encouraged to applaud and give thanks together for the thanksgiving
- f. The group might decide to keep the “thanksgiving slips” and the “thanksgiving jar” for the rest of the year and make it a habit to regularly find something to thank God for, at least once a month! (And fill it up for the whole year!)

58. The Question Web

You need to have a spool of rafia string or wool for this game. Ask everybody to stand/sit in a circle. Hold on to the end of the string and throw the ball/spool to one of the people to catch. They then choose a question from 1-20 to answer. A list of 20 sample questions is given below. Adapt for your group. Holding the string they then throw it to another member of the group. Eventually this creates a web as well as learning some interesting things about each other! At the end of the game you could comment that we all played a part in creating this unique web and if one person was gone it would look different. In the same way it's important that we all take part to make the group what it is, unique and special.

- 1. If you had a time machine that would work only once, what point in the future or in history would you visit?
- 2. If you could go anywhere in the world, where would you go?
- 3. If your house was burning down, what three objects would you try and save?
- 4. If you could talk to any one person now living, who would it be and why?
- 5. If you HAD to give up one of your senses (hearing, seeing, feeling, smelling, tasting) which would it be and why?
- 6. If you were an animal, what would you be and why?
- 7. Do you have a pet? If not, what sort of pet would you like?
- 8. Name a gift you will never forget.
- 9. Name one thing you really like about yourself.

10. What's your favourite thing to do in the summer?
11. Who's your favourite cartoon character, and why?
12. Does your name have a special meaning and or were you named after someone special?
13. What is the hardest thing you have ever done?
14. If you are at a friend's or relative's house for dinner and you find a dead insect in your salad, what would you do?
15. What was the best thing that happened to you this past week?
16. If you have this week again, what would you do differently?
17. What is the first thing that comes to mind when you think about God?
18. What's the weirdest thing you've ever eaten?
19. If you could ask Christ to change one problem in the world today, what would you like him to change?
20. What book, movie or video have you seen/read recently you would recommend? Why?

TYPE 3: FOR STARTING COMMUNICATION

1. How are you feeling?

Get members to draw an emoji or facial expression to describe their feelings for any day *in the past week*. Encourage participants to share about any event that triggered this emotion.

Note: Get participants to refer to their WhatsApp emoji list for ideas on what to draw.

Materials needed: Zoom whiteboard or paper and pen and share on camera.

2. Sharing on faith and trust

Get members to share on the following 2 questions:

- Who is someone that they really trust and put their faith in? And why?
- Have they ever felt betrayed/trust misplaced before? And what happened? (if the member is comfortable to share)

3. Life Advice

Each participant imagines he/she is giving advice to a teenager for one of the following questions; what would they say?

1. How do I live life?
2. If you could change something about your life, what would it be?
3. If you had a chance to re-live your life, what would be different?

4. The Inspirational Speaker

Facilitator will pre-select a member of the group who has something inspirational to share - a challenging time that they had been through, achievements or breakthroughs in their lives, or someone who had been inspirational to them etc., anything that may be encouraging or uplifting to the group. Get the other members to share their thoughts or ask a question after the sharing to deepen the interaction.

Note: Seek out the speaker early to give him/her time to prepare. Do get pointers from the speaker to vet the sharing for appropriateness.

5. Making New Year's Resolution

Yes, it's that time of the year again when we feel as if we have to turn over a new leaf.

Traditionally, the first day of the year is styled as the ideal time to kick start a new phase in our life and the time when we must make our all-important New Year's resolution. Share one success or failure from last year and one new resolution you want for the new year.

6. Paper Airplane

Everyone makes a paper airplane, and writes their name and concerns/feelings about the current situation of Novel Coronavirus. On cue, everyone throws their airplane around the room, picks up others' airplanes, and keeps throwing them. The leader says stop after one or two minutes.

Everyone must have one paper airplane and read out the concerns/feelings written on the paper plan. Pair up two-by-two and pray for one another.

Materials needed: paper, pen or pencil.

7. Virtual Time Capsule for COVID-19

Divide people into groups of five and give each group a large piece of paper and some markers. Have them draw or write words of 10 things they would want in a time capsule that would show people in the future what was important to them during this season of the outbreak of the Novel Coronavirus COVID-19. Have them share with the group.

