



ICEBREAKER IDEAS

Starting off a group each week with an ice breaker helps with a few things...

- 1) It breaks the ice (obviously) & gets people talking who may not speak up during discussion.
- 2) It helps your group grow closer together as you get to know each other.
- 3) It allows time for people running late to get to your group without missing any discussion/activity.
- 4) It brings the FUN!

Here's a list of ideas you can use - but it's just as easy to google "icebreakers" and find some fun ideas on your own 😊

ACTIVITIES - NO PREP/ITEMS NEEDED

TWO TRUTHS & A LIE (or called FACT OR FICTION):

Have each person write down three statements about themselves: two true statements and one lie. For example, "I've never broken a bone. I have 5 sisters. I was born in Yugoslavia." Each person takes a turn to share their 3 and the group tries to guess which statement is the lie.

CONNECTION:

The goal of this game is to have people find connections with one another. Start with one person listing off facts about themselves until someone else in the group has a connection to one **Example:** "Hi, my name is Christel. I am on staff at Epic...I was born in Brockport, NY...I have 2 brothers". Then someone else in the group also has 2 brothers they shout "CONNECTION. My name is John and I also have two brothers." Then John begins to share about himself until someone else connects. Then the last person to go has to make it full circle and try to connect to the person who went first 😊

WINS/CHALLENGES (or HIGHS/LOWS, BEST/WORST, etc):

Have everyone share a current "win" in their life (something positive or going well, answer to prayer, etc.) and a "challenge" (something they are struggling with). The key to this icebreaker is to challenge everyone to share theirs in about a minute or so. Otherwise, this ice breaker could take a long time if you have a large group. **This is a great icebreaker to do weekly in your group (after the first meeting or two).*

HOUSE ON FIRE:

Ask, "Your house is on fire, and everyone is safe. You have 30 seconds to run through the house and collect 2-3 things you want to save. What would you grab? Why?" After everyone has done this, the group can discuss what they learned about the things they value. **If you know someone has experienced a fire or tragedy, you may not want to do this icebreaker.*

INTERVIEW:

Divide the group into pairs. A group with an odd number of participants can have one group of three, or the odd person can partner with the group leader. Each group will need to decide who is going to be the "interviewer" and who will be the "subject." Everyone will eventually play both roles, so it doesn't really matter who goes first. Give the group 1-2 minutes for each interviewer to learn 3 interesting facts about their subject by asking specific questions. Do not allow them to ask, "What are three interesting facts about you?" Good questions examples are: Where did you grow up? What was your favorite class in high school? What do you like to do in your spare time? Switch roles after time is up. After both people have gone go around the group and have people introduce their partners 😊

HEROES:

Ask each member to name **three people**, past or present, they admire. Why? Or, ask them if they could interview anyone in history, who would that be and why? What one or two questions would you want to ask?

DESERT ISLAND:

Ask, "You've been exiled to a deserted island for a year. You are told you may take three things you want, apart from the essentials. What would you take and why?"

ACTIVITIES - ITEMS/PREP NEEDED

A PENNY FOR YOUR THOUGHTS:

Bring a small bag of pennies from a variety of years to group (or have people pull one out of their wallet). Everyone takes a penny as they pass the bag around, and they share a fond memory from the year that they chose. **Have members put their penny back if they choose a year that they didn't live through.** If you don't have many pennies, any other coins will do.

WHAT'S IN YOUR WALLET:

Have everyone pull out an item in their wallet or purse that tells the group something about themselves. (example: My driver license says I was born in 1980 - I was born in NYC, etc.)

TOILET PAPER SHEETS:

Don't tell your group what you're doing - just pass around a roll of toilet paper and ask each person to take as many pieces as they'd like (I'd recommend no more than 10). Once everyone has their pieces - they need to share something about themselves for every piece of toilet paper they have.

