# Icebreakers & short exercises

# Icebreakers & Short Exercises

This document contains a variety of icebreakers and short exercises, each designed to take less than 30 minutes. These activities are intended to break the ice, open or close retreats, and facilitate team-building among members. The exercises vary in style and objective, providing an assortment of ways to engage members and create a positive atmosphere.

---

# 1. Communication Starters

| EO Chapter | |
|---|---|
| **Shared by** | |
| **Type of Exercise** | Closer or Icebreakers (icebreaker, team-building, closing, etc) |
| **Time Required for this Exercise** | 10 minutes |
| **Objective of the Exercise** | Helps to break the ice and get to know Forum mates |
| **Outcome of the Exercise** | Connection |
| **Tools Needed** | None |

| EO Chapter | |
|---|---|
| **Handouts and Pre-Work if Any** | None |

# Opening

This is beneficial for newer Forums or Forums that have just brought in new members. They may also be used by mature Forums to bring some levity to the meeting. The questions tend to be light-hearted, but Level 1 questions can lead to deep responses as well!

# Questions:

- As a child, my favorite game was _____.
- My favorite movie of all time is _____.
- Today, I have the most fun when _____.
- I would be the happiest person in the world if I had _____.
- I will eat anything put in front of me except for _____.
- I can explain my life as an animal, and that animal is a _____.
- If I had all the money in the world, I would _____.
- School for me was _____.
- If I had to give up some modern conveniences, like my TV, car, toilet, telephone, or lighting, I would choose _____.
- If I had to choose between losing my hearing or sight, I would choose _____.
- If you could be a character in any book, who would you be, and why?
- If you had the option to live in any period in history, what era would you select, and why?
- If you could relive your childhood in a country other than your own, what country would you choose? Why?
- List three things that bring you energy. List three things that drain your energy.
- How attentive are you to your physical health?
- If you could speak one language other than your native language, what would it be, and why?
- You are in a library that is burning down, and you can only save two books. Which two do you choose? What would the world lose if those two books were gone for good?
- What is the most transformative travel experience you have ever had? What made it so?
- A gift I can give to others is _____.
- A gift I would like to receive from others is _____.
- What makes me laugh is _____.
- Talk about a mistake you recently made.
- If you magically had two more hours every day, how would you spend the extra time?

- If you suddenly lost two hours every day (a twenty-two hour day), how would you cut that time?
- If there were NO restrictions and you could live anywhere, where would you live, and why?
- What restrictions did you have to "remove" from your thought process in order to live there?
- What was the last book that you read? Why did you read it? What did you learn from it? Would you recommend it to others?
- Share something mischievous you did as a child.
- Your home is about to be hit by a tornado! You have 10 minutes to grab a few things and get out. What would you take?
- What is the most surprising thing you have learned about your childhood?
- Name something that happened in the past 90 days that you are proud of.
- Which holiday has the most meaning to you? Why?
- Complete the sentence: “I wish all people would _____.”
- Describe the perfect vacation for you.
- Think of the three things about yourself that you like the best.
- What dream do you have that you would like to become a reality?
- If you had one wish that was guaranteed to come true, what would you wish for, and why?
- How many hours of TV do you watch each week? In what way does TV influence your life?
- What would you like to be doing five years from now? What do you think you’ll be doing five years from now?
- Do you feel you have achieved mastery in any part of your life? If so, which part(s)?
- If you were a lawyer, would you be a prosecutor or a defender, and why?
- What three adjectives best describe you?

# 1. Communication Starters - 5%

This is beneficial for Forums that have been together for a while (one or more years). To be completely open and honest with members’ responses, a strong level of trust and confidentiality in the Forum is required.

## Questions:

- My most prized possession (material item) is _____.

- If I could throw caution to the wind and really take a risk, I would _____.
- I cry when _____.
- If you could choose a second set of parents in addition to your own, who would you choose, and why? What would they offer or contribute to you?
- How many of your friendships have lasted more than 10 years? Which current friendships will last 10?
- Describe what would be a perfect day for you, from beginning to end.
- If you were magically granted your dream talent, what would it be? How would that change your life?
- How do you react to difficult situations in your life?
- Describe your relationship with your mother and/or father. What was it like growing up?
- Who has been the most powerful influence on who you are today? How was that person significant to you?
- Can you be counted on to do what you say you will do? What does it take for you to trust someone?
- If someone were to write a biography about you, what would the title be?
- Name one thing you could do to improve an important relationship in your life.
- What could you stop doing now that would benefit your own growth and well-being?
- Imagine you could go back in time and change one decision in your life. Which one would it be, and why?
- Who would you like to apologize to, but haven’t yet done so? What happened? What are you waiting for?
- Who owes an apology to you? What is the situation? Why haven’t they apologized to you yet?
- What is your exit strategy for your business?
- Summarize your childhood in three words.
- Is it easy for you to accept help when you need it? Will you ask for help?
- Think back to when you were a child. What did you think your life would be like when you grew up?
- What were your dreams? Have any of them come true?
- Think of a positive or negative remark that was said to you as a child. How did it affect you then? What is the impact of it on you now?
- When was the last time you felt intimidated in a Forum meeting?
- What has been the greatest joy in your life?
- What are your most compulsive habits? How do you handle these?
- What is one thing you could do to improve your business?
- What is the most risky decision you ever made in your life? What made the risk so great?
- On a scale of 1 to 10, rate how balanced you think your life is right now. Name one thing you could do to improve the balance.
- When is the last time you were in a fight with someone? Who caused it?
- If you could change one physical feature about yourself, what would you change, and why?

