

2021

ICEBREAKERS & ICEBREAKERS

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HOW

- Set guiding principles
 - Remember no right/wrong
 - Suspend judgment of self and others
 - Stay curious
 - Have respect
 - Lean into discomfort
 - Give self permission to play
 - Have fun
- Demonstrate each exercise
- Decide and set the order of who goes first/next
- Consider the flow and level of safety the group has built - many of these are designed to build trust and authenticity quickly

HOW

In a virtual session ask each person to grab something on their desk and easily within reach and share the meaning or story behind it.

For a live session, have each person share a photo on their phone or something they are carrying/wearing and share why it is meaningful.

Example: This is a paperweight I got at a conference....

An alternative is to have each person snap a photo of their view from wherever they are sitting and share something about it.

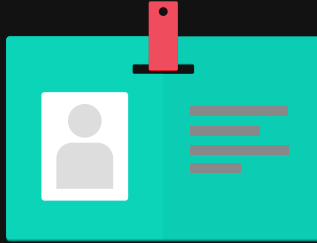


Show & Tell

WHY

builds connection and empathy; finds points of similarity; gets beneath the surface; builds muscle to not overthink; shares authenticity

Story of My Name



WHY

builds trust and connection; honors origins; celebrates diversity; cultivates curiosity for the human behind the title

HOW

Offer the prompt: what is meaning of name or how did you get your name? Ensure each person has the same amount of time to share (e.g., 1 minute).

Example: I was named for my great-grandfather who was... In my culture, it means...

An alternative prompt to ask is: what is the meaning/history of your location?

HOW

Have each person ask another to name Five Things to answer a prompt to get to know each other. The respondent gives only the answer without any more detail. Each time the responder gives an answer, everyone else counts along with great enthusiasm. Continue with the next person and new topic.

Example: Person A: Person B, five things you like to do when you travel!

Person B: Eat like the locals! All: One!

Person B: Use public transportation! All: Two!

An alternative is Scavenger Hunt. Everyone has 10 seconds to find "X" in their house and share (e.g., something that starts with the letter 'R')



Five Things

WHY

practices non-judgment, risk-taking, and accepting; be present; gives permission to laugh; generates energy; offers support

My Recharging Station



WHY

builds psychological safety; finds commonality; permits vulnerability; builds trust; reveals values

HOW

Offer the prompt: where do you go to re-energize or where do you find peace? Ensure each person has the same amount of time to share (e.g., 1 minute). An option is to invite each person to show a photo of that location.

Example: I go to the beach to find...

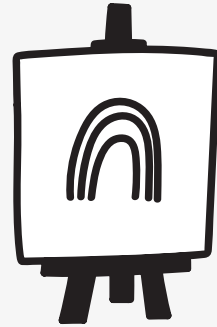
An alternative prompt is: who is your hero or who do you admire and why? An option is to invite each person to show a photo of that person - they can be real or imagined.

HOW

Each person has someone different who will be their "muse." Each person takes a piece of paper and holds it flat on top of their head (a thicker piece of paper or paper plate works well!). Set the timer (e.g., 30-45 seconds) and each person draws their muse, paying special attention on a part of them they want to honor. Then everyone shows their artwork and shares what they were trying to highlight and celebrate with their muse.

Example: Those dots are your eyes...because I wanted to highlight how warm they are whenever you smile.

An alternative is Strength Appreciation where each person shares a strength/talent they appreciate about another.



Draw the Face

WHY

practices paying attention; acknowledges others and validates presence; honors individuals; builds energy; experiences; shared laughter

Two-Way Exchange



WHY

cultivates sense of equality; allows for vulnerability; encourages giving and supporting; builds collaboration; cultivates gratitude

HOW

Each person shares something that they can offer and something they need help with. These can be as serious or as light as individuals want to share. An option is to create a shared document to keep track.

Example: I can offer recipes of homemade X...I need help with understanding more about the Y industry....

An alternative is a Gratitude Circle where everyone shares something within the group or from another person in the group for which they are grateful.

HOW

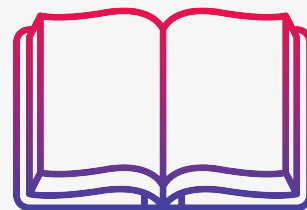
Being clear on the order, one person shares one sentence to being a story based on a prompt. The next person "yes, ands" the previous statement and shares one sentence to build on the story. And so on. Notice if the story stays on track or goes wildly off astray!

Example: Person A: Once upon a time there was a boy named Jon.

Person B: Jon liked to eat frogs.

Person C: One day Jon met a frog wearing shoes....

An alternative is a One-Word Story where each person can only say one word at a time (e.g., A: "the," B: "boy" C: "named"....) It's a next-level challenge!



One-Sentence Story

WHY

practices active listening; validates perspectives; builds sense of team spirit; practices being present; cultivates creativity