

Icebreaker: Warm Up and Introduction - Session 1

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Summary: This icebreaker allows participants to get to know each other by sharing insights and opinions. This is best used as a 'get to know you' activity when a group is just starting up.

Time to complete: 10-30 minutes

Size of group: Best is between 10 and 15. If you have more than 15 people in the group you will want to use your best judgment as to the type of questions you ask and the length of time allowed for the responses given.

Materials needed: None

Space considerations: Enough room for people to sit or stand in a circle so everyone can see everyone else.

Steps:

1. Get everyone in a circle (sitting or standing).
2. The leader/educator says the following:
"This activity will allow us to get to know each other better. When it is your turn, please say your name and then answer the question."
3. The leader starts by introducing herself.
4. Go around and allow everyone to answer the first question (see below). Then ask the 2nd question. You may want to change the order in which people answer. For instance, allow the last person who answered to go first the next time. In round 3, you could start in the middle or allow the person you choose to answer, then choose the next participant to answer, and so on.

Closing:

You can go as long as you'd like with this activity. The point is to get people comfortable

with each other and get them to begin learning the names of the others in the group.

Questions to get you started:

- What is your favorite time of year and why?
- If you were a fruit or vegetable which one do you think you are?
- Who was your best friend in high school?
- Describe a favorite hat you've had.
- If you could describe your family in terms of a book, movie or TV show what would the title be?
- On the way over here today what were you thinking about?
- Tell the group one of the things you like BEST about living here.
- Tell the group one of the things you'd like to see improved about living here.
- Why did you agree to be a part of this group?
- If you could change the world for the better, what one change would you make?
- Who is one person (living or dead) that you admire? Explain why you admire them.

Reference: Pollack, S. & Fusoni, M. (2005). *Moving Beyond Icebreakers*. Boston: The Center for Teen Empowerment.