POPSICLE STICK PICKER:

Grab the large popsicle sticks/craft sticks (they have them at the dollar store or walmart) and write 20+ icebreaker questions on each stick. Throw in a mason jar or fun cup and use each week as your icebreaker. You can have every person pick a popsicle stick with different questions to answer OR you can choose one stick/question for each week for everyone to answer (and then remove that stick from the jar so you don't repeat the question in future groups)

CANDY QUESTIONS:

Use candy that has multi-color pieces or a mixed bag of fun-sized candy. Have everyone pick one piece of candy (if you are using something like M&M's or Skittles, have them pick one color). Before the group identify a 'get to know you question' for each type of candy or color.

Example:

- **Twix:** If you could have dinner with anyone dead or alive who would you choose?
- **Snickers:** What is a funny or embarrassing story you can share about yourself?
- **Milky Way:** What did you want to grow up to be when you were a kid?
- **Reese's PB Cup:** Share a current favorite TV Show, Movie or Song.
- **KitKat:** What's your dream vacation?

WRITE THE QUESTION:

Give each person a 3x5 card. You **pick the topic and let them write the questions**. For example, you choose "friendship" as a topic, and they each write out a question for anyone in the group to answer about friendship. For example, "What do you value most in a friend?" or, "Who was your best friend growing up and why?" Then pile all the cards face down in the middle of the group and let people draw. **Topic ideas:** jobs, life goals, funny stories, hobbies, family, fears, dating issues, significant relationships, relationship with God, etc.

STRING GAME:

Prep: Purchase a big roll of yarn or string (you can find at a dollar store). Take a pair of scissors and cut strings of various different lengths — as short as 12 inches, and as long as 30 or more inches. When you are finished cutting the string, bunch all the pieces up into one big clump of string. **To play:** Ask the first volunteer to choose any piece of string. Have the person pull on it and separate it from the other pieces of string. Ask them to introduce themselves as they slowly wind the piece of string around their index finger.

WHO IS IT?:

People write down something about themselves they think no one knows on a slip of paper. Throw the papers into a bowl and the leader reads the slips of paper and others guess whom the person is.

ICEBREAKER QUESTIONS:

- What are your favorite hobbies?
- What's your favorite spot in Buffalo?
- How many states & countries have you visited?
- What's the last movie you saw in the theaters?
- If you could write a book about your life, what would the title be?
- What do you want to be remembered for?
- How many bones have you broken? How?
- What's your favorite day of the week & why?
- What's your most embarrassing moment?
- What's a phobia you have, you'd like to overcome?
- What's one new thing you learned or did this past week?
- What do you consider your best quality?
- If you could only keep one of the 5 senses what would you choose?
- If you could be any superhero and have powers, what would you like to have and why?
- Who is your hero? (a parent, a celebrity, an influential person in one's life)
- What's your favorite thing to do in the (insert season)?
- If you were an ice cream flavor, which one would you be and why?
- What TV show have you binged on Netflix (or just current fave TV show).
- If you could visit any place in the world, where would you choose to go and why?
- What's the ideal dream job for you?
- Are you a morning or night person?
- What are your pet peeves or interesting things about you that you dislike?
- What's the weirdest thing you've ever eaten?
- Name one of your favorite things about someone in your family.
- Tell us about a unique or quirky habit of yours.
- If you had to describe yourself using three words, it would be...
- If someone made a movie of your life would it be a drama, a comedy, a romantic-comedy, action film, or science fiction? Who would play you?
- If I could be anybody besides myself, I would be...
- What thought or message would you want to put in a fortune cookie?
- If you had to give up a favorite food, which would be the most difficult to give up?
- What is one food you'd never want to taste again?
- If you won a million dollars, what would you do with it?
- You've been given access to a time machine. Where and when would you travel to?
- What award would you love to win and for what achievement?
- If you could transport yourself anywhere instantly, where would you go and why?
- What is one item that you really should throw away, but probably never will?
- Growing up, what were your favorite toys to play with as a child?