- Imagine you are diagnosed with a rare disease. Would you choose to live healthily for six more months, or dependently and debilitated for six more years? Why?
- What is the single best decision you have made in your business?
- What is the single best decision you have made in your life?
- Describe the funeral service you would like to have held for you.
- When was the first time you fell in love? Share that story—how long, with whom, and why?
- Are you a good judge of character? Think of a time when you were wrong about someone's character, and describe the situation.
- Which photograph means the most to you? Describe the photo and why it is so powerful.
- Share a childhood experience with death.
- What are your top five priorities in life?
- Imagine you are going to be stranded on a desert island with two people for the rest of your life. Who are the two people you would choose to take with you and why?
- Describe your perfect day. How would it start? How would it end? What would you do in the middle of the day?
- Talk about a time when you have lost your temper.
- What has been your greatest success? Your greatest failure?

# 2. One-Word Feedback

- **Type**: Icebreaker or Closer
- **Time Required**: 20 minutes
- **Objective**: Boost self-esteem and help individuals bond
- **Outcome**: Feedback on how others see you
- **Tools Needed**: Paper for raffle
- **Handouts and Pre-Work**: None

# Description:

Each Forum member goes around the table and says one word that best describes a particular Forum member. After everyone has shared, switch to another Forum member and repeat until all members have been described.

# 3. Two Truths and a Lie

- **Type**: Icebreaker
- **Time Required**: 3 minutes per person
- **Objective**: Learn more about peers in a fun way
- **Outcome**: Increases engagement and understanding
- **Tools Needed**: Pens and paper
- **Handouts and Pre-Work**: None

## Description:

Each person writes down two truths and one lie about their life. Then, they take turns reading them aloud, and the group guesses which one is the lie. After the lie is revealed, the group can ask clarifying questions.

## Option:

Award a point for every member fooled, and crown a winner at the end.

---

# 4. I Love My Neighbour

- **Type**: Icebreaker
- **Time Required**: 10-20 minutes
- **Objective**: Help people get to know each other better and recognize commonalities
- **Outcome**: Reveals shared characteristics and creates fun
- **Tools Needed**: None
- **Handouts and Pre-Work**: None

## Description:

Participants stand in a circle. One person stands in the center and says, “I love my neighbor who _____,” completing the sentence with a piece of information that applies to them (e.g., “I love my neighbor who has a pet”). Everyone for whom this statement is true moves to a new chair. The person left without a chair takes the center position and starts a new round.

---

# 5. Ungame

- **Type**: Icebreaker
- **Time Required**: 10 minutes
- **Objective**: Share opinions, feelings, and beliefs; increase understanding of fellow Forum members
- **Outcome**: Deepens engagement and builds trust
- **Tools Needed**: Ungame card deck
- **Handouts and Pre-Work**: None

## Description:

Randomly pull a card from the Ungame deck and use the question on the card for everyone in the Forum to answer.

---

# 6. Five-Minute Mindfulness to Start Each Meeting

- **Type**: Icebreaker
- **Time Required**: 5 minutes
- **Objective**: Center and focus the group

- **Outcome**: Creates a calm, focused environment
- **Tools Needed**: Computer or audio device
- **Handouts and Pre-Work**: Search YouTube for a “5-minute guided meditation”

# Description:

Play a pre-selected guided mindfulness recording at the beginning of an exercise or when coming back from a break.

---

# 7. This or That

- **Type**: Icebreaker - Dinner Conversation
- **Time Required**: 20 minutes to several hours
- **Objective**: Engage everyone in one conversation
- **Outcome**: Depth, insight, and thought-provoking conversation
- **Tools Needed**: None
- **Handouts and Pre-Work**: None

# Description:

One person offers a dichotomy choice (A or B) and everyone at the table picks one. Repeat around the group multiple times to deepen the conversation.

---

---

Revision #2
Created 30 September 2024 08:02:36 by Admin
Updated 30 September 2024 08:13:35 by Admin