The Effective Use of Musical Ice Breaking Activities

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Abstract: Ice breaking activities help group members get acquainted and begin conversations, relieve in- hibitions or tension between people, allowing those involved to build trust with and feel more open to one another. This paper mainly provides examples on how to apply ice breaking games in the classroom or in the first communication between people, exploring the similarities and differences between musical and non musical ice breaking games, also explains the necessity and significance of using musical ice breaking games. This article hopes that more scholars can participate in creating more ice breaking games in the form of music, using for educational practice in the classroom and breaking social distancing between individuals.

Keywords: music education, music exercise, ice breaking activities

1. Ice breaking practice of musical nature

Ice Breaking is the equivalent of two English words containing the meaning of "breaking the ice". This term is often used in training to remove the ice between the participant's practice, so that they know each other, understand, and can mutually interact well with one another.[1] They help group members get acquainted and begin conversations, relieve in-hibitions or tension between people, allowing those involved to build trust with and feel more open to one another. Music based ice breaking games, as one of them, have gradually gained widespread attention and application due to their unique charm and value. Music is shown to be beneficial to students in four major categories: success in society, success in school, success in developing intelligence, and success in life.[2] In music based ice breaking games, through shared music experiences and interactions, participants can quickly break through the sense of unfamiliarity, enhance mutual understanding and trust. There are actually many music based ice breaking games that we are familiar with, such as say your name, music chair dance (The author will provide a detailed explanation in the next part). While musical and non-musical ice-breaking games employ different approaches and methodologies, they share a common purpose of bringing people together, breaking down social barriers, and fostering connections.

2. Cases of practical activities

There are many cases where music elements are applied to ice breaking games. I will comprehensively elaborate on how to better utilize these games in the practical process through two relevant case studies.

2.1 Music chair dances

Game preparation and preliminary work: 1. Chair placement: Based on the number of participants, place 1-2 chairs that are less than the number of participants, and maintain a certain distance between the chairs to facilitate their free movement. Chairs can be chosen in brightly colored and patterned styles, adding more fun. 2. Music selection: Music can be pop dance, jazz, or Latin music, ensuring it can quickly ignite the atmosphere on site.

Game Process and Rules: 1. Host Introduction: Before the event starts, the host briefly introduces the purpose, rules, and process of the activity to ensure that participants have a preliminary understanding of the activity. 2. Game Start: The host announces the start of the game and plays pre selected music. Participants walk around the chair circle and dance freely to the rhythm of the music. 3. Music stop: At the moment when the music suddenly stops, participants need to quickly find a chair and sit down. Participants who fail to grab chairs will be eliminated and temporarily withdraw from the game. 4. Reduce chairs: After each game round, the host removes one chair to further reduce the number of chairs. 5. Multi round game: Play multiple rounds of the game until the last or a few participants remain. These final winners can receive small gifts or certificates of honor to recognize their outstanding performance.

2.2 Say your name

During my study abroad at the Music Department of Roland University in Hungary, I took a course called "Creative Music". My mentor played an ice breaking game called "Say Your Name" during their first meeting. The general process is

that typically, up to ten people sit in a circle, and the teacher is the first to say "What is your name?" to the student next to her. Interestingly, this is not a simple self introduction, but rather a singing style of singing "What is your name?" No matter what melody, rhythm, or pitch you use, the next student also needs to sing out their name, and then the student asks the next student "What is your name?" The next student answers, in order to cycle back to the teacher. Each student must sing the entire game, although the melody and rhythm are free, it is best not to repeat with the previous students, as each student has a unique musical expression. The main purpose of this game is not to determine whether you sing well or have a good sense of music, but to encourage each student to express themselves more confidently, bring each other closer, and break through the initial ice blocks.

Of course, we can still use this method to conduct related music activities. For example, if the teacher asks a classmate next to them, the question can be anything, such as interests, favorite movies, books, etc., but still needs to be expressed in a "singing" way. Students must also use "singing" to answer, we expressed our understanding of each other through simple language conversations in the form of music. Although it may be a bit awkward at first, the distance between us will be brought closer because some students may burst out laughing, making the whole class and activity more interesting.

3. The significance of the activities

3.1 Connecting emotions between people

The fact that music can evoke strong emotions is a mystery, which has fascinated scholars since ancient Greece[3]. In musical ice breaking games, participants not only release their inner emotions through activities such as co creating music, dancing, and performing, but also establish deep emotional connections in the process of interacting with others. This emotional connection helps to break down barriers and unfamiliarity between people, making it easier for participants to establish trust and intimate relationships. Through the shared experience of music and emotional communication, people can express themselves more authentically, feel the emotions of others, and thus establish closer and more sincere interpersonal relationships.

3.2 Stimulating more creativity

Many studies have shown that music can stimulate areas of the brain related to creativity, such as the prefrontal cortex and amygdala, thereby promoting the development of creative thinking and imagination.[4] In the game, participants need to improvise, choreograph dances, or perform music improvisation, which undoubtedly exercises their creativity and imagination. Through collaboration and communication with others, participants can also draw inspiration from their creativity, further promoting the development of creativity. Musical ice breaking games encourage participants to have the courage to try and innovate, allowing them to constantly break through their boundaries and tap into their potential during the game.

3.3 Improving social skills

Practice has shown that music activities can enhance people's social skills, and even have a role in improving diseases such as communication barriers. Research suggested that individuals are motivated to stay involved in music because of positive peer interactions within the musical setting.[5] In the game, participants need to collaborate, communicate, and coordinate with others to complete music tasks or achieve game goals. These processes undoubtedly exercise participants' social skills such as communication skills, teamwork spirit, and leadership. By interacting with people from different backgrounds and personalities, participants can also learn how to adapt to different interpersonal environments and improve their social adaptability.

3.4 Strengthening Music Literacy

Ones musical literacy can be improved through many music activities.[6] Some music games will teach basic music concepts, such as the name of notes, beat, and pitch. By playing these games, players can learn these basic knowledge in entertainment and gradually establish a basic understanding of music. Moreover, music mini games often require players to quickly and accurately respond to changes in music rhythm or melody. This type of training helps improve players' musical responsiveness, making them more sensitive to the dynamics and changes of music. In addition, many music games emphasize a sense of rhythm and require players to operate according to the rhythm of the music. This type of training can enhance players' sense of rhythm, enabling them to better grasp the rhythm and rhythm of music.

4. Conclusion

In this article, the author mainly elaborated on the significance and value of using music to express ice breaking games, and used cases to further explain. Indeed, ice breaking games can allow participants to establish emotional connections in a

shared music experience, thereby bringing them closer and breaking the ice. It can not only quickly heat up mutual feelings, but also promote interpersonal communication, cultivate a person's innovative consciousness and musical literacy. However, it is still important to note that due to the varying levels of music skills among participants, some participants with poorer skills may feel excluded and lack a sense of participation. Additionally, for those who do not enjoy music, it may not be possible to break the ice. In addition, it may also trigger certain competitive pressure, and at the same time, the difficulty of organizing activities is relatively high.

In summary, as long as we consider the preferences of most people when selecting and designing music based ice breaking games, analyze their feasibility and effectiveness, it is still the best way to relax and break the initial psychological defense between people. We look forward to more ice breaking actions being presented in the form of music in public life, enabling people to achieve harmony.

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