8. How God helped me through Covid-19

Open the time for members to share on any of the following and how they see the hand of God leading and guiding them:

- a) An infection in their workplace
- b) Being unable to buy their household supplies/medical supplies due to panic buying and hoarding
- c) Fear in their hearts
- d) Meeting people with fear in their hearts
- e) Seeing and dealing with irrational behaviour – like people shunning health workers
- f) Ministering to those impacted by Covid-19 etc.

9. Circuit Breaker

Share what is the biggest adjustment for you since the circuit breaker measures were implemented.

10. Post COVID-19

What would be the first thing you would like to do once this COVID-19 situation is over?

11. Positives

Share what is one positive thing that comes out of this COVID-19 situation.

12. Every Cloud has a Silver Lining

We can experience hope and joy even in the midst of difficulty. Share one good thing that you have encountered during this circuit breaker.

13. One Word

What's the **one word** you'd use to describe the future in this COVID-19 pandemic? Let everyone share what is the **one word** they have chosen. The choice of the **one word** reveal not only our mindset and outlook of the current circumstances but also of the foundation of our faith in God, who is sovereign. Remind your members that God is in control.

14. New Thing

Share one new thing that you have learned or done during the Circuit Breaker period.

15. Virtual Check-ins (online)

Leaders can choose the various check-ins below suitable for your members to check on the state of their well-being. Answers can be sent via WhatsApp or Zoom.

1. What item you can find in the grocery store or online shopping that can make you smile.
Example: Grocery store – chocolate [because I love eating them], or online shopping – yeast [as it has been out of stocks for weeks].
2. What is one thing you are secretly pleased you don't have to do during this social distancing / circuit breaker period?
3. Pull up a recent picture you like and tell the group about it.

16. Celebrity Interview (online)

The facilitator will randomly number the participants and share the numbered list in the Zoom chat window. Participants will be paired in twos, e.g. #1 and #2 will be a pair, #3 and #4 will be a pair. Break out into pairs and take 10 minutes (5 minutes for each interview) to interview each other as a reporter over a separate Zoom window or WhatsApp. At the end of 10 minutes, come back to the main Zoom meeting and have each participant reports what they have found out in the interviews about their “celebrity”.

Suggested questions:

1. What is your dream?
2. Where is your dream holiday destination?
3. What are your top 3 bucket-list items?
4. What will you do after you retire?
5. Who brought you to Christ?

17. Whiteboard Games (online)

The Whiteboard feature can be accessed by clicking on “share screen” and selecting “Whiteboard” on the dropdown menu. All participants can then draw or write on the shared screen by clicking “annotate”. Some suggestions in using this feature for ice-breaking include:

- Draw how you are feeling today.
- Draw a wish when the situation resumes to normal.
- Draw what makes you happy today.
- Draw what it will look like when our congregation resumes on-site services.

18. Recognizing Hope

Show the following “definitions” on your screen display. Ask your members which they would pick as a definition for the word ‘hope’. There is no right answer – all of these are definitions found online. Hope can mean different things when we use the word in slightly different ways.

- The opposite of despair
- A belief in positive outcome
- A wish for something with expectation of its fulfilment
- To look forward with confidence/expectation
- Someone or something that is a source/reason for hopefulness
- The desire for and search for future good
- A thing, situation or event that is desired
- Something hope is born of activism, engagement and a stubborn determination to improve the world

19. What do you hope for?

Leader: Have you ever used the phrase, *"I hope it works out"*? We all have at some point used the word "Hope" to describe something we are expecting. The very definition of hope is this: a feeling of expectation and desire for a certain thing to happen. Many of us have said things like this: *"I hope I win the lottery"*, or *"I hope I get a better job"*, or *"I hope they don't run out of orange juice"*. We use this word 'hope' all the time, because we have a desire for certain things to happen.

Ask everyone to share one thing they are hoping to happen in their lives soon.

20. Is this FAIR or UNFAIR?

Cell leader, you can make this interesting by having your members respond with hand actions, e.g. Thumps Up = FAIR, crossed hands = UNFAIR. Give everyone up to 1 min to share their views.

A. Ah Beng is in a wheelchair. He can't get to the school library because there are steps; and he can't borrow any books from the library unless his teacher or a friend remembers to get him one. Is this FAIR or UNFAIR?

B. The office received 2 expensive hampers from their vendors. The office manager puts the names of all the staff in a bowl to draw lots for 2 lucky staff to bring home the hampers. Those who did not get to bring home the hampers were upset. Is this FAIR or UNFAIR?

