



# Games & Ice Breakers for DiSC Profile Training

## Qwik DiSC Card Game:

**Use for Ice Breaker and participant introductions.** Pass out 3 Qwik DiSC Cards to each individual – have each person discard one card that is LEAST like them. Mingle around the room and trade, bargain or barter cards until you get three that are MOST like you. Come back to tables and discard two cards and keep the ONE CARD that is MOST LIKE you. Share with your group of 5 people . . . how does this card help you & contribute to your success.

- Notice the words on these cards were all adjectives that describe behavior.
- Some of the cards were more like you than others . . . others were not like you at all.

**Purchase Qwik DiSC Card Game at:**

<http://www.discprofiles4u.com/categories/DiSC-Classic-Profiles/DiSC-Trainer-Tools/>

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## Cryogenic Suspension Activity: Use for participants introductions.

**SAY to group:** Imagine that we as a team will be inhabiting another planet. To ease with the travel, each team member will be put in Cryogenic Suspension, that is, frozen and preserved for use as needed on this new planet. Each member will be unthawed based on when and if their contribution to the team is needed. Have each participant introduce themselves by telling the team what skills and talents they bring to the table/organization, and make their plea as to why they should be unthawed first. This Activity Gets lots of laughs.

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## Animal Cracker Break:

**Pass out animal crackers before Break . . .** Have each participant select one cracker that depicts their style. Observe the conversation over break.

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## Limericks, Bumper Stickers, Poems:

Have participants seated in D, i, S, and C groups. Each group will write/design a Bumper Sticker, Poem or Limerick for each of the DiSC Styles.

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## DiSC and the Sales Process:

Each DiSC group will invent an object, (YoYo, New AP, Smart Phone etc. etc.) then create a sales presentation to be made to their opposite style. I e: D sells to S and S sells to D. C sells to I and I sells to C.

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## Customer Complaints:

Have participants seated in D, i, S, and C groups. Each group formulates a customer complaint about a product, and presents in D, i, S, C Styles