


On The Fly Icebreakers

FOR ENERGY

CBM Has You Covered.

Let me guess, you've been stuck behind the chair and you have team meeting tomorrow? Don't worry, we got you! This list of icebreaker activities needs little thought and no materials so you can add one to your team meeting/event without any heavy lifting.

The Icebreaker Categories

Culture

FOR ENERGY

Money

Colour

Energy

1 This or That (Salon Edition)

Materials: None

Prep Time: 5 minutes

How to run:

Call out quick choices, or get individual team members to call out

Examples:

- foils or balayage
- early starts or late finishes
- coffee or Red Bull
- tidy bowl or fast bowl.
- air kiss or wink
- real name or nickname

Hands up only. No explanations.

Objective: Gets people talking and laughing without vulnerability.

Time: 3–4 minutes

Recommended for: setting the energy

2

Two Words

Materials: None/Sticky Notes

Prep Time: None

How to run: Each person describes how they're arriving today in two words only. No follow-ups.

Objective: Acknowledges energy in the room without turning it into a discussion.

Optional: sticky note and put them on the mirror, check in at the end of the meeting is it the same or has it changed

Time: 3 minutes

Recommended for: Setting the energy

3

Keep or Ditch

Materials: None/Sticky Notes

Prep Time: None

How to run: Everyone answers: “If you could outsource one thing tomorrow, what’s gone?” Keep it punchy.

Objective: Creates humour through shared pain points.

Optional: Sticky notes for analysis later

Time: 4–5 minutes

Recommended for: Insights into what is causing disharmony in your team, ideas for next team meeting, setting the energy

4 Finish the Sentence

Materials: None

Prep Time: 5 minutes to collate sentences (Use AI)

How to run: You (or individual team members all take a turn) start sentences, everyone else is to finish them quickly:

“Clients who say just a trim usually...”

“The real test of patience is...”

Objective: Shared reality, instant rapport.

Time: 5 minutes

Recommended for: setting the energy

5 Emoji Weather Report

Materials: Phone or whiteboard (optional)

Prep Time: None, make sure the team have their phones.

How to run: Everyone chooses an emoji that represents their current mood. No explaining unless they want to.

Objective: Quick emotional temperature check without heaviness.

Time: 2–3 minutes

Recommended for: Setting the energy, insights into team mood, gain the ability to change the vibe

6

What's Your Current Obsession

Materials: **None**

How to run: **Each person shares one non-work thing they're into right now ie. show, food, podcast, hobby, fashion, fitness**

Objective: **Human connection without crossing boundaries.**

Time: **5 minutes**

Recommended for: **Connection, setting the energy, insights into your team**

7 Oh We Laughed

Materials: None

How to run: Go around the room and everyone mentions one thing that made them laugh last week. Keep it short. Passing is allowed. Determine whether it is work related, personal or both

Objective: Shifts nervous or flat energy quickly.

Time: 4–6 minutes

Recommended for: Setting the energy, building confidence in sharing, insights into team camaraderie

8

Pass The Move, The Salon Shuffle

Materials: Music (optional). Space to move

Prep Time: None

How to run: Form a loose circle so everyone can see each other. The first person steps forward and performs one simple dance move.

The whole team copies that move three times together. Without commentary, the next person adds their move. The team now repeats both moves, three times through. Continue around the group until everyone has contributed a move.

At the end, run the full sequence once or twice, messy is perfect!

Objective: Sets the energy, creates a follow the leader awareness with no hierarchy,

Time: 4–6 minutes

Recommended for: Setting the energy, creating a follow the leader awareness with no hierarchy, creates a safe zone for sharing

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