C. Audrey is witty and smart but her sister is beautiful and likeable. Is this FAIR or UNFAIR?

D. Nick Vujicic is born with no arms and no legs. Is this FAIR or UNFAIR?

E. Walter spent long hours preparing for "O" level exam. Victor, however, did not study as hard but decided to spot certain topics to study. It turned out that Victor did very well for his exam and was posted to a good Junior College while Walter barely passed. Is this FAIR or UNFAIR?

21. Loving & Serving

Share what you have done to show love and serve one another as the community. Kudos to you if you have done so! However, if you have not, share what you plan to do in the coming week.

Example: To meet up with someone for afternoon tea or to video call and pray with someone.

22. Entering His Rest

Share with each other what you have done intentionally in the past weeks to help you enter into the Sabbath rest that God has commanded for you and I. Remember, it is not about finding balance in our work and life but it is really about Work and Rest. May the Rest be with you!

23. Scrabble

Use the words "TRUE FREEDOM" and have every member try to form as many words as they can. The one with the most words wins.

24. Sale Galore

We just crossed the weekend where parts of the world celebrate Thanksgiving. Following which is

Black Friday and Cyber Monday where products are being sold at great discounts. With the advent of online advertisements and shopping, share which is your favourite "bargain hunting"

sales (be it 11.11 or 10.10 sales or Black Friday) and how do you usually prepare for it. Or share when was the last time you set aside time to make a purchase.

We tend to stay up late or set aside time to attend to these special discounts and purchases. We do these through the means of saving the dates in our calendars or setting our alarm clocks. How excited are you to setting aside time to spend time to pray and seek the Lord? Do you find joy and take excitement in entering the presence of God?

25. Thankfulness is Tankfulness

Imagine yourself to be a vehicle. Based on what has happened in the week, how would you rate your “petrol tank”? From a scale of 1-5, with 1 being E (Empty) and 5 being F (Full), where would you be? And why?

Ask yourself, have you been spending more time in the week griping and complaining about your circumstances? Or have you been spending time in seeking and hearing the Lord. Or maybe even giving thanks to God for the circumstances that you are in? Thankfulness results in Tank-full-ness

26. Hopes and Fears

Material needed: Two colours of note pad.

- a. Ask each member to take one piece of the note pad of the first color. Have them write his or her greatest *hope* (for this year, this project, this quarter, this season, etc.)
- b. Distribute the second color of note pad with the instruction for each individual to write down the greatest *fear* (for this year, this project, this quarter, this season, etc.)
- c. Crumple up the note pads. At the count of three, everyone throws his/her crumpled notes to the center of the group. Then everyone randomly picks up one note of each color.
- d. Each member take turn to read the *hopes* first, before reading the *fears*.

27. Good, Bad & God.

Everyone to sit in a circle. Starting with the leader, have everyone share something good that has happened, something bad (or not so positive) that has happened and something God spoke to him/her during the week.

(If there are pre-believers in the meeting, they can skip the part about what God spoke to them.)

28. Lifelines

Material needed: A sheet of A3 paper with a long “lifeline” drawn across it.

Each member marks dates on the line to represent the highs, lows, significant events, turning points, etc. of his/her life, to date. (Can also project the future). Each date should be labeled to help explain it.

Have a good time in sharing the ups and downs of each other’s lives. In closing, recognize that these events are part of our lives and affirm that we are precious in God’s eyes.

29. My Greatest Challenge

Fear can be a strong restraining factor for us to step forward into something new or the unknown. Share what was the greatest challenge that you had overcome, or one new challenge you are facing now.

30. Farewell 2020

2020 has been an unprecedented and challenging year. It changed our world and created a new normal for our daily routines and work lives. Share one change you've adopted in overcoming your challenges.

31. Welcome 2021

New Year and new resolutions. Do you like to make resolutions for the New Year? With some vaccines already approved and to be administered, there is now a glimmer of light at the end of the tunnel. Things are looking up and better days are coming our ways. Share one or more of your aspirations as we prepare to enter into the New Year.

32. Be Honest

Ask one another to be honest about their week and choose one word to describe it by using an adjective that describes the weather. For example: Fair, stormy, thunderstorm, or sunny. Honesty is the glue that bonds relationship. With Jesus in the boat, we don't have to be fearful but we can smile at the storm! (Leaders, this would give you a head start in guiding your time together).

