

## Sample Ice Breaker

Getting to know people can be hard at first, so an ice breaker for the first meeting can go a long way to reduce anxiety and help everyone feel comfortable. Try these questions if you have a small group—should take around 15 minutes and begin with yourself:

1. Introduce yourself with your name and a word that best describes you, starting with the same letter as your name.
2. What is your favorite tv show?
3. If your life were a song, movie title or book title, what would it be? Why?
4. Name a person you admire.
5. What do others like about you?
6. What is your favorite food?
7. What is on thing somebody in this group does not know about you?
8. Name one place you would like to visit.

After sharing—'debrief' with the following questions or others of your own making:

- Were there any answers that surprised you? Why?
- What was it like to share information?
- What was it like to listen to each other?



**Be the Difference**