



RECORD BREAKERS

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

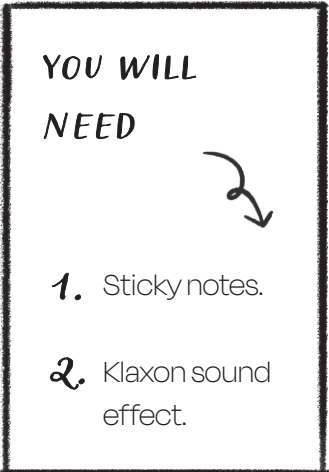
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One at a time, ask for a volunteer to take on this session's challenge:
'How many sticky notes can you put on your face in 60 seconds?'

World Record = 38



YOU WILL NEED

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1. Sticky notes.
 2. Klaxon sound effect.