33. Stress Clearing System

Just as we clear our trash and rubbish daily by taking them out or throwing it down the rubbish chute, we need to do the same with stress when we gather for our time together. Start with three minutes of **silent contemplation**, and then have everyone write down what is stressing them out. When everyone has finished writing, tell them to rip up all of their stress in Jesus' name. Put all the scraps together in a bowl on the table.

34. Wise Words

Each member picks a bible verse or quote that is meaningful to them in their present circumstances, and share what the words mean to them or how it speaks to them.

Note: Facilitator to start the sharing as an example.

35. Masks

Materials needed: crayons or paints, markers, scissors and white paper.

Give each person a piece of white paper. Ask them to draw and cut out a life-sized shape of a face. They can also cut out eyes and a mouth if they wish. Each person is then asked to decorate their card face. One side represents what they think people see/know/believe about them i.e. on the outside. The other side represents what they feel about themselves i.e. things going on the inside, what people do not necessarily know or see.

This is best used in an established group where the people are comfortable and at ease with each other. 'Masks' is also a good discussion starter on self-image and self-worth.

36. Disappointment

Everyone sits in a circle. Everyone, including the cell leader, is to complete this sentence on a piece of paper (anonymously) **"I am [most] disappointed with... The reason is..."**

Collect the pieces of paper, mix them around in a box, then invite each person to take a piece of paper. One by one, each member reads out the disappointment stated on the piece of paper

he/she has picked and the corresponding reason. No one is to comment on what the person says, just listen and move on to the next person until all the disappointments have been read out. At the end, the cell can guess who is associated with each disappointment. (*CL, can consider praying and ministering to those whose disappointment are still unresolved.*)

37. "IF"

Write 20 'IF' questions on a piece of paper for your own reference, you can use the ones written below or come out with your own. Let the first person choose a number without knowing the question. After that you will read out the question for him/her to give their answer, comment or explanation. The next person will call out another number and do the same till all have answered the questions you prepared.

This is a simple icebreaker to get your members talking and listening to others in the group. Keep it moving and don't play for too long.

1. If you could go anywhere in the world, where would you go?
2. If I gave you \$10,000, what would you spend it on?
3. If you could watch your favourite movie now, what would it be?
4. If you could talk to anyone in the world, who would it be?
5. If you could wish one thing to come true this year, what would it be?
6. If you could live in any period of history, when would it be?
7. If you could change anything about yourself, what would you change?
8. If you could be someone else, who would you be?
9. If you could have any question answered, what would it be?
10. If you could watch your favourite TV show now, what would it be?
11. If you could have any kind of pet, what would you have?
12. If you could do your dream job 10 years from now, what would it be?
13. If you had to be allergic to something, what would it be?
14. If you sat down next to Jesus on a bus, what would you talk about?
15. If money and time was no object, what would you be doing right now?
16. If you had one day to live over again, what day would you pick?
17. If you could eat your favourite food now, what would it be?
18. If you could learn any skill, what would it be?
19. If you were sent to live on a space station for three months and only allowed to bring three personal items with you, what would they be?
20. If you could buy a car right now, what would you buy?

TYPE 4: FOR ENCOURAGING TEAMWORK OR GROUP RELATIONS

1. Charades

Materials needed: Write names in slips of papers (one name per piece)

- Split into 2 groups, each group to send out one representative to act out the character when it is their turn.
- Without making any sound, the representative will have to act out and the group will have to guess the name of the character that the person is acting as.

Possible names to use:

David, Moses, Jacob, Abraham, Judah, Isaac, Joseph, Paul, Jabez, Ruth, Rahab, Solomon, Elijah, Jonah, Nehemiah, Martha etc.

There are many characters in the Bible, some of whom we might have glossed through or perhaps even missed out. However, naturally there will be some that are more fondly remembered – either due to something significant that they have done or said, or due to what the person has accomplished.

2. Charade Relay

A simple party game but great fun. Make a list of 10 popular TV programmes or movies. Divide your group into 2 smaller teams – one on each side while you stand in between the teams. The game begins by each team sending one person to you. Show them the first TV programme on your list. They return to their team and silently act it out in front of the group. As soon as someone guesses it, that person runs to you for the next clue and repeats the process. The winning group is the one which has acted out and guessed 10 programmes.

