

ICEBREAKER OF THE MONTH

An icebreaker is an activity designed to help build a group and to warm participants up to being part of the experience. It can be used at any time during the meeting, not just at the beginning. An icebreaker can be a verbal or non-verbal activity or a combination. It can serve several purposes:

- Establish a focus
- Integrate new members
- Establish links of interest and common experience
- Show we can be alike or different and be welcome
- Show we can be ourselves
- Discharge negative emotions so as to create space for a positive experience
- Establish norms and rules of the group
- Show that learning can be fun

Ball: Find a medium-size ball (i.e., a nerf ball from Walmart) and write 8 to 10 different questions around the ball that will help get to know someone.

Examples of questions to ask are:

- If you could have lunch with one famous person, who would it be?
- What song would you consider your theme song?
- If you could only eat one food for a month, what would it be?
- What is one super power you wish you could have?
- If you were an animal, what would you be?
- Name one part of your body you really like.
- If you could go anywhere in the world, where would you go?
- What one survival item would you have with you on a deserted island?



Have all members stand in a circle and toss the ball to one another. When someone catches it, ask them to read aloud the question where their right thumb lands on, and then answer it. This is a great way to get to know members, and to have them find commonalities with each other.