

# ICEBREAKERS

Icebreakers can be used to help people to feel comfortable at the start of a group session. Questions should be short and easy to answer. This is a good way for group participants to learn a little bit about each other in a safe and relaxed way.

Start with the leader and go around the group until everyone has had an opportunity to speak. Let the participants know they can pass on answering the question, if they choose to.

Each participant should start with sharing their first name and then answer the icebreaker question. The leader should start each week.

## KEY

Icebreakers are used to encourage sharing so participants can get to know one another in a fun way.

## ICEBREAKER QUESTIONS

What is your favorite color?

What is your favorite food?

What is your favorite sport or activity?

What is your favorite flavor of ice cream?

If you could be a house pet, what would you be?

What is your favorite TV show?

What is your favorite movie?

What is your favorite song or music artist?

What is your favorite hobby?

If money were no object, where would you go on vacation?

What is one characteristic you received from your parents you want to keep, and one you wish you could change?

What was your first job?

If you could live anywhere in the world, where would you live?

## BEST/WORST

Ask each participant to share their best and worst moments from the day or week. This gives you good feedback on how they are doing in a general sense.

## MOST UNIQUE

Have each participant share something that makes him or her unique or unusual, such as "I was born an only child," or "I'm ambidextrous."

## HEROES

Ask each participant, "If you could interview anyone in history, who would you choose and why?"