3. Eggs-clusive

Material needed: Bring a batch of eggs to boil and boil them till they are hardened (7-8 mins)
Cool the eggs before cell starts

- Everyone to sit in a circle and place the eggs in a basket in the middle
- Tell them that out of all the eggs in the basket, one of them is a raw egg. When the time is up, they will have to knock the egg in front of them.
- They will all get 30 secs to 1 minute to pick out one egg in the basket that they think is NOT the raw egg
- Get everyone to knock the egg together after the time is up

Were they fearful that they would be the one making a mess?

Possible responses: They already guessed all the eggs would be hardboiled – teaches that they trust the heart of the leader.

They were fearful and trying their best to avoid being the one with the raw egg. Sometimes things that we do not want come to us unexpectedly.

4. Number-Off!

The group as a whole will take turns to consecutively number off from 1 all the way to 30. (i.e. Person A “one”, Person B “two”, Person C “Three”, etc.) This seems easy but there are some rules. If any of these rules are flouted, you will have to restart the count from 1 again.

- Two persons cannot speak at the same time.
- There cannot be more than 2 seconds pause in between 2 persons
- The person after you cannot be the same person before you.

It might be frustrating at first, but this will take a bit of practice to get it done right and fast! If time permits, try taking the time and find out how fast you took and then try to beat the time!

5. Piece the Psalms together - Psalm 91

Print out Psalms 91 and cut out the 16 verses into strips, mixing them up in a bowl. Have the cell turn to their Bible to read Psalms 91 aloud and to remember as much as they could. You can run through the Scriptures a few times. Thereafter have each of them pick up the cuttings. The challenge is for the cell to piece Psalms 91 together in the shortest possible time with minimal/no reference to the Bible. You can repeat the game to achieve the best results.

6. Paper Holding

Material needed: A realm of recycled papers

1. Form into teams of three to five people.
2. By way of demonstration, ask two people from a team to volunteer and hold one sheet of paper between the palms of one of their hands.
3. Each team is challenged to assist two of their group members to hold as many pieces of paper off the ground by using only their bodies.
4. To guide fair play, announce that:
 - Only one sheet of paper can be affixed between any two body parts;
 - No adhesives can be used to hold paper to one's body;
 - Folding the paper is not permitted;
 - Each sheet of paper must be in contact with both team members; and
 - No two sheets of paper can be touching.
5. Distribute sheets of paper to each team, and announce "GO."
6. Allow up to 5 minutes and survey the results.

Leader can take a look at the video to have a better idea on how to play the game:

<https://www.youtube.com/watch?v=iV53bKvwQfs>

7. Bobbling Balloons

Material needed: Three to five inflated balloons per group.

You can divide your cell into groups of 4 or 5 members. Start with one group with one balloon. Place the rest in a pile nearby. Everyone gets close together and begins bouncing the balloon in the air. Every few seconds, add another balloon. You can keep score by how long the group can keep the balloons bouncing. Players are penalized when a balloon hits the floor. When this happens, shout the number of penalties procured. Keep the cumulative score. The game ends when the team gets five penalties. Players can play another round with the group trying to better its record.

8. Stack Them Up

Participants are introduced to engineering by working in teams of 4-6 to solve a problem. They create a tool using a string and a rubber band that could be used to stack a group of cups into a pyramid. Team members must work cooperatively to:

- Pull their strings to expand the rubber band
- Lower the rubber band around a cup
- Release the string so that the rubber band grabs the cup
- Pick up the cup to stack it
- No hands can be used to touch the cups.

Here is a video on how the game is played: <https://www.youtube.com/watch?v=N-12Xd607nw>

9. Team Balloon Race

Have participants stand in a line and place an inflated balloon between them and the next person (stomach/chest level is best) so that the entire team is lined up with the balloons wedged between them. Make a finish line some distance down the room. The group has to move in unison toward the finish line without dropping any balloons or they have to start over. The first team to reach the finish line and burst all the balloons together wins.

10. Flip Cup Tic Tac Toe

1. Divide your players evenly into two teams and line them up in two rows facing the table.
2. Prepare the right number of cups for each team on the table. Use masking tape to draw out the tic tac toe diagram on the table.
3. The game will start with each player running to the table and take a cup each. Starting at one end of the table, the player puts the plastic cup face up on the edge of the table and—using only one hand—tries to flip it over so it lands face down. Tip: Make sure a little bit of the cup is hanging off the end of the table.
4. Once a player has successfully flipped his cup, he will place the cup on any empty space of the tic tac toe diagram. The next player then begin his turn—and so on down the line.
5. The winner is the first team to flip all the cups needed to form a straight line in the tic tac toe box.

