

ICEBREAKERS

Icebreakers help people open up by creating a fun and playful atmosphere. They make it easier for people to begin getting to know each other.

Choose one of these icebreakers to use at your next meeting.

OPENING QUESTIONS

- What's your favourite way to "waste" time?
- What's one of your favourite places in the world?
- What hobby or interest makes you feel most alive?
- If you knew you couldn't fail, what would you most like to do?
- What's the best gift you've ever received?
- If your house were on fire, what three items would you try to save?
- Who was your hero growing up?
- What's your favourite movie and why?
- What's something about you that would come as a surprise to most people?
- What do you want to be remembered for?

OPENING ACTIVITIES

Two Truths and a Lie

Have each person share three things about themselves: two that are true and one that's a lie. Each group member tries to guess which is the truth and which is the lie.

Coat of Arms

Provide paper, markers and crayons. Instruct each person to draw a coat of arms containing symbols or pictures that represent who they are, what's important to them and what they enjoy. Have each person share their coat of arms and explain it to the group.

Suddenly!

One person starts off a story with a sentence that ends in SUDDENLY. The next person then has to add to the story with his or her own sentence that ends in SUDDENLY. Continue the story until everyone has contributed. The story becomes crazier as each young person adds their sentence.

"Props"

Collect random and ordinary items and place them in the middle of the group. (This can include things like pens, highlighters, scissors, compass, lighter, candles, etc.) Ask them to choose one item that best represents something. For example, choose an item that best represents how their week has been/ something they're hoping for/something they're learning/etc. Go around the group and have each person share their item and explain their choice.

Remote Control

Pass around a remote control and have each person choose and share about one button that best describes their week.

“COVID”



THEMED ICEBREAKERS

Choose one of these icebreakers to use at your next meeting.

- What is something you've been doing that you haven't done in a long time (or ever)?
- Where is the first place you'll go when all this is over?
- How will you celebrate the end of home isolation?
- Who is one person you would most want to have a Zoom call with?
- What is your top moment from this experience?
- Who has been a hero for you?
- What hobbies or activities have you most enjoyed?
- What are you most thankful for?
- What goals do you have during this time?
- What local businesses have you supported during the lockdown?
- What is your most embarrassing mishap using a computer?
- What are you reading or watching?
- What is one piece of good news you've come across this week?
- What surprising thing have you been stocking up on (that isn't toilet paper)?
- What's a story – from a book, a movie, an article, a conversation – that you've been gripped by recently? Why did it capture you?
- What habit have you started, or broken, during the quarantine?
- What's something you own that feels useful?
- What's something that you miss that surprises you?
- What's something that you don't miss that surprises you?

“GOING DEEPER” QUESTIONS

- How are you taking care of yourself today?
- What part of your home isolation have you come to appreciate the most?
- What's the easiest part about the quarantine? What's the hardest?
- What are some things you have realized that you don't really need?
- What problem—either yours, or something more global—do you wish you could solve?
- Which member of your family/ friend group have you been thinking about the most during this time? Why?
- What's the most generous act you've seen recently?
- What's the last thing you experienced that made you laugh, or cry?
- What times of the day or the week are hardest?
- What's giving you hope right now?
- What's the best thing that happened to you today?
- How do you want this experience to change you? How do you think it will?
- What do you hope we all learn or take away from this experience?