

# Ice Breaker/Energiser/Intergrater

**Name:** Parachute Games

**Number of Participants:** 10+ even numbers

**Equipment:** Parachute and ball

**Time:** 5 - 10 mins

**Steps:**

1. The participants form a circle around the parachute.
2. At the same time each participant picks up the parachute to about his or her waist height.
3. The participants start to move the parachute up and down. The trainer will call out things such as 'people wearing trainers' or 'if you have a red car'. At that point the people who relate to this phrase will let go of the parachute and run under it swapping places with someone opposite.
4. You can also throw a ball on to the parachute and score goals by getting the ball down the hole in the middle.