You can watch how this game is played at 0.46sec of the video in the link below:

<https://www.youtube.com/watch?v=k9UGQhz3vPg>

11. Team Architect

Divide the cell into teams of 2-3 members. Each team is to build an egg support using recycled materials. Each team's egg support has to stop an egg from breaking when it is dropped from a certain height. When the allocated egg building time is up, all the groups come together and the structures are tested.

Materials needed: Eggs, recycled materials such as used plastic bottles, old newspaper or magazine, used disposable cutleries, plastic bags, rubber bends etc.

12. Trust Fall Challenge

Materials Needed: Blindfold, slightly raised platform (optional)

1. One person to be selected in the group for the challenge and then we will rotate through the entire group
2. The selected person will stand on the raised platform with his/her arms crossed across his/her chest.
3. Behind this selected person will be the rest of the cell group who will be “catchers” and will have to position themselves to be in a stable position to catch the selected person who will perform the fall.
4. While blindfolded, without bending their knees and keeping their bodies upright, the selected person will fall backwards into the arms of the “catchers”
5. Once every member of the group has completed their fall, take time to discuss and share their experience with the group.

13. Captain Is Calling

A great blood pumping game, Captain Is Calling lasts about 15 minutes. One leader who is outgoing and loud plays Captain, explains the rules, and controls the game. Another leader serves as the Jailer. The group forms lines with individuals standing one behind the other, facing front. The Captain says the following: “You are crew members on a ship and I am your captain. Whatever I say to do, you do. If you disobey my orders then you go to jail, where the jailer will make you do push-ups, jumping jacks, and other exercises.” The captain uses the following commands in any order:

- Stern – the crew must go backwards.
- Bow – the crew must come to the front.
- Port – the crew must go left.
- Starboard – the crew must go right.
- Captain’s Ball – two people get together and dances with one another.
- Rowboat – three people get together and row a boat.
- Octopus – four people get together, sit back to back, and kick their legs up.
- Starfish – six people link arms and swing around in a circle.

Make sure the crew understands these commands before you begin the game. When an order is given, it must continue until the Captain says. “Captain is calling.” When the captain says this, all players must stand at attention. If players do not follow a command correctly or are not in a group for a group command, they are out. The game ends when there are only two people left.

14. Spaghetti Structure

Divide the people into 2 groups. Give each group half pack of marshmallow and spaghetti that have been broken into half. The winner is the group that can build the tallest structure with the spaghetti and marshmallows. Observe how the members worked together and share your observation of positive team efforts.

15. Team Picasso (online)

The objective is to collectively create a drawing as a group of a pre-determined theme. The Facilitator will open the zoom whiteboard and announce the theme. Each Member will take turns to draw on the whiteboard, and each person is only allowed to draw 5 strokes. The drawing should

be completed when everyone has had a turn to draw.

Suggested themes: Singapore, heaven, SG food, parenting, Sentosa

Materials needed: Zoom whiteboard

16. Photo Scavenger Hunt (Handphone photo)

Divide into groups with at least three people who have phones. The leader will call out a picture category, and the first team to locate a photo that matches on their phone must show the judge at the front of the room. Categories can include: pictures of feet, someone in a cap and gown, a person on a bike, the family dog or cat, a picture at the beach, picture of food, crazy Christmas clothes, etc.

17. Photo Scavenger Hunt (Outdoor)

This is an outdoor activity to be played in the vicinity/neighbourhood. Divide the members into 2 to 3 smaller groups. Get each group to take pictures (according to the clues given below) within the vicinity or neighbourhood and be back within a time limit, e.g., 20 minutes. The group with the most pictures that match the clues wins.

Examples of Clues:

- A playground
- A fitness corner
- A bicycle
- A yellow car
- A letterbox
- A lamp post
- 2 persons pointing at each other
- Someone in a red top
- A cat
- A flower

Notes: Facilitator is to prepare 10 clues for the scavenger hunt prior to the meeting. For safety, choose safe and brightly lit areas such as void decks or neighbourhood malls and get participants to move in groups.

Materials needed: Clues for scavenger hunt to be sent via WhatsApp/other messaging apps. Each group to have a camera phone for taking pictures of the clues.