

The following icebreakers are 60-second challenges, often with a chance of breaking a world record (all world records are correct as March 2024).

Get the group to sit in a circle and tell a story in 60 seconds (one word at a time) beginning with 'Once upon a time'.

**you will
need...**

1 .Stop
watch

The following icebreakers are 60-second challenges, often with a chance of breaking a world record (all world records are correct as March 2024).

One at a time, ask for a volunteer to take on this session's challenge:
'How many sticky notes can you put on your face in 60 seconds?'

World Record = 38

1.