the company for women

True or false game guide

This game is really great as an ice breaker if you have guests who don't know each other.

Within your group of guests, ask each person to give 3 facts about themselves - 2 of these facts should be true and one should be a lie. The rest of the group then has to guess which is the lie.

Anyone who manages to fool the group could win a prize? Perhaps a sample or product?

You could go first to encourage the guests and show them what to do as you can plan your facts before the get together and get a head start.

Celebrity couples game guide

This game is really great as an ice breaker if you have guests who don't know each other.

Before your guests arrive think of a list of famous celebrity couples - write these on post-it notes or sheets of paper. As your guests arrive, stick one to each of them but don't let them see it.

Then tell them to find their other half by asking questions about themselves. Questions may only be answered by other guests with 'yes' or 'no'.

The first pair to find their correct 'other half' could win a prize - perhaps a sample or product?

Speed dating game guide

This game is really great as an ice breaker if you have guests who don't know each other because it means every guest will talk to everyone else.

The group splits into pairs and has 1 minute to chat, and then rotates. This can be repeated until everyone has spoken to everyone else or just a few times.

To make it more challenging, you could set a challenge so each person has to find out something about the other, like a challenge. For example:

- 1 person could have to find out what each person does for a living
- Another guest could have to find out what everyone's favourite food is
- A further guests could have to find out where the other guests last went on their holiday

Chubby Bunny game guide

This one is simple and a classic game. All you need is a big bag of marsh mallows! It is guaranteed to make everyone laugh (which in turn makes them feel relaxed).

Arrange your guests in a circle and pass round a bag/bowl of marsh mallows. Each guest has to put a marsh mallow into their mouth each time the bag gets to them and say the words "chubby bunny". The marsh mallows cannot be chewed or swallowed. This gets more difficult as you put more marsh mallows in your mouth. As soon you can no longer say the words, you are out.

The winner could win a prize - a sample or a product?

Feed the baby game guide

This game is very funny and guaranteed to get some laughs but it is also messy. You'll need: some yoghurt, chocolate mousse, custard or something similar in a small pot, aprons or towels (1 for each set of three guests), blind folds (1 for each set of three guests) and spoons (1 for each set of three guests).

Split your group into 3s. Within each group the guests must nominate one 'baby', one 'daddy' and one 'mummy'.

The 'babies' sit on a chair facing the 'daddies' with the apron or towel covering their clothes. The daddies are blindfolded. The daddies must be given the yoghurt (or similar) and the spoon. The 'daddy' must then feed the 'baby' with directions from the 'mummy' who can guide the 'daddy' to get the spoon in the 'baby's' mouth but only with words.

The winning group is the first to make sure the 'baby' has eaten all of the food. They could perhaps win a prize – a sample or a product?