

ICEBREAKER IDEAS

SOCIAL IMPACT GROUP

FAMOUS DUOS

- 1 You write the names of each person (or character) in a famous duo on a little scrap of paper (e.g., Bugs Bunny & Daffy Duck; Bonnie & Clyde; Ben & Jerry) and put them in a basket.
 - 2 As each person enters the meeting room they take a slip of paper and are told to find their other half- Someone could be paired with the other virtual person!
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TONGUE TWISTERS

- 1 As participants arrive, give them a tongue twister on a piece of paper and then have them perform for the group! some examples:
- 2 Levels of Difficulty with Tongue Twisters
 - 1.SLOW - pace yourself
 - 2.REGULAR - normal talking speed
 - 3.FAST - speed up
 - 4.FAST THREE - say drill three times in a row at fast speed

EXAMPLES

Would Wheeler woo Wanda if
Woody snoozed woozily?

Double bubble gum
bubbles double

Which wristwatches are Swiss
wristwatches?

Gray geese grazing gaily into
Greece

The sixth sick sheik's sixth
sheep's sick

Old oily Ollie oils old oily autos

Cows graze in groves on grass which grows in grooves in groves

AFFIRMATION BINGO

Group Member: During the workshop today, try to complete as many of the small tasks listed on this 'BINGO' card! Place a checkmark in the box after completing a task. We will tally up your scores at the end of the day.

Thank someone for something specific.	Compliment someone else's hairstyle.	Recite a few lines of a nice poem or song.	Answer someone's questions about something.	Tell a funny joke.
Give someone a shoulder rub.	Say "I'm glad you are here!"	Share something you have with you (gum, etc.)	Laugh at a joke someone makes (even if it's not funny).	Ask, "How are you?" and really listen to the answer.
Compliment someone on their cooking.	List three good things about someone.	Tell someone you care.	Say "You are loved!"	Share an encouraging thought or story with someone.
Tell someone what he or she adds to the group.	Smile at someone.	Tell someone he or she is wonderful.	Applaud someone who does something nice for you.	Compliment someone's taste in something (music, art, movies, etc.)
Ask someone about their children.	State a positive wish for someone.	Compliment someone.	Offer someone a chair to sit in.	Offer someone something to drink.

FAVORITE T-SHIRT

- 1 Ask attendees to bring (or wear) their favorite T-shirt to the meeting
- 2 Once all participants have arrived, ask each person to show the shirt to the group and explain how the T-shirt best resembles their personality or reveals something unique about their experiences.

PICK YOUR LEVEL OF RISK

Have the group pick which level of risk they are in the mood for! Depending on what they choose, ask a question that falls into that category!

LOW RISK

General questions about likes, dislikes, and other safe topics! High on fun!

Example Questions:

- What is something you enjoy that most people consider to be a chore?
- If you were a website, what would your address be?
- If you had to pick a theme song for your life, what would it be?

MEDIUM RISK

A bit beyond surface conversations, these get people to talk about themselves on a deeper level.

Example Questions:

- Describe a time when a stranger went out of his or her way to make your day.
- What is your favorite quote or inspirational message that you try to live by?
- When and where have you been at the most peace?

HIGH RISK

Probing questions that require more thought, personal reflection, and self-disclosure.

Example Questions:

- If you suddenly found the courage to do one thing that you have always been afraid to do, what would it be?
- If you had to name the one personality trait you have worked the hardest to change, what would you say?
- What is one of your fears for the year ahead?